



The Period is Political

Menstrual Research, Policy, and Practice

SOCIETY FOR MENSTRUAL CYCLE RESEARCH
CONFERENCE

JULY 20-23, 2023

BETHESDA&DC
AREA GUIDE

FOOD AROUND HYATT REGENCY BETHESDA



BREAKFAST OPTIONS

NOTE: The Society for Menstrual Cycle Research is not recommending or endorsing any specific businesses. SMCR is also not responsible for changes in prices from the estimates available to us at the time this information was compiled. We are merely trying to offer options to conference attendees that they can further research on their own to make informed choices

TATTE BAKERY& CAFE

- Distance From Hotel: 3-minute walk
- Hours: 7 am - 8 pm Monday to Saturday, 8 am - 7 pm Sunday
- Outdoor Seating: Yes
- Typical Entrée Price: \$9-\$14
- Walk-in/ Reservation Needed: Walk-in
- Payment: Credit Cards or online order

PAUL FRENCH BAKERY& CAFE

- Distance From Hotel: 8-minute walk
- Hours: 7:30 am - 7:30 pm Monday to Sunday
- Outdoor Seating: Yes
- Typical Entrée Price: \$7-\$12
- Walk-in/ Reservation Needed: Walk-in
- Payment: Credit Cards and Android Pay

JOE AND THE JUICE

- Distance From Hotel: 7-minute walk
- Hours: 7 am - 8 pm Monday to Friday, 8 am - 8 pm Saturday & Sunday
- Outdoor Seating: Yes
- Typical Entrée Price: \$10-\$12
- Walk-in/ Reservation Needed: Walk-in
- Payment: Credit Cards

SILVER

- Distance From Hotel: 8-minute walk
- Hours: 7 am - 11 pm Monday to Thursday, 7 am - 12 pm Friday & Saturday, 7 am - 11 pm Sunday
- Outdoor Seating: Yes
- Typical Entrée Price: \$15-\$20
- Walk-in/ Reservation Needed: Walk-in
- Payment: Credit Cards

BROWN BAG

- Distance From Hotel: 1-minute walk
 - Hours: 7:30 am - 2:30 pm Monday to Friday, closed Saturday & Sunday
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$15-\$20
 - Walk-in/ Reservation Needed: Walk-in
 - Payment: Credit Cards
-

FOOD AROUND HYATT REGENCY BETHESDA



BREAKFAST OPTIONS

JEAN'S DELI

- Distance From Hotel: 4-minute walk
 - Hours: 7 am – 4 pm Monday to Friday, closed Saturday & Sunday.
 - Outdoor Seating: No
 - Typical Entrée Price: \$5-\$13
 - Walk-in/ Reservation Needed: Walk-in
 - Payment: Credit Cards
 - *Very loud
-

OLIVA'S KITCHEN [MEXICAN FUSION]

- Distance From Hotel: 9-minute walk
 - Hours: 8 am– 4 pm Monday to Friday, 8 am – 4 pm Saturday, closed Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$10-\$12.5
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Card
-

QUARTERMAINE COFFEE ROASTERS

- Distance From Hotel: 6-minute walk
 - Hours: 6 am – 6 pm Monday to Thursday & Sunday, 6 am – 7 pm Friday & Saturday
 - Outdoor Seating: Yes
 - Typical Entrée Price: Coffee \$5, Smoothie \$7, beans \$18
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Cards and Android Pay
-

TERRAIN CAFÉ

- Distance From Hotel: 6-minute walk
 - Hours: 11 am– 8 pm Wednesday to Friday, 9 am – 4 pm Saturday & Sunday, closed Monday & Tuesday.
 - Outdoor Seating: No
 - Typical Entrée Price: \$17-\$20
 - Walk-in/ Reservation Needed: Reservation available
 - Payment: Credit Cards
-

7501 CAFÉ

- Distance From Hotel: 3-minute walk
 - Hours: 7 am– 4 pm Monday to Friday, closed Saturday & Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$5.59 ½ sandwich & soup combo
 - Walk-in/ Reservation Needed: Walk-in
 - Payment: Credit Cards
 - *Loud
-

