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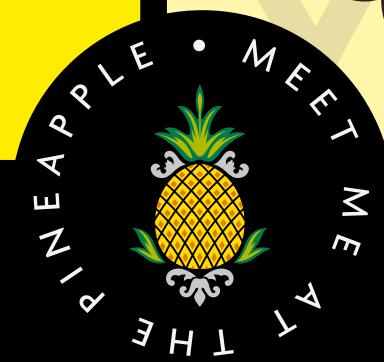
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Cover: The Seattle Great Wheel on the Seattle waterfront has become one of the city's icons and most popular attractions since opening last June. Photo by Terry Donnelly.

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TIM THOMPSON

Sights Seeing

Experiencing Seattle's new attractions | By Jennifer Worick

From high above Elliott Bay, aboard The Seattle Great Wheel, I have a sweeping view of sunbeams waltzing on Puget Sound and snow crowning the rugged Olympic Mountains to the west. When I look over my shoulder, I can see Seattle's vibrant waterfront behind me. I feel lucky—lucky to live in such a scenic place and to be viewing it from one of Seattle's outstanding new attractions. Normally afraid of heights, I'm surprised to find that I'm quite comfortable and relaxed in one of the wheel's 42 climate-controlled, glass-windowed gondolas during the ride's three gentle rotations.

In operation since June 2012, the 175-foot-tall Ferris wheel—the tallest observation wheel on the West Coast—adds another world-class recreation option to the waterfront, which also boasts the Seattle Aquarium, the Olympic Sculpture Park, a Washington State Ferries terminal and access to Pike Place Market.

Built on Pier 57, the 280,300-pound wheel was erected in less than a year but was the culmination of a longtime dream for businessman and restaurateur Hal Griffith, whose family owns the pier and its Miners Landing complex comprising restaurants, shops, an arcade and a carousel. The pier is located at the site where a steamship bearing “a ton of gold” discovered in northwestern Canada arrived in July 1897, launching the Klondike Gold Rush and boosting Seattle's economy as local merchants provisioned hopeful gold seekers.

Griffith had wanted to bring a Ferris wheel to Seattle for 30 years, and after becoming aware of design advances such as enclosed all-weather gondola cars and a smaller footprint at the base, he realized he could make his dream come true right on his own pier.

I got a ticket for the VIP gondola, which includes four leather bucket seats (traditional padded-bench-seat gondolas seat six adults or up to eight passengers if some are children), a digital-music-player dock and an additional win-

dow in the floor, allowing me to gaze down at seagulls floating in the bay, since the wheel extends almost 40 feet beyond the end of the pier.

Weddings have been performed on the wheel, and the ride's ups and downs might be an apt metaphor for marriage, but the enchanting view is the biggest draw: Mount Rainier to the south, Bainbridge Island and the Olympic Peninsula to the west, the top of the Space Needle to the northeast, the Cascade Range farther east, and the urban cityscape at the wheel's doorstep. This vista would enhance any special occasion.

As I admire the scenery from the fabulous new wheel, it occurs to me that numerous attractions have been added to the Puget Sound area over the past year. Perched above my glorious hometown, I decide to spend the next few weeks experiencing as many of them as I can, including Chihuly Garden and Glass at Seattle Center; the relocated and enhanced Museum of History & Industry in the South Lake



TIM THOMPSON

Left: The Glasshouse at Chihuly Garden and Glass provides a view of the Space Needle. Above: Attractions on the waterfront now include The Seattle Great Wheel, the tallest observation wheel on the West Coast.

Union neighborhood; NASA's Space Shuttle Trainer at The Museum of Flight on the south end of Boeing Field; the Living Computer Museum in the SoDo (south of downtown) neighborhood; and LeMay—America's Car Museum in the city of Tacoma.

CHIHULY GARDEN AND GLASS

Showcasing five decades of significant works by famous glassblower and Tacoma native Dale Chihuly, including some of his drawings, this 1.5-acre attraction opened in May 2012. The eight-gallery Exhibition Hall, the 40-foot-tall Glasshouse and the 23,080-square-foot outdoor Garden take my breath away.

Starting with the Exhibition Hall, I ponder the creativity behind one of Chihuly's earliest large-scale installations, *Glass Forest*, then enter the Northwest Room, which not only features glass art evoking Native American vessels, but also Chihuly's personal collections of Native baskets, trade blankets and Edward S. Curtis photogravures. The Sealife Room is filled with delicate glass waves, and ocean creatures ranging from sea stars to manta rays, while the *Persian Ceiling* is a canopy of colorful forms called Persians that are often platelike and scalloped. Impish putti (cherublike figures) peek out from behind the Persians.

I could spend half a day just gazing at the varied colors, sizes and shapes of the elegant *Mille Fiori* (Italian for 1,000 flowers) installation, inspired by Chihuly's mother's garden. Another spectacular installation, *Ikebana and Float Boat*, was inspired by the artist's visit to Finland in the mid-1990s, where he crafted glass forms at a local factory and tossed them into the Nuutajärvi River to see how they interacted with water and light, and local children retrieved them in rowboats.

The Chandeliers gallery contains otherworldly creations that are marvels of construction. I'm particularly taken with an orange chandelier that to me looks like a jumble of Bugles snack chips. The glass vessels in the Macchia Forest gallery feature myriad spots (*macchia* is Italian for spot) in 19 forms that collectively include 300 different colors.

I move on to the 4,500-square-foot Glasshouse where, jaw agape, I bump into someone else also looking up. Within the arched glass-and-steel structure—designed to complement the arches of the nearby Pacific Science Center and provide a view of the adjacent Space Needle—1,340 red, yellow and orange Persians seem to dance and flirt with each other—and me. The installation is 100 feet long, making this one of Chihuly's largest suspended works. It's also one of the most awe-inspiring.

The outdoor Garden by the Glasshouse is a magical

place where glass art evoking both Seussian and natural foliage is showcased amid real flora, including 26,000 bulbs that bloom between April and June.

Rhapsodizing over glass makes a girl hungry, so I pop into the Collections Cafe—which emphasizes fresh, local, Northwest ingredients in dishes ranging from Apple Chopped Salad to Salmon Shrimp Cakes—and am treated to another feast for the eyes. Chihuly likes to gather objects of interest, and his whimsical collections—including accordions, fishing reels and tin toys—are on display on the walls, on the ceiling and even under glass within the dining tables.

The outdoor garden by the Glasshouse is a magical place.

Refreshed, I go next door to check out the Seattle Center Armory, which until late last year was known as Center House but whose name has changed to highlight its historical roots. Built in 1939, it was home to the U.S. Army 146th Field Artillery Regi-

ment and its tanks, then became a “food circus” for the 1962 Seattle World's Fair, and then a food-court, performing-arts and children's-museum facility. The Seattle Children's Museum, the Centre Theatre (used for Seattle Shakespeare Company and Book-It Repertory Theatre productions), and separate stage and exhibition areas used for cultural festivals all remain, but the main food area has been redesigned to unify the space and add large, storefront-type windows and doors. In addition, it houses new eateries offering innovative cuisine and fresh ingredients. They include MOD (Made on Demand) Pizza; Skillet: Counter (gourmet comfort food); Plum Market (vegan and organic dishes); and Pie (handcrafted individual-size pies in sweet and savory varieties that change daily).

MUSEUM OF HISTORY & INDUSTRY

Also enjoying the results of a makeover is the Museum of History & Industry (MOHAI), which in December reopened to the public in a new location, the remodeled 1942 Naval Reserve Building at Lake Union Park. The museum—which highlights the rich history of the Pacific Northwest and has more than 4 million objects in its permanent collection—has also relocated its offices, research library and conservation labs, to a different site south of downtown Seattle. The two relocations allowed the museum to almost double its exhibition and public-programs space to 50,000 square feet.

The \$60 million renovation of the Naval Reserve



TIM THOMPSON

Building—which was built partially on pilings above Lake Union and is now on the National Register of Historic Places—included creation of the 56-foot-tall Faye G. Allen Grand Atrium (named for the mother of Microsoft co-founder Paul Allen), which is the centerpiece of the museum.

My friend Mike and I begin our exploration in the atrium, in front of a sculpture by Seattle artist John Grade that reminds us of both an old marine piling and an aged, hollow tree trunk. Grade used salvaged Douglas fir planks from the hull of *Wawona*—a 19th-century Puget Sound-based lumber-transport schooner—to create the nearly 65-foot-tall sculpture, which extends above the museum's roof. We enter an opening in the sculpture to stand within the artwork, where we can look up to the sky visible through a plexiglass covering at the top, and down through a plexiglass window to the dark water below. “Far out,” Mike says.

Also on display in the atrium is a 1919 Boeing B-1 seaplane—Boeing's first commercial aircraft—hanging from the rafters, and the beloved (and ironically named) *Slo-mo-shun IV* hydroplane, which raced in Seattle's inaugural 1950 Seafair festival, setting a boat-speed world record of 160.32 mph on the mile straightaway, besting the prior record by nearly 20 mph.

On the second floor, magnificent murals of sites such as Mount Rainier, from images captured by local photographer Keith Lazelle, convey the beauty of the natural world at the start of the museum's core exhibit, “True Northwest: The Seattle Journey.” The exhibit depicts Seattle's journey from wilderness city to world-class city. We learn about Native peoples and view artifacts such as an early 1900s Lummi bird-shaped wooden rattle. Moving on to city fathers, I think of the city's neighborhoods and street names when we see artifacts such as pioneer David Denny's compass and a trunk belonging to the Mercer family.

We're also interested in a trunk brought to Seattle by sisters and suffragists Anna and Libbie Peebles, who arrived in 1866 after joining a group of refined and educated women recruited by Asa Mercer because he hoped they would “polish Seattle's rough edges,” according to museum historian Lorraine McConaghy. The sisters both secured employment and were self-sufficient, but Anna eventually married a real estate developer, and Libbie married a banker. The “Mercer Girls” inspired the TV series *Here Come the Brides*.

Other artifacts on display range from the first Starbucks sign to the Seattle SuperSonics' trophy for winning the 1979 NBA World Championship series. The boat used

The Grand Atrium at the Museum of History & Industry showcases artifacts such as a 1919 Boeing B-1 seaplane—Boeing's first commercial aircraft—which was used to deliver mail to Victoria, British Columbia.



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in the 1933 movie *Tugboat Annie*, inspired by Thea Foss—who in 1889 founded the Puget Sound-area company that became Foss Maritime—is one of the historic boats docked behind the naval building.

One of the most interesting exhibits in the museum is a theater where the Great Seattle Fire of 1889 is creatively reenacted via displays, photos and music. And the museum's 35 interactive exhibits include building your own videogame (available through the end of September) and pounding of railroad spikes, which causes a computer program to add elements to a computer-generated drawing.

MOHAI also showcases local companies such as Microsoft and Amazon. Amazon founder Jeff Bezos has gifted \$10 million to the museum to create a Center for Innovation, which is in the development stages and expected to open this fall.

In the Maritime Gallery, we take turns with a Navy periscope for a view of Lake Union, and Mike is intrigued by the 1885 Fresnel lens once used in a Puget Sound-area lighthouse. The Linda and Ted Johnson Family Community Gallery will feature the exhibit "Still Afloat: A Contemporary History of Seattle's Floating Homes," June 15–November 3. The exhibit will include stories, pictures and artifacts. Linda Johnson is president-elect of the MOHAI board.

The Walker Gallery (named for local philanthropist and past MOHAI board chairwoman Maggie Walker and her husband, Doug) features the exhibit "Celluloid Seattle: A City at the Movies" through September 8. Mike and I are fascinated by photos of Seattle's historical theaters, and we have a great time inserting ourselves via green screen and videocamera into popular local filming locations such as Pike Place Market, Gas Works Park and the top of the Space Needle.

Items displayed in the exhibit include a *Sleepless in Seattle* script signed by Tom Hanks and Meg Ryan. "I really should have been cast in *Sleepless in Seattle*," I tell Mike, who follows my script and agrees.

THE SPACE SHUTTLE TRAINER AT THE MUSEUM OF FLIGHT

Or, maybe I could appear in an upcoming space movie, I think as I approach the Space Shuttle Trainer—a full-scale version of the fuselage component of the space shuttles—at The Museum of Flight, about eight miles south of downtown Seattle and about eight miles north of Sea-Tac International Airport. During the 30 years of NASA's space shuttle program, astronauts used the 120-foot-long, 47-foot-tall shuttle replica to train for their missions.

