

SITES AND MUSEUMS

National Air and Space Museum – You can be one of 9 million people expected to visit one of the most popular museums in the world. Twenty-three galleries tell the story of aviation from the earliest human attempts at flight to our jet propelled present. Some of the museums' historic aircraft include: the *Wright 1903 Flyer*, Charles Lindbergh's *Spirit of St. Louis*, and the X-1 rocket plane in which Chuck Yeager broke the sound barrier.

Independence Ave. and 6th St. SW, The Mall

www.nasm.si.edu

National Museum of American History – “Repeat after me...there's no place like home”, and then click your heels together and head for this storehouse of America's cultural, political, technical, and scientific past. Nicknamed “the nation's attic”, you'll find Muhammad Ali's boxing gloves, Judy Garland's ruby slippers from *The Wizard of Oz*, and Fonzie's leather jacket from *Happy Days*.

Constitution Ave. and 14th St. NW, The Mall

www.americanhistory.si.edu

National Museum of the American Indian – The newest Smithsonian, opened in 2004, covers over 10,000 years of history of the native groups living in the Western Hemisphere. Hand-hewn crafts and works of art from the America's are included in the exhibits. *1,000 Roads*, a film about the lives of contemporary Native Americans, is shown hourly in the museum's Lelawi Theater.

Constitution Ave. and 10th St. NW, The Mall

www.mnh.si.edu

National Museum of Natural History – Bones, fossils and other natural delights – 124 million specimens – were never so interesting. The first floor rotunda is dominated by a stuffed, 8-ton, 13-foot-tall African bull elephant, one of the largest ever found. Don't miss the gems and minerals on the second floor; the highlight is a pair of Marie Antoinette's earrings.

Constitution Ave. and 10th St. NW, The Mall

www.mnh.si.edu

International Spy Museum – Your mission – should you choose to accept it – is to gather as much information as possible about what makes a good spy and how they're trained. Former officials of the CIA, FBI, and KGB are among the advisors for this intriguing museum. Secrets are revealed in the Secret History of History exhibit and Spies Among Us. Same day tickets are available for specific tour times.

800 F St. NW, East End

www.spymuseum.org

United States Holocaust Memorial Museum – Man's inhumanity to man is documented in this solemn tribute to the millions of Jews, Gypsies, Jehovah's Witnesses, homosexuals, political prisoners, the mentally ill, and others killed by the Nazis between 1933 and 1945. Timed- entry passes are distributed on a first-come, first-served basis at the 14th Street entrance starting at 10 a.m. or available in advance through tickets.com.

100 Raoul Wallenberg Pl. SW

www.ushmm.org

ART MUSEUMS

Freer Gallery of Art – Home to one the finest collections of Asian art, the Freer Gallery includes more than 27,000 works of art from the Far and Near East. Asian porcelains, Japanese screens, Chinese paintings and bronzes, Korean stoneware, Islamic manuscripts, and other items date from Neolithic times to the 20th century.

12th St. and Jefferson Dr. SW, The Mall

202-633-1000

www.asia.si.edu

Hirshhorn Museum and Sculpture Garden – Come see a 32-foot-tall sculpture of a cartoon brushstroke by pop-art iconographer Roy Lichtenstein at the nation's museum of modern and contemporary art. The uniquely designed Hirshhorn (dubbed the “Doughnut on the Mall”) is home to more than 12,000 top-notch works by masters ranging from Pablo Picasso to Piet Mondrian, Willem de Kooning, and Andy Warhol. Sculptural masterpieces by Henry Moore, Alberto Giacometti and Alexander Calder are displayed throughout the building and grounds.

Independence Ave. and 7th St. SW, The Mall

202-633-1000

www.hirshhorn.si.edu

National Gallery of Art, East and West Buildings – This is your “art fix extraordinaire”. The two buildings house one of the world’s foremost collections of paintings, sculpture, and graphics from the 13th to the 20th centuries. Some rare finds include the *Ginevra de’Benci*, the only painting by Leonardo da Vinci on display in the Western Hemisphere and Sandro Botticelli’s *Adoration of the Magi*.

Constitution Ave. between 3rd and 4th Sts. NW, The Mall

202-737-4215

www.nga.gov

National Museum of African Art – This unique underground building houses galleries, a library, photographic archives, and educational facilities. Long term installations explore the sculpture of sub-Saharan Africa, the art of Benin, the pottery of Central Africa, the archaeology of the ancient Nubian city of Kerma, and the artistry of everyday objects. Storytelling and hands-on workshops and programs bring Africa’s rich oral traditions to present day visitors.

950 Independence Ave. SW, The Mall

202-633-1000

www.nmafa.si.edu

PERFORMING ARTS AND NIGHTLIFE

Washington National Opera – Under the directorship of famous opera great, Placido Domingo, the Washington National Opera troupe performs in the spring and fall at the Kennedy Center Opera House.

202-295-2400

Arena Stage – This troupe was the first to win a regional Tony Award. Performances are both old and new material.

1101 6th St. SW, Waterfront

202-488-3300

www.arenastage.org

Shakespeare Theatre – Known as one of the world’s three great Shakespearean companies, this acclaimed troupe crafts fantastically staged and acted performances.

450 7th St. NW, Downtown

202-547-1122

www.shakespearedc.org

Woolly Mammoth – Unusual, avant-garde shows with impressive staging and acting have earned the Woolly Mammoth troupe rave reviews and favorable comparisons to Chicago’s famed Steppenwolf company.

