Sunset Travel Guide

Best of Portland: Hotels, Dining, and Attractions 2010
**Sunset Travel Guide**

**Plan your perfect Portland escape**

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Carless, carefree

Let the trolley take you to Portland’s best sights

Lose the car keys. In Portland, it’s more fun to glide through town on an electric streetcar. It stops within blocks of just about everywhere you want to be in the urban west side.

The city already had its MAX (Metropolitan Area Express) light-rail system when the Portland Streetcar debuted in 2001. But while MAX speeds passengers from the city center to the suburbs and even the Portland airport on 44 miles of track, the streetcar loops at a more human pace along a 6-mile circuit from Northwest 23rd Avenue, through the Pearl District, into downtown, to the South Park Blocks and Portland State University campus and the burgeoning RiverPlace district.

Start our streetcar tour at the N.W. 23rd stop, the route’s westernmost point, just before it doubles back toward downtown.

Northwest: Nob Hill and the Pearl

N.W. 23RD AVE. AND MARSHALL ST. Before you hop on at the stop here, walk south on 23rd, pausing first at Twenty-Third Avenue Books (1015 N.W. 23rd; 503/224-5097), one of the city’s best small, independent bookstores, to plunge into the heart of Nob Hill, with its fine restaurants, funky cafes, and head-to-toe boutiques. Check out the earrings at Dazzle (704 N.W. 23rd; 503/224-1294) and the designer footwear at Zelda’s Shoe Bar (639 N.W. 23rd; 503/226-0363).

N.W. 21ST AVE. AND LOVEJOY ST. Eastbound streetcars stop two blocks north of Vitaly and Kimberly Paley’s legendary French-inspired restaurant, Paley’s Place (see Portland cooks, page 7). Westbound cars stop at 21st and Northrup, right in front.

N.W. 13TH AVE. AND LOVEJOY ST. You’re in the Pearl District now; get a taste of the neighborhood at the Daily Cafe in the Pearl ($$; 902 N.W. 13th; 503/242-1916), with its imaginative American standards.

N.W. 11TH AVE. AND JOHNSON ST. Walk a block west to take a peek at the galleries of the Pacific Northwest College of Art (closed Sun; 1241 N.W. Johnson; 503/226-4391). Dip a toe in the lapping waves at Jamison Square Park (N.W. 11th and Johnson), or just wander around the neighborhood’s design shops, galleries, and eateries.

N.W. 11TH AVE. AND GLISAN ST. For heavenly Southeast Asian fare, walk a block east to Silk Vietnamese Restaurant & Bar ($$; closed Sun; 1012 N.W. Glisan; 503/248-2172), right...
across from the northbound streetcar stop at 10th and Glisan. Or reserve a table at Andina (see Portland cooks, page 7), two blocks west, with its contemporary Peruvian cuisine.

N.W. 11th Ave. and Couch St. You won’t find a bigger new-and-used bookstore than the legendary Powell’s City of Books (1005 W. Burnside St.; 503/228-4651).

Downtown: Pioneer Square, Park Blocks, Broadway

S.W. 11th Ave. and Alder St. From here or the next stop (S.W. Taylor St.), you’re just a block from the MAX, and from there, the world (the Red Line ends at Portland International Airport). Stroll east four blocks to reach S.W. Broadway and then south to the shops surrounding Pioneer Courthouse Square, downtown Portland’s living room. Take a shopping break at Oregon Wines on Broadway (closed Sun; 515 S.W. Broadway; 503/228-4655).

S.W. 11th Ave. and Jefferson St. Walk east a block to the Portland Art Museum ($12; closed Mon; 1219 S.W. Park Ave.; www.pam.org or 503/226-2811) for a taste of Native American, European, and modern American works. Cross the elm-shaded South Park Blocks to the Oregon Historical Society ($10; 1200 S.W. Park; www.ohs.org or 503/222-1741) to see the award-winning Oregon, My Oregon and other exhibits. Around the block is Higgins Restaurant & Bar ($$$; 1239 S.W. Broadway; 503/222-9070), where star chef Greg Higgins continues to lead the local seasonal farm-to-kitchen movement. And just down Broadway is the Portland Center for the Performing Arts (111 W. Broadway) and vintage Arlene Schnitzer Concert Hall (1037 S.W. Broadway; both www.pcpa.com or 503/248-4335).

