







Visitor's Guide



Planning Your Visit



American Academy of Actuaries

Objective. Independent. Effective. $^{\text{\tiny TM}}$



Planning Your Visit

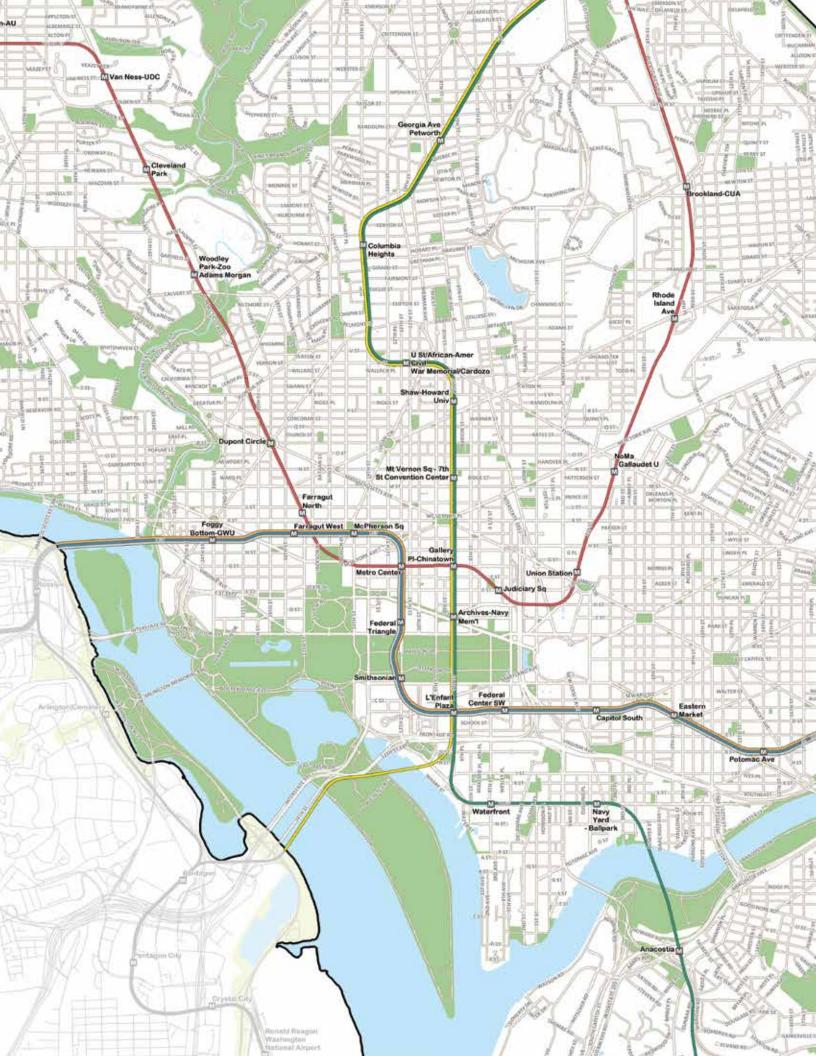
Dear Friend,

On behalf of the American Academy of Actuaries, I extend a warm welcome to you to our nation's capital. Washington, D.C., is a city designed to encourage visitors to stroll, wander, and enjoy the city's many sights and sounds. This brochure is intended to help you spend whatever free time you may have to enjoy the city during your stay.

The city is of course best known as the seat of the U.S. national government. Indeed, in 1791 Major Pierre L'Enfant specifically laid out for President Washington an urban design supporting the vision of a federal district. From its beginning, the District of Columbia has been defined with a special nature and stature that is reflected in accessible monuments, federal buildings, and fascinating national and private museums—highlights of many are noted in the following pages. But it offers even more, including delightful natural beauty and scenes and the cosmopolitan delights that serve the millions of people who live in the region. Whether you're looking to learn more about the intriguing backstories of this city's and our nation's history, or to simply enjoy the taste of our varied award-winning culinary scene, this guide will provide you with good places to start your wanderings. The highlights were compiled from suggestions of the Academy staff, who know the city well.

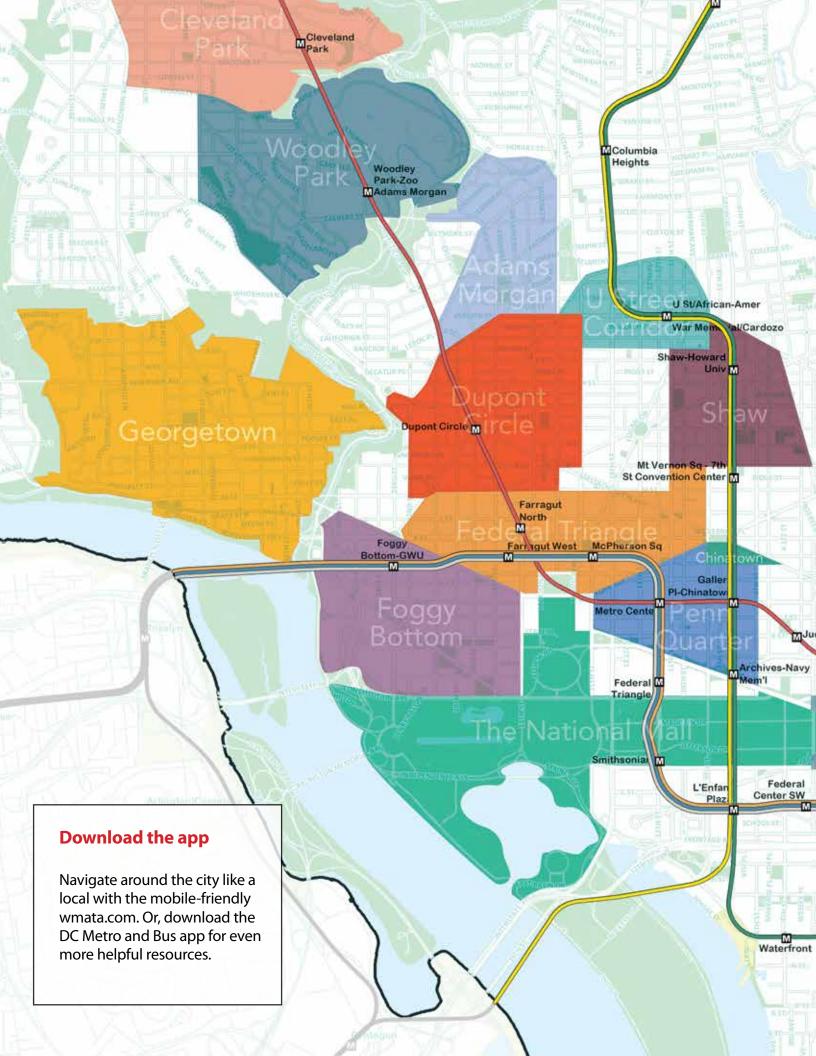
I hope this brochure helps you to enjoy and appreciate the city during your visit.

Shawna Ackerman President, American Academy of Actuaries



Contents

Neighborhoods		
	Federal Triangle	4
	Chinatown/Penn Quarter	6
	Dupont Circle	3
	Foggy Bottom/Georgetown	10
	Capitol Hill	14
	Adams Morgan/Woodley Park	16
	Cleveland Park	18
	Shaw/14th Street/U Street	20
	The Navy Yard	23
	Wharf	23
	NoMa	24
	Brookland	25
	Alexandria	26
The National Mall		
	Smithsonian Museums	28
	Non-Smithsonian Museums	30
	Monuments	31
Performances		33
Washingtonian Magazine Top 20 Restaurants		33
Getting Around		
	Local Tour Companies	34
	MetroRail Map	35











Washington, D.C.,

was created to serve as the national capital. President George Washington chose the site and dimensions, a square whose sides were 10 miles (16 km) in length and whose corners were directly north, east, south, and west of its center. The land was ceded to the new city by Maryland and Virginia, but the Virginia section was returned in 1847, so what remains of the modern District was all once part of the state of Maryland.

As a planned city, Washington was designed in the Baroque style and incorporates avenues radiating out from rectangles, providing room for open space and landscaping. The design also included a garden-lined "grand avenue" approximately 1 mile (1.6 km) in length and 400 feet (120 m) wide in the area that is now the National Mall.

Washington, D.C., is divided into four quadrants: Northwest (NW), Northeast (NE), Southeast (SE), and Southwest (SW), with the Capitol (parliament) at the center. These letters indicate which quadrant the address you are looking for is in and are important for cab drivers and walkers alike. What might appear to be right around the corner in NW, might in fact be several miles away in SE.

Streets follow a distinctive layout and addressing scheme. The vertical streets are numbered and the horizontal ones are lettered and then ascend in alphabetical two-, three-, and four-syllable series. In the Upper Northwest, a fifth series is named after a botanical series (also alphabetical). The diagonal avenues are generally named after states.



Federal Triangle

The American Academy of Actuaries' office is in the Federal Triangle neighborhood, which is often identified as the financial center of D.C. It is home to multiple museums, shops, restaurants, and parks where you can enjoy the sights, sounds, and tastes of D.C.

