



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



Travel Portland

Off the Beaten Path

Portland, 1 Day

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Guide Description



AUTHOR NOTE: The uniqueness of Southeast Portland has long been compared to the funkier sections of San Francisco. Once you experience it for yourself, it's easy to see why. Spend your day wandering in and out of some of the most eclectic thrift and antique stores on the West Coast. Sample the wide variety of local fare, and if the mood strikes you, partake in the counterculture nightlife.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Portland

DAY NOTE: Spend your late morning wandering the woods of Mount Tabor Park, Portland's only urban volcano. Follow up this relaxing hike with local, organic fare at the eclectic Cup & Saucer Cafe. From here you can walk up and down Hawthorne Street, and enjoy the wide variety of thrift stores, antiques, local fashion, and funky bars. If you tire of Hawthorne, Belmont Street is only a few blocks away and is also worth a visit. If you're staying in the Southeast, the Bagdad Theater and Pub is a hopping place for dinner, drinks, and a movie. If not, head over to Sellwood to enjoy the unparalleled Thai cuisine of Thai Lahna. Cheap, huge portions, and delicious food. If you're feeling adventurous, Ground Kontrol located in Downtown Portland is an amazing adventure of quarter video games, pinball machines, and beer. A perfect place to spend any night.



Mount Tabor Park

Scenic sunsets atop Portland's own volcano.



Cup & Saucer Cafe

Hawthorne gem



Hawthorne District

Thrift stores, cafes, and local oddities galore!



Thai Lahna

Authentic Thai



Bagdad Theater & Pub

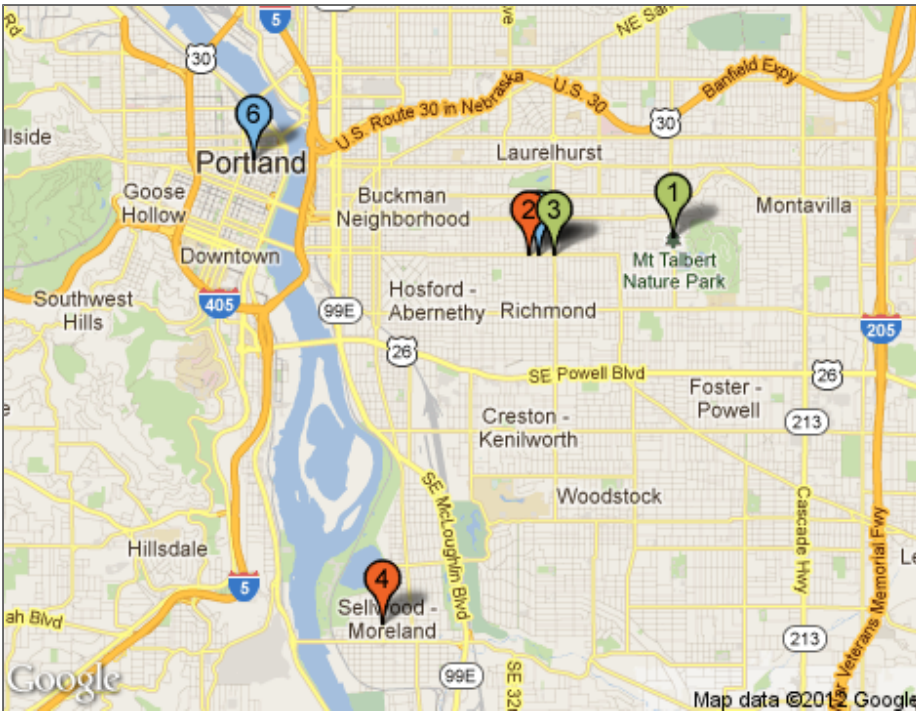
Movie Theater and Bar



Ground Kontrol

80s Arcade with Beer

Day 1 - Portland



QUICK NOTE

DAY NOTE: Spend your late morning wandering the woods of Mount Tabor Park, Portland's only urban volcano. Follow up this relaxing hike with local, organic fare at the eclectic Cup & Saucer Cafe. From here you can walk up and down Hawthorne Street, and enjoy the wide variety of thrift stores, antiques, local fashion, and funky bars. If you tire of Hawthorne, Belmont Street is only a few blocks away and is also worth a visit. If you're staying in the Southeast, the Bagdad Theater and Pub is a hopping place for dinner, drinks, and a movie. If not, head over to Sellwood to enjoy the unparalleled Thai cuisine of Thai Lahna. Cheap, huge portions, and delicious food. If you're feeling adventurous, Ground Kontrol located in Downtown Portland is an amazing adventure of quarter video games, pinball machines, and beer. A perfect place to spend any night.

