



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Travel Portland

Green Travel in Portland

Portland, 3 Days

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Guide Description







AUTHOR NOTE: There are many beautiful nature areas in and around Portland, of course, but also some interesting and innovative restaurants and wineries to visit.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Portland




DAY NOTE: The Hotel Monaco is Green Seal Certified, meaning that it is a leader in energy conservation, recycling, and earth-friendliness. It also is located in a lovely old building that has been renovated, and is within walking distance of many downtown attractions. Start out with a walk around town, and visit the Japanese Garden, a relaxing beginning to your vacation. This site is emblematic of Portland's commitment to preserving many open spaces in and around the city. Whether you're vegan or not, you'll enjoy one of the sandwiches or other delicious deli dishes served up at Papa G's, one of Portland's sustainable standards. In the afternoon, visit one of the landmarks along the coast, such as Tillamook or Devil's Punch Bowl. There's a bus that runs between Tillamook and Portland. Tillamook is of course known for its cheese-making operation, but there are also several miles of beautiful coastline here, a state park (Cape Lookout) great for hiking and with good swimming and picnicking beaches, and a lighthouse offshore with some interesting history. If you're a surfer, opt to visit Devil's Punch Bowl State park instead. This is one of the prime surf spots in the area, and is also great for tidepool hopping and maybe even spotting a passing whale. For dinner, you have to try the Northwest's fresh fish and produce cooked northern Italian-style at Pazzo Ristorante, where you can even sit at the pass to watch the action while you dine.

	Hotel Monaco Portland Pet Friendly Hotel
	The Japanese Garden A beautiful walk through one of the largest Japanese Gardens in the U.S.
	Papa G's Vegan Organic Deli Ethical Deli
	Pazzo Ristorante Refined metro

Day 2 - Portland



DAY NOTE: When in Portland, another can't miss is the Saturday market. There are lots of interesting crafts for sale, from clothing to pottery to jewelry, all made locally and sold by the artisans. There are plenty of good snacks for sale, too. In the afternoon, visit one of the city's many bicycle rental shops and get a couple of bikes for a trip down the Springwater Trail, part of the 40-mile loop. Originally a rail line, the trail now travels through the Oaks Bottom Wildlife Refuge, which consists of many wetlands and has a large and diverse bird population. It also passes through several other parks and nature areas, and alongside a botanical

garden. After you've worked up an appetite, there's nothing better than pizza, particularly the organic pizza served at Hammy's. Covered with fresh local veggies and various other flavors such as BBQ sauce or hot sauce, this is the place to get unique pies as late as you want in Portland.

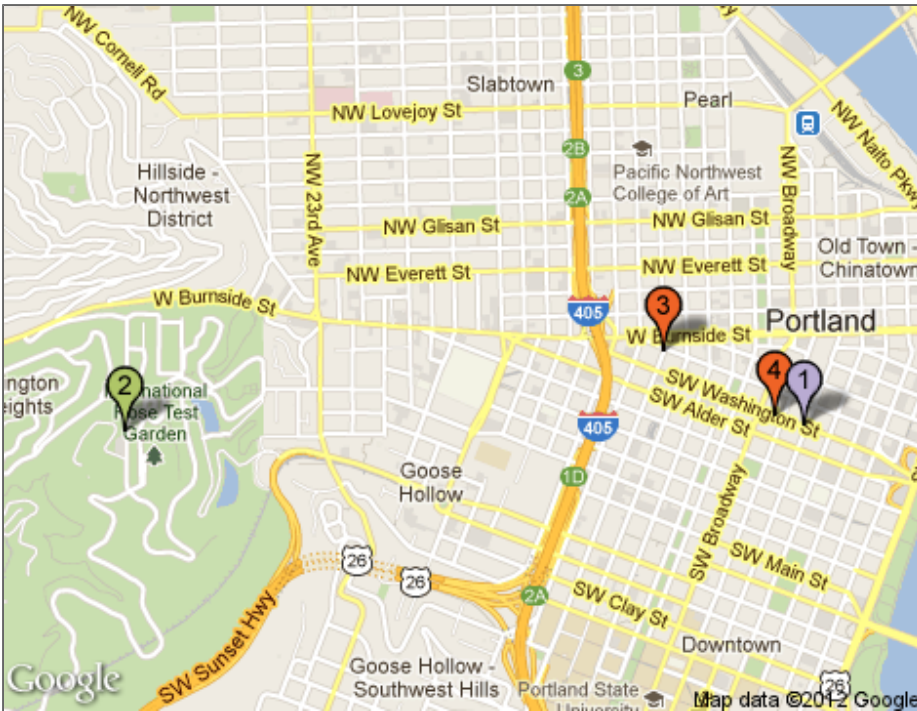
	Hotel Monaco Portland Pet Friendly Hotel
	Saturday Market The largest free craft fair in all of Portland!
	Springwater Corridor Trail Hiking, wildlife, and biking for all nature-buffs!
	Hammy's Pizza Local, Organic Pizza Delivered Citywide 'Til 4am

