



DC Living Guide for Fellows

Immersing yourself in the
greatest parts of DC

Updated August 2020



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The following information has been gathered from past and current Knauss fellows. These lists are not exhaustive and DC changes quickly, so some of these suggestions may not be complete or current. New suggestions are always welcome.



Housing Tips

“I lived with two other Knauss fellows and one did the searching and found a great 3 bedroom for us. We lived in Columbia Heights, not far from the metro station. I recommend Columbia Heights, Meridian Hill area, Mt. Pleasant, parts of up and coming Petworth.”

“I decided to find housing with another fellow after having a good connection with her during Placement Week. By double-teaming, we scouted through listservs and forums. We found a great house living with a previous Knauss fellow and we love it! Making connections with past fellows is a huge advantage.”

“I lived with college friends already in the area. Those fellows new to the area should avoid neighborhoods east of the Anacostia River in SE. Good neighborhoods: Columbia Heights, Mount Pleasant, U. St., 14th St., Logan Circle, Shaw, Petworth, Bloomington, Eckington, NOMA, Woodley Park, Cleveland Park, Capitol Hill, Eastern Market.”

“I live right near that Van Ness metro station on the Red Line in northwest DC. I work downtown, so the commute is easy. It's a great place to live for those who like a quieter neighborhood with great access to basic amenities (groceries, metro, dry cleaning, etc.) and Rock Creek Park. I would not recommend it for someone who is working in Silver Spring because of the commute. There aren't a lot of public transit options that go east-west across Rock Creek park. Most fellows end up living in Columbia Heights, which is a 45 -60 minute walk, 15 minute drive (\$10 on Uber), or 45 minute metro away from my neighborhood.”

“I live and work in Silver Spring. This is the best decision I made. Not only do I have a 5 minute commute, but I also do not have to pay for the bus or metro so I have more spending money each month to hang out downtown or try out new restaurants. I found my apartment by walking around Silver Spring. I talked to a woman walking dogs on the streets and she recommended some nice places. I found my building the Sunday after placement week. I would also recommend a roommate - it makes things much more affordable.”

Housing Tips

Recommended neighborhoods with disclaimers:

- **Silver Spring, MD:** Close to NOAA offices, but approximately 30 minutes away from Downtown DC by metro, making it slightly more challenging to take advantage of activities in the District like seminars, happy hours, major sightseeing, events.
- **Ballston and Pentagon City, VA:** There are shuttles from the Ballston and Pentagon City metro stations to the US Fish and Wildlife Service Headquarters office in Falls Church, VA. Both cities also have lots of shopping and dining opportunities, and university students and other professionals are always looking for roommates.
- **Columbia Heights:** Lots of group housing with young working professionals. Many places are affordable and close to Metro and buses to get to downtown or Silver Spring. A little busier and potentially noisy but year-round farmer's market.
- **Petworth:** Similar to Columbia Heights but a little more residential. A few great bars and restaurants and you can easily walk or metro to more.
- **Parkview:** Same as Columbia Heights and Petworth; it's walking distance to Medstar Washington Hospital Center and close to the major highway so you don't have to fight a lot of traffic if you're driving out for the weekend.
- **Tenleytown/Friendship Heights:** Nice neighborhood but might be hard to find affordable housing. It's a bit far to Silver Spring via Metro.
- **Woodley Park:** Nice neighborhood and close to the Zoo. Some housing can be expensive. It is approximately 30 minutes away from Silver Spring via Metro.