contact:

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

location:

Southeast 60th Ave and
Salmon St
Portland OR 97215

1 Mount Tabor Park

OUR LOCAL EXPERT SAYS:

Don't forget to bring a bottle of wine.

DESCRIPTION: Mount Tabor is a place well-loved by locals. You can hike, bike, or rollerblade up this urban volcano with the best of them, or drive up and enjoy the little hikes through beautiful redwoods. Either way, Mount Tabor is underrated and definitely not to be missed! © NileGuide



wcities

contact:

tel: +1 503 236 6001
http://portland.citysearch.com/profile/8470170/portland_or/cup_saucer_cafe.html

location:

3566 Southeast Hawthorne Boulevard
Portland OR 97214

hours:

7a-9p

2 Cup & Saucer Cafe

OUR LOCAL EXPERT SAYS:

If you're a vegetarian in search of some comfort food, try the veggie ruben with extra dressing. So good you'll be sad when you've eaten it all.

DESCRIPTION: Nestled in the busy Hawthorne neighborhood, this spot is a favorite among locals for breakfast, lunch and dinner. Sit by the picture window where the view of pedestrian traffic nicely complements the menu. The daily specials range from banana whole-wheat pancakes to spinach pasta with pesto, fresh vegetables and chicken. Regulars love the sour cream coffeecake. The servers are attentive as they tend to the crowds of adoring fans. Beer and wine are available. No credit cards are accepted. © wcities.com



wcities

contact:

tel: +1 503 222 2223
(Portland Oregon Visitors Association)

location:

Hawthorne Boulevard
Portland OR 97214

3 Hawthorne District

OUR LOCAL EXPERT SAYS:

Visit this area of Portland for a truly alternative experience. You won't be disappointed.

DESCRIPTION: With thrift stores, funky cafes, and local oddities galore, the Hawthorne District is a must-see for all those in search of authentic Portland culture. The Hawthorne District is home to Portland's mix of bohemian adults and hip 20-something's. It is here you'll find record shops, floating meditation chambers, and non-profit magic stores. Go explore! © NileGuide



wcities

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

4 Thai Lahanna

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 Lahanna, 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 Lahanna 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 Lahanna

contact:
tel: +1 503 236 9234
<http://www.mcmenamins.com/index.php>

location:
3702 Southeast Hawthorne Boulevard
Portland OR 97214

hours:
M-Sa 11a-1a, Su noon-mid

5 Bagdad Theater & Pub

DESCRIPTION: Enjoy dining, drinking and movie watching all in one 700-seat arena. Built by Universal Studios in 1927, this theater is a Portland landmark that provides a splendid view from the balcony. Enjoy your favorite slice of pizza or other goodies from the snack counter while watching new and second-run releases. All of McMenamins refreshing microbrews are available and may be enjoyed during the film. After the movie, have a seat in the pub and extend your stay. Minors are welcome at matinees and the admission prices are unbeatable. Check website for show timings. © wcities.com



wcities

contact:
tel: +1 503 796 9364
<http://www.groundkontrol.com/>

location:
511 NW Couch Street
Portland OR 97209

hours:
Su-Th noon-2a; F-Sa noon-2:30a

6 Ground Kontrol

DESCRIPTION: This vintage video game and pinball arcade is a trip though time – you will find a black lit wonderland of 80s video games that still cost a single quarter. DJs or bands entertain on most nights, with a small cover charge on band nights. Minors are allowed during the day, but a recently added bar is opened up at 7pm every night to serve beer. Climb the ornate staircase to the largest collection of pinball machines in the area. You can even take the fun home with real, working home consoles and cartridges. -Ground Kontrol © wcities.com



Photo courtesy of Ground Kontrol

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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