



papalars

Local Food

Seattle, 2 Days

Table of contents:

- Guide Description 2
- Itinerary Overview 3
- Daily Itineraries 5
- Seattle Snapshot 11

Guide Description



AUTHOR NOTE: There is nothing better than good food and spectacular scenery. Make your vacation memorable by enjoying the best food Seattle has to offer and then making your own culinary creations in the San Juan Islands! Eating local in Seattle is a food lover's dream, all the best restaurants have caught on to the concept that local, seasonally appropriate food not only tastes better but also has the added benefit of supporting local farmers, fisherman, ranchers and foragers and this provides the additional benefit of creating a local economy that supports the preservation of farmlands, healthy forests and clean water. People have been eating locally by default for centuries but only in the last two decades has the movement evolved into a full blown gourmet extravaganza. Now it is not only possible to expect that almost every ingredient on your plate was raised or grown nearby, it has become the standard of all the best chefs in the Northwest. Local game has recently become more widely available, venison, pheasant, quail, elk and wild boar are not uncommon options, and now that more attention is being paid to the wastefulness of by catches when long lines, trawlers and wide nets are used, supplies of short line caught seafood and sustainably harvested shellfish, prawns and crab are often the choice of more and more high end restaurants who's guests are willing to pay a little extra to know their food is environmentally procured. Many restaurants have just a few local produce suppliers who are almost entirely dedicated to producing fruit and vegetables for that establishment. The symbiotic relationship that has developed between the producers of high quality local food and the restaurants that showcase these delectable delights has been enthusiastically supported by a discerning public that demands the best quality and freshness on their ecologically sustainable plates.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Seattle

DAY NOTE: Pike Place Market is the nexus of the local food movement in Seattle. While it is fair to admit that the very best local farmers, ranchers, cheese makers and fisherman are only able to produce enough to supply the finest restaurants in town, you can count on getting the next tier of the northwest cornucopia at the Market in any sea*on which is fanta*tic at worst. Everyone takes pride in offering the most deliciously fresh food so the lea*t we can do is be gracious and try to remember how much work it takes to get each of the tomatoes from the seed to your table. Some of the producers are not organic and many of them carry conventional produce from California so you should be watching for tags which indicate local and organic. A*paragus and berries welcome the spring, fruit and a va*t array of vegetables dominate the summer, locally foraged mushrooms, apples and pears are plentiful in the fall and the winter provides a diversity of root vegetables and winter greens. Of course you can find anything you want at any time but in order to eat for the sea*on, ingredients should be adjusted. Perennially available are homemade huckleberry jam and fireweed honey on the main floor of the market which make perfect gifts for friends and family and are absolute musts for any well-stocked pantry. Quality cheese offers a good selection of locally and regionally produced cheeses and you should definitely try Mt. Townsend Chevere and Humboldt Fog (which of course comes from California but it is so good!). Thoma* is the most charming cheese man in Seattle, and he'll let you ta*te everything, so it's worth a visit just to meet him, he'll direct you to everything local. Since you're here, you can take the opportunity to stock up on some light weight portables for your kitchen. You'll be looking for local hazelnuts, dried apricots, apples, pears, cherries, huckleberries and currants. Fish is ea*y, it's always fresh and local but the big question is how it is caught. There are tons of trawlers sc***ing the ocean bottom and everything in its wake to bring spot prawns and flounder to your table and long line fishing and wide nets have by-catches that would embarra** your grandmother. Short line caught fish and small net catches are available and these smaller boats need your support so a*k around, the fishmongers want to support sustainable fishery practices so they'll point you to the ecologically appropriate catch of the day. Now for the meat. Fero's is outstanding and you can always expect an honest reply when a*king about their suppliers and they can order specialty meats for you if you plan in advance. Uly's makes fine handmade sausages and they make a concerted effort to support local ranchers. Delaurenti's carries a few California cured meats but the place to go for the real deal is Salumi in Pioneer Square. Be sure to check out locally written publications at Left Bank Books if you're looking for a good cookbook. Check out the Lisa Harris Gallery, get lunch at Matt's in the Market, head to Victor Steinbruek Park for a great view of the mountains and the sound and then slip into the cool cellar of the Ta*tting Room. Dinner at Sitka and Spruce will leave you speechless, the food is phenomenal but if you can get a reservation at Corson, you'll

ta*te ma*terpieces created by the same people from Sitka and Spruce but the atmosphere tops it all.

	Pensione Nichols 800-square-foot suites available
	Pike Place Market Famous Produce and Seafood Market
	Lisa Harris Gallery Local art at Pike Place Market
	Pike Place Fish Flying fish!
	Matt's in the Market In The Heart Of The Market
	Victor Steinbrueck Park View park at the market
	The Tasting Room Tast the best Northwest wines
	Sitka and Spruce Outstanding local ingredients
	The Corson Building A fundamentally local dining experience

Day 2 - Seattle

DAY NOTE: Brunch at Tilth is a bragging point, everyone talks about the first time they ate there and they never stop. When you've eaten a* much a* you possibly can, head to the University Farmer's Market to pick up the menu items for your own personal One Pot. You'll be looking for everything you need including olive oil, wine, cheese, meat or fish, vegetables and the rest. You'll catch a plane from Kenmore Air or take the Ferry from Anacortes to the San Juan Islands. Settle down by the fireplace and take the time to eat right. Sweet dreams!

