



IS IT SAFE?

Raleigh

SOLO TRAVELER SAFETY GUIDE

OVERALL SAFETY ASSESSMENT

RATING: Very Safe — one of the safest mid-size cities in the South for solo travelers.

Raleigh is among the safest cities in North Carolina for visitors. The downtown core, Glenwood South, Five Points, the museum district, and Midtown are all comfortable at any hour. The city has a strong university presence (NC State) that keeps downtown active and well-patrolled. Violent crime affecting tourists is rare.

The primary risks are standard urban property crime — car break-ins and opportunistic theft in parking areas. The blocks east of downtown toward the Warehouse District require standard urban awareness at night but are not dangerous. South Wilmington Street south of the Beltline is not part of this itinerary and should be avoided after dark.

RATING SCALE

★★★★★ = Very safe ★★★★★ = Safe ★★★ = Use awareness ★★ = Avoid at night ★ = Avoid

NEIGHBOURHOOD SAFETY AT A GLANCE

AREA	RATING	NOTES
Downtown / Fayetteville St	★★★★★	The civic core. Well-patrolled and active. Very safe at all hours.
Glenwood South	★★★★	The nightlife corridor. Active and safe; standard bar district awareness on weekend nights.
Five Points	★★★★★	The best neighbourhood in Raleigh. Very safe at all hours.
Museum District / Midtown	★★★★★	University-adjacent, well-lit, safe. The NC Museum of Natural Sciences area is particularly active.
Oakwood Historic District	★★★★★	Residential neighbourhood. Very safe; excellent for walking.
Warehouse District / City Market	★★★★	Active arts district. Safe during events; quieter at night but fine.
Cameron Village	★★★★★	Upscale shopping and dining neighbourhood west of downtown. Very safe.
Durham (day trip)	★★★★	The American Tobacco District and downtown Durham are safe and well-patrolled. Avoid east Durham beyond the hospital complex.

COMMON SCAMS & RISKS

Parking and car break-ins: The primary risk in Raleigh. Do not leave valuables visible in parked vehicles, particularly in the Glenwood South parking areas on weekend nights.

Rideshare safety: Confirm driver name, photo, and plate before entering. Raleigh Uber wait times are short; no need to accept rides from unofficial sources.

Heat: Raleigh summers (June-August) are hot and humid — 88-95F with high dew points. Plan outdoor walking before 11am or after 6pm. The museum corridor provides air-conditioned relief throughout the day.

HEALTH & MEDICAL

WakeMed Raleigh Campus (3000 New Bern Avenue) is the main trauma center for Wake County. Duke Raleigh Hospital (3400 Wake Forest Road) provides full emergency services closer to the museum district.

UNC Rex Healthcare (4420 Lake Boone Trail) is the largest hospital in the Raleigh area. Urgent care clinics (FastMed, Concentra) are well-distributed throughout the city.

Travel insurance with medical coverage is strongly recommended for all US travel.

SOLO WOMEN TRAVELERS

Raleigh is an excellent city for solo women travelers. The downtown restaurant scene, Five Points neighbourhood, and museum district are all welcoming and comfortable. The Glenwood South bar corridor on weekend nights is active and generally safe; standard bar awareness applies. Ashley Christensen's restaurants (Poole's, Death & Taxes, Beasley's) have particularly welcoming bar counter cultures. Raleigh's progressive university culture makes it one of the more comfortable cities in North Carolina for solo women.

EMERGENCY CONTACTS

SERVICE	CONTACT
Emergency (Police / Fire / Medical)	911
Raleigh Police (non-emergency)	(919) 996-3335
WakeMed Raleigh (trauma center)	(919) 350-8000
Duke Raleigh Hospital	(919) 954-3000
Poison Control (US)	1-800-222-1222
Crisis Text Line	Text HOME to 741741
National Suicide Prevention Lifeline	988
Wake County Crisis Line	(800) 510-9132