Closest Metro: Farragut North (Red Line), Farragut West (Blue/Orange/Silver Lines).

Federal Triangle Attractions:

Renwick Gallery

1661 Pennsylvania Ave. NW

The Renwick Gallery is a small offshoot of the Smithsonian American Art Museum located just steps from the White House. With a rotating cast of excellent exhibits, this museum is a great way to beat the heat and escape the crowds. Open daily 10 a.m.–5:30 p.m.

Federal Triangle Restaurants:

Breakfast: Sunrise Café

1102 17th St. NW

This small café is located right in back of the Mayflower and serves every manner of breakfast food.

City Place Café

1101 17th St. NW

Also in back of the Mayflower, this café is a family-owned localsonly spot.

Pret Coffee

1701 K St. NW

If you're sick of Starbucks, give Pret a try. Their coffee is delicious.

Jack's Fresh

1015 18th St. NW

Simple buffet-style food for a good price.



Lunch: Luke's Lobster

800 17th St. NW

The Farragut location is a short walk from the Mayflower Hotel.

Tea at the Willard InterContinental

WEEKENDS ONLY

1401 Pennsylvania Ave. NW Treat yourself to tea, finger sandwiches, and pastries at one of D.C.'s classic hotels.

DID YOU KNOW?

While the OED begs to differ, Americans have been told that the word "lobbying" originated at the Williard where it was supposedly used by President Ulysses S. Grant to describe the political advocates who frequented the hotel's lobby to access Grant—who was often there in the evenings to enjoy a cigar and brandy—and would then try to buy the president drinks in an attempt to influence his political decisions.

Bub and Pop's

1815 M St. NW

As seen on TV's "Diners, Drive-Ins and Dives." Stop in for a mouthwatering sandwich. Local tip: Bring cash.

Well Dressed Burrito

1220 19th St. NW

Hidden in an alley next to Teddy and the Bully Bar, this authentic spot is a favorite among Academy staff.

Teddy and the Bully Bar

1200 19th St. NW

An upscale option, Teddy has delicious small plates for lunch.

Fuel Pizza and Wings

1606 K St. NW

Farragut Square food trucks Head to Farragut Square to browse options for seriously good food bought from a fleet of mobile restaurants.

Paul Patisserie

1000 Connecticut Ave. NW

Enjoy French sandwiches on baguettes or indulge in some pastries.

Dinner: Iron Gate

1734 N St. NW

This elegant Mediterranean restaurant often requires a reservation but is well worth the wait.

Tabard Inn

1739 N St. NW

A fresh, delicious meal hidden within the Inn that channels "The Canterbury Tales."

Bistrot du Coin

1738 Connecticut Ave. NW

Enjoy mussels by the bucket and a fine selection of Belgian ales at this casual, bustling spot.

Mari Vanna

1141 Connecticut Ave. NW Vodka cocktails and traditional Russian fare.

Kellari Taverna

1700 K St. NW

"Enter as strangers, leave as friends" is this local Greek restaurant's motto.

The Oval Room

800 Connecticut Ave. NWRefined dining close to the White House.

Equinox

818 Connecticut Ave. NW Enjoy locally sourced American fare at this upscale eatery.

Plume

1200 16th St NW

Located in the Jefferson Hotel, this elegant restaurant serves dishes inspired by Thomas Jefferson's Monticello estate.

I Ricchi

1220 19th St. NW

This longtime small Italian restaurant serves delicate pasta dishes and exclusively Italian wines.

Federal Triangle After Dinner Drinks: The Bombay Club

815 Connecticut Ave. NW Well-crafted cocktails.

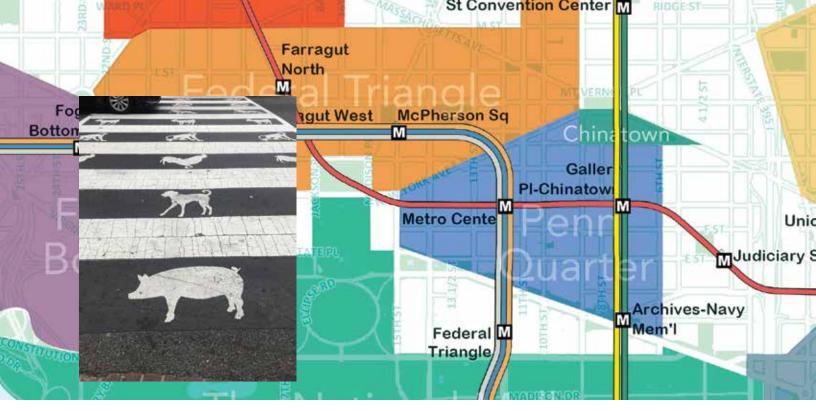
ACADEMY STAFF FAVORITE:

This is a favorite spot of Academy staff for a well-crafted cocktail in a cozy setting.

Le De Sales

1725 Desales St. NW

Contemporary French cooking in a refined setting, steps from The Mayflower.





Chinatown/ Penn Quarter

CHINATOWN is a (very small) historic neighborhood found in the heart of downtown D.C. and features dozens of ethnic Chinese and Asian restaurants and small businesses. Home to Capital One Arena—where three professional D.C. sports teams (the Capitals, the Wizards, and the Mystics) hold home games—this vibrant neighborhood welcomes visitors to eat, drink, and explore the many flavors of D.C. Don't miss the National Portrait Gallery, open until 7 p.m.

PENN QUARTER is the center of much action surrounding the Arena. The Penn Quarter neighborhood is sandwiched between Chinatown to the north and the National Mall to the south. Filled with one-of-a-kind restaurants and multiple museums, you're sure to pass through here during your travels.

Closest metro: Gallery Place/Chinatown (Red, Yellow, Green Lines)

Chinatown/Penn Quarter Attractions:

National Portrait Gallery

8th Street NW & F Street NW
Docent tours Monday-Friday at
12 p.m. and 2:30 p.m., Saturday
and Sunday 11:45 a.m., 1:30,
3:15, and 4:30 p.m. The National
Portrait Gallery is part of the
Smithsonian Institute and features
multiple exhibits, the most famous
being the Presidential Portrait
exhibit on the second floor. Open
daily from 11:30 a.m.to 7 p.m.,
free admission, docent tours
available.

Madame Tussauds

1001 F St. NW

Open Monday-Saturday from 10 a.m. to 6 p.m., Sunday open from 10 a.m. to 5 p.m. Similar to those in many world-class cities, you can come see some of the world's most famous people immortalized in wax. \$17.60 adult online ticket or \$22 adult walkup ticket.

Ford's Theatre Museum/ Historic Site

511 10th St. NW

9 a.m. to 4:30 p.m., admission to the museum, theatre, and Peterson House vary depending on date and time of day, buy online in advance. The site of President Abraham Lincoln's assassination, Ford's Theatre is both a memorial site to the dead president and a still-working theatre where shows are performed. Head across the street to Peterson House where the president died in the early hours of April 15, 1865.

Chinatown/Penn Quarter Shopping:

CityCenterDC is the premier downtown shopping center housing fashion powerhouses like Burberry and Hermes alongside some of the chicest new restaurants in D.C.

Chinatown/Penn Ouarter Restaurants:

Centrolina

974 Palmer Alley NWSleek Italian with homemade pastas.

Metier

1015 7th St. NW Chef Eric Ziebold's take on a modern American tasting menu.

Momofuku CCDC

1090 I St. NW

Hip celebrity chef-run restaurant with unique menu.

The Columbia Room

124 Blagden Alley NWVoted Best Bar in the city for several years running.

Punjab Grill

427 11th St. NWJust-opened upscale Indian cuisine.

Jaleo by Jose Andres

480 7th St. NW

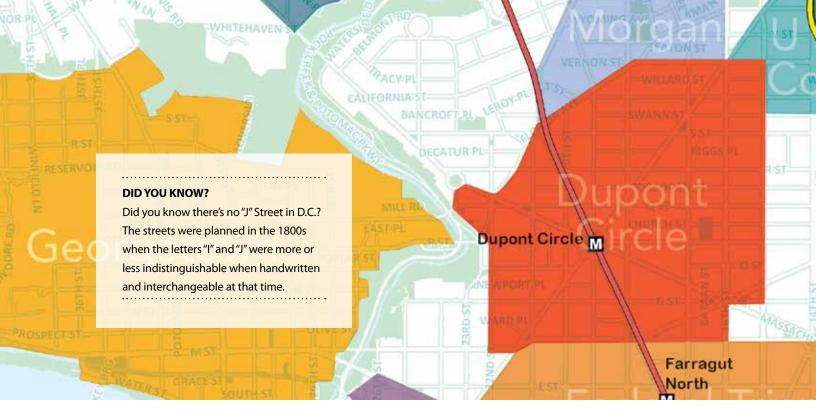
Affordable Spanish fare from an iconic American chef.

Central Michel Richard

1001 Pennsylvania Ave. NW

Local tip: Try the cheese puffs and fried chicken.





