

## **Welcome from the Local Arrangements Committee**

**We are absolutely thrilled that the American Academy of Child and Adolescent Psychiatry (AACAP) Annual Meeting 2025 is taking place right here in Chicago! As your Local Arrangements Committee, it is our great joy to host colleagues and friends in a city that we are so proud to call home.**

**Chicago is a place of contrasts and connections, where the lake meets the skyline, where historic neighborhoods blend with modern architecture, and where world-class culture sits alongside warm Midwestern hospitality.**

**From the Bean in Millennium Park to the blues clubs and Michelin-starred dining, there is something here for every mood and every moment.**

**We warmly invite you to step out, explore, and make the most of your time here. Whether it's a morning run along the Lakefront Trail, an evening taking in a show, or simply sharing a meal with friends, we hope Chicago will feel as welcoming and inspiring to you as it does to us every day.**

**On behalf of the entire Local Arrangements Committee, we present this quick guide for you to curate your Chicago experience.**

**Welcome to Chicago! We can't wait for you to experience the very best of our city!**



**Sundeep Singh Randhawa, MD**  
**Local Arrangements Chair**



**Sudhakar K. Shenoy, MD**  
**Local Arrangements Chair**

## Local Arrangements Committee AACAP Annual Meeting 2025



**Adrienne L.  
Adams, MD**



**Arden D. Barnett,  
MD**



**Tom DiMatteo,  
MD**



**George  
Gianakakos, MD**



**Louis Kraus, MD**



**Mojgan Makki,  
MD**



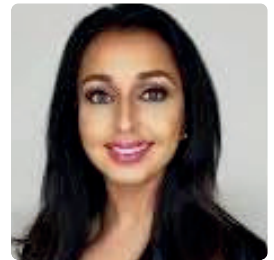
**Dena Oaklander,  
MD**



**Karen Pierce,  
MD**



**Theodote  
Pontikes, MD**



**Jyoti Kaur  
Randhawa, MD**



**Sundeep Singh  
Randhawa, MD  
(Chair)**



**Susan Scherer,  
MD**



**Sudhakar K.  
Shenoy, MD  
(Chair)**



**Jasleen Singh,  
MD**



**Kelley Volpe,  
MD**

Hyatt Regency Chicago  
and Swissôtel Chicago

**AACAP**  
**2★25** *Chicago* **OCT 20-25**

AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY  
WWW.AACAP.ORG

**Throughout the conference follow the hashtags #AACAP2025 #SidsSaturdays #SunnysSundays and Local Arrangements Chairs' Instagram @drshenoymd @s.s.r.md**

**Practical Info & Quick-Start Guide**

Practical Info	
Category	Details
Getting Around	CTA trains (Blue, Red, Green lines near downtown)
	CTA buses
	Divvy bikes
	Rideshare (Uber, Lyft)
	Walking (most attractions are walkable from hotels)
Helpful Apps	CTA, Divvy, Google Maps, Transit, SpotHero
Websites/Blogs	Choose Chicago ( <a href="http://choosechicago.com">choosechicago.com</a> )
	Chicago Reader ( <a href="http://chicagoreader.com">chicagoreader.com</a> )
	Eater Chicago ( <a href="http://chicago.eater.com">chicago.eater.com</a> )
	Time Out Chicago ( <a href="http://timeout.com/chicago">timeout.com/chicago</a> )
Safety Tips	Downtown is walkable and safe in daylight
	Use usual big-city precautions at night
	Emergency: Dial 911
Nearest Hospital	Northwestern Memorial (251 E Huron St)

