

- ORGANIZED WALKS**
- Ten Toe Express Walks
Portland Transportation 503-823-5490
portlandoregon.gov/smarttrips
 - Audubon Society audubonportland.org/trips-classes-camps/adult
 - Columbia River Volkssport Club walking4fun.org
 - Forest Park Conservancy 503-223-5449
forestparkconservancy.org
 - Mazamas mazamas.org
 - Portland Walking Tours 503-774-4522
portlandwalkingtours.com
 - Rose City Roamers rosecityroamers.org
 - SW Trails swtrails.org
 - Trails Club of Oregon trailsclub.org
 - Walk Oregon! walkoregon.org
 - Wonders of Walking wondersofwalking.com

- BICYCLE PROGRAMS AND CLASSES**
- Youth Bike Safety Programs**
- Community Cycling Center 503-288-8864
communitycyclingcenter.org
 - Safe Routes to School 503-823-5291
saferoutesportland.org

For more information on walking and biking in Portland contact:
**Portland Bureau of Transportation
Active Transportation Division**
1120 SW 5th Ave., Suite 800
Portland, OR 97204
503-823-5490
TTD 503-823-6868
active.transportation@portlandoregon.gov
portlandoregon.gov/smarttrips

1120 SW 5th Ave., Suite 800
Portland, OR 97204
portlandoregon.gov/transportation
11717 9000

- MAPS, GUIDES, AND PUBLICATIONS**
- Free from Portland Bureau of Transportation, 503-823-CYCL or portlandoregon.gov/smarttrips
- Portland Citywide Bike Map and Resources***
With bicycling resources and tips and expanded downtown Portland and downtown Vancouver maps
- Online version of Citywide Bike Map** portlandbikemap.com
- Portland Neighborhood Walk and Bike Maps***
Northwest/Downtown, Southwest, North, Northeast and Southeast
- Portland Walking Guide***
Helpful resources for getting around Portland on foot
- Portland Biking Guide***
Comprehensive overview of biking for transportation
- Portland's Family Biking Guide***
A how-to manual for all stages of family biking
- Safe Biking Handbook***
Skills and techniques for kids (and adults)
- Oregon Bicyclists' Manual***
Bike law and technique from Oregon DOT
- Bikes On TriMet Information Brochure**
- Viaje Mejor — Su guía al transporte público***
TriMet guide to transit in Spanish
- *disponible en español - available in Spanish*

- OTHER MAPS AND GUIDES**
- Walk There! 50 Treks In and Around Portland and Vancouver**
Metro's guide features routes around the region. Available online: oregonmetro.gov/tools-living/getting-around/walk-there
- Bike There!**
Bicycle map of the Portland metro area, covers Sandy to Forest Grove, Wilsonville to Vancouver. \$6.00. Metro, 503-813-7575, oregonmetro.gov or at most area bike shops
- 40 Mile Loop Trail Map**
\$5.00, 40-Mile Loop Land Trust, 503-665-5519, 40mileloop.org
- Forest Park Green Trail Map**
\$14.00, Forest Park Conservancy, 503-223-5449, forestparkconservancy.org

NORTHEAST PORTLAND BIKE/WALK MAP

FREE

- Bike routes
- Walking paths
- Signals and stairs
- Transit routes and stops
- Parks and shopping areas
- Amenities and more!

Portland Bureau of Transportation
503-823-5490

- BICYCLE PROGRAMS AND CLASSES (continued)**
- Adult Cycling and Commuting Classes**
- Portland By Cycle Classes 503-823-7083
 - Community Cycling Center 503-288-8864
- Older Adults and People with Disabilities**
- Adaptive BIKETOWN (biking access for people with disabilities) adaptivetown.com
- Repair, Maintenance, and Information Classes**
- Portland By Cycle Classes 503-823-7083
 - Bike Farm 971-533-7428
bikefarm.org
 - Bike Gallery 503-281-9800
 - Bikes for Humanity PDX b4hpxd.org
 - Community Cycling Center 503-288-8864
 - Gladys Bikes 971-373-8388
gladysbikes.com/events
- North Portland Bikeworks** 503-287-1098
northportlandbikeworks.org
- River City Bicycles** 503-233-5973
- FREE RECREATIONAL GROUP BICYCLE RIDES**
- Portland By Cycle Guided Bike Rides 503-823-7699
portlandoregon.gov/smarttrips
 - Andando en Bicicletas en Cully facebook.com/AndandoenBicicletasenCully
 - Bike Gallery 503-281-9800
bikegallery.com
 - Northwest Trail Alliance nw-trail.org
 - Portland Velo portlandvelo.net
 - Portland Wheelmen Touring Club 503-257-PWTC
pwtc.com
 - River City Bicycles 503-233-5973
rivercitybicycles.com
 - Shift shift2bikes.org/cal
 - Women on Wheels meetup.com/womenonwheels

