Welcome to Portland! This guide will give you suggestions for walking (and/or running) excursions if you have an hour or more to explore Portland by foot. Each of these places can also be reached easily from PSU or your hotel by public transportation, and most are within the Free Rail Zone. You will find a map of the TriMet system in your meeting program guide.

The attached maps identify destinations and indicate some possible walking routes.

Enjoy your visit!

1. In the Pearl: Books, Beer & Art
2. Park Blocks: Museums & Markets
3. Down By the Riverside: Waterfront Run or Walk
4. Trail, Tram & Trolley to Francone Exhibit
#1 - In the Pearl: Books, Beer and Art

The Pearl District is a rejuvenated vibrant neighborhood of Portland, which was resurrected out of warehouses and breweries into a mixed-use neighborhood of living and work space. It is about a mile walk or short ride on the streetcar within the Free Rail Zone. If you walk, on the way there are several worthwhile stops depending on your schedule. (See Outing #2)

Walk north on Park Avenue, through the Park blocks, past the Portland Art Museum(5) on your left and Oregon Historical Society(6) on your right. Turn left on Yamhill and right on SW 10th. Continue walking north 5 blocks on 10th until you come to Powell’s Books on West Burnside, the Portland street which separates North from South (the river separates East from West.)

If you want to travel directly to the Pearl by public transportation, hop on streetcar at Urban Center or SW Park & Mill and travel north on 10th and listen for the stop announcement for Powell’s City of Books. You will be within the Free Fare Zone.

Powell’s City of Books(1), (1005 W Burnside, 503-228-4651) is a book lover’s paradise, the largest independent used and new bookstore in the world. Nine color coded rooms house over 3,500 different sections, offering something for every interest, including an incredible selection of out-of-print and hard-to-find titles.

Each month, the Basil Hallward Gallery (located upstairs in the Pearl Room) hosts a new art exhibit, as well as dozens of author events featuring acclaimed writers, artists, and thinkers.

The City’s Rare Book Room gathers autographed first editions and other collectible volumes for readers in search of a one-of-a-kind treasure.

After getting lost in Powell’s for a while, you may need a cold drink and something to eat. Among many choices are 2 favorite local brew pubs: Deschutes Brewery(2) (210 Northwest 11th Ave. 503-296-4906) is just 2 blocks north of Powell’s. To get to BridgePort BrewPub(3) (1313 NW Marshall St, 503-241-3612), walk north from Powell’s about 10 blocks and turn left onto Marshall St. BridgePort is 2 blocks ahead on your right.

From BridgePort or Deschutes you might have time for some gallery hopping. In any gallery in the Pearl you will find a Portland Art Dealers Association (PADA) guide. See attached PADA walking map to begin.

If ice cream is your thing, Mio Gelato(4) is on 11th, across from Powell’s. They have sandwiches and drinks, but their homemade gelato is the shining star. When you are ready to return, you can walk back or hop on the streetcar on NW 11th or the Max train on NW 5th to return to PSU.

#2 - Park Blocks: Museums and Markets

Within a few short blocks of PSU you will find several ways to spend an hour or two of your time. Walk north on Park Avenue, through the Park blocks, to the Portland Art Museum on your left and Oregon Historical Society on your right.

Portland Art Museum(5)
1219 SW Park, 503-226-2811
Hrs: M closed, Tu /W/Sa 10-5, Th/F 10-8, Su 12-5
Adm: $12 Adults
$9 Seniors >55 yrs
$9 College Students >18 yrs , with ID
Free <18 yrs
Founded in late 1892, the Portland Art Museum is the seventh oldest museum in the United States and the oldest in the Pacific Northwest. The Museum is internationally recognized for its permanent collection and ambitious special exhibitions, drawn from the Museum’s holdings and the world’s finest public and private collections.

**Current Exhibits:**
- The Bible Illuminated: R. Crumb’s Book of Genesis
- Leon Golub: Historical Witness
- For those who love printmaking, please do visit the current exhibition in the Gilkey Center: A Pioneering Collection: Master Drawings from the Crocker Art Museum. This collection is the largest in the museum.

