

Cooking Light Best Cities: Seattle, Washington

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An abundance of fresh local foods, walker-friendly streets, and inclusive attitudes helps make Seattle America's best city for healthy living.

Whether seen from the vantage point of a peaceful kayak excursion on the waters of Puget Sound or a morning tour of bustling food lover's mecca Pike Place Market, Seattle always appears to be a place where healthful living comes easily and naturally. In our year-long countdown of U.S. cities that epitomize the *Cooking Light* philosophy, Seattle ranked highest for dollars spent on parkland—\$266 per person annually, according to the Trust for Public Land. The American Podiatric Medical Association ranked pedestrian-friendly Seattle a top spot for walking. Nearly 85 percent of city residents report exercising regularly and 89 percent say they are in good or better health, according to Centers for Disease Control and Prevention data. And when Seattleites are ready to indulge, they can do so in any of the city's many top-rated restaurants—it's home to both numerous James Beard Award-winning chefs and restaurants ranked "extraordinary to perfection" by culinary review, Zagat. If you love *Cooking Light*, we think you'll love Seattle, too.

Where to stay

Best room with a view: Perched over the water in Elliott Bay, the **Edgewater** (shown above, from \$299 a night; 800-624-0670, www.edgewaterhotel.com) has a storied past as a refuge for touring rock bands, including the Beatles, who famously fished out the window; you can stay in their suite. The hotel's theme is pure Pacific Northwest, with stone fireplaces and rough-hewn pine furniture. Half of the 223 rooms have water views; the rest overlook the Seattle skyline.

Best boutique hotel: Just a quick stroll from Pike Place Market, **Hotel Max** (from \$179 a night; 866-833-6299, www.hotelmaxseattle.com) is arty and open-minded. Rooms are small but packed with style—each displays original artwork that contribute to a total of more than 350 photographs and paintings featured throughout the hotel.

Best B&B: The **Bacon Mansion** (from \$89 a night; 800-240-1864, www.baconmansion.com) is located on a quiet residential street just past the lively action on Capitol Hill, home to the city's best nightlife. There are 11 rooms, including a carriage house that's wheelchair-accessible. One large suite has a winter view of the Space Needle; two have fireplaces; and another opens onto a private garden.