	Tilth Good earth, good eats
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Itinerary Overview

things to do
restaurants
hotels
nightlife



University District Farmer's Market
Seattle's oldest and Largest Farmer's Market



Kenmore Air Seaplanes
Seaplane to the San Juan Islands



Washington State Ferry
Largest ferry system in United States



One Pot
Unique dinners in random locations

Day 1 - Seattle

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contact:

tel: +1 206 441 7125

<http://www.bedandbreakfast.com/wa-seattle-pensione-nichols.html>

location:

1923 1st Ave
Seattle WA 98101

1 Pensione Nichols

DESCRIPTION: Steps from Seattle's historic Pike Place Market, Pensione Nichols is a unique bed and breakfast with a stunning view. The pensione reflects European sense and sensibility married to Pacific Northwest heritage and hospitality. We are cozily situated on the second and third floors of a 100+ year-old building in the historic Smith Block on First Avenue. Pensione Nichols features eclectic antique furnishings, lots of warm light and spectacular bay and mountain views from our inviting living room / dining room and suites. It's a welcome retreat from a busy day, or lifestyle, when you need to "get off the grid" a bit or just slow down and simply plan an evening at one of the many great restaurants, cafes or theaters in the area.



more at BedandBreakfast.com

contact:

tel: 206/682-7453
fax: +1 206 625 0646
<http://www.pikeplacemarket.org/>

location:

85 Pike Street
Seattle WA 98121

2 Pike Place Market

DESCRIPTION: Nine acres of fresh produce, seafood, coffee, donuts, crafts, unique restaurants and friendly vendors, all set against a backdrop of the Puget Sound – that's Pike Place Market, widely recognized as one of the oldest and best farmer's markets in the country. If you only have one day in Seattle, head downtown to get a real taste of the city in every sense. From fresh cheese curds at Beecher's to chowder at Pike Place Chowder, from necklaces and bags to hand-stitched leather journals and hats, from accordions to pianos to hula-hooping guitarists – there's something for your eyes, ears, and nose everywhere you look at the market.

© NileGuide



contact:

tel: 206/443-3315
fax: +1 206 728 6294
www.lisaharrisgallery.com

location:

1922 Pike Place
Seattle WA 98121

3 Lisa Harris Gallery

DESCRIPTION: Landscapes and figurative works, by both expressionist and realist Northwest and West Coast artists, are specialties of this gallery, which is located on the second floor of a building in Pike Place Market. © Frommer's



Photo courtesy of www.lisaharrisgallery.com

contact:

tel: 800/542-7732
www.pikeplacefish.com

location:

86 Pike Place
Seattle WA 98101

hours:

6:30a-6p M-Sa, 7a-5:30p Su

4 Pike Place Fish

DESCRIPTION: Located behind Rachel, Pike Place Market's life-size bronze pig, this fishmonger is just about the busiest spot in the market most days. What pulls in the crowds are the antics of the workers here. Order a big silvery salmon and you'll have employees shouting out your order and throwing the fish over the counter. These "flying fish" are a major Seattle attraction, so just step right up and pick your salmon. © Frommer's



photo courtesy of Pike Place Fish

contact:

tel: 206/467-7909
www.mattsinthemarket.com

location:

94 Pike St
Seattle WA 98101

hours:

Mon-Sat 11:30am-2:30pm
and 5:30-10pm

5 Matt's in the Market

DESCRIPTION: This casual gourmet restaurant has the best location of any restaurant in Pike Place Market. Located on the third floor of the Corner Market Building, Matt's faces the big neon clock that is the quintessential symbol of the market. Until 2007, Matt's was a tiny cubbyhole of a place, but an expansion has given it enough tables that you can actually get in to eat here on short notice. The menu changes regularly, with an emphasis on fresh ingredients from the market stalls that are only steps away. There's also a good selection of reasonably priced wines. The food reveals whatever influences and styles happen to appeal to the chef at that moment -- perhaps



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Moroccan, perhaps Southern. However, if the menu happens to list anything with smoked catfish, try it. © Frommer's

contact:

tel: +1 206 684 4075 (Seattle Parks)
<http://www.pan.ci.seattle.wa.us/parks>

location:

2000 Western Avenue
Seattle WA 98101

hours:

Call for details

6 Victor Steinbrueck Park

DESCRIPTION: Named for the mid-century Seattle architect and artist who fought to preserve the Pike Place Market, this park is minuscule but beloved. The grassy knoll provides a much needed rest and lunch spot for market visitors and workers. The view of Elliott Bay (over the admittedly horrendous Alaskan Way Viaduct) is fabulous. Steinbrueck's son, Peter, is now a member of the city council, and is fighting to preserve the park's views from a hotel developer who wants to block them. The Seattle tradition of liberal politics lives on. © wcities.com



Photo courtesy of Victor Steinbrueck Park

contact:

tel: 206 770 9463
www.winesofwashington.com

location:

1924 Post Alley
Seattle WA 98101

hours:

12:00 pm - 8:00 pm

7 The Tasting Room

DESCRIPTION: If you need a break from the hustle and bustle of Pike Place Market head up Post Alley to the Tasting Room where you will find a cool retreat chock full of the best wines the Northwest has to offer, sidle up to the bar and order a tasting combo. One of the nicest things about the tasting room is that they don't bother stocking the large producers or low quality wines so you can count on every glass to be well balanced and complex at a good value. The Apex Semillon and Cabernet are outstanding and you can have them ship cases or half cases home.



