



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

Day 1 - Portland

DAY NOTE: The whole family is sure to enjoy Bijou Cafe, with it's 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 it's 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. © NileGuide



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.

© NileGuide

History

Well before visits by explorers and frontiersmen, the Portland area and its rivers were home to trading among the many native people who lived in the lush valleys bordering Mount Hood and the Cascade Mountains. Legend tells that the Native Americans who thrived here used to hunt at Elk Rock and meet at Council Crest, the city's highest point. Tribal lore reaches in all directions, including the Bridge of the Gods, where Mother Nature provided the perfect place for a man-made bridge that now links Oregon to Washington near Bonneville Lock & Dam. Much of the vibrant culture of local tribes can be experienced at The Museum at Warm Springs.

Portland Snapshot continued

Ordered by President Thomas Jefferson to explore the Pacific Northwest in 1804, Lewis and Clark made their famed journey through the Columbia River Gorge, which remains among the most scenic areas in the U.S. Take in the expansive view from the historic Vista House. The arrival of the explorers brought a new wave of trade and culture to the city. With military camps at nearby Fort Clatsop and Fort Vancouver, as well as historic Officers Row, U.S. military personnel mixed with settlers, fur trappers and seamen who came to Portland primarily from Astoria. The coastal town itself has a bountiful past that lives on in the Astoria Column and Columbia River Maritime Museum.

Drawn west by the California Gold Rush, a number of pioneers decided to head north to Oregon and Portland. Their arduous journey can be revisited at the End of the Oregon Trail Interpretive Center as well as other museums. Among pioneers who came to the city in the 1840s were two early settlers from Boston, Massachusetts and Portland, Maine. The two gentlemen bet the name of the city on the toss of a coin, which can still be seen today at the Oregon History Center. The City of Portland was actually chartered in 1851, and historic City Hall and Pioneer Courthouse, both still in use, are testaments to Portland's dedication to its past.

Other key figures of Portland's past include the original publisher of *The Oregonian* Henry Pittock, whose Northwest Portland mansion provides an incredible view of Downtown and can be toured. Another father of the city is lumber baron Simon Benson, whose water fountains, known as the Benson Bubblers, still offer cool drinks today. The Benson Hotel is also named after this head of industry and is considered among the top accommodations in town.

Benson and Portland prospered through the harvest of timber, which is more closely examined at the World Forestry Center and Magness Memorial Tree Farm. Shipping along the banks of the Willamette and Columbia rivers, as well as fishing, helped drive drive the city's growth. When times

became more difficult with the Great Depression, the area saw one of its biggest government projects with the New Deal construction of historic Timberline Lodge.

The history of Downtown Portland is rich with culture and color. The centuries-old buildings of the Pearl District and Chinatown mix with newer aesthetic attractions such as the Classical Chinese Garden. Stories of the city's boisterous past, when sailors and shipyard workers mixed in places like the White Eagle and Buffalo Gap saloons, include tales of men getting "shanghai'd"—taken away drunk and forced to work aboard the ship of a cruel captain. The city's darker side can also be seen at the Portland Police Historical Museum, where both criminals and heroes of the city's past live on.

Also known as the City of Bridges, part of Portland's history spans the Willamette River, which passengers can tour on the Willamette Shore Trolley. The Hawthorne Bridge—one of the oldest elevation bridges still operating—is often being filmed for a movie, and where races and walks take place. It connects the Downtown area to East Portland, which in the early days of the city was connected only by ferry. Today, Portlanders have a choice of many bridges, including the Steel Bridge, which is a one-of-a-kind, double-decker elevation bridge, and the Broadway Bridge, which connects Downtown to the Rose Quarter and Northeast Portland. The city is also linked by the Interstate Bridge to Vancouver, Washington, which carries its own history in a small, rejuvenated downtown area.

Rivaling Portland's numerous, historic bridges are the city's parks, which are never far and offer the perfect place to play, walk, relax or picnic. It would not be hard to spend a day at Forest Park, which is the largest city park in the United States. A visit to Portland would not be complete without seeing Washington Park, the International Rose Test Garden and other attractions of the urban forest. Here you will see and smell the reason Portland is called the Rose City.

