

A mini-guide to hiking and walking resources in and around Portland, Oregon.

By Janet Farr, Author, Boomers on the Loose® in Portland (see page 10 for more information.)

Need ideas for keeping up your 10,000 daily steps walking program?

You're in the right place.

As we know, walking and hiking regularly is the easiest, low-cost way to good health and fitness. Experts recommend a goal of 150 to 300 minutes per week or 10,000 steps (about 4 miles) per day. To get started, get a good pair of walking shoes and comfortable socks and workout clothes. Join a group of like-minded people. Or find a walking buddy to keep you both on track.

But for many, a little variety in activity and scenery helps. And there's no better place than our own amazing part of the county for stepping it up.



Make hikes and walks an excuse to see more of your family and friends, or meet new people. Or for some me time.

Head out in your own neighborhood. Take in the scenery, the people and neighborhood parks and gardens. Then explore communities and neighborhoods beyond your own; discover out-of-the-way parks, trails and fun little towns.

Check a neighborhood's walk score (walkscore.com/score) which tells you how easy and safe it is to walk to shopping, activities and transportation. Or check out walking and hiking trails around town. Surround yourself with real forests and mountains, rivers and wetlands. Step it up and venture to other neighborhoods. Join a walking group or Meetup.

Opportunities are as plentiful as Northwest rain.

Read on for more information on walking and hiking places, resources and people.

NEIGHBORHOOD WALKS

Discover a fascinating interblending of communities with natural areas, as well as old and new commercial and office areas. Neighborhoods that transition from burbie housing to undeveloped natural areas. Lots of river walks. You'll delight in a diverse selection of urban-suburban-boondocks destinations.



Make [Walking Routes](#) another Favorite. It's an online reference to bike and walk routes in Greater Portland and Vancouver, courtesy of Portland Bureau of Transportation. Thanks also to the PDOT website [Bike + Walk Maps](#). Just find the site and click on the map area you want. In Vancouver, check out the parks and recreation [Parks & Trails](#) maps.

The [Metro Walk there](#) website page includes descriptions and maps of walking routes in different sections of Portland metro. The [Explore Parks & Trails](#) section of the Intertwine.com website also provides maps and descriptions of parks, trails and natural areas throughout the region.

CITY AND COUNTY WALKING AND HIKING RESOURCES

The following links are to other city and county sites that provide walking and hiking resources:

- Beaverton. Tualatin Hills Park & Recreation District. [Parks & Trails](#). Descriptions of parks, trails and natural areas in and around Beaverton.
- Clackamas. North Clackamas Parks & Recreation District. [Parks & Trails by City](#). Find parks with walking trails in Clackamas, Damascus, Happy Valley, Milwaukie and Oak Grove.
- Clackamas County. [Walking and Places to Go](#). Describes nearby walking groups and places to walk in Clackamas County.
- Clark County (Washington). [Trails](#). A page of links to descriptions of the more prominent trails in Clark County.
- Damascus. North Clackamas Parks & Recreation District. [Parks & Trails by City](#). Find parks with walking trails in Clackamas, Damascus, Happy Valley, Milwaukie and Oak Grove.
- Forest Grove, [Nature & Outdoor Recreation](#). Descriptions of nearby places to hike, walk and enjoy nature.
- Gresham. [Gresham Trails](#). Describes nearby trails and nature areas.
- Happy Valley. North Clackamas Parks & Recreation District. [Parks & Trails by City](#). Find parks with walking trails in Clackamas, Damascus, Happy Valley, Milwaukie, Oak Grove.
- Hillsboro. [Our Parks](#). Links to descriptions and maps of Hillsboro park sites and trails.
- Milwaukie. North Clackamas Parks & Recreation District. [Parks & Trails by City](#). Find parks with walking trails in Clackamas, Damascus, Happy Valley, Milwaukie and Oak Grove.
- Oak Grove. North Clackamas Parks & Recreation District. [Parks & Trails by City](#). Find parks with walking trails in Clackamas, Damascus, Happy Valley, Milwaukie and Oak Grove.



