SOCIETY of BEHAVIORAL MEDICINE

Better Health Through Behavior Change

35th ANNUAL MEETING & SCIENTIFIC SESSIONS

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PHILADELPHIA MARRIOTT DOWNTOWN 1201 MARKET ST, PHILADELPHIA, PA 19107 APRIL 23-26, 2014

Philadelphia City Juide

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I. LOCAL ARRANGEMENTS COMMITTEE

Hannah G Lawman, PhD (Chair) Eleanor Benner, BA Susan Darlow, PhD Lauren Greenberg, MS Darnice Martinez, AS Andy Pool, MSc

II. OVERVIEW

In addition to exploring the guide, be sure to check out *www*. *uwishunu.com* for all the latest events and happenings in Philadelphia. The primary visitor websites also contain a host of information: *www.visitphilly.com* and *www*. *discoverphilly.com*.

III. WEATHER

Philadelphia has a mild climate with pleasant year-round temperatures. April is characterized by rapidly rising temperatures with large fluctuations between the daily highs and lows. The average high temperature in April is 64° F with an average low of 44° F. Contradictory to the popular proverb "April showers bring May flowers," April is surprisingly not one of the rainier months in Philadelphia with an average rainfall of 3.56 inches.

IV. GETTING AROUND

A. From the Airport

Philadelphia International Airport is located just minutes from Center City Philadelphia. Upon arrival, taxi service is available to Center City Philadelphia for a flat rate of approximately \$28 per trip. Public transportation is also available. The SEPTA R1 High Speed Rail Line (also called the Airport Line) will take you from the airport (follow the signs marked "Trains to Central Phila" that run every 30 minutes between 5AM and 12AM) to Suburban Station in Center City Philadelphia for a fee of \$7 per person. Be sure to have cash for the fare. The ride takes about 20 minutes. The conference hotel at 1201 Market Street is about 5 blocks from Suburban train station (less than \$10 taxi ride). There are also SEPTA buses for \$2.25. Route information can be found at www.phl.org/passengerinfo/ transportationservices/Pages/transport_default.aspx.

B Around the City

Center City Philadelphia is very easy to get around on foot. Colorful "Walk! Philadelphia" signs and maps are located at every major intersection directing you to popular destinations

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The conference venue is conveniently located within comfortable walking distance (less than 30 minutes) of Washington Square, Society Hill, Old City, and Chinatown.

Public transportation options include Center City trains, subways, trolleys, and buses, all run by SEPTA which operates on a token system. Tokens can be purchased at token kiosks at all subway stations at a cost of \$1.80 per token/ride in packs of 2-10 tokens. Tokens are good for all Center City trains, subways, trolleys, and buses. In lieu of tokens passengers can pay \$2.25 in cash when boarding (be sure to have the exact fare).

If you're ready to explore the region, the \$12 One-Day Independence Pass allows you to travel on all SEPTA buses, trolleys, subways and trains, taking you everywhere from Bensalem to the Phillies, from Alden to the Art Museum or Springfield to South Street. Family passes are available for \$29, offered to families of up to five where at least one member is 18 years of age. The One-Day Independence Pass may be purchased from the conductor on any Regional Rail train.

The Broad Street Line (main North-South line) is great for going to a game or concert at the South Philadelphia Sports Complex, visiting one of South Philadelphia's famous Italian Restaurants, getting between hotels and cultural attractions on Center City's impressive Avenue of the Arts, or getting to one of the many activities and cultural institutions in the burgeoning neighborhood surrounding Temple University in North Philadelphia.

The Market-Frankford Line (main East-West line) and Trolleys quickly connect several highly-visited neighborhoods in Philadelphia and is great for traveling between Northern Liberties, Old City, the Historic District, Market East, the Convention Center and Chinatown, City Hall, Rittenhouse Square, University City, West Fairmount Park, Spruce Hill and many more.

V. SAFETY

Although tourist areas are generally safe, like many urban areas in the US, Philadelphia's urban streets attract crime. Avoid deserted areas at night and always keep a tight hold of your handbag and other belongings, especially in areas such as South Street and busy tourist hotspots. Avoid carrying valuables with you on the street and keep expensive cameras covered when not in use. Don't walk or jog early in the morning or late at night when the streets are deserted. When out at night, have a friend walk with you. Carry only the money you'll need on a particular day. Don't display your cash or any other inviting targets such as pagers, cell phones, handheld electronic games, or expensive jewelry and clothing. If you think someone is following you, switch directions or cross the street. If the person continues to follow you, move quickly toward an open store or restaurant or a lighted house. Don't be afraid to yell for help.

VI. NEIGHBORHOODS

A. Italian Market

1.2 miles – 30 minute walk from Marriott Downtown (From 12th and Market, catch the Septa #23 Bus towards Oregon and exit at 12th St. & Christian St. stop.)

If you're craving Italian food—whether it be dinner, a quick cannoli or some focaccia—head over to the Italian Market, located near 9th Street and Washington Avenue. The neighborhood lies just outside of William Penn's original city plan and was first settled by Italian immigrants in the late 19th century. It's a quaint and traditional area as many shop owners still live above their stores, which offer meats, breads, olives, cheeses, coffee and chocolates. Outdoor vendors are also at the Italian Market selling fresh produce. While the Italian Market's history is, well, Italian, recent years have seen an influx of other immigrants and the area now also features a wide variety of Asian, Mexican and Middle Eastern restaurants.

B. Old City

1.3 miles – 25 minute walk from Marriott Downtown (Market-Frankford Line heading East towards Frankford Transportation Center, exit at 2nd St. stop)

Take a step back in time and walk where America's founding fathers once walked as you roam through Old City, a network of historical buildings on the banks of the Delaware River. Don't miss the tightly-packed row houses on Elfreth's Alley, which have been continually occupied for 300 years. The neighborhood is home to the Liberty Bell, Independence Hall and the house where Thomas Jefferson drafted the Declaration of Independence. All of these are must-sees!

C. Fairmount

2.0 miles – 10 minute drive from Marriott Downtown (From Market St. & 13th St. catch the Septa #33 Bus towards 23rd – Venango and exit at 20th St. & Fairmount Av.)