Dupont Circle

Centered around the circle from which it gets its name, the Dupont Circle neighborhood is one of the main arteries that runs through D.C. Home to many businesses, restaurants, and bars, this neighborhood is extremely walkable and close to the Mayflower.

Closest Metro: Dupont Circle (Red Line).

Dupont Circle Attractions:

The Mansion on O Street

2020 O St NW

Secret Door Tour runs 11 a.m.-3 p.m. daily, \$25 reserve online (add \$5 for door admission)— Hundreds of rooms are connected by secret passageways and stuffed full of fascinating memorabilia.

Heurich House Museum (The Brewmaster's Castle)

1307 New Hampshire Ave NW

Hourlong guided tours on Thursdays, Fridays, and Saturdays at 11:30 a.m., 1 p.m., and 2:30 p.m. Reservations are suggested, \$10 donation suggested. The home of Washington's first brewer, many of the original furnishings are intact and transport visitors into Gilded Age Washington.

The Phillips Collection

1600 21st St. NW

Tuesday through Saturday open 10 a.m.-5 p.m., Sunday noon-6:30 p.m., closed Mondays; admission is free Tuesday-Friday, \$10 Saturday and Sunday—A must-see at the Phillips Collection is Pierre-Auguste Renoir's "Luncheon of the Boating Party."

A EXPLORATION SOLUTION SOLUTIO

National Geographic Museum

1145 17th St. NW

Open every day from 10 a.m. to 6 p.m., admission \$15 for adults—Located just blocks from the Mayflower Hotel, the National Geographic Museum plays host to several traveling exhibits.

Come tour the "Queens of Egypt" exhibit, which showcases artifacts associated with Egyptian queenship and take a 3-D virtual tour of the best-preserved tomb in the Valley of the Queens.





Anderson House/The Society of the Cincinnati

2118 Massachusetts Ave. NW Tuesday through Saturday open 10 a.m.-4 p.m., Sunday open noon-4 p.m., free admission, hourlong tours start on each hour—This early-20th-century mansion now serves as the headquarters of the Society of the Cincinnati, a hereditary group originating from officers in the U.S. and France who served in the American Revolutionary War. Notable members included George Washington and Alexander Hamilton, Come tour this beautiful historic mansion and learn about this fascinating fraternity.

Dupont Circle Shopping:

Kramerbooks and Afterwords

1517 Connecticut Ave. NWThis local, independently owned bookstore is your one-stop shop for a late-afternoon coffee break and a leisurely perusal of the many book titles.

Second Story Books

2000 P St. NW

TIP: This secondhand bookstore is far cheaper than Kramerbooks and has a vast array of book genres.

Proper Topper

1350 Connecticut Ave. NWPeruse the many gift options at this boutique selling whimsical knickknacks.

Dupont Circle Farmers Market

SUNDAYS ONLY; 8:30 AM TO 1:30 PM 1500 20th St. NW

Dupont Circle Restaurants:

Sushi Taro

1503 17th St. NW High-end sushi with a long line, get there early.

Doyle, The Dupont Circle Hotel Bar

1500 New Hampshire Ave. NW Classic cocktail setting with views of Dupont Circle.

Mission

1606 20th St. NWHip and relaxed setting for Mexican fare right off the Circle.

Obelisk

2029 P St. NW

Relaxed setting offering a fixedprice menu of delicious Italian fare and wine pairings in its second-floor location.



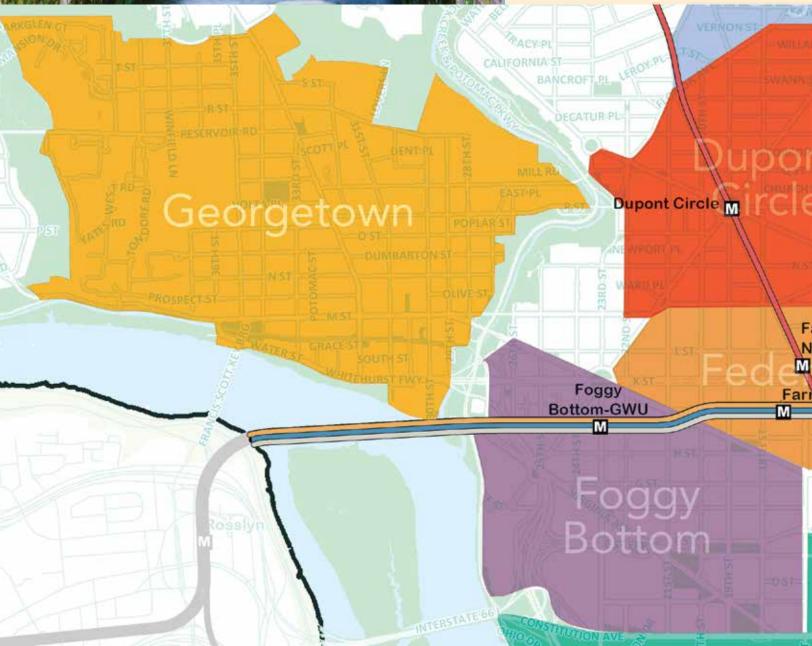


Foggy Bottom/ Georgetown

Traveling with your family?

These spots are perfect for those traveling with children or those who are a child at heart.

- Pinstripes for bowling and bocce.
- **Georgetown Cupcake** for a sweet treat.
- Mansion on O Street for discovering as many of the 70 secret doors that you can.



The Foggy Bottom neighborhood is in northwest Washington and home to George Washington University. Closest Metro: Foggy Bottom (Blue/Orange/Silver Lines).

Foggy Bottom Attractions:

George Washington University Textile Museum

701 21st St. NW

Monday: 11 a.m. to 5 p.m., Tuesday: Closed, Wednesday-Thursday: 11 a.m. to 7 p.m., Friday: 11 a.m. to 5 p.m., Saturday: 10 a.m. to 5 p.m., Sunday: 1 to 5 p.m., \$8 suggested donation for nonmembers, —Located south of the Foggy Bottom-GWU Metro stop, this museum focuses on textiles from all over the world and our relationships with them.

The Kennedy Center

2700 F St. NW

Whether it be an opera, dance show, or the ballet, the Kennedy Center is a beautiful venue to see a show in D.C. Enjoy dinner with sweeping views from the Roof Terrace Restaurant (reservations strongly suggested) and then enjoy the show. After taking a stroll around the halls of The Kennedy Center take in a free show at the Millennium Stage. Free performances are offered every night at 6pm. Performances range from chamber ensembles, dance troupes, choirs, and more.

restaurants and elegant bars, including Kingbird Restaurant. A local favorite is Top of the Gate, a rooftop bar with sweeping views of the Potomac and the city skyline. Another fun activity is Afternoon Tea every Saturday and Sunday from 2 to 3:30 p.m.

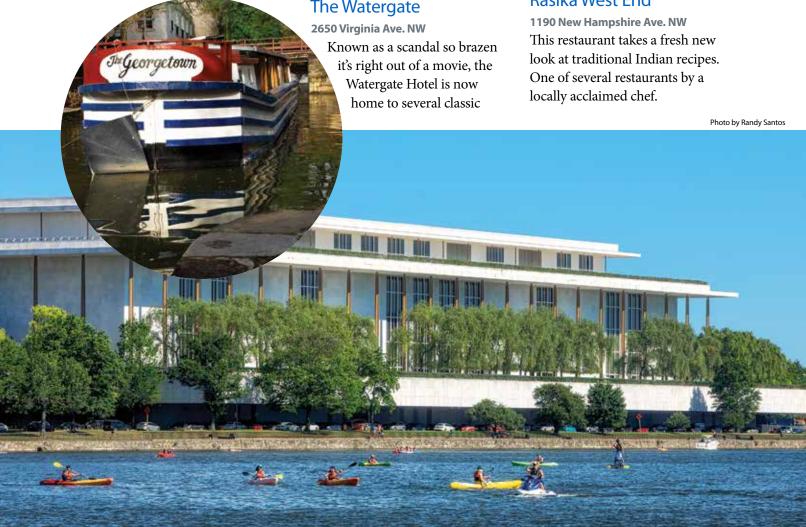
Foggy Bottom Restaurants:

Founding Farmers

1924 Pennsylvania Ave. NW

An American-style eatery where brunch is taken seriously.

Rasika West End



M Street is Georgetown's main thoroughfare and offers seemingly endless opportunities to shop till you drop. Enjoy locally made chocolates, meats, and cheeses at Dean and Deluca and then stroll to area boutiques including Rag & Bone, Lululemon, and Barbour. To get away from the crowds, head to the historic C&O canal, one of Washington's main shipping lanes in the 18th century. You'll find hidden restaurants and shops along its peaceful banks.

Closest Metro: Foggy Bottom (Blue/Orange/Silver Lines).

Georgetown Attractions:

Dumbarton Oaks

1703 32nd St. NW

Open Tuesday-Sunday, 11:30 a.m.-5:30 p.m., museum is free; garden admission is \$10. Dumbarton Oaks is host to a vast array of interesting collections, such as an impressive number of Byzantine coins and a unique array of pre-Columbian artifacts. The historic garden is another must-see.