- Oregon City. [Walking and Biking in Oregon City](#). Provides a list and maps of 10 trails in Oregon City.
- Portland. [Trails](#). Provides trail maps and other information about Portland's 152 miles of completed regional trails.
- Vancouver (Washington). [Parks & Trails](#). Search for natural areas, neighborhood parks, trails and community parks.

HIKING DESTINATIONS AROUND PORTLAND

Gather your friends, pick a destination, then download a map from the [Portland and Willamette Valley Hikes](#) section of the on-line [Oregon Hikers Field Guide](#). The Field Guide is an excellent listing of hikes by county, city, and section of town.

And you needn't always traipse about a forest, park, or mountain trail to reap the great health, aesthetic and social benefits. Go to any number of interesting urban or historic hiking routes. You're surrounded by walkable neighborhoods ranging from the downtown stylish, to old European influenced hillside homes, to grand old back-in-the-day neighborhoods.

One place to find about-town walks is by visiting walkingoregon.org for route maps and descriptions of walks in various Oregon towns developed by the Oregon Volkssport clubs. Other sites to check out to search for local hiking and walking information are: AllTrails.com, Map My Hike, and TrailLink.com

TRY A CLUB OR MEETUP GROUP

Throughout the metro, age-friendly outdoor clubs and meetups welcome non-members to try them. Most offer different levels of activity and are a perfect way to meet liked-minded Boomers. Many schedule activities during weekdays at times preferred by Boomer-retiree members and guests. Many clubs offer multi-activities such as hiking, walking, mountaineering, snowshoeing, cycling, kayaking and backpacking.

Meetups are formed by individuals on Meetup.com around a common or multiple interests, in this case, outdoors, hiking, or walking. Joining is either free or inexpensive and gives you online access to the Meetup's scheduled activities.

Outdoor Hiking and Walking Groups

Following is a partial list of outdoor clubs, groups that sponsor walking and hiking activities. Visit their websites for more information.

- [Bergfreunde Ski Club](#). Outdoor activities include hiking, snowshoeing and cross-country skiing.
- [Cascade Prime Timers](#). Age 50+ actives who hike, ski, snowshoe, kayak, cycle and travel.
- [City Walks Meetup](#)
- [Friends of the Columbia River Gorge](#). Nature advocates who sponsor hikes.



- [Mazamas](#). A mountaineering education club that sponsors walks, hikes, mountaineering, ski, snowshoe and other outdoor sports events.
- [Mazama Trail Trips Meetup](#)
- [Neighborwalks](#). A collaborative community walking program sponsored by AARP Oregon, Oregon Walks and the City of Portland Bureau of Transportation.
- [Oregon Sierra Club](#). Environmental advocates; also sponsors hikes.
- [Oregon Walks](#). Sponsors neighborhood walks; promotes walking and making conditions for walking safe, convenient and attractive.
- [Oregon Wild](#). Advocate for Oregon wildlands; also sponsors hikes, ski, snowshoe events.
- [Oregon Road Runners Club](#). Running club that welcomes walkers to share their running routes.
- [Oregon Wild](#). Advocate for Oregon wildlands; also sponsors hikes, ski, snowshoe events.
- [Racewalkers Northwest](#). Practices the racewalking technique for fitness and competition.
- [Ten Toe Express](#). Free guided walks held from May through September; City of Portland.
- [Trails Club of Oregon](#). Year-round outdoor activities include hiking and snow sports.
- [Walk Oregon](#). Clubs in Oregon that sponsor Volkswalks which are non-competitive family oriented events for people of all ages and abilities. [Facebook page](#). Clubs include: [Vancouver, USA, Walking Club](#). [Columbia River Volkssport Club](#). [Rose City Roamers](#). [Valley Volkswalkers \(Canby\)](#). [Cedar Milers Volkssport Club \(Beaverton\)](#).