**Oregon History Museum (6)**
1200 SW Park, 503-366-5198
Hrs: 10-5 Tu - Sa
Noon-5 Sunday
Adm: $11 Adults
$9 Students (>18 yrs)
$9 Seniors (> 60 yrs)
$5 Youth (6 - 18 years)
Free Children (5 yrs and under)

The Oregon Historical Society, founded in 1898 is Oregon’s premier history museum. The Museum houses the spectacular permanent exhibit on the History of Oregon: *Oregon My Oregon*, mounts major exhibits from the Oregon Historical Society collections and presents major traveling exhibitions on a variety of themes.

**Current Exhibits:**
- License to Drive, Take a drive through the history of Oregon license plates in this fun mini-exhibit that celebrates the re-release of the Pacific Wonderland license plate.
- Portholes to Past Pleasures, Kodak Snapshots from the Kerr Family Collection, Circa 1896-1900

**Portland Farmers Market**
Portland Farmers Market operates 6 weekly farmers’ markets in the Portland area from March until December. These markets contribute to the success of local food growers and producers, strengthen the food economy and serve as community gathering places. A locally run non-profit, which receives no support from any government agency, PFM was ranked as the #1 farmers market in the nation by the Huffington Post. Delta SKY Magazine, trumped that coverage with a number 1 ranking in the world. More than 620,000 shoppers purchased farm-fresh produce, baked goods, meats, cheeses, seafood and other specialty foods from more than 250 vendors at Portland’s Five area markets in 2009. In addition to operating markets, PFM also serves as an incubator for emerging businesses, a leader of the local food movement, a source of education, a culinary focal point in the community, a cultural destination complete with musical entertainment, and a billboard for Portland’s sustainability movement.

If your timing is right, on your way to or from the museums, you may find either of these farmers markets open a couple of blocks away:

**Portland Farmers Market at PSU (12)**
Saturdays, 8:30 a.m. – 2:00 p.m. – March thru October
Location: The Saturday Market is located at Portland State University in the South Park Blocks between SW Hall & SW Montgomery.

**Portland Farmers Market at Shemanski Park (13)**
Wednesdays 10:00 a.m. – 2:00 p.m.
Location: South Park Blocks at Shemanski Park between SW Salmon & SW Main.

If you have extra time for a couple of additional sites head north on Park Ave until you reach Director Park (7) between Taylor and Yamhill. Portland’s newest downtown plaza and outdoor event space was dedicated in September 09. If you want a quick cup of coffee or a snack, try Violetta’s (7) in the park or Elephant’s Deli (8) across the street. Art Media (9) is our
hometown art supply store, a worthwhile stop if you want to pick up some supplies (no sales tax in Oregon, remember!) The Real Mother Goose(10) across the street holds the Pacific Northwest’s largest collection of Fine American Craft and is fun for browsing. If you continue west on Yamhill, you will notice the beautiful and historic Central Library(11) at 801 S.W. 10th Avenue. First opened in September 1913 and extensively renovated in 1994-97, Central Library has a beautiful interior and houses some special book collections and wonderful artwork. It contains more than 17 miles of bookshelves and is the first library in Oregon to feature an eco-roof! Currently there is a special exhibit of sacred Tibetan Art: The Sand Mandala Project Creating a Picture of Universal Compassion.

Walk south on Park Ave or Broadway to return to PSU.

#3- Down by the Riverside: Waterfront Loop Walk or Run

The Willamette River is Portland’s focal point and divides the east and west parts of the city. Once an industrial strip, the river is now lined with parks, walking trails, wide promenades, riverfront cafés and shops.