Day 3 - Portland

DAY NOTE: Better known for skiing in the winter, Mt. Hood also has a zip-line, bungee jump, and mountain biking, as well as the hiking trails that criss-cross the peak. With so many miles of wilderness to explore, you could easily spend a decent part of the day in the National Forest. Save some time in the afternoon, though, because the area southwest of Portland is one of the best places in the country to get a taste of some great eco-friendly wines. Cooper Mountain and Ponzi are both vineyards that are leaders in the biodynamic wine industry. If you're hungry when you get home, have a elegant meal at Paley's Place, a small restaurant that uses local ingredients to make flavorful French cuisine.

	Hotel Monaco Portland Pet Friendly Hotel
	Paley's Place Portland palate pleaser

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contact:

tel: +1 503 222 0001
fax: +1 503 222 0004
<http://www.monaco-portland.com/>

location:

506 SW Washington St
Portland OR 97204

1 Hotel Monaco Portland

DESCRIPTION: Located a block from Pioneer Courthouse Square and within a few blocks of the best downtown shopping, this unpretentious yet sophisticated hotel is housed in what was originally a department store. Artwork by Northwest artists fills the lobby, and in the afternoon there are complimentary tastings of Oregon and other wines. Guest rooms, most of which are suites, are done in a whimsical decor -- striped wallpaper, big padded headboards on the beds, red couches. In other words, colors and patterns everywhere, but it all comes together in a pleasantly theatrical fashion that makes these some of my favorite rooms in Portland. Plus, bathrooms have lots of counter



Hotels.com

space. In the suites, sliding French doors with curtains divide the living room from the bedrooms. © Frommer's

contact:
tel: (503) 223-1321

location:
611 SW Kingston Ave
Portland OR 97201

hours:
Apr 1-Sept 30: Daily
10am-7pm Oct 1-Mar 31:
Daily 10am-4pm

2 The Japanese Garden

OUR LOCAL EXPERT SAYS:

If you're visiting Portland for the first time, the International Rose Test Garden and the Japanese Garden can be combined to make on full nature-filled day.

DESCRIPTION: A work of art in itself, Portland's Japanese Garden is the largest in the United States, and is located just outside Downtown Portland. Only 40 years old, this quiet attraction is not to be missed. A beautiful oasis in Portland, it is easy to see how much time and energy Portland dedicates to the outdoors. © NileGuide



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

location:
2314 SE Division St
Portland OR 97202

hours:
M-Sun 11a - 10p

3 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: 5032281515
fax: +1 503 228 5935
<http://www.pazzoristorante.com/>

location:
627 SW Washington St.
Portland OR 97205

hours:
Mon-Fri 7:00am-10:30am
Breakfast ; Mon-Fri 11:30-
2:30pm Lunch; Sat and Sun
8am - 2pm Brunch; Mon -
Fri 2:30-5:00pm Bar Menu
available; Sat and Sun 2pm-
4:30pm Bar Menu available;
Mon - Thurs 5:00pm - 9:00pm