An upper-middle class neighborhood that lies on the edge of Philadelphia's downtown, Fairmount is often referred to as the Art Museum Area because of its proximity to the Philadelphia Museum of Art. And while it is the Art Museum which attracts most people to the area, a sizeable crowd also wanders over to see where Sylvester Stallone filmed Rocky Balboa's triumphant jogging scene in the movie, Rocky. Just north of the museum lies Fairmount Park, one of the largest green spaces in the US with more than 9,200 acres of rolling hills, gentle trails and woodlands. Hugging the Schuylkill River, the park features the Philadelphia Zoo, a rock garden, a disc golf course, a playground, an Underground Railroad museum, a Japanese garden and miles of peaceful walking trails.

D. West Philly/University City

2.3 miles – 7 minute drive from Marriott Downtown (Take the Market Frankford line West towards 69th St. and exit at 34th St. Station.)

Home to some of Philadelphia's most prestigious institutions, including Drexel University and the University of Pennsylvania, University City lies in the bustling heart of West Philadelphia. In addition to academics, this neighborhood also hosts a wide array of fine cuisine establishments and energetic nightlife. If outdoor activities and athletics are where your interests lie, be sure to check out the Penn Relays (*www.thepennrelays. com*), hosted April 24–26 at Franklin Field!

E. Northern Liberties

2.3 miles – 10 minute drive from Marriott Downtown (Broad St. line heading North to Fern Rock Transportation Center, exit at Spring Gardens stop and head East)

Every major city has former industrial areas that are now magnets for the young, hip and artsy crowd. And Philadelphia has its own with the Northern Liberties Neighborhood, named in 2012 as a Top Hipster Neighborhood in America by Forbes. com. An area once home to wharves, loading docks and metal shops, the neighborhood is now alive with restaurants, bars and nightlife. NoLibs, as it is called by locals, sits just north of Old City and also features coffee shops, art galleries and oneof-a-kind shops. If you're not yet convinced to visit this area, this should work: Edgar Allen Poe used to live in Northern Liberties.

F. Manayunk

7.0 miles – 15 minute drive from Marriott Downtown (From Juniper St. & Commerce St., catch the Septa #27 Bus towards Barren Hill and exit at Manayunk Av. & Lyceum Av.)

High-end shopping and small-town charm can be found in this lovely section of town smack dab in urban Philadelphia. Nestled along the banks of the Schuylkill River and the Manayunk Canal and Tow Path, here you'll find renovated Victorian storefronts and mill buildings and restaurants and bars galore. The Manayunk neighborhood offers everything from independent retailers and consignment shops to music stores and art galleries. A variety of restaurants are located in the neighborhood, many offering outdoor dining and some with peaceful overlooks of the river.

VII. PARKS AND OUTDOOR SPACES

Frommer's recently named Philadelphia as one of the top 10 cities for parks in the world—but that's no surprise for those who live here. Parks, green spaces, and gardens dot the city, thanks in part to William Penn who visualized establishing a "greene countrie towne" when the colony was being developed.

A. Rittenhouse Square

0.7 miles - 15 minute walk from Marriott Downtown

Rittenhouse Square is Philadelphia's most popular town square. It was named in 1825 in honor of Philadelphian David Rittenhouse, an astronomer, instrument maker, and patriot during the Revolutionary era. Rittenhouse Square features diagonal walkways and a plaza with a reflecting pool. Rittenhouse Square is a favorite location for office workers to sit and have lunch on warm days, for parents to bring their children to play, and for visitors to come and admire the many plants and sculptures. Some of the most popular sculptures are Lion Crushing a Serpent by Antoine-Louis Barye, Duck Girl by Paul Manship, and the Evelyn Taylor Price Memorial Sundial. Rittenhouse Square is also a popular location for outdoor art exhibits.

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B. Washington East

0.7 miles – 15 minute walk from Marriott Downtown Just steps away from Independence Hall is Washington Square. Not always the beautiful park it is today, Washington Square used to be a burial ground during the 1793 yellow fever epidemic and for soldiers who died during the Revolutionary War. Today at Washington Square, you can see the country's oldest publishing house at the Curtis Center (W.B. Saunders Publishing Company) and the Tomb of the Unknown Soldier, which is watched over by a statue of George Washington.

C. Fairmount Park

2 miles – 9 minute drive from Marriott Downtown Perhaps the best known park in Philadelphia is Fairmount Park, which boasts of being 63 individual parks in its 9,200 acres of hills, trails, waterfront, and woodlands, right in the heart of the city. And viewed geographically, the park takes up 10% of the entire land in Philadelphia. There is something for everyone at Fairmount Park, whether you would like go for a relaxing stroll, play organized frisbee, have a picnic, learn about the history of Philadelphia while visiting statues and historic buildings, view a Japanese tea ceremony, see beautiful cherry blossoms, go for a strenuous hike, or attend an outdoor concert.

The world-famous Philadelphia Museum of Art sits at the headway of the Park and overlooks Boathouse Row on the Schuylkill River, a row of Victorian-era boathouses that are now architectural landmarks of Philadelphia. At another end of the park is the Philadelphia Zoo, America's oldest zoo. All areas of the park are open from sunrise to sunset.

D. Wissahickon Park

10 miles - 21 minute drive from Marriott Downtown

If you would like to get away from the hustle and bustle of Center City, take a trip to Wissahickon Valley Park in northwest Philadelphia. The Wissahickon Creek used to be the home of many mills and factories during the 18th and 19th centuries. It is now the home of a beautiful park with many trails for hiking, bicycling, and horseback riding. Wissahickon Valley is one of fewer than 600 National Natural Landmarks in the US.

VIII. TOURS

A. Mural Tours

Mural Mile Walking Tour (www.muralarts.org/ explore/mural-mile)

Starts at 7th and Chestnut, 0.6 mi, 12 minute walk.

More than 3,000 murals are located throughout the City of Philadelphia. Trolley routes, group tours, or self-guided walking (1-3 miles) tours are available. Visit *www.muralarts. org* for more information and maps. Free - \$20.

B. Brewery/Distillery

Yards Brewing Company (www.yardsbrewing.com) Take Market-Frankford Line towards Frankford Trans Cnt, exit at Spring Garden Station, 13 minutes.

Yards Brewing Company offers Free Brewery Tours every Saturday and Sunday between noon and 4 pm. The tours do fill up later in the afternoon and the last tour generally starts around 3:30 pm. A 10 minute walk from the Spring Garden Subway station on the Market Frankford Line. Reservations not required. Free.

