

TOURIST INFORMATION

Downtown Seattle Area Hotels

SILVER CLOUD HOTEL (2 blocks away)
1100 Broadway. 800-590-1801 www.silvercloud.com *\$159.-199.

THE SORRENTO (3 blocks away)
900 Madison Street. 800-426-1265 www.hotelsorrento.com *\$169-249 & up

THE INN AT VIRGINIA MASON (4 blocks away)
1006 Spring Street. 800-283-6453 www.innatvirginiamason.com *\$109.-189.

HOMEWOOD SUITES BY HILTON - AT SEATTLE CONVENTION CENTER (8 blocks uphill, 3/4 mile)
1011 Pike Street. 206-682-8282 *\$139.-159.
(ask for "Medical Rate" & inquire about shuttle to Medical Centers)

HOTEL VINTAGE PARK (about 3/4 mile away, uphill)
1100 - 5th Ave. 800-853-3914 www.hotelvintagepark.com *\$180.-245.

*Hotel rates are estimates. Contact hotel for price quotes.

Transportation

ORANGE CAB (206) 522-8800

SEA-TAC AIRPORT TAXI SERVICE (206) 362-2000

SEATTLE TOWNCAR LIMO (206) 778-5529 www.seattletowncarlimo.com

METRO TRANSIT (bus) <http://metro.kingcounty.gov/>

Route 194 airport to downtown, \$2.50.

Transfer to Route 12 or walk 10 blocks uphill on Madison St. to Summit Ave.

SEATTLE LIGHT RAIL <http://www.soundtransit.org/x11204.xml>

Downtown stop: either Benaroya Hall (University St. Station) link or Pioneer Square Station link then walk 10-12 blocks uphill Madison St. to Summit Ave.

Dining

For a complete listing of Seattle area restaurants which are sensitive to special diets, visit <http://www.innatehealthfoundation.org/wiki>

Things to Do in Seattle

SEATTLE AQUARIUM
seattleaquarium.org

PACIFIC SCIENCE CTR
PacificScienceCenter.org

SEATTLE ART MUSEUM
seattleartmuseum.org

SPACE NEEDLE
spaceneedle.com

UNDERGROUND TOUR
undergroundtour.com

PIKE PLACE MARKET
pikeplacemarket.org

EXPERINCE MUSIC PROJECT
empfm.org

MUSEUM OF FLIGHT
museumofflight.org

WOODLAND PARK ZOO
zoo.org

We hope you enjoy your time in Seattle