

BECKY OHLSEN

SEATTLE

CITY GUIDE



INTRODUCING SEATTLE



Kayaking on Lake Union (p166)

RICHARD CUMMINS

It's raining again, but you don't mind. This is your cue to duck inside for another latte. Maybe you'll chase it with a local microbrew, then tackle the Space Needle before rocking the Crocodile Café.

Welcome to Seattle, whose perpetually cloudy skies mean that if the sun peeks out for a second, everyone drops whatever they're doing and gears up to take their kayaks or bicycles out. They can do this because they're part-time baristas, freelance IT consultants, club bookers or chefs at all-organic small-plates restaurants. They're as likely to drink PBR as IPA, but they'd rather die than sip truck-stop coffee or down a quarter pounder with cheese. They always recycle. They've been on skid road, and they know Alki has nothing to do with the drinking habits of barflies in Pioneer Square. If you ask them, they'll tell you it really doesn't rain that much around here.

They might also tell you to watch the 'flying fish' at Pike Place Market early in the morning, visit the Olympic Sculpture Garden around sunset and take an evening ferry ride to Bainbridge Island. Most likely they'll say not to bother with the Space Needle unless the weather is brilliant. If you're game for a bar crawl, they might take you to Georgetown, the neighborhood for drinkers in the know. If you're arty, it might be an opening at an edgy Belltown gallery instead. Or you could just get hopped up on caffeine and go thrifting all day. Despite what you hear, you may be surprised at how little anyone minds the fickle weather.

SEATTLE LIFE

Seattle is the largest metro area in the Pacific Northwest, with a population of about 3.3 million (580,000 in the city proper). It's a bookish, well-educated place, but also a dynamic and inventive urban center – most of the city's recent economic growth has been fueled by technology: both high-tech and the old-school, engine-parts variety. The Port of Seattle is the second-largest handler of container cargo in the United States.

Two of its most successful citizens also happen to be Seattle's two largest public figures, Bill Gates and Paul Allen. And they symbolize a certain aspect of the city's contradictory attitude toward its own success. Both undeniably ambitious and indisputably successful, Gates and Allen are seen simultaneously as points of civic pride and shameless capitalists who are totally alien to the prevailing Seattle culture.

And speaking of culture, you'll be forgiven for thinking Seattle's is mostly white – at least if you hang out in hipster coffee shops or go to many indie-rock shows – but Seattle has a rich multicultural history and is home to Native American, African American, Asian American and growing Ethiopian American populations. The city ranks 23rd of the 30 largest US cities in African-American population, at 8.4% – higher than every West Coast city except Los Angeles. It also has the largest concentration of Native Americans in the Pacific Northwest. The largest group in urban Seattle is the Duwamish people, the Native Americans who originally lived on the shores of Elliott Bay.

It's been a neighborhood-centric city for most of its history, but Seattle now sits on the verge of major structural and demographic change. The area expects 40% population growth in the next two decades, and the regional transportation board has already begun reshaping the city's landscape with new mass-transit plans. It's an exciting time to visit an always exciting place.

'Seattle sits on the verge of major structural and demographic change'



Marching girls parade through Seattle's International District (p59)

HIGHLIGHTS



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DOWNTOWN & FIRST HILL

Downtown Seattle is the functional business heart of the city, with a jungle of office buildings and an electric weekday buzz. It's also home to many of the city's main hotels, as well as the Seattle Art Museum. Head to First Hill to see the stately, historic Sorrento Hotel.

1 Sorrento Hotel

Dabble in decadence at the Sorrento Hotel (p51)

2 Seattle Public Library

Find peace and prose at this stylish library (p49)

3 Seattle Art Museum

Gawp at Jonathan Borofsky's 1992 sculpture *Hammering Man*, which dominates the museum entrance (p48)



RICHARD CUMMINS



RICHARD CUMMINS



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PIONEER SQUARE & INTERNATIONAL DISTRICT

Pioneer Square is the birthplace of Seattle, and its redbrick buildings and plazas give it a historical, film-set feel. It's also popular for its restaurants, bars and independent shops, which are well worth a visit. The International District is home to Seattle's Chinatown and the Wing Luke Museum of the Asian Pacific American Experience.