Philadelphia Brewing Company

(www.philadelphiabrewing.com)

Take Market-Frankford Line towards Frankford Trans Cnt, exit at York Dauphin Station, 20 minutes).

Tours are normally available Saturdays from noon until 3 pm. Tours are very informal; just show up between noon and 3 pm, socialize with like-minded beer folks and PBC staff, and they'll put you on the next available tour. A 10 minute walk from the Berks Subway station on the Market Frankford Line. Reservations not required. Free.

C. Miscellaneous

Bike Tours (www.philadelphiabiketour.com)

Meet at different locations depending on tour route, bike delivery to hotel.

These guided tours will take you through Center City, from the Delaware River to the Schuylkill River and include several exciting stops and a picnic lunch. There are several pre-made tour packages, including an Eastern State Penitentiary tour package and a Philadelphia Zoo package, which include lunch and admission to attractions as well. You can also rent a bike and explore Philadelphia on your own. Rentals can be delivered right to your Hotel. Book 48 hours in advance. \$57-68

The Constitutional Walking Tour (www.

theconstitutional.com/selfguided/index.php)

Starts at National Constitution Center, 0.7 mi, 15 minute walk.

This tour provides visitors with a primary overview of the Independence National Historical Park area by connecting the buildings and places where the events of the American Revolution transpired. The three-mile outdoor journey features more than 30 historical sites in the Independence Mall area, including the Liberty Bell, Independence Hall and the National Constitution Center. 3 mile self-guided walking tour or guided tours available. Free.

Free Tours by Foot (www.freetoursbyfoot.com/ philadelphia)

Meet at different locations depending on tour route, central office 0.9 mi, 17 minute walk.

Sometimes the best way to explore a city is on foot, so set out and see Philadelphia with knowledgeable guides. All available tours are free, as the guides work solely for tips. (Typical gratuities are \$8-10 per person). Tours fill up fast, so reservations are required. For groups of five or more, call (267) 712-9512 before booking. Visit the website for more information.

City Food Tours (www.cityfoodtours.com/philadelphia/ philly-food-tours-general-info.html)

Meet at different locations depending on tour route, central office 1.1 mi, 24 minute walk).

Get introduced to some of Philly's best specialty food shops and restaurants while sampling delicious handmade treats with City Food Tours. Food experts lead a series of tasty encounters while sharing the inside scoop on how foods are made and the quirky stories behind their creation. Choice of 6 tour routes. Call (215) 360-1996 to reserve your spot. \$35-55.

Italian Market Food Tour (www.freetoursbyfoot.com/ philadelphia-tours/food-tours/italian-market-food-tour) 1.2 mi, 24 minute walk to start.

Fill your minds and bellies with the food and flavors of Philadelphia's famous Italian 9th Street Market on this two hour tour (one option by Free Tours by Foot). At each food stop, you choose what treats you would like to taste and how much to spend. Tour begins outside the Italian Market Visitor Center at 919 South 9th Street. Suggested \$7-10.

IX. RESTAURANTS

Star ratings and price ratings are from Yelp. All distances and times are from the Marriott Downtown hotel. Philadelphia is known for its incredible selection of restaurants and foods. Reservations are strongly recommended for any restaurant listed at the over \$10 range. Otherwise you may be facing hour-long wait times or totally booked restaurants. You may also consider making reservations before the trip or days in advance for some of the most popular destinations.



Philly locals are proud of their famous restaurateurs including:

- Stephen Starr Restaurants
- Jose Garces Restaurants

Known for its exceptional dining and lively atmosphere, over 200 restaurants also offer the option of Bring Your Own Bottle (BYOB), earning Philly the title of the BYOB capital of North America. The option of BYOB allows for a more affordable yet enjoyable experience at some of the city's more upscale restaurants.

b BYOB Restaurants

For a quick bite to eat close to the hotel, check out the "50-minute eateries". All of the food venues in the Reading Terminal Market are great choices for good and quick food. Most restaurants will take orders for pick-up if you want to enjoy lunch in one of Philly's great outdoor spaces.

➡ 50-minute eateries

A. 0.5 miles or less away (10 minute walk or less)

Under \$10

Reading Terminal Market - 3 minute walk

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➡ 50-minute eateries

www.readingterminalmarket.org

Established in 1893, Reading Terminal Market is now home to approximately 100 merchants selling a wide variety of fresh foods and crafted goods. The market is open seven days a week from 8 am-6 pm Monday thru Saturday and 9 am-5 pm on Sunday. If you plan to go, be sure to grab a roast pork sandwich at Tommy DiNic's, recently labeled the best sandwich in America by the Travel Channel's Adam Richman. For an authentic Pennsylvania Dutch breakfast you must stop by Dutch Eating Place and get a plate of their blueberry pancakes. For additional Pennsylvania Dutch goods (and to satisfy your sweet tooth) check out Sweet as Fudge Candy Shoppe or Miller's Twist for ice cream and milk shakes. Looking for the perfect gift for that friend or family member back home? There are plenty of options available at the Pennsylvania General Store and Amazulu, which specializes in handcrafted sterling silver jewelry. Whatever you need, you're sure to find it at Reading Terminal Market!

Dutch Eating Place (Breakfast & Brunch,

Tommy DiNic's (Traditional American,

Nan Zhou Hand Drawn Noodle House (Chinese,

Comfort Food) – 0.4 mile, 9 minute walk 4 stars Casual attire 1022 Race St. Ph: (215) 923-1550 www.nanzhounoodlehouse.com

Q.T. Vietnamese Sandwich (Sandwiches,

Vietnamese) - 0.3 mile, 7 minute walk

4 stars Casual attire 48 N. 10th St. Ph: (267) 639-4520

Jean's Café (Traditional American, Breakfast &

Brunch) – 0.3 mile, 7 minute walk

4 stars Casual attire 1334 Walnut St. Ph: (215) 546-5353 Mon-Fri Opens at 6 am Sat Opens at 7 am

\$11-30

Fuel Center City (panini, wraps and salad all items under 500 calories) – 0.3 mile, 6 minute walk

50-minute eateries
BYOB Restaurants
3¹/2 stars
Casual attire
1225 Walnut St. Ph: (215) 922-3835 *www.fuelrechargeyourself.com*Fresh organic ingredients and extensive juice bar make this an easy, healthy choice. For a frozen treat, try the banana whip with Nutello. Yum.