**Quick-Start “First 24 Hours” Cheat Sheet**

Time of Day / Need	Recommendation	Location/Notes
Coffee & Breakfast (Walkable)	Wildberry Pancakes & Cafe	130 E Randolph St
	Market Chicago	Hyatt lobby
	Goddess and the Baker	33 S Wabash Ave
Lunch & Dinner (Walkable)	Giordano's	130 E Randolph St – Deep-dish pizza
	Sweetwater Tavern & Grille	225 N Michigan Ave
	Stetsons Modern Steak + Sushi	Hyatt Regency
	The Palm	Swissôtel
Fastest Way to Top Spots	Millennium Park	5 min walk
	Chicago Riverwalk	Steps from hotel
Essential Service	Pharmacy (CVS)	205 N Michigan Ave, 7 min walk
Essential Apps	CTA, Divvy, Google Maps, Transit, SpotHero	(For navigation and transport)
Walkable Highlights	Cloud Gate (“The Bean”)	
	Riverwalk	
	Lakefront Trail	
	Maggie Daley Park	
	Lakeshore East Park	

Hyatt Regency Chicago and Swissôtel Chicago		AACAP 2025 Chicago OCT 20-25		AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY WWW.AACAP.ORG			
Restaurants Around The Conference Venue/Hotels							
The table is sorted primarily by the time/distance category and then by the listed walking time within that category. Note that the times are from the Hyatt Regency Chicago (151 E Wacker Dr).			Price Key: \$ = inexpensive; \$\$ = moderate; \$\$\$ = pricey; \$\$\$\$ = fine dining		Key Legend: V/VEG: Vegetarian/Vegan Options; Halal: Halal Options; Kosher: Kosher Options; GF: Gluten-Free Options		
Name	Address/Location	Price Key	Time from Hyatt (Min)	V/VEG	Halal	Kosher	GF
<b>0-5 Minutes (~0.2 mi)</b>							
Big Bar	Hyatt Regency (151 E Wacker Dr)	\$\$	0-1	V/VEG	—	—	GF
Market Chicago	Hyatt lobby (151 E Wacker Dr)	\$	0-1	V/VEG	—	—	GF
Stetsons Modern Steak + Sushi	Hyatt Regency	\$\$\$	1	V/VEG	—	—	GF
Ocean Prime	87 E Wacker Dr	\$\$\$\$	2-3	V/VEG	—	—	GF
Sweetwater Tavern & Grille	225 N Michigan Ave	\$\$	3-4	V/VEG	—	—	GF
Ghirardelli Ice Cream & Chocolate Shop	400 N Michigan Ave, Riverwalk kiosk	\$	4-5	V/VEG	—	—	—
The Palm	Swissôtel (323 E Wacker Dr)	\$\$\$\$	5-7	V/VEG	—	—	GF
<b>6-10 Minutes (~0.3-0.5 mi)</b>							
The Purple Pig	444 N Michigan Ave	\$\$-\$\$\$	6-8	V/VEG	—	—	GF
Giordano's	130 E Randolph St	\$\$	6-8	V/VEG	—	—	GF
Wildberry Pancakes & Cafe	130 E Randolph St	\$\$	6-8	V/VEG	—	—	GF
Miru at The St. Regis	401 E Wacker Dr	\$\$\$\$	6-7	V/VEG	—	—	GF
Beacon Tavern	405 N Wabash Ave	\$\$\$	8-9	V/VEG	—	—	GF