ANN CECIL

1 Wing Luke Museum of the Asian Pacific American Experience

Absorb yourself in Pan-Asian history (p59)

2 Pioneer Square Park

Step back in time to Seattle's early days (p57)

3 Zeitgeist

Perk up on coffee in artsy surrounds (p141)



CHUCK PEFFLEY/ALAMY



LAWRENCE WORCESTER

PIKE PLACE MARKET & WATERFRONT

One of Seattle's best-loved attractions, Pike Place Market is a labyrinthine fish and produce market that oozes theatricality. Find yourself entertained amid 'flying fish,' buskers, tourists and locals before stepping out along the Waterfront, where scenic views of Puget Sound and the Olympic Mountains await.



JOHN ELK III

1 Pike Place Market

Watch the world go by at this loud, lovable market (p62)

2 Seattle Aquarium

Spy the underwater world of Puget Sound (p66)

3 Waterfront

Catch the flavour of a major seaport (p65)



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BELLTOWN

The alternative scene in Belltown may have mellowed slightly, but this neighborhood can still be classed as cool. Watch a band at the Crocodile Café before taking an easy stroll to other offbeat bars in the area. Belltown is also home to the impressive Olympic Sculpture Park.



1

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1 Olympic Sculpture Park

Feel small next to Richard Serra's 2004 sculpture, *Wake* (p67)

2 Ace Hotel

Be fascinated by bedtime reading at this hipster hotel (p179)

3 Shorty's

Play pinball and drink beer (p142)



2

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3

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SEATTLE CENTER & QUEEN ANNE

Seattle Center is a 1960s vision of the future, making it an endearingly retro place to visit. As well as the Space Needle, it contains numerous museums and attractions, including the Experience Music Project. Rising up on the hill above Seattle Center is the dignified Queen Anne neighborhood.



ANN CECIL

1 International Fountain

Get wet in sci-fi International Fountain (p73)

2 Queen Anne

Pose by perfectly manicured lawns (p74)

3 Experience Music Project

Be wowed by Frank Gehry's 2000 museum (p72)

4 Space Needle

Zoom to the top for incredible views (p71)



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LAKE UNION, CAPITOL HILL & VOLUNTEER PARK

Lake Union hums with the sound of seaplanes, but you can have fun skirting the edge on a bike or boat. Nearby Capitol Hill is an artsy and diverse neighborhood, where you'll find cafes, galleries and street theater. If you need a break from kayaks and counterculture, stop at the Volunteer Park Conservatory.



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1 Wall of Sound

Flip through racks of music (p114)

2 Jimi Hendrix Statue

Check out Daryl Smith's 1997 statue of the guitar legend (p80)

3 Lake Union

Paddle or cycle around this Y-shaped lake (p76)

4 Volunteer Park Conservatory

Brush past palms in Seattle's tropical corner (p80)



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FREMONT & WALLINGFORD

Fun-loving Fremont has coffee shops, pubs and some of the oddest public art that you'll ever see, making a visit to this neighborhood a must. Pleasant Wallingford, on the route of the Burke-Gilman cycle trail, is home to some noteworthy restaurants and Gas Works Park.

1 Gas Works Park

Find yourself drawn inexplicably to a strange mass of pipes (p91)

2 Fremont Troll

Quake before the 1990 statue, the Fremont Troll (p88)

3 Statue of Lenin

Consider the seven tons of Slovakian scrap that make up Emil Venkov's 1988 statue (p88)



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BALLARD & DISCOVERY PARK

Ballard is a Scandinavian-influenced neighborhood that lies just over Ballard Bridge. It seems a world away from urban Seattle and is known for its down-to-earth bars and live-music venues, as well as the interesting Fish Ladder. Neighboring Discovery Park is 534 acres of urban wilderness.