Green Eggs Café (Breakfast and Brunch) - 0.3 mile,

6 minute walk 3¹/2 stars Casual attire 212 S. 13th St. Ph: (267) 861-0314 www.greeneggscafe.com Opens at 8am Mon-Sun With red velvet pancakes big enough for two, an assortment of Benedicts, quinoa porridge, and a vegan scramble, there's something for everyone.

El Vez (Mexican, Breakfast and Brunch) – 0.2 mile, 4 minute walk

➡ 50-minute eateries
✿ Stephen Starr Restaurants
3¹/2 stars
Casual attire
121 S. 13th St. Ph: (215) 928-9800
www.elvezrestaurant.com
The sea bass tacos with the grilled corn side are wonderful, and try any one of their 7 unique flavored guacamoles.

Toast (Café, Coffee and Tea) - 0.4 mile, 9 minute walk

3¹/2 stars Casual attire 1201 Spruce St. Ph: (215) 821-1080 *www.toastphilly.com* Mon-Fri Opens at 7 am Sat-Sun Opens at 8 am

Garces Trading Company (Sandwiches, Modern

European) - 0.4 mile, 8 minute walk
BYOB Restaurants
Jose Garces Restaurants
4 stars
Casual attire
1111 Locust St. Ph: (215) 574-1099
www.garcestradingcompany.com
Enjoy tastings of a variety of flavored balsamic vinegars with your table's bread. Other favorites include their deep dish pizza and smoked chocolate cake. Boutique wine shop within the restaurant; corkage fee while dining.

Sahara Grill (Middle Eastern) - 0.3 mile, 7 minute

walk **b** BYOB Restaurants 4 stars Casual attire 1334 Walnut St. Ph: (215) 985-4155

Village Whiskey - 0.9 mile, 17 minute walk

4 stars Casual attire 118 S 20th Street Ph: (215) 665-1088 *villagewhiskey.com* Probably known as having the best burger in Philadelphia, which pairs well with their famous duck-fat fries.

\$31-60

Barbuzzo (Mediterranean) - 0.2 mile, 4 minute walk

4¹/₂ stars Casual attire 110 S 13th St. Ph: (215) 546-9300 *www.barbuzzo.com* The oreo-crusted Italian custard dessert with salted caramel will blow your mind. Order the budino for dessert.

Vedge (Vegan, Vegetarian) – 0.4 mile, 8 minute walk

4¹/₂ stars Dressy attire 1221 Locust St. Ph: (215) 320-7500 *www.vedgerestaurant.com* Can't go wrong when ordering from 'The Dirt List'.

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Mercato (Italian, Mediterranean) – 0.5 mile, 9 minute walk

b BYOB Restaurants 4 stars Casual attire 1216 Spruce St. Ph: (215) 985-2962 *www.mercatobyob.com* The whole grilled artichoke appetizer and the summer vegetable risotto are winners (cash only)!

Estia (Greek, Mediterranean) - 0.5 mile, 10 minute

walk 4 stars Dressy attire 1405 Locust St. Ph: (215) 735-7700 www.estiarestaurant.com The charcoal grilled octopus appetizer is delicious, and the restaurant is known for their tasty whole fish.

Lolita (Mexican) - 0.2 mile, 4 minute walk

b BYOB Restaurants 4 stars Casual attire 106 S. 13th St. Ph: (215) 546-7100 www.lolitabyob.com

Sbraga (modern American) – 0.6 mile, 13 minute walk 4 stars

Dressy attire (theatre crowd) 440 S. Broad St. Ph: (215) 735-1913 www.sbraga.com Home of top chef Kevin Sbraga.

Above \$61

Butcher and Singer (Traditional American,

Steakhouse) - 0.4 mile, 10 minute walk
✿ Stephen Starr Restaurants
4 stars
Dressy attire
1500 Walnut St. Ph: (215) 732-4444
www.butcherandsinger.com
Try the Dry Aged Porterhouse or anything with the smoked applewood bacon inside this gorgeous space!

Morimoto (Japanese, Sushi) - 0.5 mile, 11 minute walk

Stephen Starr Restaurants
 4¹/₂ stars
 Dressy attire
 723 Chestnut St. Ph: (215) 413-9070
 www.morimotorestaurant.com

The Capital Grille (Steakhouse, Traditional

American) – 0.2 mile, 5 minute walk 4¹/2 stars Dressy attire 1338 Chestnut St. Ph: (215) 545-9588 www.thecapitalgrille.com

Del Frisco's Double Eagle Steak House (Steakhouse,

Seafood) – 0.3 mile, 7 minute walk 4 stars Dressy attire 1426 Chestnut St. Ph: (215) 246-0533 www.delfriscos.com

B. 0.5 to 1 mile away (10-20 minute walk/~ 5 minute drive)

Under \$10

HipCityVeg (Vegetarian, Vegan) – 0.6 mile, 14 minute walk 4 stars Casual attire 127 S. 18th St. Ph: (215) 278-7605 www.hipcityveg.com The delicious Ziggy burger, Udon noodle salad, and Curry tofu wrap are affordable, quick, and healthy options.

Mama's Vegetarian (Middle Eastern, Vegetarian,

Kosher) – 0.8 mile, 17 minute walk 4¹/₂ stars Casual attire 18 S. 20th St. Ph: (215) 751-0477 www.mamasvegetarian.com A falafel to die for (cash only)!

Falafel Truck (Middle Eastern) – 0.7 mile, 16 minute walk

4¹/₂ stars Casual attire NE Corner 20th and Market St Open Monday-Friday 11:30 am - 3 pm

Nom Nom Ramen (Japanese) - 0.6 mile, 13 minute

walk 3½ stars Casual attire 20 S. 18th St. Ph: (215) 988-0898 www.nomnomramen.com

Pho Xe Lua Viet Thai (Vietnamese, Thai) - 0.6 mile,

11 minute walk 4 stars Casual attire 907 Race St. Ph: (215) 627-8883

\$11-30

Rangoon Restaurant (Burmese) – 0.5 mile, 10 minute walk 4 stars Casual attire 112 N. 9th St. Ph: (215) 829-8939 www.rangoonrestaurant.com

Vietnam Restaurant (Vietnamese) - 0.5 mile, 9

minute walk 4 stars Casual attire 221 N. 11th St. Ph: (215) 592-1163 www.eatatvietnam.com

Four Rivers (Chinese) - 0.2 mile, 3 minute walk

4 stars Casual attire 936 Race St. Ph: (215) 629-8385

Audrey Claire (Mediterranean, New American,

Seafood) – 1.0 mile, 23 minute walk
BYOB Restaurants
4 stars
Casual attire
276 S. 20th St. Ph: (215) 731-1222
www.audreyclaire.com

Indian Restaurant (Indian) - 1.0 mile, 23 minute walk

b BYOB Restaurants 4 stars Casual attire 1634 South St. Ph: (215) 964-9451 *www.indianrestaurantpa.com* Try the lamb korma, or any of their lamb specials.