Dumbarton House

2715 Q St. NW

Tuesday through Sunday, 10 a.m. to 3 p.m. (last museum entry is 2:45 p.m.); general admission is \$10. As the national headquarters of The National Society of The Colonial Dames of America (NSCDA), Dumbarton House educates the public about the early history of America with over 1,000 pieces of furniture, ceramics, and textiles. Special exhibit on STEM on the preservation of history's treasures.

Tudor Place

1644 31st St. NW

Tuesday-Saturday 10 a.m.-4 p.m., Sunday noon-4 p.m., closed Mondays, adult admission \$10,— This Federalist-style mansion was the family home of Martha Parke Custis Peter, a granddaughter of Martha Washington. Several of the furnishings at the home are originals from Mount Vernon.

The Exorcist Steps

Just past M Street NW and 35th Street NW

A local favorite for those who like to exercise by running up and down them.



Georgetown Restaurants:

Filomena

1063 Wisconsin Ave. NW

Handmade pastas, sauces, and generous pours of Italian wines all make this restaurant highly recommended, and very popular. Call ahead for reservations.

America Eats Tavern by Jose Andres

3139 M St. NW

The brain child of local chef legend Jose Andres, America Eats Tavern provides a surprise twist on classic comfort foods from across the U.S.

DID YOU KNOW?

These steps, located at the corner of Prospect and 36th streets NW, were featured in the 1973 hit horror film *The Exorcist*. The stairs were padded with half-inch-thick rubber to film the death of the character Father Karras, with the stuntman tumbling down the steps twice.







Martin's Tavern

1264 Wisconsin Ave. NW

This quaint restaurant is the oldest bar in Georgetown. Enjoy their cozy décor, hand-crafted cocktails, and delicious seafood options. A favorite of JFK, who was said to have proposed to his wife, Jacqueline, in a very small booth there.

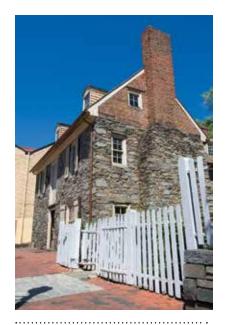
Georgetown Cupcake 3301 M St. NW

Georgetown Cupcake is one of the most famous dessert destinations in D.C. Often a line out the door.

Pinstripes Bowling

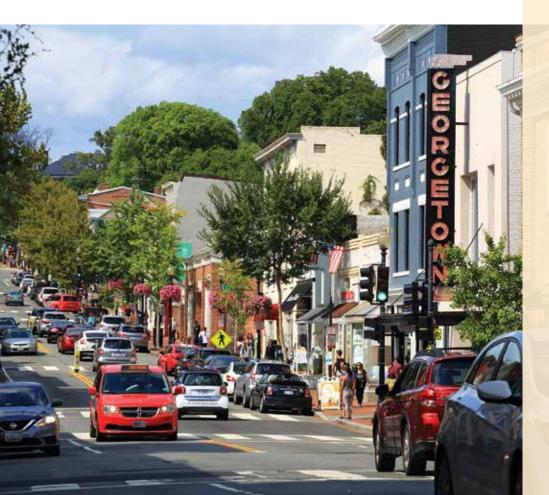
1064 Wisconsin Ave. NW

Bowling, bocce, and a bar await you at Pinstripes Bowling. Strap on your bowling shoes and play a couple games before stopping at the restaurant for a light lunch.



DID YOU KNOW?

Built in 1765, the Old Stone House located on M Street is the oldest standing stone structure from pre-Revolutionary War Washington.



Looking for green space in the city?

Get your walking shoes ready and explore these destinations.

- Rock Creek Park: There are 32 miles of trails in Rock Creek Park, and the Nature Center, accessible by taxi or car, is the starting point for a number of them. The Milkhouse Ford Hike, just under 2 miles, gives a glimpse of D.C.'s Civil War past. A more challenging walk is the 3.1-mile Boulder Bridge Hike, which goes through areas frequented by President Theodore Roosevelt.
- Theodore Roosevelt Island: It will take a little bit of work to get here by Metro, but this wooded island is an oasis in the city.

 Take the 1.5-mile Swamp Trail to circumnavigate the island, or follow the 0.75-mile Upland Trail to walk across it.
- Dumbarton Oaks: The owners of Dumbarton Oaks asked landscape architect Beatrix
 Farrand to create an "illusion of country life" around the estate.
 Her legacy lives on in the gardens and park that are now open to the public. Flower enthusiasts should see the blooming of the Bearded iris and the Siberian iris in May.

Capitol Hill

Often associated with the halls of power and the people who govern there, this neighborhood is home to the Library of Congress, The Supreme Court, the Folger Shakespeare Library, and Eastern Market.

Closest Metro: Capitol South or Eastern Market (Blue/Orange/Silver Lines).

Capitol Hill Attractions:

The Capitol Building

First Street SE

The home of the U.S. Legislative Branch, this neoclassical masterpiece is on many tourists' must-see list. Crowned with the Statue of Freedom and wreathed with majestic columns, the Capitol Building offers much to see inside and out. If you have time, take the free tour, which runs daily. You can purchase advance tickets online or head to the information desk for day-of tickets. After your tour, head through the underground tunnel to the Library of Congress.

Supreme Court

1 First St. NE

The seat of the U.S. Judicial Branch, the Supreme Court is the highest court in the land. Visitors are welcome to take self-guided tours through the public portions of the court building.

DID YOU KNOW?

Court sessions are always open to the public and are on a first-come, first-serve basis.

The Library of Congress

101 Independence Ave. SE

Nestled between the Capitol
Building and the Supreme
Court, the stunning Library of
Congress rivals any great city
library in grandeur. It is also a
working library, offering research
capabilities for the U.S. Congress.
Admire its Beaux-Arts-style
interior and don't forget to take

interior and don't forget to take a peek into the main reading room that was featured in the "National Treasure" movies.

Eastern Market

225 7th St. SE

The last surviving historic market in D.C., Eastern Market is a favored destination for Washingtonians to buy fresh produce, meats, and homemade products. Best seen on Saturday morning, this historic district offers a taste of a small town in the big city.

Capitol Hill Restaurants:

Rose's Luxury

717 8th St. SE

Michelin-star restaurant, eclectic menu in opulent setting.



Photo by Randy Santos

Pineapple & Pearls

715 8th St. SE

Two-Michelin-star restaurant.

