Walking the Central District: How long will it take me?

Most people walk 1/4 mile in 5 minutes. To walk across this map would only take 40 minutes.

Central District residents give their top motivators for active living:
1. Relaxing / lowers stress
2. Improve community / meet neighbors
3. Run errands
4. Better health

Estimated walking time:
- Between Cherry & 1-90: 23rd & Jackson retail: 10 minutes
- Jackson: 20 minutes
- Garfield High School: Seattle University: 15 minutes
- Madison Elementary: Garfield Community Center: 20 minutes
- Thurgood Marshall: E. 1st & W.W.C. 30 minutes

Central District, an edition of the Neighborhoods on Foot series
**Why Walk?**

To discover Central District Cultural Sites.

A walk through the Central District takes you on a tour of the neighborhood’s vibrant culture and history. This walking map includes current social destinations as well as many locations important in the District’s character and historical development. Look for descriptions of the following local-interest destinations on the reverse side of this map, and create your own routes to reach other sites.

As you walk, you'll also be able to integrate physical activity into your life in a way that's most enjoyable. Walking just 30 minutes a day - 10 minutes at a time - 5 days a week - is enough to improve your health. Discover your neighborhood on foot!

**Northern Destinations:**
- Washington Education & Social Club: formerly at 23rd & E Madison
- The Savoy Ballroom/Birdland: 21st & E Madison
- Doc Hamilton’s Barbecue Pit: formerly at 901 12th Ave

**Southern Destinations:**
- Black and Tan Club: formerly at 401 ½ 12th Ave
- The Rocking Chair: 1301 E Yesler Way
- Langston Hughes Performing Arts Center: 104 17th Ave S
- Washington Hall: 14th Avenue and Fir St

**From the Annals of Central District History...**

The Central District was home to Seattle’s Jazz Age, spanning roughly 1920s-1960s. Quincy Jones, Ray Charles (to the right), Jimi Hendrix (below, right) and Patti Brown all performed here during their early years.

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