South: Campus and RiverPlace

S.W. Park Ave. and Market St. If it’s Saturday, visit Portland Farmer’s Market (8:30–2 Sat; South Park Blocks between Montgomery and Harrison Streets), where the park blocks meld into the Portland State University campus. On Wednesdays the market is on Salmon Street.

S.W. Fifth Ave. and Market St. It’s just two blocks from here to Keller Auditorium, with its opera and ballet performances (222 S.W. Clay St.; www.pcpa.com or 503/248-4335) or a croque monsieur at Carafe ($; closed Sun; 200 S.W. Market; 503/228-0004).

S.W. River Pkwy. and Moody Ave. This stop, the end of the line, is close to the marina, shops, and views at RiverPlace. Watch the boats come and go, or get in one; Portland River Company ($45 to Ross Island, reservations required; 1375 S.W. Montgomery St.; www.portlandrivercompany.com, 888/238-2059, or 503/229-0551) offers guided paddle trips to Ross Island. At Three Degrees restaurant ($$$; 1510 S.W. Harbor Way; 503/295-6166) in the RiverPlace Hotel, drink in the Willamette River view—or something more substantial. Remember: You’re not driving.

When you go

Visit www.portlandstreetcar.org for schedules, fares, and other information. If you’re arriving in Portland by air, the MAX Red Line (www.trimet.org) whisks you from PDX to downtown, stopping a block away from the streetcar route along S.W. 10th Ave. By train, it’s an eight-block walk from Union Station to the streetcar stop at N.W. 10th and Glisan St.
Portland lodging we love

Enjoy hip digs in the Pearl, a historic Irvington inn, or other choice properties around town

Ace Hotel Portland. Check into the Ace to fully appreciate the city's take on urban chic. The blocklong historic property has been renovated into a 79-room magnet for youthful creative types, perfectly positioned downtown on the edge of the Pearl District—just steps from the famed Powell's Books flagship. An ethos of reuse and local pride is embedded in the retro details: original murals by homegrown artists, Pendleton wool blankets on platform beds, apple-crate stepping stools next to claw-foot tubs, and vintage vinyl records on loan from the lobby. Make like a native and linger at the adjacent Stumptown Coffee Roasters cafe, known for its superlative brew. Then hop on one of the hotel's fleet of shiny Dutch bicycles and enjoy September's crisp sunshine—before the inevitable rains set in. From $95; www.acehotel.com/portland or 503/228-2277.

Avalon Hotel & Spa. Let's face it: Portland has a tendency to be wet and cold. For a quick attitude adjustment, you can consider a trip to the tropics—or a visit to the Avalon, perched on the Willamette River south of downtown. The hotel rooms are stylish (and some have sweet river views), while the spa is a lavish two-story affair offering a wide range of treatments as well as a salon and fitness club. From $119; www.avalonhotelandspa.com, 888/556-4402, or 503/802-5800.
The Benson. When Simon Benson built this hotel in 1912 he filled it with Austrian crystal chandeliers, Circassian walnut paneling, and an Italian marble staircase and floors. The European elegance extends into the guest rooms and onsite restaurant, as well. Little wonder it is considered the grand old dowager of Northwest hotels. From $169; www.bensonhotel.com, 800/325-4000, or 503/228-2000.

Embassy Suites Portland Downtown. This historic hotel offers basic, comfy accommodations and a free shuttle from the train station. From $149; www.embassyportland.com or 800/362-2779.

Governor Hotel. The lobby of this 1909 building is rich with wood, leather, and wrought iron; handsome murals of the Lewis and Clark Expedition adorn the walls. Conveniently located within easy walking distance of downtown dining, shopping, and entertainment, the “Gov” is a good choice for those who like to be in the thick of things. From $149; www.govhotel.com, 800/554-3456, or 503/224-3400.