Portland Area Walking and Hiking Meetups

Following is a partial list of area walking and hiking Meetups (updated August 2018):

- [55+ Fitness and Fun with Physical Activities \(formerly MOAB\) Meetup](#)
- [Beaverton - Hillsboro Nature Walks Meetup](#)
- [City Walks Meetup](#)
- [East Clark County Walkers](#)
- [Eastside Women's Health & Fitness Meetup](#)
- [Endorphin Drip Hiking and Cycling Club of Portland](#)
- [Hiking Babes and Fitness Friends Meetup](#)
- [Mazama Trail Trips Meetup](#)
- [Newberg Hiking and Trekking Meetup](#)
- [NW Hiking for EveryBODY](#)
- [Oregon City/Beavercreek Women's Hiking/Outdoors Meetup](#)
- [PDX Photography and Hiking Meetup](#)
- [PDX Retired Women Outdoor Recreation Meetup](#)
- [PDX Women Who Walk Meetup](#)



- [PNW Women's Outdoor Group, Hiking in the Pacific Northwest Meetup](#)
- [Portland Veggie Hikers Meetup](#)
- [PDX Metro Pack Walks \(w/dogs\) Meetup](#)
- [People of Color Hike! Meetup](#)
- [Portland & Beyond Events & Adventures 50+ Meetup](#)
- [The Portland Hiking and Meetup Group Meetup](#)
- [Portland Dog Walks Meetup](#)
- [Portland Trail Trekkers: PDX's Day Hiking and Nature Group Meetup](#)
- [Portland Walking Meetup](#)
- [Positively Portland Walking Tours](#)
- [Rose City Wanderers Meetup](#)
- [Trails Club of Oregon Meetup](#)
- [Walking Oregon and SW Washington Meetup](#)
- [Walk with Friends Hillsboro](#)
- [Uniquely Portland Meetup](#)
- [Unlikely Hikers Meetup](#)
- [Vancouver Outdoor adventures, Climbing and Hiking Meetup](#)
- [Vancouver Walk-n-Talk Meetup](#)
- [Why Not Fitness Group Vancouver Meetup](#)



Meetups come, go and change. Find current meetup descriptions and schedules at [Meetup.com](#). Search by city, then by interest such as fitness, exercise, walking, hiking, etc. Sign up and show up.

WALK IN A COMMUNITY EVENT

Choose from literally dozens of walking and walker-friendly events; some are multi-sport, multi-distance family events such as running races. Walk and multiply the benefits – your registration supports community causes and you get exercise, camaraderie and freebies. Plus, they are fun!

Two sites of current events are:



- [Events12.com/Portland](#). Monthly listings and links to area events, festivals, and things to do.
- [Running in the USA](#). Select your state and city, month and/or distance to get a current list of events. Many running events welcome walkers.

The following partial list of area walk and walk-friendly events is in the order of month they occur as compiled from these two sites:

- [Worst Day of the Year Run. Includes 5K walk. Troutdale. February.](#)
- [Heart Breaker Half Marathon](#), 10K, 5K, run/walk. Hillsboro. February.
- [Shamrock Run](#). Includes 4-mile Shamrock Stride. Portland. March.
- [Walk MS: Portland](#). Walk for multiple sclerosis. April.
- [Bridge to Brews 8K, 10K run and walk. Portland. April.](#)
- [Camellia Run](#). Includes 10K and 5K walk/run. Newburg. April.
- [Dogwood Dash 5K](#) run/walk. Milwaukie. April.
- [Vernonia Marathon and Half Marathon](#) run/walk. April.
- [Cinco de Mayo](#) 5K, 10K run/walk. Portland. May.
- [Hippie Chick Half & Quarter Marathon & 5K](#). Hillsboro. May.
- [Greater Portland Heart & Stroke Walk](#). American Heart Association. May.
- [Doggie Dash](#), 1.5 or 2.5 mile untimed walk/run. May.
- [Southeast Portland Sunday Parkways](#). Walk, bike or roll 7 miles. Portland. May.
- Relay for Life, [American Cancer Society](#). [Team relay walks](#) at Portland locations. May.
- [Beaverton Half Marathon](#), 5K, run or walk. June.
- [Helvetia Half Marathon](#), 5K, 10K run or walk. June.
- [North Portland Sunday Walkways](#). June.
- Portland Rose Festival. [Grand Floral Walk](#). June.
- [Festival of Balloons](#). 5K run/walk. Tigard. June.
- [Green Loop Sunday Parkways](#). July.
- [Bridge Pedal](#). Walk, run, or bike over route crossing bridges. August.
- [Outer Northeast Portland Sunday Parkways](#). August.
- [Portland Brain Tumor Walk](#). August.
- [Forest Grove Lions Club Run & Walk for Sight and Hearing](#). September.
- [Northeast Portland Sunday Parkways](#). September.
- [Tigard K9-5K Run/Walk-Doggie Dash](#). September.
- [Tualatin Invite Community 5K](#). September.
- [Boring Marathon, Half-Marathon, 8K](#). September.
- [Komen Oregon and SW Washington Race for the Cure](#). Portland. September.
- [Country Girl Half Marathon, 10K, 5K](#). Portland. September.