Gov. Tom McCall Waterfront Park
Stretching the length of downtown, Waterfront Park is a 29-acre green corridor with a wide, paved walkway for strolling, biking, people watching or just relaxing on one of the many park benches looking over the water. Downtown office workers take lunch walks here, while joggers, couples and families with baby carriages flock to the park on weekends. Salmon Street Springs (14), a fountain at the end of SW Salmon Street, is a highlight of the park, especially in the summer when children come to splash in the dancing jets of water. Waterfront Park is also a busy event site, beginning with the huge Cinco de Mayo fiesta in May and the city’s signature Rose Festival in early June. Wine, food and art festivals take turns throughout the warm months, leading up to a free outdoor Oregon Symphony concert each year in late summer.

Locals mostly use the simple name, Waterfront Park. The full formal name honors former Oregon Governor Tom McCall, who championed the replacement of the once industrial Harbor Drive with public green space.

Eastbank Esplanade
Waterfront Park on the city’s westside proved so popular that a second public riverway was completed on the eastside in 2001. The esplanade boasts the country’s longest floating walkway(15), bringing people right down to the water. The floating portion continues onto a stationary promenade built on the river bank to complete the one-and-one-half mile esplanade. Along the way historic interpretive signs tell the history of Portland’s first settlements along the river. Relax for a while on one of the many benches facing the water to enjoy an expansive view of downtown Portland.

The Eastbank Esplanade and Waterfront Park connect via the Steel Bridge RiverWalk, a pedestrian and bicycle bridge erected as a separate span of the railroad and vehicle double-decker Steel Bridge. In addition to connecting the eastside and westside, the bridge offers bird’s-eye vistas of the river. Bridge approaches are at the north end of the parallel river walkways.

Riverplace
When the paved walkway of Waterfront Park reaches its south end, a trail of permeable bricks continues for the distance of a block or two to Riverplace. You’ll pass a rocky crescent of beach before arriving at a picturesque marina opposite the sidewalk cafés, restaurants and shops of this riverside neighborhood. Benches along the sidewalk are a perfect place for absorbing the relaxed urban waterside ambiance.
Following is one route for a 2.5 mile run or walk and a description of a few highlights of the downtown waterfront.

Begin at the Hawthorne Bridge and proceed north along the waterfront. You will pass under the Morrison and Burnside Bridges and along the way see monuments and sites including: the Portland Spirit cruise ship, Oregon Maritime Museum, Battleship Oregon Memorial built in honor of an 1893 ship, Portland Founders Stone (honors Portland’s founders, William Pettygrove and Asa Lovejoy, who tossed a coin to decide whether their new town would be named Boston or Portland), Salmon Street Fountain(14), Kerr Bicycle Rentals(14), the Japanese American Historical Plaza(16) and the Police Memorial.

If you stay along the waterfront pathway you will be guided to the Steel Bridge pedestrian crossing. The Steel Bridge is a through truss, double lift bridge. Its lower deck carries railroad and bicycle/pedestrian traffic, while the upper deck carries road traffic and light rail (MAX), making the bridge one of the most multimodal in the world. It is the only double-deck bridge with independent lifts in the world and the second oldest vertical lift bridge in North America, after the nearby Hawthorne Bridge.

At the other side of the bridge, stay right along the river and you will be on the Eastbank Esplanade. The path will lead you down to the floating walkway, which at 1200 feet long is the longest one of its kind in the United States, and offers the sensation of walking on water. Along the Esplanade you will be able to view 4 pieces of public art, created by RICGA, a group of local artists to capture some aspect of Portland’s past. Before the Hawthorne Bridge where you will cross over, you’ll pass a statue of a former mayor, Vera Katz, sitting on a low cement wall. Look for the ramp on the left, which leads you up to the Hawthorne Bridge where you will cross and finish the loop. If you desire, the pathway continues south along the river on the east side and becomes the Springwater Trail. You could follow this for a couple of miles, passing Oregon Museum of Science and Industry (OMSI) and Oaks Bottom Wildlife Refuge to the south and even continue on east for another 17 miles along the former rail corridor out to Boring, Oregon. (that IS a town’s name.)