Hotel Lucia. The Lucia is très hip, with sleek, modern furnishings and a lobby art gallery displaying paintings and sculpture by Northwest artists. It also shares space with the lauded Typhoon! restaurant. From $127; www.hotelucia.com, 877/225-1717, or 503/225-1717.

Hotel Modera. A luxe-redux of a frumpy former Days Inn, Hotel Modera skimps in only one way: the rate. Portland architecture firm Holst brings its clean-lined modernism to the renovation, but there’s warmth in the details, particularly the walnut paneling, faux-fur bed-spreads, and outdoor fire-pits. Perhaps the coolest spot is the courtyard, where plant lovers (and just about everyone else) will dig the living wall of native plants, composing a huge natural artwork. From $119; hotelmodera.com, 877/484-1084, or 503/484-1084.

Inn @ Northrup Station. This all-suites boutique hotel is located on the Portland Streetcar route within a few blocks of several good restaurants. From $159; www.northrupstation.com or 800/224-1180.


Portland’s White House. Set in the historic Irvington neighborhood and surrounded by Craftsman-style homes, the inn evokes the city’s graceful past, though it’s mere minutes (and at the same time a world) away from downtown’s hot spots. Uniquely decorated guest rooms, all with private baths, take you back: Picture four-poster beds, cherry armoires, and your great-grandmother’s prized porcelain collection. Indulge in fresh ginger or Oregon berry scones during the ample breakfast service. Afterward, let the meal settle with a stroll around Irvington’s quiet streets. From $125, including breakfast; portlandswhitehouse.com or 800/272-7131.

Residence Inn by Marriott. This all-suite hotel is beside the streetcar’s S.W. River Pkwy. stop. From $129. 2115 S.W. River Pkwy.; www.marriott.com/pdxri, 800/331-3131, or 503/552-9500.

For tips on hotel discounts through the Portland Perks program, contact Travel Portland (www.pava.com or 800/962-3700).
In 1992, Vitaly Paley was cooking at a small restaurant outside Limoges, France. A box of morels arrived in the kitchen—moist and firm, with a deep, woody flavor. Where, he wondered, were these perfect fungi from?

Paley identified Oregon, birthplace of the morels he’d admired, as a new culinary frontier. He headed there with his wife, Kimberly, and opened Paley’s Place Bistro and Bar, in Portland.

“Today Portland still has the same wondrous ingredient base to work with that first drew me here,” Paley says, “but now we’re also on the forefront of the sustainable movement, and we have a great range of restaurants.”

He’s not alone in his assessment. “We’re really lucky to live in Portland,” says Naomi Pomeroy, chef at Beast and founder of Clarklewis, a restaurant known for its innovative, Italian-influenced cooking. “The physical proximity of the farms is amazing, and the growers we work with are still very small-scale. Most of our farmers do their own deliveries to our kitchen door.”

But it takes more than superlative and sustainable ingredients to create a restaurant culture like Portland’s. Rather than having a predictable top-shelf restaurant selection downtown with a few outlying destination restaurants, it features drive-worthy eateries in practically every neighborhood. Along with showstoppers that get national attention, like Clarklewis and Paley’s Place, a tremendous number of small spots serve remarkably good food.

What else makes Portland such an across-the-board great eating town? It’s primarily the residents of Portland themselves. Portlanders are proud of their burg and support local efforts accordingly. Their love of their city—its physical beauty, its art, its wines, its quirky sophistication—translates into a restaurant-going public any chef would envy.

This culinary curiosity also explains the wide range of restaurants that thrive here, from Peruvian nuevo-Andean superstar Andina to the explosion of Southeast Asian places on 82nd Avenue.

So where are Paley’s sights aimed now? “I’ve become too attached to this way of cooking to leave,” he says. “Our farmers structure our menu every day. I’m never sure what’s coming in the back door. I just know it’s going to be excellent.”

