**Seattle 2015 SHAPE America National Convention**

**Transportation, Exercise, Sightseeing, & Dining Recommendations**

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WELCOME to Seattle! As you will soon discover, Seattle is a fantastic location for this year’s SHAPE America National Convention *and* sightseeing. Most of the major attractions are within walking distance of the Convention Center. There are also some wonderful places to eat. This document shares tips on how to get from the airport to downtown (and the Sheraton Hotel), lists the major city attractions, and provides some dining suggestions. Have a truly memorable 2015 SHAPE America National Convention in the beautiful Pacific Northwest. See you next year in Minneapolis!

More information on the convention events (including hotels, transportation, local attractions, and dining) is also posted on the SHAPE America website – <http://www.shapeamerica.org/events/convention2015/hotel/index.cfm>

**TRAVELING FROM THE AIRPORT TO THE CITY**

Sea-Tac is located about 13 miles south of downtown.

1. **Light Rail**. A convenient and inexpensive option if you are *not* hauling a huge amount of luggage is the light rail system that runs directly from the airport to downtown. From the arrivals hall at Sea-Tac Airport, follow the signs for Link Light Rail; the station is a short walk from the terminal on the far side of the parking garage. Tickets must be purchased at the station before boarding. The cost is $2.50 and can be paid in cash or with a credit/debit card. The link station that is closest to the Sheraton is the **Westlake** station. It is about 2 blocks from the hotel. The station is between 3rd-5th on Pine Street and the Sheraton Hotel is located on 6th and Pike. Time: Approximately 45 minutes to downtown. Suggest you find out how far the walk is to *your* hotel and directions *before* you fly!
2. **Shuttle Express** offers 24-hour service between the airport and any Seattle destination. It will drop you off in front of your hotel and is convenient if you are traveling with luggage. Go to the Shuttle Express Guest Service Desk on Level 3 of the airport parking garage. The shuttle takes up to 10 passengers in a small van. SHAPE America has negotiated a special round-trip rate of $25 per person ($15 per person one-way). Make reservations by calling 425-981-7000. Reference “SHAPE America” to receive the discounted rate. Time: Depends on traffic and stops.
3. **Taxi** is your fastest option and cost is approximately $45.00 to your hotel. Time: Approximately 25 minutes depending on traffic.

**TRAVELING WITHIN THE CITY**

Seattle Center Monorail is the nation’s first full-scale commercial monorail system that provides a fun, quick, and convenient link between downtown Seattle and Seattle Center. Tickets are $2.25 one-way for Adults. Seattle Center Monorail departs approximately every 10 minutes from two stations:

* Westlake Center Station, at 5th Avenue and Pine Street
* Seattle Center Station, adjacent to the Space Needle

**EXERCISE**

1. **Waterfront**: Most hotels are located a few blocks east of the waterfront. Unfortunately, there is currently some construction in this area but it is still a reasonable area to walk or run.
2. **Olympic Sculpture Park**: Located in the downtown area on Western Avenue. North and west of the Convention Center (towards the water). Nice because of the art and that you can continue north to Myrtle Edwards Park.
3. **Myrtle Edwards Park**: North of Olympic Sculpture Park and closer to the water on Alaskan Way. Lots of room to walk or run and great sunsets. Best place for running!

**SIGHTSEEING**

Distances are included assuming you are starting out from the Convention Center. Be sure to call ahead to check schedules and pricing. You may encounter some construction obstacles especially around the waterfront so be sure to allow sufficient travel time.

**SEATTLE CENTER**

Located about 1 mile north of the Convention Center. There are lots of attractions very close together.

**Space Needle**

* See Seattle from 520 feet on the observation deck of the building that was created to celebrate the 1962 World’s Fair
* 400 Broad St
* <http://www.spaceneedle.com/hours-directions/>
* Distance Walking: 1.1 miles (about 22 minutes)

**Experience Music Project (EMP Museum)**

* Dedicated to the ideas and risk-taking that fuel contemporary popular culture
* 325 5th Avenue N (near Seattle Center)
* (206) 770-2700 and, <http://www.emplive.org/>
* Distance Walking: 1.2 miles (about 24 minutes)

**Pacific Science Center**

* 8 buildings including two IMAX theaters, tropical butterfly house, planetarium, Laser dome, and hundreds of hands-on science exhibits
* 200 Second Ave. N (near Seattle Center)
* (206) 443-2001, <http://www.pacificsciencecenter.org/>
* Distance Walking: 0.9 mile (about 17 minutes)

**Chihuly Garden and Glass**

* Chihuly Garden and Glass is a new art experience showcasing Dale Chihuly's work. Spectacular sight!
* 305 Harrison St. (near Seattle Center)
* (206) 753-4940, <http://www.chihulygardenandglass.com/>
* Distance Walking: 1.1 miles (about 23 minutes)

**Ride the Ducks**

* Voted Best City Tour for the past six years
* 516 Broad Street
* 206-441-DUCK(3825), <http://www.ridetheducksofseattle.com/>
* Distance Walking: 1 mile (about 21 minutes)

**WATERFRONT**

Be aware there is currently some construction occurring along the Seattle waterfront area that you may need to navigate around!