Photo courtesy of The Tasting Room

contact:

tel: (206) 324-0662
<http://www.sitkaandspruce.com>

location:

1531 Melrose Ave. E
Seattle WA 98122

hours:

Lunch: 11:30am to 2:00pm,
Monday - Friday, Dinner:
5:30pm to 11:00pm, Tuesday
- Saturday, Brunch 10:00am
to 2:00pm, Saturday &
Sunday

8 Sitka and Spruce

DESCRIPTION: Head chef Matthew Dillon moved this popular Seattle restaurant up to its new location in Capitol Hill's Melrose Market in 2010. With fresh market produce, meat, cheese, and herbs, this is the place for foodies looking for a fresh, original meal. Sitka & Spruce also has a fantastic wine list, or if you'd prefer to grab a drink before or after your meal, Chef Dillon also owns and operates Bar Ferd'nand, a wine bar and shop just across from the restaurant. © NileGuide



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contact:
www.thecorsonbuilding.com

location:
5609 Corson Avenue South
Seattle WA 98108

hours:
To be determined

9 The Corson Building

DESCRIPTION: The Corson Building is quintessentially local. Located in Georgetown, co-owners Wylie Bush of Joe Bar and Matthew Dillon (named one of Food and Wine's top ten chefs) of Sitka and Spruce have carved out a food lover's dream in the heart of Seattle's old industrial area. The grounds have been converted into garden plots and there are heirloom chickens around the side of the building. The food is spectacular, seasonally appropriate, locally produced organic vegetables and local game and fresh fish are some of the delights you may encounter on the set menu.



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Day 2 - Seattle

QUICK NOTE

DAY NOTE: Brunch at Tilth is a bragging point, everyone talks about the first time they ate there and they never stop. When you've eaten as much as you possibly can, head to the University Farmer's Market to pick up the menu items for your own personal One Pot. You'll be looking for everything you need including olive oil, wine, cheese, meat or fish, vegetables and the rest. You'll catch a plane from Kenmore Air or take the Ferry from Anacortes to the San Juan Islands. Settle down by the fireplace and take the time to eat right. Sweet dreams!

contact:

tel: 1 206 633 0801
fax: 1 206 633 0801
<http://www.tilthrestaurant.com/>

location:

1411 N. 45th Street
Seattle WA 98103

hours:

Mon-Thurs 5-10pm; Fri
5-10:30pm; Sat 10am-2pm
and 5-10:30pm; Sun
10am-2pm and 5-10pm

1 Tilth

DESCRIPTION: Chef Maria Hines proves that you can be a good steward of the earth and still delight your palate. Entering the old craftsman bungalow with a rocking chair porch feels like going to a friend's house for dinner. The décor is sparse, but original leaded glass windows, a brick fireplace and painted green chairs add to its inherent charm. Using only locally sourced and organic ingredients, menu items change seasonally. Try the mini duck burgers with homemade ketchup and mission fig at dinner or weekend brunch. A chalkboard highlights artisanal cheese selections, and the extensive wine list features several eco-friendly choices. © wcities.com



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contact:

tel: 206 547-2278
http://www.seattlefarmersmarkets.org/markets/u_district

location:

NE 50th and University Way
NE
Seattle WA 98105

hours:

9:00 am - 2:00 pm every
Saturday

2 University District Farmer's Market

DESCRIPTION: Seattle's oldest and largest "Farmers-Only" neighborhood Market hosts over 50 Washington state farmers every Saturday. Featured are seasonal fresh fruit and vegetables from both sides of the state, fresh organic produce, herbs, wild mushrooms, fresh farmstead cheeses, organic meats, poultry and eggs, hazelnuts, cider, local seafood, fresh pasta, honey, flowers, nursery stock, wine, and fresh bread and baked goods. Every Saturday, shoppers can look forward to performances by local musicians, our popular "celebrity chef" cooking demos, and expert gardening advice from Master Gardeners.



Photo courtesy of University District Farmer's Market

contact:

tel: +1 425 486 1257 / +1 800
543 9595 (Toll Free)
fax: +1 425 485 4774
<http://www.kenmoreair.com>

location:

6321 Northeast 175th Street
Kenmore WA 98028

hours:

3 Kenmore Air Seaplanes

DESCRIPTION: Seaplanes are a fun alternative to the area's excellent ferry system. This establishment is one of the largest seaplane travel companies in the area. Fly to any of three locations in the San Juan Islands in about an hour. Trips are scheduled three times daily. The company also flies to Victoria, BC. Day trips and overnight packages are available. Call or check the Web site for up-to-date prices and schedule. © wcities.com



Photo courtesy of Kenmore Air Seaplanes

Call for details

contact:

tel: +1 206 464 6400 / +1 206 515 3400

<http://www.wsdot.wa.gov/ferr>
ies

location:

2901 3rd Avenue
Seattle WA 98121

4 Washington State Ferry

DESCRIPTION: The country's largest ferry system would have to be in a city surrounded by water. With twenty terminals, eight routes and over 15 million passengers a year, Washington State Ferries are both practical and fun. If you're considering hopping over to Bainbridge, Bremerton, Mercer or any of Seattle's interesting islands, a peaceful ferry ride is a far cry from sitting on a bridge in traffic.

© NileGuide



wcities

contact:

www.onepot.org

location:

Various locations
Seattle WA

One Pot

DESCRIPTION: One Pot is a phenomenon that is the brainchild of Michael Heberoy who has been called a "food provocateur" by Food and Wine Magazine. After giving up on his widely acclaimed Portland restaurant, Clarklewis, Michael started throwing clandestine themed dinners all over the city in art galleries with guest speakers and motel parking lots accompanied by installation art and even in private homes and coffee shops. Each event is unique and the idea has multiplied all over the world as he considers it an open source concept. Anyone can hold a One Pot dinner anywhere but to attend one of Michael's is to experience the real deal and you can bet the guest chefs are fantastic. The ingredients are always seasonal, local and innovatively combined. You'll need to make a reservation on the website, www.onepot.org and find out if an event is scheduled. If not, create your own dinner with ingredients from the farmer's market or Pike Place and post the pictures on his blog.