**Portland cooks**

Inspired chefs have made the city a culinary hotspot

Sunset’s top Portland restaurant picks

**Andina.** Sophisticated Peruvian creations in an airy dining space in the Pearl District. $$$; 1314 N.W. Glisan St.; 503/228-9535.

**Ciao Vito.** Simple trattoria food done right, such as Bolognese with wild boar and sugo
(simple, thick sauce) of pork with Oregon wild mushrooms. $$; 2203 N.E. Alberta St.; 503/282-5522.

Clarklewis. Innovative, ever-changing menu served in a converted warehouse awash in urban style. $$$; closed Sun; 1001 S.E. Water Ave.; 503/235-2294.

Mother’s Bistro & Bar. Upscale comfort food and perhaps the best breakfast in a breakfast-blessed town. $; closed Mon; 212 S.W. Stark St.; 503/464-1122.


Nostrana. Menu standouts (besides the practically perfect pizza) include dishes like rabbit crostini and wood-fired crab. $$-$$$; 1401 S.E. Morrison St.; 503/234-2427.

Paley’s Place Bistro and Bar. In a sophisticated, cozy space, French technique meets Oregon’s bounty and an American penchant for thoughtful experiment. $$-$$$; 1204 N.W. 21st Ave.; 503/243-2403.

Pambiche. Nicely priced, delicious Cuban food and lots of it, both on the menu and on your plate. We’re powerless before the croquettes. $$; 2811 N.E. Glisan St.; 503/233-0571.

Park Kitchen. Chef-owner Scott Dolich sits on the board of the Portland Farmers Market and is a devoted forager and trained butcher. $$$; closed Sun; 422 N.W. Eighth Ave.; 503/223-7275.

Pok Pok. Thai street food: roasted game hen, green papaya salad, and noodle soups. $$; closed Sun; 3226 S.E. Division St.; 503/232-1387.

Tabla Mediterranean Bistro. Smartly simple dishes (like rabbit ragù on housemade pappardelle) keep things interesting at this charming bistro. $$-$$$; closed Mon; 200 N.E. 28th Ave.; 503/238-3777.

Three Square Grill. American regional favorites with a heavy dose of Southern—pulled pork, okra, hush puppies, and stupendous pickles. $$; closed Mon; 6320 S.W. Capitol Hwy.; 503/244-4467.

Wildwood. Cory Schreiber opened his lively spot, serving Northwest dishes, within months of Vitaly Paley’s opening his—the big bang for the current Portland restaurant renaissance. $$$; 1221 N.W. 21st Ave.; 503/248-9663.

More amazingly good fare can be found on the cheap

Bamboo Sushi. At Bamboo Sushi, witty small plates like the Salmon Nation roll and melt-in-your-mouth black cod blow away what you’d find at your average Cali-roll joint. Even better, Bamboo uses only seafood from the “best choice” and “good alternative” lists compiled by the Marine Stewardship Council, so you can dine healthily and guilt-free. $$; 310 S.E. 28th Ave.; 503/232-5255.

Bunk Sandwiches. A long (but hardly lean) diner with an always crowded counter and a rotating menu of classics served on plastic trays slapped with brown paper. Order anything with the melt-in-your-mouth pork belly, such as the Pork Belly Po Boy ($8), with green tomato pickles, lettuce and Creole mustard. $; closed Sun; 621 S.E. Morrison St.; 503/477-9515.

Evoe. You know summer has arrived when dandelion greens freshly foraged from Mt. Hood appear on the chalkboard menu at Evoe, the cozy lunch counter at the neighborhood specialty grocery Pastaworks. Settle onto a stool across from chef Kevin Gibson, who might offer a taste of the poached pork belly he’s just crisped, before he pours a glass of chilled Château Miraval rosé and reminds you to savor it—because each June, the container
A hearty Park Kitchen sammie at Meat Cheese Bread.
Visit Chinatown

Explore a neighborhood showing signs of renewal

STREET SCENE A mix of divey Chinese lunch spots and new restaurants, mod art galleries, and century-old brick buildings.