FOOD AROUND HYATT REGENCY BETHESDA



BREAKFAST OPTIONS

PUREE ARTISAN JUICE BAR

- Distance From Hotel: 6-minute walk
- Hours: 9 am– 8 pm Monday to Saturday, 9 am – 5 pm Sunday.
- Typical Entrée Price: shake \$11, juice \$12
- Walk-in/ Reservation Needed: Walk-in, online order available
- Payment: Credit Cards& Apple Pay
- *Loud

TROPICAL SMOOTHIE CAFÉ

- Distance From Hotel: 3-minute walk
- Hours: 7 am– 9 pm Monday to Friday, 8 am – 9 pm Saturday, 10 am – 8 pm Sunday
- Outdoor Seating: Yes
- Walk-in/ Reservation Needed: Walk-in, online order available
- Payment: Credit Cards

BETHESDA BAGELS

- Distance From Hotel: 6-minute walk
- Hours: 7 am– 3 pm Monday to Sunday.
- Outdoor Seating: No
- Typical Entrée Price: \$5-\$7
- Walk-in/ Reservation Needed: Walk-in, online order available
- Payment: Credit Cards& Apple Pay

LUNCH/ DINNER OPTIONS

MORTON'S THE STEAKHOUSE [AT THE HOTEL; AMERICAN STEAKHOUSE]

- Hours: 4 pm - 10 pm Tuesday to Saturday, 4 pm - 9 pm Monday& Sunday
- Outdoor Seating: No
- Typical Entrée Price: \$50-\$70
- Walk-in/ Reservation Needed: Reservation & online order available
- Payment: Credit Cards
- *Many vegetarian options

SPANISH DINER [CELEBRITY CHEF JOSE ANDRES]

- Distance From Hotel: 6-minute walk
 - Hours: 11 am - 10 pm Monday to Friday, 10 am - 10 pm Saturday, 10 am - 9 pm Sunday
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$15-\$25
 - Walk-in/ Reservation Needed: Reservation Needed
 - Payment: Credit Cards
-

FOOD AROUND HYATT REGENCY BETHESDA



LUNCH/ DINNER OPTIONS

CHERCHER [ETHIOPIAN CUISINE]

- Distance From Hotel: 11-minute walk
- Hours: 4 pm - 10 pm Monday to Thursday, 12 pm - 10 pm Friday to Sunday
- Outdoor Seating: Yes
- Typical Entrée Price: \$20
- Walk-in/ Reservation Needed: Walk-in
- Payment: Credit Cards
- *Vegan Options

MON AMI GABI [ETHIOPIAN CUISINE]

- Distance From Hotel: 7-minute walk
- Hours: 11:30 am - 9 pm Monday to Friday, 11:30 am - 10 pm Friday to Saturday, 9 am - 9 pm Sunday.
- Outdoor Seating: Yes
- Typical Entrée Price: \$25-\$35
- Walk-in/ Reservation Needed: Reservation Recommended
- Payment: Credit Cards

RAKU [PAN ASIAN]

- Distance From Hotel: 7-minute walk
- Hours: 11:30 am - 2:30 pm/ 4:30 pm - 9 pm Monday to Thursday, 11:30 am - 2:30 pm/ 4:30 pm - 10 pm Friday, 12 pm - 3 pm/ 5 pm - 10 pm Saturday, 12 pm - 3 pm/ 5 pm - 9 pm Sunday.
- Outdoor Seating: Yes
- Typical Entrée Price: \$25-\$35
- Walk-in/ Reservation Needed: Reservation Recommended
- Payment: Credit Cards

GRINGOS & MARIACHIS [MEXICAN STREET FARE]

- Distance From Hotel: 10-minute walk
- Hours: 11:30 am - 9:30 pm Monday to Wednesday, 11:30 am - 10 pm Thursday, 11:30 am - 11 pm Friday & Saturday, 11:30 am - 9:30 pm Sunday.
- Outdoor Seating: Yes
- Typical Entrée Price: \$13-\$16
- Walk-in/ Reservation Needed: Walk-in
- Payment: Credit Cards

BLACK'S BAR & KITCHEN [SEAFOOD]

- Distance From Hotel: 7-minute walk
 - Hours: 12 pm - 9 pm Monday to Thursday, 12 pm - 10 pm Friday & Saturday, 12 pm - 10 pm Friday & Saturday, 11 am - 3:30 pm Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$30-\$35
 - Walk-in/ Reservation Needed: Reservation Recommended
 - Payment: Credit Cards
-

