

SOBER SUMMER ESCAPE GUIDE



Presented by: [The Not A Glum Lot Roundup](#)

Celebrate AA's 90th Anniversary during a festive, alcohol-free 4th of July weekend in Charlotte, NC—a city known for its warm hospitality, scenic beauty, and vibrant summer vibe.



Enjoy a Relaxed Summer Vacation in the Queen City.

Whether you're traveling solo or bringing loved ones, this guide helps you enjoy your trip with ease, comfort, and **peace of mind**. During your **Sober Summer Escape**, we hope you feel **welcomed, celebrated, and inspired** to relax, connect, and enjoy the journey.



CHARLOTTE, NC

QUICK FACTS



- **Nickname:** Queen City
- **Weather in July:** Warm & sunny (Avg. 86°F / 30°C)
- **Airport:** Charlotte Douglas International Airport (CLT)
- **Transportation:** Car rentals, Uber/Lyft, Light Rail (LYNX Blue Line)
- **Time Zone:** Eastern Standard Time (EST)

Charlotte is loved for:

- ✓ Natural beauty & walkable parks
- ✓ Tourist & Visitor-friendly Safety & Family-friendly atmosphere
- ✓ Modern conveniences & diverse attractions
- ✓ Local culture and something-for-everyone charm

Home of:

- NFL's Carolina Panthers, NBA's Charlotte Hornets, MLS's Charlotte FC
- Former host of the CIAA Tournament & other major sporting events
- Respected HBCU Johnson C. Smith University (JCSU)
- Prestigious University of North Carolina (UNCC)

Bonus Tip:

Charlotte's welcoming vibe ensures everyone—AA members, families, and guests—feel at home.



FREQUENTLY ASKED QUESTIONS &

ANSWERS



1. Will my anonymity be respected during the event?

Yes. AA's tradition of **anonymity and discretion** is a top priority. No last names or personal info are shared or recorded. Check-in is quick, private, and respectful.

2. What should I pack for Charlotte in July?

- Light summer clothes
- Sunscreen
- Reusable water bottle
- Swimwear (for hotel pools or lakes)

3. Is public transportation safe and convenient?

Yes. Charlotte offers:

- **LYNX Blue Line Light Rail**
- Uber/Lyft
- Bike & scooter rentals

4. How far is the hotel from the airport?

Just **15-20 minutes** from CLT. Options: rental cars, taxis, rideshare.

5. Are there AA meetings outside of the event?

Yes. Visit www.charlotteaa.org for daily AA meetings across Charlotte.

6. Can I bring my family?

Absolutely! Charlotte has **plenty of family-friendly attractions** and 4th of July events for all ages.



MAKE THE MOST OF YOUR STAY

INSIDER INFO



The Roundup has a **full schedule for attendees**, but Charlotte offers plenty to explore for friends or family traveling with you. Whether you're looking for **family fun, arts & culture, outdoor adventure**, or a bit of everything, **Charlotte delivers**.

Top 3 Websites to Plan Your Itinerary:

- www.charlotteonthecheap.com
- www.charlottesgotalot.com
- <https://thadailyspecial.com/charlotte-guide>

Shopping Highlights:

- Local Boutiques, Vendor Markets & Fairs
- Regional farmers markets
- Outlet & shopping malls

Family-Friendly & Educational

- **Discovery Place Science:** Interactive museum for all ages
- **Charlotte Motor Speedway:** Family-friendly races & events
- **Camp North End:** Shopping, food, and art in a creative setting

Relaxation & Recreation

- **Freedom Park:** Perfect for a picnic or stroll
- **Lake Norman:** Lakeside lounging, boating, and scenic views
- **Daniel Stowe Botanical Garden:** Beautiful blooms and nature trails



MAKE THE MOST OF YOUR STAY

EXPLORE MORE



Local Attractions & Activities

4th of July Fun

- **U.S. National Whitewater Center:** Outdoor adventures + live music + fireworks
- **Carowinds Amusement Park:** Rides, water park, and Red, White & Boom fireworks
- **SkyShow Charlotte:** Baseball + fireworks at Truist Field

CONTACT INFO FOR THE ROUNDUP CHAIRS

DAVID H.
704-622-3945

In-person or
Mail-in
Registration

ELAINE
617-388-4808

Online
Registration
Support

BETTY G.
704-491-1519

Workshop
Questions

RAYE
704-953-6357

All Other
Questions

We're Glad You're Here! Stay Connected & Spread the Joy.

From festive 4th of July fun to meaningful connections, this weekend is all about celebration, serenity, & community.

Use our event hashtags to connect, inspire, and share your experience (if you feel comfortable):

#SoberSummerEscape | #NotAGlumLotRoundup | #AAGetaway