Kerr Bicycle Rentals (14)
Weekdays 8a.m - 8p.m. Weekends 8a.m. - 9p.m.
1020 SW Naito Parkway Tom McCall Waterfront
Next to Salmon Springs Fountain
* info@kerrbikes.org * (503) 808-9955

Kerr Bikes is a bicycle rental business in Portland’s Tom McCall Park that offers a great way for visitors and locals to explore the waterfront. In addition to standard bike rentals, tandem bikes and trail-a-bikes, Kerr Bikes kicks up the fun with surreys, deuce coupes, choppers, quad sports, and slingshots. Grab a bike for yourself, pile the whole family on a surrey, or just bring a date for a romantic pedal along Portland’s beautiful waterfront.

Beyond providing great fun on the waterfront, Kerr Bikes also supports the community. All proceeds benefit Albertina Kerr Centers, a Portland nonprofit that supports youth and families with mental health challenges and children and adults with developmental disabilities. Kerr Bikes also employs people with developmental disabilities in meaningful jobs. You’ll see people served by Albertina Kerr Centers fixing up the bikes, giving directions, and handing out brochures, among other duties.

Go by bike. Have some fun. Do some good.

Rental prices vary depending on type of bike.
Standard Cruiser
$8/Hour
$17/Half Day
$24/day
2-10 mile suggested rides
Current Waterfront events:
Portland Bridge Festival (July 23-August 8): For one hour on the night of Saturday, July 31, in conjunction with a free MORSound concert, the Hawthorne Bridge will transform into a platform for an interactive light and projection media show. Screens stretched across the trussing along the bridge spans provide a framework for a visual tour of Portland—where we are, where we’ve come from, and where we’re going—using gathered media from the last 100 years, text-based interactions from our audience, captured images from the event, and live digital artists. The display will be visible from the Hawthorne Bridge, neighboring bridges, both banks of the river, and downtown buildings.

The Lost Bird Project, a quintet of strikingly beautiful bronze bird sculptures, have recently come to Portland. The public installation, created by artist Todd McGrain and presented by Portland Audubon, is a new foray into art that conveys the urgency of conservation: Each of the birds represents a species that has gone extinct.

The heavy metal cast sculptures, weighing 400–700 pounds and standing 5–7 feet tall, will be installed in the grass at the south end of Waterfront Park, where visitors can touch the pieces and make a connection with a time when people believed our wild birds could be taken for granted. They depict the Passenger Pigeon, Heath Hen, Carolina Parakeet, Great Auk, and Labrador Duck. The installation is south of Riverplace if you follow the waterfront pathway south.

#4 - Trail, Tram, Trolley to Francone Exhibit

OHSU Medical Library
Biomedical Information and Communication Center (BICC)
3181 SW Sam Jackson Park Rd.
Hours: Monday - Thursday, 7:30 a.m.-8:00 p.m.
Friday, 7:30 a.m.-6:00 p.m.
Saturday, 9:00 a.m.-5:00 p.m.
Sunday, 12:00 p.m.-8:00 p.m.

Karen Petersen, the curator of Historical Collections & Archives at Oregon Health & Science University (OHSU) has assembled an exhibit of the work of the late Portland medical illustrator, Clarice Ashworth Francone (see bio below). The exhibit will be at the BICC Library on the OHSU campus which may be reached by foot or public transportation. You may make an appointment with Karen to see the original art on weekdays by calling her at 503-494-3239.

The walk to OHSU is about 1.5 mi from PSU. Part of the walk is fairly level (.9 mile), on a sidewalk and road shoulder. The last part of the walk is an uphill hike for .6 mi on a wooded trail in Marquam Nature Park. This City of Portland park which is minutes from downtown and easily accessible by public transportation, provides excellent hiking and running opportunities, an escape from city life, forested scenic views and native habitats that help to enhance the region’s air and water quality. If you take this route, be sure to wear sturdy shoes.

