

ASHE Handout- Puerto Rico Guide

Category	Place / Resource	What It Offers	Notes	Distance / Travel
 Cafés, Breakfast & Brunch	<u>787 Coffee</u>	Puerto Rican espresso drinks, cold brew, latte flights, avocado toast, pastries, breakfast sandwiches	Keto, vegan & gluten-free options	0.8 mi · 15–18 min walk
	<u>Tostado</u>	Breakfast & brunch	Vegan options	1.2 mi
	<u>La Isla</u>	Breakfast & brunch	Vegan options	0.8 mi
	<u>Choices</u>	Breakfast buffet, eggs, fruit, pastries, pancakes & coffee	Vegetarian options; gluten-sensitive modifications	0.1 mi · 2–3 min walk
 Lunch & Dinner	<u>Metropol Restaurant</u>	Cuban sandwiches, mofongo, arroz con pollo & seafood	Vegan and vegetarian options	0.1 mi · 3–4 min walk
	<u>Barullo Taberna Española</u>	Spanish tapas, paella, croquetas, seafood & sangria	Vegetarian tapas; gluten-sensitive modifications	0.2 mi · 4–5 min walk
	<u>Fogo de Chão</u>	Brazilian churrasco, grilled meats & salad market table	Extensive salad bar; vegetarian & gluten-aware options	0.8 mi · 15–18 min walk
	<u>Casita Miramar</u>	Puerto Rican classics, seafood, plantains & mofongo	Vegetarian choices; seafood-focused	0.5 mi · 10–12 min walk
	<u>Sazón Cocina Criolla DTMO</u>	Mofongo, arroz con gandules, perril, tostones & seafood	Vegetarian-friendly sides; gluten-sensitive modifications	0.2 mi · 4–5 min walk
	<u>La Central by Mario Pagán</u>	Puerto Rican small plates, seafood, meats & cocktails	Vegetarian dishes available	0.2 mi · 4–5 min walk

 Vegan & Plant-Based

<u>100% HP</u>	Puerto Rican comfort food	Fully vegan	604 Calle Cerra
<u>Aliado Bar & Aperitivo</u>	Italian-Caribbean plant-based food & drinks	Vegan; LGBTQ+ friendly; transgender safe space; gender-neutral toilets	Old San Juan
<u>Terrestre Cocina Compasión</u>	Vegan cuisine and vegan sushi	LGBTQ+ friendly; transgender safe space; gender-neutral toilets	San Juan
<u>Berlinger</u>	Vegetarian & plant-forward cuisine	Vegan options; gender-neutral toilets	1954 McLeary Ave.

 Happy Hour, Bars & Nightlife

<u>La Barrita del Lado</u>	Cocktails, beer, appetizers & bar snacks	Light snack options	0.2 mi · 4–5 min walk
<u>La Factoría</u>	Cocktails, salsa, music & late-night drinks	Old San Juan nightlife	2.0 mi
<u>Eter Rooftop & Lounge</u>	Sunset drinks, dinner & views	Rooftop setting	0.5 mi · 10–12 min walk
<u>El Cafetin</u>	Mojitos, music & nightlife	Queer-friendly	~3 mi · 10–15 min
<u>Kweens Klub</u>	LGBTQ+ nightclub & drag shows	LGBTQ+ focused nightlife	Santurce
<u>La Sombrilla Rosa</u>	Queer bar	LGBTQ+ focused nightlife	Old San Juan
<u>La Respuesta / El Hangar / La Placita</u>	Music, nightlife, arts & community	LGBTQ+ community spaces in Santurce	~10–15 min Uber

 Desserts & Treats

<u>El Señor Paleta</u>	Handmade artisanal popsicles	Dairy and fruit options	~3 mi · 10–15 min
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 Shopping & Local Goods	Mantecado Stands	Sorbet-like frozen treats	Coconut, passionfruit & pineapple options	Throughout Old San Juan
	<u>Chocobar Cortes</u>	Pastries & hot chocolate	—	~2 mi · 10 min
	Puerto Rican Art and Crafts	Local artisan goods	Great for locally made gifts	Old San Juan
	<u>The Poet's Passage</u>	Art, books & local creative works	—	Old San Juan
	<u>La Lineal</u>	Local shopping	—	Old San Juan
	El Nido	Shirts & souvenirs	—	Old San Juan
	<u>Concalma</u>	Handbags & accessories	—	Old San Juan
	<u>Galeria Exodo</u>	Art gallery	—	Old San Juan
	<u>Spicy Caribbee</u>	Herbs & spices	—	Old San Juan
	<u>Ole Puerto Rico</u>	Handcrafted Panama hats	—	Old San Juan
 Arts, Culture & History	<u>Museo de Arte de Puerto Rico</u>	Puerto Rican art & culture	—	San Juan
	<u>Museo de las Américas</u>	Art, history & culture	Old San Juan	~10–15 min Uber
	<u>Museo Casa Blanca</u>	Historic house museum	Old San Juan	~10–15 min Uber