**Seattle Aquarium**

* Mission is “Inspiring Conservation of Our Marine Environment”
* 9th largest aquarium in the U.S.
* **1483 Alaskan Way, Pier 59**
* (206) 386-4300, <http://www.seattleaquarium.org/>
* Distance Walking: 0.7 mile (about 14 minutes)

**Seattle Great Wheel**

* Largest observation wheel on the west coast, standing 175 feet tall
* 1301 Alaskan Way
* <http://seattlegreatwheel.com/>
* Distance Walking: 0.5 mile (about 11 minutes)

**Dinner Cruises – Royal Argosy**

* 2-1/2 hour cruise filled with music, dinner, and dancing as you float by the Seattle skyline
* Pier 59, 1483 Alaskan Way, Seattle, WA 98101
* (206) 623-1445, <http://www.argosycruises.com/dining-cruises/dinner-dancing/>
* Distance Walking: 0.6 mile (about 12 minutes)

**Olympic Sculpture Park**

* 9-acre outdoor sculpture museum and beach
* 2901 Western Avenue
* (206) 654-3100, <http://www.seattleartmuseum.org/visit/olympic-sculpture-park>
* Distance Walking: 1.2 miles (about 23 minutes)

**DOWNTOWN**

The closest area to the Convention Center and most hotels.

**Pike Place Market (world famous, go to go there!)**

* Fresh locally sourced food, fish, crafts, brewery, and more covering 9 acres
* Between 1st Ave and Western Ave and Pike St. and Virginia St
* (206) 682-7453, <http://www.pikeplacemarket.org/>
* Distance Walking: 0.5 mile (about 10 minutes)

**REI**

* The flagship store! Climbing wall and outdoor products.
* 222 Yale Ave N
* (206) 223-1944, <http://www.rei.com/stores/seattle.html>
* Distance Walking: 0.8 mile (about 17 minutes)

**Seattle Art Museum**

* SAM collection includes nearly 25,000 pieces (check out latest exhibit)
* 1300 First Avenue
* (206) 654-3100, <http://www.seattleartmuseum.org/visit>
* Distance Walking: 0.4 mile (about 8 minutes)

**Seattle Children's Museum**

* Museum stretches over 22,000 sq feet and is a play space designed for kids 10 months to 10 years
* 305 Harrison Street
* (206) 441-1768, <http://thechildrensmuseum.org/>
* Distance Walking: 1.2 miles (about 24 minutes)

**Seattle Glassblowing Studio**

* Watch live glassblowing and view original creations
* 2227 5th Avenue
* (206) 448-2181, <http://www.seattleglassblowing.com/home.html>
* Distance Walking: 0.6 mile (12 minutes)

**Sky View Observatory – Columbia Center**

* 943 foot tower offers spectacular views of Puget Sound, Mount Rainier, and the surrounding territory
* 701 5th Ave Seattle
* (206) 386-5564, <http://skyviewobservatory.com/>
* Distance Walking: 0.5 mile (about 11 minutes)

**Underground Tour**

* Leisurely, guided walking tour beneath Seattle’s sidewalks and streets
* **608 First Ave, in Seattle’s Pioneer Square, between Cherry Street and Yesler Way**
* (206) 682-4646, <http://www.undergroundtour.com/>
* Distance Walking: 0.8 mile (about 15 minutes)

**LAKE UNION & UNIVERSITY OF WASHINGTON (N. Seattle)**

**Burke Museum (UW)**

* Natural history museum that inspires wonder and pride about the Northwest and our place in the world.
* Corner of **17th Avenue NE and NE 45th Street**
* (206) 543-7907, <http://www.burkemuseum.org/>
* Distance Driving: 4.4 miles

**Museum of History and Industry (MOHAI)**

* History comes alive through the unforgettable stories of the men and women who built Seattle from wilderness to world city.
* 860 Terry Ave N
* (206) 324-1126, <http://www.mohai.org/>
* Distance Walking: 1.3 miles (about 24 minutes)

**SPORTS**

Both stadiums are located next to one another south of the Convention Center.