DRESS CODE Skinny jeans and gold Nikes.

NEIGHBORHOOD MASCOT The pair of golden lions flanking an ornate gate on N.W. 4th Avenue at W. Burnside Street.

LOCAL CAUSE To re-erect the Hung Far Low sign, a Chinatown icon.

OLD HOT SPOT Ground Kontrol Classic Arcade (511 N.W. Couch St.), a cave of pinball and Ms. Pac-Man.

NEW HOT SPOT The Davis Street Tavern ($$$; closed Sun; 500 N.W. Davis St.; 503/505-5050), with juicy lamb burgers.

ECO-CHAIN seven planet (412 N.W. Couch; sevenplanet.com) is an all-green general store that’s popping up around the Northwest—and is packed with stuff like bottle openers made from old bike parts.

FLOWER POWER Take in fragrant daphne plants and plum trees at the Lan Su Chinese Garden ($8.50; 239 N.W. Everett St.; lansugarden.org).

PRETTY IN PINK Take a walk through Waterfront Park, where the ginormous open-air Portland Saturday Market is in full swing. The expanded market location makes it better than ever. Expect more steaming bowls of pho, hand-stitched skirts, and photography. Sat–Sun; S.W. Ankeny St. and S.W. Naito Pkwy.; portlandsaturdaymarket.com

HOT PLATE When Ping opened last year, it drew diners from around the city—and the world—to this oft-overlooked neighborhood. The open kitchen pumps out peppery pork broths, noodle dishes, steamed buns, and skewered meats for a small-plates menu that traipses across Asia. The bar mixes concoctions of fruity drinking vinegars, shochu, and sake. $$$; closed Sun; 102 N.W. 4th Ave.; pingpdx.com

PREFERRED MODE OF TRANSPORT No, the Pdx Pedicabs are not just for tourists. Hop on for a pedal-powered, pre-recorded audio tour. Drivers pull you from architectural to cultural sites as each is mentioned, adding fun details as you go. Ask for a spin down cherry blossom row. Hail or call ahead. From $15; 503/828-9888.

Nikes like you’ve never seen The Compound Gallery has got to have the most colorful collection of sneakers this side of Tokyo. Plus Japanese collectible figurines, offbeat art books, and an impressive selection of design magazines that even Powell’s Books doesn’t carry. 107 N.W. 5th Ave.; compoundgallery.com

TAKE IT HOME Pick up a stash of local Tao of Tea loose-leaf teas at the Tower of Cosmic Reflections Teahouse, located in the Lan Su Chinese Garden; it offers about 50 variations on smoky, woody, tropical, or nutty. The staff can tell you everything you’ve ever wanted to know about picking seasons, smoking and drying methods, and modes of steeping. Need just the right teapot? Check out the gorgeous selection. 239 N.W. Everett St.; 503/224-8455.
Forest Park. A wooded wonderland—and Portland’s premier outdoor playground. More than 5,000 acres of dense forest cover the city’s West Hills, an accessible haven for runners, dog walkers, and wildlife-watchers. The 70-plus peaceful miles of trails and dirt roads offer memorable views of Mt. Hood, Mount St. Helens, and the Willamette River. Locals’ secret: While most of the park’s narrower trails are off-limits to bicycles, a 0.5-mile section of Firelane 5 welcomes those who like to pedal in the dirt—it’s the park’s first single-track mountain bike trail. For a quick shot of adrenaline, take Firelane 5 downhill to twist and turn through berry brambles and leafy ferns. Visit portlandonline.com/parks for a map (none available onsite); 503/823-7529.

Hoyt Arboretum. The arboretum’s 185 acres are appealing in every season. Pick up a map at the Hoyt Arboretum Visitor Center and indulge your senses on a stroll. You can extend your walk into a hike on the Wildwood Trail that leads deep into Forest Park. Free; visitor center closed Sun; 4000 S.W. Fairview Blvd.; www.hoytarboretum.org or 503/228-8733.