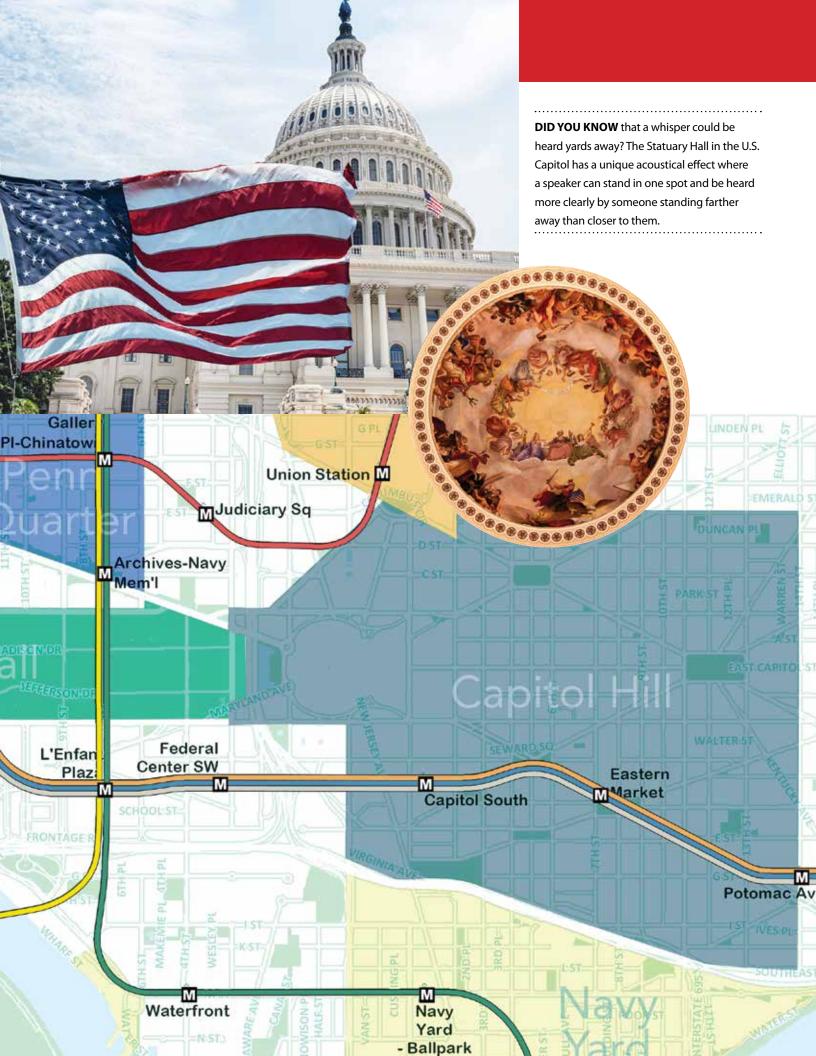
Acqua Al 2

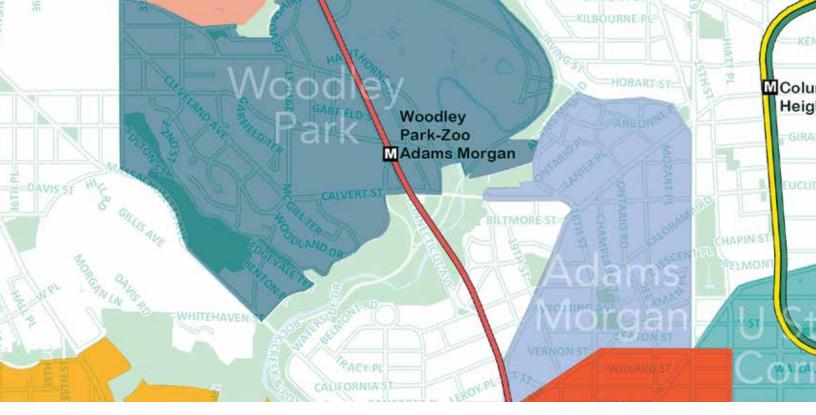
212 7th St. SE

Started in Florence, this cozy eatery churns out mouth-watering Italian specials.

Little Pearl

921 Pennsylvania Ave. SE \$45 eight-course prix-fixe tasting menu.





Adams Morgan/Woodley Park

The **Adams Morgan** neighborhood is located around 1.5 miles northeast of the White House and is well known for its lively nightlife and diverse inhabitants. Often thought of as a gateway community for immigrants to the area, Adams Morgan offers dozens of restaurants featuring food from all over the world. Head south from the Metro station and take the Duke Ellington Memorial Bridge over to reach the many restaurants centered on 18th Street NW. **Woodley Park** is a quieter neighborhood located adjacent to Adams Morgan. The highlight of this neighborhood is the National Zoo.

Closest Metro: Woodley Park/Adams Morgan (Red Line).

Adams Morgan/ Woodley Park Attractions:

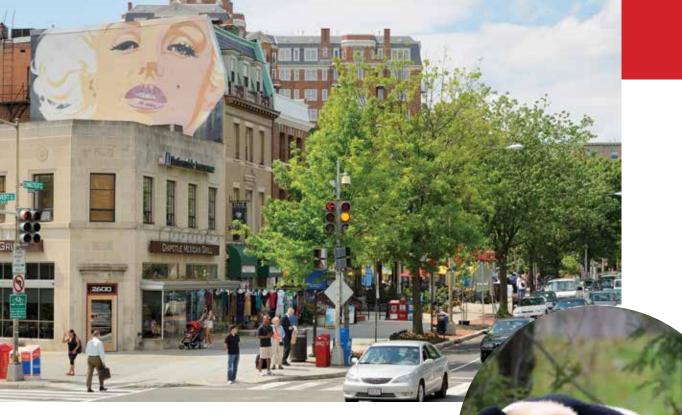
National Zoo

3001 Connecticut Ave NW
Monday-Friday 8 a.m. to 7
p.m., free—Wear walking
shoes. The National Zoo is like
a walk through several diverse
ecosystems.

HINT:

The pandas have access to their outdoor enclosure from 7:30 a.m. to 2 p.m.





Adams Morgan/ Woodley Park Restaurants:

Zenebech

2420 18th St. NWA casual Ethiopian restaurant.

Tail Up Goat

1827 Adams Mill Road NWThis popular restaurant serves
Mediterranean food with
Caribbean inspired drinks.

Restaurants & Bars at The Line Hotel

(A Rake's Progress, Brothers and Sisters, A Rake's Bar, Spoken English)

The bars and restaurants curated by the Line Hotel are some of the city's most innovative. Enjoy fine dining paired with exciting new culinary ideas from DC's rising celebrity chefs.

Mintwood Place

1813 Columbia Road NWThis French inspired restaurant serves fresh, authentic fare.

Jack Rose Dining Saloon

2007 18th St. NW
Whiskeys lead the way at this high-end bar with an American menu, cigar bar, and an open-air terrace.

Tryst

2459 18th St. NW

No one loves brunch more than Washingtonians, especially at this hip coffee house.

Federalist Pig

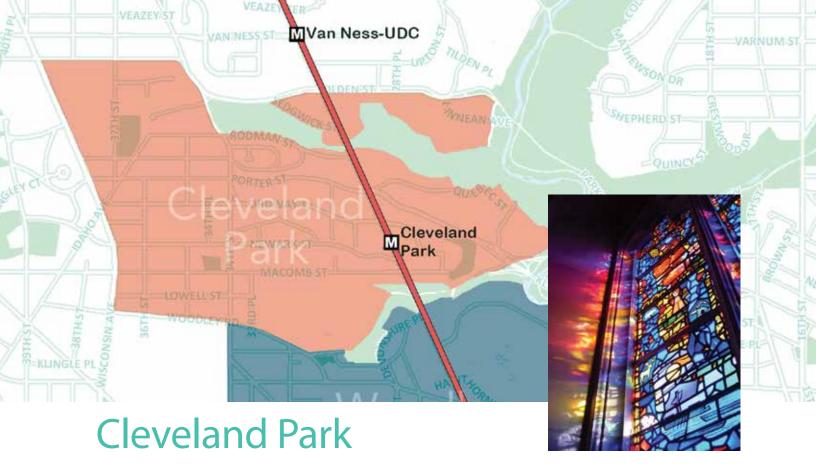
1654 Columbia Road NW

Amazing barbeque, they close when they run out of food — get in early.

Lucky Buns

2000 18th St. NW

Trendy burger joint with extensive toppings choices.



Cleveland Park is a neighborhood about 3 miles northwest of the Mayflower Hotel. The Washington National (Episcopal) Cathedral covers 5 acres of beautifully landscaped grounds, including "The Bishop's Garden" and "The Olmstead Woods." It is the sixth largest cathedral in the world and the second largest in the U.S. It is set on Mount Saint Alban and has served as a place for state funerals and commemorations of many American leaders, regardless of their religious affiliations.

Closest Metro: Cleveland Park (Red Line).

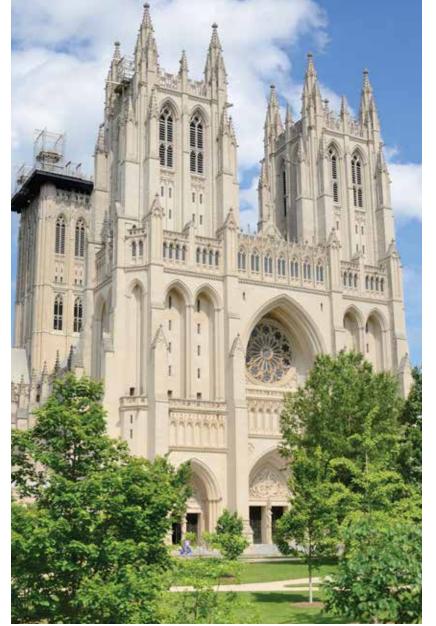
Cleveland Park Attractions:

National Cathedral

3101 Wisconsin Ave. NW
Monday-Friday
open 10 a.m.-5 p.m.,
Saturday 10 a.m.-4 p.m.,
Sunday 12:45 p.m.-5 p.m.;
adult admission \$12.
Highlights tours are included
with Cathedral admission and
offered (when available)
Monday-Saturday at 10:15 a.m.,
11 a.m., 1 p.m., 2 p.m., and 3
p.m.; Sundays as available—Be



Photo by Randy Santos



DID YOU KNOW?

One of the gargoyles toward the top of the Cathedral is in the shape of Darth Vader from Star Wars.

sure not to miss the fragment of lunar rock brought back from the Apollo 11 mission. It's embedded in the stained-glass window depicting the moon. If you need some refreshments, head next door to the Cathedral café, where delicious teas and sandwiches await.

Hillwood Estate

4155 Linnean Ave. NW

Tuesday-Sunday open 10 a.m.-5 p.m., closed Mondays, adult admission \$18—A less well-known gem, Hillwood Estate was the home of Marjorie Merriweather Post, the heiress and philanthropist. While living in Russia she amassed a gorgeous collection of Russian imperial artifacts, such as the Russian wedding crown and Fabergé eggs given by the last emperor, Nicholas II, to his wife.

Cleveland Park Walk:

Rock Creek Park

This vast open woodland was saved from development in the 20th century. Countless walking and hiking trails flow over the various hills in the park. Make sure to bring a map as it is easy to get lost. Access the park by Metro at the Woodley Park or Cleveland Park stations on the Red Line.

Cleveland Park Restaurants:

2Amys Pizza

3715 Macomb St. NW

2Amys is a favorite of locals (and out-of-towners who know about it). This is one block off Wisconsin Ave to the west. They do not take reservations so if you go at busy hours, you may have to wait, but the turnover is usually not more than 20-30 minutes.