Housing Tips

Recommended neighborhoods with disclaimers:

- **NoMa:** Nice, up-and-coming neighborhood. Union Market nearby with several grocery stores and places to eat. H-Street has several good restaurants, bars, and exercise studios. Close to the Hill, takes about 25min by metro to get to NOAA.
- **Adams Morgan:** Great cafes and shops, and great young professional neighborhood but no Metros nearby; there are a lot of buses that run through to get to the Metros
- **Dupont Circle:** Great neighborhood, nice farmers market. Lots to do and lots of night life. Some housing can be expensive. Close to downtown and about 30 minutes away from Silver Spring via Metro..” The same is true of **Downtown DC** west/south of Logan Circle, near Massachusetts Ave NW, which is within walking distance of many restaurants, supermarkets and the Federal Triangle.
- **Takoma/Takoma Park:** Will likely resonate with down-to-Earth community-oriented types. Local co-op, Sligo Creek Trail nearby, Farmer’s market, vegan/vegetarian friendly options at restaurants, nuclear-free zone, public art, local mascot a free-range rooster “Roscoe,” and 1 metro stop away from Silver Spring. Family oriented/friendly. Not the place for nightlife or the “big city” DC experience.
- **Other Neighborhoods to consider:** Navy Yard/the Wharf & Bethesda



Housing Tips

Expect to pay at least ~\$1000 per room. Single and two bedrooms will be more per person, and parking can be expensive in some areas.

Don't worry about finding housing during placement week. Housing turns over quickly and you'll find the most options between one month and two weeks before you plan to move in. That said, the day after placement week can be a good time to explore neighborhoods and travel times to/from your host office location.

Check your commute time! Transferring metro lines adds a lot of time.

Places to find available rentals:

- Craigslist
- Padmapper
- Rent.com
- Facebook groups: Washington DC Housing, DC-MD-VA Housing

Property Management Firms (not a complete list)

- Yarmouth (NoMa, Hill, H St) - <http://yarmouthm.com/listings/>
- Barac (All over DC) - <http://www.thebarac.com/vaclistweb.htm>
- Gordon James - <https://gordonjamesrealty.com/rental-management-featured-properties/>
- Nest DC - <http://www.nest-dc.com/properties>
- Bozzuto - <https://www.bozzuto.com/apartments-for-rent/washington-dc/>
- Long and Foster - <http://homes.longandfoster.com/Real-Estate-Search.aspx>

Important Mobile Apps

Uber/Lyft/Via

Cheaper than a taxi, you can get an Uber/Lyft/Via to pick you up anywhere

DC Next Bus

Find bus routes, add favorite stops, see when the next bus is coming

DC Metro

(Realtime rail and bus predictions and DC Metro map directly from WMATA)

DC Rider

Metro-specific transportation, showing nearest station, next train arrival, and a map.

My Radar

Live radar. It rains more than you'd like in DC

City Mapper

Webpage and App for phone
<https://citymapper.com/dc/>

DC Happy Hours

This free app lists popular restaurant and bars in D.C. and their current happy hour specials, deals, and prices weekly.

Parkmobile

Use your phone and credit card to pay for street parking instead of digging for quarters.

Capital Bikeshare

For Capital Bikeshare – Check the availability of bikes and docks around the city. There are also dock-less bike and scooter options.

Going Out Guide

Dubbed the “Best guide in Washington”. This app recommends events, restaurants and night-life by the Washington Post Staff. Worth the free investment if you're looking to break the norm.

Yelp

There are so many places to eat in DC! Learn about what's new, cool, or nearby.

OpenTable

Useful way to get reservations at local restaurants

Social Media Accounts to Follow

Capital Weather Gang

“D.C. – area and worldwide weather news from the Washington Post”

Twitter: @capitalweather

YelpDC

Twitter: @yelpDC

Instagram: @yelpDC.

Washingtonian

“The Twitter account Washington lives by” Twitter: @Washingtonian

Brightest Young Things

“Daily online magazine and party throwing experts dedicated to all things good in DC & NYC”

Website: brightestyoungthings.com Twitter: @BYT

Facebook: @brightestyoungthings

Instagram: @brightestyoungthings

DCist

“The homepage of the District, covering the city’s news, curiosities, and culture”

Twitter: @DCist

Nerd Night DC

“The original monthly event where DC nerds come to hear about science and other esoteric subjects while drinking beer”

Twitter: @NerdNiteDC

The Story Collider

“Nonprofit organization dedicated to true, personal stories about science.”

Twitter: @storycollider

Other fellows’ social media accounts!