One of Portland's largest examples of history is the renovated PGE Park. Formerly known as Civic Stadium and rebuilt in 2001, this is one of the oldest Downtown ballparks in the U.S. The outdoor park still hosts Portland Beavers baseball as well as other sporting and musical events. Other landmarks connecting Portland's past and future include Powell's Books, which chronicles the local history and the Portland Brewing Tap Room, where the new twist of micro brew adds flavor to the old art of brewing. ©

Hotel Insights

For a small city, Portland sure has diversity. From beautiful boutiques to downtown luxury hotels, Portland has a great variety of choices when it comes to accommodations. If you're on a student's budget, there's choices for you in Portland as well.

Downtown

Downtown hotels offer a classic view of Portland for those interested in large attractions and the bustling city life. Each Downtown hotel has something to offer, so choose your neighborhood carefully. Choose from luxury hotels such as the Heathman Hotel, where you will experience first hand both elegant and regal accommodations. The Governor Hotel is a local Portland landmark oozing with history and prestige in the city of Portland. Built in 1894, the Hotel Vintage Plaza is fantastic choice if you're a fan of local history. If you're interested in staying directly on the Waterfront, the River Place Hotel is a beautiful hotel boasting a priceless view of the Waterfront.

If you want to stay closer to coffee shops and beautiful art galleries, the Hotel deLuxe is the perfect choice. Located in the heart of the Pearl District, all hotels in this area boast old architecture. The Pearl District is a great place to be if you consider you're a fan of dressing up for dinner and drinks, because many of the more posh restaurants are located in this section Portland.

Northwest

Portland Snapshot continued

Ahhh... shopping, cocktails, and cobblestone streets... what could be better than this? Nob Hill is home to all of these well-loved activities. Nob Hill boasts an abundance of boutique hotels and old converted mansions to stay in during your time in Portland. The MacMaster House is an old majestic mansion converted to historical accommodations. In addition, the Heron Haus is a beautiful old home worth spending a few nights in during your stay in Nob Hill. Walk out of your hotel's front door directly into the heart of great Portland shopping. If you love "towning," this is the right area for you. Regardless of where you stay in Nob Hill, you are ensured a lovely, historic, and beautiful hotel.

Eastside

The Eastside has many fantastic places to stay for the traveler that plans to explore all sections of Portland equally. In particular, the McMenamins Kennedy School is a fun, quirky place to stay (although not for one who enjoys peace and quiet). Hotels owned by McMenamins are perfect accommodations for students traveling on a budget, and are usually located above hopping bars, movie theaters, and music venues. For those who are unfamiliar with Portland but wish to experience the Portland nightlife, these can be great places to stay. If peace and quiet is more up your alley, The Lion and the Rose is a beautiful bed and breakfast located on the stunning grounds of Queen Anne.

Outlying Areas

If you're planning on staying outside of Portland, staying near to Mount Hood is preferable. Although many towns around Portland offer some attractions, the majesty of Mount Hood is unparalleled. Stay at the Timberline Lodge if you're in the mood for a classic ski lodge that is convenient for hiking, skiing, and all forms of snow-play around Mount Hood.

© NileGuide

Restaurants Insights

It's true; you'd never have enough nights in Portland to sample all the local fare. Most restaurants in all parts of Portland are local and fresh, and most are organic. Meats are farm-raised and hormone free, and most restaurants serve fresh fruits and vegetables according to what's growing

down the street. Dishes in the Northwest includes both fresh seafood and meat. Portland takes food to a whole new level, offering fresh and unique opportunities for food-lovers to eat both ethically and deliciously.

Downtown Portland

For a long day of seeing the sights, start the day out with brunch. If you're staying in Downtown Portland, Bijou Cafe is delicious and serves a creative oyster hash. If you're staying in Downtown Portland, there are plenty of amazing restaurants to choose from. Portland City Grill is the perfect spot for happy hour, complete with a spectacular view of Mount Hood at sunset.

The appetizers are cheap and delicious. Try the scallops if you're a seafood lover. Also in the heart of Downtown Portland is Typhoon on Broadway; a creative Thai restaurant. And for Chinese food, China Town has the best to offer (obviously).

Southeast Portland

If you're visiting the heart of Southeast Portland, Belly Timber is a fantastic date spot. Don't miss out on the creative cocktails made with fresh, local produce.