Cactus Cantina

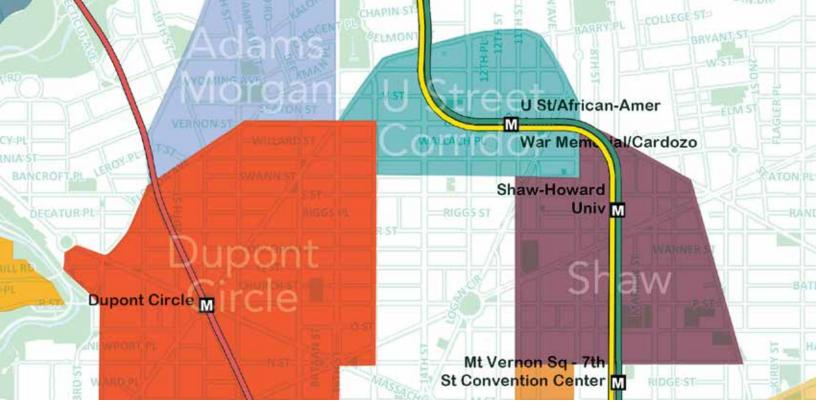
3300 Wisconsin Ave. NW

Tex-Mex food and good margaritas on the corner of Macomb and Wisconsin. Cactus has a great outdoor seating area that is very popular in good weather and an ability to handle fairly large groups without reservations.

La Piquette

3714 Macomb St. NW

A French bistro across the street from 2Amys on Macomb Street.



Shaw/14th Street/U Street

The U Street Corridor in Shaw is the historical cultural and social hub of Washington's jazz community. This up-and-coming neighborhood is right on the edge of the latest fashion trends with local boutiques dotted along U Street between hip bars and restaurants.

Closest Metro: Shaw-Howard University (Green/Yellow Lines), U Street/African-American Civil War Memorial/Cardoza (Green/Yellow Lines)

Shaw/14th Street/U Street Attractions:

African American Civil War Museum

1925 Vermont Ave. NW
Monday through Friday 10 a.m.
to 6:30 p.m., Saturday 10 a.m. to 4
p.m., Sunday 12 p.m. to
4 p.m.—This museum is dedicated
to preserving the history and
stories of African-American
communities' participation
in the Civil War. Right now, a
special Michelle Obama exhibit

is visiting, titled "From Slavery to the White House: the USCT Ancestors of First Lady Michelle Obama."

Howard Theatre

620 T St. NW

One of the two historic concert venues off U Street, this venue hosts live music every night of the week.

9:30 Club

815 V St. NW

This historic venue hosts major music events and small-town performers alike.

Lincoln Theater

1215 U St. NW

This historic theatre has hosted jazz's greats including native Duke Ellington, Ella Fitzgerald, Nat King Cole, and Louis Armstrong.







Shaw/14th Street/U Street Restaurants:

The Crown and Crow

1317 14th St. NW

A drinks-only elegantly appointed speakeasy awaits you at The Crown and Crow.

Ben's Chili Bowl

1213 U St. NW

A classic for first-time visitors, Ben's Chili Bowl has a storied past as a local dive for delicious chili and people-watching. Make sure to try the Half Smoke.

Bresca

1906 14th St. NW

Chef Ryan Ratino just won a Michelin star for this innovative, fun new restaurant.

Ted's Bulletin

1818 14th St. NW

Great place for brunch and comfort food from morning to night, plus homemade pop tarts and liquor-infused milkshakes served in hip, airy surrounds.

The Pig

1320 14th St. NW

Barn wood on the walls matches the hearty cuisine at this porkcentric New American eatery.

Want a unique D.C. experience?

Explore these mainstays that have been a part of the city for decades.

• Ben's Chili Bowl: Located in the U Street corridor, Ben's Chili Bowl has been in operation since 1958. It's famous for its half smokes, a local delicacy, that are then covered with chili—a decadent meal but one worth indulging in. Ben's Chili Bowl is an integral part of the city and frequented by celebrities, politicians, and D.C. locals.



- Old Ebbitt Grill: There has been an
 Old Ebbitt Grill in Washington, D.C. since 1856, making it the first
 known saloon in the city. Over the years, it has called a number of
 locations home before settling into its present spot near the White House
 and the U.S. Treasury Building.
- Willard Hotel: President Abraham Lincoln lived there before his
 inauguration, President Ulysses S. Grant enjoyed whiskey and cigars
 in its lobby, and Martin Luther King worked on his "I Have a Dream"
 speech here. The Round Robin Bar, established in 1947, was one of the
 first to popularize the mint julep. This hotel is soaked in history.



The Navy Yard

The Navy Yard in southeast D.C. is historically the center of the Navy's presence in the city but has recently seen development at the Yards Park and the Nationals baseball stadium. This area offers some relaxing riverfront views, outdoor dining, and an active atmosphere.

Closest Metro: Navy Yard-Ballpark (Green Line).

Navy Yard Attractions:

The Yards Park

355 Water St. SE

This open-air park boasts a riverfront boardwalk that follows the Anacostia River Trail, multiple one-of-a-kind restaurants, a beautiful waterfall and bridge, and large grassy areas perfect for people (or dog) watching.

Nationals Park

1500 S. Capitol St. SEThe Nationals vs. the New York

Mets, May 14-16, and Chicago Cubs, May 17-19. Come enjoy a hot dog and a beer at Nationals Park, home to the Washington Nationals. Don't miss the President's Race held during the seventh inning stretch.

Navy Yard Restaurants:

Osteria Marini

301 Water St. SE

This trendy Italian spot is situated right at the Yards Park and offers delicate bites and fresh tastes.

Chloe

1331 4th St. SE

This modern restaurant offers innovative, chef-driven food in a casual dining setting.

Bluejacket Microbrewery

300 Tingey St. SE

Located in D.C.'s Navy Yard, open for tours and tastings and dining in their attached restaurant.

Wharf

The newest redeveloped area on the D.C. waterfront, the Wharf is a sprawling boardwalk lined with exciting restaurants and refreshing cocktail bars to kick back and enjoy the waterfront views. Local tip: Check out Captain White's Seafood, a seafood market. The Wharf is in southwest D.C. and next to the Washington Marina and has been developed with many restaurants to enjoy riverfront dining.

Closest Metro: Waterfront (Green Line).

Wharf Restaurants:

Rappahannock Oyster Bar

1150 Maine Ave. SW Located on the Wharf, Rappahannock has distinguished itself for its fantastic oysters paired with interesting wines.

Tiki TNT and Potomac Distilling Company

1130 Maine Ave. SW

This cool waterfront Hawaiian restaurant distills its own rum.





NoMa

"NoMa" is an abbreviation for North of Massachusetts Avenue, the main thoroughfare that cuts through this neighborhood in northeast Washington. Beginning north of Union Station, this area of the city is home to Gallaudet University and the H Street Corridor. H Street is a vibrant, eclectic neighborhood known for its free trolley that runs along H St.

Closest Metro: NoMa-Gallaudet (Red Line).

NoMa Attractions:

Union Market

1309 5th St. NE

Union Market has become a magnet for trendy restaurants, local farm products, and seriously good food. Browse the aisles of seemingly endless culinary delights before choosing where to eat. Highlights are the Michelinstarred Masseria, and the new kid on the block, St. Anselm. Reservations recommended.

H Street Corridor

H Street offers an endless array of bars, restaurants, and boutique

shops to browse. Even better, you can easily cruise down the street in the free trolley car.

NoMa Restaurants:

St. Anselm

1250 5th St. NE

This restaurant is right next to Union Market.

The Eleanor Bowling Lounge, Bar & Grille

100 Florida Ave. NE

Designed to be a casual bowling alley and diner, and a great place to spend a rainy day.

Red Bear Brewing Co

209 M St. NE

Located steps from the NoMa metro station, this new brewery brews all its own beer. Post up at one of the comfortable tables and play a classic board game on a rainy afternoon.

Union Oyster Bar and Lounge

7011, 501 Morse St. NE

Owned by former NFL player Tobias Dorzon, this oyster bar offers a late-night happy hour from 10 p.m. to 1 a.m.

Brookland

Brookland is a residential neighborhood with lots of attractions a four-mile ride from downtown. Brookland is sometimes known as "Little Rome" due to the concentration of Catholic churches and monasteries. It is home to the largest Catholic church in the U.S., the Basilica of the National Shrine, and the beautiful Franciscan Monastery. This 42-acre site has replicas of several shrines in the Holy Land and cloister walks.

Closest Metro: Brookland-CUA (Red Line).

Brookland Attractions:

The Basilica of the National Shrine of the Immaculate Conception

400 Michigan Ave NERegular tours are available.

Monroe Street Market's Art Walk

625 Monroe St. NE
30 artists' studios line an alley, with art and specialized handmade objects on sale.

Brookland Restaurants:

Brookland's Finest

3126 12th St. NEA regular candidate for the best brunch in DC.

