



# Winston-Salem Edition

Coffee/Bakery	Breakfast
Camino Bakery -- <i>also located in the hospital!</i> Remedy Café and Bar Dough Joe's Coffee & Doughnuts Louie & Honey's Kitchen Bobby Boy Bakery Anchor Coffee Co. Say So	Young Cardinal Krankies Famous Toastery Midtown Café The Bagel Station Mama Zoe Michael's Pink Moon
American	Asian
Mozelle's Fresh Southern Bistro East of Texas BBQ Earl's Six Hundred Degrees Yamas Mediterranean Street Food Sage & Salt Bistro Barcelona Burger Bar Fourth Street Filling Station Village Tavern Sixth and Vine Milner's American Southern Sweet Potatoes Bernadin's	Sushi Rose Thai Harmony Basil Leaf May Way Dumplings Mizu Mr Lu's ( <i>takeout</i> ) Kimono ( <i>sushi</i> ) Oh' Calcutta ( <i>Indian food</i> ) InDemand ( <i>Asian fusion</i> ) That Place in the West End ( <i>poke bowls</i> ) Konnichiwa Don Express
Italian & Pizza	Mexican
Cugino Forno – <i>right next to Incendiary Brewery</i> Mellow Mushroom Cibo Trattoria Di Lisio's Quanto Basta	Alma Mexicana Xcaret The Porch ( <i>Tex-Mex</i> ) Tulum Bar and Grill La Caretta Mi Pueblo

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**Steakhouses**

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Spotted Cow Steakhouse  
Jeffrey Adams  
Ryan's  
Fratelli's  
Lasso Gaucho

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**Desserts**

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Twin City Sweets (*ice cream*)  
Chill Nitro (*ice cream*)  
Cheesecake by Alex  
Kilwin's  
Dewey's Bakery  
NataBelle's  
Café Gelato  
Penny Path Crepes  
To the Moon and Back (*frozen yogurt/ice cream*)

**Breweries**

Fiddlin' Fish  
Wiseman  
Foothills  
Joymongers  
Radar  
Incendiary  
Quiet Pint Tavern

**Cocktails/Wine**

Dram & Draught  
Joyner's  
Vintage Sofa Bar  
Eastern Standard  
The Tasting Room  
The Katharine  
Fair Witness  
The Dutch Light

**Late Night**

Roar  
Whiskey Box  
Trophy Room  
Tate's Craft Cocktails  
Dogwood Hops and Crops  
Bamboo Lounge

**Gyms & Exercise Classes**

Pure Barre  
Cycle Barre  
F450  
Orange Theory  
We Run Like Fish Run Club  
Wiseman Run Club  
Fiddlin' Fish Monday Night Ride Club

# Day / Weekend Trips



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## Lakes

Lake Norman—just outside Charlotte (1.5h from Winston)

Lake Gaston—on Virginia/NC border (2.5h from Winston)

Belews Lake—closest (30 minutes from Winston)

Smith Mountain Lake—in VA (2h from Winston)

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## Beach

Carolina Beach—in Wilmington, NC (3h from Winston)

Myrtle Beach—in SC (3.5h from Winston)

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## Mountain Towns

Asheville, NC—home of the Biltmore Estate (2h from Winston)

Boone, NC—home of Appalachian St Univ (1.5h from Winston)

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## Hiking Trails

Salem Lake—in Winston! Take a 7 mile loop around the lake

Pilot Mountain Park

Hanging Rock Park

Stone Mountain State Park

In Asheville—Triple Falls, Grandfather Mountain

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## Big Cities

Charlotte, NC—1.5h from Winston

Raleigh, NC—1.5h from Winston

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## Wineries

JoLo

West Bend

Divine Lama

RayLen

Childress

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