



**nileGUIDE**

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Travel Portland

# Budget Portland

## Portland, 1 Day

### Table of contents:

Guide Description 2

Itinerary Overview 3

Daily Itineraries 4

Portland Snapshot 8

# Guide Description



**AUTHOR NOTE:** Just because you don't have a ton of cash doesn't mean you can't enjoy the sights in Portland. Almost all of Portland's outdoor parks are free, and the downtown is full of free things to do. There's also lots in the way of cheap entertainment.

# Itinerary Overview

things to do  
restaurants  
hotels  
nightlife

## Day 1 - Portland

**DAY NOTE:** Start out your morning by ordering a cheap, but entirely organic breakfast from Paradox Cafe in the heart of Southeast Portland. From there, head into downtown for the rest of the day to enjoy free events such as the Saturday Market craft fair. Walk around Old Town and check out the Multnomah County Central Library (quite beautiful). Stop by Voodoo Doughnuts for a \$3 ridiculous doughnut which you won't find in any other city. Then walk around the Pearl District. Downtown Portland is small and easy to walk, and without public transportation you'll get a real taste of what the city is like. For dinner, head back to the Southeast for cheap and delicious fare from Bread & Ink Cafe. After dinner, the Avalon theater shows movies for \$2.50 and also has a nickel arcade for another \$2.50; sure to be a great time!



### Paradox Café

Something for Everyone



### Saturday Market

The largest free craft fair in all of Portland!



### Old Town

The home of Portland's oldest historic sites, nightclubs, and party spots!



### Multnomah County Central Library

Historic Downtown Portland library



### Voodoo Doughnut

Deliciously eccentric doughnuts



### Pearl District

Art galleries, cobblestone streets, boutique shopping, and cocktails galore.