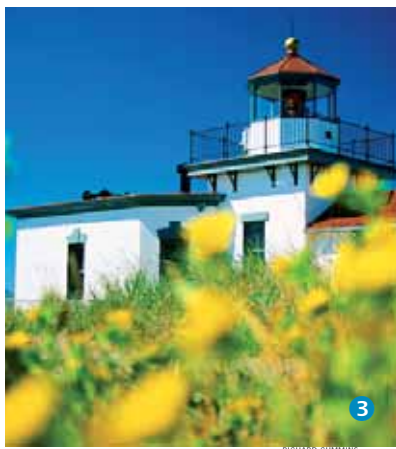


RON BUSKIRK/ALAMY



DANITA DELIMONT/ALAMY

- 1 Ballard Fish Ladder**
Spot salmon on their way to spawn (p97)
- 2 Nordic Heritage Museum**
Learn more about Ballard's heritage (p95)
- 3 Discovery Park**
Walk the trails and escape the city (p98)



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GREEN LAKE & PHINNEY RIDGE

If you like zoos, parks, rose gardens and low-key neighborhoods, then you'll love Green Lake and Phinney Ridge. Green Lake Park is a perfect place for sunbathing in summer or walking in fall, and Woodland Park Zoo is one of Seattle's greatest tourist attractions.

- 1 Woodland Park Zoo**
Strut your stuff at the zoo (p94)
- 2 Seattle Rose Garden**
Smell the scent of 5000 roses (p94)



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AROUND SEATTLE

Situated in a stunning part of the Pacific Northwest, Seattle is within easy reach of mountain ranges, the ocean, hundreds of islands and a temperate rainforest. This makes Seattle a perfect hub for getting out and exploring the natural world.



JOHN ELK III



TOM BOYDEN

- 1 Mt Rainier National Park**
Climb the highest peak in the Cascades (p193)
- 2 Hoh River Rain Forest**
Hike in a mossy temperate rainforest (p198)
- 3 San Juan Islands**
Kayak around breathtaking islands (p189)
- 4 Ferry across Puget Sound**
Ride the waves and look back at Seattle's famous skyline (p187)



LAWRENCE WORCESTER

THE AUTHOR

Becky Ohlsen



Becky has lived in the Pacific Northwest for the past 15 years, originally drawn here from her native Colorado by the promise of great music and the ocean. Upon arrival she discovered that the area also provided excellent beer,

a wide variety of pinball machines, cute skater boys and lots of rainy days in which to moodily read in coffee shops. She lives in Portland, Oregon, after surviving a brief, educational, expensive and decidedly temporary stay in New York City, where against everyone's better judgment she earned a master's degree in journalism. In addition to covering Seattle for *Lonely Planet*, she has worked as a copy editor and freelance writer for alternative newspapers and magazines, and occasionally reviews movies for a local independent radio station. When she's not traveling for guidebook research, Becky races vintage motorcycles very, very tentatively. She's a member of the Sang-Froid Riding Club and a veteran of the infamous '555' Ride, and much prefers two wheels to four. Her favorite bar in Seattle is Shorty's and her favorite Nirvana album is *Bleach*.

BECKY'S TOP SEATTLE DAY

When I'm in Seattle I like to wake up uncharacteristically early and go straight to Pike Place Market (p62). The scene here is fascinating any time of day, but it's best in the morning, when most of the customers are locals getting their shopping done. It's a nice place for a walking breakfast, too, with options ranging from fresh fruit to coffee and pastries to a hefty *hum bao* (steamed pork bun) big enough to power you through the whole day. After exploring the labyrinth of weird little market shops, I'll browse the progressive literature at Left Bank Books (p110) to keep myself honest and bolster hope. Afterwards, a short stroll down toward Elliott Bay gives me a panoramic view of the mountains from the new Olympic Sculpture Park (p67).

Of course I can't be in Seattle without spending some time digging around the shelves at Elliott Bay Book Company (p113), and as long as I'm this close I might as well treat myself to an artisan ice cream at Molly Moon's (p131) for lunch.

I'll spend the rest of the afternoon soaking up culture at the Seattle Art Museum (p48), abandon it for happy hour at the Nitelite Lounge (p140), then probably squander the evening and whatever's left in my pockets on pinball and beer in the back room of Shorty's (p142).

LONELY PLANET AUTHORS

Why is our travel information the best in the world? It's simple: our authors are passionate, dedicated travelers. They don't take freebies in exchange for positive coverage so you can be sure the advice you're given is impartial. They travel widely to all the popular spots, and off the beaten track. They don't research using just the internet or phone. They discover new places not included in any other guidebook. They personally visit thousands of hotels, restaurants, palaces, trails, galleries, temples and more. They speak with dozens of locals every day to make sure you get the kind of insider knowledge only a local could tell you. They take pride in getting all the details right, and in telling it how it is. Think you can do it? Find out how at lonelyplanet.com.