Giorgio on Pine – 0.5 mile, 13 minute walk

b BYOB Restaurants 4 stars Casual attire 1328 Pine St. Ph: (215) 545-6265 www.giorgioonpine.com

\$31-60

Alma De Cuba (Latin American, Cuban) – 0.6 mile, 14

minute walk Stephen Starr Restaurants 4 stars Dressy attire 1623 Walnut St. Ph: (215) 988-1799 www.almadecubarestaurant.com

Tinto (Tapas Bar) - 0.8 mile, 19 minute walk

4 stars Casual attire 114 S. 20th St. Ph: (215) 665-9150 www.tintorestaurant.com

Chifa (Asian Fusion, Peruvian) – 0.5 mile, 13 minute

walk 4 stars Dressy attire 707 Chestnut St. Ph: (215) 925-5555 www.chifarestaurant.com

Los Catrines Tequila (Mexican) - 0.6 mile, 15 minute

walk 4 stars Casual attire 1602 Locust St. Ph: (215) 546-0181 www.tequilasphilly.com

Matyson (New American) - 0.7 mile, 18 minute walk

b BYOB Restaurants 4¹/₂ stars Casual attire 37 S. 19th St. Ph: (215) 564-2925 www.matyson.com

The Farm and Fisherman (New American) –

o.5 mile, 13 minute walk **b** BYOB Restaurants
4 stars
Casual attire
1120 Pine St. Ph: (267) 687-1555 *www.thefarmandfisherman.com*

Above \$61

Fountain Restaurant (New American, Breakfast & Brunch, Sandwiches) – 0.6 mile, 15 minute walk 4 stars Dressy attire

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Fountain Restaurant at The Four Seasons (New American, French influence) – 0.7 mile, 14 minute walk

4 stars Dressy attire 1 Logan Sq. Ph: (215) 963-1500 *www.fourseasons.com/philadelphia/dining/restaurants/ fountain_restaurant* Mon-Fri Opens at 6:30 am Sat Opens at 7 am

Barclay Prime (Steakhouse) - 0.8 mile, 20 minute

walk Stephen Starr Restaurants 4 stars Dressy attire 237 S. 18th St. Ph: (215) 732-7560 www.barclayprime.com

Il Pittore (Italian, New American) – 0.9 mile, 21

minute walk Stephen Starr Restaurants 4 stars Casual attire 2025 Sansom St. Ph: (215) 391-4900 www.ilpittore.com

Lacroix at the Rittenhouse (French, New American, Breakfast & Brunch) - 0.8 mile, 17 minute walk

4¹/₂ stars Dressy attire 210 W Rittenhouse Sq. Ph: (215) 790-2533 *www.lacroixrestaurant.com* Mon – Fri Opens 6:30 am – 10:30 pm Sat – Sun Opens at 7 am Top food (and top price) inside the famous Rittenhouse Hotel.

M Restaurant (New American) - 0.7 mile, 13 minute

walk 3¹/2 stars Casual attire 231 S 8th St. Ph: (215) 625-6666 www.mrestaurantphilly.com Charming outdoor garden seating.

Talula's Garden (New American) - 0.7 mile, 14

minutes Stephen Starr Restaurants. 4 stars Casual attire 210 W. Washington Sq. Ph: (215) 592-7787 *www.talulasgarden.com* An incredible selection of cheese courses.

Vetri (Italian) - 0.5 mile, 9 minute walk

4¹/2 stars Dressy attire, limited seating, fixed price 1312 Spruce St. Ph: (215) 732-3478 *www.vetriristorante.com* Mario Batali, Alan Richman, and Gourmet Magazine have touted it as the best Italian restaurant on the East Coast or in America. Not for the student budget.

XIX – Nineteen (Traditional American) – 0.5 mile, 8 minute walk

3¹/₂ stars Dressy attire 200 S Broad St. Ph: (215) 790-1919 *www.nineteenrestaurant.com* Amazing views of the city from the 19th floor of the Hyatt at The Bellevue.

C. Cheesesteaks



One of the staples of Philadelphia, the cheesesteak has taken on a life of its own and flourished as an elaborate cuisine. Whether you prefer Cheese Whiz, American, fried onions or just plain steak, the immense varieties and combinations of toppings have something to offer for everyone.

Pat's King of Steaks - 1.5 miles, 31 minute walk

3¹/₂ stars 1237 E. Passyunk Ave. Ph: (215) 468-1546 www.patskingofsteaks.com

Geno's Steaks - 1.5 miles, 30 minute walk

2¹/₂ stars 1219 S. 9th St. Ph: (215) 389-0659 www.genosteaks.com

Jim's Steaks – 1.3 miles, 26 minute walk 3¹/₂ stars 400 South St. Ph: (215) 928-1911 www.jimssteaks.com

Campo's Deli – 0.9 mile, 18 minute walk 3 stars 214 Market St. Ph: (215) 923-1000 www.camposdeli.com

Ishkabibble's Eatery – 1.3 miles, 26 minute walk 4 stars 337 South St. Ph: (215) 923-4337 www.philacheesesteak.com

D. Soft Pretzels and Water Ice

Philly soft pretzels are sold on almost every street corner, and for good reason. These tasty treats make for one of the best comfort foods, perfect with a side of spicy mustard. Equally delectable is a refreshing cup of water ice, a smooth blend of ice, fruit juice and fresh fruit. It's a delicious way to cool down on a beautiful spring day in Philadelphia!