Niu Japanese Fusion Lounge	332 E Illinois St	\$\$	8-10	V/VEG	—	—	GF
Avli on the Park	180 N Field Blvd	\$\$-\$\$\$	8-10	V/VEG	—	—	GF
Brown Bag Seafood Co.	340 E Randolph St	\$\$	8-10	V/VEG	—	—	GF
Robert's Pizza & Dough Co.	465 N McClurg Ct	\$\$	9-10	V/VEG	—	—	GF
Goddess and the Baker — Wabash	33 S Wabash Ave	\$	10	V/VEG	—	—	GF
Protein Bar & Kitchen — Michigan Ave	640 N Michigan Ave	\$	10	V/VEG	—	—	GF
<b>11-15 Minutes (~0.6-0.8 mi)</b>							
The Gage	24 S Michigan Ave	\$\$-\$\$\$	11-12	V/VEG	—	—	GF
The Halal Guys	172 N Wabash Ave	\$	12-14	V/VEG	Halal	—	GF
Shaw's Crab House	21 E Hubbard St	\$\$\$	12-14	V/VEG	—	—	GF
RPM Seafood	317 N Clark St	\$\$\$\$	12-14	V/VEG	—	—	GF
The Dearborn	145 N Dearborn St	\$\$-\$\$\$	12-14	V/VEG	—	—	GF
Taza Cafe	176 N Franklin St	\$	12-15	V/VEG	Halal	—	GF
Roti Modern Mediterranean — Loop	Address not listed	\$	12-15	V/VEG	(ask)	—	GF
Brightwok Kitchen — Loop	21 E Adams St	\$	14-16	V/VEG	Halal	—	GF
PLANTA Queen	413 N Clark St (100% vegan)	\$\$-\$\$\$	14-16	V/VEG	—	—	GF
True Food Kitchen	1 W Erie St	\$\$	14-16	V/VEG	—	—	GF
Eataly Chicago	43 E Ohio St	\$\$	14-16	V/VEG	—	—	GF
Beatrix — Streeterville	671 N St Clair St	\$\$	14-16	V/VEG	—	—	GF
Benjyehuda	145 N Wells St	\$	14-16	V/VEG	(ask)	—	GF
CAVA — State St	1010 S State St	\$	15	V/VEG	(ask)	—	GF
Beatrix — River North	519 N Clark St	\$\$	15-16	V/VEG	—	—	GF
<b>16-22 Minutes (~0.9-1.3 mi)</b>							
Ramen-san	59 W Hubbard St	\$\$	18-20	V/VEG	—	—	—
XOCO	449 N Clark St	\$	16-18	V/VEG	—	—	GF
Sunda New Asian	110 W Illinois St	\$\$\$	16-18	V/VEG	—	—	GF
Quartino Ristorante	626 N State St	\$\$	16-18	V/VEG	—	—	GF
Ema	74 W Illinois St	\$\$-\$\$\$	16-18	V/VEG	—	—	GF
Doc B's — River North	55 E Grand Ave	\$\$	16-18	V/VEG	—	—	GF
Chicago Raw	51 W Huron St (raw vegan, cRc-listed)	\$\$	18-20	V/VEG	—	Kosher	GF
Labriola	535 N Michigan Ave	\$\$	18-20	V/VEG	—	—	GF
Beatrix — Loop	155 N Wacker Dr	\$\$	18-20	V/VEG	—	—	GF
Gyu-Kaku Japanese BBQ	210 E Ohio St	\$\$	20-22	V/VEG	—	—	GF
Maggiano's Little Italy	516 N Clark St	\$\$	20-22	V/VEG	—	—	GF
Beatrix Market — DePaul Loop	23 E Jackson Blvd	\$	20-22	V/VEG	—	—	GF
The Hampton Social — River North	353 W Hubbard St	\$\$	20-22	V/VEG	—	—	GF
Siena Tavern	51 W Kinzie St	\$\$\$	22-24	V/VEG	—	—	GF
Parlor Pizza Bar — River North	405 N Dearborn St	\$\$	22-24	V/VEG	—	—	GF crust
Lyra	905 W Fulton Market	\$\$\$	22	V/VEG	—	—	GF