"Photo courtesy of One Pot

Seattle Snapshot

Local Info

If all you know about Seattle is rainy days and the Space Needle, come take a closer look. Seattle (which, incidentally, gets less rainfall per year than New York City) is divided into several neighborhoods, each with their own main strips, nightlife, parks and exciting points of interest. Pick a zone, any zone, and spend the day getting to know the real Seattle.

Ballard

One of the most popular neighborhoods for those not willing to live "in" the city, Ballard has a personality all its own. Golden Gardens Park is a great place for a walk or bike ride, and there's plenty of drinks and seafood available at restaurants like Bad Albert's Tap & Grill and Ray's Boathouse.

Capitol Hill

A political-sounding name for what is unmistakably a liberal, life-loving neighborhood. If you've only got a few days in Seattle, you could easily spend an entire day just in Capitol Hill, checking out the Seattle Asian Art Museum, grabbing a latte at one of dozens of cafes, or browsing for books at the Elliot Bay Bookstore's new location.

Fremont

"Welcome to the Center of the Universe"; this is the sign that greets you in Fremont, and it only gets quirkiest from there. There's the famous Fremont Troll hiding under the Aurora Bridge, as well as a statue of none other than Lenin in the center of the neighborhood. This is the place for the Fremont Oktoberfest (for beer lovers) and Fremont Fair and Solstice Parade (for those who can't get enough of the naked body-paint bike parade). Of course, there's shops, cafes and restaurants galore, each with its own flavor and personality.

Madison Park

Looking for a relaxing day to take a stroll, see a few sights and find a nice cafe to chat over a cup of coffee? Madison Park has all this and more, with the Madison Park & Beach offering gorgeous views, and the bistro-style menu at Madison Park Café offering classic French food and wine, the perfect end to the day.

International District

If dim sum, sushi, or bibimbap is what you're craving, head to the International District, east of downtown Seattle. In addition to a selection of various Asian restaurants, take some great family photos under the pagoda at Hing Hay Park, or visit the Wing Luke, a small museum that offers a big peek into the art and culture of Japan and China.

Kirkland

Kirkland, in a word, is classy. A quick drive across the lake brings you to a selection of trendy cafes, fabulous art galleries, and world class restaurants like Trellis, which features a menu of seasonal, "farm-to-table" meals. Wine enthusiasts will appreciate not only the many wineries, but also Kirkland Uncorked, the neighborhood's annual "Wine, Dine and Design" festival.

Pike Place Market

The market on any given weekend is buzzing with tourists and locals alike, sampling fresh local produce, checking out the catch of the day, or shopping for the perfect souvenir. Pike Place is the United States' oldest farmer's market, and in addition to groceries boasts a huge variety of restaurants, including the original Starbucks. Piroshky Piroshky is an iconic stop, where visitors line up to purchase delicious sweet and savory Russian piroshkys, and a hot bread bowl of seafood bisque or one of several chowders at Pike Place Chowder is the perfect meal on a chilly, gray day.

Pioneer Square

As the historic area of Seattle, Pioneer Square is one of the biggest tourist attractions in the city. History lovers will adore the Underground Tour, which leads you beneath the city to the original Seattle. This is also a popular area for nightlife, with options like a drink at Central Saloon or an evening belting out your favorite tunes at 88 Keys Dueling Piano Bar.

Queen Anne Hill

This is what suburbs are meant to be; at least, for those who don't want to give up the convenience and quirk of the city. Queen Anne manages to be both trendy and understated, from indie bookshops like Queen Anne Books to the hip martini stop Tini Bigs.

Redmond

Its country location doesn't hide the fact that Redmond is home to huge corporations, including Microsoft and Nintendo, which make this one of the more affluent neighborhoods. Both Marymoor Park and the Lake Sammamish State Park are on the list for cyclists and walkers, and for those more interested in shopping, check out Redmond Town Center.

Seattle Center

So much more than just the Space Needle; if you're looking for a place to take the kids on a nice day, Seattle Center is the place to be. In addition to famous Seattle events like Bumbershoot and The Bite of Seattle, the center has plenty of restaurants, rides and arcade games for the kids, as well as the Pacific Science Center, Seattle Opera, and Intiman Theater. Museum lovers can't miss Seattle's famous Experience Music Project/Science Fiction Museum & Hall of Fame, which is also the end of the Monorail (which goes straight to Westlake Center).

University District

That's a mouthful; locals call it "U-Dub," the neighborhood known for fantastic restaurants, bars, shops, and the beautiful campus of the University of Washington. This is a hip, energetic neighborhood with everything from clubs to farmer's markets, as well as the fabulous University Bookstore. For Apple geeks, University Village houses the only full Apple Store in Seattle.

Waterfront

Get your quintessential West Coast fix with a stroll along Seattle's Waterfront, with an endless supply of picturesque scenes perfect for capturing a great family photo. In addition to the ferry terminal, where you can head off to Bainbridge or Bremerton Islands, you can also catch a fun water taxi over to West Seattle (much more fun than the long bus ride). Some of Seattle's most well-known restaurants are on the waterfront, including Elliott's Oyster House and Ivar's, and kids and adults alike will have a blast at the Seattle Aquarium.

West Seattle

Five minutes strolling down the street, sand and ocean on one side and bungalow-

Seattle Snapshot continued

style houses, burger joints and cafes on the other, you'll swear you were in California instead of Washington. The West Seattle vibe is laid back and a popular place for water sports as well as bikers and joggers. Don't miss Alki Beach, Seattle's most famous beach, where you can lay in the sun with a view of downtown on the other side of the bay.