Useful Websites

<http://eg.washingtonpost.com/>

Has everything you could possibly want about the city - restaurant reviews, movie listings, news, bands, theater, its all here. *Note: with a .gov email you can get a free subscription of the Washington Post!

<http://www.ontaponline.com/>

On Tap Magazine is a monthly publication in the DC metro area that serves as your entertainment, culture, music and nightlife expert. Perfect for the young or young at heart, we always know the hot spots to be and be seen!

www.wmata.com

Greater Washington D.C. public transportation

<https://www.tripsavvy.com/c-4139664>

Find great tips on things to do in DC by neighborhood, and for particular holidays, as well as recommendations on restaurants, hotels and events

www.wusa9.com

Washington area local news

www.visitmaryland.org

Maryland Office of Tourism

<https://dc.eater.com/>

Resource to find great places to eat

<https://www.hillhappenings.com>

Sign up for their newsletter to track briefings, luncheons, receptions, and more on the hill.

<http://www.hikingupward.com>

The website Hiking Upward is a great resource to find hikes, it has a really good search function and the hike descriptions are detailed and provide topo maps

<http://dc.brightestyoungthings.com/>

Everything that's going on in the city

Popville.com

Regular updates on neighborhood bars, restaurants, crime, etc.

www.nbcwashington.com &

www.myfoxdc.com

Keep track of DC news, especially if you are traveling.

<https://mpdc.dc.gov/>

D.C. metropolitan police department website

www.virginia.org

Virginia Office of Tourism

Useful Websites

<http://dc.ecowomen.org/>
DC Ecowomen - Awesome listserv for networking events, finding roommates, etc.

www.MeetUp.com
Find people that like doing the things you like to do

<https://www.womensaquatic.org>
The Women's Aquatic Network (WAN) holds events to bring together professionals with interests in marine, coastal and aquatic affairs and promote the roles of women in these fields. WAN holds regular Ocean Blue Happy Hours.

<https://www.nationalgeographic.org/tickets/events/>
The National Geographic Society hosts a variety of events at their DC Headquarters, from screenings to panels

<https://www.si.edu/events>
Keep track of events and other programs at local museums!

<https://www.espadvisor.com/>
ESP Advisors holds regular Ocean Blue Happy Hours, which offer excellent networking opportunities.



Favorite Restaurants

In the District

Founding Farmers - \$\$

1924 Pennsylvania Ave NW., DC (202)
822-8783

Beau Thai - \$

3162 Mount Pleasant St NW, DC
(202) 450-5317

Kapnos - \$\$

2201 14th St NW, Washington, DC (202)
234-5000

The Coupe - \$\$

3415 11th St NW, Washington, DC (202)
290-3342

Timber Pizza Company - \$\$

809 Upshur St NW, Washington, DC
(202) 853-9746

Meridian Pint - \$\$

3400 11th St NW, Washington, DC (202)
588-1075

Smoke and Barrel - \$\$

2471 18th St NW, Washington, DC (202)
319-9353

Pho 14 - \$\$

1769 Columbia Rd NW, Washington, DC
(202) 986-2288

Old Ebbitt Grill - \$\$

675 15th St NW, Washington, DC (202)
347-48

Buredo - \$

825 14th Street NW, Washington, DC
(202) 289-0033

Centrolina - \$\$\$ (restaurant) & Piccolina
- \$ (quick service)

974 Palmer Alley NW, Washington, DC
(202) 898-2426

Jyoti - \$\$

2433 18th St NW, Washington, DC (202)
518-5892

Trickling Springs Creamery
Union Market, 1309 5th St NE,
Washington, DC

Georgetown Cupcakes - \$\$\$

3301 M St NW, Washington, DC
(202) 333-8448

Baked & Wired - \$

1052 Thomas Jefferson St NW,
Washington, DC (202) 333-2500

Zatinya - \$\$\$

701 9th St NW, Washington, DC
(202) 638-0800

Favorite Restaurants

Outside the District

Quarry House Tavern - \$
8401 Georgia Ave., Silver Spring,
MD 20910
(301) 587-8350

