



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Travel Portland

Adventure Portland

Portland, 2 Days

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Guide Description



AUTHOR NOTE: Although Downtown Portland has a lot to offer a new visitor, one of the main reasons people flock to this city is to explore the great outdoors. In particular, Mount Hood is an adventure not to be missed. Fuel up, grab your gear, and head outdoors!

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Portland

DAY NOTE: In the late morning, stop by Papa G's Vegan Organic Deli and stock up on breakfast and lunch foods to last the day at Mount Hood. Mount Hood is a short hour drive from Portland, and once you're there, you'll have no problem filling the day with the active adventure of your choice. Whether you want kid-friendly trails, adventure hiking, snowboarding, or biking; Mount Hood as it all. When you've had your fill, head to Thai Lahna for dinner and indulge in a heavy meal of ethnic Thai food that's easy on the wallet. Finish up your night by drinking wine at the relaxing Press Club in Southeast Portland, one of the area's best wine bars and creperies.



The Blue Monk

Jazz Club with a Beer Galaxy



Papa G's Vegan Organic Deli

Ethical Deli



Thai Lahna

Authentic Thai



Press Club (The)

Wine Bar, Alternative Reading Room & Creperie

Day 2 - Portland

DAY NOTE: Start out your day by heading to the infamous Grand Central Bakery & Cafe in Southeast Portland. Indulge in heavy homemade pastries and breads, and make sure to get a few items to go to tide you over until dinner. Then, head to Forest Park, the largest urban park in the country, where you will marvel at the sheer beauty of this park. From here, the Springwater Corridor Trail makes a nice relaxing excursion, whether by bike or on foot. For dinner, 3 Doors Down Cafe in Southeast Portland has great cocktails and delicious dinners. After dinner, the Blue Monk is a great place to enjoy jazz and microbrews.



Grand Central Bakery & Cafe

Break bread



Forest Park

The largest park inside city limits in the United States.



Springwater Corridor Trail

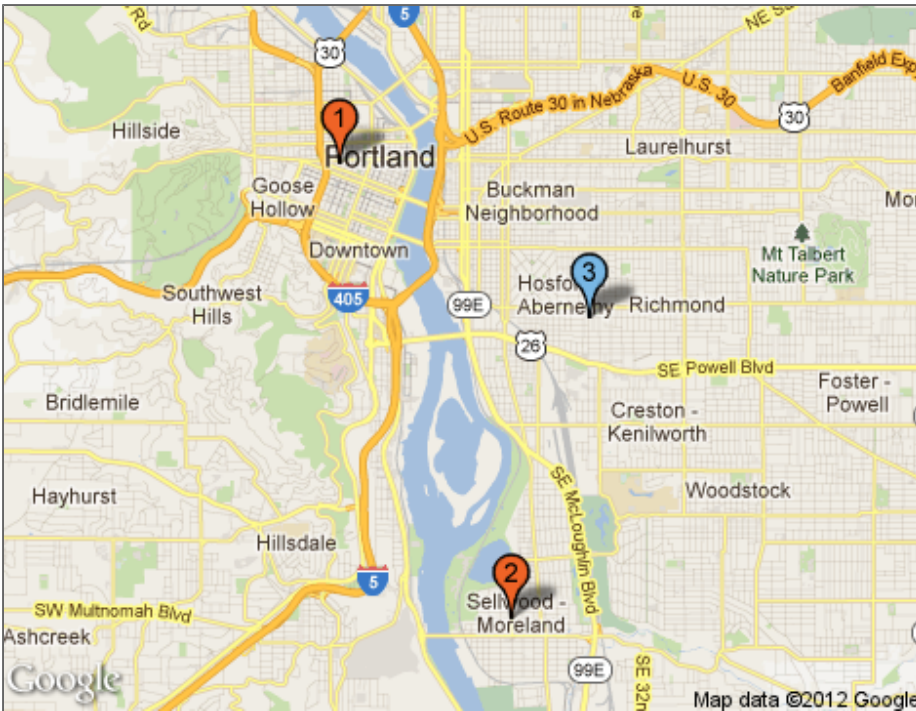
Hiking, wildlife, and biking for all nature-buffs!



3 Doors Down Cafe

Viva Italiana

Day 1 - Portland



QUICK NOTE

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contact:
tel: +503 235 0244
<http://www.papagees.com>

location:
2314 SE Division St
Portland OR 97202

hours:
M-Sun 11a - 10p

1 Papa G's Vegan Organic Deli

OUR LOCAL EXPERT SAYS:
All things vegan, vegetarian, and delicious!