- GOVERNMENT AND COMMUNITY ADVOCATES**
- Throughout the Portland area you can contact many community groups and government agencies for information on pedestrian-, bicycle- and transit-related issues.
- City of Portland Bicycle Advisory Committee 503-823-5185
 - City of Portland Pedestrian Advisory Committee 503-823-5185
 - Bus Riders Unite opapdx.org/bus-riders-unite
 - Committee on Accessible Transportation trimet.org/meetings/cat
 - Metro 503-813-7575
 - Northwest Trail Alliance nw-trail.org
 - Oregon Walks oregonwalks.org
 - The Street Trust (formerly the Bicycle Transportation Alliance) 503-226-0676
- I-205 MULTI-USE PATH LIMITED ACCESS**
- North of Gateway Transit Center access to the I-205 multi-use path is limited to these points:
- Marine Drive, Airport Way, Holman St., Alderwood Rd/Holman St./105th Ave (access to Cascades Parkway), Killingsworth St./Sandy Blvd (path crosses here), Parkrose MAX Station Park and Ride, Sandy Blvd, Prescott St., and Maywood Park (path adjacent to Maywood Place).

- SIDEWALKS, CURB RAMP AND STREET MAINTENANCE**
- To report needed sidewalk maintenance 503-823-1711
 - To report vegetation blocking signs and intersection visibility 503-823-5211
 - To request a Curb Ramp 503-823-5185
peds@portlandoregon.gov
- To report problems on city streets, such as potholes or broken glass 503-823-1700 (24-hour street maintenance line)
 - To report pedestrian or bicycle safety concerns for Portland roadways 503-823-SAFE

The City of Portland complies with all non-discrimination, Civil Rights laws including Civil Rights Title VI and ADA Title II. To help ensure equal access to City programs, services and activities, the City of Portland will reasonably modify policies/procedures and provide auxiliary aids/services to persons with disabilities. Call 503-823-5185, TTY 503-823-6868 or Oregon Relay Service: 711 with such requests, or visit <http://bit.ly/13EwAcg>

Pedestrian Tips

- Show intent to cross the street so drivers will know you want to cross
- Before crossing, make sure oncoming vehicles have ample time to stop safely
- Cross at the corner and use the crosswalk; if possible, cross at an intersection with a traffic light or pedestrian activated signal
- Watch for turning vehicles
- Look left, right and left again before crossing
- Establish eye contact with drivers and cyclists
- Obey traffic signals
- On roads with no sidewalks, walk against traffic
- Wear brightly colored clothing
- Use lights and reflective outerwear when walking at night
- Stay to the right on multi-use paths shared with cyclists

STRETCH YOUR LEGS WITH TRIMET

If you want to increase the amount you walk or bike but your destination is too far, extend your walking or biking trip with transit. This map shows the bus routes, streetscars and MAX light rail lines in your neighborhood, as well as every transit stop and the Portland Tram.

Bicycles are allowed on buses, MAX, streetcars and the Portland Tram. For more information visit trimet.org/bikes or order the Bikes On TriMet Information Brochure from the Portland Bureau of Transportation.

General TriMet information trimet.org
TriMet Customer Service and Rider Info Line 503-238-RIDE (7433)
TransitTracker™ arrival times and schedules (24 hours) The latest service alerts (24 hours) Live trip-planning assistance (8:30am - 4:30pm M-F)

Use a smartphone to get transit info: trimet.org/apps
Portland Streetcar portlandstreetcar.org
Portland Aerial Tram gobytram.com

- MULTI-USE PATHS, PEDESTRIANS AND BIKES**
- Multi-use paths are great places to walk and bike without having to worry about cars, trucks or buses. But, please do think about the other path users, and remember these guidelines:
- Slower traffic has the right of way
 - Use a moderate speed on paths, especially around slower users
 - Keep right, except when passing
 - If walking in a group, please remember to allow room for others to pass
 - When biking, use an audible warning when passing a bike or pedestrian (a friendly "ding" of a bell or a cheerful "on your left")
 - Obey all trail and road signs, and use care where city streets intersect with paths

SIDEWALKS AND BIKES

Many people consider sidewalks a safe place to ride a bicycle. Unfortunately, sidewalks aren't all that safe. Trees, parked cars and buildings can create blind spots, pedestrians can step sideways suddenly, a child or animal can run into your path. And cars do use sidewalks — at every cross street and driveway.