Aba	302 N Green St, West Loop	\$\$\$	22	V/VEG	—	—	GF
Au Cheval	800 W Randolph St, West Loop	\$\$-\$\$\$	22	V/VEG	—	—	—
<b>23–30 Minutes (~1.4–2.0 mi)</b>							
Siena Tavern	51 W Kinzie St	\$\$\$	22–24	V/VEG	—	—	GF
Parlor Pizza Bar — River North	405 N Dearborn St	\$\$	22–24	V/VEG	—	—	GF crust
Le Colonial	57 E Oak St	\$\$\$	24–26	V/VEG	—	—	GF
Blue Door Kitchen & Garden	52 W Elm St	\$\$\$	24–26	V/VEG	—	—	GF
Maple & Ash	8 W Maple St	\$\$\$\$	24–28	V/VEG	—	—	GF
Gibsons Bar & Steakhouse	1028 N Rush St	\$\$\$\$	24–28	V/VEG	—	—	GF
Lou Malnati's — Gold Coast	1120 N State St	\$\$	25–28	V/VEG	—	—	GF crust
Summer House Santa Monica	1954 N Halsted St	\$\$-\$\$\$	28–32	V/VEG	—	—	GF
<b>Special Dietary Standouts (&lt;=3 mi)</b>							
Brightwok Kitchen — Loop	21 E Adams St (100% GF)	\$	14–16	V/VEG	Halal	—	GF
Chicago Raw	51 W Huron St (raw vegan, cRc-listed)	\$\$	18–20	V/VEG	—	Kosher	GF
The Halal Guys	172 N Wabash Ave	\$	12–14	V/VEG	Halal	—	GF
Taza Cafe	176 N Franklin St	\$	12–15	V/VEG	Halal	—	GF
Benjyehuda	145 N Wells St	\$	14–16	V/VEG	(ask)	—	GF
Naf Naf Grill (Loop)	Address not listed	\$	15–18	V/VEG	(ask)	—	GF
I Dream of Falafel (Loop)	Address not listed	\$	15–18	V/VEG	(ask)	—	GF
Wheat's End Café	543 W Diversey Pkwy (100% GF)	\$\$	45–50 walk/q	V/VEG	—	—	GF

Hyatt Regency Chicago and Swissôtel Chicago		AACAP 2025 Chicago OCT 20-25		AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY WWW.AACAP.ORG	
Bars, Pubs & Lounges Around The Conference Venue/Hotels					
Name	Address/Location	Type / Vibe	Time from Hyatt (Min)		
0–5 Minutes (~0.3 mi)					
Big Bar	Hyatt Regency (151 E Wacker Dr)	Hotel bar, casual, large lounge	0–5		
Chicago Brewhouse Riverwalk	31 E Riverwalk	Beer-focused, casual patio, river views	0–5		
Sweetwater Tavern & Grille	225 N Michigan Ave	Busy sports-friendly tavern, craft beer/cocktails	0–5		
Emerald Loop Bar & Grill	216 N Wabash Ave	Irish-American pub, lively and casual	0–5		
Bar Pendry	230 N Michigan Ave	Elegant cocktail bar in Pendry hotel	0–5		
Château Carbide	230 N Michigan Ave, Pendry rooftop	Upscale rooftop cocktail lounge	0–5		
Terrace 16	401 N Wabash Ave, Trump Tower	Rooftop restaurant + cocktails, skyline views	0–5		
Rebar	401 N Wabash Ave, Trump Tower	Chic hotel cocktail spot	0–5		
Broken English Taco Pub	75 E Lake St	Quirky taco pub, margaritas & beers	0–5		
Morton's The Steakhouse Wacker Place	65 E Wacker Pl	Steakhouse with bar / wine lounge	0–5		
6–10 Minutes (~0.5 mi)					
Raised   An Urban Rooftop Bar	1 W Upper Wacker Dr	Modern rooftop terrace, great river views	6–10		
LH Rooftop @ LondonHouse	85 E Wacker Dr	Multi-level rooftop, iconic Michigan Ave views	6–10		
Chicago Athletic Association Game Room	12 S Michigan Ave	Historic hotel bar, billiards, shuffleboard, cocktails	6–10		
The Dearborn	145 N Dearborn St	Urban tavern, craft cocktails & hearty food	6–10		
10pin Bowling Lounge	330 N State St	Bowling + bar, fun group hangout	6–10		
11–15 Minutes (~0.8 mi)					
Howells & Hood	435 N Michigan Ave, Tribune Tower	Huge beer list, open-air patio	11–15		
Three Dots and a Dash	435 N Clark St	Hidden tiki speakeasy, tropical cocktails	11–15		
The Gwen — Upstairs at The Gwen	521 N Rush St	5th-floor terrace & cocktail lounge	11–15		
The 101 Bar, Grill & Rooftop	101 E Erie St	Multi-level bar, rooftop seating, casual vibes	11–15		
Z Bar	108 E Superior St, Peninsula Hotel	Upscale rooftop cocktail bar, stylish vibe	11–15		
16–20 Minutes (~1 mile edge)					
Andy's Jazz Club	11 E Hubbard St	Legendary jazz + bar, late-night vibe	16–20		
House of Blues Foundation Room	329 N Dearborn St	Lounge inside House of Blues	16–20		
Hopsmith Tavern	15 W Division St	Multi-level pub with lively crowd	16–20		
Old Town Pour House	1419 N Wells St	90+ beers on tap, sports vibe	16–20		