Backroom Brewery
150 Ridgemont Rd, Middletown,
VA 22645
(540) 869-8482

Sushi Jin Next Door - \$\$
8555 Fenton St, Silver Spring, MD
20910 (301) 608-0990

Bald Top Brewing Co.
1830 Thrift Rd, Madison, VA
22727 (540) 999-1830

Buena Vida - \$\$

Barrel & Crow
487 Cordell Ave, Bethesda, MD
20814 (240) 800-3253

TTT - \$\$
3324, 8407 Ramsey Ave, Silver
Spring, MD 20910
(301) 755-6132

Ghar-E-Kabab
944 Wayne Ave, Silver Spring,
MD 20910 (301) 587-4427

The Baked Bear of Bethesda
929 Rose Avenue #404, North
Bethesda, MD 20852
(858) 886-7433

Parkway Deli & Restaurant
8317 Grubb Rd, Silver Spring, MD
20910 (301) 587-1427

Brookeville Beer Farm
20315 Georgia Ave, Brookeville,
MD 20833
(301) 260-1000

Performing Arts and Music

John F. Kennedy Center for the
Performing Arts
The John F. Kennedy Center for
the Performing Arts, 2700 F St NW,
Washington, DC 20566
(202) 467-4600

Jazz in the Garden at National Gallery of
Art
The Sculpture Garden, 7th Street and
Constitution Avenue, Washington, DC
20565/every Friday evening from 5:00
to 8:30 starting May 15th /
(202) 289-3360

Black Cat
1811 14th St NW, Washington, DC 20009
(202) 667-4527

Fort Reno Park
<http://www.fortreno.com>
Chesapeake Street and Nebraska
Avenue NW Washington, DC
Weekly summer concerts outdoors with
rock/punk music.
(202) 673-7647

930 club
[Http://930.Com](http://930.Com)
815 V St NW Washington DC (202) 265-
0930

TOUR DE FAT: WASHINGTON, DISTRICT
OF COLUMBIA
Yards Park 355 Water St SE,
Washington, DC 20003/LATE MAY
Tour de Fat is New Belgium Brewing's
traveling celebration of all things bicycle,
honoring mankind's greatest invention.

Wolf Trap Performing Arts Center [http://](http://www.wolftrap.org/)
www.wolftrap.org/
1645 trap Rd Vienna, VA 22182
(703) 255-1900

Drafthouse Comedy
<https://drafthousecomedy.com/>
1100 13th St NW, Washington DC 20005
(202) 750-6411

MADAM'S ORGAN IN ADAM'S MORGAN
<Http://madamsorgan.com>
Bluegrass night every wed. With a live
band (free cover before 8 pm).
2461 18th St. NW, Washington, DC (202)
667-5370

Gyms

Earth Treks Rock Climbing Gym

1235 S Clark St, Arlington, VA
725 Rockville Pike, Rockville, MD
7125 Columbia Gateway Dr #110,
Columbia, MD

Pure Barre

407 8th Street SE, Washington, DC,
3308 Wisconsin Ave NW, Washington,
DC, 2130 P Street NW, Washington, DC
4930 Hampden Lane, Bethesda, MD,
8455 Fenton Street, Silver Spring, MD

Yoga District

1910 14th St NW Washington, DC
3315 11th St NW, Washington, DC
1830 1st NW, Washington, DC
1635 Connecticut Ave NW,
Washington, DC,
500 H St NE, Washington DC

Classpass

(get access to gyms across the DMV
region)
[https://classpass.com/
explore/66eEJwG3Pmq-washington-
dc-fitness-classes](https://classpass.com/explore/66eEJwG3Pmq-washington-dc-fitness-classes)

CrossFit Gyms

CrossFit Silver Spring – 2700
Garfield Ave, Silver Spring, MD
Petworth Fitness – 1240 Upshur St
NW, Washington, DC

CrossFit DC – 1507 U St NW,
Washington, DC

Old City CrossFit – 3743, 1007 H St
NE, Washington, DC

Kickboxing Gyms

NuBoxx – 701 2nd St NE,
Washington, DC OffRoad – 905 U
St NW and 637 Pennsylvania Ave
SE, Washington, DC 9Round Silver
Spring – 8403 Colesville Rd #170,
Silver Spring, MD

NOAA Fitness Center

1315 East West Highway, Silver
Spring, MD (Building 3)
USFWS has a fitness center in the
headquarters office building (Falls
Church, VA).