International Rose Test Garden. This legendary green space holds dozens of hybrid plants being tested (designated by number, not names, while under study) and 7,000 blooming plants on display—about 600 varieties in all. Adjacent to the park, the Rose Garden Store (503/227-7033) sells anything that looks like, smells like, tastes like, or concerns itself with roses. Open daily, tours 10 a.m. Tue, 1 p.m. Sat–Sun; free; 400 S.W. Kingston Ave., in Washington Park; www.rosegardenstore.org or 503/823-3586.

Portland Classical Chinese Garden. Step across the threshold of this walled garden, and you could be in Suzhou, China, in the Ming dynasty—but for the 30-story U.S. Bank Tower stretching skyward on the other side of the wall. Never mind that; the Garden of Awakening Orchids is specifically designed to provide tranquility and a taste of nature in the heart of the city. Breathe in the intoxicatingly fragrant Chinese paper bush (Edgeworthia chrysantha) at the west end of the covered bridge. Refresh yourself with moon cakes and tea or a marbled tea egg at the Tao of Tea in the Tower of Cosmic Reflections. $8.50; 239 N.W. Everett St.; www.portlandchinesegarden.org or 503/228-8131.

Portland Japanese Garden. Like a remote temple in The Tale of Genji, the Portland Japanese Garden gains much from its splendid isolation. Come after a rain to hear droplets fall from cherry trees, or on a clear day to see Mt. Hood sparkle in the east. Stone paths beckon you to covered gates and graceful bridges, with only the tap of woodpeckers and the distant rake of gardeners to break the silence. Sit by the teahouse and reflect on the garden’s meditative beauty; it’s a place that grounds the spirit even as the imagination soars. $9.50; 611 S.W. Kingston Ave.; japanesegarden.com or 503/223-1321.

Natural high
Five outdoor spots to soak up urban beauty
Portland’s Pearl
Increasingly cool cultural diversions in the prized Pearl District

BACKDROP Old warehouses turned bare-brick galleries tucked between million-dollar high-rise condos.

ART GALLERIES IN 1998 15

SHOT OF CAFFEINE A creamy-smooth latte from Caffè Umbria ($; 303 N.W. 12th Ave.; 503/241-5300).

ROOM TO BROWSE AT POWELL’S BOOKS Pearl Room for thousands of art and photography tomes (1005 W. Burnside St.; powells.com).

APRÈS-THEATER COCKTAIL The Vertigo—made with six-year-old rye and a flaming orange peel at Teardrop Lounge (closed Sun; 1015 N.W. Everett St.; teardroplounge.com).

STAY OVERNIGHT Theater packages at the nearby Mark Spencer Hotel (see Portland hotels we love, page 5) include a one-night stay, two tickets to Portland Center Stage, parking, breakfast, and afternoon tea.

Want more entertainment?

FOR BUDDING THEATER BUFFS Kids will eat up the productions at Oregon Children’s Theatre, while you’ll get a kick out of the dry humor. $24, from $16 ages 14 and under; ptc.org or 503/228-9571.

FOR SMALL-STAGE PREMIERES See classics and local playwrights’ works on one of Artists Repertory Theatre’s two intimate stages. From $25; artistsrep.org or 503/241-1278.

FOR INDIE-FILM FANS The Northwest Film Center is the place to be for special screenings year-round and for autumn’s Northwest Film & Video Festival, which screens about 100 documentaries, short films, and features. From $8; nwfilm.org or 503/221-1156.

CATCH A SHOW The once-vacant, castlelike Gerding Theater at the Armory has been transformed after its $36 million eco-renovation. For people-watching, sip wine in the loft overlooking the lobby, then settle in for the performance. Ticket prices vary. N.W. 11th Ave.; pcs.org or 503/445-3700.

ONE-STOP GALLERY HOP Who cares if it’s raining when you have the DeSoto Building/Museum of Contemporary Craft—four fine art galleries and an innovative museum under one roof? $3; 724 N.W. Davis St.; museumofcontemporarycraft.org or 503/223-2654.