Hyatt Regency Chicago and Swissôtel Chicago		AACAP 2025 Chicago OCT 20-25		AMERICAN ACADEMY OF CHILD & ADOLESCENT PSYCHIATRY WWW.AACAP.ORG	
Luxury & Fine Dining Around The Conference Venue/Hotels					
Key Legend: ★ = One MICHELIN Star; ★★ = Two MICHELIN Stars; ★★★ = Three MICHELIN Stars			Price Key: \$ = inexpensive; \$\$ = moderate; \$\$\$ = pricey; \$\$\$\$ = fine dining		
Restaurant	Address	Price Key	Recognition / Vibe		
<b>MICHELIN-Starred Restaurants</b>					
★★★ Alinea	1723 N Halsted St	\$\$\$\$	Creative, avant-garde tasting menu		
★★★ Smyth	177 N Ada St	\$\$\$\$	Contemporary fine dining		
★★ Ever	1340 W Fulton Market	\$\$\$\$	Modern tasting menu (Also featured in The Bear)		
★★ Oriole	661 W Walnut St	\$\$\$\$	Contemporary tasting menu (Also James Beard winner)		
★ Atelier	4835 N Western Ave	\$\$\$	American cuisine		
★ Boka	1729 N Halsted St	\$\$\$\$	Contemporary cuisine		
★ EL Ideas	2419 W 14th St	\$\$\$\$	Contemporary		
★ Elske	1350 W Randolph St	\$\$\$	Contemporary		
★ Esmé	2200 N Clark St	\$\$\$\$	Contemporary		
★ Galit	2429 N Lincoln Ave	\$\$\$	Middle Eastern		
★ Indienne	217 W Huron St	\$\$\$	Indian		
★ Kasama	1001 N Winchester Ave	\$\$\$	Filipino; bakery by day (Also featured in The Bear)		
★ Mako	731 W Lake St	\$\$\$\$	Japanese sushi		
★ Moody Tongue	2515 S Wabash Ave	\$\$\$\$	Contemporary, beer pairing		
★ Next	953 W Fulton Market	\$\$\$\$	Contemporary, themed menus		
★ Schwa	1466 N Ashland Ave	\$\$\$	Contemporary, BYOB		
★ Sepia	123 N Jefferson St	\$\$\$	American		
★ Topolobampo	445 N Clark St	\$\$\$\$	Mexican, Rick Bayless (Also James Beard recognized)		
★ Cariño	951 W Fulton Market	\$\$\$	Mexican, newly starred		
★ Daisies (Michelin Green Star)	2375 N Milwaukee Ave	\$\$\$	Sustainable dining		
<b>James Beard Award-Winning or Recognized</b>					
Oriole	661 W Walnut St	\$\$\$\$	Best Chef: Great Lakes 2025 (Also MICHELIN 2★★)		
Kumiko	630 W Lake St	\$\$\$	Outstanding Bar 2025, Julia Momosé		
Lem's Bar-B-Q	311 E 75th St	\$\$	America's Classics 2025		
Lula Cafe	2537 N Kedzie Blvd	\$\$-\$\$\$	Outstanding Hospitality 2024		
Virtue	1462 E 53rd St	\$\$\$	Past Best Chef and Emerging Chef winner		
Topolobampo	445 N Clark St	\$\$\$\$	Past Beard winner (Also MICHELIN 1★)		
<b>Restaurants Featured in The Bear (TV series)</b>					
Mr. Beef on Orleans	666 N Orleans St	\$	Inspiration for 'The Original Beef'		
Ever	1340 W Fulton Market	\$\$\$\$	Appears in Season 2 fine dining arc (Also MICHELIN 2★★)		
Avec	615 W Randolph St	\$\$\$	Mediterranean small plates		
Kasama	1001 N Winchester Ave	\$\$\$	Filipino, appears in S2 (Also MICHELIN 1★)		
Pequod's Pizza	2207 N Clybourn Ave	\$\$	Deep-dish pizza icon		
Margie's Candies	1960 N Western Ave	\$	Old-school ice cream parlor		
Gene & Georgetti	500 N Franklin St	\$\$\$	Historic steakhouse		
Publican Quality Meats	825 W Fulton Market	\$\$-\$\$\$	Market & dining		