DESCRIPTION: Papa G's Vegan Organic Deli, located in the heart of the Southeast, serves its' eclectic crowd only the freshest and best lunches and dinners. For a unique dining experience, sample the Sheperd's Pie and wash it down with a tall glass of House-made Fresh Organic Coconut Kefir, made with only local and seasonal fruits. To find out what all the fuss is about- try the Kombucha, made out of a Chinese bacteria culture. © NileGuide



Photo courtesy of Papa G's Vegan Organic Deli

contact:

tel: +503 230 0422
http://www.thailanna.com

location:

7937 SE 13th Ave
Portland OR 97005

hours:

Lunch: M-F 11:30a - 3p,
Dinner: M-Th 5p-9p, F
5p-9:30p, Sat 5p-9:30p, Sun
5p-9p

2 Thai Lahna

OUR LOCAL EXPERT SAYS:

For an amazing dining experience at cheap prices, try the Pad Kee Mao with tofu. All dishes are flavorful and delicious, and the portions are quite large.

DESCRIPTION: Thai Lahna, located in the heart of Sellwood, seems like a little hole in the wall restaurant. What you will find however, is cheap Thai food with large portions whose taste is unbeatable. In a city full of Thai food, Thai Lahna stands out among the rest. For a truly special dish, try the Pumpkin curry, for a spicy and sweet main course. Also not to be missed- the Tom Kah soup, a truly satisfying delicacy. © NileGuide



Thai Lahna

contact:

tel: +1 503 233 5656

location:

2621 Southeast Clinton Street
Portland OR 97202

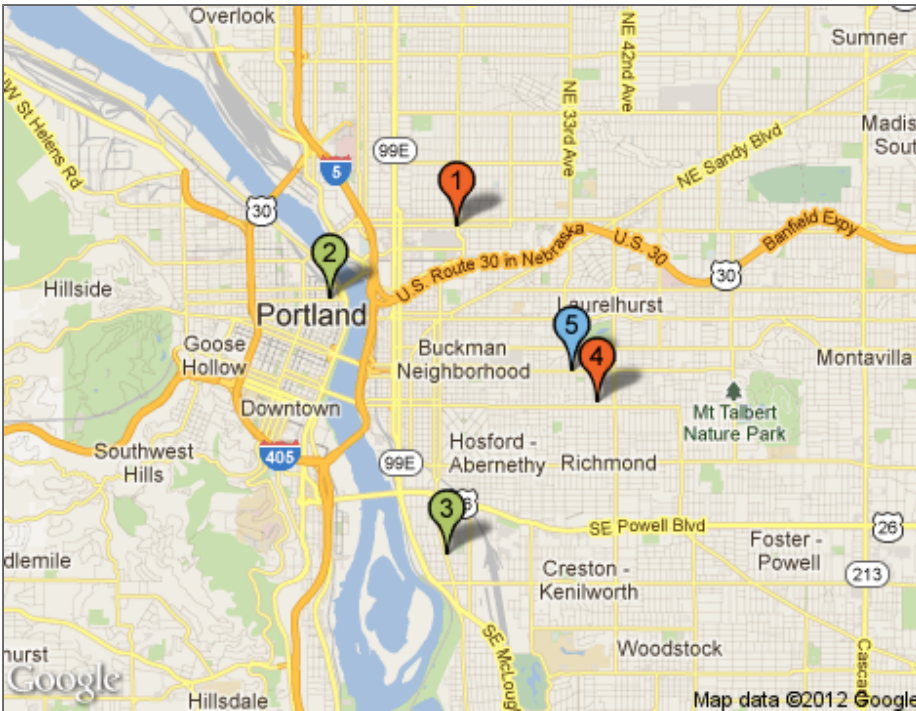
3 Press Club (The)

DESCRIPTION: Not everyone knows the crepe was actually invented in Italy, but the guys at The Press Club seem to. If the piazzas of Italy were decked out with blisteringly fast Wi-Fi connections, a world-class selection of cutting-edge, glossy magazines, and regular Electronica and gypsy-jazz jam sessions, they might come close to the charm of this Eastside gem. Service is thoughtful, attentive, and unobtrusive. Well chosen wines and beer compliment an expertly presented crepe and sandwich menu. The surprisingly comfortable Spartan-chic space includes romantic tables for two and outdoor dining on the avenue. © wcities.com



editor

Day 2 - Portland



QUICK NOTE

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contact:

tel: +1 503 288 1614
fax: +1 503 288 2738
<http://www.grandcentralbakery.com/>

location:

1444 Northeast Weidler Street
Portland OR 97232

hours:

7a-8:30p M-Sa, 7a-6p Su

1 Grand Central Bakery & Cafe

OUR LOCAL EXPERT SAYS:

Don't forget to bring home the Grand Central Bakery's breadbowl for your soup!