If you're staying in Southeast Portland, the Screen Door Cafe is a scrumptious option. The food choices in Portland are diverse and never-ending. Peruse the selection of local and loved cuisine of the Pacific Northwest. Resist the urge to wake up early to fit in another meal. No matter how many nights you stay in Portland; it's never enough.

For the Kiddo's

If you're traveling with the whole family, there are many dining options that will please both the adults and the kids. If you're near Southwest Portland, check out the Raccoon Lodge & Brew Pub. The menu is extremely kid friendly, but also has dinner and drink options for the adults. If you're in Southeast Portland, head over to the Hedge House. With fresh classic meals, the Hedge House is perfect for kids.

The large front lawn is also a great place for them to play during the meal if they're feeling antsy, and is encouraged by the waitstaff and owners! For dessert, bring the little one's to Cool Moon Creamery, for a taste of fresh homemade ice cream. Cool Moon Creamery is so delicious, we promise the whole family will be happy!

© NileGuide

Nightlife Insights

Downtown Portland is bustling at night with people, bars, and culture. From live entertainment to dark, smoky dive bars, the city is teeming with adventure at night. Finding something fun to do in the wee hours of the night isn't hard to do in Portland!

Festivals

If you happen to be in Portland during the summer months, don't miss the the Rose Festival at Waterfront Village. From rides to funnel cake, the Rose Festival is unlike any other festival in Portland. Even though you have to buy tickets, the Grand Floral Parade is the highlight of the entire event, and is worth the price of admission. The Festival goes into the wee hours of the night, and gets increasingly rowdy as the night goes on.

Museums & Galleries

Downtown Portland has much to offer in the ways of museums and galleries. The Downtown Pearl District is a symphony of cobblestone streets, quaint coffeeshops, and old art galleries. Some of Portland's oldest architecture lays in the heart of the Pearl District. For a traditional outing, begin with the Portland Art Museum (PAM), a classic museum in Portland. Spend the rest of the afternoon wandering around the local galleries. If you happen to be in Portland during First Thursday, check out the happening after hours art scene. Into the night these galleries are open late, serving wine, cheese, and local art. This is quite an event.

Theater & Dancing

Portland is a city of artists and poets. If you enjoy the theater, you'll find unparalleled talent at the Portland Center for the Performing Arts. If you love live music, the Oregon Symphony is quite a treat. In addition the Oregon Ballet Theater is a fantastic outing for anyone who enjoys classical dance. If you're looking for a bit more bohemian experience, visit the Portland Center Stage for performances that are uniquely Portland. If you want to be the one doing the dancing, there are options here as well! For a night out on the town full of dancing and fun, head to the Crystal Ballroom. This unique venue literally has a 'bouncing floor,' which you will

Portland Snapshot continued

notice immediately as the crowd begins to dance. If that doesn't put a little spring in your step, the Rose Garden Amphitheater gets some truly prestigious performers.

For the Kiddo's

If the kids are awake well into the night, bring them to the Clinton Street Theater! This old-school theater is cheap, local, and down to earth. Or, if you're on the other side of town, head to the Avalon Theater.

Not only are tickets super cheap (a mere \$3 a person), but they have an amazing arcade which is sure to keep the kids amused for hours!

© NileGuide

Things to Do Insights

The City Life

Don't get overwhelmed because there are so many unique things to do in Portland.

Don't miss the beautiful Pearl District, known for its cobblestone streets and old Portland feel. Peruse the many art galleries ranging from upscale and modern to DIY (Do-It-Yourself) local artists. Keep your eyes open for any special gallery events, such as First Friday. Also located in Downtown Portland is historic Chinatown.

The Classical Chinese Garden is a virtual oasis amidst the bustling Downtown city. If shopping is your passion, take a weekend and explore the charm of Nob Hill. Discover the boutiques boasting local artists, and take a gander at some of the oldest homes in Portland. If you have an interest in the seedy underbelly of Old Town, pick up a copy of Chuck Palahniuk's "Fugitive and Refugees" from Powell's Books, a great book overflowing with little known facts of the darker history in Old Town. Powell's Books is literally the largest book store in the United States. Last but not least, don't miss Southeast Portland, a hip and hopping section of Portland's counterculture.