Hyatt Regency Chicago  
and Swissôtel ChicagoAACAP  
2★25 Chicago OCT 20-25AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY  
WWW.AACAP.ORG

## Music &amp; Entertainment Guide

Date	Event	Venue	Category
Fri, Oct 17	CSO: Mäkelä conducts Symphonie fantastique	Symphony Center	Classical
	Violent Femmes	Salt Shed	Concert
	moe.	The Vic Theatre	Concert
	Cuco (Ridin' Tour)	Riviera Theatre	Concert
	Sorry Papi: All-Girl Reggaeton Party	Aragon Ballroom	Dance Party
	Sons Of The East	House of Blues	Concert
	The Book of Mormon	CIBC Theatre	Musical
	The Lion King	Cadillac Palace Theatre	Musical
	Second City: Thank You, Goodnight	Wells St	Comedy
	Laugh Factory: Chicago's Best Stand-Up	Lakeview	Comedy
Sat, Oct 18	Lucius w/ Hurray for the Riff Raff	Salt Shed	Concert
	CSO: Mäkelä / Symphonie fantastique	Symphony Center	Classical
	Yoko Ono: Music of the Mind opens	MCA Chicago	Exhibit
	Lincoln Park Zoo Fall Fest	Lincoln Park	Festival
	House of Blues shows	329 N Dearborn	Concert
	Zanies After Hours	Old Town	Comedy
	Chicago Magic Lounge: Signature Show	Andersonville	Magic
	Green Mill Jazz	Uptown	Jazz
	Kingston Mines Blues	Lincoln Park	Blues
	Buddy Guy's Legends Blues	South Loop	Blues
Sun, Oct 19	The Rocky Horror Picture Show: 50th Anniversary	Chicago Theatre	Show
	CSO: Mäkelä / Symphonie fantastique	Symphony Center	Classical
	Jack & Jack	House of Blues	Concert
	Soul Message	Green Mill	Jazz
Mon, Oct 20	Neon Trees	House of Blues	Concert
	The Dollop Podcast Live	The Vic Theatre	Comedy
	Jazz Showcase: Dakarai Barclay Quintet	South Loop	Jazz
Tue, Oct 21	Los Fabulosos Cadillacs	Salt Shed	Concert
	GIVEON + Charlotte Day Wilson	Aragon Ballroom	Concert
	The Sound of Music (opens)	Nederlander Theatre	Musical
	Tasha & Naomi	Auditorium Theatre	Concert
	BØRNS	Park West	Concert
	Thalia Hall shows	Pilsen	Concert
Wed, Oct 22	Balu Brigada	Thalia Hall	Concert
	Greenhouse & Edge Theatre shows	(Venues not listed)	Theater
	Jazz Showcase nightly sets	South Loop	Jazz
	Kingston Mines Blues Club	Lincoln Park	Blues
Thu, Oct 23	Joey Bada\$\$ + Ab-Soul, Rapsody	Riviera Theatre	Concert
	Laugh Factory Stand-Up	(Check website)	Comedy
	Zanies multiple sets	Old Town	Comedy