 LGBTQ+ Community & Spaces

<u>El Morro / Castillo San Felipe del Morro</u>	Historic fortress & National Park site	Ticket also covers Castillo San Cristóbal same day	Old San Juan
<u>Memoria Decolonial Tours</u>	Guided decolonial history & cultural tours	—	San Juan
Bomba performances	Afro-Puerto Rican music & dance	Often found in Old San Juan and other cultural areas	Varies
<u>Santurce</u>	Arts, culture, nightlife & LGBTQ+ community	Heart of San Juan's LGBTQ+ scene	~10–15 min Uber
Miramar	Restaurants, arts & neighborhood activities	Includes gay-friendly <u>Casita Miramar</u>	5–15 min walk
<u>El Hangar / Mercado Cuir</u>	Queer community marketplace & events	LGBTQ+ community space	Santurce
<u>Kweens Klub</u>	Drag shows & nightlife	LGBTQ+ nightclub	Santurce
<u>Oasis</u>	Bar & happy hour	LGBTQ+ welcoming	Condado

 Health & Medical Resources

<u>Ashford Presbyterian Community Hospital</u>	24-hour hospital	Emergency/medical care	1451 Ave. Dr. Ashford
<u>Hospital Pavia Santurce</u>	Hospital & medical services	—	Santurce
<u>Doctors' Center Hospital</u>	Hospital & medical services	—	San Juan
<u>Clínica Trans</u>	Trans-affirming health services	Tue–Fri, 12–4 PM	Fernández Juncos

	PR CoNCRA	HIV treatment & prevention services	Confidential; nondiscrimination policy	Río Piedras
Transportation	Uber / Taxi Turístico	Airport and local transportation	Primary options for getting around San Juan	SJU → Convention Center ~15–20 min
	Rental Cars	Transportation throughout the island	Useful for day trips; tolls common	Varies
	Tren Urbano	Public rail transportation	16 stations; daily service	San Juan metro
	Guaguas / Carros Públicos	Public buses/minivans between cities	Availability may vary; may wait for passengers	Primarily between cities
 Beaches, Nature & Day Trips	Condado Lagoon	Kayaking, paddleboarding, wildlife & bike path	Manatees, sea turtles & birds	Near Miramar
	Playa El Escambrón	Beach	Close to Old San Juan	~10–15 min
	Isla Verde Beach	Beach & swimming	—	~10–15 min
	El Yunque National Forest	Rainforest, hiking & nature	Plan ahead for access/conditions	~1 hr
	Bioluminescent Bay	Night kayaking experience	Reservations recommended	~1 hr to Fajardo
	Flamenco Beach, Culebra	Beach & day trip	Requires ferry/transportation planning	Full-day trip
	Rincón	Beaches, restaurants & outdoor activities	Known for LGBTQ+ community presence	~2 hrs

Neighborhoods to Explore	Miramar	Food, arts, lagoon & local culture	Walkable from Convention Center area	~5–15 min walk
	Santurce	Arts, murals, food, nightlife & LGBTQ+ culture	Lote 23, La Placita, Calle Cerra & more	~10–15 min Uber
	Old San Juan	Historic streets, forts, shopping & cultural sites	UNESCO historic district	~10–15 min Uber
	Loíza / Piñones	Afro-Boricua history, food & culture	Campamento Piñones and coastal area	Day trip

Safety & Travel Disclaimer

This guide provides helpful information and suggestions for conference attendees traveling to San Juan, Puerto Rico. The recommendations are for convenience and are not intended to endorse or guarantee any business, service, activity, or destination.

As with travel to any destination, attendees are encouraged to use good judgment and remain aware of their surroundings. Travel with others when possible, particularly after dark; use reputable transportation services; keep personal belongings secure; and stay in well-lit, populated areas. Attendees traveling independently are encouraged to share their plans and expected return times (and/or their location on their cell

phone) with someone they trust.

Emergency services in Puerto Rico can be reached by dialing **911**. Attendees should also consider reviewing their health insurance coverage, transportation options, and any current travel advisories before their trip.

Please note that conditions, hours of operation, transportation availability, and other information in this guide may change. Attendees are encouraged to confirm details directly with businesses, transportation providers, venues, and official sources before visiting. Conference organizers are not responsible for changes in availability, conditions, or individual travel experiences.

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