



## GETTING AROUND TOWN

### From the air

All three airports (Ronald Reagan Washington National Airport, Dulles International Airport, and Baltimore Washington International) have public transportation into the city, but Reagan's the easiest. Hopping on a yellow Metro train at Reagan will drop you off at the foot of the convention center. For Dulles, you'll have to take an \$8 shuttle to the orange line Metro to the Yellow line, so a cab might save some transit-time. At BWI, riding a MERC train to Union Station and then hopping the Red Line to the Yellow Line sounds like a similar hassle, but is faster than coming from Dulles.

### From the roads

Driving in DC's traffic is a tad easier than driving through the swamps it used to be 250 years ago, but not by much. Perhaps congressional gridlock is just a natural reaction to all the vehicle gridlock.

Washington is divided up into four quadrants: most all of the monuments, politics, and business are in the Northwest quadrant. The Convention Center is located next to Mount Vernon Square, at the intersection of the left-to-right K Street, the north-to-south 9th Street, and

the diagonal Massachusetts and New York Avenues.

As for parking, while the center itself doesn't offer parking there are dozens of lots within a few blocks. Cabs and Metro rides are a way of life here, so tell the attendant you won't need your car for a few days.

### From the rails

The Yellow Line Metro heads directly towards Mount Vernon Square. The brand-new Washington Convention Center (opened in March 2003, still has that new-complex smell) is adjacent to the square. The previous convention center is nearby, but it will be torn down in a few months. The Green Line is also a short walk away from the action.

Another popular travel spot, Union Station, is 10 blocks away from the center. Amtrak trains use this as a hub. Take the Red Line from Union Station to the Yellow Line north, and the center will be your first stop.

Once you're there, the Metro is good for longer trips—say, if you want to see Arlington National Cemetery, or visit the FDA in Rockville. For dining (see page 8), DC is packed with enough restaurants of every stripe so that what you want is a walk away.



WASHINGTON DC CONVENTION & TOURISM CORPORATION

**M**eetings are invaluable forums for exchanging new ideas and forging fresh business relationships. Large events are also overwhelming, placing extreme demands on time and energy. Add to this mix a big city like Washington DC, and the proposition is doubly daunting.

Our nation's capital is in every sense of the phrase a major cosmopolitan city. With a population of over half a million in DC proper, this number swells during a typical weekday as throngs of commuters descend on the District from the surrounding suburbs of Maryland and Virginia.

Amid the hustle and bustle, however, lives another Washington DC, one characterized by an eclectic, diverse mix of international cultures. This translates into a tremendous number of great opportunities for informed DC visitors.

On the following pages, the *ACT* staff serves up a guide to the good life, so to speak. There's a look at eating out in style, occupying your families with fun and educational diversions while you attend to business, and even a guide to self-indulgence in a DC spa smorgasbord, plus little-known facts about the nation's capital sure to spark cocktail conversation.

So relax and take a well-deserved break between meeting sessions and at day's end. After all, it's not every day that you are able to take advantage of one of the most dynamic, enjoyable cities in the world.

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KENNETH WYNER



## Meeting Survival Strategies

- Start with a good breakfast—you can easily run out of gas by lunchtime. Also, stay well-hydrated in the warm Washington DC weather.
- Plan your day as much as possible in advance and give yourself cushion time between appointments.
- Leave your business cards at your company's booth while you are at sessions or circulating around the exhibit floor, so that staffers can hand them out for you.
- Let the staffers know your schedule and check in with them periodically.
- Get to sleep at a reasonable hour. Meetings are taxing on both the mind and body.