<b>Fri, Oct 24</b>	My Morning Jacket	Salt Shed	Concert
	CSO / Symphony Center programs	Symphony Center	Classical
	Fruit Bats (Night 1)	Old Town School	Concert
	Buddy Guy's Legends: Mike Wheeler	South Loop	Blues
	Penn & Teller at Chicago Theatre	Chicago Theatre	Magic/Show
<b>Sat, Oct 25</b>	Nightmare Before Christmas in Concert	Auditorium Theatre	Film + Concert
	Fruit Bats (Night 2)	Old Town School	Concert
	Candlelight: Haunted Halloween Classics	Wicker Park	Classical/Theme
	The Magic Parlour: Spirit Cabinet	Downtown	Magic
	Second City & iO Headliners	Old Town	Comedy/Improv
<b>Sun, Oct 26</b>	Lyric Opera: Medea (final day)	Lyric Opera House	Opera
	Robbie Fulks	Old Town School	Concert
	Väsen / The Fretless	Old Town School	Concert
	Buddy Guy's Legends	South Loop	Blues
<b>Ongoing / Recurring</b>	House of Blues	(Check website)	Concerts
	Salt Shed	(Check website)	Concerts
	Chicago Symphony Orchestra	(Check website)	Classical
	Lyric Opera	(Check website)	Opera
	Green Mill Jazz / Jazz Showcase	(Check website)	Jazz
	Kingston Mines / Buddy Guy's Legends	(Check website)	Blues
	Second City / Zanies / Laugh Factory / iO	(Check website)	Comedy
	Thalia Hall / Metro / Riviera / Aragon / Vic	(Check website)	Concerts
	Chicago Magic Lounge	(Check website)	Magic

  		
Healthy Breaks Guide (Outdoor/Walking/Running/Biking/Nature)		
Activity/Location	Location/Proximity to Hotels	Key Features / Best For
<b>Chicago Riverwalk</b>	0–2 min from Hyatt/Swissôtel	Scenic 1.25-mile path. Good for quick walk, jog, cafés, public art, architecture views.
<b>Lakeshore East Park</b>	3–4 min from Hyatt/Swissôtel	6-acre landscaped park. Great for short laps, yoga, stretching, quiet break.
<b>Lakefront Trail</b>	~5 min from Hyatt/Swissôtel	18-mile multi-use trail along Lake Michigan. Best for jogging, biking, long walks, sunrises, skyline views.
<b>Millennium Park / Maggie Daley Park</b>	~5 min from Hyatt/Swissôtel	Connected by BP Pedestrian Bridge. Good for walking, light runs, or unique views (Cloud Gate, Crown Fountain, climbing wall).
<b>DuSable Harbor &amp; Lakefront Green Space</b>	~5 min from Hyatt/Swissôtel	Marina area with open paths. Best for fresh-air walks, sunrise runs, or connecting to the Lakefront Trail.
<b>Chicago River Esplanade</b>	Starts at Hyatt Regency	Sidewalks along the river’s north bank. Great for a power walk or jog, views of iconic bridges and river activity.