### Bread and Ink Cafe

Baguettes and More



### Avalon Theatre

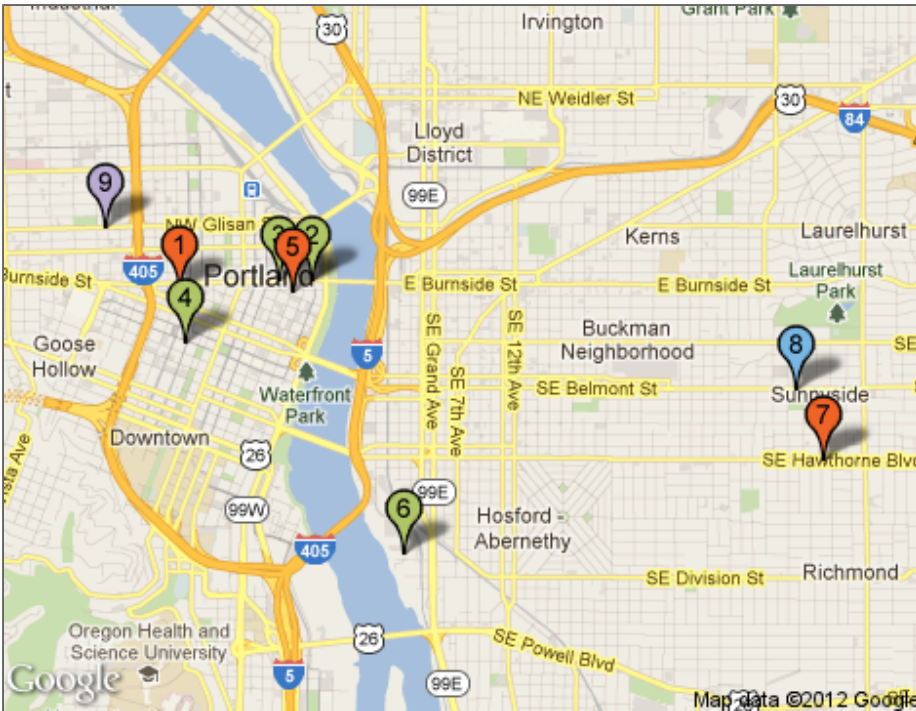
Movies and More



### Northwest Portland International Hostel

Chic location on a budget

# Day 1 - Portland



## QUICK NOTE

**DAY NOTE:** Start out your morning by ordering a cheap, but entirely organic breakfast from Paradox Cafe in the heart of Southeast Portland. From there, head into downtown for the rest of the day to enjoy free events such as the Saturday Market craft fair. Walk around Old Town and check out the Multnomah County Central Library (quite beautiful). Stop by Voodoo Doughnuts for a \$3 ridiculous doughnut which you won't find in any other city. Then walk around the Pearl District. Downtown Portland is small and easy to walk, and without public transportation you'll get a real taste of what the city is like. For dinner, head back to the Southeast for cheap and delicious fare from Bread & Ink Cafe. After dinner, the Avalon theater shows movies for \$2.50 and also has a nickel arcade for another \$2.50; sure to be a great time!

### contact:

tel: +503 232 7508  
<http://www.paradoxorganiccafe.com>

### location:

3491 SE Belmont St  
Portland OR 97214

### hours:

M-W 8a-9p, Th-Sa 8a-9:30p,  
Su 8a-3p

## 1 Paradox Café

### OUR LOCAL EXPERT SAYS:

Try the Phake Phili for a great variation on the Phili Cheesesteak of the East Coast.

**DESCRIPTION:** Paradox Café has something for everyone—from 100% organic Oregon beef burgers to vegan gyros. Located on Belmont Street, this recently expanded café has delicious food and an eclectic staff, boasting some of the more creative vegan and carnivorous food of Portland. © NileGuide



Photo courtesy of Paradox Cafe

**contact:**

tel: +1 503 222 6072  
fax: +1 503 222 0254  
<http://www.portlandsaturdaymarket.com/>

**location:**

108 West Burnside  
Portland OR 97209

**2 Saturday Market**

**OUR LOCAL EXPERT SAYS:**

The Saturday Market is the best spot to find local Portland artists displaying their unique work.

**DESCRIPTION:** The Saturday Market is a great place to explore the local arts and crafts of Portland. From homemade soaps to glassblowers, this craft fair is one of the most unique on the West Coast. HOURS: Sa 10a-5p and Su 11a-4:30p. © NileGuide



wcities

**contact:**

tel: +1 503 275 8355

**location:**

Southwest Fourth Avenue  
and Burnside Street  
Portland OR 97209

**3 Old Town**

**OUR LOCAL EXPERT SAYS:**

Don't miss the Shanghai Tunnels, where people were kidnapped, smuggled, and sold as slaves.

**DESCRIPTION:** Old Town contains the majority of Portland's strip clubs, wild nightlife, and general debauchery. Not to be missed if you're in the mood for a party, Old Town is hopping by night and historical by day. Voodoo Donuts absolutely must be visited, day or night, for a truly creative donut. © NileGuide



wcities

**contact:**

tel: +1 503 988 5123  
<http://www.multcolib.org/agcy/cen.html>

**location:**

801 Southwest 10th Avenue  
Portland OR 97201

**4 Multnomah County Central Library**

**OUR LOCAL EXPERT SAYS:**

You're probably thinking- what is so special about a library? Well, it's very old, very beautiful, and very majestic.

**DESCRIPTION:** The Multnomah County Central Library is easily one of the most beautiful buildings in Downtown Portland. As Portland's oldest library, take a walk through the elegant foyer to view the hand-carved marble staircase. If you have children, don't miss the Beverly Cleary children's library. © NileGuide



wcities

**contact:**

tel: +1 503 241 4704  
fax: +1 503 241 4706  
<http://www.voodoo doughnut.com/>

**location:**

22 Southwest 3rd Avenue  
Portland OR 97204-2713

**hours:**

24 hours, 7 days

**5 Voodoo Doughnut**

**OUR LOCAL EXPERT SAYS:**

If you're a bacon fan; do NOT miss the maple glazed doughnut covered in bacon! Turned off by bacon? Try one of the delicious vegan doughnuts. Don't want to wait? Head over to Voodoo Doughnut Too! across the river (1501 NE Davis St.). Free parking, lots of character, little to no wait. Feeding a soccer team or indie band? Pick up a 5 gallon bucket of day old doughnuts for \$10.

