Welcome to Cincinnati!!

As a native of the Queen City, I wanted to give my AAOMPT family a few tips and ideas of things to do while “Balancing the 3 Pillars of EBP”.

There are some great places to exercise close to the Hilton Netherland Plaza.

- **Centennial Park/Sawyer Point** is a few blocks away and is a great place to run along the river and learn the history of Cincinnati from the namesake of the city, the Roman, Cincinnatus to the inhabitants through the years. Look for the famous ‘flying pigs” at the entrance.  

- The **Purple People Bridge** is also a great place to run and walk from Cincinnati to Newport, Kentucky and back.  
  [www.purplepeoplebridge.com](http://www.purplepeoplebridge.com)

- If you are a swimmer, **Xavier University** has pool facilities for 10$ a workout.  
  [http://www.xavier.edu/recreational-sports/oconnor-sports-center/](http://www.xavier.edu/recreational-sports/oconnor-sports-center/)

Regional food in Cincinnati:

Cincinnati, AKA, Porkopolis, has a great tradition of pork, sausages and beer to accompany. If you have a chance to get a local sausage, get it!

- One place close to the hotel with great sausages and has revised the Cincinnati beer making tradition is the **Moerlein Lager House**. It is a few blocks from the hotel, but worth the walk, great food, amazing beers on tap and great river views.  

- If you are looking for a German **Hofbrauhaus**, head just over the bridge to Newport to the only Hofbrauhaus outside of Germany!  

- If you are more interested in the Scottish traditions, then **Nicholson’s Pub** is the place for you!  
Arnold’s Bar and Grill has been a Cincinnati tradition since 1861, a short walk from the hotel, you can enjoy a great pub atmosphere and local bands on the patio. [http://www.arnoldsbarandgrill.com/](http://www.arnoldsbarandgrill.com/)

If you are looking for Chili, Cincinnati has its own take on this classic. The origin of Cincinnati Chili is from Greek immigrants. When you order your chili, you need to order a 3-way, 4-way or 5-way. A 3-way is spaghetti, chili and cheese, a 4-way is the same with adding onions or beans and the 5-way is all of the above. Skyline happens to be my favorite: [http://www.skylinechili.com/](http://www.skylinechili.com/)

The best ice cream in the WORLD, in my opinion, is Graeter’s. It’s a French style with lots of cream and chocolate chips the size of candy bars!! (Mocha chip and caramel happen to be my favorites) [http://www.graeters.com/](http://www.graeters.com/)

If you are looking for local pizza, LaRosa’s is the locals favorite, [http://www.larosas.com/](http://www.larosas.com/)

A great Jewish deli with amazing corn beef sandwiches and Reuben’s is Izzy’s. [http://izzys.com/](http://izzys.com/)

If you are offered Goeta at breakfast, give it a try. It’s a local sausage made with oats and other sausage stuff. [http://www.goetta.com/](http://www.goetta.com/)

Finally, a great area just a short cab ride away is Mount Adam’s, a fun area with bars and restaurants.

Things to do if you happen to skip a course.

Cincinnati has an amazing zoo, just a short 15 minute cab ride away. [http://cincinnatizoo.org/](http://cincinnatizoo.org/)

The Museum Center has 3 museums in one, the Natural History Museum, the Ohio History Museum and a Children’s Museum. It also has an Imax theater. [http://www.cincymuseum.org/](http://www.cincymuseum.org/)

A short walk from the hotel is the Freedom Center, the National Underground Museum. [http://freedomcenter.org/](http://freedomcenter.org/)

You can find the Cincinnati Art Museum in Mount Adam’s, worth a trip, up the hill. [http://www.cincinnatiartmuseum.org/](http://www.cincinnatiartmuseum.org/)

Welcome to my hometown!
Gretchen Seif