Hyatt Regency Chicago  
and Swissôtel Chicago



AMERICAN ACADEMY OF  
CHILD & ADOLESCENT  
PSYCHIATRY  
WWW.AACAP.ORG

**Top 25 Things to Do in Chicago**

Rank	Attraction	Summary	Main Highlights
1	<b>Millennium Park</b>	The city's primary public space and most popular attraction.	Cloud Gate ('The Bean'), Crown Fountain, Lurie Garden, Pritzker Pavilion.
2	<b>Art Institute of Chicago</b>	One of the world's great art museums, featuring diverse and historic collections.	<i>Water Lilies, La Grande Jatte, American Gothic, Thorne Miniature Rooms.</i>
3	<b>Navy Pier</b>	Classic lakefront destination for family fun, dining, and views.	Ferris wheel, shops, restaurants, gardens, boat cruises, summer fireworks.
4	<b>Willis Tower / Skydeck</b>	Iconic skyscraper offering panoramic views of the city and region.	103rd-floor Skydeck, The Ledge (glass balcony).
5	<b>Chicago Architecture River Cruise</b>	Essential 90-minute guided tour of the city's architectural masterpieces from the water.	World-famous skyline, narrated historical and architectural insights.
6	<b>Field Museum of Natural History</b>	Massive natural history museum near the lakefront.	Sue the T. rex, ancient Egypt exhibits, evolution, biodiversity.
7	<b>Shedd Aquarium</b>	Beloved lakeside aquarium focused on aquatic life from around the globe.	Belugas, penguins, shark encounters, diverse marine exhibits.
8	<b>Adler Planetarium</b>	America's first planetarium, dedicated to space science and exploration.	Immersive space shows, stunning lakefront skyline views.
9	<b>Museum of Science and Industry</b>	One of the world's largest science museums with massive artifacts and hands-on exhibits.	WWII German submarine, coal mine, interactive tech displays.
10	<b>Chicago Riverwalk</b>	1.25-mile promenade ideal for leisurely strolls and dining.	Dining, public art installations, architectural views.
11	<b>The Magnificent Mile</b>	North Michigan Avenue's famous, high-energy shopping and commercial district.	Luxury brands, historic sites, vibrant city life.
12	<b>Grant Park / Buckingham Fountain</b>	Known as 'Chicago's front yard,' a large urban park.	Massive fountain with light and water shows in the evenings.
13	<b>Lincoln Park Zoo &amp; Conservatory</b>	Free, historic zoo and adjacent glass house filled with lush plants.	Free admission, animal exhibits, year-round greenery.
14	<b>Chicago Theatre / Loop Theatres</b>	Ornate, historic theater famous for its iconic marquee.	Broadway in Chicago shows, stunning interior design.
15	<b>Chicago Cultural Center</b>	Free public building offering exhibitions and performances.	Free concerts and art, the world's largest Tiffany glass dome.
16	<b>Chicago History Museum</b>	Museum dedicated to preserving and sharing the city's unique narrative.	Exhibits on the Great Fire, Lincoln's legacy, and city history.
17	<b>Jay Pritzker Pavilion</b>	Frank Gehry-designed outdoor concert shell in Millennium Park.	Free music and film events during the summer.
18	<b>Museum of Contemporary Art (MCA)</b>	Major institution for modern and contemporary art and performance.	Bold, rotating exhibitions, performances, terrace café.
19	<b>The 606 / Bloomingdale Trail</b>	Elevated, linear park built on a former rail line.	2.7-mile trail for walking/biking, public art, greenery.
20	<b>Wrigley Field</b>	Historic, beloved ballpark and home to the Chicago Cubs.	Stadium tours, Major League Baseball games.
21	<b>Chicago Botanic Garden</b>	Extensive, beautiful gardens located just north of the city.	27 distinct gardens spread over 385 acres.
22	<b>Garfield Park Conservatory</b>	One of the nation's largest and most impressive public greenhouses.	Tropical and desert rooms, seasonal flower shows.
23	<b>Smart Museum of Art</b>	Art museum affiliated with the University of Chicago in Hyde Park.	Eclectic collections from antiquity to modern art.
24	<b>Chicago Public Art &amp; Murals</b>	Citywide collection of sculptures, statues, and vibrant wall paintings.	Picasso sculpture, colorful Pilsen murals, self-guided tours.
25	<b>Exploring Chicago's Neighborhoods</b>	Experiencing the unique culture, food, and art outside the downtown core.	Old Town, Chinatown, Pilsen, Wicker Park, etc.