FOOD AROUND HYATT REGENCY BETHESDA



LUNCH/ DINNER OPTIONS

PLANTA [VEGAN]

- Distance From Hotel: 7-minute walk
 - Hours: 11:30 am – 9:30 pm Monday to Friday, 11 am – 10 pm Saturday & Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$15-\$23
 - Walk-in/ Reservation Needed: Reservation Recommended
 - Payment: Credit Cards
-

Q BY PETER CHANG [CELEBRITY CHEF PETER CHANG]

- Distance From Hotel: 5-minute walk
 - Hours: 11 am – 3 pm/ 5 pm – 9:30 pm Monday to Thursday, 11 am – 10:30 pm Friday & Saturday, 11 am – 9 pm Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$10-\$20
 - Walk-in/ Reservation Needed: Reservation Needed
 - Payment: Credit Cards
-

WOODMONT GRILL [AMERICAN FOOD]

- Distance From Hotel: 7-minute walk
 - Hours: 11:30 am – 11 pm Monday to Thursday, 11:30 am – 9 pm Friday, 12 am – 9 pm Saturday & Sunday.
 - Outdoor Seating: No
 - Typical Entrée Price: \$20-\$50
 - Walk-in/ Reservation Needed: Reservation Recommended
 - Payment: Credit Cards
-

MEDIUM RARE [STEAK, FRENCH FRIES, SALAD]

- Distance From Hotel: 8-minute walk
 - Hours: 5 pm – 10 pm Monday to Thursday, 5 pm – 11 pm Friday, 10:30 pm – 11 pm Saturday, 10:30 pm – 10 pm Sunday.
 - Outdoor Seating: No
 - Typical Entrée Price: \$30
 - Walk-in/ Reservation Needed: Reservation available, but not required.
 - Payment: Credit Cards
-

HIP FLASK ROOFTOP [AT MARRIOTT HQ]

- Distance From Hotel: 6-minute walk
 - Hours: closed Monday & Sunday, 5 pm – 11 pm Tuesday & Thursday, 5 pm – 12 am Friday & Saturday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: Weekend Brunch \$100 per person (20% gratuity with applicable taxes)
 - Walk-in/ Reservation Needed: Unknown
 - Payment: Credit Cards
-

FOOD AROUND HYATT REGENCY BETHESDA



LUNCH/ DINNER OPTIONS

MAYA CUISINE [INDIAN/ NEPALESE FOOD]

- Distance From Hotel: 3-minute walk
 - Hours: 11:30 pm – 2:30 pm/ 5 pm to 9:30 pm Monday to Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$15-\$20
 - Walk-in/ Reservation Needed: Walk-in/ online order
 - Payment: Credit Cards
-

CORELLA CAFÉ & LOUNGE

- Distance From Hotel: 3-minute walk
 - Hours: Breakfast: 6:30 am to 10 am Monday to Friday, 7 am to 10:30 am Saturday & Sunday; Lunch: Daily 11 am to 2 pm; Dinner: 4 pm to 11:30 pm Sunday through Thursday, 4 pm to Midnight Friday& Saturday; Happy Hour: Daily 4:30 pm to 6:30 pm
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$14-\$30
 - Walk-in/ Reservation Needed: Reservation available, but not required.
 - Payment: Credit Cards
-

BITE OF ASIA [AMERICAN FOOD]

- Distance From Hotel: 4-minute walk
 - Hours: 11 am – 9 pm Monday to Saturday, closed Sunday.
 - Outdoor Seating: No
 - Typical Entrée Price: \$10-\$20
 - Walk-in/ Reservation Needed: Reservation available, but not required. Online order available.
 - Payment: Credit Cards
-

SEVENTH STATE RESTAURANT AND LOUNGE [AT MARRIOTT HQ]

- Distance From Hotel: 6-minute walk
 - Hours: 6:30 am – 11 am/ 11 am – 3pm Monday to Friday, 7 am – 3 pm/ 5 pm – 10 pm Saturday& Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$75 per guest
 - Walk-in/ Reservation Needed: Reservation available
 - Payment: Credit Cards
-

TIKKA MASALA [INDIAN]

