



# Seattle On the Go

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## Active Seattle Gallery



Graced with a mild climate, multiple waterways, the Cascade Mountains and hills blanketed in fragrant pine, **Seattle** offers plenty of ways to stay active. But this Pacific Northwest gem offers cool ways to stay active that you might not have tried. If you're game, here are three ideas for your next visit.

## Elliott Bay And The Olympic Mountains

Instead of standing on the shoreline to enjoy the vistas of Elliott Bay and the Olympic Mountains, choose a walking-on-water view by joining a stand-up **paddleboard yoga** class. Washington's SUP yoga pioneer, Surf Ballard, offers sessions at all levels from spring through early fall. Float in Shilshole Bay and connect with the Emerald City's natural beauty, breathing in time to the susurus of the waves. The experience of doing sun salutations before an audience of harbor seals, leaping salmon and swooping eagles is decidedly different.

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### Topics on the Page

- Active Seattle Gallery
- Elliott Bay and the Olympic Mountains
- Cascade Range
- Alki

### SEATTLE FAST FACTS



**Metro Area Population:** around 3.5 million people

**Avg. temperature:** 53.5 degrees with plenty of precipitation!

**Sports teams:** Seattle Mariners, Seattle Seahawks, Seattle Sounders, Seattle Storm Basketball

**Top places to see:** Museum of Flight, Kerry Park, Safeco Field, Space Needle, Washington Park Arboretum

**Most Creative Attraction:** Chihuly

Garden and Glass

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### Did you know?

Seattle is home to America's largest

## Cascade Range

In the winter, powder hounds rejoice as storms blowing in off the Pacific dump an abundance of snow in Seattle's Cascade Range, making it a snowboarder's dream. The Summit at Snoqualmie Pass is the closest to the city and has runs that are especially good for newbies. Crystal Mountain is one of the state's largest ski areas. Before you shred the gnar on one of its 50-plus trails, pause at the top for the view of Mount Rainier, the 14,400-foot volcano. When conditions are right, the ski patrol opens about 1,000 acres of phenomenal backcountry runs. Or you can go big and make a grab as you carve your way over bowls, faces and through the challenging glades of Stevens Pass. For an added rush, this mountain is often open until 10pm for night boarding.

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## Alki

Both visitors and Seattleites are lured to Alki's smooth expanse of sandy beach, courtesy of the area's minus tides (a low tide that is lower than the usual height of low tide). Rent a bicycle and coast along the beach's paved trail. Grab a route map (or download one onto your cell phone) and opt for a 16-mile self-guided tour. Don't worry about lunch as there are multiple restaurants along the way. And you'll find plenty of photo ops of the Seattle skyline, mountains and Puget Sound to capture your day. Alki Beach has loads of sand volleyball courts to play just-for-fun games, and there are usually hardcore competitions going on that are a blast to watch. And to keep your mellow mood, void parking hassles by taking a water taxi from downtown Seattle's waterfront.

Banner Snow Dunes by Joe Dielis

Banner Photo Link

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Photo 1 Yoga on Lake Wingra by Richard Hurd

Photo 1 Photo Link

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Photo 2 Front Foot Grab by dualdflipflop

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