Nature

Once you tire of the city, take a day trip to the Japanese Garden and the International Rose Test Garden. Portland has an abundance of nature. Due to the long rainy season, all manner of wild plants grow all over the city. Both are a hop, skip, and a jump away from bustling Downtown Portland. These two gardens are a fantastic way to spend a bright, sunny Portland afternoon. Last but not least; don't even think of leaving Portland without a

visit to Mount Hood. This majestic local beauty is worth the drive. If you don't have time to see it up close, many of the higher points of Downtown Portland offer stunning views of the snowy mountain. Travel the Mount Hood/Columbia Gorge Loop, and enjoy waterfalls and wildlife alike. If waterfalls peak your interest, visit Multnomah Falls, a hike appropriate for all ages. Outside of the woods and city, one of Oregon's best kept secrets are the beaches. Visit Cannon Beach, which was featured in the movie "The Goonies." The beauty of Haystack Rock is unparalleled.

The mountains, redwoods, and ocean intersect at this picturesque beach. Even at night, Cannon Beach is beautiful by moonlight.

Kids

If you have children, visit the Oregon Zoo, which has outdoor concerts at night during the summer months. The Oregon Museum of Science and Industry (OMSI) is also a great stop for kids, and has an entire interactive section just for the little ones.

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Travel Tips

Getting There

Air

Portland International Airport (PDX)
+1 503 460 4234

<http://www.portlandairportpdx.com>

PDX is located 20 minutes from Downtown Portland and services the following airlines:

Air Canada Jazz (+1 888 247 2262/ <http://www.aircanada.com>)

Alaska Airlines (+1 800 426 0333/ <http://www.alaskaair.com>)

American Airlines (+1 800 433 7300/ <http://www.aa.com>)

Continental (+1 800 525 0280/ <http://www.continental.com>)

Delta (+1 800 221 1212/ <http://www.delta.com>)

Frontier (+1 800 432 1359/ <http://www.frontierairlines.com>)

Hawaiian Air (+1 800 367 5320/ <http://www.hawaiianair.com>)

Horizon Air (+1 800 547 9308/ <http://www.horizonair.alaskaair.com>)

Lufthansa (+1 800 645 3880/ <http://www.lufthansa.com>)

Mexicana (+1 800 531 7921/ <http://www.mexicana.com>)

Northwest (+1 800 225 2525/ <http://www.nwa.com>)

Southwest (+1 800 435 9792/ <http://www.southwest.com>)

United (+1 800 241 6522/ <http://www.ual.com>)

US Airways (+1 800 428 4322/ <http://www.usairways.com>) Airport Map & Information: http://www.airguideonline.com/airports/airport_pdx.htm

Airport Services: http://www.airguideonline.com/airports/airport_pdx2.htm

Airport Transportation: http://www.airguideonline.com/airports/airport_pdx3.htm

From the Airport

Light Rail: The 38-mile MAX (Metropolitan Area Express light rail system) (+1 503 238 7433/ <http://www.trimet.org>) is the West Coast's only train-to-plane service and features access to many of Portland's attractions. Its Red Line exits the airport and runs every 15 minutes or better all day, every day. Adult single fares cost from USD 1.35-1.65.

Shuttle: Sky Pilot Shuttle Service (+1 888 820 6555/ <http://www.skypilotshuttle.com>) is a popular choice for reliable transportation to and from PDX. Sky Pilot provides door-to-door service at competitive rates. Single passenger fares are around USD 25-40 depending on the distance traveled.

Taxi: Taxis, all metered, generally cost between USD 22-USD 28 from the airport to Downtown Portland. Taxis can be easily located outside the ground transportation center from the following companies:

Broadway Cab (+1 503 227 1234)

Green Cab (formerly Smart Cab) (+1 503 234 1414)

New Rose City Cab (+1 503 282 7707)

Portland Taxi (+1 503 256 5400)

Radio Cab (+1 503 227 1212/ <http://www.radiocab.net>)

Car Rental: Avis (+1 503 249 4950/ <http://www.avis.com>)

Budget (+1 503 249 4556/ <http://www.budget.com>)

Portland Snapshot continued

Dollar(+1 503 249 4792/ <http://www.dollar.com>)

Enterprise(+1 503 252 1500/ <http://www.enterprise.com>)

Hertz(+1 800 654 3131/ <http://www.hertz.com>)