**CenturyLink Field**

* Home of the Seattle Seahawks of the NFL and the Seattle Sounders FC of the MLS (game on Saturday, March 14th 7:00 pm vs. San Jose)
* 800 Occidental Avenue
* <http://www.centurylinkfield.com/tour-centurylink-field/>
* Distance Walking: 1.2 miles (about 23 minutes)

**Safeco Field**

* Home the Seattle Mariners of the MLB (no games until April 6th)
* 1250 1st Ave South
* (206) 346-4000, <http://seattle.mariners.mlb.com/sea/ballpark/>
* Distance Walking: 1.5 miles (about 30 minutes)

**OTHERS**

**Museum of Flight**

* One of the largest air and space museums in the world
* 15 minutes south of downtown
* 9404 East Marginal Way S, Seattle
* (206) 764-5720, [http://www10 minutes south.museumofflight.org/visit](http://www.museumofflight.org/visit)
* Driving Distance: 9.3 miles (about 15 minutes)

**Victoria Clippers**

* Daily ferry to Victoria, Canada and whale watching trips
* 2701 Alaskan Way, Pier 69
* (800) 888-2535/(206) 448-5000, <http://www.clippervacations.com/>
* Walking Distance: 1.2 miles (about 22 minutes)

**DINING**

There are many dining places in the streets around the convention hotels. With the waterfront and Pike Place Market only a few blocks away the number and variety of eating opportunities in Seattle are endless. What follows is a list of some selected restaurants that have received positive recommendations from local food critics. They are listed in alphabetical order. All are located within walking distance of the Seattle Convention Center.

**Anthony's**

Cuisine: Northwest Seafood  
Pier 66, 2201 Alaskan Way  
Seattle, WA 98121

<https://www.anthonys.com/restaurants/detail/anthonys-pier-66>

(206) 448-6688

**Bakeman's Restaurant**

Cuisine: Soup & Sandwiches  
Neighborhood: Pioneer Square  
Price: $  
Don't miss: Turkey Sandwich  
Watch the segment on KCTS9.org - <http://kcts9.org/check-please/rays-boathouse-bakemans-blackboard-bistro>

122 Cherry Street, Seattle, WA 98104

[www.bakemanscatering.com](http://www.bakemanscatering.com/" \t "_blank)

(206) 622-3375

**Black Bottle**

Cuisine: Tapas   
Neighborhood: Belltown   
Price: $$   
Don't miss: Pork Belly Kimchi Skewers   
Watch the segment on Youtube - <http://www.youtube.com/watch?v=4X6Hb-kiiZ0>

2600 1st Avenue, Seattle, WA 98121

[blackbottleseattle.com](http://blackbottleseattle.com/" \t "_blank)

(206) 441-1500

**Crab Pot**

Cuisine: Seafood

1301 Alaskan Way   
Pier 57, Seattle, WA

<http://www.thecrabpotseattle.com/>

(206) 624-1890

**Dalia Lounge**

Cuisine: American (local, Seattle)  
2001 4th Ave   
Seattle, WA 98121

<http://tomdouglas.com/index.php?page=dahlia-lounge>

(206) 682-4142

**Fisherman’s Restaurant**

Cuisine: Seafood  
Pier 57

1301 Alaskan Way

Seattle, WA

<http://thefishermansrestaurant.com/>

(206) 623-3500

**Flying Fish Restaurant**

Cuisine: Seafood

2234 1st Ave,

Seattle, WA 98121

Between Blanchard St and Bell St

[www.flyingfishseattle.com](http://www.flyingfishseattle.com)  
(206) 728-8595

**Il Fornaio**

Cuisine: Italian  
Pacific Place  
600 Pine Street, Suite 132   
Seattle, WA 98101

<http://www.ilfornaio.com/seattle>  
[206.264.0994](tel:2062640994)

**Il Terrazzo Carmine**

Cuisine: Italian Fine Dining  
Neighborhood: Pioneer Square  
Price: $$$  
Don't miss: Capelline Di Mare  
Watch the segment on KCTS9.org - <http://kcts9.org/check-please/il-terrazzo-carmine-skillet-diner-pomegranate-bistro>

411 1st Avenue South, Seattle, WA 98104

[ilterrazzocarmine.com](http://ilterrazzocarmine.com/" \t "_blank)

(206) 467-7797

**Local 360**

Cuisine: American  
Neighborhood: Belltown  
Price: $$  
Don't miss: Chicken Pot Pie  
Watch the segment on KCTS9.org - <http://kcts9.org/check-please/local-360-bastille-satay>

