



# Things To Do In *Baltimore, MD*

Thank you to Baltimore-based ISTSS member volunteers for assisting with putting together this list of recommendations for eating, drinking, exercising, and exploring while in Baltimore for the 2025 ISTSS Annual Meeting. Please note that recommendations are not endorsements.

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41st Annual Meeting  
International Society for Traumatic Stress Studies

## Frontiers in Traumatic Stress:

*Global Perspectives and Creative Solutions*

**September 17 - 20, 2025**

Baltimore, MD

Baltimore Marriott Waterfront

ISTSS.ORG

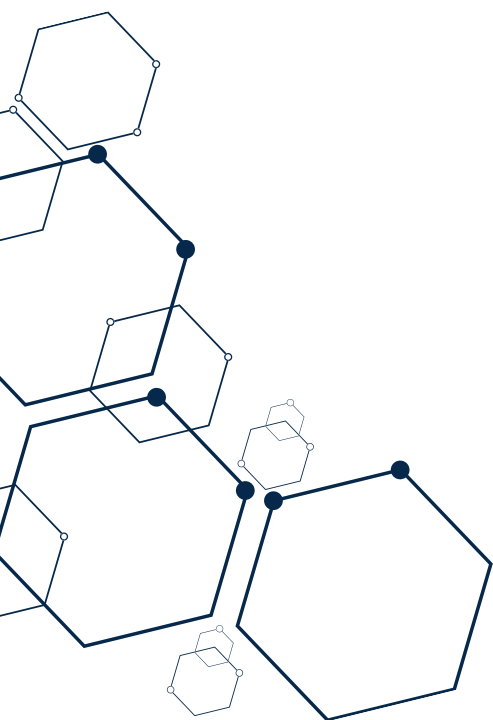
# ***Public Transit:***

**Charm City Circulator**: free downtown bus system that runs about every 15 minutes

**Electric Scooters and Bicycles** through Lime, Bolt, and Spin

**MTA Bus, Subway, and Light Rail Service** (\$2.00 one way and \$4.60 for a day pass through CharmPass app or cash)

**Water Taxis** are available for travel between waterfront neighborhoods and offer all day passes or one ride tickets





# ***Coffee/Hot Chocolate/Cafes:***

**Apropoe's Coffee Shop**: located inside the conference hotel offering coffee, tea, and hot chocolate

**Starbucks** at 615 S President St across street from conference hotel

**Vaccaro's Italian Pastry Shop, Little Italy**: Italian café with coffee and hot chocolate along with assorted cakes, cookies, pastries, and gelato.

**Kneads Bakeshop and Café**: Local Baltimore chain offering a large assortment of coffee, matcha, chai, and other teas and juices. They also offer have a huge bakery menu and offer all day breakfast and brunch food and drink options.



# Food:

**Apropoe's Restaurant:** (located inside the conference hotel) This 1920's prohibition style restaurant named with a nod to Edgar Allan Poe offers a wide variety of dishes including a Baltimore favorite, the crab cake.

**James Joyce Irish Pub and Restaurant:** (500 ft.) A cozy and inviting atmosphere that has welcomed locals and tourists alike for over 18 years. With its decor and furnishings imported directly from Ireland, James Joyce will transport you across thousands of miles of ocean to The Emerald Isle.

**Azumi:** (500 ft.) Stylish Japanese restaurant with sushi, seafood, steaks, sake, and cocktails.

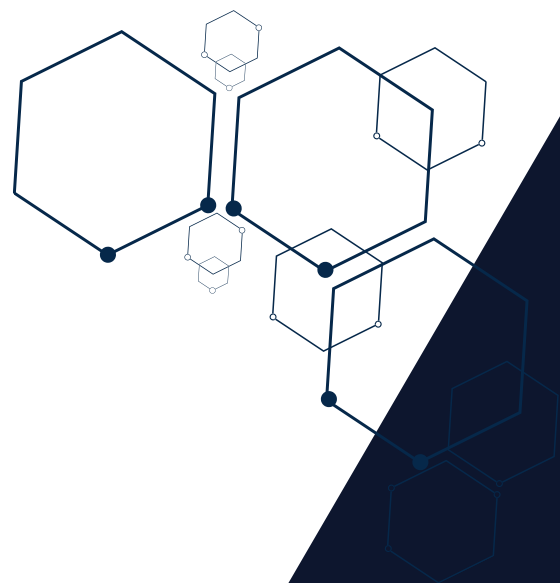
**Maximón:** (500 ft.) Elevated Mexican offerings in a stylish destination featuring a terrace with river views.

**The Oceanaire Seafood Room:** (0.1 miles) High-end chain offering seafood, steaks, and a deep wine list in sophisticated but lively environs.

**Lebanese Taverna:** (0.1 miles) Local chain serving a menu of traditional Lebanese dishes and wine in a contemporary setting.

**Loch Bar:** (0.1 miles) Upscale spot in the Four Seasons for seafood, raw oysters, and more plus rare whiskeys, beer, and wine.

**Charleston:** (0.2 miles) Celebrated pick for New American plates and a well-curated wine list in white-tablecloth environs.