GETTING STARTED

Other than finding accommodations, Seattle doesn't require a huge amount of pre-planning. Most of the can't-miss sights are clustered around downtown within easy walking distance of each other. If you bring a decent map, book accommodations in advance and have some sort of plan for transportation (whether it's a car and an idea of where you'll park overnight, or a public-transport schedule), you'll be fine. Keep in mind that the city is hillier than it looks on maps and – if you're driving – many streets in the city center are one-way only.

Once you're there, getting around is relatively easy. Driving and parking are the main annoyances – if you can avoid them, you'll be happier. Luckily this is easy to do. Buses connect to most neighborhoods of interest to visitors, although they stop running too early to be of much use for nightlife exploration. But then, that's why Mother Nature gave us taxi cabs (see the Transportation chapter, p199).

For more help with planning, visit [Seattle's Convention and Visitors Bureau](#) (Map p50; ☎ 206-461-5888, 866-732-2695; www.visitseattle.org; 701 Pike St; 11:30am–5pm). The website has a schedule of events, a few discount coupons and a form for ordering a visitor-information packet. Also among the bureau's services is the Citywide Concierge Center, a free service for visitors that will book you a table, a tour or transportation and answer questions about events going on while you're in town.

WHEN TO GO

Unless you're a skier or snowboarder – or *really* interested in aquatic life – Seattle in the winter makes for a pretty dreary holiday. The city receives 65% of its precipitation from November to March. But in spring the relentless downpour frequently lets up to provide gorgeous days that are well worth the wait.

April and May are best for enjoying the fruits of all that gloomy winter rain: suddenly everything is supernaturally green and covered in flowers. Summer – June, July and August – is the high season and can usually be relied upon for sunny days, warm weather and lots of people saying things like 'I thought you said it rained all the time here.' Fall, the season of Bumbershoot and Oktoberfest, is the favorite of beer lovers and music fans.

FESTIVALS

January

CHINESE NEW YEAR

☎ 206-382-1197; www.cidbia.org

Beginning toward the end of January or the start of February and lasting for two weeks, the year's first big ethnic festival takes place in the International District; you can contact the Chinatown/International District Business Improvement Association for information. The first day of the New Year festival is celebrated with parades, firecrackers, fireworks and plenty of food.

February

NORTHWEST FLOWER & GARDEN SHOW

☎ 800-229-6311; www.gardenshow.com;

Washington State Convention & Trade Center

Usually held the second week of February, this popular event includes lectures and seminars, demo gardens and samples, and children's activities.

March

MOISTURE FESTIVAL

☎ 800-838-3006; www.moisturefestival.com;

Hale's Palladium, 4301 Leary Way NW;

tickets \$5-25

With regular performances held between March 15 and April 1, the Moisture Festival has developed from a little-known quirkfest into something that locals look forward to each year. It has retained a laid-back, casual vibe and usually features random appearances by folks like Artis the Spoonman, Circus Contraption and The Bobs.

ST PATRICK'S DAY

March 17 is the day the patron saint of Ireland is honored by all those who have Irish in their blood, and by those who want to have Irish beer in their blood. Everyone wears green (otherwise you risk getting pinched). Irish bars such as Kells serve green beer, and even bars that haven't

an Irish trinket in sight get swamped with revelers. Catch the parade going from City Hall to Westlake Center along 4th Ave.

April

CHERRY BLOSSOM & JAPANESE CULTURAL FESTIVAL

☎ 206-723-2003; www.seattlecenter.com;
Seattle Center

Usually held in mid-April, this celebration of Japanese heritage includes performances of music, dance and drama. It's part of the Seattle Center's series of multicultural festivals, dubbed Festal.

May

CINCO DE MAYO

May 5 commemorates the day on which the Mexicans wiped out the French Army in 1862. Now it's the day all Americans get to eat lots of Mexican food and drink margaritas. Seattle celebrates with an annual parade and exhibitions of Hispanic artwork.

OPENING DAY OF YACHT SEASON

☎ 206-325-1000; www.seattleyachtclub.org
Held the first Saturday in May at various locations on Lakes Washington and Union, this Seattle original starts with a blessing of the fleet. It features scull racing and a boat parade through the canals.