The trainer went on display in November at the 353,000-square-foot museum, whose displays include more than 150 aircraft and spacecraft, along with flight simulators and an exhibit about Alaska bush pilots,

including Linious "Mac" McGee, who in 1932 began a one-plane company that grew to become Alaska Airlines.

The Space Shuttle Trainer's cargo bay is always open to visitors, and during certain hours on Saturdays, Sundays and holidays, additional-fee tours provide the opportunity to climb into the trainer's mid-deck and flight deck crew areas (age, height, footwear and other restrictions apply). I've booked one of these tours, and at the top of a flight of



COURTESY: THE MUSEUM OF FLIGHT, SEATTLE (2)

stairs leading to the trainer's 2-foot-by-3-foot hatchway, a jumpsuited guide gives me permission to shimmy inside to the mid-deck.

I generally like small spaces, but this is beyond cozy. Six visitors at a time are allowed into the approximately 100-square-foot area. Imagining seven astronauts living here, with no shower and with one zero-gravity-adapted bathroom, helps me better appreciate the physical as well as intellectual challenges of a space journey.

I climb up a metal ladder to the flight deck and look through a window at the large payload bay, which could hold a school bus. During missions, the real space shuttle bay was used to carry objects such as satellites into orbit, and also held supplies and equipment needed to build and maintain parts of the International Space Station. The trainer has a full-size nonmoving replica of the 50-foot-long Canadarm (invented by a public-private joint venture in Canada) used to maneuver payload items into position.

As I crawl out of the trainer, I feel humbled by NASA's achievements and the courageous astronauts who have dedicated themselves to space missions and pushed the boundaries of what's possible.

The trainer is on view in the museum's new 15,500-square-foot Charles Simonyi Space Gallery, which also displays a Russian Soyuz space capsule that flew to the International Space Station in 2009, as well



NASA's Space Shuttle Trainer went on display at The Museum of Flight in November. The Trainer's flight deck has more than 2,100 displays and controls, mostly nonfunctional except for fully functioning communications, oxygen and closed-circuit-TV systems that astronauts used during training.

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as artifacts such as spacesuits. A temporary exhibit, “Space Shuttle: Conquering Low Earth Orbit,” created by NASA, includes actual shuttle artifacts such as parts of tires, hatches and engine components, some of which have flown in space. Visitors can even touch some of the items. The exhibit will be displayed through June 30.

LIVING COMPUTER MUSEUM

Advances in computer processing over the past five decades have contributed to advances in aerospace and other industries. The Living Computer Museum, located on the second floor of an unassuming four-story former warehouse, brings home to me just how far computers have progressed. Founded by Paul Allen, the 15,000-square-foot museum had a quiet “beta-test” opening in October 2012, with a grand opening celebration in early April. The young tour guide, Taylor, who walks me around is engaging, informative and eager to customize the information to my level of geek.

“Visitors can interface with anything that has a keyboard,” she explains, gesturing toward the various machines in the room that are humming, blinking and occasionally printing out tape or paper. The museum’s name was inspired by the fact that visitors can touch and interact with many of the computers on display. “These systems live—they respond to you in ways that foreshadow the digital miracles often taken for granted today,” notes explanatory information on the museum’s website.

Taylor starts our tour with the Digital Equipment Corporation PDP-7. Introduced in the mid-1960s, with a \$65,000 price tag, it’s the oldest machine in the building and one of only four such computers still in existence, of the 120 originally built. It’s also the only one that still works. Originally owned by the University of Oregon nuclear physics department, whose Ph.D. students used the PDP to do research, it’s about the size of five 6-foot-tall filing cabinets pushed together, making its original classification as a small computer a joke by today’s standards. But it’s the granddaddy of much of our modern technology, and the UNIX operating system was created to run on a PDP-7.

Taylor shows off other beauties such as the console panel for the IBM 360 Model 91, released in 1967, whose flashing board looks like a high-tech version of a Lite-Brite toy, and the Xerox Alto, released in 1973, which utilized a mouse and a graphical user interface, instead of typed words, to direct functions. It is considered by many to be the first PC.

The 1979 Apple II Plus is described as having the computer industry’s first “killer app”—a visual spreadsheet program (VisiCalc).

Visitors can interface with anything that has a keyboard.



COURTESY: LIVING COMPUTER MUSEUM

While the museum tour starts with that not-so-small computer, it ends with smartphones, tablets and laptops.

“You know, we are walking around with more technology on our phones than was involved in putting a man on the moon,” Taylor says. “Who knows what we’ll be featuring here in 10 or 20 years? A Surface tablet might look bulky and obsolete.”

Living Computer Museum displays include the PDP-7, introduced in the mid-1960s. This computer is one of only four such machines still in existence, and is the only one in working condition.

LEMAY—AMERICA’S CAR MUSEUM

Some designs, on the other hand, are considered classics, which is one of the reasons I head to LeMay—America’s Car Museum next to the Tacoma Dome, about 30 miles south of Seattle, to see what has recently rolled in. The museum works to preserve and celebrate the world’s automotive history and culture. There are approximately 175 motorized conveyances—donated or loaned by private collectors, corporations, foundations, educational institutions and the LeMay Family Collection—on display at any given time at the 165,000-square-foot museum, which opened in June 2012. The LeMay Family Collection includes vehicles that Tacoma residents Harold and Nancy LeMay began collecting in the 1960s, 150 of which are now in the museum’s permanent collection of approximately 300 vehicles. Recent gifts from other donors include a 1964 Buick Wildcat prototype and a custom 2010 “Ferrambo” (Ferrari-Rambler hybrid).

Cars on loan to the museum include the 1964 Lincoln “Papal Continental.” Loaned by a foundation and expected to be on view through May, the car was customized to safely transport Pope Paul VI during his 1965 visit to New York. The Vatican ordered modifications that included stretching the car to nearly 21 feet, and adding seating, a bulletproof shell and windscreen, a public address system, a removable roof and special

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PASSENGER GREAT WHEEL

photo: John Wiley Greenland

8

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lighting. The vehicle subsequently carried astronauts Neil Armstrong, Buzz Aldrin and James Lovell during parades.

One of my favorite LeMay exhibits is “Ferrari in America.” I imagine myself wearing a jaunty scarf as I zip down the West Coast in automotive style. The Ferraris on loan, 10 in total, span the years from 1947 to 2005. I also enjoy being transported to the world of Austin Powers as I look at a Jaguar and an MGA Twin Cam Sebring in the popular “British Invasion” exhibit, which has been extended to run through 2013.

My tour of the Puget Sound area’s new attractions has been a great ride. It has introduced me to modern and historical wonders, enhanced my appreciation of this region, and reminded me to marvel at this exciting period in world history, which has sent people to space and put technology in our pockets.

I check the calendar on my iPhone for my next free days. I think it’s time to revisit the Seattle Art Museum downtown and see its new, intriguing, exterior *MIRROR* installation; use the city of Bellevue’s new “ArtMap” guide to nearly 130 works of public art; explore the expanded Flying Heritage Collection in Everett, where a second hangar features items such as a Soviet Mikoyan MiG-29UB Fulcrum fighter aircraft; and catch a Metro bus to Woodland Park Zoo, just a few miles north of downtown Seattle, to view the zoo’s four new lion cubs, born in November, and a new Asian small-clawed otters exhibit opening this month.

In the Puget Sound area, novel and notable attractions are opening all the time. **S**

Jennifer Worick is a Seattle-based freelance writer and the author of more than 25 books. For more information about visiting the Puget Sound area, go to visitseattle.org, visitbellevuewashington.com and traveltacoma.com.

GETTING THERE

Alaska Airlines (800-ALASKAAIR, alaskaair.com) flies daily to Seattle.

Additional Attractions

Visitors to the Puget Sound area have many excellent recreational options to choose from. Below are just some of the numerous possibilities:

The Bellevue Arts Museum (bellevuearts.org) emphasizes the work of Northwest artists. “Maneki Neko: Japan’s Beckoning Cats—From Talisman to Pop Icon” is on display through August 4.

Bellevue Botanical Garden (bellevuebotanical.org) is a 53-acre jewel with plants ranging from fuchsias to ferns. Specialty gardens include a Japanese garden and a water-wise garden.

The Children’s Museum of Tacoma (playtacoma.org), established in 1985, encourages creativity and exploration in playscapes such as “Water,” “Voyager,” “Reflection” and “Invention.” Eric Carle-themed art and play activities are presented in “Rubber Ducktastic” through July 7.

The 1917 Hiram M. Chittenden Locks (seattle.gov/tour/locks.htm) allow boat passage between freshwater and saltwater. You can watch boats go through the locks year-round. Mid-June through October (particularly September) is the best time to see salmon swimming up the fish ladder.

The Chocolate Box Tour de Chocolate (sschocolatebox.com) educates participants about chocolate, and includes a tour of Theo Chocolate’s organic-chocolate factory, as well as the opportunity to make your own chocolate bar.



Asian small-clawed otters at Woodland Park Zoo.

The 7.5-acre Dunn Gardens (dunngardens.org), in northwest Seattle’s Broadview neighborhood, was designed by the Olmsted Brothers, who completed their work in 1916. The shade-dappled woodland gardens and lush perennial borders are open for guided tours, by reservation, at select times on Thursdays, Fridays and Saturdays, April through July, and September through October. Special events include a Rhododendron Stroll, May 19; the garden’s annual wine-tasting event, June 2; and Summer Faire, August 17. Some events require reservations.

The Emerald Downs racetrack (emerald downs.com) provides the opportunity to watch exciting thoroughbred racing through September 29. The



The dynamic new *MIRROR* installation on the exterior of the Seattle Art Museum.

premier event is the Longacres Mile, August 18. Special events also include the Fireworks Spectacular, July 3; Equine Art, July 12–14; and Hats & Heels Night, August 16.

Emerald Water Anglers (emeraldwateranglers.com) guides fly-fishing trips, for novices to experts, on Washington rivers such as the Snoqualmie, Yakima and Skagit, and on Puget Sound.

The EMP music, science fiction and pop-culture museum (empmuseum.org) has interactive displays such as a new installation that lets visitors vote for their favorite songs. The new exhibit “Fantasy: Worlds of Myth and Magic” features artifacts such as the Cowardly Lion costume from *The Wizard of Oz*; the prison jacket worn by Sirius Black in the film *Harry Potter and the Prisoner of Azkaban*; and manuscript pages from books by Tolkien, including his handwritten edits. The exhibit “Hear My Train a Comin’: Hendrix Hits London,” in honor of what would have been Hendrix’s 70th birthday on November 27, 2012, will be on view until sometime in 2015.

The Flying Heritage Collection (flyingheritage.com), in Everett, showcases restored combat aircraft from World War II, including U.S., German, British, Japanese and Russian planes. A second hangar, opened in April, increased exhibit space by 26,000 square feet and includes interactive displays, a theater, and items such as a Sherman tank and a German V2 rocket (arriving sometime in May).

Foss Waterway Seaport and Thea’s Park (fosswaterwayseaport.org) commemorate

BENJAMIN BENSCHNEIDER

the history of the Tacoma waterfront, including the accomplishments of late-19th century pioneer Thea Foss, who built a maritime business from her houseboat. The Tacoma Maritime Fest (maritimefest.org) will take place at the seaport and park, August 24 and 25, with reproductions of historical vessels on display.

The Fremont Troll (fremont.com/about/fremonttroll.html), in the Fremont neighborhood north of downtown Seattle, is one of the city's most beloved sculptures. Sculpted in 1989, the 18-foot-tall big guy—made from rebar steel, wire and concrete—lurks under the north end of the Aurora Bridge, near the intersection with N. 36th Street (3508 Troll Avenue).

The Frye Art Museum (fryemuseum.org) has an impressive collection of 19th and 20th century American, German and French paintings. Special events such as art classes and art-history lectures take place regularly, and an exhibit about Russian-American artist Nicolai Fechin is on view through May 19. Admission to the museum is free.

Future of Flight Aviation Center & Boeing Tour (futureofflight.org): Not only can you take a tour of the jet-assembly plant, but you can participate in interactive activities such as designing and virtually testing a jet.

The Bill & Melinda Gates Foundation Visitor Center (visitorcenter.gatesfoundation.org), at the Gates Foundation headquarters across from Seattle Center, features exhibits that tell the stories of work being done to improve people's lives. Many exhibits are interactive, such as one in which you can lift a 16-pound water bucket and think about what it would be like to carry water to your home each day. There's also a section of the visitor center that suggests actions each person can take to make a difference. Special events are held throughout the year. Admission is free.