Directions from PSU: Walk south about 4-5 blocks on the right side of the street on SW Broadway. Pass over the 405 Freeway and across the freeway off ramp to the corner of Broadway and Lincoln. Continue left on SW Broadway (toward the Hospital sign, NOT uphill on SW Broadway Drive) and turn to the right at 6th Avenue (by the classy 6th Avenue Motel). When you reach Sheridan St. cross to the other side of the street so that you can continue along the sidewalk of Duniway Park on what becomes Terwilliger Blvd. Both the track at Duniway Park and Terwilliger Parkway are popular running routes in Portland, with Terwilliger providing slow but steady elevation gains and beautiful views.

At the next light, the road once more changes name to SW Sam Jackson Park Rd. Continue straight ahead, past the gas station and along the shoulder when the sidewalk ends. Although there is no crosswalk, when you get to the water tanks, cross over once again to the right side of the street. Up around the bend is a small street on the right. Turn in at SW Marquam St. where a large sign identifies the Marquam Nature Park Shelter(20). Go up the stairs to the shelter if you want to learn
more about the park and/or get a map. Leave the shelter to the left and follow the sign to OHSU. This route will take you up a rocky path .1 mile and then make a sharp left turn onto the Connor Trail. The Connor Trail is the newest trail addition to the park and offers a short connecting hike for employees commuting to work at the hospital. Although invasive English Ivy appears everywhere, you’ll see evidence of efforts going on to restore this area and the rest of the park to its native habitat. When the trail forks at the top of the Connor Trail, the left turn will lead you on to OHSU campus. The building on the left is the OHSU Auditorium/Old Library where the Historical Collections & Archives are housed. If you have made an appointment, this is where you will meet the curator. Otherwise, to get to the exhibit, go across the parking lot to the skybridge to enter the BICC(22) where the medical library and exhibit will be found one flight down on the 3rd floor.

Library (and therefore exhibit) hours are:
Monday - Thursday, 7:30 a.m. - 8:00 p.m.
Friday, 7:30 a.m. - 6:00 p.m.
Saturday, 9:00 a.m. - 5:00 p.m.
Sunday, 12:00 p.m. - 8:00 p.m.

Clarice Margaret Ashworth was born in Rochester, Minnesota, in 1901. After graduating from high school, she worked at the Mayo Clinic in the art department, studied at the Art Institute of Chicago, and spent her second year of medical illustration study at John Hopkins University, training under Max Broedel, considered the father of medical illustration. In 1936 she began working part-time at the University of Oregon Medical School and eventually becoming head of the Medical Illustration Department.

For many years, Francone was the only medical illustrator in Oregon. In addition to preparing charts and diagrams for medical students and presentations by physicians, Francone illustrated a number of books. The best known of these is an anatomy and physiology textbook, Structure and Function of Man, which she co-authored with OHSU’s Stanley Jacob, M.D. She prepared over 600 illustrations for this work. Much of Francone’s stunning work consists of half-tones done with carbon crayon on Ross board, with ink and white highlights added to sharpen the images. She also prepared a number of pen and ink charts and diagrams.

Before retiring from the University of Oregon Medical School in 1969, Francone was asked to donate samples of her work to the Archives of Medical Visual Resources at the Countway Library, Harvard University. Ms. Francone died in September 1981. Illustrations used in the Francone exhibit are from the Clarice Ashworth Francone Collection, donated by the Francone Estate to the OHSU Library.

After viewing the exhibit, leave the building on the first floor and turn to the right on Sam Jackson Park Rd. Enter the next building (Hatfield) and if you are hungry, Marquam Café Plaza (6:30 a.m. - 2 p.m. M-F) offers a great selection. As you follow signs to the Tram, look along the hallway walls to see the hospital’s collection of local artists’ work. Note that the coffee stand you pass along the way is known to have the best coffee on the Hill! The Portland Aerial Tram provides a critical link between Marquam Hill and the new South Waterfront district. The tram provides a vital connection for OHSU and the community while serving as a catalyst for economic development and urban renewal. The tram is free when riding down ($4 to go RT.)