- [Reed College 5K Run/Walk](#). Portland. September.
- [Run Foster 5K run/walk](#). Portland. September.
- [Healing Hearts 5K Run/Walk](#). Oregon City, September.
- [Portlandathon Marathon, ½ Marathon, 5-mile; 4-mile River Walk](#). October.
- [Girlfriends Run for a Cure Half Marathon, 10K, 5K](#). Vancouver. October.
- [Portland Parks & Recreation 5K Series Fun Runs](#). Portland. October.
- [Regatta Run 5K](#). Tualatin. October.
- [Free to Breathe Portland Walk](#). Portland. October.
- [Scary Run Half Marathon, 10K, 5K](#). Washougal. October.
- [Turkey Trot at the Zoo](#). 4 mile run/walk. November.
- [Tofurky Trot](#). 5K run, trot or walk. November.
- Turkeython 5K Run/Walks: [Turkeython Portland](#), [Turkeython Hillsboro](#), [Turkeython Tigard](#), [Turkeython Vancouver](#), [Turkeython Southeast Portland](#). November.
- [Annual Turkey Trot. Ridgefield](#). 10K, 5K Run/Walk. November.
- [Give and Gobble](#). Thanksgiving Day/Walk & Food Drive. Washougal. November
- [Les Schwab Tires Turkey Trot Relay & 5K Run/Walk](#). Portland. November.
- [Duck vs Beaver Rivalry Run](#) Half Marathon, 10K, 5K Run/Walk. Tualatin. November.
- [Ho Ho 5K Run/Walk](#). Tigard. December.
- [Jingle Bell Run](#). Portland. December.
- [Reindeer Romp](#). Wilsonville. December.
- [Ugly Holiday Sweater Dash 1 Mile and 5K Walk](#). West Linn. December.
- [Forest Grove Holiday Fund Run 5K Run/Walk](#). December.
- [Ugly Holiday Sweater 5K Run/Walk](#). Tualatin. December.

ART AND CULTURAL MEANDERINGS

Another I-gotta'-walk idea: Add a touch of culture. Log your miles when you show up for "first-something" art walks, or stroll through any of several area monthly or seasonal art walks. Or get your steps in on guided or self-guided tours of art displayed at historical sites, homes, buildings, schools, farms and gardens. Similarly, take advantage of events at expansive walk-around attractions in places such as Oregon Gardens and Oregon Zoo, as well as community sponsored brew and wine walks.

The following is a partial list of walkable Arts and Cultural events and the month during which they occur. Visit their websites for more information.

- [First Tuesday Art Walk](#). Downtown Hillsboro. Art galleries and Washington County Museum.
- [First Thursday, Pearl District](#). Galleries stay open late.
- [First Friday, Portland eastside](#) galleries, boutiques, eateries promote the arts.
- [Last Thursday on Alberta](#). Showcases art, music and food. NE Portland.
- [Tualatin ArtWalk](#). Self-guided tour, public art, natural and cultural history.
- [ArtWalk Downtown Tigard](#). Artwork displayed in local downtown businesses.