KidsQuest Children's Museum (kidsquestmuseum.org), currently in Bellevue's Factoria area but planning to move to downtown Bellevue in 2015, is a hands-on, interactive museum, with exhibits such as "The Backyard," "The Garage," "The Treehouse" and "Waterways." Special activities and events include Water Week, May 28–June 2.

Museum of Glass (museumofglass.org) in downtown Tacoma focuses on contemporary glass art, with top glassblowing artists from around the world demonstrating their expertise in the museum's Hot Shop. The exhibit "Northwest Artists Collect," featuring the personal collections of seven Northwest glass artists, continues through October 27. From May 17, 2013–January 26, 2014, the exhibit "Links:

Australian Glass and the Pacific Northwest" will be on display.

The Pacific Science Center (pacificsciencecenter.org) presents educational displays; hands-on activities; IMAX films such as *Air Racers 3D* and *Star Trek: Into Darkness: an IMAX 3D Experience* (opening May 15); and numerous special exhibits, including "Imaginate," June 1–September 2. The center also organizes the Seattle Science Festival (sponsored in part by Alaska Airlines), which will be June 6–16 this year. The festival will feature speeches by luminaries of the science world, along with activities, demonstrations, performances and Expo Day (seattlesciencefestival.org).

Pike Place Market (pikeplacemarket.com), founded in 1907, is one of Seattle's most popular attractions. Here you can purchase produce and flowers from area farms, fresh fish, gourmet sweets and crafts from local artisans—all while being entertained by buskers.

Point Defiance Park (metroparkstacoma.org) is a 702-acre municipal park in Tacoma that includes ancient forest; miles of beachfront; and attractions such as the Point Defiance Zoo & Aquarium (pdza.org), which has more than 12,500 animals, including polar bears and clouded leopards.



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The San Juan Islands (visitsanjuans.com), about 100 miles north of Seattle, provide a relaxing, scenic getaway option—with recreation ranging from whale-watching and kayaking to cycling and hiking—that can be reached via a drive/state ferry or the Victoria Clipper or Kenmore Air.

The Seattle Aquarium (seattleaquarium.org) harbors marine animals ranging from sculpins to otters, with exhibits such as the 120,000-gallon “Window on Washington Waters,” which is filled with more than 800 Northwest fish and invertebrates. Divers give presentations from the tank several times a day. An upgraded harbor-seal exhibit is expected to open in June. The aquarium, which also hosts special events throughout the year, is located on the Seattle waterfront, one of the city’s best places for a stroll.

The Seattle Art Museum (seattleartmuseum.org) includes the main downtown Seattle location and the **Seattle Asian Art Museum** in Volunteer Park east of downtown, in addition to the outdoor **Olympic Sculpture Park**. In March, the downtown museum unveiled a new, permanent, LED-display installation—*MIRROR*, by Doug Aitken—that wraps around the northwestern façade of the building. The display shows digital images ranging from trees to buildings that a computer

program changes in response to what’s happening outside, including weather and traffic. Inside, the museum is showing “Rembrandt, Van Dyck, Gainsborough: The Treasures of Kenwood House, London” through May 19. Through July 21, the Seattle Asian Art Museum is exhibiting “Legends, Tales, Poetry: Visual Narrative in Japanese Art.” Art at the Olympic Sculpture Park includes Alexander Calder’s *The Eagle* and Richard Serra’s *Wake*; special Summer at the Park activities will take place July 11–Aug. 29.

The Seattle Children’s Museum (thechildrensmuseum.org) at Seattle Center has daily programs, plus exploration spaces such as “Mountain,” “Global Village,” “Cog City” and “My Neighborhood Adventures.”

Smith Tower (smithtower.com), completed in 1914, is one of Seattle’s most famous buildings. The Observation Deck on the 35th floor of the 522-foot-tall structure is currently open to the public and provides a view of landmarks such as Mount Rainier.

Snoqualmie Falls (snoqualmiefalls.com), about 30 miles east of Seattle, cascades 270 feet, sending mist over a nearby observation deck.

The Space Needle (spaceneedle.com), created for the 1962 World’s Fair, is an Emerald City icon. You can ride the elevator 520 feet to the

Observation Deck for views of Lake Union, the Olympic Mountains, the Cascade Range, Safeco Field and CenturyLink Field.

The Tacoma Art Museum (tacomaartmuseum.org) has a collection of more than 3,500 works, many by Northwest artists, including an extensive array of Chihuly pieces. It also has one of the finest collections of Japanese woodblock prints on the West Coast. The exhibit “Beyond Books: The Independent Art of Eric Carle” is on view through July 7.

Tillicum Village (tillicumvillage.com) at Blake Island State Park, west of Seattle, serves salmon cooked in the traditional Northwest Coast Native way as part of a buffet meal in a longhouse, followed by a show featuring stories and symbolism of Coast Salish tribes. Argosy Cruises provides narrated boat cruises to the island.

U.S.S. Turner Joy (ussturnerjoy.org) on the Bremerton waterfront, west of Seattle, is a Vietnam-era destroyer maintained as a museum by the Bremerton Historic Ships Association. Visitors can explore almost the entire ship, from the engine room to the wheelhouse to the crew mess.

The Underground Tour (undergroundtour.com), a walking tour combining history and humor, is a fun and informative activity. Visitors learn



about late-19th century life in Pioneer Square—the city’s first central business district—and see subterranean storefronts that were near sea level before civic leaders raised the street as part of rebuilding after the 1889 Great Seattle Fire. A sister tour, the **SubSeattle Tour** (subseattletour.com), is done by bus and provides a look at “offbeat neighborhoods and sights.”

The University of Washington (washington.edu/discover/visit), north of downtown, was the site of the 1909 Alaska-Yukon-Pacific Exposition. University performing-arts events and museums are open to the public, including the **Burke Museum of Natural History & Culture** (burkemuseum.org). Founded in 1885, The Burke Museum is Washington’s oldest

Pike Place Market, founded in 1907, is popular with visitors and locals alike.

museum. Its collection includes more than 15 million specimens and artifacts. From June 12–October 27, the museum will present an exhibit about artisan cooperatives that are empowering women and transforming communities in various parts of the world.

The Washington State History Museum (wshs.org) in Tacoma, with roots going back to 1891, has excellent living-history displays that bring the past to life. The permanent “Great Hall of Washington History” features many interactive displays, such as a video journey down the Columbia River and a computer station where you can learn Native words. Temporary exhibits include “Let’s Ride! Motorcycling the Northwest,” through June 23, and “In the Spirit: Contemporary Northwest Native Arts,” June 8–August 18.

The Wing Luke Museum of the Asian Pacific American Experience (wingluke.org), which this year became a National Park Service “affiliated area,” gives visitors the opportunity to view spaces such as the kitchen and Mahjong room in

the historic 1910 hotel where many immigrants first found shelter in America. The museum, which is located in the heart of Seattle’s Chinatown–International District, also offers guided walking tours such as the Touch of Chinatown tour, the Bitter and Sweet tour (including the terraced gardens in Japantown and streets mentioned in *Hotel on the Corner of Bitter and Sweet*), and the Taste of Chinatown tour, which includes lunch. Some tours require a minimum number of participants. Current exhibits include “Paper Unbound: Horiuchi and Beyond,” on view through July 14.

Woodland Park Zoo (zoo.org), in Seattle’s Green Lake neighborhood, presents about 1,000 individual animals representing more than 300 species from around the world. Twin sloth bear cubs born in December are making their public debut May 4 in a temporary exhibit, and the grand opening of the first phase of a Bamboo Forest Reserve complex will also take place that day. The new complex will feature Asian small-clawed otters (the world’s smallest otter species), a tropical aviary and a kids’ nature play area. Phase 2 will include Malayan tigers and a permanent home for sloth bears. ZooTunes concerts take place throughout the summer each year.

—Michele Andrus Dill @ Jennifer Worick

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Outstanding Accommodations | By Michele Andrus Dill

When you enter the aesthetically pleasing lobby of a respected hotel and are greeted by service-oriented staff members, it's a good indication you'll be happy with your stay. Three boutique hotels—Cedarbrook Lodge, The Heathman Hotel, and Watertown Hotel—are among the Puget Sound-area accommodations pleasing guests with excellent ambiance, amenities and service.

Cedarbrook Lodge, which will celebrate its fifth anniversary as a hotel next year, is a scenic, restful hideaway on 18 acres in a quiet residential neighborhood near Sea-Tac Airport. The Heathman Hotel, which turned five in October and is celebrating its August 2012 reopening after renovations, is an oasis of luxurious comfort in Kirkland, on the east side of Lake Washington.

Watertown Hotel, celebrating its fifth year under its current ownership group and the December completion of remodeling, is a modern urban hotel in the University District. All three lodgings are warm and welcoming; showcase numerous original works of art; emphasize eco-conscious and sustainable operations; and are convenient to notable attractions and activities.

CEDARBROOK LODGE

18525 36th Ave. S., 206-901-9268;
cedarbrooklodge.com

Cedarbrook Lodge excels at the extras. At check-in my husband, Michael, and I are greeted with apple cider and told about the croquet set we can use at no charge for a game on the lush lawn. Then we stroll past intriguing nature photos by Seattle artist Johsel Namkung to a foliage-lined path that leads to the Dogwood Building. Like the nearby Spruce Building, Dogwood has a handsome, upscale Living Room, open to all guests, with full grain-leather sofas, a

fireplace, a flat-screen TV, a microwave, a refrigerator and an impressive array of complimentary snacks. We set our luggage down to take a quick look, noting items ranging from Tim's potato chips to Häagen-Dazs ice cream, plus bottled water.

After entering our corner Studio Suite—soothingly decorated in gold and caviar colors, with pin oak cabinetry and furniture—we discover a Keurig coffeemaker, bathrobes, Green Natura bath products and a soaking tub. A seven-choice pillow menu lists possibilities ranging from buckwheat to hypoallergenic, along with pleasant-dreams sachets of lavender or chamomile.

Michael turns on the gas fireplace and finds the TV remote control while I claim the window seat to gaze out at dogwoods, flowering quince and buttercup winterhazel. "This is really nice," my spouse enthuses.

Cedarbrook Lodge has beautifully landscaped grounds.



COURTESY: CEDARBROOK LODGE

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The Spruce Building houses the well-appointed 24-hour fitness center, although many guests like to walk the paths around the lodge to hear birds singing and to view the garden plots that help supply produce for the farm-to-fork Copperleaf Restaurant.

We take a short path from the Dogwood Building to a large deck off the restaurant that has chairs for lounging near a stone fireplace or near a pond with a waterfall. When our dinner-reservation time arrives, we're seated by the fireplace in the intimate 52-seat restaurant, which is located in a section of the lodge's beautiful, high-beamed Great Room.

It's easy to decide what to order: tonight's five-course tasting menu (a separate all-vegetarian tasting menu is also offered each night). The tasting menu seems like the ideal way to enjoy the marvelous tours de force of Culinary Director Roy Breiman and Executive Chef Mark Bodinet, who led the Cedarbrook team in presenting dinner at the James Beard House in New York in April 2012. Each course is paired with one of the Northwest wines that make up more than 85 percent of the varietals offered by the lodge, or with a creative nonalcoholic option. In January, Copperleaf received the Washington State Wine Commission's Independent Restaurant of the Year award.

We rave so much about Chef Mark's creamy yet savory Ozette Potato Soup, with black truffle, garden thyme and pickled hedgehog mushrooms, that a nearby dining-alone businessman we've been chatting with decides to order it, too. He gives it an A+. The other dishes are incredible, as well, including the fantastic combination of moist, tender Anderson Ranch lamb served with pommes Dauphine, tart stewed cherries, young turnips and braised red cabbage.

After a great night's sleep in a bed that's so comfortable, Michael wishes we had one at home, we enjoy the complimentary continental breakfast in the lodge's Tamarack Hall off the Great Room. We're not sure we're even hungry after the sumptuous meal the night before, but then we notice the extras, including pineapple and blueberry jam, parfaits, fresh fruit, local cheeses, charcuterie, smoked salmon (sometimes trout is served), six different toppings for the oatmeal, and granola with Willamette Valley hazelnuts and Yakima Valley cherries.

Cedarbrook's commitment to offering extras extends to its new special-offer paid adventure packages, which include a half day of fly-fishing in Puget Sound. After breakfast, Emerald Water Anglers owner/guide Dave McCoy picks us up in

front of the lodge, and in 15 minutes we're at Seahurst Park, where we don the waders and boots Dave provides and enter the gently rippling water in search of native, wild, sea-run cutthroat trout. It's catch-and-release, explains Dave, who patiently coaches us in fly-fishing technique.