- Distance From Hotel: 6-minute walk
 - Hours: 12 pm – 9 pm Monday to Saturday, 12 pm – 8:30 pm Sunday.
 - Outdoor Seating: No
 - Typical Entrée Price: \$12-\$17
 - Walk-in/ Reservation Needed: Reservation & online order available
 - Payment: Credit Cards
-

FOOD AROUND HYATT REGENCY BETHESDA



LUNCH/ DINNER OPTIONS

RAKUGAKI [JAPANESE]

- Distance From Hotel: 6-minute walk
- Hours: 11 am – 3 pm/ 4:30 pm – 9 pm Tuesday to Sunday, closed Monday.
- Outdoor Seating: No
- Typical Entrée Price: \$15-\$25
- Walk-in/ Reservation Needed: Reservation available
- Payment: Credit Cards

DELHI SPICE [INDIAN]

- Distance From Hotel: 6-minute walk
- Hours: 11:30 am – 9:30 pm Monday to Sunday.
- Outdoor Seating: No
- Typical Entrée Price: \$17
- Walk-in/ Reservation Needed: Reservation available
- Payment: Credit Cards

TAKO GRILL [JAPANESE]

- Distance From Hotel: 6-minute walk
- Hours: 11:30 am – 2 pm/ 4:30 pm – 8 pm Tuesday to Thursday, 11:30 am – 2 pm/ 4:30 pm – 8:30 pm Thursday& Friday, 4:30 pm – 8:30 pm Saturday, 4:30 pm – 8 pm Sunday, closed Monday.
- Outdoor Seating: No
- Typical Entrée Price: \$15-\$22
- Payment: Credit Cards
- *Many vegetarian options
- *take-out only

MAMMA LUCIA [ITALIAN, PIZZA]

- Distance From Hotel: 6-minute walk
- Hours: 11 am – 9 pm Monday to Thursday & Sunday, 11 am – 10 pm Friday& Saturday.
- Outdoor Seating: Yes
- Typical Entrée Price: \$13-20
- Walk-in/ Reservation Needed: Reservation& online order available
- Payment: Credit Cards

TACOMBI [MEXICAN]

- Distance From Hotel: 6-minute walk
 - oHours: 11 am– 11 pm Tuesday to Saturday, 11 am – 10 pm Monday& Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$12
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Cards& Apple Pay
-

FOOD AROUND HYATT REGENCY BETHESDA



LUNCH/ DINNER OPTIONS

LUKE'S LOBSTER BETHESDA [AMERICAN, SEAFOOD]

- Distance From Hotel: 6-minute walk
 - Hours: 11 am– 8 pm Monday to Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$10 for 12oz Clam Chowder
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Cards& Apple Pay
-

MATCHBOX [AMERICAN]

- Distance From Hotel: 9-minute walk
 - Hours: 11 am– 9 pm Monday to Thursday& Sunday, 11 am – 10 pm Friday& Saturday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$17-\$23
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Cards
-

RICE PADDIES GRILL [VIETNAMESE]

- Distance From Hotel: 6-minute walk
 - Hours: 11 am– 8:30 pm Monday to Friday, 12 pm – 8:30 pm Saturday& Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$13-\$15
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Cards
-

THE PERFECT PITA [GREEK]

- Distance From Hotel: 3-minute walk
 - Hours: 7 pm – 5 pm Monday to Friday, closed Saturday& Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$9
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Cards
-

TAYLOR GOURMET

- Distance From Hotel: 6-minute walk
 - Hours: 11 pm – 3 pm Monday to Friday, closed Saturday& Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$13
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Cards
-

FOOD AROUND HYATT REGENCY BETHESDA



LUNCH/ DINNER OPTIONS

TASTEE DINER **[AMERICAN]**

- Distance From Hotel: 9-minute walk
 - Hours: 6 am – 10 pm every day.
 - Outdoor Seating: No
 - Typical Entrée Price: \$9-\$14
 - Walk-in/ Reservation Needed: Walk-in
 - Payment: Credit Cards
-

VACE ITALIAN DELICATESSEN **[ITALIAN, PIZZA, DELI]**

- Distance From Hotel: 9-minute walk
 - Hours: 9 am – 9 pm Monday to Friday, 9 am – 8 pm Saturday, 10 am – 5 pm Sunday.
 - Outdoor Seating: No
 - Typical Entrée Price: \$9
 - Walk-in/ Reservation Needed: Walk-in, online order available
 - Payment: Credit Cards
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FAST CASUAL

