

YOUR GUIDE FOR MOVING TO *North Carolina*



WHAT TO DO

WHERE TO EAT

PLACES TO SHOP

WE LOVE OUR LOCAL COMMUNITY AND WE KNOW YOU WILL TOO!

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RALEIGH · CARY · DURHAM

CAN'T WAIT TO WELCOME YOU!

- Located in the Research Triangle region of North Carolina (Wake & Durham Counties)
- Part of one of the fastest-growing metro areas in the United States
- Raleigh, Cary, and Durham are all within 15–30 minutes of each other, depending on location
- The area is anchored by Research Triangle Park (RTP), one of the largest research hubs in the country
- Home to major universities including NC State, Duke University, and UNC Chapel Hill
- Strong job market in tech, healthcare, education, and biotech industries
- You'll find a balance of city energy, suburban comfort, and outdoor space throughout the Triangle
- The region continues to attract relocation buyers from New York, New Jersey, California, and other high-cost markets.

I hope this guide of our town answers any questions you may have about the area.

I am here to help with any of your real estate needs, and we can't wait to have you in our community!



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LOCAL DEMOGRAPHICS

POPULATION

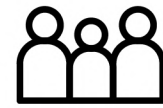


2,100,000+

81%

POPULATION
19-64

MEDIAN AGE



36

92%

HIGH SCHOOL/GED
GRADUATE

54%

GRADUATE
DEGREE

20%

PROFESSIONAL
DEGREE

MEDIAN FAMILY INCOME



\$92,211

3.7%

UNEMPLOYMENT
RATE

MEDIAN HOME VALUE



\$450,000

ANNUAL *events*

ANNUAL EASTER EGG HUNT

SATURDAY, MARCH / APRIL
(VARIES)

The Triangle hosts multiple large community Easter egg hunts across Raleigh, Cary, and Apex. Events are typically divided by age groups, making it easy for families with younger children to participate comfortably. Expect thousands of eggs, local vendors, games, and activities throughout the day. Popular locations include community parks and town centers like Apex Nature Park and Dorothea Dix Park.

Hosted at Dorothea Dix Park in Raleigh, Dreamville Festival is one of the largest music events in North Carolina. Founded by J. Cole, the festival brings together major artists, food vendors, and thousands of attendees from across the country. It has quickly become a defining cultural event for the city and a major draw for visitors.

DREAMVILLE FESTIVAL

SPRING (APRIL)

INTERNATIONAL FOOD FESTIVAL (DURHAM)

FALL (SEPTEMBER / OCTOBER)

Durham's food festivals highlight the city's diversity and culinary scene. These events feature local restaurants, food trucks, and international cuisine, along with live music and artisan vendors. It's a strong reflection of Durham's culture, blending community, creativity, and food in one space.

ANNUAL *events*

LAZY DAZE ARTS & CRAFTS FESTIVAL (CARY)

AUGUST

One of the most well-known events in Cary, Lazy Daze brings together hundreds of artists and thousands of attendees. You'll find handmade goods, live performances, food vendors, and interactive exhibits throughout the town. It's a major community event that highlights the creative side of the Triangle.

Multiple towns across the Triangle host Halloween events, including downtown trick-or-treating, family-friendly festivals, and themed parades. Cary and Raleigh both offer highly organized community events, while neighborhoods often host their own gatherings, making it a strong family-focused experience.

HALLOWEEN EVENTS & PARADES





OCTOBER

CHRISTMAS PARADE & HOLIDAY EVENTS (RALEIGH)

NOVEMBER / DECEMBER

The Raleigh Christmas Parade is one of the largest in the Southeast, bringing together marching bands, performers, and local organizations. In addition, the Triangle hosts tree lightings, holiday markets, and seasonal festivals throughout Cary, Durham, and surrounding areas. These events create a strong sense of community and are a major highlight of the year.

HEALTHCARE

Duke University Hospital	 2301 Erwin Rd, Durham, NC (919) 684-8111
UNC Medical Center	 101 Manning Dr, Chapel Hill, NC (984) 974-1000
WakeMed Raleigh Campus	 3000 New Bern Ave, Raleigh, NC (919) 350-8000
Rex Hospital (UNC Rex)	 4420 Lake Boone Trail, Raleigh, NC (919) 784-3100

Access to healthcare in the Triangle is a major advantage.

You're not just near hospitals...

You're near nationally ranked medical systems, specialists, and research institutions.

LOCAL HEALTH CLINICS

01

DUKE PRIMARY CARE (MULTIPLE LOCATIONS)

Comprehensive primary care network throughout Durham and surrounding areas. Known for strong physician access and integration with Duke Health specialists.

