

# Quick Trips

Featured Family Destination:



## Rocky Mount, NC



### Depart on Train 80 from:

Kannapolis	7:25 am
Greensboro	8:39 am
Cary	10:02 am

Arrive in Rocky Mount 11:52 am

### Depart Rocky Mount on Train 79 3:13 pm

#### Arrive:

Cary	5:03 pm
Greensboro	6:32 pm
Kannapolis	7:41 pm

Rocky Mount began as one of the first textile mills in the South, later to be one of the first cotton mills established in North Carolina. Even when taking your first steps into the city from the train station, you can sense Rocky Mount's deep and rich history. Of the many attractions surrounding the downtown area, there are plenty of options for families to enjoy together, even for your very youngest. **Rocky Mount's Imperial Centre for the Arts & Sciences** is the hub of all things cultural and natural. Located at

270 Gay Street, the facility holds an arts center and a children's museum & science center that you and your family will fall in love with.

**The Maria V. Howard Arts Center** is just the place to go to for an afternoon of culture and art. The art gallery holds over 400 works by artists primarily from North Carolina, but some from all over the southeast. The arts center's hours are Tuesday-Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 p.m. to 5 p.m. Admission is free.

For the science buffs, visit the **Children's Museum & Science Center at the Imperial Centre for the Arts & Sciences**. From exhibits featuring outer space to the natural world around us, the Children's Museum is a great place for your young ones to explore, learn and, most importantly, have fun with the world of science. The museum also includes a place for your infant, toddler and child age 5 or younger to play and learn in the Kidzeum. The museum's hours are Tuesday-Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 p.m. to 5 p.m. Admission is \$6 for adults and free for infants under age 2.

In addition to all of these fun activities for your kids to do, the museum also has **The Cummins Planetarium**, the very first full-dome digital planetarium in North Carolina. The Planetarium

holds the same hours as the museum. Admission to just the Planetarium is \$7.50 for adults, children, seniors and infants. Admission for both the museum and the Planetarium is \$12 for adults, \$9 for children, \$10.50 for seniors and \$7.50 for infants.

**Rocky Mount also features quality dining options that are both family-friendly and kid-approved!**

### **Milton & Miles**

Sandwiches, salads, BLT, lunch, brunch, gluten-free, vegetarian,

*270 Gay St., Rocky Mount*

*(252) 210-9515*

*Hours: Monday-Thursday, 7:30 a.m. to 3 p.m.; Friday - Saturday, 7:30 a.m. to 8 p.m.*

### **Taste of Paradise**

Jamaican, Caribbean, jerk chicken,

*101 Atlantic Ave., Rocky Mount*

*(252) 984-0111*

*Hours: Tuesday-Thursday, 11 a.m. to 7 p.m.; Friday, 7 a.m. to 10 p.m.; Saturday, 12 p.m. to 9 p.m.*

If you and your family find yourself staying overnight in the city, be sure to check out **Rocky Mount's Downtown Live! Summer Music Series.**

This concert series is held every other Thursday through September on the lawn at the **Imperial Centre for the Arts & Sciences.** Music starts at 6 p.m., and there are food and beverages available on site.

