

Suggested Seattle **Activities** for Biochemical Engineering XVII participants
(Program and more details at www.engconfintl.org/11am.html)

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To: Participants-Biochemical Engineering XVII

From: Barbara Hickernell, CAE, ECI Director

We are looking forward to your participation at the Biochemical Engineering conference in Seattle. There is little free time during the conference, but we want to give you some local information so that you can make the best use of your time outside the technical and poster sessions.

On Monday (June 27) evening the technical session ends for the day at 7 pm. Dinner is on your own. (Sunset is 9:09 pm.)

On Tuesday (June 28) the free time is between 12:30 and 5 pm. Lunch is on your own.

Seattle Convention and Visitors Bureau (CVB) website: www.visitseattle.org

Map of downtown Seattle: [www.visitseattle.org/Images/Maps/MapDowntown-\(2\).pdf](http://www.visitseattle.org/Images/Maps/MapDowntown-(2).pdf)

Map of the downtown Seattle Ride Free Zone: http://metro.kingcounty.gov/tops/bus/area_maps/m_seattle-rfa.html

With the above information in hand, you can start planning your free time activities. The following are just a few suggestions. Check out the Seattle CVB website, print the maps, and be prepared to enjoy the Emerald City!

Locks Tour: If you would like to experience Seattle by water, we recommend that on Tuesday you take the Argosy Cruises 2-1/2 hour Locks Tour. **The cruise leaves from Pier 55 on the Seattle waterfront at 1:00 pm sharp..** The cruise connects the salt water of Puget Sound and the fresh water of Lake Union via the Hiram Chittenden Locks. There is a live narration of Seattle's history and one views both the waterfront and the city's skyline, the Cascade Mountains, the Olympic Mountains, the "Sleepless in Seattle" houseboat community. Snacks and beverages are available for purchase on board. The upper deck of the Goodtime III is partially enclosed while the main deck is full enclosed. The boat offers a full-service bar on the main deck. The cost of the cruise is \$40.75 and you may make your reservation on-line: <https://reservations.argosycruises.com/scripts/webret.dll?group=ALT> (If you are a AAA member, have your membership number available for a discount.)

Pike Place Market: Open year-round, Pike Place Market is one of Seattle's most iconic attractions. Aisles of gleaming fruits and vegetables, tables overflowing with fresh floral bouquets, and booth after booth selling all manner of locally made jewelry, clothing and gifts. Pike Place's nine acres have been a staple in Seattle for more than a century. It's been called "the soul of Seattle," and for good reason. When it opened in 1907, eight farmers sold their wares to more than 10,000 people who came out on a crazy first day. It hasn't slowed since. The market is now home to more than 200 businesses, 190 crafts people and about 100 farmers. Now more than 10 million visitors come to it annually. The Market is a great place to enjoy many fantastic eateries serving prepared dishes. It's the kind of place that caters to any hunger pang.

The original [Starbucks](#) is located right on the cobblestone Pike Place. For the quintessential Pike Place, check out the guys at [Pike Place Fish](#). Throughout the day, they lob massive fish over the counter to the joy of spectators. The market gets its reputation from fresh food and produce, but the flower selection is one of the finest anywhere.

Post Alley, a unique enclave of shops, restaurants and a wall plastered in gum. The gum wall, as it's called, has more bubble gum than a collection from the underside of desks from a few dozen elementary schools. Also stop by [The Tasting Room](#), a cooperative of seven Washington state wineries.

Rachel the Pig, a bronzed piggy bank that weighs more than 550 pounds, is the unofficial mascot of the market. Located just underneath the "Public Market Center" sign, this piggy bank serves as a perfect picture spot and a place to let loose with some change. Rachel helps collect more than \$6,000 annual to help the Market Foundation, a nonprofit that helps fund market social services.