Fish Taco - Mexican, Fastfood

7251 Woodmont Ave
0.2 miles from Hyatt Regency Bethesda

Subway

7201 Wisconsin Ave
0.2 miles from Hyatt Regency Bethesda

Chipotle Mexican Grill - Mexican

7600 Old Georgetown Rd
0.1 miles from Hyatt Regency Bethesda

Panera Bread

7201 Wisconsin Avenue
0.3 miles from Hyatt Regency Bethesda

&pizza - Bethesda - Pizza, Fast Food

7614 Old Georgetown Rd
0.2 miles from Hyatt Regency Bethesda

Five Guys - Fastfood, American

4829 Bethesda Ave
0.2 miles from Hyatt Regency Bethesda

Starbucks

7140 Wisconsin Ave
0.2 miles from Hyatt Regency Bethesda

Panda Express - chinese, fast food

7345 Wisconsin Ave
.1 miles from hotel

Sweetgreen

4831 Bethesda Ave
0.2 miles from Hyatt Regency Bethesda

The Halal Guys - Middle Eastern

4917 Elm St
0.2 miles from Hyatt Regency Bethesda

Cava Mezze Grill - Mediterranean, Fast Food

4832 Bethesda Ave
0.4 miles from Hyatt Regency Bethesda

Potbelly Sandwich Shop - Italian, Deli

4731 Elm St
.1 miles from hotel

FOOD AROUND HYATT REGENCY BETHESDA



BAR/ PUB

The Barking Dog - American, Bar, Pub
4723 Elm St
0.1miles from Hyatt Regency Bethesda

Bethesda Blues & Jazz Supper Club
7719 Wisconsin Ave
0.2miles from Hyatt Regency Bethesda

World of Beer - Pub, Gastropub, Bar
7200 Wisconsin Ave
0.2 miles from Hyatt Regency Bethesda

DESSERT

Yogiberry Bethesda - Dessert
4924 Elm St
0.5miles from Hyatt Regency Bethesda

Jeni's Splendid Ice Creams - Dessert
4918 Elm St
0.2 miles from Hyatt Regency Bethesda

Georgetown Cupcake - Dessert
4834 Bethesda Ave
0.6miles from Hyatt Regency Bethesda

GROCERY STORES & PHARMACIES

CVS
7235 Wisconsin Ave Ste 100, Bethesda,
MD 20814

Giant Food
7142 Arlington Rd, Bethesda, MD 20814

7-eleven
7820 Wisconsin Ave, Bethesda, MD
20814

Trader Joe's
7900 Wisconsin Ave, Bethesda, MD
20814

Foxtrot
7262 Woodmont Ave, Bethesda, MD
20814

SIGHTSEEING NEAR BETHESDA



GLENSTONE MUSEUM - UNIQUE AND EXCELLENT MODERN ART MUSEUM

- Distance From Hotel: 22-minute drive
- Hours: Thursday to Sunday 10 am – 5pm, closed Monday to Wednesday.
- Admission: Free
- Reservation: There are two ongoing programs for guaranteed walk-in entry, but the rest of the programs needs visitors to schedule a visit in advance on the museum website: <https://www.glenstone.org/>
- Note: Due to the fragile nature of the works on view, all visitors must be 12 or older and all minors (ages 12–17) must be accompanied by an adult at all times.

GREAT FALL NATIONAL PARK - BEAUTIFUL WATERFALLS, GOOD WALKS

- Distance From Hotel: 23-minute drive
 - oHours: 6 am until dark (everyday)
 - oAdmission: \$20 per private vehicle, \$15 per motorcycle, \$10 per person (walk-in)
 - oReservation: Not available
 - oNote: Expect high crowds and delays on weekends and holidays, come as early as possible. Also, look out for fee-free days on the website: <https://www.nps.gov/grfa/planyourvisit/fees.htm>
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FOOD IN WASHINGTON DC

RAPPAHANNOCK OYSTER BAR

- Distance From Hotel: 24-minute drive
 - Address: 1150 Maine Avenue SW, Washington, DC 20024
 - Hours: 11:30 am – 9 pm Monday to Thursday & Sunday, 11:30 am – 10 pm Friday & Saturday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: Oysters \$2.5 ea
 - Walk-in/ Reservation Needed: Walk-in
 - Payment: Credit Cards
-