Italiano's – *2.4 miles, 48 minute walk* 5 stars 2551 S. 12th St. Ph: (215) 465-1780

Pop's Homemade Water Ice - 2.6 miles, 51 minute walk

4¹/₂ stars 1337 W. Oregon Ave. Ph: (215) 551-7677 www.popsice.com

John's Water Ice - 1.3 miles, 27 minute walk

4¹/₂ stars 701 Christian St. Ph: (215) 925-6955 *www.johnswaterice.com*

Philly Flavors - 0.5 mile, 10 minute walk

4 stars 343 S. 13th St. Ph: (267) 519-8982 www.phillyflavors.com

Philly Soft Pretzel Factory - 0.5 mile, 10 minute walk

4 stars 1532 Sansom St. Ph: (215) 569-3988 www.phillysoftpretzelfactory.com

Miller's Twist - 0.1 mile, 3 minute walk

4¹/₂ stars Reading Terminal Market 11th & Arch St. Ph: (717) 669-6409 www.millerstwist.com

Center City Pretzel Co. - 1.4 miles, 28 minute walk

4½ stars 816 Washington Ave. Ph: (215) 463-5664

E. Sweets

Capogiro – 0.3 mile, 5 minute walk \$\$ 4¹/2 stars 199 S 13th St *www.capogirogelato.com* They have a selection of new flavors each day in addition to steady favorites.

The Famous 4th Street Cookie Company – 0.1 mile, 3 minute walk

\$ 4 stars 51 N 12th St (Reading Terminal Market) www.famouscookies.com Try their classic chocolate chip cookies!

The Franklin Fountain – 1 mile, 19 minute walk

\$\$
4 stars
116 Market St (Old City)
www.franklinfountain.com
The Franklin Mint Chip milkshake was just voted the #1
milkshake by a top milkshake list.

Metropolitan Bakery - 0.9 mile, 18 minute walk

\$\$ 4 stars 262 S 19th Street *www.metropolitanbakery.com* The French Berry rolls go fast!

Sweet Freedom Bakery - 0.8 mile, 17 minute walk

\$ 4 stars 1424 South St *www.sweetfreedombakery.com* A delicious gluten-free, vegan, allergy-friendly bakery.

F. Cocktails and Wine

Hop Sing Laundromat – 0.4 mile, 9 minute walk \$\$

4¹/₂ stars 1029 Race St. *www.hopsinglaundromat.com* Don't be alarmed when you're detained for a "reading of the rules" before entering. An ambiance worth the frivolities and specialty cocktails that will blow your mind.

1 Tippling Place – 0.8 mile, 18 minute walk

\$\$ 4 stars 2006 Chestnut St. Ph: (215) 665-0456 www.1tpl.com A casual feeling speak-easy with eclectic décor and great wine and cocktail selections.

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The Franklin Mortgage & Investment Co. – 0.6 mile,

14 minute walk \$\$\$ 4¹⁄₂ stars 112 S. 18th St. Ph: (267) 467-3277 *www.thefranklinbar.com* Prohibition-era style bar with a great selection.

The Ranstead Room - 0.8 mile, 18 minute walk

\$\$\$ 4 stars 2013 Ranstead St. Bring your night-vision goggles to this speakeasy-style uber-chic lounge that boasts of having no website to ensure secrecy.

G. Craft Beer Stores/Wine and Spirits for BYOB Restaurants

The Foodery (beer) - 0.7 mile, 14 minute walk

\$\$ 3¹/₂ stars 324 S 10th St. Ph: (215) 928-1111 www.fooderybeer.com

Hawthornes Biercafe (beer) - 0.9 mile, 18 minute walk

\$\$ 4 stars 738 S 11th St. Ph: (215) 627-3012 *www.hawthornecafe.com* Great for brunch as well with a variety of beers to enjoy in or take out.

Wine & Spirits Shoppe - 0.1 mile, 3 minute walk

\$ 3 stars 1218 Chesnut St. Ph: (215) 560-4380

Blue Mountain Vinyards & Cellars – 0.1 mile, 3 minute walk \$\$ 4 stars 51 N 12th St. Ph: (215) 238-9022 www.bluemountainwine.com

IX. ENTERTAINMENT

A. Major Venues



Kimmel Center for the Performing Arts (*www. kimmelcenter.org*): Located on the Avenue of the Arts, this spacious and acoustically vaunted facility has eight resident companies (and a variety of touring soloists and ensembles perform here). On any given weekend, the Kimmel Center might present a jazz quartet, French circus, PHILADANCO (Philadelphia Dance Company), The Philadelphia Orchestra, pops or family events. It also has an excellent French restaurant on its upper level. Located at 300 S. Broad St., 0.5 mile, 11 minute walk from Marriott Downtown.

Academy of Music (*www.academyofmusic.org*): Considered Philadelphia's most revered performing space, the Academy is the oldest known opera house continuously in use in the U.S. and home to the Opera Company of Philadelphia, the Pennsylvania Ballet, and "Broadway at the Academy," a series of national productions. Located at 240 S. Broad St., 0.5 mile, 10 minute walk from Marriott Downtown.

Walnut Street Theatre (*www.walnutstreettheatre. org*): A National Historic Landmark and recently declared the official State Theatre of Pennsylvania, the Walnut Street Theatre offers very popular theatrical fare. With its centuriesold bricks attractively exposed in places, you can actually touch the theater's history. Located at 825 Walnut St., 0.5 mile, 11 minute walk from Marriott Downtown.

B. Music/Theater

Philadelphia Orchestra (www.philorch.org): Sergei Rachmaninoff, who played his riveting piano concertos with the Philadelphians, and whose Symphonic Dances were composed for them, believed the Philadelphia Orchestra to be the finest he'd heard anywhere. Olympic standards keep it at the pinnacle of the world's best-precision, balance, flow and those sumptuous strings. This is the place to hear Brahms, Mahler, Beethoven and Debussy polished to a sheen-and in a venue that gleams. Save a bundle with PECO Power Hour tickets: From 5:30 pm to 6:30 pm before evening subscription concerts and 12:30 pm to 1:30 pm before 2 pm matinees, a ticket anywhere in the house is \$10, available at the Kimmel Center box office. The Kimmel Center is 0.5 mile (11 minute walk) from Marriott Downtown; the orchestra also plays at other venues, including the Academy of Music and the Mann Center for the Performing Arts.