4 Pazzo Ristorante

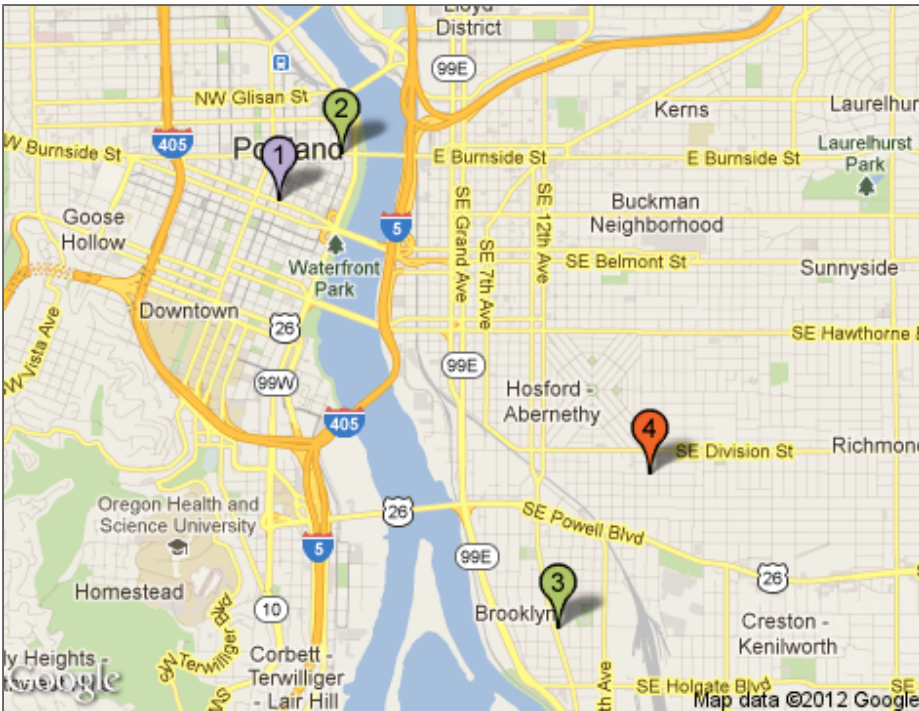
DESCRIPTION: The street level of the Hotel Vintage Plaza is just as upbeat as the city outside. This restaurant adds many special touches to your dining experience, from the marble floor and wood-burning grill in the dining room to the romantic wine cellar downstairs. The restaurant bar, decorated with garlic, also serves the full menu. Private dining is also available for groups of up to 100. Ingenious pasta recipes like Spaghetti con Funghi e Pancetta Affumicata (wild mushrooms and smoked bacon) will whet your appetite, but the Ravioli di Salmone is the restaurant's trademark. © wcities.com



wcities

Dinner Menu; Fri 5:00-
11:00pm Dinner; Sat 4:30pm-
11:00 pm Dinner; Sun 4:30 -
9:00 Dinner; Bar Open until
Midnight Mon- thurs, Friday &
Sat Open until 1am Sunday
open until 11:00pm.

