

FIFA World Cup 2026 in Seattle: A Complete Travel Guide



Seattle offers one of the most unique [*FIFA World Cup experiences in North America*](#). Surrounded by Puget Sound, snow-capped mountains, evergreen forests, and iconic landmarks, the Emerald City combines world-class football with some of the most spectacular scenery in the United States. Unlike many host cities where the focus is solely on the stadium, Seattle gives visitors the chance to enjoy outdoor adventures, waterfront attractions, fresh Pacific Northwest cuisine, and a thriving coffee culture alongside the world's biggest sporting event.

All FIFA World Cup 2026 matches in Seattle will be played at Lumen Field, one of the loudest and most atmospheric stadiums in American sports. The venue has

earned a global reputation for its passionate supporters and exceptional match-day environment, making it a perfect stage for international football.

Whether you want to cheer for your national team, visit the famous Pike Place Market, ride to the top of the Space Needle, or explore nearby Mount Rainier National Park, Seattle offers an unforgettable World Cup journey. This guide covers everything you need to know, including the match schedule, stadium information, hotels, transportation, local attractions, and practical travel advice.

Seattle FIFA World Cup 2026 at a Glance

Seattle is one of the eleven official FIFA World Cup 2026 host cities in the United States. Every match will be played at Lumen Field, located in the heart of downtown Seattle and within walking distance of many hotels, restaurants, and waterfront attractions.

Seattle will host six FIFA World Cup matches, including both group-stage and knockout-round fixtures. Thanks to its compact downtown, efficient public transportation, and abundance of outdoor activities, the city is expected to become one of the tournament's favorite destinations.

Why Seattle Stands Out Among FIFA Host Cities

Unlike many World Cup cities, Seattle combines football with nature.

Here, you can:

- Watch a World Cup match in the afternoon.
- Enjoy fresh seafood on the waterfront in the evening.
- Take a ferry across Puget Sound the next morning.
- Spend the following day hiking beneath Mount Rainier.

Seattle is also known for:

- Hosting **6 FIFA World Cup matches**
- Home to the iconic **Lumen Field**

- One of the loudest stadium atmospheres in North America
 - Walkable downtown neighborhoods
 - Excellent public transportation
 - World-famous coffee culture
 - Fresh seafood and Pacific Northwest cuisine
 - Easy access to national parks and scenic road trips
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Seattle FIFA World Cup 2026 Match Schedule

Seattle will host six FIFA World Cup 2026 matches at Lumen Field.

Tournament Overview

- **Total Matches:** 6
 - **Group Stage:** 4 Matches
 - **Round of 32:** 1 Match
 - **Round of 16:** 1 Match
 - **Venue:** Lumen Field
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Quick Information

Information	Details
Host City	Seattle, Washington
Stadium	Lumen Field
Tournament Matches	6
Airport	Seattle-Tacoma International Airport (SEA)
Public Transportation	Link Light Rail, Monorail, Streetcar, King County Metro, Ferry

Best Areas to Stay Downtown, Pioneer Square, Belltown, Capitol Hill, South Lake Union, Bellevue

Stadium Capacity Approximately 69,000

Time Zone Pacific Time (PT)

Recommended Stay 4-6 Days

About Lumen Field

If there is one stadium in the United States built for an unforgettable football atmosphere, it is [*Lumen Field*](#).

Opened in 2002, the stadium is home to the NFL's Seattle Seahawks and Major League Soccer's Seattle Sounders FC. For years, it has been recognized as one of the loudest sporting venues in the world, with supporters regularly creating an electric environment that few stadiums can match.

Its steep seating design keeps fans close to the pitch, allowing noise to echo throughout the stadium and creating an incredible atmosphere for every match.

Stadium Capacity

Lumen Field will welcome approximately **69,000 spectators** during the FIFA World Cup 2026.

Stadium Location

One of Seattle's biggest advantages is the stadium's central location.

Lumen Field sits within walking distance of:

- Pioneer Square
- Seattle Waterfront

- Pike Place Market
- Downtown Seattle
- International District

Visitors staying downtown can often reach the stadium without needing a car.

World-Class Facilities

Lumen Field offers:

- Excellent sightlines from every seating section
- Modern hospitality suites
- Wide concourses
- Local Pacific Northwest food vendors
- Official FIFA merchandise stores
- High-speed mobile connectivity
- Accessible seating throughout the stadium

Match-Day Atmosphere

Seattle's sports fans are famous for creating one of the loudest crowds in North America.

During the FIFA World Cup, expect:

- Thousands of international supporters
- Live music before kickoff
- Waterfront fan festivals
- Local food trucks
- Community celebrations throughout downtown Seattle

The atmosphere extends well beyond the stadium itself.

Accessibility

Lumen Field provides:

- Accessible entrances

- Elevators
 - Wheelchair seating
 - Companion seating
 - Family restrooms
 - Guest assistance services
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How to Reach Lumen Field

One of Seattle's greatest strengths is that visitors rarely need to drive.

From Seattle-Tacoma International Airport (SEA)

The airport is connected directly to downtown by Link Light Rail, making transportation simple and affordable.