Car Share: Another attractive ground transportation option is Flexcar, which operates in certain U.S. cities. This new breed of rental car allows you to rent on an hourly basis rather than a daily basis. Be sure to register online before your trip. Flexcar(+1 877 353 9227/ <http://www.flexcar.com>)

Train

Portland Union Station, located at 800 NW 6th Avenue, serves four Amtrak(+1 800 872 7245/ <http://www.amtrak.com>) intercity passenger trains. There are three daily departures between Seattle and Portland and daily service to Vancouver, B.C with Amtrak Cascades(+1 800 872 7245/<http://www.amtrakcascades.com>). Amtrak's Coast Starlight runs daily throughout the West Coast including stops at Seattle, Los Angeles and San Francisco.

Bus

Greyhound(+1 800 231 2222/ <http://www.greyhound.com>) accesses Portland daily. The Downtown bus station,(+1 503 243 2310), located at 550 NW 6th Avenue, is open midnight-1:30a and 6:30a-11:30p.

Car

Reach Portland by Interstate 405 from the north and west, Interstate 5 from the south and Interstate 84 from the east.

Getting Around

Public Transit

Portland has some convenient means of public transportation. The TriMet bus system(+1 503 238 7433/ <http://www.trimet.org>) makes its way throughout the city and surrounding suburbs three different ways including the MAX light rail, the European Trolley Car and the bus system. The MAX runs east to west

throughout the middle of Portland and nearby small cities.

The Trolley services upper Downtown into the NW part of the city. The bus system provides the most routes and run every 15 minutes. An all-zone pass for all three of these has transfers good for two hours and is around USD1.45 for adults. Also available is a three-day pass costing USD10, which can be purchased at the Tri-Met office in Pioneer Court House Square on South West 6th Avenue.

Portland Aerial Tram(+1 503 823 5185/ <http://www.portlandtram.org>)

Taxi

Some of the major cab companies servicing Portland include:

Broadway Cab(+1 503 227 1234)

Green Cab(+1 503 234 1414)

Radio Cab Company(+1 503 227 1212/ <http://www.radiocab.net>)

Walking

Portland was voted one of "America's Best Walking Towns" by Walking Magazine with its short blocks and a Downtown area filled with several landmarks and attractions. For a walk along Portland's waterfront, take the promenade in Gov. Tom McCall Waterfront Park to the Steel Bridge. The lower deck of the bridge has a 1.5-mile pedestrian/cycling trail providing beautiful views of the skyline and access to four bridges that cross the Willamette River.

Traffic Information

To find out city traffic information go to <http://www.traffic.com>.

If traveling overseas, take the safety precaution of registering your trip at <https://travelregistration.state.gov> and for helpful, practical advice about traveling technicalities and safety standards check out <http://travel.state.gov>.

©

Fun Facts

1. Portland, Oregon, was named in a coin toss after Francis Pettygrove's hometown

of Portland, Maine. If Asa Lovejoy had won, we would live in Boston, Oregon instead. You can see the penny they tossed in the lobby of the Oregon Historical Society.

2. Portland is the proud home of the largest independent bookstore in the U.S.- Powell's City of Books.

3. Random fact: Portland also has the smallest park in the world: Mill Ends Park, measuring in at a whopping 452 square inches. Journalist Dick Fagen created the park as a home for leprechauns, and it was incorporated as an official city park on St. Patrick's Day in 1976.

4. Important fact: When you pull into a gas station, let the attendant fill your tank. It is illegal to pump your own gas in Oregon.

5. Portland is the second most bike friendly city in the United States according to Bicycle Magazine.

6. Portland has a number of unique bridges. The St. Johns Bridge was the first bridge to have aviation clearance lights on its towers. It has beautiful gothic towers, and is generally regarded as Portland's prettiest bridge.

7. Portland has more strip clubs per capita than any other city in the US.

8. Weird fact: There is no sales tax in Oregon.

9. The Port of Portland exports more wheat than any other port in the US.

10. Fun fact: Voodoo Doughnuts offers legal marriage ceremonies.

11. Founded in 1917, Portland's International Rose Test Garden is the longest operating rose test garden in the U.S. During World War I, hybridists from all over the world sent roses to the garden for safekeeping.

12. Interesting fact: Portlandia is the second largest hammered copper statue in the US. The largest is the Statue of Liberty.

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