© NileGuide

History

Alki Beach wasn't warm and sunny when the Denny Party landed there in the fall of 1851, where they met a few Native American tribes, including the Suquamish and the Snohomish. After a temporary winter stay in West Seattle, the new settlers crossed Elliot Bay to what is now the downtown Seattle area, including Pioneer Square.

At the time, Pioneer Square became known as Skid Row, due to the downward sloping Yesler Way, which runs straight into the Puget Sound and provided loggers with an easy way of transporting lumber. Thanks to the economic boost from the timber industry, Seattle quickly became a rather wealthy city, founding the University of Washington in 1861.

By the late 1880s, the Seattle population was booming; but almost all was lost in the Great Seattle Fire in June of 1889. Despite the destruction of all their wooden buildings, the fire ended up being a blessing in disguise for the town. Within a year, well over 100 new buildings (this time, made of brick) were built on top of the old city, which also solved Seattle's messy and rather smelly plumbing problem. Some parts of Old Seattle are still intact, and can be visited via the Underground Tour.

The oldest continually operated public farmer's market, Pike Place Market opened in 1907, and is today one of the most popular tourist spots in Seattle. In addition to timber, the aerospace industry also helped boost the city's wealth, particularly when Bill Boeing developed the 707 commercial jet and tested his company's plane out in 1916.

One of Seattle's other most famous landmarks, the Space Needle, was built in 1962 for that year's World's Fair, along with the Monorail, which is still the quickest way to get from the Seattle Center to downtown. The Fair brought even more tourists to

Seattle, and the population continued to grow.

As it had with the timber and aerospace industries, Seattle continued to stay on top of modern times when Microsoft started doing business in the city in the 1980s. Seattle was also the birthplace of Starbucks, the original of which can still be visited at Pike Place. In addition to these businesses, other major companies such as Nintendo, Nordstrom, and Immunex call Seattle home for their headquarters.

© NileGuide

Hotel Insights

Over the past several years, Seattle has become quite a popular tourist destination, especially in the summer when the threat of rain diminishes. Most hotels are located in the downtown area, but visitors can certainly find excellent lodging options in the outlying areas as well.

Bellevue and the Eastside

Seattle's sister city across Lake Washington, Bellevue has boomed with the growth of high-tech companies. It's an ideal spot for visitors who don't mind a short commute, although at rush hour crossing the bridge can take up to an hour. Hotels here include the posh Bellevue Club Hotel and the beautifully appointed Hyatt Regency. More moderately priced hotels include Red Lion Bellevue Inn and the Sheraton Bellevue. If you're looking for an even more casual place to stay, try the Bellevue Silver Cloud Inn or the Bellevue Lodge. These centrally located hotels, convenient to business and shopping, are ideal for business travelers visiting Microsoft, US West, Nintendo or any of the other companies filling the ever-expanding business parks in Bellevue, and in Redmond just five minutes to the east.

A few minutes east on the shore of Lake Washington, Kirkland is filled with condominiums, restaurants, art galleries and yachts. Kirkland's impeccable Woodmark Hotel sits right on the water and offers beautiful sunrises.

Downtown Business/Shopping Area

Most of the larger hotels are located here in the heart of the action. These are also the city's most expensive hotels. Accommodations for the shopping set

include the Westin, Mayflower Park Hotel and the Fairmont Olympic, all high-quality hotels within easy walking distance of Pacific Place Shopping Center, Westlake Center, Nordstrom and Pike Place Market. Near the Washington State Convention Center, you'll find the Sheraton and the Seattle Hilton. The Hotel Monaco is also nearby.

SeaTac

If you don't want to stray far from Seatac Airport, which is about half an hour from downtown, there are plenty of options, as long as you don't mind the sound of airplanes taking off and landing. The Red Lion Hotel Seattle Airport and the Seattle Marriott Sea-Tac Airport are a few among many along the Pacific Highway (US 99) corridor.

University District

This part of town is always bustling. College students form the core population of the area, so inexpensive stores and restaurants abound. The hotels here are less expensive than those downtown, and considering the proximity to the city, it's not a bad place to stay. The University Tower Hotel and the University Inn provide comfort at reasonable prices.

Waterfront

While the Waterfront is a tourist Mecca, it is not the easiest place to find a hotel, so book early. The Edgewater is perched over the water on a pier, and every window has a view. As a matter of fact, Edgewater is the only waterfront hotel downtown. Located at the south end of downtown in historic Pioneer Square, the Pioneer Square Hotel is also close to the waterfront. And between those two sits The Inn at the Market, a nice hotel located at the frenzied Pike Place Market and only steps from the bustling waterfront.

©

Restaurants Insights

Seattle is a city growing up. Neighborhoods like the University District, Ballard, Fremont and Capitol Hill attract younger crowds of students and artists with diverse tastes and small budgets. Downtown Seattle and Belltown have become hot spots for new entrepreneurs, high-tech employees and anyone else with extra spending money.

Seattle Snapshot continued

Belltown

One of the fastest-growing and trendiest downtown neighborhoods, Belltown is a popular hangout for yuppies. Hip restaurants here include Flying Fish and Shiro's.

Capitol Hill

This neighborhood is known for the numerous shops and theaters along Broadway Avenue and for the variety of alternative lifestyles it welcomes. Tasty bites include Pagliacci Pizza and the popular Siam on Broadway, which serves excellent Thai food. If you're in the mood for a casual night out or a hangover breakfast, head to Linda's Tavern. Relax at a booth with friends, shoot a game of pool with the regulars or get some fresh air on the patio out back. For a swanky, sultry night, rock the casbah at The Capitol Club. The Mediterranean menu and romantic vibe make it a great date spot. Capitol Hill, known for its close-knit gay community, also has some of the best dance clubs in Seattle. For an all-out, get-down-and-boogie experience go to Neighbours, a primarily gay bar, for dancing into the night. Or try The Baltic Room for top-notch live shows and a stylish crowd. Nearby sits the Comet Tavern where an entertaining mix of people go for beer and pool.

