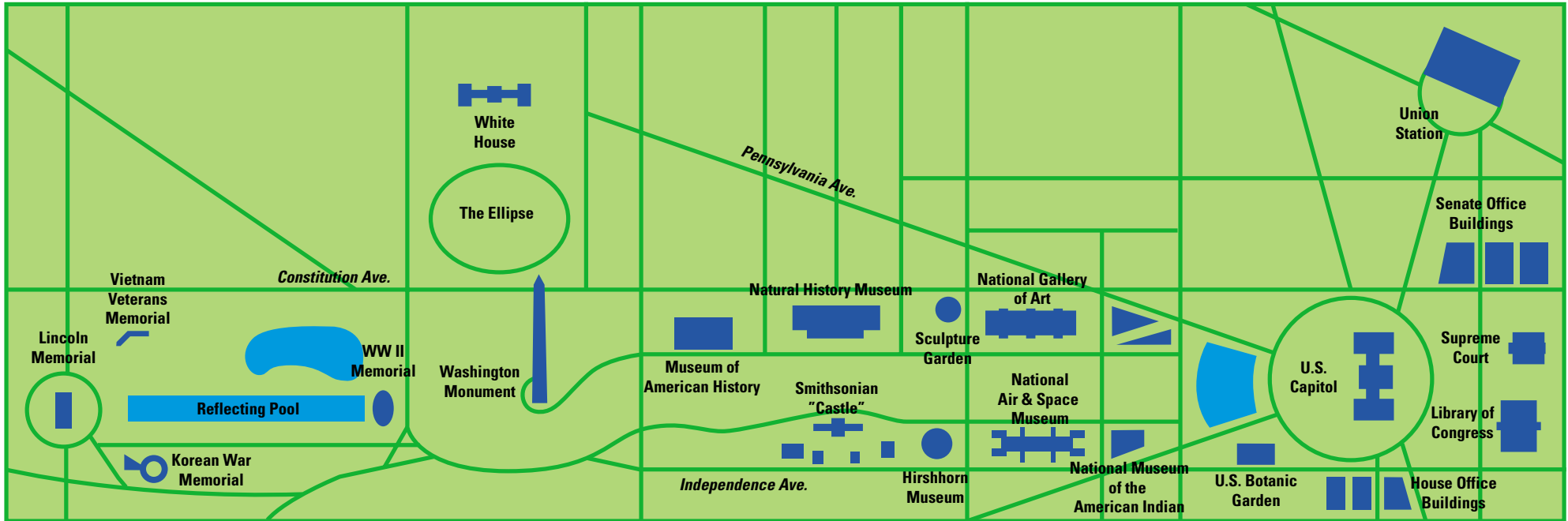




WALKING IN D.C.



Welcome to Washington, D.C., one of the country's most "walk-able" cities! Here you can combine some family fun with a little physical activity as you visit the many sites in the nation's Capitol. To enhance your journey, this map lists the number of steps between many popular sites. We hope it will provide you with an extra incentive to visit as many landmarks as possible. And just remember, the average 150-pound person burns between 80 and 100 calories per mile (2500 steps)!



STEPS FROM:

UNION STATION

Senate Office Buildings	765
Supreme Court	1050
Library of Congress	1400
House Office Buildings	1550
U.S. Capitol	875

NATIONAL AIR & SPACE MUSEUM

National Gallery of Art	335
Sculpture Garden	585
Natural History Museum	1025
Museum of American History	1515

U.S. CAPITOL

U.S. Botanic Garden	540
National Museum of the American Indian	1100
National Air & Space Museum	1525
Supreme Court	735
Washington Monument	3525
White House	3875
Lincoln Memorial	5100

WHITE HOUSE

WW II Memorial	1550
Vietnam War Memorial	1950
Lincoln Memorial	2125

Key Facts:

1 mile = 2,500 steps
1 mile = 80-100 calories burned
(based on 150-lb. person)

Note: The steps listed are estimates. The actual number of steps will vary according to a variety of factors including height.

Map not drawn to scale.