Philadelphia Chamber of Music Society (*www. pcmsconcerts.org*): Internationally acclaimed pianists, singers, jazz trios, string quartets and innovative projects make up the Chamber Music Society's incredible 60-concert season (the largest collection of chamber music and recitals in the nation). The Chamber's concerts are performed in specially chosen 125- to 600-seat venues such as the Perelman Theater at the Kimmel Center. More reflective than flashy, chamber music is best heard in intimate settings like the parlors and interiors where it was first performed. Perelman Theater is 0.5 mile (11 minute walk) from Marriott Downtown; PCMS also plays at other venues, including the American Philosophical Society (105 S. 5th St.) and the Curtis Institute of Music (1726 Locust St.).

Peter Nero and the Philly Pops (*www.phillypops. org*): Grammy Award-winning pianist and conductor Peter Nero leads an accomplished and versatile orchestra through upbeat programs for people who enjoy all kinds of music. Demonstrating formidable breadth and skill, the musicians are equally at home performing classical, Broadway, rock and jazz works. Seasonal highlights include eclectic performances with such titles as Latin Fiesta, Pop Opera, Jump n' Jive and Broadway Showstoppers. Performances are held at Verizon Hall (Kimmel Center), 0.5 mile, 11 minute walk from Marriott Downtown, as well as other venues in the region. **Opera Philadelphia** (*www.operaphila.org/season*): Philadelphia's only producer of grand opera, the Opera Philadelphia is home to some of the industry's brightest singers, composers, directors and conductors. The company typically presents four opera productions, six performances each, per season. Plays at the Academy of Music and the Perelman (Kimmel Center), 0.5 mile, 11 minute walk from Marriott Downtown.

C. Museums

Philadelphia History Museum (www. philadelphiahistory.org): The historic 1826 building, located just around the corner from Independence Hall and the Liberty Bell, has been an exciting gateway into Philadelphia History for nearly 70 years. Guests can enjoy handsomely designed galleries and encounter over 400 objects from the Museum's vast collection of over 10,000 pieces of history. Plus, see hundreds of priceless objects on display, including the wampum belt that the Lenni Lenape Indians gave to William Penn in 1682. Don't miss Experience Philadelphia, the world's largest map of Philadelphia stretching across an entire gallery floor. 15 South 7th St., 0.5 mile, 11 minute walk from Marriott Downtown.

African American Museum in Philadelphia



(www.aampmuseum.org): With a diverse collection of fine and folk art. photographs, memorabilia and costumes, this museum in Philadelphia's historic district traces the experiences and contributions of African-Americans from the kingdoms of Africa through the present. The to museum's exhibits tell the story of African American life, focusing on topics such as family life, the visual arts, entertainment, politics, and

sports. The museum currently houses four galleries and an auditorium, each anchored by one of three dominant themes: the African Diaspora, the Philadelphia Story, and the Contemporary Narrative. As an affiliate of the Smithsonian Institution, the museum often links its exhibits to national and international trends. 701 Arch St., 0.6 mile, 12 minute walk from Marriott Downtown. **The Academy of Natural Sciences** (*www.ansp.org/ visit*): Founded in 1812, The Academy of Natural Sciences is the oldest continually operating museum of its kind in the Western Hemisphere. It sponsored some of the seminal explorations for American wildlife and fossils, and by the early 1900s, expanded those explorations to Africa, Asia and the Antarctic. Researchers worldwide utilize the museum's more than 17 million specimens for biodiversity studies. 1900 Benjamin Franklin Parkway, 0.7 mile, 16 minute walk from Marriott Downtown.

The Franklin Institute (*www2.fi.edu*): An innovator in designing hands-on exhibits before "interactive" became a buzzword, The Franklin Institute is as clever as its namesake. Its eminently touchable attractions explore science in disciplines ranging from sports to space. Films assume grand proportions on the Tuttleman IMAX Theater's 79-foot domed screen; galaxies are formed and deep space explored in North America's second-oldest planetarium, which reopened in 2002, sporting the continent's most advanced technology. Don't miss the 3D Theater and the indoor SkyBike. 222 North 20th St., 0.9 mile, 19 minute walk from Marriott Downtown.



Barnes Foundation (*www.barnesfoundation.org/visit/ philadelphia*): The 93,000 square-foot, two-story building, designed by architects Tod Williams and Billie Tsien, is described as a "gallery in a garden, a garden in a gallery." Boasting a textured grey-and-gold Ramon limestone exterior and a glass canopy that glows at night, the building is a breathtaking addition to the Parkway Museum District. But the true draw is the Barnes Collection featuring 181 Renoirs, 69 Cézannes and 59 Matisses, along with works by Manet, Degas, Seurat, Prendergrast, Titian and Picasso. 2025 Benjamin Franklin Parkway, 1.0 mile, 21 minute walk from Marriott Downtown. *Mütter Museum* (*www.collegeofphysicians.org/muttermuseum*): The Mütter Museum is a riveting storehouse for the anatomically strange. The Museum's display of 20,000 provocative items is designed to give a beneath-the-surface perspective of what physicians study. Inside the Museum, you'll find a wide smattering of abnormal body parts preserved in fluid. You'll encounter skeletal formations—like that of a 7'6" man'that don't seem quite possible. Diseased and enlarged organs are tastefully displayed within glass-encased oak frames. 19 South 22nd St., 1.0 mile, 21 minute walk from Marriott Downtown.

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Philadelphia Museum of Art (*www.philamuseum.org*): Like Philadelphia's own Parthenon, the Philadelphia Museum of Art sits majestically on a rise at the end of the Benjamin Franklin Parkway. The vast collections of this temple of art make it the third-largest art museum in the country, and an absolute must-see on the city's cultural circuit. Among its impressive holdings in Renaissance, American, Impressionist and Modern art, some standouts include a great Rogier van der Weyden altarpiece, a large Bathers by Cezanne, and a room devoted to Philadelphia's own Thomas Eakins. Upstairs, breathe in other cultures and times through over 80 period rooms, from the medieval cloister to the Indian temple. 2600 Benjamin Franklin Parkway, 1.5 miles, 32 minute walk from Marriott Downtown.