Trout after trout leaps 15 to 20 feet in front of us. "Whoa!" I exclaim when one makes an especially big splash. "I think that one might surpass 20 inches," says a delighted Dave. "Cast again; maybe we'll get him."

Our novice abilities aren't equal to the opportunities, but I do manage to land a glistening 14-inch that we admire for several seconds before returning it to the Sound. And the view is spectacular: Ferries ply the water between West Seattle and Vashon Island. A seal attracted by the abundance of trout swims past. A bald eagle soars overhead. Black-and-white bufflehead ducks paddle by.

It's been an awesome morning, capping an awesome hotel stay. "What a great time and great place," Michael says as we're checking out. "Yes, this property is extra special," I remind him.

Room rates start at \$149; 104 rooms; 23,500 square feet of meeting space; complimentary local shuttle service, including to Westfield Southcenter Mall, and to Sea-Tac Airport, the Tukwila Amtrak stop and the local Sound Transit station for frequent light-rail service to Seattle. Part of the Coastal Hotel Group.

THE HEATHMAN HOTEL

220 Kirkland Ave., 425-284-5800; heathmankirkland.com

The nicely dressed woman sitting next to me by the marble fireplace in the Heathman lobby, before she goes to lunch in the hotel's Trellis Restaurant, says she lives in one of the nearby upscale condos.

"I like to come here because it's such an oasis," she says, gesturing with a smile at the glossy amber-colored travertine floor; the gleaming cherrywood-paneled walls; the teak-wrapped pillars; the arrangement of fresh flowers such as red ginger, orange bird of paradise and yellow alstroemeria on a round Italian-stone table; and the abstract painting by Northwest artist Dan Larsen that for her evokes a garden.

It's easy to see why even locals are drawn to the gorgeous hotel, where the collection of contemporary artwork complements the motto "Where service is still an art."

Indeed, as we sit by the fire, Ed—whose official job is hotel chauffeur, so he stands ready near the lobby to take people places—approaches and asks if

Guests can enjoy a guided fly-fishing excursion—for native, wild, sea-run cutthroat trout—at a Puget Sound park just 15 minutes from the lodge.

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we might like some ice water. Earlier, he turned on overhead heat when I sat down in an outside lounge area, and before that, he helped Michael and me adjust hotel-loaned bikes for a scenic ride along Lake Washington and past Kirkland's many shops, restaurants, galleries and pieces of public art.

The city's top attractions include one located right here at the hotel: the acclaimed Trellis Restaurant, whose curved oak ceiling connotes the inside of a wine barrel, and whose large, covered outdoor dining area is graced with live plants that vary seasonally.

Northwest wine country-inspired Trellis serves many Washington and Oregon wines, as well as wines from California, Europe and New Zealand. The restaurant's farm-to-table cuisine features produce—often heirloom varieties—from Executive Chef Brian Scheehser's 10-acre Woodinville garden. Chef Brian, who has been featured at New York's James Beard House and was again chosen for the James Beard Celebrity Chef Tour series this year, is constantly working on new culinary creations.

He radiates enthusiasm as he stops by the table where Michael and I are celebrating our wedding anniversary (hotel packages include the Romance Getaway), to congratulate us. He also tells us more about the trio of six-month-aged artisan jack cheeses he's worked with local Cherry Valley Dairy to craft. Containing ingredients from his garden, the cheeses—blueberry-basil, carrot-nasturtium and lavender-rubbed—are phenomenal. Chef Brian has also begun preserving his produce—bottling items such as blueberry jam, orange-tomato marmalade, spicy carrots, dilly beans and winter harvest beets—so that diners can enjoy his garden ingredients year-round. And he's using honey from his own apiary, too, in flavors such as squash blossom and fall berry.

Whether you're eating fresh or preserved items from Chef Brian's garden, his food is remarkable. That's our conclusion as we savor dishes such as heirloom-tomato soup, salmon with sautéed apples, Sonoma duck with braised endive and watercress, and honey-rosemary ice cream.

This year the chef began presenting a Cascade Dinner Series each quarter in a new private dining room created during the hotel's renovation, which also expanded The Heathman's meeting space and 24-hour fitness center, and added a relaxation library. The theme of the June 22 five-course, wine-paired dinner is "From Our Farm and Local Farms."

Another kind of menu—the hotel's "Art of Sleep" menu—features options such as pillowtop, Tempur-

Pedic and feather. Our corner Terrace Suite—in a palette that our dinner leads me to think of as vanilla, cinnamon and golden raspberry—has a pillowtop mattress and a dual-sided gas fireplace that warms the sitting room and bedroom. The suite also has a separate shower, soaking tub and water closet, and amenities such as robes and slippers, French press Caffé Vita coffee, an electric teakettle, and Gilchrist & Soames bath products. French doors on one side of the room open to a Juliet balcony; a glass door on the other side opens to a large deck with a table and chairs, and two wooden chaise longues.



Guests staying April through September can also enjoy fresh air and sunshine by using complimentary hotel-provided vouchers (two per guestroom) for an Argosy Cruises Kirkland Lake Tour on Lake Washington.

Other top attractions in the Kirkland area include the Kirkland Performance Center, just a couple of blocks from the hotel. The center presents approximately 300 music, theater and family-oriented performances a year, and we're enchanted by an evening of Celtic music.

Strolling hand in hand back to The Heathman after the show, we converse about what a fabulous anniversary weekend we're having, thanks to our stay at the hotel. "It's one we won't forget," Michael agrees.

Room rates start at \$169; 91 rooms; 4,555 square feet of meeting space; complimentary local shuttle service, including to Bellevue shopping and entertainment, and to Woodinville wine country; in addition, the stop for Metro bus service to Seattle, less than 15 miles away, is just a half-block from the hotel's front door. Part of The Heathman Hotel group.

Area attractions include the Kirkland Performance Center near the hotel.

Terrace Suites at The Heathman Hotel feature double-sided fireplaces.



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WATERTOWN HOTEL

4242 Roosevelt Way NE, 206-826-4242;

watertownseattle.com

As we relax in Watertown's chic lobby, my eyes are repeatedly drawn to the neon sculpture by Dutch artist Willem Volkersz, now a Montana State University emeritus professor of art. The sculpture, titled *But You Can't*, depicts Volkersz as a boy in Holland, looking out at an expanse of sea, determined to do things he'd been told he could not, such as travel the world. An explanatory plaque under the photo says, "It's a wonderful lesson to us all to think that maybe, 'we can!'"

"That's a good sculpture for Watertown," I comment to Michael, "because they're so focused on 'Yes, you can.'"

For instance, you can park your car at no charge in the hotel's gated underground lot. You can enjoy complimentary Starbucks coffee and mini pineapple cupcakes—the pineapple is a universal symbol of hospitality, according to the hotel—in the lobby each afternoon. You can obtain complimentary-use movies, board games and kids' art supplies at the front desk. You can do laundry in the no-charge washer-dryer unit on each guest floor (laundry soap is available from the front desk for a small fee).



COURTESY: PINEAPPLE HOSPITALITY

You can use the fitness room 24/7, enjoy the seasonal pool at a sister property, University Inn, just a block away, and take a ride on the nearby Burke-Gilman Trail with the hotel's loaner bikes. All of these things are free of charge, and special deals for hotel stays are often available, too.

We're not surprised when we ride up the elevator with a guest from France, and he says, "This hotel is great."

When we get to our guestroom, we see that it

The Watertown Hotel lobby was remodeled last year and has a chic new look. The hotel is in the University District, near museums, parks, shopping and Lake Union.



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has a microwave and a mini-fridge, Keurig coffee service, and complimentary microwave popcorn and bottled water. Bathrobes for complimentary use during your stay are available on request. Dispensers above the granite countertop in the bathroom supply Tommy Bahama products, and the sink area is divided from other bathroom fixtures by a door with an opaque-glass porthole—a playful nod to Seattle’s seaside location.

The light, airy corner suite also has large windows providing views of the

Space Needle and the Seattle skyline from the inviting chair/ottoman and comfy king bed.

Last year Watertown completed a remodel that included laying handsome, hypoallergenic Evoke flooring in the guestrooms, and the hotel’s meeting space and lobby were renovated, as well. The lobby’s appealing, contemporary sitting area now has bamboo flooring, a table made from elmwood salvaged from the University of Washington campus, plush gray chairs, a brightly striped couch,

globe lights, decorative redwood branches and a view of the hotel’s courtyard.

Down the hall is Watertown’s bright, hip Pineapple Cafe, which opened last year for breakfast and lunch. Hotel guests receive a 15 percent discount. On Saturday morning, Michael and I share Steel Cut Irish Oatmeal (heavy cream, brown sugar and dried fruit), a huge and delicious breakfast burrito, and gourmet pastries, then pick up some chips and cookies for a morning ride on the loaner bikes.

We access a portion of the 18.8-mile paved Burke-Gilman Trail on the University of Washington campus, less than a mile from the hotel. “Glorious ride,” I call out to Michael as we zip along the fairly flat, often-wooded trail to 22-acre Matthews Beach Park about six miles north.

At the park, located along the shore of Lake Washington and named for a pioneer who homesteaded here, we take a break to eat our snacks. Our conversation meanders into how much we liked our Thai-food dinner the previous evening at the Thaiger Room restaurant on bustling University Way (known as The Ave), a few blocks from the hotel.

We also discuss our afternoon plans, deciding to explore the Burke Museum of Natural History & Culture at the University of Washington and visit shops such as locally owned glassybaby at the University Village shopping center. If only we also had time to visit Woodland Park Zoo or picnic at Gas Works Park; to kayak on Lake Union or canoe our way to the Washington Park Arboretum; to ride the Space Needle elevator or visit Pike Place Market. All eight attractions are less than five miles from our lodgings.

With Watertown as your convenient hotel base, there’s an extraordinary number of fun things you can do.

Room rates start at \$145; 100 rooms; 1,304 square feet of meeting space; complimentary local shuttle service, including to Seattle Center, downtown Seattle, the University of Washington, University Village and Woodland Park Zoo. Part of the Pineapple Hospitality hotel group. S

Michele Andrus Dill is senior editor.

Also Notable

Alderbrook Resort & Spa, Union, 360-898-2200, alderbrookresort.com; 93 guestrooms, 7,000 sq. ft. of meeting space: Alderbrook, two hours west of Seattle, on lovely Hood Canal waterfront, is celebrating its 100th anniversary this year with numerous special events. Amenities at the updated property include the Alderbrook Golf Club, a spa, an indoor pool, a marina, and a restaurant that showcases fresh local seafood and seasonal produce.

The Alexis Hotel, Seattle, 866-356-8894, alexishotel.com; 121 rooms, 4,000 sq. ft. of meeting space: Amenities at this boutique, renovated 1901 property include a spa, a private-use steamroom, a restaurant, and shops such as the renowned, locally owned Parfumerie Nasreen.

The Fairmont Olympic Hotel, Seattle, 888-363-5022, fairmont.com/seattle; 450 rooms, 28,000 sq. ft. of meeting space: The hotel opened in 1924 on the original downtown site of the University of Washington. It has retained its historic charm while continually updating to provide modern amenities, including a spa and an indoor pool, as well as premier restaurants such as The Georgian.

Four Seasons Hotel Seattle, 206-749-7000, fourseasons.com/seattle; 147 rooms, 10,570 sq. ft. of meeting space: The modern and elegant Four Seasons, near Pike Place Market, displays original works of art and reproductions of works in the Seattle Art Museum collection, and has a spa and an outdoor pool with a view of Puget Sound. At Art Restaurant, chef Kerry Sear serves fresh Northwest fare to create an artful culinary experience.


Hotel Ändra, Seattle, 877-448-8600, hotelandra.com; 119 rooms, 3,500 sq. ft. of meeting space: Scandinavian and Northwest design elements create a soothing downtown sanctuary in a renovated 1926 historical property. Room service is provided by Lola restaurant, offering a fusion of Northwest products and Greek-Mediterranean cooking.

Hotel Ballard, Seattle, 206-789-5012, hotelballard.com; 29 rooms, 1,400 sq. ft. of meeting space: Scheduled to open this month, the hotel will have design elements that pay homage to the Scandinavian heritage of the Ballard neighborhood, north of downtown Seattle. The hotel will include a restaurant and a rooftop pavilion, and will offer free 24-hour access to an adjacent athletic club. Ballard attractions include the Nordic Heritage Museum, Golden Gardens Park and the Chittenden Locks.

Hotel Max, Seattle, 866-986-8087, hotelmaxseattle.com; 163 rooms, 299 sq. ft. of meeting

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space: Stylish Hotel Max boasts more than 350 paintings and photos—including an intriguing photo on every guestroom door. Red Fin restaurant next door is extolled for its contemporary sushi creations and playful menu.