- [SE Art ARTWalk](#). Artist in SE Portland. March.
- [Old House Revival Tour](#). Self-guided tour of remodeled and restored homes. April.
- [Tulip Fest](#). 40 acres of tulips and daffodils. Woodburn. April-May.
- [Mt. Tabor Art Walk](#). Portland SE. May.
- [Lake Oswego Festival of the Arts](#). Outdoor exhibits, performances. June.
- [Gresham Arts Festival](#). July.
- [Tualatin ArtSplash](#). Art Show. July.
- [Alberta Street Fair](#). Local artists and crafts. August.
- [Art in the Pearl](#). Art Festival, fine art booths. NW Portland, August.
- [Oregon City Festival of Arts](#). August.
- [Art in the Pearl](#). September.
- [Chalk Art Festival and Annual Corn Roast](#). Downtown Forest Grove. September.
- [Beaverton Arts Mix](#). Art Show. October.
- [Wine Walk](#). Art and wine in Lake Oswego. October.
- [Wild Arts Festival](#). Nature in Art. November.
- [Wilsonville Festival of Arts](#). November.
- [Lights at the Grotto](#). A walk through holiday lights. Portland. December.
- [Christmas in the Garden](#). 400,000 holiday lights. Oregon Garden. Silverton. Dec.-January.
- [ZooLights](#). 1.5 million holiday lights. Oregon Zoo. December-January.



COMMUNITY COLLEGE AND CITY RECREATION PROGRAMS

Browse the catalogs of community colleges and city parks and recs for a wide variety of seasonal outdoor senior programs and walk and hike activities. Online sign-up is easy. Popular among Boomers are hikes, walks, walk tours, nature and historic tours, nature center visits and similar activities.

The following is a list of community college and parks and recreation programs that offer seasonal walk and hike activities. Visit their websites for more information.

- Clackamas Community College (clackamas.edu), [Community Education](#). Seasonal outdoor activities including hiking. 62+ may qualify for senior discount.
- City of Portland (portlandoregon.gov/parks), [Senior Recreation](#). Seasonal outdoor activities including hiking. All levels.
- City of Tigard (tigard-or.gov/community). [Tigard Walks](#). All about walking in Tigard; maps.
- Clark College (ecd.clark.edu). Open [Community Education Catalog](#). Outdoor activities and Mature Learning Program.
- Hillsboro Parks & Recreation (hillsboro-oregon.gov). Open [Activities Guide](#). Seasonal outdoor activities including walking and hiking.

- Lake Oswego Community Center (ci.oswego.or.us). Open [Current Catalog](#). Sponsors hikes and rambles within 2 hours, fee.
- North Clackamas Parks & Rec (ncprd.com). Open [Find a Park](#), select a city.
- Portland Community College (pcc.edu/community). [Community Education](#) programs including winter sports, kayaking, stand up paddling, birding.
- Tualatin Hills Park & Recreation District (thprd.org). Open [Activities Guide](#), look for Elsie Stuhr Center 50+ Nature hikes, trips and tours.
- Vancouver (WA) Parks & Recreation (cityofvancouver.us). [Fifty and Better](#). 50+ Forever Young Hikers, hiking outings, hiking orientation.

PDX WALKING AND HIKEING BOOKS AND GUIDES

Following are books about hiking and walking in Portland.

- [60 Hikes Within 60 Miles: Portland: Including the Coast, Mount Hood, Mount St. Helens, and the Santiam River](#), Paul Gerald
- [Falcon Guide Portland Walking Guide](#), Sybilla Avery Cook
- [Portland Hill Walks: 24 Explorations in Parks and Neighborhoods](#), Laura O. Foster
- [Portland Walking Guide](#), Portland Bureau of Transportation
- [Portland Walks & Urban Hikes, Exploring Portland on Foot with Laura Foster](#), Laura Foster
- [The Portland Stairs Book](#), Laura O. Foster
- [Walking with Ramona, Exploring Beverly Cleary's Portland](#), Laura O. Foster
- [Walking Portland: 30 Tours of Stumptown's Funky Neighborhoods, Historic Landmarks, Park Trails, Farmers Markets, and Brewpubs](#), Becky Ohlsen

WEBSITES

Following are websites describing local hiking spots in Portland.

