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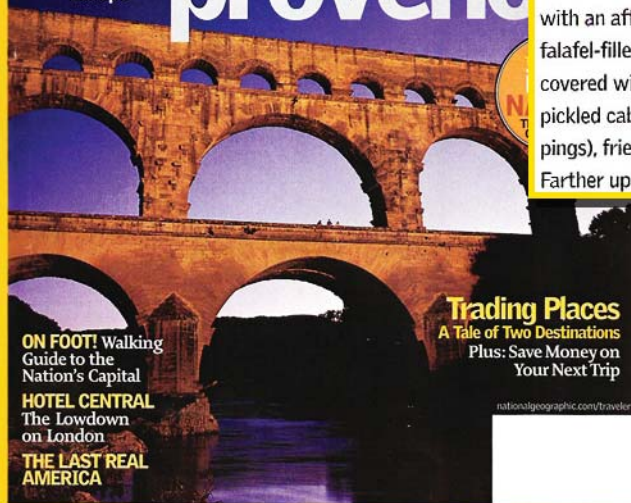
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On FOOT

by Luba Vangelova

Neighborhood Walking Tours

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18th St. NW; 234-1969), a small space

with an affordable, though tiny, menu:

falafel-filled pita pockets (to be covered with pureed eggplant, pickled cabbage, or other toppings), fries, and brownies.

Farther up the hill is (3) **Tryst** (2459



A Mall walker passes the National Museum of the American Indian as the Capitol, in the distance, emerges from morning fog.

Washington, D.C. "I can't believe it—I move away, and D.C. becomes interesting!" says visitor Eric James, surveying the trendy restaurants, shops, and other diversions that have sprouted in his hometown since he left the city five years ago. Indeed, Washington's ongoing urban renaissance has jazzed up D.C. with a blend of fresh venues and even a new memorial. The result: If you haven't been to D.C. lately, you need to return to explore it anew. These three neighborhoods—eminently accessible on foot—are good places to start.

WALK ON Washington is a walker's paradise with countless strollable areas reachable by public transportation. Use the sprawling Metro system to access Center City, if you're in the National Zoo, and Bethesda (a center of upscale shops and restaurants). Hop a city bus or one of the new tourist-friendly Circulator buses to reach the waterfront, and historic Georgetown, with shops and a bike-hike trail along the C&O Canal.

Funky Chic: Adams Morgan and the U Street Corridor

Long a multicultural hub, Adams Morgan remains a place for an afternoon stroll as well as a prime nightlife center.

Browse the eclectic businesses in the Victorian row houses along 18th Street: At the two-story (1) **Bazaar Atlas** (2405 18th St. NW, 332-4911 [note: the D.C. area code is 202]), checkers-playing shopkeepers sell ethnic wares ranging from African drums to Nepalese sweaters. Grab a bite at a newer attraction, (2) **Amsterdam Falafelshop** (2425 18th St. NW; 234-1969), a small space with an affordable, though tiny, menu: falafel-filled pita pockets (to be covered with pureed eggplant, pickled cabbage, or other toppings), fries, and brownies.

Farther up the hill is (3) **Tryst** (2459 18th St. NW; 232-5500), a café with communal tables and armchairs ideal for lingering over lattes and rich desserts (snag a window seat and guess which passersby will frequent the nearby Tattoo parlor). Shop for alpaca teddy bears, painted mirrors, and other distinctive Peruvian crafts at (4) **Toro Mata** (2410 18th St. NW; 232-3890). Continent-hop again to dine Ethiopian-style at (5) **Meskerem** (2434 18th St. NW; 462-4100), where you recline on pillows while using spongy injera.

At the Love Cafe, you can enjoy a great breakfast or a strawberry shortcake.



The Love Cafe—great for reading or strawberry shortcake (above).