641 D St. NW, Downtown

202-393-3939

www.woollymammoth.net

John F. Kennedy Center for the Performing Arts – Opened in 1971, the Kennedy Center instantly established the capital as a locale for the performing arts on an international scale. Concerts, ballets, opera, musicals, and drama are presented in the center’s six theaters, and movies are screened periodically in the American Film Institute’s theater. Two restaurants on the Roof Terrace Level range from casual fare to more formal dining.

New Hampshire Ave. and Rock Creek Pkwy. NW, Foggy Bottom

202-467-4600

www.kennedy-center.org

SHOPPING

Unique treasures can be found in unexpected places in every little neighborhood in the DC area. Listed here are a few of the most unusual finds:

Numark Gallery – Established and cutting edge art works

625 E St. NW, Chinatown

202-628-3810

www.numarkgallery.com

Apartment Zero – Swank housewares and the latest international furnishings
406 7th St. NW, Downtown
202-628-4067

Coup de Foudre – Meaning "love at first sight" – upscale lingerie from France
1001 Pennsylvania Ave. NW, Downtown
202-393-0878

Urban Chic – Top designer suits, jeans, cocktail dresses and accessories
1626 Wisconsin Ave. NW, Georgetown
202-338-5398
www.urbanchic-dc.com

SPORTING EVENTS

Washington, DC proudly boasts having "a team for all seasons". Here are the selections and contact information for advance ticket purchase:

Washington Nationals – Major League Baseball has returned to DC
2400 E. Capitol St. SE, Washington, DC
202-675-6287
www.washington.nationals.mlb.com

Washington Mystics – WNBA
6th and F Sts., Downtown
202-432-7328
www.wnba.com/mystics

Washington Wizards – NBA
6th and F Sts., Downtown
202-432-7328
www.nba.com/wizards

Washington Redskins – NFL
Fed Ex Field Stadium
301-276-6000
www.redskins.com

Washington Capitals – NHL
6th and F Sts., Downtown
202-432-7328
www.washingtoncaps.com

D.C. United – Soccer
Robert F. Kennedy Stadium
2400 E. Capitol St. SE, Capitol Hill
202-547-3134
www.dcunited.com

CULTURAL AND HISTORICAL SITES

White House – Based on the Georgian design of Leinster Hall in Dublin, Irishman James Hoban's plan for the Executive Mansion was selected in a 1792 contest. The building has undergone many structural changes since then. Due to heightened security, you'll need to make arrangements to tour the White House at least three months in advance through the office of your member of Congress.
1600 Pennsylvania Ave. NW, Downtown
www.whitehouse.gov

J. Edgar Hoover Federal Bureau of Investigation Building – A brief film outlines the bureau's work, and exhibits include everything from John Dillinger's death mask to a poster display of the most current 10 Most Wanted criminals. (Take a good look; two criminals were apprehended as a result of a tip from tour takers!)
10th St. and Pennsylvania Ave. NW, East End
www.fbi.gov

Arlington National Cemetery – Long known as the final resting place of more than 250,000 American war dead, as well as many notable Americans. Arlington National Cemetery sprawls over 612 acres. Divided into sections, the staff can consult microfilm records and give you directions to a specific grave.
West end of Memorial Bridge, Arlington, VA
www.arlingtoncemetery.org

Tomb of the Unknowns – One of the most moving sights at the Tomb is the changing of the special military guard every hour (every half hour from April through September). Soldiers from the Army's US Third Infantry keep watch over the tomb 24 hours a day, regardless of weather conditions. Each sentinel marches exactly 21 steps, then faces the tomb for 21 seconds, symbolizing a 21-gun salute, America's highest military honor.
West end of Memorial Bridge
www.arlingtoncemetery.org

Mount Vernon – The sprawling plantation and the surrounding lands had been in the Washington family nearly 90 years by the time our nation's first president inherited it all in 1761. Well worth the short 16 mile trip from Washington, DC, you can stroll the estate's 500 acres and three gardens, visit the workshops, the kitchen, and appreciate the breath-taking riverside porch that sits under a 90-foot portico.
Southern end of George Washington Pkwy., Mt. Vernon, VA
www.mtvernon.org

Gunston Hall – Just down the Potomac from Mt. Vernon is the home of gentleman farmer, George Mason. Mason was a colonel of the Fairfax militia and author of the Virginia Declaration of Rights, the model for the U.S. Bill of Rights, which called for freedom of the press, tolerance of religion, and other fundamental democratic principles.
10709 Gunston Rd., Mason Neck, VA
www.gunstonhall.org

YOGA AND PILATES

Many of the local studios allow visitors to drop-in to classes:

Ashtanga Yoga
4435 Wisconsin Ave., Georgetown
202-342-6029
www.ashtangayogadc.com

Boundless Yoga
1510 U St., U Street Corridor
202-234-9642
www.boundlessyoga.com

DCYoga
1635 Connecticut Ave., Dupont Circle
202-232-2926
www.dcyoga.com

Tranquil Space Yoga
2024 P St., Dupont Circle
202-223-9642
www.tranquilspace.com

CYCLING AND JOGGING PATHS

Something of a cyclist's paradise - the many scenic trails in the District and its surrounding areas are well maintained and clearly marked. Listed here are some of your choices:

- C & O Canal Towpath – www.nps.gov/choh
- Capital Crescent Trail – 202-234-4874
- East Potomac Park – 202-485-9874
- Mount Vernon Trail
- Rock Creek Park
- Washington Area Bicyclist Association -- 202-628-2500/ www.waba.org