SEATTLE INTERNATIONAL CHILDREN'S FESTIVAL

☎ 206-684-7338; www.seattleinternational.org;
Seattle Center

Held in mid-May, this cultural extravaganza includes a wide variety of performances and activities for kids.

NORTHWEST FOLK LIFE FESTIVAL

☎ 206-684-7300; www.nwfolklife.org;
Seattle Center

This festival – the largest of its kind in North America – takes over Seattle Center during Memorial Day weekend. More than 5000 performers and artists from over 100 countries present music, dance, crafts, food and activities in celebration of the rich cultural heritage of the Pacific Northwest.

SEATTLE INTERNATIONAL FILM FESTIVAL

☎ 206-324-9996; www.seattlefilm.com
Held from late May to mid-June, this festival, the largest of its kind in the nation, brings nearly a month's worth of international film premieres to Seattle. Screenings take place at several theaters across the city, including the official SIFF Theater in Seattle Center. Check the film festival's website for a detailed schedule.

ADVANCE PLANNING

As in any large American city, planning ahead will let you spend more of your time enjoying Seattle. Things like car rental, accommodations and tours should be booked in advance. If you show up without a hotel booking in peak season, you might find yourself stranded.

Train tickets to Seattle may need to be booked in advance, as some trains do sell out. Make reservations at www.amtrak.com or by phone at ☎ 800-872-7245.

If you're hoping to see a particular performance or game, whether it's the Mariners or the opera, it's wise to buy tickets in advance. See individual listings chapters for price ranges and information on how to book (for sporting events, see p165; for theater and other performance events, see p159).

Some restaurants recommend or require booking a table in advance, and these are noted in the Eating chapter (p119). For most places in Seattle, booking a day or two ahead is enough, unless it's a holiday.

The [Seattle CityPass](http://www.citypass.net) (www.citypass.net), which offers discounts on Seattle museums and other attractions, can be ordered in advance on its website. The website www.dailycandy.com produces a 'weekend guide' to Seattle; it's worth subscribing to the mailing list before a trip.

It's useful to read up on what's happening in town via The Stranger's savvy and entertaining online blogs, Slog (for news) and LineOut (for music and nightlife) at www.thestranger.com. Rabid menu-readers will appreciate the *Seattle Times'* archive of restaurant reviews at www.seattletimes.com.

Seattle's [Citywide Concierge Center](http://www.visitseattle.org) (☎ 206-461-5888; www.visitseattle.org; 701 Pike St) can help with advance bookings of almost anything you'll need, including accommodations, tours and the CityPass.

June

FREMONT STREET FAIR

☎ 206-649-6706; www.fremontfair.com
Off-kilter Fremont is just the place you'd want to be for a street fair. This one has live music, food and crafts, and the overtly artsy Solstice Parade, where human-powered floats traipse through the neighborhood in a lively tribute to quirkiness. It takes place adjacent to the ship canal, usually in mid-June.

SEATTLE PRIDE FESTIVAL

☎ 206-684-7200; www.seattlepride.org;
Seattle Center
Seattle's lesbian- and gay-pride event usually falls on the last Sunday in June and includes a film festival, art exhibit, parade and the requisite food and entertainment.

July

BITE OF SEATTLE

☎ 425-283-5050; www.biteofseattle.com;
Seattle Center
This culinary celebration is usually held the second weekend in July. Guests can sample food from dozens of Seattle-area chefs, including sub-\$4 samples at the Just a Bite booth, and taste local beer and wines. The evening ends with live music.

SEAFAIR

☎ 206-728-0123; www.seafair.com
A month-long extravaganza, Seafair is a civic celebration that began as a hydroplane race on Lake Washington. It's now the city's biggest festival, with all manner of festivities extending across Seattle. Events include a torchlight parade, an air show, lots of music, a carnival and even the arrival of the naval fleet. Lodging is in short supply in Seattle on Seafair weekends and traffic becomes hopelessly tangled thanks to closed bridges and the influx of visitors, so plan accordingly.

September

BUMBERSHOOT

☎ 206-281-7788; www.bumbershoot.org
Seattle's biggest arts and cultural event takes over Seattle Center on Labor Day weekend (the first Monday in September). Hundreds of musicians, artists, theater

troupe and writers come from all over the country to perform on the festival's two dozen stages. It's hard not to find something you like. There's also a crafts street fair and lots of good food from local vendors.