2234 1st Avenue, Seattle, WA 98121

(206) 441-9360

**Lola**

Cuisine: Greek  
Neighborhood: Downtown Seattle  
Price: $$  
Don't miss: Haloumi Cheese  
Watch the segment on KCTS9.org - <http://kcts9.org/check-please/stopskys-delicatessen-matts-market-lola>

2000 4th Avenue, Seattle, WA 98121

[tomdouglas.com](http://tomdouglas.com/index.php?page=lola-location" \t "_blank)

(206) 441-1430

**Mamnoon**

Cuisine: Lebanese   
Neighborhood: Capital Hill   
Price: $$$   
Don't miss: Roasted Cauliflower   
Watch the segment on YouTube - <http://youtu.be/4xgADgSAn1Q>

1508 Melrose Avenue, Seattle, WA 98122

[www.mamnoonrestaurant.com](http://www.mamnoonrestaurant.com" \t "_blank)

(206) 906-9606

**Matt's In the Market**

Cuisine: American  
Neighborhood: Pike Place Market  
Price: $$$  
Don't miss: Pork Belly Confit  
Watch the segment on KCTS9.org - <http://kcts9.org/check-please/stopskys-delicatessen-matts-market-lola>

94 Pike Street #32, Seattle, WA 98101

[www.mattsinthemarket.com](http://www.mattsinthemarket.com/" \t "_blank)

(206) 467-7909

**Maximilien Restaurant**

Cuisine: French   
Neighborhood: Downtown   
Price: $$   
Don't miss: Escargot   
Watch the segment on Youtube - <https://www.youtube.com/watch?v=cQmek0yMo7E>

81 Pike Street, Seattle, WA 98101

[www.maximilienrestaurant.com](http://www.maximilienrestaurant.com/" \t "_blank)

(206) 682-7270

**Palace Kitchen**

Cuisine: American

2030 5th Ave

Seattle, WA

<http://tomdouglas.com/index.php?page=palace-kitchen>

(206) 448-2001

**Pike Brewing Company**

Cuisine: Brewery & Pub  
1415 1st Ave,

Seattle, WA 98101

Between Union St and Pike St/Post Aly

<http://www.pikebrewing.com/>

(206) 622-6044

**Radiator Whiskey**

Cuisine: Northwest Selections

(In Pike Place Market)

94 Pike Street  
Suite 30  
Seattle, WA 98101

<http://radiatorwhiskey.com/>

(206) 467-4268

**Ruth’s Chris Steakhouse (Happy Hour Recommended!)**

Cuisine: Steakhouse  
Happy hour 4-6 pm, 9-11 pm – Great Value!

<http://www.ruthschris.com/bar/happy-hour/>

727 Pine St,

Seattle, WA 98101

Near the intersection of Pine St and 8th Ave

<http://www.ruthschris.com/>   
(206) 624-8524

**Serious Pie**

Cuisine: Pizza  
Neighborhood: Downtown Seattle  
Price: $$  
Don't miss: Daily Specials  
Watch the segment on KCTS9.org - <http://kcts9.org/check-please/hitchcock-beths-cafe-serious-pie>

316 Virginia Street, Seattle, WA 98101

(206) 838-7388

**Steelhead Diner**

Cuisine: Seafood   
Neighborhood: Pike Place Market   
Price: $$   
Don't miss: Blackcod   
Watch the segment on Youtube - <http://www.youtube.com/watch?v=MjYk0eOmLj0&list=PLlA1c1_rfrwja2LbMkaz9hUWihQ54SSXv&index=3>

95 Pine Street, Seattle, WA 98101

[www.steelheaddiner.com](http://www.steelheaddiner.com/" \t "_blank)

(206) 625-0129

**The Pink Door**

Cuisine: Italian-American  
Neighborhood: Downtown Seattle  
Price: $$  
Don't miss: Rigatoni and Mama's Meatballs  
Watch the segment on KCTS9.org - <http://kcts9.org/check-please/pink-door-five-spot-how-cook-wolf>

1919 Post Alley, Seattle, WA 98101

[www.thepinkdoor.net](http://www.thepinkdoor.net/" \t "_blank)

(206) 443-3241

**Tulio Italian Restaurant**

Cuisine: Italian  
1100 5th Ave,

Seattle, WA 98101

Between Spring St and Seneca St   
<http://www.tulio.com/>   
(206) 624-5500

**Wild Ginger Asian Restaurant & Satay Bar**

Cuisine: Asian

1401 3rd Ave,

Seattle, WA 98101  
Between Union St and Pike St   
[www.wildginger.net](http://www.wildginger.net)  
(206) 623-4450