DESCRIPTION: It serves up a great loaf of bread, but the gourmet deli food is the real draw here. You will not find a variety of cold cuts, but you will find lots of salads, veggies and dips to complement the fresh bread. You can even order beer and wine. Save room for dessert—the trendy eatery also bakes up wonderful sweet treats. The bakery has a deli-style dining area with a self-service watering jug. Large glass windows provide a good view of the adjacent Irvington Market.
© wcities.com



citysearch

contact:

tel: +1 503 823 2223
fax: +1 503 823 6007
<http://www.portlandonline.com/parks/finder/index.cfm>

location:

Upsher-Newberry Road and Northwest 29th Street
Portland OR 97210

2 Forest Park

OUR LOCAL EXPERT SAYS:

This fairyland park proves that a city that gets more than its fair share of rain grows all kinds of wildlife in epic proportions.

DESCRIPTION: Forest Park, the largest municipal park in the nature, is a great spot for hiking, biking, and jogging on a clear day in Portland. This 5,000 acre park is a must-see for all nature lovers visiting the area. The fir trees and abundant plant life make this park feel other-worldly. Extra points if you can find the picnic tables buried in moss. © NileGuide



wcities

contact:

tel: +1 503 823 7529
<http://www.portlandonline.com/parks/finder/index.cfm>

location:

Southeast Ivon Street to Boring
Portland OR 97202

3 Springwater Corridor Trail

OUR LOCAL EXPERT SAYS:

The Springwater Trail makes a great day trip for both kids and adults.

DESCRIPTION: The Springwater Corridor Trail is one of the best places in Portland to visit on a bright sunny day. Whether you're a biker or an avid pedestrian, it is worth spending a day exploring the trail. Pick and eat local Oregon blackberries while you're exploring the animals and plants native to Oregon. In particular, the wildlife refuge makes this trip even more memorable. © NileGuide



Springwater Corridor

contact:

tel: +1 503 236 6886
<http://www.3doorsdowncafe.com/>

location:

1429 Southeast 37th Avenue
Portland OR 97214

hours:

5p-10p Tu-Sa

4 3 Doors Down Cafe

DESCRIPTION: Simply romantic, this restaurant offers classic Italian dishes, some laced with superb seafood, on the trendy Hawthorne Boulevard. Mediterranean seafood is the specialty here. If you love scallops, be sure to try these when they are in season; plates are filled to the rim. The service, which can often be lacking in these parts, is impeccable. Reservations are not accepted, but just off the strip, there are plenty of storefronts in the neighborhood to keep you busy while you wait for your table. © wcities.com



3 Doors Down Cafe

contact:

tel: +1 503 595 0575
<http://www.thebluemonk.com/>

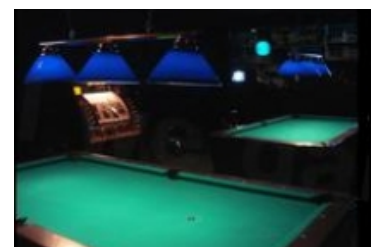
location:

3341 SE Belmont St
Portland OR 97214

hours:

5 The Blue Monk

DESCRIPTION: Featuring Portland's fresh, young jazz talent and old masters alike, you'll find the joint hopping from Tuesday through Saturday nights till late. For a nominal cover (most nights), descend the stairs to find an intimate stage setting, perfect for a date or just to relax with a drink. Take a seat next to the extensive full bar for faster service on their stunning signature cocktails. The beer menu changes regularly and



citysearch

M-Th 5p-1a, F-Sa 5p-2a, Su
5p-1a

features one of the best selections of imported beers in town.
Italian and modern fusion food of varying quality is served till
1am. © wcities.com

Portland Snapshot

Local Info

Portland, Oregon... a city of wanderers, artists, and nature lovers. The unique atmosphere of Portland is unrivaled by any other city in the United States. Here you'll find hippies, farmers, accountants, musicians, entrepreneurs, and artists coexisting in the rainy Oregon climate. Sustainable living has taken root and taken over. In a city of sublime restaurants, galleries, coffee shops, and yoga studios, it is easy to see why Portland is such a well loved destination.