Primrose

3000 12th St. NEA little piece of Paris in this French bistro.

Right Proper

920 Girard St. NE A brewery with a tasting room.

Brookland Pint

716 Monroe St. NEA bar with an excellent beer list.

Maketto

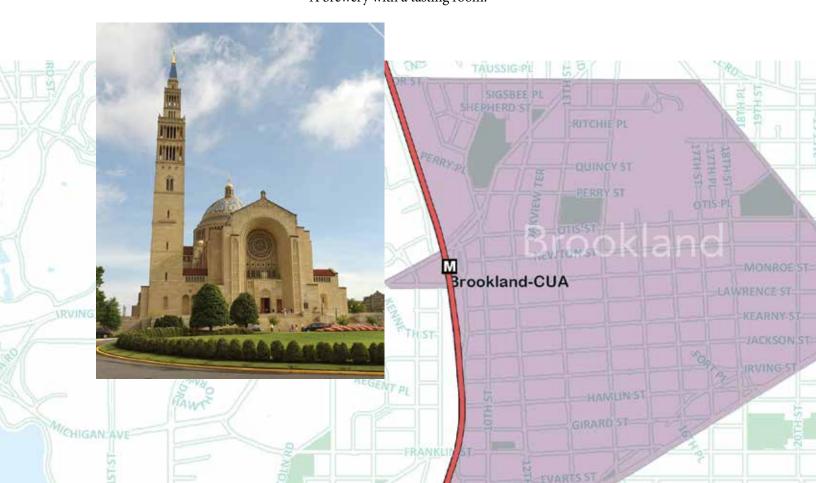
1351 H St. NE

This restaurant/café/store gives you the retail therapy fix you need while you enjoy lunch.

CopyCat Co.

1110 H St. NE

Hip cocktail bar with Chinese menu.





Located across the Potomac River in Virginia, Alexandria is one of the oldest settled parts of the region. The historic Old Town Alexandria boasts several original cobblestone streets and a small-town charm that offers a relaxed day of window-shopping. Old Town is the perfect place to stop after visiting Mount Vernon.

Closest Metro: King Street (Blue/Yellow Lines).

Alexandria Attractions:

Mount Vernon

3200 Mount Vernon Highway, Mt Vernon, Va.

Open daily 9 a.m.-5 p.m., adult admission \$20 or \$18 online— Several miles south of Old Town Alexandria and most easily visited by car, Mount Vernon was the plantation and beloved home of America's first president, George Washington. Learn about 18th-century American homes, politics, and ideas through the numerous interactive exhibits found at Mount Vernon. Don't miss the mansion tour, which requires a timed ticket, and gaze out over the peaceful Potomac River, which looks much like it did in Washington's time. Make sure to eat lunch at the Inn Restaurant, connected to the Visitor Center. The lunch menu includes historic meals such as hoecakes, which were eaten during the 18th century.

May 17th through 19th Mount Vernon will host its annual Spring Wine Festival and Sunset Tour. Sample wines from local wineries or explore the mansion cellars and learn about George Washington's relationship to wine. Friday, May 17: \$48; Saturday, May 18: \$52; Sunday, May 19: \$42, 6-9 p.m.

Old Town Haunted Tour

201 King St #3, Alexandria, Va.

Learn about Old Town Alexandria's spooky past on this guided tour. Operating at 7:30 and 9 p.m. daily.

Alexandria Shopping:

Old Town Alexandria

Stroll the picturesque historic streets of Old Town Alexandria through unique art galleries, hip boutiques, and iconic fashion brands.

Torpedo Factory

105 N. Union St., Alexandria, Va. Housing the nation's largest number of artist's studios, this eclectic venue lets you browse working artist's shops where you can snag your very own piece of art.

Alexandria Restaurants:

Fish Market

105 King St., Old Town Alexandria, Va. This trendy spot used to be an actual fish market but has been turned into a restaurant that doesn't skimp on the seafood selection.

O'Connell's

112 King St., Alexandria, Va. We're all Irish at heart. Here you can join in singing circles (or just watch). All the staff is from Ireland, and they love talking

about it. Also try walking around the restaurant to check out their cool décor.

Black Wall Hitch

5 Cameron St., Alexandria, Va.Huge nautical-themed spot with American seafood, three outdoor patios, fire pits, and an oyster counter with a river view.

Pop's Old Fashioned Ice Cream/The Creamery

109/110 King St., Alexandria, Va. Homemade ice cream parlors across the street from each other and huge rivals; try them both

and decide who is your

favorite.

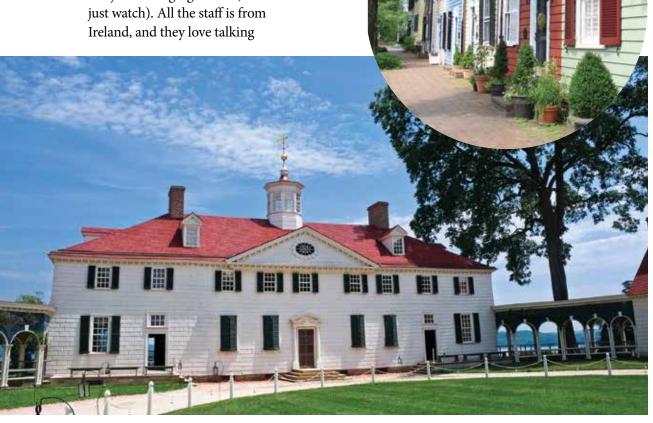
Two Nineteen

219 King St., Alexandria, Va.

New Orleans vibe with jazz and blues music nightly starting at 9 p.m. and the most haunted restaurant in the region. Locals will tell you to be careful.

Lavender Moon Cupcakery

116 S Royal St., Alexandria, Va. Among the best cupcakes you will ever have. Try the flourless chocolate with sea salt and caramel.



The National Mall

General Information about the Mall and the Smithsonian Museums:

The National Mall is a large, rectangular, grassy promenade in the heart of Washington, D.C. It was created as "America's backyard"—a place where people could walk, run, play games, picnic, and enjoy the fresh air and trees. On the east end of the Mall is the Capitol Building and on the west end is the Lincoln Memorial. The Washington Monument stands at the center of the Mall. This grassy area is surrounded by the many museums of the Smithsonian Institution and several other private museums.

Smithsonian Museums:

OPERATING HOURS—

10 a.m. to 5:30 p.m. for all Smithsonian affiliates if not otherwise stated in this brochure FEES—Free

ADVICE—No water or outside food allowed in most museums, metal detectors at the entrance to several, if you have a bag it will be checked, all Smithsonians discourage the use of large backpacks

METRO STATIONS—

Archives/Navy Memorial-Penn
Quarter (Yellow/Green Lines);
Gallery Place/Chinatown or
Judiciary Square (Red Line);
Smithsonian (Blue/Silver/
Orange Lines)

Western Hemisph exhibit is called "Some of the standard of the stan

grand in scale and vision. Housing thousands of planes, rockets, and other artifacts from man's experiments with flight, this museum could keep you occupied for days.

2 National Museum of the American Indian

Designed to reflect the flowing lines in nature, this museum is home to thousands of anthropological artifacts from Indian tribes across the entire Western Hemisphere. The newest exhibit is called "Section 14: The Other Palm Springs, California."

3 National Museum of Natural History

The most popular natural history museum in the U.S., this museum walks you through all of earth's history from the dawn of the dinosaurs through the evolution of modern man. Say hello to Henry the Elephant as you pass through the entrance hall toward the Ocean Hall. Don't miss the Hope Diamond upstairs in the Gem and

Mineral Collection.

21



museum in the United States, the

Air and Space Museum is



4 National Museum of American History

From Dorothy's ruby slippers to George Washington's uniform, this museum has it all. The Batmobile is downstairs, while the "Star Spangled Banner" can be viewed on the first floor. Don't miss the "First Ladies" exhibit upstairs, which features First Lady fashion from Martha Washington onward.

Museum of African American History and Culture

One of the newest museums on the Mall, this museum chronicles the rich history of African-Americans in America. Highlights include Harriet Tubman's hymnal, Nat Turner's Bible, a plantation

guard tower from
Angola prison, and
Michael Jackson's
fedora.

cabin from South Carolina,

6 Hirschhorn Museum

The Hirschhorn Museum houses modern sculpture and contemporary art in a fascinatingly designed cylindrical building that is a piece of art in itself. Several interactive exhibits make this museum a more handson experience that is sure to wow you. Check out the outdoor sculpture garden across the street for more visual stimulation.

7 Freer Gallery of Art

The Freer Gallery of art is the first of two Asian art collections the city of Washington is home to. The famous "Peacock Room" invites you to engage in the dialogue between East and West.

8 Sackler Gallery of Art

The Sackler Gallery is the other Asian art collection in D.C. Don't miss "Encountering the Buddha: Art and Practice Across Asia." This visually stunning exhibit immerses you in the world of Buddhism.