FOOD IN WASHINGTON DC



JALEO

- Distance From Hotel: 26-minute drive
- Address: 480 7th St NW, Washington, DC 20004
- Hours: 11 am – 10 pm Monday, 11 am – 11 om Tuesday to Thursday, 11 am to midnight Friday, 10 am to midnight Saturday, 10 am to 10 pm Sunday.
- Outdoor Seating: Yes
- Typical Entrée Price: \$15-\$30

OYAMEL

- Distance From Hotel: 27-minute drive
- Address: 481 7th St NW, Washington, DC 20004
- Hours: 11:30 am – 10 pm Sunday& Monday, 11:30 am – 11 pm Tuesday to Thursday, 11:30 am to midnight Friday& Saturday.
- Outdoor Seating: Yes
- Typical Entrée Price: \$13-\$20

RUMI'S KITCHEN

- Distance From Hotel: 24-minute drive
- Address: 640 L St NW, Washington, DC 20001
- Hours: 11:30 am – 10 pm Monday to Friday, 12 pm – 11 pm Saturday, 12 pm - 10 pm Sunday.
- Outdoor Seating: Yes
- Typical Entrée Price: \$20-\$40

RASIKA

- Distance From Hotel: 27-minute drive
- Address: 633 D St NW, Washington, DC 20004
- Hours: 11:30 am – 2:30 pm/ 5 pm – 10pm Monday to Thursday, 11:30 pm – 2:30 / 5 pm – 10:30 pm Friday, 5 pm – 10:30 pm Saturday, 11:30 am – 2:30 pm/ 5 pm – 9 pm Sunday.
- Outdoor Seating: Yes
- Typical Entrée Price: \$20

LE DIPLOMATE

- Distance From Hotel: 22-minute drive
 - Address: 1601 14th St NW, Washington, DC 20009
 - Hours: 12 pm – 11 pm Monday to Thursday, 12 pm – midnight Friday, 9:30 am – midnight Saturday, 9:30 am – 11 pm Sunday.
 - Outdoor Seating: Yes
 - Typical Entrée Price: \$25-35
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SIGHTSEEING IN WASHINGTON DC



POLITICAL

- **Monuments on Washington Mall** (which is a large grassy area not a shopping mall!) (also great to see them at night!) <https://nationalmall.org/explore>
- **White House tour:**
<https://www.whitehouse.gov/visit/> need tickets
- **U.S. Congress tour:**
<https://www.visitthecapitol.gov/visit/book-a-tour>
need tickets

ART MUSEUMS

- **National Gallery of Art** (one of the many Smithsonian museums) <https://www.nga.gov/>
- **National Gallery sculpture garden:**
<https://www.nga.gov/visit/tours-and-guides/national-gallery-sculpture-garden.html>
- **Portrait gallery to see Obama portraits**
<https://npg.si.edu/home/national-portrait-gallery>
- **Hirshhorn Museum and Sculpture Garden** (modern art museum): <https://hirshhorn.si.edu>

HISTORY AND CULTURE MUSEUMS

- **National Museum of African American History & Culture** (tickets are free but book now!):
<https://nmaahc.si.edu/>
 - **United States Holocaust Memorial Museum** (tickets are free but book now!):
<https://www.ushmm.org/>
 - **National Museum of the American Indian:**
<https://americanindian.si.edu/>
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SIGHTSEEING IN WASHINGTON DC



NEIGHBORHOODS TO WALK AROUND

- Georgetown & Dumbarton Oaks (unique & charming neighborhood):
<https://washington.org/visit-dc/things-see-do-georgetown-washington-dc> &
<https://www.doaks.org/>
- Dupont Circle to 14th & P
<https://washington.org/visit-dc/things-see-and-do-dupont-circle> & <https://washington.org/visit-dc/never-ending-excitement-14th-street>
- Capitol Hill: <https://washington.org/dc-neighborhoods/capitol-hill>

ACTIVITIES

- Blues Alley Jazz Club (sadly nothing playing the Wednesday before the conference; but shows that
- weekend): www.bluesalley.com &
<https://www.facebook.com/bluesalley/>