**TRAM HOURS OF OPERATION**

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<thead>
<tr>
<th>Day</th>
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<tr>
<td>Mon-Fri</td>
<td>5:30 a.m. - 9:30 p.m.</td>
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<tr>
<td>Sat</td>
<td>9 a.m. - 5 p.m.</td>
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<tr>
<td>Sun</td>
<td>1 a.m. - 5 p.m.</td>
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At the bottom of the tram, board the Portland Streetcar for a ride back to PSU. The streetcar fare is $2 for adults, $1.95 for seniors and $1.50 for students (good all day on streetcar and can be used for 2 hrs on buses and MAX.) To return to the Smith Memorial Union, get off the Streetcar at the PSU Urban Center.
Suggested Outings by Foot

1. In the Pearl: Books, Beer & Art
2. Park Blocks: Museums & Markets
3. Down By the Riverside-Waterfront Run or Walk
4. Trail, Tram Trolley to Francone Exhibit

Places of Interest

1. Powell’s City of Books
2. Deschutes Brewery
3. BridgePort BrewPub
4. Galleries in the Pearl
5. Mia Gelato
6. Portland Art Museum
7. Oregon History Museum
8. Director Park/Violetta’s
9. Elephant’s Deli
10. Art Media
11. The Real Mother Goose
12. Central Library
13. Portland Farmers Market Saturday-PSU
14. Portland Farmers Market Wednesday-Shemanski Park
15. Salmon Street Fountain & Kerr Bike Rental
16. Floating walkway
17. Japanese American Historical Plaza
18. Springwater Trail
19. OMSI
20. Oaks Bottom Wildlife Refuge
21. Marquam Nature Park Shelter
22. OHSU Old Library (Historical Archives)
23. Francone Exhibit BICC Building - Library
24. Aerial Tram
25. Hilton Portland Executive Tower
26. PSU Ondine Dorm
27. PSU Smith Memorial Student Union
28. Marriott Portland City Center

1.  In the Pearl:  Books, Beer & Art
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20. Oaks Bottom Wildlife Refuge
21. Marquam Nature Park Shelter
22. OHSU Old Library (Historical Archives)
23. Francone Exhibit BICC Building - Library
24. Aerial Tram
PADA PORTLAND ART DEALERS ASSOCIATION
www.padaoregon.org

1 Augen Gallery
817 SW 2nd, 503-224-8182
716 NW Davis, 503-546-5056
Tue–Sat 10:30am–5:30pm

2 Beppu Wiarda Gallery
319 NW 9th, 503-241-6460
Wed–Sun 11am–6pm

3 Blackfish Gallery
420 NW 9th, 503-224-2634
Tue–Sat 11am–5pm

4 Bullseye Gallery
300 NW 13th, 503-227-0222
Tue–Sat 10am–5pm

5 Butters Gallery Ltd
520 NW Davis, 503-248-9378
Tue–Fri 10am–5:30pm
Sat 11am–5pm

6 Charles A. Hartman Fine Art
134 NW 8th, 503-287-3886
Tue–Sat 11am–6pm

7 Elizabeth Leach Gallery
417 NW 9th, 503-224-0521
Tue–Sat 10:30am–5:30pm

8 Froelick Gallery
714 NW Davis, 503-222-1142
Tue–Sat 10:30am–5:30pm

9 Fourteen30 Contemporary
1430 SE 3rd, 503-236-1430
Tue–Sat 10am–5pm

10 The Laura Russo Gallery
805 NW 21st, 503-226-2754
Tue–Fri 11am–5:30pm
Sat 11am–5pm

11 New American Art Union
922 SE Ankeny, 503-231-8294
Thu–Sun 12–6pm

12 PDX Contemporary Art
925 NW Flanders, 503-222-0063
Tue–Sat 11am–6pm

13 Quintana Galleries
120 NW 9th, 503-223-1729
Tue–Sat 10:30am–5:30pm

14 23 Sandy Gallery
623 NE 23rd, 503.927.4409
Thu–Sat 12–6pm

Enrich Life. Collect Art.

PADA galleries host monthly exhibitions, with receptions and extended hours on the First Thursday evening of each month.
Outing #4 - Walking route to OHSU & Francone exhibit