November Project

[https://november-project.com/
washington-dc/](https://november-project.com/washington-dc/)Free group workouts
every Monday, Wednesday, Friday
morning.

CycleBar

1105 Delaware Ave NE, Washington,
DC 3400 Columbia Pike Ste 100,
Arlington, VA

Shopping

Gourmet foods, grocery stores and markets:

Farmers Markets

Located in several locations listed here: <https://www.freshfarm.org/markets>

Union Market

In Noma! More information may be found here: <https://unionmarketdc.com>

Eastern Market

Near Capitol Hill in Downtown DC: <http://easternmarket-dc.org>

Whole Foods

A foods supermarket chain which emphasizes “natural” and organic products.

Locations in Washington, Maryland: Annapolis, Baltimore, Bethesda, Chevy Chase, Gaithersburg, Rockville, Silver Spring, Virginia: Alexandria, Arlington, Charlottesville, Fairfax, Falls Church, Glen Allen, Reston, Springfield and Vienna

Trader Joe's

Locations in MD: Bethesda, Rockville, and Towson. Locations in VA: Alexandria, Reston, Tyson's, and Bailey's Crossroads.

Unique Grocery Store with off-beat sauces, condiments, gourmet frozen foods, wines, unique breads and soy products

Calvert Woodley Market and Cheeserie

Connecticut Ave at the Van Ness/UDC Metro Station Additional specials on cured meats, other cheeses, and gourmet items such as mustard, coffee, and crackers, and an extensive liquor selection.

Retail/Department Stores :

- Mezza Galleria in Friendship Heights -lots of department stores, boutiques
- Georgetown - lots of fun boutique shops
- Pentagon City Mall and Ballston Commons (take metro directly there)
- Tyson's Corner in the McLean area. Most major department stores, a large variety of boutique shops, and of course, your standard Gap, Limited, Express, and Banana Republic.
- Tyson's Corner Galleria - in the McLean area - not metro accessible Most major upscale department stores - Saks, Bloomingdale's, Nordstrom's, lots of upscale boutique shops.
- Montgomery Mall - north of Bethesda off Democracy Blvd (off Old Georgetown Road headed north)
- Pike & Rose – North Bethesda, metro accessible (red line), outdoor mall space that includes an REI and LLBean

Shopping

Thrift Stores: Inside DC

Thrifty's Georgia Avenue Thrift Store \$

- great prices, good selection, mostly clothes including good selection of work wear, some home goods

6101 Georgia Ave NW
Washington, DC 20011

Buffalo Exchange \$\$

- skews younger, brand names, some work wear, good for shoes and bags 1318 14th St NW
Washington, DC 20005

Current Boutique \$\$-\$\$\$

- brand and designer labels, lots of work wear, under \$30 section in the back
1809 14th St NW
Washington, DC 20009

Facebook: BuyNothing

- Sign up for your neighborhood's buynothing facebook group. It's a site where people in your area post a variety of items they would like to give away for free!

Thrift Stores: Outside of DC

Value Village + Unique Thrift \$`

- two huge thrift stores next to each other, lots of clothes and home goods, lots of work wear, great for halloween costumes, often have 50% off coupons online or if you donate, will have to take a car or the bus to get there
10121 New Hampshire Ave
Silver Spring, MD

Second Chance \$\$

- HUGE warehouse for used furniture, everything from bookshelves to neon theater signs, you can buy and they'll hold it for a week so you can come back with a truck
1700 Ridgely St
Baltimore, MD 21230



Pet Care

General veterinary assistance:

<http://washingtondcveterinarianclinics.com>

Citypaws

1823 14th Street NW, Washington,
DC 20009 (202) 232-7297
citypawsdcc.com

Dupont Veterinary Clinic

2022 P Street NW, Washington,
DC 20036 (202) 466-2211
dupontvetclinic.com

Adams Morgan Animal Hospital
2112 18th Street NW, Washington,
DC 20009 (202) 638-7470

Dupont Circle metro stop
adamsmorganah.com

Friendship Hospital for Animals

4105 Brandywine St. NW,
Washington, DC 20016 (202) 363-
7300

Open 24 hours, 7 days a week
friendshiphospital.com

SouthPaws Veterinary Specialists & Emergency Center

8500 Arlington Boulevard
Fairfax VA 22031
(703) 752-9100

Open 24 hours, 7 days a week
<http://southpaws.com/>

Dog Parks

Congressional Cemetery

1801 E St. SE, Washington, DC
20003

Columbia Heights Dog Park

1150 Park Rd NW, Washington,
DC, 20010

Francis Dog Park

25th and N St, Washington, DC
20037

Gage Eckington Dog Park

286 V St NW, Washington DC
20001

Shaw Dog Park

1673 11st St NW, Washington,
DC 20001

S Street Dog Park

17th and S Sts, NW, Washington,
DC 20009

Ellsworth Urban Dog Park

621 Ellsworth Dr, Silver Spring,
MD 20910

Adventure Time! in the City

Paddling in/around DC

There are many beautiful parks to explore (via land or boat!). Below are a few tips and locations for kayaking in the DMV.

DC Boat Houses

DC has many boathouses scattered throughout the city. You can rent kayaks, canoes, and stand up paddleboards for ~\$16/hour or you can launch your own kayak from many of these locations (call the specific boat house for details). Renting/launching from the Key Bridge Boathouse gives you easiest access to a view of the monuments from the water (example photo here).

NoVA parks boat launches

There are many Northern Virginia (NOVA) parks that have boat launches and a few have rentals. You can pay a daily fee (~\$5-9; varies by location) to use the boat launch or you can purchase a season pass (~\$40) that should work at any of the NOVA parks boat launch.

MD Paddling

There are a number of parks and locations you can paddle. Each park has its own rules/fees so it's best to look up the park/launch before heading out. A few example locations include Rock Creek Regional Park and the various launch sites along the Patuxent River. The "Ghost Fleet" or ship graveyard at Mallows Bay - Potomac River National Marine Sanctuary is worth exploring from the water.

Great places to walk, run or bike to

Rock Creek Park, C&O Canal, National Arboretum, Tidal Basin, Teddy Roosevelt Island, Museums (the Smithsonian has a lot to offer, as do private museums throughout Downtown DC).

Adventure Time! Out of the City

Shenandoah National Park
<http://www.nps.gov/shen/index.htm>

Eastern Shore of Maryland
<http://www.visitmaryland.org/places-to-go/eastern-shore>

Delaware beaches
<http://www.visitdelaware.com/beaches/>

Baltimore Inner Harbor
<http://baltimore.org/article/baltimore-inner-harbor>

Assateague Island
<http://www.assateagueisland.com/>

Harpers Ferry area in West Virginia
http://www.virtualtourist.com/travel/North_America/United_States_of_America/West_Virginia/Harpers_Ferry-899590/Things_To_Do-Harpers_Ferry-TG-C-1.html

Great Falls National Park
<http://www.nps.gov/grfa/index.htm>

Gettysburg National Military Park
<http://www.nps.gov/gett/index.htm>

Manassas National Battlefield Park
<http://www.nps.gov/mana/index.htm>

Baltimore (National Aquarium, Fort McHenry)
<http://www.aqua.org/care/conservation-initiatives/fort-mchenry>

Mallow's Bay
<https://sanctuaries.noaa.gov/mallows-potomac/>

McHenry National Monument and Historic Shrine
<http://www.nps.gov/fomc/index.htm>

Udvar-Hazy Center
Chantilly, VA (part of Smithsonian National Air and Space Museum)-
<http://airandspace.si.edu/visit/udvar-hazy-center/>



Best of luck. We hope
that you enjoy your time
in Washington, DC!

