

Urban Waters National Training Workshop

Tour Options for Thursday, July 28th.

Earth Conservation Corps

Join the [Earth Conservation Corps](#) (ECC) for a tour of the 1903 Old Capitol Pumphouse that supplied steam heat to the U.S. Capitol and now houses the Earth Conservation Corps. The ECC's mission is to save our endangered youth, the Anacostia River, their communities and their lives.

The tour will include a visit to our turtle beach site where the wetland habitat is being restored. The trash trap is also a part of the tour that demonstrates how trash is captured to prevent it from flowing down the Anacostia River. Diamond Teague Park (named after one of our fallen Corps members) has a board walk that leads to the Navy Yard. The osprey and eagle cams will be available as well as bird watching from the deck of the pumphouse.

The address of the Earth Conservation Corps at the pumphouse is 1350 First Street, S.E. WDC 20004.



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East Capitol Urban Farm

Join the College of Agriculture, Urban Sustainability and Environmental Sciences (CAUSES) at University of the District of Columbia (UDC) for a tour of [East Capitol Urban Farm](#) (ECUF), a multi-functional, three acre farm located in southeast Washington, DC. The unique, urban space offers opportunities for education, access, and community engagement for aquaponics system, walking trails, community art, a play space for children and, coming soon, a farmers market.

ECUF addresses the lack of healthy food access for the 71,000 residents of Ward 7. To help address these and other challenges, in 2015, CAUSES partnered with the DC Housing Authority to lease a vacant three acre lot located at 5900 East Capitol Street SE DC. Other partners include the Urban Waters Federal Partnership, several District of Columbia government agencies, community organizations, churches, and businesses.

East Capitol Urban Farm is one of several Urban Food Hubs pioneered by UDC CAUSES to improve Food Security and Sustainability in DC neighborhoods through food production, food preparation, food distribution, and waste and water management. The land has been transformed into the District's largest-scale urban farm and aquaponics facility that serves as a national model for temporary use of vacant lots while demonstrating on-site stormwater management and local food production. The goal of the ECUF is to promote urban agriculture, improve food access and nutrition through a community-centered farmers market, offer nutrition education, provide community gardening, create opportunities for entrepreneurship, and provide a research and demonstration site for UDC.

The site is located directly across the street from the [Capitol Heights Metro Station](#) at 5901 East Capitol Street, NE, Washington, DC.



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Self- Navigated Monuments Bike Ride (11.8 Miles)

Stretch your legs and bike around DC! The National Mall is deceptively large and hitting all of the spots by foot can be physically draining. The best way to see it all is on a bike! You can use Capital Bikeshare to rent just for a day, or bring your own bike. Go at your own pace and visit the highlights including the Lincoln Memorial, the Martin Luther King, Jr. Memorial, the Franklin Delano Roosevelt Memorial, the Thomas Jefferson Memorial, the Washington Monument, the White House, the WWII Memorial, and the Reflecting Pool. This route also takes you along the Tidal Basin and the Potomac River, two of our local urban waters!

Learn how to use Capital Bikeshare: <https://www.capitalbikeshare.com/home>

You can pick up a bike just out front of the hotel!

Use our Google Map to self-navigate, it's safe and easy: <http://tinyurl.com/UW-Bike-Tour>

(Note: click on the bike icon in the map legend for the bike route)



(<https://pixabay.com/en/washington-monument-washington-dc-580757/> these are "free images and videos you can use anywhere")