SEATTLE AIDS WALK

☎ 206-329-6923; www.seattleaidswalk.org
This festive and friendly event, held in late September, grows every year. It's a 10km or 5km walk (or run). Locations vary, so check the website for details. The walk benefits the Lifelong AIDS Alliance.

FREMONT OKTOBERFEST

☎ 206-632-1500; www.fremontoktoberfest.org
There are versions of Oktoberfest held all over town, but this one's a good introduction to the concept as well as the neighborhood. Held in late September, it includes crafts, a car show, live entertainment and, of course, beer tasting.

October

SEATTLE LESBIAN & GAY FILM FESTIVAL

☎ 206-323-4274; www.seattlequeerfilm.com
Held in the third week of October, this film festival brings both mainstream and underground queer films to various theaters around town.

HALLOWEEN

On October 31, kids and adults dress up in scary costumes. In the safer neighborhoods you're likely to see children out 'trick or

top picks

OFFBEAT SEATTLE FESTIVALS

- **Bumbershoot (left)** A cultural buffet of music, theater, artwork and poetry on 25 stages.
- **Fremont Street Fair (left)** Celebrate one of Seattle's quirkiest corners.
- **Winterfest (opposite)** A celebration of all that's cold, furry and white.
- **Trolloween (above)** Just in case regular Halloween isn't weird enough for you.
- **Moisture Festival (p16)** Performances by oddball artists both local and international.

treating' door-to-door for candy. The gay and lesbian bars are especially wild places on Halloween, and Fremont has its own version, Trolloween (named after the Fremont Troll). It features a candlelit procession of costumed locals on Halloween night, followed by a public dance.

December

WINTERFEST

☎ 206-684-7200; www.seattlecenter.com
Seattle Center holds a month-long celebration of holiday traditions from around the globe, starting with Winter Worldfest, a massive concert and dance performance, and continuing with exhibits, dances, concerts and ice skating.

NEW YEAR'S EVE

☎ 206-443-2111; www.seattlecenter.com
The place to be on the 31st is Seattle Center, where festivities are focused on the Space Needle. Most people celebrate by dressing up and drinking champagne, or staying home and watching it all on TV. The following day people stay home to nurse their hangovers and watch college football.

COSTS & MONEY

As in most large cities, expenses in Seattle can vary depending on your interests and means. Accommodations will make up the bulk of your expenses. Booking in advance or planning your visit during the off-season (September–May) will generally get you better value for money.

A dorm bed in a youth hostel costs about \$35 including taxes; a double room in one of Seattle's European-style hotels will go for \$60 to \$80, plus tax. Midrange doubles are between \$100 and \$200. See the Sleeping chapter (p173) for details about Seattle Super Saver hotel discount packages.

After accommodations, dining will probably be your next-largest budget item. The city offers a good range of meals, from spectacularly decadent restaurant meals to quick, budget-friendly cafe snacks. It's a foodie city that's well positioned to take advantage of fresh seafood and produce, which means that in general splurges will be rewarded with unforgettable dining experiences. Budget meals are under \$15 a person; breakfast and brunch and most lunches fall in this category.

HOW MUCH?

- Adult ticket up the Space Needle \$18
- Cover charge at the Crocodile Café \$5 to \$15
- Gallon of gasoline \$3
- Late-night burrito from a taco cart \$5 to \$7
- Liter of bottled water \$2
- Pint of local microbrewed beer \$4.50
- Room at the hip Ace Hotel \$99
- Souvenir T-shirt \$20
- Taxi from airport to Pike Place Market \$35
- Light-rail ticket from airport to downtown \$2.50

Midrange prices hover in the \$16 to \$30 range, and top-end dinners start around \$30, plus tax, tip and whatever you're drinking.

For discounts on sights and entertainment, consider buying a [GoSeattleCard](http://www.goseattlecard.com) (www.goseattlecard.com) or a [CityPass](http://www.citypass.net) (www.citypass.net), both of which offer free or discounted admission to most of the city's top attractions. See the Neighborhoods chapter (p92) for details.

INTERNET RESOURCES

The following websites may be helpful in planning your travels.