Downtown

The diversity of Downtown Portland creates a bustling and bubbling atmosphere of West Coast Life. Hop on the Fareless Square and travel Downtown for free, as you explore this small yet eclectic city. Peruse literature in the largest book store in America; Powell's Books, and then explore the art galleries of the Pearl District. Watch a movie on the giant couches in the Living Room Theater, and get as much coffee as you can handle at Café Umbria. Downtown Portland is easily explored by foot if the weather is accommodating. Don't miss wandering Chinatown during the daytime, a rough and tumble little section of Downtown Portland. And if you're craving a Maple Bacon Donut, Voodoo Donuts is open 23 hours a day, and is absolutely not-to-be-missed.

Multnomah

The Multnomah District is a true glimpse of how most of Portlanders live. With beautiful little houses and home grown gardens, this area is considered true Portland. The quaintness of the main street is the best place to explore in this attractive and quiet neighborhood. Check out the Multnomah Art Center, which is well-loved by the people who live here.

Waterfront

Portland's beautiful Waterfront is a great area to view the spectacular Willamette River that separates the east and west

sides of Portland. During the day, walk the length of Waterfront Park. Every June, the Rose Festival sets up shop here, a city wide party and parade that illustrates Portland's dedication to life and celebration. The Waterfront is always full of locals, and on a beautiful Portland summer day this is a relaxing and unique area to explore.

Old Town

Old Town is one of the more colorful and unique parts of Downtown Portland. It is here that a visitor can really discover the dark underbelly of Portland's history. Wander the Classical Chinese Garden, an oasis in a busy and bustling city. During the day, take a tour of the Shanghai Tunnels, which run under Old Town and were once used for human trafficking. The nightlife here is a fun experience but borders on the nitty and gritty, especially because Portland has the most strip clubs per capita of any city in the United States, including Las Vegas.

Northwest

Northwest Portland, or the trendy shopping area of Portland, boasts beautiful old homes, snazzy clothing boutiques, and a glimpse of the more 'comfortable' lifestyles in Portland. Also known as Nob Hill, both 23rd Street and 21st Street have some of the best shopping in Portland, with a range of local independent designers and upscale clothing chains. If you have a love of shopping, this is well worth the visit.

The Pearl District

The Pearl District is most akin to NYC's Meat Packing District. With cobblestone streets, urban living, and art galleries galore, it's easy to see the comparison. Trendy bars and restaurants are popping up here on a weekly basis, making the Pearl District an interesting and luxurious neighborhood of Downtown Portland. On the First Thursday of every month, the galleries open their doors to the general public into the late hours of the night, turning this upscale neighborhood into a loud and bustling party for all.

Sellwood

Sellwood is a quaint neighborhood, and home to the best antique shops in Portland. Nicknamed Antique Row, this is a great area to spend an afternoon perusing shops and drinking coffee. If it's a nice day out, the Oaks Bottom Wildlife Refuge is a scenic spot to spend an afternoon. Sellwood has a distinctly 'livable' feel, and it's hard to not feel like a true Portlander when wandering this quietly beautiful area.

Convention Center Area

The Convention Center Area is located just across the river from bustling Downtown Portland. The Rose Garden Arena is the largest venue in Portland, and is the home of the Portland Trailblazers, Oregon's well-loved basketball team. If you're in this area, don't miss the Oregon Museum of Science and Industry (also known as the OMSI), especially if you're toting little kids around on your travels. The children's exhibit is fantastically interactive. Although this area can be a little difficult to get to, it is worth a gander if you're planning on attending any concerts while you're in the area. The Oregon Convention Center is located here, and is busy every night of the week with a different local event. When your travel dates are finalized, make sure to check out the local happenings here!

Hawthorne District

The Hawthorne District is what Portland is known for. Whether you enjoy record shopping, local coffee shops, or browsing unique stores, this area is well-loved by all. Mount Tabor, an inactive volcano, towers over this eclectic district, and if you have time, the sunset is rather enjoyable from the top of this redwood-filled park. The local bars and restaurants in this area provide great entertainment and enjoyment for the evening no matter what kind of night you're looking for.

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