Hotel Murano, Tacoma, 866-986-8083, murano.com; 320 rooms, 28,000 sq. ft. of meeting space: Named for the Italian island famous for its glass art, the hotel displays contemporary glass pieces by artists from around the world. The property includes a spa and Bite Restaurant, and is near the Tacoma convention center, numerous excellent museums, the Tacoma Glassblowing Studio and several golf courses. Hotel packages include The Championship Experience, featuring three top courses: Chambers Bay, The Home Course and Gold Mountain.

Hotel 1000, Seattle, 877-315-1088, hotel1000seattle.com; 120 rooms, 9,100 sq. ft. of meeting space: Luxury and leading-edge technology combine for excellent comfort and convenience at this downtown property, whose amenities include state-of-the-art virtual golf. The Spaahh recently added new services such as the unique relaxation-oriented Bamboo Massage. Fresh regional fare is emphasized at BOKA Restaurant + Bar.

Hyatt Regency Bellevue, 425-462-1234, bellevue.hyatt.com; 732 rooms, 70,000 sq. ft. of meeting space: The luxurious Hyatt Regency Bellevue is part of The Bellevue Collection, which comprises three complexes offering shopping, dining and entertainment. Hotel amenities include a new guest tower with hypoallergenic rooms, an indoor lap pool and complimentary 24-hour access to a 7,000-square-foot Hyatt StayFit gym.

Inn at the Market, Seattle, 800-446-4484, innatthemarket.com; 71 rooms, 1,400 sq. ft. of meeting space: This boutique hotel in Pike Place Market has a courtyard; a rooftop deck with views of the market, Elliott Bay and downtown Seattle; and room service provided by noted Pike Place Market restaurants.

Mediterranean Inn, Seattle, 866-525-4700, mediterranean-inn.com; 180 rooms, 800 sq. ft. of meeting space: The convenient Mediterranean Inn is located near Seattle Center and offers comfortable rooms with kitchenettes.

Pan Pacific Hotel Seattle, 206-264-8111, panpacific.com/seattle; 153 rooms, 5,500 sq. ft. of meeting space: A remodel completed last year created 900-square-foot Balcony Suites and 825-square-foot Space Needle Suites designed to capitalize on views of the Space Needle and of the South Lake Union neighborhood, where the

hotel is located. Amenities include state-of-the-art, in-suite technologies, an ayurvedic spa and complimentary downtown towncar service.

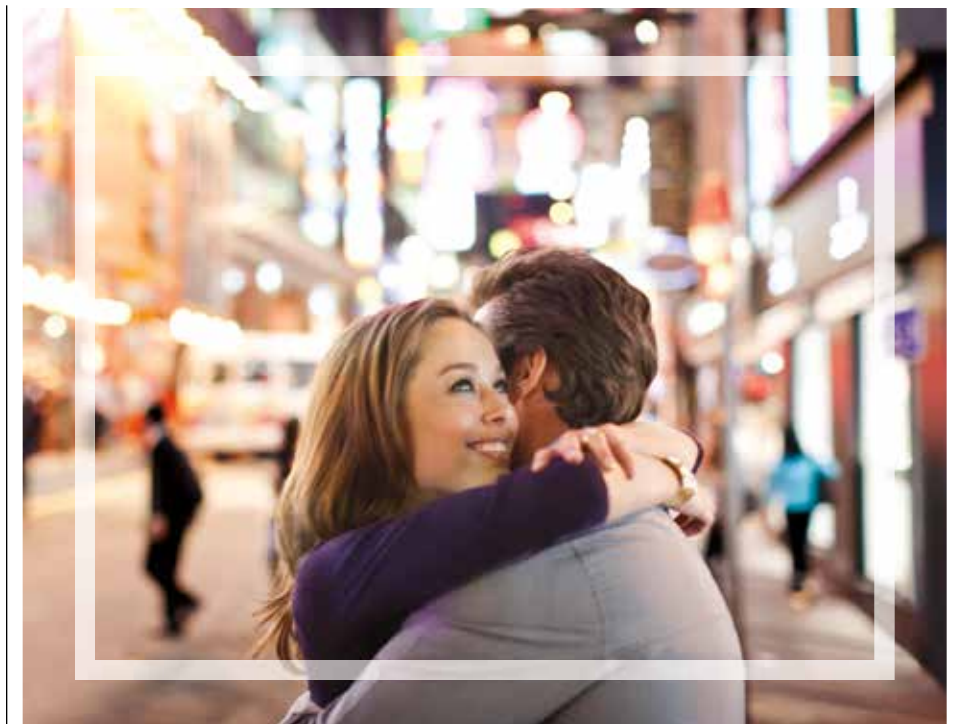
Salish Lodge & Spa, Snoqualmie, 800-2-SALISH, salishlodge.com; 84 rooms, 10,404 sq. ft. of meeting space: This historic, recently renovated property overlooks 268-foot Snoqualmie Falls, east of Seattle. Amenities include a spa, The Dining Room restaurant and the opportunity to play the private Tournament Players Club at Snoqualmie Ridge.

Sorrento Hotel, Seattle, 206-622-6400, hotelsorrento.com; 76 rooms, 4,761 sq. ft. of meeting space: Italianate architecture and personal service have helped to make the boutique Sorrento a Seattle icon since the hotel opened in 1909. The Hunt Club restaurant is also a longtime favorite.

Tulalip Resort Casino, Tulalip, 888-272-1111, tulalipresort.com; 370 rooms, 30,000 sq. ft. of meeting space: Located approximately 30 miles north of Seattle, this property features a luxury hotel next to a lively 192,000-square-foot casino. Amenities include numerous exceptional restaurants, such as a new Asian-concept restaurant, Journeys East, expected to open in July; a spa; an indoor pool; live entertainment; and the nearby Seattle Premium Outlets, with brand-name stores.

Willows Lodge, Woodinville, 425-424-3900, willowslodge.com; 84 rooms, 5,153 sq. ft. of meeting space: This lovely retreat on 5 acres in Woodinville wine country, northeast of Seattle, is known for its ambiance, spa, special events such as a free chef-led monthly cooking class, and the Northwest-influenced cuisine of the Barking Frog restaurant. Nearby attractions include Chateau Ste. Michelle, Redhook Brewery, the Sammamish River Trail and the Adventura Aerial Adventure Park.

In addition, **Coast Hotels and Resorts** (800-716-6199, coasthotels.com), Marriott International properties such as **Courtyard by Marriott** hotels (888-236-2427, marriott.com/courtyard/travel.mi), **Red Lion Hotels** (the downtown Seattle Red Lion has announced a \$25 million renovation scheduled to be completed in 2014; 800-RED-LION, redlion.com) and **Starwood Hotels and Resorts Worldwide** (877-STARWOOD, starwoodhotels.com) offer a variety of excellent choices in the Puget Sound region, and **Mount Rainier Guest Services** (360-569-2275, mtrainierguestservices.com) provides accommodations in Mount Rainier National Park.



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Seattle Flavors | By Candace Dempsey

The Seattle area has many luscious options for dining out. Today's diners are experiencing the best of the region's establishments, including bin on the lake, a romantic wine bar and restaurant in Kirkland; Palisade, a 20-year-old landmark waterfront restaurant in Seattle's Magnolia neighborhood; and Shanik, a lauded new Indian restaurant in the up-and-coming South Lake Union neighborhood.

BIN ON THE LAKE

1270 Carillon Point, 425-803-5595;
thewoodmark.com/bin-on-the-lake

Some Seattleites arrive by boat to have a meal at bin on the lake, a beautiful wine bar and restaurant on Lake Washington's east side, complete with outdoor patio and pier. You don't have to be a wine aficionado to love bin, but it is named after the French word for a wine-storage area; not by accident, its initials spell out *botl*.

"This must be what it feels like to dine in your own waterfront mansion," I tell my friend Doris when we arrive at the luxurious Woodmark Hotel, which owns bin. Doris and I remember when the space was occupied by Yarrow Bay Grill; the re-design for bin gives the dining area a calm, elegant feel. The warm, woodsy colors are meant to evoke the Pacific Northwest: greens and grays with a little purple to brighten the mix. Servers are down-to-earth and knowledgeable, especially when it comes to choosing wines to pair with entrees; many diners opt for wine flights.

Although we've come for dinner, we would be happy just sitting by the fireplace in the charming

corner bar, which offers more than 40 wines by the glass, plus cocktails. The menu features snacks such as maple-bacon popcorn, and raw plates including oysters on the half shell and black cod crudo.

Chef de cuisine Dylan Giordan—a popular Seattle chef who migrated here from Serafina a year ago—created bin's new menu. A self-taught Italo-phile, Giordan emphasizes locally sourced ingredients, using them to create dishes that have the seasonal flavors of the Northwest, but with a Mediterranean spin. For bin, "local" means using everything from honey from the restaurant's own apiary to pork from a small farm in central Washington that feeds its pigs hazelnuts, resulting in especially flavorful meat.

We start with an amuse bouche of angel hair pasta (the chef chooses a different item each night), wrapped around a fork and topped with salty

A memorable Lake Washington location gives diners at bin on the lake an elegant setting for enjoying fresh Northwest flavors prepared with Mediterranean touches.



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Canadian sturgeon eggs and crème fraîche; meant to be eaten in a single bite, it is silky and satisfying. At our server's suggestion, we pair it with a lovely Antoine de Clairvoy brut rosé Champagne.

We order a variety of dishes to share, including the charcuterie plate, which features bites made in-house by chef Giordan: the house mortadella with pickled grapes and shallots, a country paté of pork with fig *mostarda*, and *culatello*—a prized cut of ham—with shaved fennel. We follow this with a plate of La Tur, a creamy mixture of cheeses from cow's, sheep's and goat's milk. Both plates come with crisp rosemary-accented crackers.

We move on to seared Brussels sprouts with crisp pancetta and a garlicky aioli, and seared scallops served with a parsnip puree, chanterelle mushrooms and truffle butter. We also enjoy the braised pork cheeks: little mounds of succulent dark meat with peppers caramelized in olive oil, accompanied by braised white beans. We pair the entrees with a flight of white wine; the list is lengthy, and we seek our server's advice before choosing a Cloudy Bay Sauvignon Blanc, DeLille Cellars Chaleur Blanc and Leth Grüner Veltliner.

For dessert, we order a delightful medley, including a light ricotta fritter (my favorite), a succulent macaroon (Doris' favorite), flourless chocolate cake with a luscious crème anglaise sauce and a red velvet cake pop.

We leave bin on the lake feeling happy and satisfied. We plan to come back in summer, to enjoy the view of Lake Washington from the outdoor patio. Chef Giordan will by then have a new seasonal menu; we can't wait to see what he comes up with next.

PALISADE RESTAURANT

2601 W. Marina Pl., 206-285-1000;
palisaderestaurant.com

When my friend Karen and I stroll into Palisade, a newly updated waterfront landmark on Elliott Bay Marina, we feel like we've entered an aquatic resort. To get to the 250-seat dining room, with its splendid view of Puget Sound and the Seattle skyline, we pass a long curved bar on the right and cross an arched bridge over fish ponds stocked with steelhead, trout and sea anemones. Blown-glass balls shaped like Japanese fishing floats top the circular ceiling lights, and small green trees complete the coastal look.

Like many Seattleites, I've come to Palisade (which recently celebrated its 20th anniversary) for

special occasions. This is Karen's first visit to Palisade, which is famous for serving expertly handled seafood. Recently repainted in light contemporary colors, with a new blue carpet and chairs covered in tan or blue fabric, the room overlooks a marina bobbing with white yachts, and there's a saltwater-fresh fragrance in the air.

We're thrilled to have a window table, but each Koa-wood table offers views: of the marina, the Olympic Mountains, ferries crossing Puget Sound or the giant Ferris wheel on the Seattle waterfront. Palisade has developed a role as a local institution: Many a wedding proposal has been popped at these tables, and the restaurant's welcoming character has earned it a number of devoted regulars. (To help out-of-town guests enjoy the restaurant, Palisade offers free towncar pickup from downtown hotels.)

The menu is attractive to regulars, since the Chef's Selections change seasonally. The recently revamped menu emphasizes Northwest cuisine and locally sourced ingredients, with nods to Asia, including sushi and a raw bar, along with playful additions such as a kung pao calamari appetizer.