D. Historical Attractions

Independence Mall:

Liberty Bell: The home of the Liberty Bell contains largerthan-life historic documents and graphic images that explore the facts and the myths surrounding the Bell. X-rays give an insider's view, literally, of the Bell's crack and inner-workings. In quiet alcoves, a short History Channel film, available in English and eight other languages, traces how abolitionists, suffragists and other groups adopted the Bell as its symbol of freedom. Other exhibits show how the Bell's image was used on everything from ice cream molds to wind chimes. No tickets are required for admission to the Liberty Bell, however, visitors must go through security screening to gain entrance to the center. Open year-round, 9 am-5 pm. 525 Market St., 0.6 mile, 12 minute walk from Marriott Downtown.

Independence Hall: They risked everything, "their lives, their fortune and their sacred honor." During the blistering summer of 1776, 56 courageous men gathered at the Pennsylvania State House and defied the King of England. Eleven years later, representatives from 12 states gathered to shape the U.S. Constitution, finally creating one unified nation. The guided tour of Independence Hall, led by National Park rangers, begins in the courtroom where lawyers from opposing sides shared tables and law books. George Washington's "rising sun" chair dominates the Assembly Room, which is arranged as it was during the Constitutional Convention. In the adjacent West Wing, the original inkstand used to sign the Declaration and an original draft of the Constitution are displayed. Tickets are required for admission. Free, walk-up tickets are available for pick up at the Independence Visitor Center (6th and Market St.) on the day of your visit starting at 8:30 am. Tickets are often gone by 1 p.m. during the busy season, so be sure to arrive early. To guarantee a ticket and to avoid waiting in the walk-up ticket line, consider purchasing timed tickets (\$1.50 each) in advance, either by phone or online (www.nps.gov/inde/daily-ticket-information.htm), hours vary by season. Located on the south side of Chestnut St. between 5th and 6th Streets, 0.7 mile, 14 minute walk from Marriott Downtown.



National Constitution Center (*www.constitutioncenter. org*): It's only four pages long, but the U.S. Constitution is among the most influential and important documents in the history of the world. The 160,000 square-foot National Constitution Center explores and explains this amazing document through high-tech exhibits, artifacts, and interactive displays. The Kimmel Theater, a 350-seat starshaped theater, features "Freedom Rising," a multimedia production combining film, a live actor and video projection on a 360° screen to tell the stirring story of "We the people." While the Center hosts amazing evergreen presentations, take a look at the Events Calendar for the latest premiere or traveling exhibit. 525 Arch St., 0.7 mile, 15 minute walk from Marriott Downtown.

Benjamin Franklin's Grave (and other early American leaders): Steps from the Independence Visitor Center, Christ Church Burial Ground is a must-visit during your trip to Historic Philadelphia. Explore the historic cemetery and learn about the lives of the men, women and children buried here. They include signers of the Declaration of Independence and other leaders as well as ordinary citizens. Benjamin Franklin and his wife Deborah are buried here. The Franklins' grave is easily the most visited, as seen by the large amount of pennies which are thrown onto Benjamin Franklin's grave by visitors each day as a symbol of good luck, and a nod to Franklin's motto that "a penny saved is a penny earned." Located on Arch St. between 4th and 5th Streets, 0.7 mile, 16 minute walk from Marriott Downtown.



Elfreth's Alley: The nation's oldest continuously inhabited street, Elfreth's Alley was home to the 18th century artisans and trades-people; the houses on this itty-bitty, cobblestone street are still hot properties. The Alley preserves three centuries of evolution through its old-fashioned flower boxes, shutters, Flemish bond brickwork and other architectural details. Two adjacent houses, built in 1755, are now a museum and are open to the public. 126 Elfreth's Alley, 1.1 miles, 23 minute walk from Marriott Downtown.

Betsy Ross House: While historians debate Betsy Ross' role in making the first American flag, the home of the nation's best-known seamstress is among the region's most popular attractions. Betsy, who made a living as a furniture upholsterer, rented the 1740 home, and the teeny-tiny rooms and tight little staircases give a good portrayal of a working class woman's life in colonial America. Her workroom, two bedrooms, and kitchen are all included in a self-guided tour. Betsy Ross is buried beneath the giant elm and sycamore trees that shade the courtyard. Admission is \$5 for adults and \$4 for children, plus \$2 each for the optional audio tour. Located at 239 Arch St., 1.3 miles, 19 minute walk from Marriott Downtown.

E. Other Attractions

Philadelphia's Magic Gardens (*www. phillymagicgardens.org*): Covering an indoor and outdoor space equivalent to half a city block, Philadelphia's Magic Gardens glisten with creativity, urban renaissance and a hint of madness. Isaiah Zagar, a local artist who began tiling South Street in the 1960s and never stopped, constructed the space out of cement, bicycle spokes, bottles, ceramic shards and other artistic knick-knacks. Zagar has created more than 100 mosaics in Philadelphia, the majority of them along the South Street corridor. A walk around the neighborhood unveils not only the work of one artist, but a geographic renaissance. 1020 South St., 0.8 mile, 16 minute walk from Marriott Downtown.

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Adventure Aquarium (www.adventureaguarium.com): Families can roll up their sleeves and prepare for a thrill at Adventure Aquarium on the Camden, NJ Waterfront, America's Most Touchable Aquarium. Adventure Aquarium is a true waterfront treasure, featuring nearly 200,000 square feet of space, more than two million gallons of water and 6,500 animals. The fifth largest aquarium in the country, Adventure Aquarium is the only aquarium in the world to exhibit hippos and one of only two aquariums in the country to house a Hammerhead Shark. Adventure Aquarium offers numerous hands-on touch experiences including the Stingray Beach Club, where families can touch and hand-feed gentle and curious stingrays. In Camden, New Jersey, located at 1 Riverside Drive, 2.0 miles, 36 minute walk from Marriott Downtown (includes a bridge to NJ; may be best to take public transit, 34 minutes).

Philadelphia Zoo (*www.philadelphiazoo.org*): One of the best laid-out and most animal-packed zoos in the country is set among a charming 42-acre Victorian garden with treelined walks, formal shrubbery, ornate iron cages and animal sculptures. The zoo has garnered many "firsts" including being the first zoo charted in the United States (1859). In addition to its animals, the zoo is known for its historic architecture, which includes the country home of William Penn's grandson, its botanical collections of over 500 plant species, groundbreaking research and fine veterinary facilities. 3400 W. Girard Ave., 2.7 miles, 56 minute walk from Marriott Downtown.