

Up and Downtown Stair Walk



START

Seattle - Bainbridge Island

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304

PIONEER SQUARE

Up and Downtown

This 3.3 mile route climbs up 782 steps and down 650 along the Seattle waterfront. It passes the ferry terminal, the Pike Place Market, the Seattle Art Museum, the symphony hall, and ends at the Olympic Sculpture Garden. You can take a bus back. This urban walk in the center of town offers coffee shops and restaurants almost every block.

Start at the Public Library at 4th Ave and Spring street. Walk south two blocks to Marion Street (past the Henry Moore sculpture of "Vertebra"). Go down the hill until you see the Arch at the Federal Building on 2nd Avenue. There are lots of brick steps the go down to 1st Avenue.



Down 89 steps

Continue walking down Marion Street until you reach a stair that joins the pedestrian overpass.

Up 29 steps

There is construction here so you may have to detour.

After crossing Alaskan Way you are at the ferry terminal. You will loop around to catch several stairways.

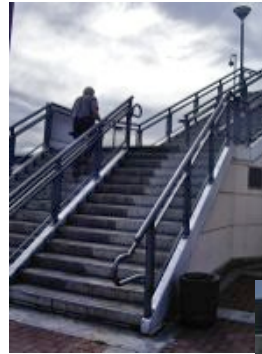


Take the first stairway down to Alaskan way, to your right.



Down 31 steps

Walk south, past the front of the ferry terminal and a little fountain, then climb back up.



Up 30 steps

Turn right and walk past the old historic clock. Turn left at the corner, walking around the terminal towards the dock.



Don't be intimidated by the gate. The next stair is worth it!



Down 33 steps

This is a view of Ivar's famous restaurant and the Great Wheel.

At the bottom of the stairs, cross the parking lot and exit by another gate.

Turn left and walk along Alaskan Way 2 blocks to Spring Street.

Cross at the light and walk 2 blocks up the street.

Up 26 steps



Turn left on 1st Ave and in one block turn left again at the stairway on Seneca.

Down 60 steps

Turn right onto Post Alley.



Up 41 steps

You will be in the middle terrace of the Harbor Steps. Go down to the bottom then back up and continue up to 1st Ave.



Down 53 steps and up 106 steps



Across the street is the "Hammering Man" by Jonathan Borofsky and the Seattle Art Museum.

Go up the stairway next to the museum.
Up 41 steps



Cross 2nd Ave and go past a memorial to Vietnam Soldiers. Continue going up University Street on the stairs next to the Benaroya Symphony Hall.

Up 71 steps

At the top turn left, in one block turn left again onto Union St which you follow down to the water.



Down 103 new steps

and down 36 old steps.



Turn right at the bottom - go past an antique market, and on the other side of Alaskan Way is a waterfront park and the Seattle Aquarium. You will now go up the Pike Street Hillclimb to the market.

Up 101 steps.

(past procopio Gelateria)

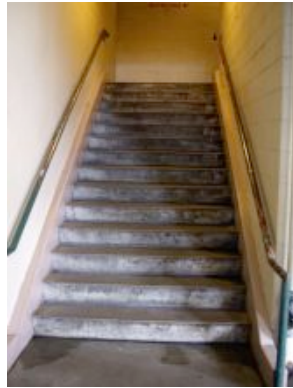




Cross Western Ave and climb up the new stairs. At the landing, take the inside stairs up to Pike Place Market.

Up 112 steps.

Turn left (North) and walk through the market, which is one of the most popular places in Seattle.



Watch for a turn to the left that says "Elevator to parking". This leads to another overpass towards a parking garage. Take the stairs down to the street.



Down 60 steps

Cross Western again.

Go back up to the Market.

Up 51 steps

Walk up the ramp to the main floor of the market and continue north. Go all the way through the market and continue on Western Ave a block to Lenora Street.



Turn left, walk to the end of the ramp.

Beautiful views.



Go down the stairs.

Down 76 steps

Cross Alaskan Way at the traffic light and walk along the waterfront past a marina, to the Bell Conference Center.

Up 89 steps

Cross the overpass. At Elliott street turn left and walk 3 blocks to Vine Street.



Up 33 steps

Be sure to visit the pea patch, and note the vine-shape on the rails and the tiles in the steps.



Then continue up the street, **up 25 new steps**

At the top turn left onto Western Ave and walk 5 blocks. You will go along the side of the Olympic Sculpture Garden. At Bay St turn left and find the new stairway.



Down 41 steps

Cross Elliott Ave and enter the sculpture garden at the gate. Here is an aerial view of the garden and route:



Walk up the steep pathway and then down the granite steps to the "Wake", by Richard Serra, and please do not touch the art (although it is really tempting).



Down 10 steps

Go up the stair of the Gates Amphitheater. At the top is a nice coffee shop.



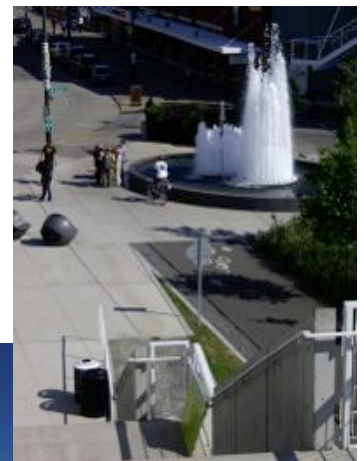
Up 27 steps

Now follow the main zigzagging path across the railroad tracks and past the Calder sculpture "Eagle".



Finally take the stairs down to the fountain, "Father and Son" by Louise Bourgeois. This changes every hour on the hour, to show the alternate figure.

Down 58 steps



This is the end of the stair walk. From here you can walk one block up the hill to Broadstreet and Elliott Ave (behind the Spagetti Factory) and catch the #99 bus which goes to the International District about every 30 minutes.

Or walk along the waterfront back towards the starting point.

Updated 7/16/16