African Art Museum

The National Museum of African Art is the only national museum in the United States dedicated to the collection, exhibition, conservation, and study of the arts of Africa. On exhibit are the finest examples of traditional and contemporary art from the entire continent of Africa.

10 The Postal Museum

A stamp collector's dream. Located next to Union Station, the Postal Museum is housed in the historic D.C. City Post Office and hosts the world's largest stamp and post office memorabilia collections.

11 United States Botanic Garden

10 a.m. to 5 p.m.—George Washington, Thomas Jefferson, and James Madison all advocated for a national botanical garden to be included in the plans for the creation of Washington, D.C. The current building housing the nation's collection was finished in 1933. The collection houses thousands of plant species from all over the world, including some of the most rare and endangered species.





Non-Smithsonian Museums:

National Gallery of Art

Constitution Ave. NW, between 3rd and 9th Streets

Monday through Saturday 10 a.m. to 5 p.m., Sunday 11 a.m. to 6 p.m.—Though it is also free, the National Gallery of Art is actually not a part of the Smithsonian Institute but was privately donated by Andrew W. Mellon, a wealthy American philanthropist. The Gallery is divided into the West Building, which houses the older, classical artworks, and the East Building, which houses the Gallery's modern art collection. To the west of the West Building is the Gallery of Art Sculpture Garden, which houses many pieces of sculptural art surrounding a large fountain. Pay Museums:

Newseum

555 Pennsylvania Ave. NW

Adults, 19 to 64: \$24.95 + tax, Monday through Saturday 9 a.m. to 5 p.m., Sunday 10 a.m. to 5 p.m.—Enjoy this one-ofa-kind museum while you can. Unfortunately, the Newseum will be moving locations soon, so now is the time to visit this museum celebrating the First Amendment. The Newseum is located one block north of the National Gallery of Art.

United States Holocaust Memorial Museum

100 Raoul Wallenberg Place SW 10 a.m. to 5:20 p.m. Monday through Friday, free tickets but must be reserved in advance— One of the most poignant museums on the Mall, the Holocaust Memorial Museum is dedicated to education not only about the brutal Holocaust during World War II but other genocides and human rights abuses throughout history. There are three ways to get tickets: advanced tickets online, same day tickets online, or same day tickets in person starting at 9:45 a.m. Advance tickets are recommended and are a \$1 reservation online. The Museum is located south of the Mall at the Washington Memorial.

The Museum of the Bible

400 4th St. SW

Daily 10 a.m. to 5 p.m., adults \$19.99 online only, \$24.99 walkup—Another new museum on the Mall, this museum explores the history and narrative of the Bible. The collection includes several exhibits relating to the history of the Bible and its impact upon the world. Find this museum two blocks south of the Mall from the National Museum of the American Indian.

Smithsonian Restaurants:

Food court

between East and West buildings of the National Gallery of Art



This is one of the better food courts at a public museum and can be accessed through either gallery. Enjoy the waterfall feature and don't miss the light show walkway.

National Sculpture Garden Café

Take in some art while you enjoy your lunch. This café is situated within the grounds of the Sculpture Garden and is a haven for lunch eaters and wildlife alike.









Monuments:

Washington Monument

Built to honor our nation's first president, the Washington Monument is in the shape of an Egyptian obelisk. It is currently closed for elevator repairs and is inaccessible to pedestrians.



15 World War II Memorial

This monument is to the west of the Washington Monument and is very low-lying on the horizon so as not to obstruct sightlines to and from the Lincoln Memorial. Fiftysix pillars represent the 50 states and several territories that fought for the United States during that conflict. Two large arches represent the Atlantic and Pacific theatres of war. Each of the 4,048 gold stars located on the Freedom Wall represent 100 Americans killed during WWII.

District of Columbia War Memorial

This small, circular Doric Greek temple is dedicated to the 499 residents of Washington, D.C. who died during WWI. It was fundraised and paid for by the citizens of D.C. in their honor.

Signers of the Declaration of Independence Memorial

This little-known memorial is hard to find even for native Washingtonians. Located in the middle of the Constitution Gardens Pond (north of the WWII Memorial), this memorial can only be accessed by a bridge. It is dedicated to the original 56 signers of the Declaration of Independence. Stones bearing each signer's signature and which state they came from are etched into the ground. This is a wonderful place to see some waterfowl.

® Vietnam War Memorial

Controversial when it was first built, this memorial is one of the most reverent places on the Mall. Relatives and friends of the soldiers who lost their lives in the Vietnam War come to leave

mementos and flowers for their loved ones. Park officials carefully collect, chronicle, and store these items in a warehouse. The names of the deceased are arranged chronologically.

Lincoln Memorial

Perhaps the most iconic memorial on the Mall, the Lincoln Memorial is modeled on the Parthenon on the ancient Acropolis in Greece. In this temple is housed a seated statue of Abraham Lincoln, who gazes out to the Capitol Building and the Union that he fought to save during the American Civil War.

Korea War Memorial

Almost as a reflection of the Vietnam War Memorial, the Korea War Memorial has faces instead of names carved into its memorial wall. A patrol of American soldiers creeps out of the dark woods in a scene reminiscent of the kind of warfare the men experienced during the Korean conflict.

Martin Luther King Memorial

Looking out over the Tidal Basin, the Martin Luther King Jr. Memorial immortalizes the words of one of America's greatest orators and champions of civil rights.



Jefferson Memorial

This memorial can be harder to access, as it is found on the other side of the Tidal Basin. It can be an enjoyable

Basin. It can be an enjoyable walk, however, to circle the Basin under the shade of the Japanese Cherry Blossom trees (gifted to the United States by the Mayor of Tokyo in 1912) and to arrive at the Jefferson Memorial. A 19-foottall statue of Jefferson gazes out toward the White House; the trees in between the two structures are trimmed so that he can always be seen from the South porch of the White House.

Tranklin Delano Roosevelt Memorial

If you continue to walk around the Tidal Basin you will come to the massive Franklin Delano Roosevelt (FDR)
Memorial. The memorial has four outdoor "rooms" that each represent one of FDR's terms as president. The entire complex is wheelchair-accessible, as FDR himself was the only President in American history to be disabled, though most of the world and America did not know he was at the time.

2 Einstein Memorial

This little-known memorial is found on the north side of the Mall on the lawn of the National Academy of Sciences. You can sit on Einstein's lap and rub his nose for good luck. The constellations represented on the floor of the memorial were charted exactly as they appeared on the day of the memorial's dedication.

The White House

The White House is not only a private residence, but also the working hub for the U.S. President.

The house contains 132 rooms, 35 bathrooms, and six floors. You can see the White House from the North or South sides, but you can get closer to the house from the north near Lafayette Park.

The National Mall Restaurants:

POV, W Hotel

515 15th St. NW

W Hotel rooftop bar for predinner drinks overlooking the White House.

Old Ebbitt Grill

675 15th St. NW

Check out happy hour at this famous DC staple and enjoy the oyster bar and people-spotting.



Performances

John F. Kennedy Center for the Performing Arts

Millennium Stage at the Kennedy Center (free evening performances)

Shakespeare Theatre

Arena Stage

Studio Theatre

Ford's Theatre

Signature Theatre

The Anthem

The Hamilton

930 Club

U Street Music Hall

Washingtonian Magazine Top 20 Restaurants

Minibar Inferno Pizzeria Napoletana

The Dabney Spoken English

The Inn at Little Washington Métier
Sushi Nakazawa Del Mar
Tail Up Goat Centrolina
Pineapples and Pearls Bad Saint
Elle Himitsu

Komi Blue Duck Tavern

Kinship Sushi Taro Little Serow Chloe

Getting Around

Public Transit

- Metro—wmata.com has a trip planner to help you plot your travels around D.C. using the city's public transit system.
- DC Metro and Bus App—download this app if you'd like even more tools at your fingertips.

Other Options

- **Car Rental**—Enterprise, Budget
- Bike/scooter rentals and apps—Bird, Lime, Lyft, Jump, Capital Bikeshare, Lime Bike
- The Circulator Bus—free for everyone, several routes

Local Tour Companies:

- City Segway Tours—See the city from a motorized scooter. Not for the faint of heart or risk-averse. (multiple vendors)
- **DC Insider Tours**—For those who would like to see the city by foot, bike or car.
- Pedal Boating at the Tidal Basin—Take in the view of the monuments from the water.
- Hop-on, hop-off tours—This type of tour allows you to buy one ticket to get on and off the bus at various stops throughout the day for a one-time fee. Some of the most popular tours are with BigBus and Old Town Trolley.
- Urban Adventures—Smaller tour company offering personalized tours of the monuments or more local oriented tours like the "Politics and Pubs" tour or a food/ drink tour of H Street. Use discount code "UAWAS22" for 10% off.







Metrorail



Source: Washington Metropolitan Area Transit Authority



AMERICAN ACADEMY OF ACTUARIES

1850 M STREET NW, SUITE 300, WASHINGTON, D.C. 20036

202-223-8196 | ACTUARY.ORG

 $\ensuremath{\texttt{©}}$ 2019 American Academy of Actuaries. All rights reserved.