Starters range from apple-smoked salmon chowder and avocado-and-vine-tomato salad to appetizers including Dungeness crab cakes and maki rolls stuffed with seafood. We start with the legendary Palisade's Ocean Tower, a sensational presentation of lobster, oysters on the half shell, jumbo prawn cocktail, ocean salad and ahi poke (raw tuna with Hawaiian flavors). Presented on a large tray, the tower arrives in a cloud of "smoke" created by dry ice. Our server offers three accompaniments in little pots, so that we can play with the flavors of the fresh seafood. My favorite is the lobster dipped in the spicy, French-inspired red-wine mignonette with a hint of sweet onions. Karen is a fan of the house Firecracker cocktail sauce, its spicy flavors contrasting nicely with the silky crab and the tender shrimp. We also enjoy the warmed multigrain Essential Baking Company bread, and sweet butter flecked with a crunch of black sea salt. "I like all the little thought-

Like many Seattleites, I've come to Palisade for special occasions.



Palisade's fillet Oscar is served with Dungeness crab, grilled asparagus and a drizzle of rich bearnaise.

COURTESY: RESTAURANTS UNLIMITED, INC.

ful touches,” Karen says.

We share a delicious roasted-beet salad while we ponder our entrees, and order cocktails: a mai tai for Karen, and I opt for the restaurant’s Honey Blossom, made with Hendrick’s gin, honey and lemon. In keeping with the emphasis on local ingredients, Palisade offers local draft beers, including Manny’s Pale Ale and Mac & Jack’s African Amber, and has an extensive selection of Northwest wines.

We share entrees. First, a juicy petite prime top sirloin with Dungeness crab cake and jumbo prawns, served with lemon butter, chimichurri and Yukon Gold “smashed” potatoes. Next, we try the sea scallops with lobster risotto—we can’t decide which we like better, the tender seared scallops or the creamy risotto, which has wonderful flavors of the sea.

We also share dessert, starting with a super-rich flourless espresso chocolate cake and locally made Olympic Mountain ice cream mixed with bourbon. Then, the restaurant’s popular crème brûlée, served in three little pots, each with an individual



flourish; my favorite is the vanilla topped with crisp bits of sugar, while Karen favors the Grand Marnier, a sweet custard spiced with orange peel. The chocolate version is warm and bittersweet on the tongue. We finish with cappuccino and, reluctantly, head home.

Lamb popsicles with coconut curry, at Shanik in Seattle’s South Lake Union neighborhood.

SHANIK

500 Terry Ave. N.,
206-486-6884;
shanikrestaurant.com

This new-wave Indian restaurant caused a culinary sensation when it opened in hip South Lake Union last year. The Seattle area is rich with Indian restaurants, but Shanik offers something different. Shanik’s unique, modern flavors have sifted down from Vancouver, British Columbia, thanks to restaurateurs Meeru Dhalwala and Vikram Vij, the husband-and-wife team who own the popular Vij’s and Rangoli

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restaurants. In Vancouver, Dhalwala is the creative genius, constantly fine-tuning the menu, while acclaimed chef Vij shares business chores with chief operating officer Oguz Istif. In Seattle, Dhalwala rules the kitchen while co-owner Istif crunches the numbers and oversees the front of the house. Both commute back and forth to Vancouver, where Vij is keeping an eye on everything.

I invited my friend Jessica to dine with me at Shanik. She fell in love with India during a business trip and longs to return. She smiles as she enters the rectangular dining room; it has a warm, contemporary feel, with wooden ceilings, floors and tables, and wooden fixtures with exposed bulbs shine soft light over the young, well-dressed clientele. A bar in the back offers benches and tables, and there is also a private table in the kitchen that seats seven.

"It smells so good in here," Jessica says, breathing in the rich mix of spices being roasted in the open kitchen.

While we mull over the menu, our

server brings us Dhalwala's take on Indian street food, what she calls a "pick-me-up"—a soothing, not-too-sweet chai drink paired with deep-fried *pakor*as: crispy, satisfying fritters made with a spicy batter and filled with black chickpeas, spinach, cauliflower, potatoes and onions.

Dhalwala doesn't like to repeat herself, but the menu features a few Vancouver stars. We decide we must try the curried deviled eggs served with tomato chutney, and the famous lamb popsicles; presented with a coconut curry, these little bundles of lamb are buttery and delicious. The long-boned popsicle cut is easy to overcook because it's so thin, but here it's served moist and tender, both sweet and savory. Like all Shanik plates, it comes with a delicious side—in this case, a split-pea-and-spinach mash.

Dhalwala shapes her scrumptious recipes around what local producers have in stock. Look for Brussels sprouts with bell peppers, cashews and *paneer* (a kind of Indian cheese)—the sprouts are crisp on the outside and tender within. Because

Dhalwala mixes her own spices and makes many ingredients in-house (including the *paneer*), her cuisine is deeply personal and daring.

"Be adventuresome," she tells diners, as she bustles through the dining room before rushing back into the kitchen.

We particularly like a vegetarian dish: kale, jackfruit (a large fruit with a chicken-like texture and, when cooked, a savory flavor) and cauliflower. It comes with a creamy potato curry and roasted almonds. Jessica likes the flavorful beef tenderloin in tamarind so much that she orders some to take home to her husband. I love the silky beef short ribs in coriander, paired with a black cardamom and cream curry.

"Let's come here again," I tell Jessica, as we enjoy dessert: rice pudding with toasted almonds, plus *gulab jamun*—spongy donutlike balls bathed in a sweet, rose-scented syrup. Both items are a light, perfect way to end any culinary passage to India. **S**

Candace Dempsey is a writer in Seattle.



MATT LOST 90 LBS

Traveling, eating out, and long hours at work caused a gradual weight increase until my 4-year-old daughter asked, "Daddy, why do you have such a big belly?" It was time to make a change. So I signed up for 20/20 LifeStyles.

Throughout the program, I was most impressed by the team of people I worked with. They were available and willing to address any concern or question I had. Early in the program, I had a shoulder injury. My personal trainer helped me find a physical therapist who referred me to an orthopedic surgeon. During my recovery, everyone worked together in adapting the program to my needs. My trainer was in consultation with my physical therapist, who also communicated with my doctor. It was reassuring to have that teamwork in place and know that I was receiving the best possible care.

What worked well for me was treating exercise as my highest priority and blocking off time on my calendar. Also, with meal tracking, I began to understand how I dealt with food, both emotionally and physically. When my weight loss slowed down, I became aware that I'd eaten a lot of salty food or had increased the amount I was eating. I learned that if I was feeling tired

in the afternoon, I had probably reduced my carbs early in the day. I also discovered that, in 2010, I had eaten 146 pounds of blueberries!

Although I've graduated from the program, I still visit my 20/20 team when I've had a setback or have any questions. Early on, they helped me learn how to ask the right questions such as what led up to the setback, why was it happening, and what I did after it happened. Later on, this process enabled me to talk it over with my personal support system (my wife).

It helps to set some goals to keep focused. I've signed up for a kayaking class, white water rafting, and a sprint triathlon. This summer, I also plan to climb Mt. Rainier. These goals have pulled me out of bed, when it's cold and rainy outside, and into the gym, where I keep working on my highest priority – my health.

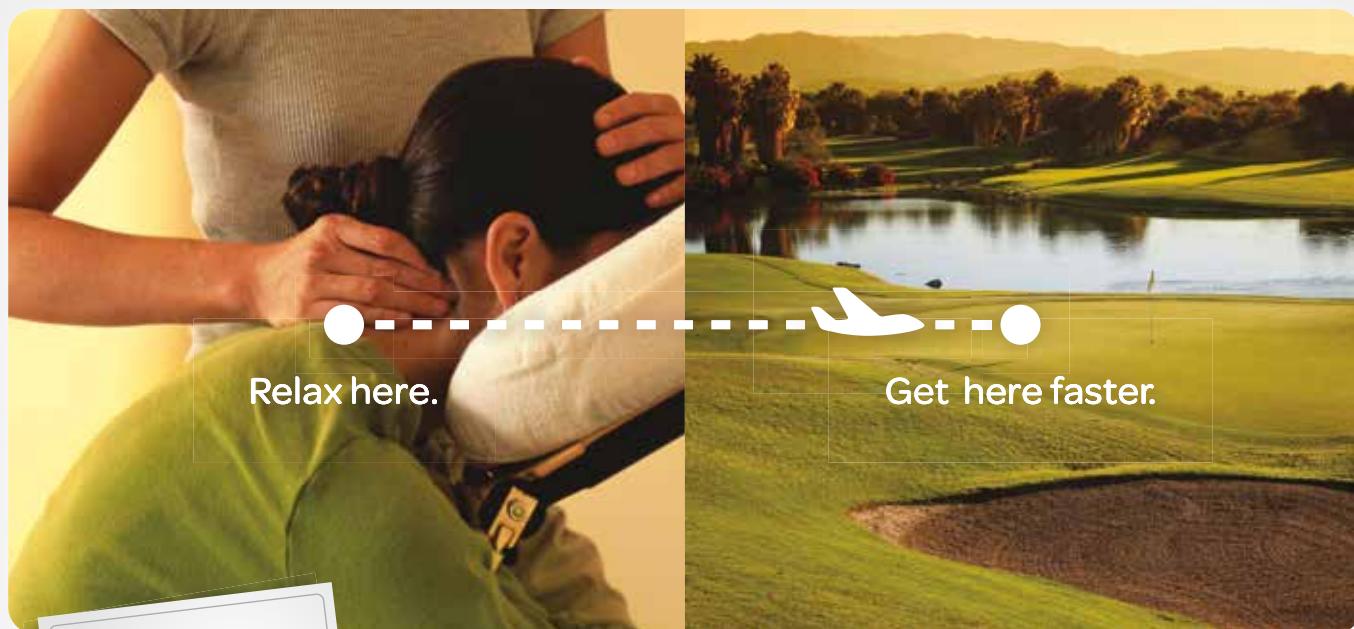
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Also Notable

Agrodolce, Seattle, 206-547-9707, agrodolceres-aurant.net: Prominent chef Maria Hines opened Agrodolce late last year in the Fremont neighborhood, north of downtown, to focus on Southern Italian and Sicilian cuisine, using organic and sustainable Northwest ingredients. The pasta is all housemade. Gluten-free pasta options are also available.

Anthony's HomePort, Kirkland, 425-822-0225, anthonys.com: Locally owned Anthony's restaurant group opened its first HomePort restaurant nearly 40 years ago on the shores of Lake Washington in Kirkland, northeast of Seattle. The restaurant group now owns 27 establishments, all serving excellent local seafood provided by Anthony's Restaurants' own seafood company.

Aqua by El Gaucho, Seattle, 206-956-9171, elgaucho.com: The motto "Dinner as theater" sets the stage for attention to presentation and quality at Aqua, one of five Northwest El Gaucho restaurants owned by the Mackay Restaurant Group (now El Gaucho Hospitality), named best restaurant group in the Washington State Wine Commission's 2013 Washington State Wine Awards. Views of Elliott Bay are complemented by dishes such as all-natural, dry-aged Certified Angus beef; fresh seafood; and the Emerald City Volcano, a baked Alaska flamed tableside after sunset.

Assaggio Ristorante, Seattle, 206-441-1399, assaggioseattle.com: Assaggio, which is celebrating its 20th anniversary, focuses on bold, robust cuisine typical of central and northern Italy. Wine from Italy and fresh fish from Pike Place Market are restaurant hallmarks.

Blueacre Seafood, Seattle, 206-659-0737, blueacreseafood.com: Blueacre serves fresh U.S. seafood—listed as sustainable on the Monterey Bay Aquarium's Seafood Watch List—in creative preparations influenced by chef/owner Kevin Davis' eclectic worldwide experience in locales such as France, Napa, New Orleans, Australia and the Northwest.

Blue C Sushi, Seattle, 206-633-3411, bluecsushi.com: Celebrating the 10th anniversary of the restaurant's founding in the Fremont neighborhood, Blue C Sushi has introduced a new menu, adding unique items such as The Philly Cheesesteak Roll to traditional items such as Takoyaki, and vegetarian options.

Book Bindery, Seattle, 206-283-2665, bookbinderyrestaurant.com: Located in a former book bindery along the Lake Washington Ship Canal, this restaurant has consistently received praise for its artful preparations of dishes influenced by

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culinary traditions from around the world.

Canlis, Seattle, 206-283-3313, canlis.com: This Seattle icon located north of downtown is known for its elegant ambiance, including a superlative view of Lake Union, and its high-end Northwest cuisine and outstanding wines.