Fremont/Ballard

Continuing westward, the nightlife seeker enters the quaint districts of Fremont and Ballard. In Fremont, drink a beer at the Dubliner, an authentic Irish pub. If you're in the mood for a mellow evening, sip coffee in the Still Life Coffeehouse, a Seattle classic. West of Fremont in Ballard, Irish pubs and seafood abound. Enjoy Irish brews at Conor Byrne's Pub or Bad Albert's Tap & Grill. For more elegant dining make your way to Shilsole Bay, where good restaurants like Ray's Boathouse line the shores of Puget Sound, offering great views and delicious seafood.

Midtown and Waterfront

Don't miss downtown dining, but do bring your credit cards because prices are higher here than elsewhere in the city. The Brooklyn offers a happy hour oyster and beer selection. Fine dining establishments on the piers of Elliott Bay include Anthony's Pier 66 & Bell Street Diner, Elliott's Oyster House and The Seattle Crab Company.

For a little less pretense and expense, try Red Robin. Other noteworthy downtown restaurants include Wild Ginger and Dragonfish Asian Café. Pacific Place, an upscale shopping mall, features famous chain restaurants like the Gordon Biersch Brewing Company.

Pioneer Square

Most of the nightlife in downtown Seattle clusters around the famous Pioneer Square. On weekends, this four-block radius fills up with college students, beer enthusiasts, local band fans, jazz devotees, sports fans and others. By paying a single joint cover charge during the weekend, one can enter any of nine affiliated Pioneer Square bars and clubs including the Central Saloon, one of Seattle's oldest taverns. The Last Supper Club is also a popular spot in the downtown nightlife, offering a trendy New York-style club experience. Showbox, northeast of Pioneer Square, is a large nightclub featuring highly regarded DJs on weekends and nationally-known bands on other nights.

University District

This is a favorite area for diners and drinkers on smaller budgets. Check out "The Ave" (University Way) for vegetarian restaurants like Flowers, which serves a lovely vegetarian buffet during the day and great mixed drinks at night. The Ave has cuisines for all tastes: Mexican, Indian, Vietnamese, Japanese and Chinese among others. Barhopping on the Ave is popular as well. Join student crowds for beer at the Big Time Brewery then shoot some pool at the College Inn Pub. About six blocks west lies the popular Rainbow Bar & Grill, which features local and national jazz, rock and blues acts.

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Nightlife Insights

The entertainment options in a city the size of Seattle are numerous. There are plenty of art museums, theaters and music venues for visitors to explore.

Art

The patriarchs of the local art scene, the Seattle Art Museum (SAM) and its brother the Seattle Asian Art Museum (SAAM), have been pushing steadily away from exclusively showing antiquities to showcasing more contemporary art.

At SAM, look for rotating modern art shows, and be sure to check out the Native American and African galleries. At SAAM, the vibe is quieter, but spectacular nonetheless.

The contemporary art shows at the Henry Art Gallery at the University of Washington always have an academic background and a flair for challenging conceptions. The Center on Contemporary Art (CoCA) and a host of edgy galleries like James Harris and Greg Kucera, showcase young, impoverished, enthusiastic local talent. Check it all out during the monthly neighborhood Artwalks, during which galleries stay open late and serve wine and cheese. The Pioneer Square area holds its Artwalk on the first Thursday of every month, Capitol Hill follows suit on the first Saturday, Kirkland opens its doors on the second Thursday and Ballard rounds out the cycle on the second Saturday.

Cinema

Hollywood glitz rules the downtown scene at Pacific Place and the Meridian. Art-house funkiness rules Capitol Hill at the Egyptian Theatre and the Harvard Exit, and over the University District at the Neptune, the Varsity Theatre, the Seven Gables Theatre and the Grand Illusion. Those with various tastes can have fun at the various annual film festivals, where sneak previews of blockbusters play alongside obscure Yugoslavian flicks. The biggest festival is the Seattle International Film Festival, which takes the town over for three weeks in May and June. Also keep a lookout for the Seattle Lesbian and Gay Film Festival.

Comedy

Admittedly, there are those who think watching nerdy Seattleites try to negotiate downtown with flapping rain ponchos and lattes in recycled, unbleached cups is comedy enough. But if you want something a bit more organized, try Giggles in the University District, where professionals take over the stage on the weekends.

Dance

Apart from the deservedly renowned Balanchine-school Pacific Northwest Ballet, and the beloved contemporary dance house On The Boards, good dance in Seattle is hard to come by on a regular basis. The best pickings include the University of Washington excellent World Music & Dance Series, which brings top-

Seattle Snapshot continued

notch groups such as the Paul Taylor Dance Company into town every year.

Museums

The Frye Art Museum has a pleasant collection of 19th and 20th Century paintings, while the Museum of History and Industry covers the same time period but with its focus on Seattle's history.

The Burke Museum and the Museum of Flight offer glimpses of natural history and Boeing science respectively, with towering artifacts (dinosaurs and airplanes, naturally) at both.

The history of Seattle's ethnic minorities gets a thoughtful, detailed look at the Wing Luke Asian Museum. The Seattle Children's Museum and the Pacific Science Center, both at the Seattle Center, are paradises of activities for kids. Further afield, the Bellevue Art Museum has a good collection of 20th Century art, while the Washington State History Museum is Tacoma's look at the state's history.