02

UNC FAMILY MEDICINE & PRIMARY CARE

Located throughout Chapel Hill, Cary, and Raleigh. Offers preventative care, chronic condition management, and long-term patient support.

03

WAKEMED PRIMARY CARE

Widely available across Raleigh and Cary. Strong option for families looking for consistent, accessible care with hospital system backing.

04

FASTMED URGENT CARE / AFC URGENT CARE (MULTIPLE LOCATIONS)

Convenient urgent care options for non-emergency situations, with extended hours and multiple locations across the Triangle.

LOCAL SCHOOLS AND UNIVERSITIES

- 01 North Carolina State University (Raleigh)

- 02 Duke University (Durham)

- 03 University of North Carolina at Chapel Hill

- 04 Wake County Public School System
(Serves Raleigh, Cary, Apex — one of the largest and most recognized districts in NC)

- 05 Chapel Hill-Carrboro City Schools
Highly rated district known for strong academic performance

- 06 Durham Public Schools
Varies by area, with strong magnet and charter school options available

- 07 Cary Academy (Private)

- 08 Ravenscroft School (Private, Raleigh)

- 09 Cardinal Gibbons High School (Private, Raleigh)

THINGS TO DO IN *The Triangle*

DOROTHEA DIX PARK (RALEIGH)

One of the largest urban parks in the country, offering skyline views of downtown Raleigh, open green space, walking trails, and major events throughout the year. It's a central hub for festivals, fitness, and outdoor gatherings.

JORDAN LAKE STATE RECREATION AREA

A go-to destination for boating, kayaking, fishing, and lakeside relaxation. With multiple access points around the Triangle, it's one of the most popular outdoor escapes for both residents and visitors.

AMERICAN TOBACCO CAMPUS (DURHAM)

A revitalized historic district featuring restaurants, offices, green space, and entertainment. It blends Durham's industrial past with modern development and is a key social and cultural hub.

UMSTEAD STATE PARK (RALEIGH/CARY)

Known for its extensive hiking and biking trails, Umstead offers a true nature escape just minutes from the city. It's ideal for outdoor enthusiasts looking for convenience without leaving the area.

SHOPPING

NORTH HILLS (RALEIGH)

An upscale, walkable district featuring retail, dining, fitness, and entertainment. It combines luxury apartments, office space, and high-end shopping into one central destination.

FENTON (CARY)

A newer mixed-use development designed around lifestyle. It includes national retailers, local boutiques, restaurants, and open-air gathering spaces, making it one of the most popular destinations in Cary.

THE STREETS AT SOUTHPOINT (DURHAM)

One of the largest shopping centers in the region, offering a mix of indoor and outdoor retail, major department stores, dining, and entertainment options.

MY FAVORITE *restaurants*

The Triangle has a strong and growing food scene, offering everything from upscale dining to casual local favorites. Whether you're looking for date-night spots or everyday options, there's real variety here without the overwhelm of larger cities.

01

DEATH & TAXES (RALEIGH)

A wood-fired restaurant known for elevated Southern cuisine and high-quality ingredients in a refined setting.

02

BREWERY BHAVANA (RALEIGH)

A unique concept combining a brewery, dim sum restaurant, bookstore, and flower shop. One of the most talked-about dining experiences in the area.

03

MATEO BAR DE TAPAS (DURHAM)

A highly rated Spanish-inspired restaurant known for small plates, strong flavors, and a vibrant atmosphere.

04

HERONS (CARY)

Located in The Umstead Hotel, this is one of the most upscale dining experiences in North Carolina, known for its seasonal tasting menus and attention to detail.

05

DAME'S CHICKEN & WAFFLES (DURHAM)

A local favorite offering comfort food with a twist, known for its unique combinations and strong community following.

PARKS

Whether you are looking for a park to take a nap, a leisurely stroll, read a book, or spend the day with your kids, West Chester is not short on options.

01 WILLIAM B. UMSTEAD STATE PARK

02 DOROTHEA DIX PARK (RALEIGH)

03 BOND PARK (CARY)

04 ENO RIVER STATE PARK (DURHAM)

05 LAKE JOHNSON PARK (RALEIGH)

- How you'll actually spend your time
- What your day-to-day life looks like
- Whether the area aligns with your lifestyle

Because the move isn't just about the house.
It's about how you live once you're in it.

I moved to North Carolina in 2020 from New York, looking for something different... more space, more opportunity, and a better quality of life.

What I found here was more than just a place to live.

The Triangle has completely changed how I see real estate, lifestyle, and what's actually possible when you understand how to move strategically.

I've come to really appreciate not just the growth here, but the people, the communities, and the opportunities that most people overlook when they first move.

It would truly mean a lot to help guide you through this process and show you how to navigate this market the right way.

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