The Capital Grille, Seattle, 206-382-0900, thecapitalgrille.com: Located in the historic Cobb Building downtown, the upscale restaurant incorporates fresh, local ingredients in artfully prepared classic steakhouse fare (steaks are dry-aged on the premises) and in creative seafood dishes, including a Chef's Daily Seafood Feature.

Coyaba Grill, Muckleshoot Casino, Auburn, 800-804-4944, muckleshootcasino.com: The name of this restaurant means "a place of heavenly feasting" in the language of the Arawaks, indigenous peoples of the Caribbean, according to the casino. Diners feast on entrees ranging from Karubi Pork Short Ribs to Pan-Fried Oysters with lemon, caper and dill aioli.

The Crab Pot Restaurant & Bar, 206-624-1890, thecrabpotseattle.com. For more than 25 years, dining at The Crab Pot, at historic Pier 57, has been a quintessential Seattle experience. The restaurant is known for its huge Seafeasts (shellfish, andouille sausage, red potatoes, corn on the cob), as well as entrees such as wild Alaska salmon.

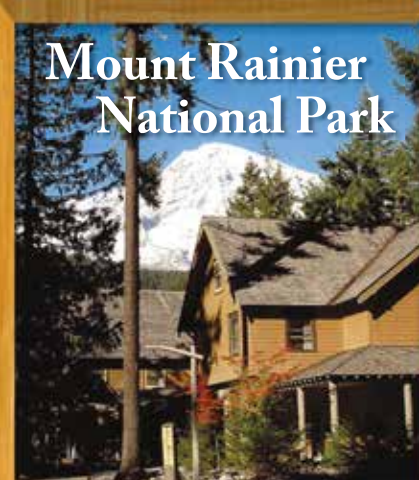
Cutters Crabhouse, Seattle, 206-448-4884, cutterscrabhouse.com: The restaurant completed an extensive renovation last year to create modern decor with classical details. Located near Pike Place Market, Cutters emphasizes fresh and flavorful dishes, accompanied by great views of Elliott Bay.

Daniel's Broiler, Seattle, 206-621-8262, schwartzbros.com: This restaurant is known for its prime USDA steaks and its views of Lake Union. It also serves a variety of nonbeef items, including vegetarian dishes.


Dragonfish Asian Cafe, Seattle, 206-467-7777, dragonfishcafe.com: Chefs prepare inventive pan-Asian cuisine in the exhibition kitchen at this restaurant in downtown Seattle's popular Paramount Hotel, now owned and managed by Paramount Hotels.

Elliott's Oyster House, Pier 56, Seattle, 206-623-4340, elliottsoysterhouse.com: The natural flavors of quality Northwest seafood are emphasized at Elliott's, which has been a top seafood destination for more than 30 years, and is particularly well-known for its shellfish. Located

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PROVENANCE HOTELS

on a waterfront pier, Elliott's offers the good-weather option of outside tables with water views.

FareStart Restaurant, Seattle, 206-267-7601, farestart.org: Seattle-based FareStart works to transform the lives of the disadvantaged and homeless via culinary training. It operates a downtown restaurant with a seasonally evolving lunch menu, including vegetarian dishes, Monday–Friday, with Guest Chef Night dinners, overseen by prominent local chefs, every Thursday.

Flying Fish, Seattle, 206-728-8595, flyingfishrestaurant.com: Located in the South Lake Union neighborhood, Flying Fish serves distinctive dishes influenced by world flavors.

Frolik Kitchen + Cocktails, Seattle, 206-971-8000, frolikseattle.com: Frolik opened in April at the downtown Red Lion, with a philosophy of keeping dishes fresh and simple, and using natural and organic ingredients whenever possible, paired with a determination to be fun and lively. Part of the restaurant is set aside for Microsoft Kinect, and the deck has ping-pong tables and a shuffleboard court.

Island Grille, Little Creek Casino Resort, Shelton, 800-667-7711, little-creek.com: Located about 75 miles southwest of Seattle in Shelton, a gateway to the scenic Olympic Peninsula, the restaurant focuses on quality steaks, seafood and chophouse fare, including all-natural steaks from Columbia River Basin–raised beef.

Ivar's Acres of Clams, Pier 54, Seattle, 206-624-6852, ivars.com: The legendary Ivar's restaurant group, with nearly 30 locations throughout Washington, is celebrating its 75th anniversary. Boasting three full-service restaurants and 23 seafood bars, it is known for its daily fresh sheet, its award-winning chowders and its "acres of clams," served daily at the Pier 54 location on the Seattle waterfront.

Joey Lake Union, Seattle, 206-749-5639, joeyrestaurants.com: The stylish Joey Lake Union sits right by the lake and attracts both hip and cultured diners. Joey Restaurants' head chef Chris Mills leads the way at the company's dining rooms, which serve variations on U.S. favorites, enhanced by unique global flavors.

John Howie Steak, Bellevue, 425-440-0880, johnhowiesteak.com: This highly regarded restaurant, one of chef/owner Howie's five establishments, which also include the Seattle and Bellevue Seastar locations, offers guests a premier dining experience featuring custom-aged steaks and equally good side dishes. Steak choices include USDA Prime, American Wagyu from

Idaho's Snake River Farms, Australian Wagyu and Japanese Wagyu. The restaurant uses two separate grills: mesquite charcoal fired and apple wood fired. Howie hallmarks are prime ingredients, attention to detail, and extraordinary preparation and presentation. The acclaimed chef also helped to pioneer plank cooking.

Koral Bar & Kitchen, Bellevue, 425-623-1125, koralbellevue.com: This "new American kitchen," designed to offer a relaxed ambiance, accessible prices and upscale comfort food, opened last year at the Hyatt Regency Bellevue. "Appetizers and Small Plates" and "Bigger Plates" are available, with a menu that ranges from Penn Cove mussels to pan-roasted Idaho trout, to juicy burgers. Sister restaurant Pearl Bar & Dining, also in Bellevue, centers its menu around fresh, seasonal products, prepared with contemporary flair.

LloydMartin, Seattle, 206-420-7602, lloydmartinseattle.com: Located in the Queen Anne neighborhood, LloydMartin updates its menu daily to reflect fresh ingredients. It has a diverse selection ranging from game-based items such as elk Bolognese to gourmet vegetarian dishes.

Lowell's Restaurant & Bar, Seattle, 206-622-2036, eatatlowells.com: For more than 50 years, this Pike Place Market restaurant has been noted for its Elliott Bay views and for using fresh Northwest ingredients sourced from market vendors.

Metropolitan Grill, Seattle, 206-624-3287, themetropolitangrill.com: For almost 30 years, Metropolitan Grill has had a well-deserved reputation for serving premium wines, and outstanding USDA prime, corn-fed, custom dry-aged beef. Sommelier Thomas Price was named Sommelier of the Year in the Washington State Wine Commission's 2013 Washington State Wine Awards. The restaurant is so locally renowned, virtually everyone knows what you mean when you simply say, "The Met."

Ponti Seafood Grill, Seattle, 206-284-3000, pontiseafoodgrill.com: Exceptional food and service have made Ponti a Seattle classic. The name of the Tuscan-style restaurant means "bridge" in Italian, and diners enjoy views of the Fremont Bridge and Lake Washington Ship Canal, along with excellent service, and a menu featuring flavors ranging from pan-Asian and Mediterranean to classic European and Pacific Northwest fusion.

Poppy, Seattle, 206-324-1108, poppyseattle.com: Chef/owner Jerry Traunfeld emphasizes the East Indian *thali*, a platter served to each guest and containing a variety of small dishes that spotlight seasonal Northwest ingredients.



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Ray's Boathouse, 206-789-3770, rays.com: A longtime Seattle favorite, located in the Ballard neighborhood north of downtown, the restaurant completed an extensive remodel in January. It also expanded its menu to include dishes such as lobster, lamb shank, Idaho Wagyu beef, and mushroom, goat cheese and fig-stuffed crepes, in addition to Northwest seafood.

Relish Burger Bistro, Seattle, 206-256-7600, Relish-Seattle.com: The bistro, which opened in March, offers contemporary takes on the classic burger, with 12 options, including the Pike Place special, featuring Niman Ranch beef and Beecher's cheese.

RN74, Seattle, 206-456-7474, michaelmina.net: Chef/owner Michael Mina's downtown urban wine bar and restaurant, named for Route Nationale 74, which passes through France's Burgundy region, serves modern interpretations of regional French cuisine, highlighting fresh local ingredients, and Burgundy, California and Northwest wines.

Salty's on Alki Beach, West Seattle, 206-937-1600, saltys.com/seattle: Noted for its marvelous views of the Seattle skyline, Salty's on Alki Beach became a sought-after dining destination not long after it opened in 1985. It pleases diners with its fresh seafood and award-winning Sunday brunch.

Sitka & Spruce, Seattle, 206-324-0662, sitkaandspruce.com: The menu at this popular Capitol Hill restaurant focuses on seasonal Northwest ingredients, including vegetables and sausage from the restaurant's own Vashon Island, Washington, farm. Chef Matt Dillon won the James Beard Foundation's Best Chef Northwest award for 2012.

Six Seven, Pier 67, Seattle, 206-269-4575, edgewaterhotel.com/seattle-restaurants.aspx: New American cuisine inspired by the season, and spectacular water-and-mountain views, with outside seating available, make this waterfront restaurant at The Edgewater a perennial favorite.

Spinasse, Seattle, 206-251-7673, spinasse.com: Noted chef Jason Stratton's restaurant in the Capitol Hill neighborhood is celebrating its fifth anniversary. The menu features simple yet refined dishes grounded in the techniques of Italy's Piedmont region, with ingredients from artisan and small-farm producers in the Northwest.

Sushi Kappo Tamura, Seattle, 206-547-0937, sushikappotamura.com: Located in the Eastlake neighborhood, this restaurant uses seasonal Northwest ingredients in authentic Japanese preparations, and its sushi is highly regarded.

TanakaSan, Seattle, 206-448-2001, tomdouglas.com: This new restaurant by chef/owner Tom Douglas, who won the James Beard Foundation's national Outstanding Restaurateur award in 2012, is expected to open June 7 in the Belltown neighborhood, just north of the downtown core. The modern American-Asian restaurant's menu will range from savory robata skewers to Chongqing Sister City Duck, and will reflect the sensibilities of Tom Douglas Restaurants longtime executive chef and partner Eric Tanaka. Featuring a friendly, casual, high-spirited vibe, the restaurant (the 13th in the Douglas group), will be part of a 10,000-square-foot Assembly Hall that will also include a juice/coffee shop, a bread bakery, and a market and deli.

13moons, Swinomish Casino & Lodge, Anacortes, 855-794-6563, swinomishcasinoandlodge.com: Diners at this restaurant located about 80 miles north of Seattle in Anacortes (the ferry-service gateway to the San Juan Islands) enjoy a lodge atmosphere. Dishes are designed to showcase fresh Northwest flavors, such as hand-selected fresh seafood and the produce of the nearby Skagit Valley.

Toulouse Petit Kitchen & Lounge, Seattle, 206-432-9069, toulousepetit.com: The decor and cuisine at this Lower Queen Anne neighborhood restaurant are inspired by the French Quarter of New Orleans, but the expansive menu also includes numerous other options.

Trace, Seattle, 206-264-6060, traceseattle.com: An excellent sushi bar, and innovative dishes with ingredients often traced to Northwest sources, contribute to the restaurant's popularity.

Volterra, Seattle, 206-789-5100, voltterrarestaurant.com: Local foods are married to thousands of years of Italian tradition at this Ballard neighborhood restaurant, which consistently receives high marks from diners and professional reviewers.

Wild Ginger, Seattle, 206-623-4450, wildginger.net: Traditional pan-Asian dishes, featuring housemade ingredients, draw diners to Wild Ginger, which will celebrate its 25th anniversary next year.

Woodman Lodge Restaurant & Bar, Snoqualmie, 425-888-4441, woodmanlodge.com: The restaurant pays tribute to the Puget Sound area's pioneer forefathers with its location in the 1902 Woodman Lodge—once Modern Woodmen of America Camp 8630—about 30 miles east of Seattle in the bucolic Snoqualmie Valley. The renovated "steakhouse and saloon" offers a variety of 28-day-aged steaks, as well as dishes such as elk medallions. —M. Dill

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Pre-parade festivities will include the Seafair Torchlight Spectacular, from 2 P.M. to 6 P.M. at Seattle Center, with displays, giveaways and the opportunity to preview various floats. The Seafair Torchlight Run, with 5K and 8K races, will begin at Seattle Center at 6:30 P.M., and the Miss Seafair Scholarship Program for Women Coronation will take place at 7:30 P.M. at Fourth Avenue and Pine Street as the parade begins.