Average travel time:

- **Link Light Rail:** 40-45 minutes
- **Ride-share:** 25-35 minutes
- **Rental Car:** 25-40 minutes depending on traffic

Unlike many host cities, public transportation is often the fastest option.

By Link Light Rail

The Link Light Rail stops near Lumen Field, making it the preferred transportation choice for thousands of supporters.

It avoids downtown traffic while providing direct access to the stadium district.

By Seattle Ferry

Visitors staying on Bainbridge Island or nearby communities can combine Washington State Ferries with Link Light Rail for a scenic journey into downtown Seattle.

Few World Cup host cities offer transportation with waterfront views.

By Car

Driving is possible, but parking around the stadium is limited and expensive.

Visitors staying downtown generally won't need a vehicle.

Ride-Sharing

Uber and Lyft operate throughout Seattle, although prices typically increase after major sporting events.

Best Areas to Stay

Choosing the right neighborhood can completely change your Seattle experience.

Pioneer Square

If football is your priority, Pioneer Square is the best location.

The neighborhood sits immediately beside Lumen Field and offers historic brick buildings, sports bars, local restaurants, and quick stadium access.

Best for:

- Match-day convenience
 - Walking to the stadium
 - Sports fans
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Downtown Seattle

Downtown places visitors close to shopping, museums, Pike Place Market, and the waterfront while remaining within walking distance of Lumen Field.

Best for:

- First-time visitors
 - Families
 - Sightseeing
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Belltown

Belltown combines nightlife, independent restaurants, breweries, and boutique hotels with excellent walkability.

Best for:

- Couples
 - Food lovers
 - Nightlife
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Capitol Hill

Seattle's most vibrant neighborhood features live music venues, cafés, craft breweries, independent shops, and diverse dining options.

Best for:

- Young travelers
 - Coffee lovers
 - Evening entertainment
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South Lake Union

Home to Amazon's headquarters, South Lake Union offers modern hotels, waterfront parks, and easy public transportation.

Best for:

- Business travelers
 - Families
 - Luxury hotels
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Bellevue

Located across Lake Washington, Bellevue provides upscale hotels, luxury shopping, and a quieter atmosphere while remaining within easy reach of downtown Seattle.

Best for:

- Luxury stays
 - Families
 - Longer vacations
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Best Hotels Near Lumen Field

Seattle offers accommodation for every budget, from luxury waterfront hotels to convenient downtown options.

Embassy Suites by Hilton Seattle Downtown Pioneer Square

Located just a short walk from Lumen Field, this is one of the best hotels for football supporters attending multiple matches.

Best for: Stadium convenience.

The Arctic Club Seattle

A historic boutique hotel combining elegant architecture with modern comfort in Downtown Seattle.

Best for: Couples and history lovers.

Hyatt Regency Seattle

One of Seattle's largest hotels featuring spacious rooms, excellent restaurants, and convenient public transportation.

Best for: Families and international visitors.

Fairmont Olympic Hotel

Seattle's most iconic luxury hotel offers timeless elegance, exceptional dining, and a prime downtown location.

Best for: Luxury travelers.

Hotel Theodore

A stylish boutique hotel reflecting Seattle's artistic and creative culture.

Best for: Couples and design enthusiasts.

citizenM Seattle South Lake Union

A modern hotel known for smart rooms, comfortable workspaces, and excellent value.

Best for: Solo travelers and younger visitors.

The Westin Seattle

Located near Pike Place Market and downtown attractions, this hotel provides an excellent balance between sightseeing and match-day convenience.

Best for: First-time visitors.

Things to Do Before or After the Match

Seattle is one of the [*best cities in North America*](#) for combining sport with outdoor adventure, waterfront experiences, and local culture.

Watch the Fish Throwing at Pike Place Market

Start your morning at Seattle's most famous attraction, where local fishmongers toss fresh seafood across the market while visitors browse artisan shops, cafés, and local produce. Don't miss the original Starbucks store nearby.

Ride to the Top of the Space Needle

Enjoy sweeping views of the Seattle skyline, Puget Sound, Mount Rainier, and the Olympic Mountains from one of the city's most recognizable landmarks. Visit around sunset for spectacular photography.

Explore Chihuly Garden and Glass

Located next to the Space Needle, this world-renowned exhibition showcases stunning glass sculptures inspired by the natural beauty of the Pacific Northwest.

Walk the Seattle Waterfront

Spend a relaxing afternoon along Elliott Bay, where you will find seafood restaurants, the Seattle Great Wheel, public art, waterfront parks, and scenic ferry terminals.

Take a Ferry to Bainbridge Island

One of Seattle's signature experiences is riding a Washington State Ferry across Puget Sound. The journey offers incredible skyline views, and Bainbridge Island features charming cafés, boutiques, wineries, and walking trails.

Discover Fremont and Ballard

Explore two of Seattle's most distinctive neighborhoods, known for craft breweries, Scandinavian heritage, local markets, independent coffee shops, and vibrant street art.