GREAT PEARL EATS Wild rice—smoked duck breast is steps from the Gerding Theater at Ten 01 ($$$; closed Sun; 1001 N.W. Couch St.; 503/226-3463). Or try Isabel ($$; 330 N.W. 10th Ave.; 503/222-4333); we like the brown rice and tofu bowl with peanut sauce. Then there’s 50 Plates ($; closed Sun; 333 N.W. 13th Ave.; 503/228-5050), a casual bistro serving all-American classics.

A TWIST ON PUMPKIN PIE It’s never too early to warm up for T-Day when you can treat yourself to a luscious pumpkin pie cupcake filled with pumpkin cream at Cupcake Jones, a grab-and-go bakery. 307 N.W. 10th Ave.; 503/222-4404.
Pedal around Portland

Take in town and country views in a city where biking thrives

Portland is a city built for biking, with 260 miles of bike lanes and extensive off-road paths. Then there’s the 40-Mile Loop, a network of paths encircling the city that evolved from the vision of celebrated landscape architect John Charles Olmsted. The city has grown in the 32 years since the paths were created, and while the full network is still called the 40-Mile Loop, it now exceeds 140 miles. Currently almost complete, the loop stretches from the confluence of the Willamette and Columbia Rivers east to Troutdale and south to Johnson Creek.

The four easy to moderate rides we explore here are a great introduction to the 40-Mile Loop. They’re primarily on paved, multiuse paths separated from traffic; other than road crossings and weaving among pedestrians on weekends, it’s clear cycling.

For more information on any of these rides, contact Portland Parks & Recreation (www.portlandparks.org or 503/823-2223); it has free maps of the Springwater Corridor trail system. Another good resource is the Bike There map ($9), available at many Portland area bike shops or from Metro (www.metroregion.org/bikemap or 503/797-1742).
**Willamette Greenway**  
Cruise along the Willamette River on this grand tour of central Portland. **BIKE ROUTE** From Willamette Park, follow the Willamette Greenway trail north to either the Hawthorne or the Steel Bridge; cross the river and head south on the Eastbank Esplanade. Then head east on S.E. Caruthers St. and south on S.E. Fourth Ave. to S.E. Ivon St., where you can pick up the newest section of the Springwater Corridor path. Follow this path to S.E. Spokane St. and cross the river again on the Sellwood Bridge's narrow sidewalk (ride cautiously), and continue north back to Willamette Park. (At the Macadam Bay Club, you’ll need to turn right, then make a quick left to stay on the path.) **DISTANCE** 8 or 10 miles, depending on whether you cross the Hawthorne or the Steel Bridge. **START** You can begin this ride at almost any point in the loop. We like to start at Willamette Park ($3 day-use fee; S.W. Macadam Ave. and Nebraska St.).

**Peninsula Crossing and Kelley Point Park**  
From Kelley Point Park in north Portland, follow the Columbia River southeast to the public art installation at the Columbia Boulevard Wastewater Treatment Plant. **BIKE ROUTE** From Kelley Point Park, ride briefly north to the confluence of the Columbia and Willamette Rivers, then head southeast on N.E. Marine Dr. alongside Smith and Bybee Lakes Wildlife Area. Turn southwest on the Peninsula Crossing trail, which parallels N. Portland Rd. At the bike bridge, ride over the Columbia Slough. Visit the outdoor art installation and from there continue to the railroad tracks, where you can turn around and backtrack to Kelley Point Park. **DISTANCE** 7 miles round-trip. **START** Park at one of the two free lots at Kelley Point Park (N. Marine Dr. and Lombard St.).

**Marine Drive**  
Watch planes land not quite on top of you as you follow a raised dike between the Columbia River and Portland International Airport. **BIKE ROUTE** The off-road trail starts atop a dike, then dips down toward the river level. Turn around at the I-205 bridge; more experienced riders may want to continue another 5½ miles on a combination of off-street paths and bike lanes to Blue Lake Park. **DISTANCE** 8 miles round-trip to the I-205 bridge and back. **START** Park at M. James Gleason Boat Ramp ($5 per vehicle; off N.E. Marine Dr. east of N.E. 43rd Ave.).