Olympic Sculpture Park (2901 Western Avenue; www.seattleartmuseum.org): The Park is free and open daily from 30 minutes prior to sunrise and closes 30 minutes after sunset. The Olympic Sculpture Park has transformed a nine-acre industrial site into open and vibrant green space for art. You will have the opportunity to experience a variety of sculpture in an outdoor setting, while enjoying the incredible views and beauty of the Olympic Mountains and Puget Sound. Masterpieces in steel, granite, fiberglass and bronze by nationally renowned artists have wed beautifully with maturing native trees, shrubs, ferns and wildflowers. Wander the zigzagging paths and ramps past the massive weathered steel hulls of Richard Serra's "Wake" and Alexander Calder's soaring painted steel "Eagle" until you reach the harborside promenade.

Underground Tour: Bill Speidel's Underground Tour is a leisurely, guided walking tour which takes you through the tunnels and sidewalks hidden beneath the streets of Pioneer Square. It is a fascinating and unusual 90 minute introduction to historic Seattle. The subterranean passages were once the main roadways and first-floor storefronts of old downtown Seattle prior to the Great Fire of 1889. The tour costs \$16 and begins inside Doc Maynard's Public House, 1 restored 1890s saloon at 608 First Avenue, between Cherry Street and Yesler Way. No reservations are accepted.

Seattle Center and the Space Needle: A visit to Seattle just isn't complete without a trip to the Space Needle. Journey skyward for amazing views, fine dining and an experience you'll never forget. At a height of 605', the Space Needle boasts fabulous 360 degree views that include Mt. Rainier, Puget Sound, the Olympic and Cascade Mountains, the beautiful city of Seattle and beyond. The Space Needle is located next to the Pacific Science Center and the Experience Music Project. Take the Seattle Center Monorail to the Space Needle from Westlake Center in Downtown Seattle. The Seattle Center boasts four museums, 11 theaters, five gardens, six fountains, more than a dozen restaurants, a skate park and an events arena. It is Seattle's entertainment hub, with plenty of fun for arts and culture lovers of all stripes.

Experience Music Project and Science Fiction Museum and Hall of Fame (EMP|SFM): The Frank Gehry-designed museum building is located on the campus of the Seattle Center, adjacent to the Space Needle and the Seattle Center Monorail, which runs through the building. It is a 140,000 square foot museum dedicated to the history and exploration of both popular music and science fiction. It is an exciting blend of exhibits, technology, media, and hands-on activities that combines the interpretive aspects of a traditional museum, educational role of a school, state-of-the-art research facilities of a specialized library, and audience-drawing qualities of performance venues and popular attractions.

It places a special emphasis on music-related traditions in the Pacific Northwest, and specifically commemorates Jimi Hendrix, one of America's most creative, innovative, and influential musical artists. Exhibits and public programs are envisioned as a three-dimensional floating puzzle formed by six elements, with each piece being critical to the shape and the nature of the whole.

Seattle Central Library: It isn't often that the library is considered one of the coolest places in town, but Seattle's Central Library is such an architectural wonder that it is one of the city's highlights. It's worth checking out Dutch architect Rem Koolhaas's cantilevered glass and meshlike temple to the written word. The stunning glass-and-steel exterior resembles a cubic wave breaking over Fourth Avenue, but the interior with its sharp colors and angles doesn't exactly make you want to curl up with old media. If you haven't brought your laptop, the library has hundreds of computer terminals.

Seattle Art Museum (SAM): Although the SAM Downtown (1300 First Avenue, www.seattleartmuseum.org) is closed on Monday and Tuesday, you may want to visit on Sunday (10:00 am – 5:00 pm). Currently the exhibits currently on view include an exhibition featuring highlights from the City of Seattle's art collection; "Freeing the Figure," Jacob Lawrence's free and non-anatomical approach to the human figure; a photographic exhibit ("Save the Indian and Kill the Man"); and an exhibition that focuses on ceremonies and art works pertaining to the wolf, which is central to the cultural beliefs of the Quileute Native Peoples of coastal Washington.

Seattle's Metro Transit is free in downtown Seattle from 6:00 am to 7:00 pm daily.

This is just a short list of suggestions that are nearby the Conference Center. Many additional suggestions (Aquarium and Pioneer Square, for instance) have been omitted for fear of overwhelming you with suggestions. Check out the Visitors Guide if you need more ideas.