Visit Kerry Park

For the city's most famous skyline photo, head to Kerry Park. On clear days, you'll see Downtown Seattle, the Space Needle, Elliott Bay, and Mount Rainier in one unforgettable view.

Plan a Day Trip to Mount Rainier National Park

If you are staying several days, drive to Mount Rainier National Park to experience alpine meadows, waterfalls, glaciers, scenic hiking trails, and one of the most iconic mountains in the United States.

Best Time to Arrive on Match Day

Seattle's passionate football culture creates an incredible atmosphere well before kickoff. Arriving early lets you enjoy the excitement and avoid last-minute delays.

- **Arrive Three Hours Before Kickoff:** Give yourself enough time for transportation, security screening, and finding your seat.
- **Take Link Light Rail:** It's usually the quickest way to reach Lumen Field while avoiding downtown traffic.
- **Explore the FIFA Fan Festival:** Enjoy live entertainment, cultural performances, official merchandise, local food vendors, and football activities before the match.

- **Download Mobile Tickets in Advance:** Save your tickets offline and fully charge your phone before leaving your hotel.
 - **Dress for Changing Weather:** Even during summer, mornings and evenings can be cool. Bring a lightweight waterproof jacket and comfortable walking shoes.
 - **Check Transit Alerts:** Review Link Light Rail schedules and service updates before heading to the stadium.
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Practical Travel Tips for FIFA Fans

Seattle offers a smooth travel experience, but these local tips will help you make the most of your visit.

- **Book Hotels Early:** Downtown Seattle and Pioneer Square hotels are expected to sell out quickly during the tournament.
- **Stay Near Link Light Rail:** Choosing accommodation close to a light rail station makes traveling between the airport, downtown, and Lumen Field much easier.
- **Pack Layers:** Seattle's weather is comfortable but can change throughout the day. A light jacket is useful even during June and July.
- **Reserve Popular Attractions Ahead of Time:** Tickets for the Space Needle, Chihuly Garden and Glass, and Alki Water Taxi experiences often sell out during peak tourist season.
- **Don't Miss Local Seafood:** Enjoy fresh Pacific salmon, Dungeness crab, oysters, clam chowder, and fish and chips while exploring the waterfront.
- **Try Seattle's Coffee Culture:** Visit independent cafés throughout Capitol Hill, Ballard, and Downtown, in addition to the city's famous coffee landmarks.
- **Take Advantage of Longer Daylight Hours:** Summer sunsets occur late, giving you extra time to explore after World Cup matches.
- **Extend Your Trip Beyond Seattle:** Add a day or two to visit Mount Rainier, Olympic National Park, Snoqualmie Falls, or the San Juan Islands for an unforgettable Pacific Northwest experience.

Conclusion

Seattle offers a FIFA World Cup experience unlike any other host city. World-class football at Lumen Field is only part of the journey. Visitors can spend the morning exploring Pike Place Market, enjoy breathtaking views from the Space Needle, ride a ferry across Puget Sound, and still make it to kickoff in one of North America's most electric stadiums.

Beyond the tournament, Seattle serves as the perfect gateway to the Pacific Northwest, with spectacular mountains, national parks, scenic coastlines, and vibrant neighborhoods all within easy reach. Whether you are visiting for one match or an extended vacation, Seattle delivers an unforgettable combination of football, nature, culture, and adventure.

Frequently Asked Questions

How many FIFA World Cup 2026 matches will be played in Seattle?

Seattle will host six FIFA World Cup 2026 matches at Lumen Field, including four group-stage matches, one Round of 32 match, and one Round of 16 match.

Which stadium will host the FIFA World Cup in Seattle?

All FIFA World Cup 2026 matches in Seattle will be played at Lumen Field, located in the heart of Downtown Seattle.

What is the closest airport to Lumen Field?

Seattle-Tacoma International Airport (SEA) is the closest major airport and is directly connected to Downtown Seattle by Link Light Rail, making travel to the stadium quick and convenient.

Where should I stay during the FIFA World Cup in Seattle?

Downtown Seattle and Pioneer Square are ideal for walking to Lumen Field. Belltown, Capitol Hill, South Lake Union, and Bellevue are also excellent options depending on your budget and travel style.

What are the best attractions near Lumen Field?

Top attractions include Pike Place Market, the Space Needle, Chihuly Garden and Glass, Seattle Waterfront, the Seattle Great Wheel, Kerry Park, the Museum of Pop Culture, and Bainbridge Island.

What is the best way to get to Lumen Field?

Link Light Rail is the fastest and most reliable transportation option on match days. Visitors staying downtown can also walk to the stadium from many nearby hotels.

Is Seattle a good destination for nature lovers visiting the FIFA World Cup?

Yes. Seattle is one of the few FIFA World Cup host cities where visitors can combine football with outdoor adventures, including day trips to Mount Rainier National Park, Olympic National Park, and the scenic Puget Sound waterfront.

How early should I arrive for a FIFA World Cup match in Seattle?

Plan to arrive at least three hours before kickoff to enjoy the pre-match atmosphere, complete security screening, and explore the official FIFA fan activities around Lumen Field.