# Food Cont'd:

**Picante Taco Restaurant:** (0.2 miles) Offers a vibrant menu of authentic Mexican dishes crafted daily from traditional recipes using fresh, high-quality ingredients.

**Monarque:** (0.2 miles) A French steakhouse with cabaret-style entertainment, offering dry-aged steaks, fresh seafood, and over 500 French wines in a lavish, velvet-draped setting inspired by the opulence of 1920s Paris.

**Tagliata:** (0.2 miles) Contemporary Italian steakhouse boasting steaks, fresh pasta, and a massive wine list, plus live music.

**Ouzo Bay:** (0.2 miles) Upscale Greek seafood specialist, with a lounge offering creative cocktails and small-batch spirits.

**La Tavola:** (0.2 miles) Contemporary Italian cuisine with daily happy hour, served in a roomy, atmospheric haunt.

**Harbor East Delicatessen and Pizzeria:** (0.2 miles) Comfy eatery with sidewalk seating offering pizza, wings, sandwiches, and other grub, with draft beer.

**Taco Fiesta:** (0.2 miles) Casual taco and burrito joint with an assortment of homemade salsas plus Mexican beers and cocktails.



# To Do/To See:

**Oriole Park at Camden Yards:** Stadium where the iconic Baltimore Orioles baseball team takes the bases.

**Babe Ruth Birthplace and Museum:** Famed slugger's birthplace houses baseball memorabilia and other sports-related exhibits.

**Edgar Allan Poe House and Museum:** Compact preserved site and museum featuring historic Edgar Allan Poe memorabilia and events.

**Fort McHenry National Monument and Historic Site:** Fort whose War of 1812 victory inspired "The Star-Spangled Banner", the U.S. national anthem.

**The Walters Art Museum:** Historic 3-building gallery with paintings and artifacts from ancient times to the present.

**American Visionary Art Museum:** Small museum with unusual rotating exhibits by self-taught artists, plus sculptures and a garden.

**National Aquarium:** Iconic landmark offering marine-life exhibits, a dolphin show, shark tank, and walk-through rainforest.

**Maryland Science Center:** Interactive exhibits at this museum featuring an IMAX theater, planetarium, and rooftop observatory.

**Baltimore Museum of Art:** The collection of Matisses and Picassos, Impressionist works, and a sculpture garden are some highlights.



# *To Do/To See, Cont'd:*

**Reginald F. Lewis Museum:** Exhibits explore local African-American heritage through themes of family, community, slavery, and art.

**Seven Foot Knoll Lighthouse:** Relocated from a Patapsco River shoal, this 1855 screw-top lighthouse is preserved as a museum.

**Historic Ships in Baltimore:** Maritime museum with 1850s sloop-of-war and lighthouse, plus a submarine, Coast Guard cutter, and more.

**Charm City Clue Room:** Lively escape game center featuring a choice of rooms with Baltimore-themed mysteries.

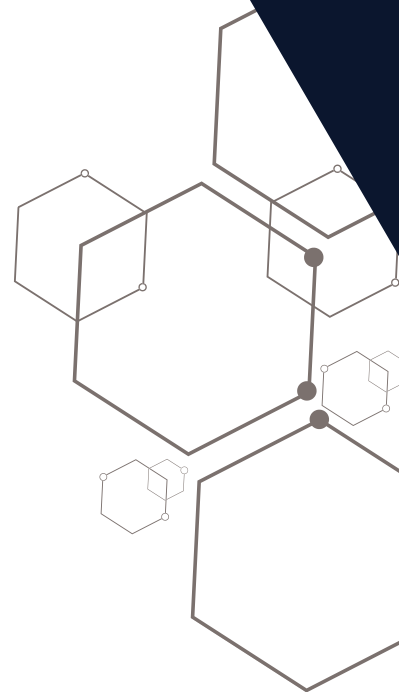
**B&O Railroad Museum:** National Historic Landmark highlighting nearly 200 locomotives, a model train display, and train rides.

**Baltimore Museum of Industry:** The city's Industrial Revolution animated via displays such as an interactive 1865 oyster cannery.

**Maryland Center for History and Culture:** "The Star-Spangled Banner" manuscript is on display at this history museum and library.

**Cylburn Arboretum:** Tranquil park features 20+ gardens, century-old trees, a nature museum, and a Civil War-era mansion.

**Star Spangled Banner Flag House:** Artifacts, exhibits, and tours in the house where the flag that inspired the U.S. national anthem was sewn.





# ***Movement/Exercise:***

**Marriott Fitness Center:** The conference hotel offers hotel guests a fitness center that is open 7 days a week, 24 hours a day.

**Grind Baltimore:** Local gym that offers daily passes for \$25 or a 7-day pass for \$50.

**Topgolf Baltimore:** Sprawling entertainment venue with a high-tech driving range and swanky lounge with drinks and games.

**Self-guided Walks:** 5 expert-designed walks around Baltimore to visit city attractions.

**Parks and Scenic Running Paths:** Guide outlining the most popular parks for scenic workouts.