- [Oregon Hikers](#). an online community dedicated to hiking and exploring the outdoors in Oregon and southwest Washington. Maintains the [Oregon Hikers Field Guide](#).
- [Oregon Live: Portland hiking guide: The 20 best places to hike in the city](#). Describes select hiking trails.
- [AllTrails: Best Trails near Portland, Oregon](#). Popular trails with trail maps and driving directions.
- [Travel Portland: Favorite hiking spots in Portland](#). Describes hikes through Portland neighborhoods and trails or in the nearby gorge.
- [Outdoor Project: 30 Favorite Hikes Near Portland](#).
- [Portland Parks & Recreation: Trails](#). Descriptions of trails and links to trail maps.
- [Hikespeak: Portland](#). Information on a collection of trails showing distance, location, photos.

Help Us Stay Current

Please contact BOTLPORTLAND@gmail.com whenever you spot something we need to change, add or delete.



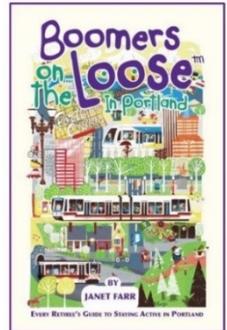
JAN FARR, AUTHOR AND SPEAKER

“MAKING THE BEST OF YOUR RETIREMENT YEARS!”

Hillsboro resident Jan Farr researched and wrote *Boomers on the Loose® in Portland* as a guidebook for retirees who want to stay healthy, active and engaged in this life chapter.

Jan is an active, involved Boomer who appreciates the many diverse threads of Portland’s rich, vibrant fabric. She’s an unabashed advocate for our amazing outdoors, a lively arts and culture scene, unlimited volunteer and community service opportunities, caring-for-each-other attitude and choices, choices, choices!

As are many retiring Boomers, Jan is reinventing a 40+ year career (as a technical writer) in ways that make a difference to others. Jan is eager to delight and inspire Boomer-senior actives through her books, website, articles, workshops and talks.



BOOK

Boomers on the Loose® in Portland – This 200-page book is a light-hearted guide to hundreds of opportunities, activities and organizations in the Portland area for current and soon-to-be retirees. It features options where Portland area retirees can make a difference for themselves and others in areas such as arts and culture, caring for the environment, gardening, learning, teaching, pursuing hobbies and volunteer options in non-profits, community service, healthcare, government and far more.

The book is available for \$14.95 in at Amazon.com, Annie Bloom’s Books, Broadway Books, Powell’s Downtown and Wallace Books. Quantity discounts available from author.

TALKS

Retiree Groups,
Learning Forums,
Libraries,
Senior Living

Speeches, Classes and Workshops are based on research collected for *Boomers on the Loose® in Portland* and customized for the interests of each group or community.

Making the Best of Your Retirement Years

Helps retirees discover places in their own communities to get outdoors, get healthy and fit, enjoy arts and culture, work with animals, care for the environment, serve the community, volunteer, learn, teach and much more.

Realtors,
Relocation and
Mortgage/Title
Professionals

Welcome to Portland, Boomers!

Help your clients who are relocating to the area by learning about Portland as a desirable retiree destination. You can help them find – where to enjoy the outdoors, meet new people, learn, teach, volunteer, get healthy and fit and more.

Class / Workshop
For Retirees and
Soon-to-Be
Retirees

Planning Your Next Step in Retirement

Using a questionnaire, discussion and interactive presentation, this 2-3 hour workshop directs retirees to options for their next chapter based on their interests and skills. Workshop helps retirees match interests with community organizations and resources.

For: Non-profit,
Business Retiree-
audience events

Reaching Out to Boomers on the Loose™ in Portland

Presentation customized for sponsors of conferences and events for Boomer-senior-retiree audiences. Introduces attendees to the diverse variety of activities and places where retirees make a difference to themselves or others in Portland.

For more information, contact Jan Farr – BOTLPORTLAND@gmail.com boomersontheloose.com • facebook.com/boomersontheloose