

# 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](http://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](http://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](http://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](http://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](http://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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| <b>A</b> Portland Japanese Garden<br><a href="http://japanesegarden.com">japanesegarden.com</a>                              | <b>D</b> Leach Botanical Garden<br><a href="http://leachgarden.org">leachgarden.org</a>                              |
| <b>B</b> Forest Park<br><a href="http://portlandonline.com/parks/finder">portlandonline.com/parks/finder</a>                 | <b>E</b> Tualatin River National Wildlife Refuge<br><a href="http://fws.gov/tualatinriver">fws.gov/tualatinriver</a> |
| <b>C</b> Oaks Bottom Wildlife Refuge<br><a href="http://portlandonline.com/parks/finder">portlandonline.com/parks/finder</a> | <b>F</b> Jackson Bottom Wetland Preserve<br><a href="http://jacksonbottom.org">jacksonbottom.org</a>                 |



## OUTDOOR ADVENTURE OPERATORS

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| Alder Creek Kayak & Canoe<br><a href="http://aldercreek.com">aldercreek.com</a>                  | Mt. Hood Adventure<br><a href="http://mthoodadventure.com">mthoodadventure.com</a>               |
| All Star Rafting<br><a href="http://asrk.com">asrk.com</a>                                       | Scappoose Bay Kayaking<br><a href="http://scappoosebaykayaking.com">scappoosebaykayaking.com</a> |
| Oregon Peak Adventures<br><a href="http://oregonpeakadventures.com">oregonpeakadventures.com</a> | Tualatin River Keepers<br><a href="http://tualatinriverkeepers.org">tualatinriverkeepers.org</a> |
| Oregon River Experiences<br><a href="http://oregonriver.com">oregonriver.com</a>                 | WyEast Expeditions<br><a href="http://weeastexpeditions.com">weeastexpeditions.com</a>           |

For more inspiration, please visit [TRAVELPORTLAND.COM](http://TRAVELPORTLAND.COM).

Created in partnership with Washington County Visitors Association, Oregon's Mt. Hood Territory and Columbia County Tourism.