Bohonus VR (www.bohonus.com/galleries) If you just can't wait until you get there, check out this site for 360-degree views of various Seattle sights, shops and hangouts.

Daily Candy (www.dailycandy.com) The Seattle edition digs up new and fun things to see, do or buy each day.

Hankblog (<http://hankblog.wordpress.com>) Insider art-related news and views from the folks at the Henry Art Gallery.

Lineout (<http://lineout.thestranger.com>) *The Stranger's* music blog – a great way to get plugged into the scene quickly.

Lonely Planet (www.lonelyplanet.com) Succinct summaries on traveling to most places on earth; postcards from other travelers; and the Thorn Tree bulletin board, where you can ask questions before you go or dispense advice when you get back.

Seattle DIY (www.seattlediy.com) A great source of information on underground events and house shows.

Seattle's Convention and Visitors Bureau (www.visitseattle.org) Seattle's official visitors information site.

Seattlest (www.seattlest.com) An informative (but less savvy or sassy than the *Stranger*) blog about various news and goings-on in and around Seattle.

Slog (slog.thestranger.com) A frequently updated blog by the staff of *The Stranger* newsweekly.

Sustainable Seattle (www.sustainableseattle.org) Though it's a bit academic, this site has thorough information on ecofriendly projects and initiatives in Seattle.

SUSTAINABLE SEATTLE

Nature is a huge part of the Seattle experience and it should come as no surprise that the city is good at being green. So what can visitors do to help?

International flights are pretty much unavoidable, so consider contributing to a carbon offset organization like www.carbonfund.org, www.terrapass.com, www.nativeenergy.com or www.driveneutral.org, where your money is transformed into support for sustainable practices. Or, if you're close enough, plan to travel on a biodiesel bus (p200) or on a train (p201).

Once you've arrived in Seattle, you can easily get by without having a car. Local bus networks are good, and biking is a great option (rentals abound). Walking and using the public transportation system are also good earth-friendly options. And if you do need a car, think about making use of www.flexcar.com, a car-sharing program. Some car-rental agencies offer hybrid vehicles, so be sure to ask around. Also, take a look at www.craigslist.com, an online bulletin board where you can find regional rideshares (look under 'community'); ie folks who are looking for people to carpool and share the cost of gas. Similarly, the adventurous can check www.couchsurfing.org, where you sleep on other member's couches – exchanging cultures, saving money and using hopefully fewer resources.

In hotels, save energy by requesting that your sheets and towels not be laundered every day. Shut off lights, the TV and air-con when you're not in the room. And consider not using those inefficient little travel-sized sundries. Hostels are another option as their

high-density dormitories use less space and energy. See the box, p180, for a list of hotels that are making an effort.

Sustainable Seattle, a nonprofit organization, holds an annual awards ceremony in November to recognize local businesses that meet certain sustainability criteria; visit www.sustainableseattle.org to learn more about the program.

Our GreenDex (p227) at the end of this book lists organizations and businesses that have been recognized for taking extra measures to help protect the environment, support local charities, use local products or recycled materials, or promote regional culture, among other positive practices. Here's a sample:

Chaco Canyon Café (p131) Cafe serving all vegan, 90% organic and almost half raw food; also an organic bakery.

FareStart Restaurant (p122) Profits support the FareStart program, which provides intensive job training, housing assistance and job placement for disadvantaged and homeless people.

Foster Island Wetlands Trail (p100) A waterfront trail that winds through marshlands and across to smaller islands for bird-watching, swimming, fishing and kayaking.

Fremont Sunday Market (p86) A bustling marketplace in the city's quirkiest quadrant, there's fresh produce, art and junk.

Olympic Sculpture Park (p67) An excellent use of urban space to present public art and sculpture.

Tillicum Village (p189) On Blake Island, tours include traditional Indian salmon bake, dancing and a film about Northwest Native Americans.

Tilth (p133) A certified-organic gourmet cafe in Wallingford.

Volunteer Park Conservatory (p80) A classic Victorian greenhouse with five galleries representing different world environments.

Washington Trails Association (p169) A nonprofit group that organizes hiking trips, conservation efforts and trail-building jaunts into local mountains.

Wing Luke Museum of the Asian Pacific American Experience (p59) Museum devoted to the history of Asian and Pacific culture and art in America.

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