Classical Music

The Seattle Symphony performs in the acoustically crisp Benaroya Hall, which also provides much-needed concert space for the excellent Seattle Men's Chorus and other classical groups. Recent years have also seen the rise of an early-music movement, with several period ensembles garnering acclaim and audiences under the aegis of the Early Music Guild. Churches around town and the Seattle Art Museum often stage lovely chamber music concerts as well.

Okay, so grunge is dead. But that doesn't mean that the local rock scene is dead with it. The scene is just a bit more upbeat, with international groups finding a warmer welcome. Experimental rock groups and other combinations of world, funk and pop music play frequently at the Showbox and the Crocodile Cafe. Jazzmen and blues masters hold down regular gigs at the Tractor Tavern and the Baltic Room. There's also a lively Irish scene in town, with live traditional and modern music at Conor Byrne's, the Owl'n' Thistle and Kells Irish Pub.

Opera

The Seattle Opera is internationally famous today for its Wagner productions, most notably its four-day Ring cycle. The company was actually founded in the

1960s specifically to present Wagner's warhorses. The opera has broadened its range considerably, from sparkling Mozart to serious Prokofiev.

Theater

Mainstream houses include the Seattle Repertory Theater, the Intiman, A Contemporary Theater and the Empty Space Theater. These companies put on strong seasons every year, usually comprised of modern classics and premieres. Fringe theater groups, such as the Annex Theater, the Book-It Repertory Theatre and Theater Schmeater provide well-produced, eclectic alternatives. There's also a manic fringe festival in early spring, when dozens of groups materialize out of nowhere to put on shows. In the niche bracket, Seattle Children's Theatre presents extremely professional, creative productions for kids ages 4-14, while the 5th Avenue Theatre brings Broadway musicals to town.

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Things to Do Insights

Seattle is a culturally and visually stunning place to visit: from the visual wonder of the Space Needle to the treasures of the Seattle Art Museum, there are many things to see and do.

Seattle Center Located downtown is the Seattle Center, built in 1962. It houses numerous tourist attractions including the Pacific Science Center, Paul Allen's Experience Music Project/Science Fiction Museum & Hall of Fame and KeyArena, home of the Seattle Supersonics. Try the clams at the Palace Kitchen. Most visitors come to the Center for Seattle's most famous and most visible landmark, the Space Needle, and all will enjoy the ride on its glass elevators and the panoramic views from the observation deck.

Westlake Center The Seattle Center is also at one end of the Monorail, and the tour continues with the 90-second, 1.3-mile ride from the Seattle Center to the Westlake Center, a popular arcade for shoppers. The Brooklyn is an excellent dining option in this area. When you've had your fill, head south to Seattle's historic multi-level Pike Place Market.

Seattle Art Museum Stop by the Seattle Art Museum near the Waterfront, and just

a few blocks onward, you'll enter Pioneer Square. If you're with children, or have a taste for kitsch, cap off your walk with the 1.5-hour Underground Tour, which gives a sense of what Seattle life was like before the fire and provides details of the reconstruction process. The Pike Place Market is also located near the Museum. Here you can find something tasty to eat.

Seattle Waterfront The views of the surrounding natural beauty from the Seattle Waterfront are spectacular. Take a ferry to Bainbridge Island or visit the Seattle Aquarium and the Odyssey Maritime Discovery Center. You can grab some food to go from one of the many Waterfront restaurants, like Waterfront Seafood Grill, and hang out in the nearby Myrtle Edwards Park.

Seattle Opera The Seattle Center Opera House hosts the Seattle Opera, one of the most acclaimed opera companies in the United States. This is also home to the Seattle Symphony, in an excellent acoustic space. Stop for a quick bite at the Pike Street Cafe. Theater buffs will seek out the nationally-recognized A Contemporary Theater (ACT) a few blocks away.

With so much to see and do, visitors usually opt for a tour company to help them see it all. Catch a ride on a dinner train, or choose the more traditional bus or van ride, the choice is yours.

Bus Tours Gray Line of Seattle(+1 206 624 5077/ <http://www.graylineofseattle.com/>)

Van Tours Show Me Seattle(+1 206 633 2489/ <http://www.showmeseattle.com/>)

Historical Tours The Underground Tour(+1 206 682 4646/ <http://www.undergroundtour.com/>)

Air Tours Ride the Ducks of Seattle(+1 206 441 3825/ <http://www.ridetheducksofseattle.com/>) Classic Helicopter Corp.(+1 206 767 0515/ <http://www.classichelicoptercorp.com/>)

Boat Tours Ride the Ducks of Seattle(+1 206 441 3825/ <http://www.ridetheducksofseattle.com/>) Kenmore Air Seaplanes(+1 425 486 1257/ +1 800 543 9595/ <http://www.kenmoreair.com/>) Argosy Cruises(+1 206 623 1445/ +1 800 642 7816/ <http://www.argosycruises.com/>) American West Steamboat Co.(+1 800 434 1232/ <http://www.columbiarivercruise.com/>)

Seattle Snapshot continued

Train Tours Spirit of Washington Dinner Train(+1 206 227 7245/ +1 800 876 7245/ http://www.spiritofwashingtondinnertrain.com/)

Wine Tours Chateau Ste. Michelle(+1 415 3300/ http://www.ste-michelle.com/) Columbia Winery(+1 425 488 2776/ +1 800 488 2347/ http://www.columbiawinery.com/)

Brewery Tours Maritime Pacific Brewery(+1 206 782 6181) Redhook Ale Brewery(+1 425 483 3232/ http://www.redhook.com/)

Adventure Tours Downstream River Runners Inc.(+1 800 234 4644/ http://www.riverpeople.com/) Brew Hops Tours(+1 206 283 8460)

Kayaking Tours Moss Bay Rowing& Kayak Center(+1 206 682 2031/ http://www.mossbay.net/)

Sports Tours Big League Tours(+1 866 619 1748/ +1 317 534 2475/ http://www.bigleaguestours.com/)

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Travel Tips

By Air

Seattle-Tacoma International Airport(+1 206 433 5388/http://www.portseattle.org/seatac/) serves the Seattle and Tacoma areas, with flights to destinations in the United States, Europe and East Asia. It is located 1.5 miles off Interstate 5.