Seafair, celebrating its 64th year, also features events such as a marathon; a half marathon; a triathlon; a Fourth of July celebration; the Seafair Pirates Landing; the Milk Carton Derby; Fleet Week; and Seafair Weekend, with hydroplane racing, a wakeboarding show and the Boeing Air Show. Contact: 206-728-0123; seafair.com. —M. Dill

SEATTLE INTERNATIONAL
FILM FESTIVAL



A new “African Pictures” program will be highlighted at this year’s Seattle International Film Festival, May 16–June 9. The festival will screen more than 10 “African Pictures” selections, including the North American premiere of *The African Cypher*, a documentary about street-dance styles across South Africa; the North American premiere of *Coming Forth by Day*, about the daily struggles of a mother and daughter in Egypt; and the world premiere of *Spud 2*, about a student at a South African boarding school. John Cleese reprises his role as a schoolteacher. Recognized as one of the top film festivals in North America, SIFF, whose sponsors include Alaska Airlines, screens more than 250 features and 150 short films from more than 70 countries each year. Contact: 206-324-9996; siff.net. —M.D.

SPORTS

Visitors and residents enjoy watching professional soccer, baseball, basketball and football games. Below is a look at this season’s prospects for the Sounders, Reign, Mariners, Storm and Seahawks.

Seattle Sounders FC (soundersfc.com)

The Sounders made the playoffs during their four previous MLS seasons, including the Western Conference finals last year. Key players for the team’s fifth MLS season include star forward Eddie Johnson, who scored 14 goals last season and is also on the U.S. national team; midfielder Mauro Rosales, who set a club record with 13 assists in both 2011 and 2012; and Nigerian striker Obafemi Martins, who signed as a designated player in March. Martins, who has extensive international experience, scored 18 goals in 38 appearances for the Nigerian national team. The Sounders also acquired seven-time MLS All-Star midfielder Shalrie Joseph in a trade with Chivas USA, and signed former EPL defender Djimi Traore. The Sounders play at home against San Jose and Dallas in May.

Seattle Reign FC (reignfc.com)

Reign FC—one of the eight teams in the new professional National Women’s Soccer League that began league play in April—is fielding stars such as midfielder Megan Rapinoe (part of the gold medal–winning 2012 U.S. Olympic team) and midfielder Jess Fishlock (captain of the Welsh national women’s soccer team). Also on the roster is former Penn State midfielder Christine Nairn (a finalist for the 2012 Mac Hermann Trophy), whom Reign FC picked in the first round of the 2013 College Draft. The team hopes its Olympic gold medal–winning goalkeeper, Hope Solo, currently recovering from wrist surgery, will be able to play the second half of the season. Reign FC plays at home against Kansas City; Washington, DC; New Jersey; and Portland in May.

Seattle
Mariners
(mariners.com)

The Mariners re-signed standout starting pitcher Felix Hernandez to a seven-year, \$175 million contract, and sluggers such as Michael Morse, Jesús Montero and new acquisition Kendrys Morales should benefit from a new configuration for the home ballpark that brings the outfield wall from 4 feet to as much as 17 feet closer to home plate. The Mariners’ system also includes strong up-and-coming players such as the team’s 2012 first-round draft pick, catcher Mike Zunino, and



TED S. WARREN / AP IMAGES

Felix Hernandez throws a perfect game against the Tampa Bay Rays last August in Seattle.

pitchers Taijuan Walker and Danny Hultzen. The Mariners are playing at home against Baltimore, Oakland, Texas and San Diego in May. For information on home games for the team’s local Triple-A affiliate, the Tacoma Rainiers, visit tacomarainiers.com.

Seattle Storm (wnba.com/storm)

Star players Sue Bird and Lauren Jackson will be out for the season, recovering from surgeries, but veterans Tanisha Wright, Camille Little and Tina Thompson return for the Storm, along with second-year player Shekinna Stricklen. Newcomers Noelle Quinn and Nakia Sanford provide versatility and strength to an experienced roster. The Storm also acquired fresh talent from a strong 2013 WNBA Draft. The Storm’s home opener will be June 2 against Phoenix.



JOE ROBBINS / GETTY IMAGES

Seahawks quarterback Russell Wilson eludes Atlanta Falcons players in the NFC divisional playoffs in January.

Seattle Seahawks (seahawks.com)

The Seahawks finished the 2012 season in second place in the NFC West and advanced to the divisional round of the playoffs for the second time in Pete Carroll’s three years as head coach. They anticipate continued great play from quarterback Russell Wilson, who is expected to build on his success last year, which culminated in his three touchdown passes for the victorious NFC team in January’s Pro Bowl. The game also highlighted the considerable talents of Seahawks running back Marshawn Lynch.

In addition, the team traded its first- and seventh-round picks in the 2013 draft and a mid-round pick in 2014 to the Minnesota Vikings for outstanding receiver and kick returner Percy Harvin. The defensive line is expected to be enhanced with the signings of free agents Cliff Avril, Michael Bennett and Tony McDaniel. The Seahawks, which posted an 11–5 record, finished the season with the third-youngest team in the NFL. This year, says coach Carroll, they have just as much enthusiasm but much more experience. The team’s first regular-season home game will be in September. —Rosalyn DiLillo

SHOPPING

Whether you’re interested in designer products or locally crafted items, Seattle’s shopping destinations are perfect places for retail therapy. Below are a few examples.

Pacific Place, in the heart of downtown Seattle, boasts nearly 50 retailers, including Tiffany & Co., Barneys New York, Club Monaco, J.Crew, lululemon athletica, Trophy Cupcakes, and Sixth Avenue Wine Seller. Tenants such as Emilie Sloan, The Art of Shaving and Destination Maternity have recently joined Pacific Place. The 10 restaurants include Il Fornaio, which also offers cooking classes. In addition, Pacific Place has an 11-screen movie theater; pacificplaceseattle.com.

University Village, in the University District north of downtown Seattle, is an open-air shopping center featuring more than 100 retailers, many of them locally owned and others internationally known, such as Anthropologie and Tommy Bahama. New tenants include Athleta; Peek...; Seattle Team Shop; Ibex Outdoor Clothing; Tazo Tea; Room & Board (modern furniture); and Aritzia, from Vancouver, British Columbia, which sells innovative women’s fashions. The nine dining options include new additions Veggie Grill, Evolution Fresh and Elemental Wood Fired Pizza. This fall, University Village will add a dozen more restaurants and shops, along with 700 more parking spots; uvillage.com.

The 15 shops at **The Bravern**, in the city of Bellevue, about 15 miles east of Seattle, include the Northwest’s only Neiman Marcus. The Bravern is also home to a spa and top restaurants such as John Howie Steak; thebravern.com.

The Bellevue Collection, also in Bellevue, comprises 250 shops, ranging from ExOfficio to Nordstrom, to Façonnable, which recently joined The Collection. The Bellevue Collection also includes two luxury hotels; more than 25 sit-down restaurants, including the new Moksha Indian Cuisine; a 16-screen movie theater; a Lucky Strike Lanes bowling alley; and Parlor Billiards & Spirits and the Parlor Live Comedy Club; bellevuecollection.com. —M.D.



TIM THOMPSON

Intiman Theatre Festival

The Intiman Theatre Festival returns to Seattle Center this summer after an extremely successful inaugural festival in 2012. The Tony Award–winning regional Intiman Theatre, founded in 1972, is known for producing bold classics and new works. For this year’s festival, taking place June 22–September 15 and sponsored in part by Alaska Airlines, Intiman will perform four works in repertory (with one company of actors appearing in all the plays, which will be presented on a rotating basis).

The productions are *Trouble in Mind*, by Alice Childress; *Lysistrata*, based on the play by Aristophanes; *We Won’t Pay! We Won’t Pay!*, by Nobel Prize–winner Dario Fo; and a new musical, *Stu for Silverton*, developed by a creative team that included Intiman Artistic Director Andrew Russell. The productions explore contemporary issues in today’s society, and Intiman Theatre describes them as appropriate for ages 13 and up. Contact: 206-441-7178; intiman.org. —M.D.

Calendar

Teatro ZinZanni circus/comedy/cabaret dinner theater: Celebrating its 15th season in Seattle, the theater presents *Dinner at Wotan's*—an adventure featuring Nordic gods—through May 12. A new show, *Lucky in Love*, will run May 16–Sept. 8. 206-802-0015; dreams.zinzanni.org.

Nordic Heritage Museum, Ballard neighborhood: The exhibit “Scissors for a Brush,” featuring the art of paper cutting, with works by Danish-Norwegian artist Karen Bit Vejle, is on view through June 16. 206-789-5707; nordicmuseum.org.

Northwest Trek Wildlife Park, Eatonville: This 725-acre, 200-plus-animal park is open year-round, and its activities include tram tours. The park’s 30th-anniversary Slug Fest will be June 22–23. 360-832-6117; nwtrek.org.

Northwest Folklife Festival, Seattle Center, May 24–27: Enjoy music (including a special program spotlighting up-and-coming independent artists), dance, film, spoken word and lectures. 206-684-7300; nwfolklife.org.

Town Hall: Upcoming events include “Jaron Lanier: Digital Technology Can Save Our Economy (and Humanity),” May 30; Thalia Symphony Orchestra: Season Finale, June 8; “Joseph J. Ellis: The Revolutionary Summer of 1776,” July 10. 206-652-4255; townhallseattle.org.

Skagit Tours, from Seattle City Light: Enjoy a boat tour on spectacular Diablo Lake in North Cascades National Park, about three hours northeast of Seattle, Thursdays through Mondays, July 4–Sept. 9. Tours include lunch featuring organic and locally sourced ingredients at the North Cascades Environmental Learning Center on the lake-shore. Other Skagit Tours include North Cascades Explorer Tours and Historic Newhalem Walking Tours, all on select dates. 360-854-2589; skagittours.com.

Bite of Seattle, Seattle Center, July 19–21: A weekend filled with gourmet delights from Puget Sound-area restaurants. 425-295-3262; biteofseattle.com.

Pacific Northwest Scottish Highland Games and Clan Gathering, Enumclaw, July 27–28: Celtic arts, music, sword fights and

more. 206-522-2541; sshga.org.

Bumbershoot: Seattle’s Music & Arts Festival, Seattle Center, Aug. 31–Sept. 2: Billed as North America’s largest urban arts festival, with music, theater, dance, visual arts, film and comedy. 206-673-5060; bumbershoot.org.

Puyallup Fair, Sept. 6–22: Rides, food vendors, livestock exhibits, concerts and a professional rodeo. 253-841-5045; thefair.com.

Seattle Children’s Theatre: The 2013–2014 season will feature six productions, including *Pippi Longstocking: The Family Musical*, Sept. 26–Nov. 3; *James and the Giant Peach*, Nov. 21–Dec. 29; and *Pinocchio*, Feb. 6–March 9. 206-441-3322; sct.org.

General Theater: ACT, *Grey Gardens*, through June 2 (acttheatre.org). Book-It Repertory Theatre, *The Financial Lives of the Poets*, June 7–30 (book-it.org). The 5th Avenue Theatre, *The Pirates of Penzance*, July 11–Aug. 4 (5thavenue.org). Paramount Theatre, *Fela!*, May 28–June 2 (stgprepresents.org). Seattle Gilbert & Sullivan Society, *The Gondoliers*, July 12–27 (pattersong.org). Seattle Repertory Theatre, 50th-anniversary season includes *Boeing Boeing*, through May 19 (seattlerep.org). Seattle Shakespeare Company, *Much Ado About Nothing*, Oct. 23–Nov. 17 (seattleshakespeare.org). Taproot Theatre Company, *Bach at Leipzig*, May 17–June 15 (taproottheatre.org). Village Theatre, *Chicago*, May 9–June 29 (villagetheatre.org).

Additional Performing Arts: Kirkland Performance Center, the music of vocalist Carmen Souza, June 21 (kpcenter.org). Pacific Northwest Ballet, “Director’s Choice,” May 31–June 9 (pnb.org). Seattle Opera, 50th-anniversary season, starting with Wagner’s *Ring* cycle, Aug. 4–25 (seattleopera.org). Seattle Symphony, “Morlot Conducts Ravel,” Sept. 19 and 21 (seattlesymphony.org). Theatre at Meydenbauer Center, Bellevue Jazz Festival, May 30–June 1 (meydenbauer.com).

For more information on Seattle-area recreation ranging from the arts to outdoor activities such as golfing the Chambers Bay course (site of the 2015 U.S. Open) and hiking in Mount Rainier National Park, please go to visitseattle.org.

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