Ride slowly on sidewalks. Travel about the speed of pedestrians when riding on a sidewalk.

It is illegal to ride on the sidewalk in downtown Portland.

Bicycling Tips

OBEY ALL SIGNS AND TRAFFIC LIGHTS

People on bicycles, like other vehicle operators, must obey traffic regulations. Never ride against traffic.

USE HAND SIGNALS

Hand signals tell motorists what you intend to do. For turn signals, point in the direction of your turn. Signal as a matter of courtesy and safety and as required by law.

RIDE CONSISTENTLY

Ride as close as practical to the right. Exceptions: when travelling at the normal speed of traffic, avoiding hazardous conditions, preparing to make a left turn, or using a one-way street.

CHOOSE THE BEST WAY TO TURN LEFT

There are two ways to make a left turn:

- Like an auto: look back, signal, move into the left lane, and turn left.
- Like a pedestrian: ride straight to the far-side crosswalk, then walk your bike across, or queue up in the traffic lane.

USE CAUTION WHEN PASSING

Motorists may not see you on their right, so stay out of the driver's "blind spot." Be very careful when overtaking cars while in a bike lane; drivers don't always signal when turning. Also be alert for car doors opening and cars pulling out from sidestreets or driveways.

GO SLOW ON SIDEWALKS

Pedestrians have the right of way on walkways. You must give an audible warning when you pass. Cross driveways and intersections at a walker's pace and look carefully for traffic. Cyclists are not allowed to ride on sidewalks in downtown Portland.

AVOID ROAD HAZARDS

Watch for sewer grates, slippery manhole covers, oily pavement, gravel and ice. Cross railroad tracks at right angles. For better control as you move across bumps and other hazards, stand up on your pedals.

RIDE A WELL-EQUIPPED BIKE

Outfit your bike with a good bike lock, tool kit, fenders, and bike bags. You are required to use a strong head-light (visible from 500') and rear reflector (visible from 600') at night and when visibility is poor.

DRESS APPROPRIATELY

Wear a hard-shell helmet whenever you ride (required by law for cyclists under 16 years old). Wear light-colored clothes at night. Make yourself as visible as possible.

GET A GREEN LIGHT

If you come to a red light and see this symbol on the street, position your bike directly over it. Wait, and soon the light will turn green! If a car is already there, it will activate the light for you.

Bike Boxes



What MOTORISTS Should Know:

When the traffic signal is yellow or red, motorists must stop behind the white stop line behind the green bike box. Keep it clear for cyclists to use.

NO RIGHT TURN ON RED at these intersections!

When the light turns green, motorists and cyclists may move through the intersection, with cyclists going first. Motorists turning right on green should signal and watch for cyclists to the right, especially in the green bike lane in the intersection.

What BICYCLISTS Should Know:

When a traffic signal is yellow or red, enter the bike box from the approaching green bike lane. Stop before the crosswalk.

When the light turns green, proceed as normal. Be aware of right-turning motorists, especially while in the green lane in the intersection.

Bicycling

- Multi-use path, paved (no motor vehicles)
- Shared roadway (lower traffic street)
- Bike lane (painted lane on higher traffic street)
- Shared roadway (moderate traffic/wide outside lane)
- Shared roadway/difficult connection (lower traffic street with sight distance limitations and higher speeds)
- Difficult connection (use caution, use sidewalk, or find a different route)
- Difficult intersection (use caution)
- Steep hill (arrows point uphill)

Walking, Transit and More

- Pedestrian path/trail
- Stairs
- Bus route/stops
- MAX route/stops
- Streetcar route/stops
- Park
- Bike shop
- Community garden
- Drinking fountain
- Grocery store
- Heritage tree
- Hospital
- Library
- Point of interest
- Post office
- Restroom
- School

MILES: 0, 1/8, 1/4, 3/8, 1/2

REVISÉD 11/17