Day 2 - Portland



QUICK NOTE

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Hotels.com

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



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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: +1 503 235 1035
fax: +1 503 235 1084
<http://www.hammyspizza.com/>

location:

2114 SE Clinton Street
Portland OR 97202

hours:

Daily 11a-2:30a carryout and
4p-4a delivery

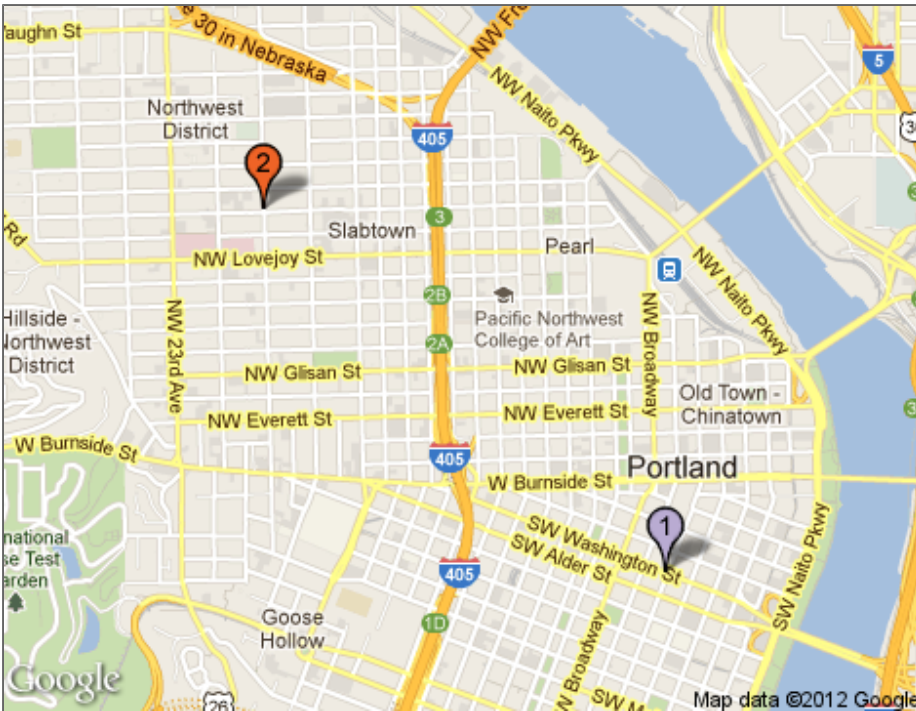
4 Hammy's Pizza

DESCRIPTION: The long drought of decent late-night pizza in Portland has finally ended. Hammy's now delivers 16" pizzas when you really need them. They have a spectacular cheese blend, fresh spices, and decadent toppings such as the Greek olive mix. Committed to sustainability, they make fresh dough everyday from local, organic flours. Toppings are also local, organic and seasonal wherever possible. Their signature Breakfast Pie with eggs and roasted potatoes is perfect for sopping up that one drink too many at the bar. Generous personal pies, fresh salads, homemade minestrone and sweet almond calzones are also available at surprisingly reasonable prices. -Marie Richie © wcities.com



citysearch

Day 3 - Portland



QUICK NOTE

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Hotels.com

contact:

tel: +1 503 243 2403
fax: +1 503 223 8041
www.50plates.com/

location:

333 NW 13th Ave
Portland OR 97209

hours:

Lunch: Monday - Saturday:
11:30am - 3:00pm; Dinner:
Monday - Wednesday:
5:00pm - 10:00pm, Thursday
- Saturday: 5:00pm - 11:00pm

2 Paley's Place

DESCRIPTION: Located in a Victorian-era house, Paley's is another favorite of Portland foodies. Chef Vitaly Paley continues to receive accolades year after year, and back in 2005 he won a James Beard Foundation Award. The menu relies extensively on the freshest local organic ingredients and ranges from traditional bistro fare to dishes with complex flavors and a hint of Northwest inspiration. Whether you're in the mood for spit-roasted suckling lamb, braised elk shoulder, or corn-and-chanterelle ravioli, you'll certainly find something that appeals to you. If you've never tried sweetbreads, this is the place to do so, and the signature frites, with a mustard aioli, are not to be missed. Big on wines, Paley's offers wine tastings on Wednesdays. For dessert, I can't pass up the warm chocolate soufflé cake with outrageously rich house-made ice cream. Inside, the restaurant is small and stylishly comfortable but can be quite noisy. © Frommer's



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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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