**Springwater Corridor**  
Cycle along the central portion of Portland’s longest off-road path, which runs uninterrupted for 14 miles. On the way, catch enticing glimpses of distant Mt. Hood and gurgling Johnson Creek just off the trail. **BIKE ROUTE** From the Johnson Creek trailhead, pedal east to Main City Park (off Powell Blvd. in Gresham). Return the way you came. **DISTANCE** 20 miles round-trip to Main City Park and back. If this is too big a chunk, turn around at any point. **START** Start at the Johnson Creek trailhead (off Johnson Creek Blvd. near S.E. 43rd Ave.).
**N. Williams Ave.**

Check out this eco-friendly corner of Portland

**WHY VISIT** North Williams Avenue—with its bike lanes and organic eateries tucked away in the Hub building (3808 N. Williams Ave.)—makes it easy to enjoy a healthy day around town.

**SCENE** A low-key urban vibe, courtesy of yoga studios and green indie shops and cafes.

2,745 Number of daily bike commuters on the North Williams bike corridor.

**DRESS CODE** Waterproof jacket and jeans with right leg rolled up.

**HOT WHEELS** The fold-up triangle-frame commuter bike by Strida at Cascade Cycling (122 N. Killingsworth St.; 503/281-0255). Feel like a local Play a round of shuffleboard at Vendetta bar (5306 N. Williams; 503/288-1085).

**BEST SPLURGE** The Royale chocolate mousse at Pix Pâtisserie (5301 N. Williams; 503/282-6539).

**BEST WAY TO BURN IT OFF** Five laps of the North Williams–North Vancouver Avenue bike corridor.

**NATIVE CHIC** A waterproof Lemolo bike bag (www.lemolobaggage.com).

**GET BIKING** Pedal between raindrops on the Waterfront Bike Loop along the Willamette River: the 10.3-mile bike and pedestrian path traverses 1,200 feet of floating walkway between (and over) the Steel and Sellwood Bridges. Free; map at gettingaroundportland.org

**LIMBER UP** Drop in for a vinyasa class at the Hub building’s Yoga Shala: Its dynamic flow will help you sweat out vacation excess. $12 drop-in fee; 3808 N. Williams, Ste. B; yogashalapdx.com

**ENERGIZE YOUR HOME** Beat back the winter blahs with green ideas from Ink & Peat, where you’ll find punchy organic bedding, succulents in vintage enamelware, and blooming branches. Closed Mon; 3808 N. Williams, Ste. 126; 503/282-6588.

**RECHARGE** Order a cup (or better yet, buy a bag) of coffee at Ristretto Roasters (5308 N. Williams, Ste. 125; 503/288-8667), which serves organic espresso and single-origin coffees. Or dig into a flavorful salad of blood beets, fennel, and lemon next door at Lincoln (5308 N. Williams, Ste. 127; 503/288-6200)—and watch the bike commuters whiz by.

**TAKE IT HOME** Stop by Livingscape Nursery, a neighborhood destination, owned by a Portland attorney, where you can find native plants and organic soil. Scoop up a Northwest native Indian plum or evergreen huckleberry: Both of these shrubs are early bloomers that will brighten your garden. 3926 N. Vancouver Ave., 503/248-0104.

**BLISS OUT** At Blue Sky Wellness Studio, try qigong—an ancient form of exercise that reduces stress and is believed to build your immune system. Or let your cares melt away with a soothing massage. Call for hours; qigong $8, 90-minute massage $90; 3944 N. Mississippi Ave.; 503/517-8222.

**GO GOURMET** A hit in Los Angeles with its slate of fun cooking classes, like Healthy, Fresh and Zingy, Hipcooks offers dozens of options in Portland. From $55; 3808 N. Williams, Ste. 120; hipcooks.com

**GET ENTERTAINED** Creative types come to The Waypost coffeehouse for locally produced wine and beer, as well as live music, lectures, and classic-movie screenings. $; 3120 N. Williams; thewaypost.com
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