Air Canada(+1 888 247 2262/http://www.aircanada.com) Air France(+1 800 237 2747/http://www.airfrance.com) Alitalia(+1 800 223 5730/http://www.alitalia.com) American Airlines(+1 800 433 7300/http://www.aa.com) British Airways(+1 800 247 9297/http://www.ba.com) Continental(+1 800 523 3273/http://www.flycontinental.com) Delta(+1 800 221 1212 domestic/+1 800 241 4141 international/http://www.delta-air.com) Frontier(+1 800 432 1359/http://www.frontierairlines.com) JetBlue(+1 800 538 2583/http://www.jetblue.com) Midwest Express(+1 800 452 2022/http://www.midwestexpress.com) Lufthansa(+1 800 645 3880/http://www.lufthansa.com) Qantas(+1 800 227 4500/http://www.qantas.com) United(+1 800 241 6522/http://www.ual.com) US Airways(+1 800 428 4322/http://www.usairways.com) US Helicopter(+1 877 262 7676/http://

www.flyush.com) Virgin Atlantic(+1 800 862 8621/http://www.virgin-atlantic.com) Zoom Airlines(+1 866 359 9666/http://www.flyzoom.ca)

By Car

Approach Seattle from the east by Interstate 90, and from the north and south via Interstate 5.

Getting Around

By Public Transit

The Metro Transit(+1 206 553 3000/ http://transit.metrokc.gov) offers public bus service throughout Seattle and its surrounding communities. A Seattle landmark is the nation's first tunnel for dual-power buses that runs throughout the heart of downtown. The tunnel stops are included in the free ride area of downtown Seattle.

The Seattle Monorail(+1 206 905 2600/ http://www.seattlemonorail.com) provides transportation from downtown to Seattle Center. The monorail runs weekdays from 7:30a-11p and weekends 9a-11p.

By Taxi

Farwest Taxi(+1 206 622 1717) Graytop Cab(+1 206 282 8222/http://www.yellowtaxi.net) Orange Cab Company(+1 206 522 8800) STITA Taxi(+1 206 246 9999) Yellow Cab(+1 206 622 6500/ http://www.yellowtaxi.net)

By Bike

Take in Seattle from a bike or scooter by renting either at Bikestation Seattle(+1 206 332 9795/http://www.bikestation.org).

By Foot

Enjoy Seattle on foot with the several walking tours available including:

Bainbridge Island Downtown Association(+1 206 842 2982/http://www.bainbridgedowntown.org) Market Heritage Tours(+1 206 682 7453 x653/ http://www.pikeplacemarket.org) Seattle Walking Tours(+1 425 885 3173/ http://www.seattlewalkingtours.com) Stroll Seattle(+1 206 736 4336/http://www.strollseattle.com)

Traffic Information

To find out city traffic information go to: http://www.traffic.com

If traveling overseas, take the safety precaution of registering your trip at https://

travelregistration.state.gov and for helpful, practical advice about traveling technicalities and safety standards check out: http://travel.state.gov/

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Fun Facts

1. One interesting (and intellectual) fact about Seattle: it's the most literate city in the U.S. We have the most bookstores and libraries per capita, and the most library card-holders to check them out!
2. The Space Needle: Iconic landmark, so it must be the most photographed object in the city, right? One random fact a few tour guides like to point out is that it actually comes second – to the giant Pink Elephant car wash sign on Battery Street and Denny Way downtown.
3. Seattle might be the only city that can claim to be built on top of another city. After the Great Fire of 1889, citizens raised the street level and started over – you can tour parts of old Seattle thanks to the city's Underground Tour.
4. Why so eager to raise the streets? The Seattle sewers flowed with the tides – in other words, at some point in the day, toilets became more like fountains and the streets were...well, gross. Fun fact: the incredible rebuilding job that followed the fire firmly placed Seattle ahead of Tacoma in the race to become the most industrialized city in the Pacific Northwest. Call it bathroom humor.
5. Next time someone complains about the rain in Seattle, surprise them with this interesting fact: Seattle's annual rainfall is less than that of Houston, Chicago and New York City.
6. Then toss in this fun little tidbit: Folks in Seattle buy the most sunglasses per capita than any other U.S. city.
7. The first female mayor of Seattle, and of any U.S. city, was Bertha Landes, elected 1926. Weird fact: Seattle hasn't had a female mayor since, which is perhaps why Bertha is said to haunt The Harvard Exit Theater in Capitol Hill.
8. Notice a lot of cafes around here? There's probably a glassblowing studio next door. Seattle has the second most glassblowing studios in the world. The first is Murano, an island near Venice, Italy.

Seattle Snapshot continued

9. When it comes to live music and performances per capita, Seattle is second in the U.S. only to New York City.

10. But we beat'em in ballet- Seattle's Pacific Northwest Ballet has

the highest per capita attendance in the country.

11. Seattle's annual Hempfest is the largest "Legalize It" festival in the country, and is a favorite among Seattle cops due to the general friendly, no-violence atmosphere.

12. Random fact: More folks bike to work here than in any other city in the U.S.- and Seattle was the first city to put cops on bikes, too.

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