

# Seattle Guide

The University of Washington Neonatal-Perinatal Fellowship provides a comprehensive package of outstanding clinical training at two NICUs with diverse populations of patients, cutting edge research opportunities, a friendly, supportive environment, and a wonderful place to live.



Seattle is well-known for its placement amidst the splendid vistas of the Pacific Northwest. Situated on Puget Sound, the city lies between the Olympic Mountains and the Cascades. When "the mountain is out," as the locals refer to the magnificent views of Mt. Rainier, it is sure to be a beautiful day. And rain? Seattle actually has less rainfall per year than New York City, Houston, Boston or Philadelphia.

## Get Outside

You don't have to go far to enjoy life outdoors in the city. Grab a latté and walk the dog around Green Lake. Take respite from urban spaces or your busy fellow life by spending quiet time in the acres of ornamental gardens and open spaces of the Washington Park Arboretum, with its unique collections of plants and landscape features. Whether you run, bike, blade or drive to get there, cooking out with friends on the beach while watching the sun set behind the snow-capped Olympics is truly breathtaking. Kayak around Lake Union and stop for a picnic lunch at Gas Works Park.

Even your commute can be fun. Many residents, faculty, and hospital staff choose to walk, run, or bike to Children's or UWMC via the Burke-Gilman Trail – a 14-mile paved, mixed use trail, free of auto traffic, that runs right by both hospitals.



A diversity of natural environments and outdoor activities are close by. Board a ferry and head to the San Juan Island Islands. Head three hours north to beautiful Vancouver, British Columbia, or three hours south to Portland, Oregon, by car or train. The Olympic Peninsula to the west features ocean beaches, jagged mountains and a rain forest. East of the Cascade Mountains, the topography of Washington changes dramatically and becomes desert with vast open spaces to explore.

If carving turns in the powder is your thing, Washington is an outstanding place to be a skier or snowboarder. Slopes are less than an hour away at [Snoqualmie Pass](#) and close by at [Stevens Pass](#) or Whistler/Blackcomb in British Columbia. Amazing day hikes exist all over Western Washington. Go camp and backpack around Rainier—or better yet, climb it!

# Seattle Guide

## Feed Your Soul

Music, art, and theater are strongly supported are in Seattle.

Seattle's music scene is, in a word, happening. There are more than 80 music clubs for all ages and tastes. There are also outdoor concert events, such as the annual [Bumbershoot](#) music festival, [Woodland Park Zoo Tunes](#) and the [Marymoor Park](#) concert series. Music lovers can also take advantage of the [Seattle Symphony](#), housed at Benaroya Hall, or the [Seattle Opera](#). From the [Seattle Fringe Festival](#) to the [Seattle Repertory Theater](#), there is something for every theater lover.

The UW is home to the [Henry Art Gallery](#) and [Burke Museum](#). Seattle has five art museums, including the [Seattle Art Museum](#), and 190 galleries. Art lovers of all types gather on the second Saturday of each month to stroll along the [Ballard Art Walk](#), enjoying music and tasty treats while visiting the neighborhood's shops, watering holes, and galleries. [Pioneer Square](#) galleries have a "First Thursday" Art walk, where Seattle's urban center meets the world of fine art. Explore, as well, the [Wing Luke Museum](#), the [Museum of History and Industry](#), the [Pacific Science Center](#) or the [Experience Music Project](#).

## Eat Your Heart Out



Seattle is a foodie's delight. From neighborhood haunts to acclaimed celebrity chefs, dining is an experience in sheer culinary artistry and one that is distinctly our own.

With the abundance of fresh local seasonal ingredients like halibut, salmon, Dungeness crab, Penn Cove mussels, Walla Walla sweet onions, mushrooms, apples, peaches, berries, and asparagus, it may be hard to decide whether to eat out or spend the day at Pike Place Market or one of the many weekly neighborhood farmers' markets procuring goodies for a feast at home.

Did you know that the climate in Seattle is similar to that of some of the finest wine making regions in France? More than 50 wineries are based in the Puget Sound appellation and more than twice that in the surrounding Oregon and Cascade regions. While Seattle certainly lives up to the "coffee house on every corner" reputation, it is also home to the Red Hook and Pyramid breweries and more than 20 brew pubs.

## Where to Live?

Seattle offers a multitude of neighborhood communities, each with its own personality.

The Central District was once a hotbed of the civil rights movement; today it has become a diverse residential neighborhood including family-owned businesses and historic houses designated as city landmarks.

# Seattle Guide

Capitol Hill is a thriving urban center considered to be the center of Seattle's gay community. Belltown is where downtown urban high-rise living meets upscale trendy nightclubs and restaurants – all with magnificent Puget Sound views.

Home to amazing restaurants and shopping, the International District is perhaps the only area in the United States where Chinese, Japanese, Filipinos, African Americans, Vietnamese, Koreans and Cambodians settled together to build a single neighborhood.

Ballard has a Scandinavian flair and some of the best seafood and live music around. Fremont, a popular neighborhood for residents, features an eclectic mix of shops, ethnic restaurants, and artist studios. Queen Anne rises above the Space Needle on a hill with Victorian houses and a truly stunning view.

## Learn More about Seattle

Visit these websites to learn more about everything the city of Seattle has to offer.



### City

- ❖ [City of Seattle Government](#)
- ❖ [Seattle Visitors Center](#)

### Events

- ❖ [ArtsUW](#)
- ❖ [Seattle Center](#)
- ❖ [Seattle Weekly Calendar](#)

### Sports

- ❖ [Seattle Mariners](#) (MLB)
- ❖ [Seattle Seahawks](#) (NFL)
- ❖ [Seattle Thunderbirds](#) (NHL)
- ❖ [Seattle Storm](#) (Women's Professional Basketball)

### Transportation

- ❖ [Seattle-Tacoma International Airport](#)
- ❖ [Public transportation](#)
- ❖ [Ferries](#)