

NATURE IN THE CITY

The Portland area is home to an unrivaled number of open spaces (37,000 acres/14,973 hectares to be exact). With 288 public parks and 166 miles (267 kilometers) of trails Portland offers visitors a breath of fresh air. Even in the heart of downtown, you're sure to see more green than gray as you invariably stumble across grassy oases.

SAMPLE ONE-DAY ITINERARY

Start your day at the **1** **AUDUBON SOCIETY OF PORTLAND** (audubonportland.org), a 143-acre (57.9-hectare) wildlife nature sanctuary with 4.5 miles (7.2 kilometers) of maintained trails that take visitors through a mixed-conifer forest, streams, ponds and native vegetation, all within minutes of downtown Portland.

Next, visit nearby **2** **HOYT ARBORETUM** (hoytarboretum.org). This 187-acre (74.9-hectare) living museum of trees and plants from around the world — the largest collection of distinct plant species in the United States — is located just west of downtown Portland. A place of beauty and serenity in all seasons, the arboretum is easily accessible by car, bus or MAX light rail.

Venturing just southeast of downtown Portland, you'll find **3** **CRYSTAL SPRINGS RHODODENDRON GARDEN** (portlandonline.com/parks/finder). This gem boasts an outstanding 7-acre (2.8-hectare) collection of rare species and hybrid rhododendrons, azaleas, deciduous and coniferous trees. Best of all, admission is free in the fall and winter.

The next point of interest is **4** **TRYON CREEK STATE PARK** (tryonfriends.org). Here you can hike, ride a horse or bicycle while appreciating the urban park's highlights, including a run of steelhead trout and iconic spring flowers known as trilliums.

The day ends at **5** **HOPKINS DEMONSTRATION FOREST** (forestsforever-or.org). Enjoy a sustainable forestry tour on the tree farm bus, making stops along the way for short walks to get a closer look at reforestation experiments, forest management demonstrations, watershed and wildfire protection and wildlife habitat enhancements.

BUT WAIT, THERE'S MORE

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| A Portland Japanese Garden
japanesegarden.com | D Leach Botanical Garden
leachgarden.org |
| B Forest Park
portlandonline.com/parks/finder | E Tualatin River National Wildlife Refuge
fws.gov/tualatinriver |
| C Oaks Bottom Wildlife Refuge
portlandonline.com/parks/finder | F Jackson Bottom Wetland Preserve
jacksonbottom.org |



OUTDOOR ADVENTURE OPERATORS

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| Alder Creek Kayak & Canoe
aldercreek.com | Mt. Hood Adventure
mthoodadventure.com |
| All Star Rafting
asrk.com | Scappoose Bay Kayaking
scappoosebaykayaking.com |
| Oregon Peak Adventures
oregonpeakadventures.com | Tualatin River Keepers
tualatinriverkeepers.org |
| Oregon River Experiences
oregonriver.com | WyEast Expeditions
weeastexpeditions.com |

For more inspiration, please visit TRAVELPORTLAND.COM.

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