



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Travel Portland

Kid Friendly Portland

Portland, 1 Day

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Guide Description



AUTHOR NOTE: If you plan the trip right, kids will have just as much fun in Portland as the adults. The rumor is true; the West Coast is much more relaxed when it comes to accepting kids amongst the mix. Read on and create a trip that your kids are sure to remember!

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Portland

DAY NOTE: The whole family is sure to enjoy Bijou Cafe, with its huge creative portions and yummy food. Be sure to send an adult there ahead of time as the wait can get a little intense. After breakfast, head to the Saturday Market and let the kids play hands-on with the local toys made here in Portland. Then, head to the OMSI, where every kid is sure to become engaged with this interactive museum. Finish up the day with a trip to the Hedge House, which is good food for the whole family, and very kid friendly. It's not uncommon to see a whole gaggle of kids playing out on the front lawn during business hours.



Bijou Cafe

Best downtown breakfast



Saturday Market

The largest free craft fair in all of Portland!



Oregon Museum of Science and Industry (OMSI)

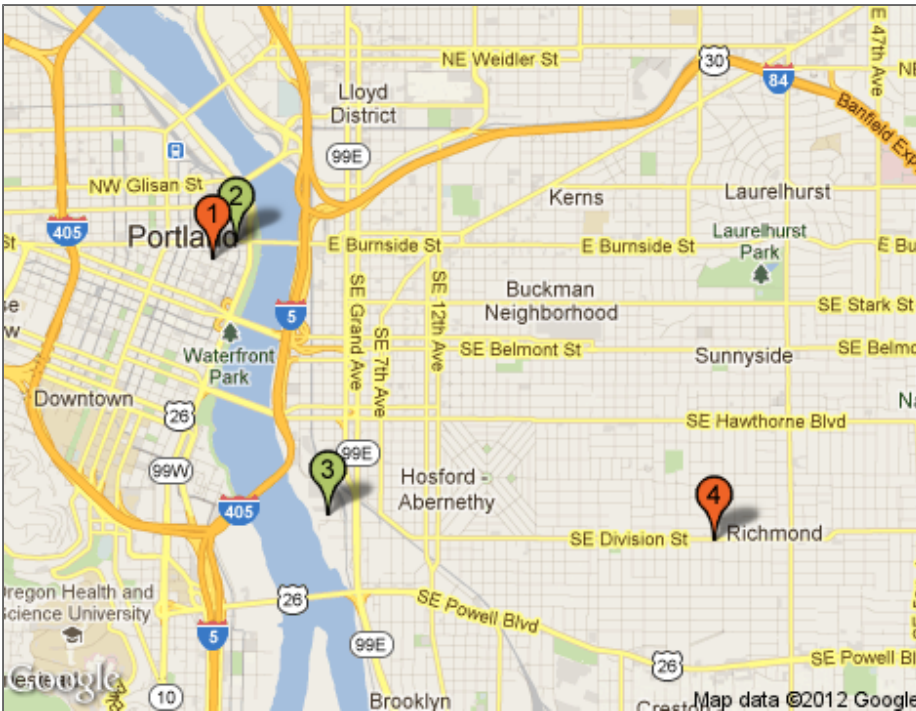
Educational fun for all at Oregon's infamous science center!



Hedge House (The)

Tasty Bites

Day 1 - Portland



QUICK NOTE

DAY NOTE: The whole family is sure to enjoy Bijou Cafe, with its huge creative portions and yummy food. Be sure to send an adult there ahead of time as the wait can get a little intense. After breakfast, head to the Saturday Market and let the kids play hands-on with the local toys made here in Portland. Then, head to the OMSI, where every kid is sure to become engaged with this interactive museum. Finish up the day with a trip to the Hedge House, which is good food for the whole family, and very kid friendly. It's not uncommon to see a whole gaggle of kids playing out on the front lawn during business hours.

contact:

tel: +1 503 222 3187
http://portland.citysearch.com/profile/8456458/portland_or/bijou_cafe.html

location:

132 Southwest Third Avenue
Portland OR 97204

hours:

7a-2p M-F, 8a-2p Sa-Su

1 Bijou Cafe

OUR LOCAL EXPERT SAYS:

For an extremely special Portland favorite, try the oyster's hash. It's surprisingly amazing at 10am.

DESCRIPTION: The corner location of this place is good for the morning line. Try going around 8am to beat the rush or the sleep-in crowd that approaches at 12:30pm or later. Once you finally get your food, you will know why the place is packed. The muffins are good with coffee for breakfast while the salads are a solid choice for lunch. Beer and wine are available. Most menu items are less than \$8. The atmosphere is bright with large windows that open up the place. © wcities.com



editor

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.
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wcities

contact:

tel: +1 503 797 4000
<http://www.oms.edu>

location:

1945 Southeast Water Ave
Portland OR 97214

hours:

Thurs 2pm until closing all tickets are 2 for 1. Mid-June to Aug daily 9:30am-7pm; Sept to mid-June Tues-Sun 9:30am-5:30pm

3 Oregon Museum of Science and Industry (OMSI)

OUR LOCAL EXPERT SAYS:

The OMSI is a great place for adults and children alike while visiting Portland.

DESCRIPTION: The Oregon Museum of Science and Industry, or the OMSI as locals call it, has a multitude of educational fun for those interested in life science, chemistry, and earth sciences. Don't forget to check out the traveling exhibits, and visit the awe-inspiring planetarium, the Omnimax Theater, and a submarine you can walk through. The OMSI is great fun for the whole family! © NileGuide



wcities

contact:

tel: +1 503 235 2215
<http://www.newoldlompoc.com/>

location:

3412 Southeast Division Street
Portland OR 97202

hours:

Daily 11:30a-mid

4 Hedge House (The)

OUR LOCAL EXPERT SAYS:

A great place to bring the whole family!

DESCRIPTION: Next door to a real patisserie, this actual house offers well-made food and a wide selection of local beers. The house is small but there is a spacious deck and patio as well as the entire side and back yard. Most summer nights, you'll find a mellow, house party atmosphere. Dogs and kids are allowed, but remain mostly under control. The food is far better than your average pub fare, with carnivorous and vegetarian fare sharing equal billing. However, when it's dry, the nightly backyard barbecue can't be beat. © 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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