

SEATTLE WALKING TOURS

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Photo Credit seattle skyscrapers image by Yevgeniy Zateychuk from Fotolia.com

Seattle is best explored on foot. Walking Seattle allows you to experience the urban city and historic neighborhoods while viewing the natural backdrop of the Puget Sound and the Olympic Mountains. On a clear day, you even may have the opportunity to view Mount Rainier. You have the option of taking a self-guided or guided tour. [Walking tours](#) operate year-round, and you can choose one tailored to your interests, whether that is coffee tasting or seeing the historic downtown. Bring proper footwear for an active and heart-healthy exploration.

SELF-GUIDED TOUR

Starting at Pike Place Market, you should head south on First Avenue, view the downtown skyscrapers and experience historic [Pioneer Square](#). To explore the Queen Anne neighborhood, head north on First from the market. Take a left on Clay Street and head north on Western Avenue to explore the Olympic Sculpture Park. The public art pieces overlook Elliot Bay Park and the Olympic Mountains. City maps are available at Pike Place Market.

DOWNTOWN WALKING TOURS

Seattle [Walking](#) Tours operates the Downtown Walking Tour for locals and travelers. Led by local Seattleites, this organization provides tours on a reservation-only basis. Starting at West Lake Plaza, this tour walks through the heart of downtown Seattle. Its leaders will educate you on the history of the turn-of-the-century buildings, public art and local landmarks. Passing through green spaces and scenic courtyards, this tour concludes at the Pike Place Market. Tour leaders can design the walking tour to the interests of the group.

COFFEE CRAWL TOUR

Latte lovers have the opportunity to taste the bold and rich flavor of Seattle coffee through the Seattle's Original Coffee Crawl. Seattle by Foot operates this tour Thursday through Monday year-round, as of August 2010. Seattle's Original Coffee Crawl is named a "Must Do" by "Seattle Magazine," according to the tour company's website. In addition to drinking coffee, you can learn coffee facts, history and culture. While walking to several Seattle cafes, you also will learn about the local architecture and history. Coffee tasting is allowed for people age 13 and up.

STUDENT WALKING TOURS

See Seattle operates the Student [Walking Tour](#) for children and adolescents. Program leaders or school teachers can book a custom walking tour based on the group's interest and age. Highlights include the Seattle Central Library, Westlake Park, Convention Center, Waterfront Park and the Bell Street Pier. All walking tours require a chaperone. Groups may

provide a foreign language translator if needed. The walking tour is done at a moderate to vigorous pace.

SEATTLE FOOD TOURS

Experience food and history on the Guided Food and Walking Tours of Seattle's Historic Pike Place Market. Operated by Seattle Bites Food Tours, you can burn and eat calories with international, ethnic and local cuisines. This two-and-one-half-hour tour is led by local culinary enthusiasts who share knowledge of the taste-testing foods. Experience French fruit and Nutella crepes, South Indian chicken tikka marsala and "America's Best Clam Chowder." Come with an appetite to sample 12 different foods from around the world.

Read more: <http://www.livestrong.com/article/211993-seattle-walking-tours/#ixzz2A8qgkFP>