**DESCRIPTION:** This business venture of Kenneth Pogson and Tres Shannon is one of a kind. The venue is a doughnut market, serving the sweet rings under weird names like Dirt, Butter Fingering, Cock-n-Balls and... No Name. Yes, that too is the name of one of the doughnuts! The Menu undergoes modifications quite often. Live music on Tuesday and Wednesday nights promotes young talent. Lots of interesting activities take place like the doughnut eating contest, which happens on the first Friday of each month. If you want to introduce your guests to these treats in the comforts of your home, go ahead because custom made doughnuts are also available. Suggest this wedding venue to your friend. Ya! Legal wedding service is conducted right in front of the Holy Doughnut! This fun-loaded eatery has, no wonder, bagged a 10 minute long media coverage. Welcome to the world of Voodoo's doughnuts. © wcities.com



wcities

**contact:**

tel: +1 503 222 2223  
fax: +1 503 232 5934  
<http://www.explorethepearl.com/>

**location:**

1022 Northwest Marshall Street  
Portland OR 97209

**6 Pearl District**

**OUR LOCAL EXPERT SAYS:**

East-Coasters should think of the Pearl District as Portland's Soho.

**DESCRIPTION:** Portland's Pearl District is home to fine art galleries, trendy city dwellers, and upscale dining. The art galleries and cobble stone streets alone make this a worthwhile stop on any trip. On the first Thursday of each month, these galleries are open to the public well into the night, making it a trendy nighttime destination. © NileGuide



wcities

**contact:**

tel: +1 503 239 4756  
<http://www.breadandinkcafe.com/>

**location:**

3610 Southeast Hawthorne Boulevard  
Portland OR 97214

**7 Bread and Ink Cafe**

**OUR LOCAL EXPERT SAYS:**

If you aren't feeling a sit-down experience, walk on up to the walk-through window, which serves pancakes and waffles during the breakfast rush.

**DESCRIPTION:** This Hawthorne cafe is perfect for a lingering breakfast or a quick bagel fix. Join the ranks of locals, tourists, students, and those curious to try a new joint to savor ELO scrambles, pastas, ravioli, breads, and wines. It's easy to go overboard with the desserts and the cassata being the hot



citysearch

favorite. On the flip side the service can be tardy. The crowds being another dampener on this otherwise lovely neighborhood hideout. © wcities.com

**contact:**

tel: +1 503 238 1617  
<http://www.wunderlandgames.com/avalon/avalon.htm>

**location:**

3451 SE Belmont Street  
Portland OR 97214

**8 Avalon Theatre**

**DESCRIPTION:** This old but comfortable theatre shows the best of Hollywood in two auditoriums. For a more enjoyable experience, sit back and relax with popcorn and a soda from the refreshment stand. For film times, ticket prices and further information please call or see their website. © wcities.com



Avalon Theatre

**contact:**

tel: +1 503 241 2783  
fax: +1 503 525 5910  
<http://www.2oregonhostels.com>

**location:**

1818 Northwest Glisan Street  
Portland OR 97209

**9 Northwest Portland International Hostel**

**DESCRIPTION:** This is upscale hostel living in Northwest Portland. The mostly young, low-budget clientele choose between bunk beds in a shared dorm room or a limited number of family rooms. The common areas are comfortable, with couches, games and books to read. You will know you are in Portland, because even the hostel boasts an espresso bar! Walk outside into the urban heart of the city, which is convenient to upscale boutiques and restaurants. This hostel is clean and feels safe. © wcities.com



editor

# 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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