



PORTLAND
WALKING
GUIDE



Helpful resources for
getting around Portland
on foot



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The Benefits of Walking

Healthy people

Walking is a free form of exercise, needs no special equipment, can be done anywhere, and provides an amazing number of health benefits.

Walking is one of the cheapest and most accessible ways to stay strong and fit. You'll improve joint health while increasing bone density and muscle strength by walking more.

Not only does your physical health improve, but walking also increases your energy level and your ability to cope with stress, depression and anxiety.

If we all swapped one car journey a week for walking instead, car traffic levels would reduce by at least 10%.

— Sustrans 2009

Healthy community

A neighborhood where people walk is a place where people watch out for each other. Walking is a great way to connect with neighbors and feel more connected to your community. You'll also discover local gardens, parks, shops and interesting architecture while you walk.

Healthy planet

Walking is great for the environment, too. Motor vehicles are responsible for nearly 80 percent of carbon monoxide and 55 percent of nitrogen oxide emissions in the U.S. Every driving trip you swap for a walking trip helps lighten the load.



Tips for Walking

Fit walking into your life

The easiest way to get started is to walk somewhere you are headed anyway.

To work: Try walking to or from work. Ride public transit and get off a few stops early, or park farther away and walk the last 10-15 minutes.

At work: Have “walking meetings” with coworkers. Take the stairs when possible.

To school: Start by walking once a week or a few times a month, then add more days as the going gets easier. Get together with other school families and split leader responsibilities between parents.

For errands: Most of our destinations are under two miles. That’s 40 minutes or less on foot (around a 20-minute mile). Get both your daily recommended exercise and the errands done in one trip.

With friends: Ask family members, friends or neighbors to join you. It’s fun to walk with someone and share both the experience and the benefits.

STAY MOTIVATED

Track the number of steps you take with a pedometer, your mobile phone or other activity tracker. By counting your daily steps, you can set goals, monitor progress and stay motivated.

A good goal to work toward for improving your health is 10,000 steps per day — about five miles. Start slowly and increase your steps weekly.

Tips for your stroll

BEFORE YOU START:

Make yourself visible – Wear bright or light-colored clothing.

Minimize distractions – Put away your cell phone and ear buds.

Be alert – Alcohol and other drugs impair judgement, so be extra cautious if you’ve been partaking.

WHEN CROSSING:

Connect – Make eye contact with drivers.

Look – Don’t cross until cars have stopped.

Cross with caution – Make sure cars in all lanes have stopped.

Travel against traffic – It’s the safest way to walk when sidewalks aren’t available. Beware of corners with little to no visibility.



Minimize distractions
to maximize safety

MULTI-USE PATHS – SHARE THE SPACE:

Stay to the right – so other users at faster speeds can pass safely on your left.

Walk only two abreast – when traveling in groups so others have room to pass.

Listen up – for bike bells or “on your left” calls. This can mean someone is passing or needs more room to pass. Pay attention so we can all travel together smoothly.

Turn down the volume – or better yet, leave one ear or both clear of listening devices. Be aware of other users and vehicles around you.

Obey all trail and road signs – and use care where city streets intersect with paths.

You have the right of way – as the slowest traveler on the path, runners and cyclists should yield to you.

WALKING WITH PETS

Responsible pet ownership keeps our city clean, green and safe.

Leash your dog – Multnomah County Code requires dogs to be leashed unless in designated off-leash areas. (MCC 13.305)

Scoop the poop – You run the risk of up to \$150 in fines for not picking up pet waste. (MCC 13.303)

Be visible

Increasing your visibility helps you stand out in traffic, giving other road users more time to slow down or stop for you. Here are some ways to let your light shine:

- Wear clothing or backpacks with reflective striping on them.
- Check fabric stores for safety fabrics you can stick or sew on yourself.
- Attach flashing lights to zippers or pockets.
- Carry a small flashlight to increase visibility and illuminate your path on darker streets.
- Attach reflective tape or flashing lights to a pet’s leash or collar.
- When buying an umbrella or other rain gear, consider a lighter color like white or bright yellow to be more visible to road users.



Extend your trip with **TRIMET**

Using public transportation is a great way to extend your walking trip to farther locations.

trimet.org  

Complete transit service information is available online, including trip planning, an interactive service map, transit tracker arrival information, schedules and more.

503-238-RIDE (7433) 

Get arrival times and service alerts 24 hours a day by phone or call during business hours for live trip-planning assistance and customer service. (7:30 am – 5:30 pm, M-F)

TriMet accessibility features   

TriMet, WES and Portland Streetcar stations, stops and vehicles have many accessibility features. Information on travel training, reduced fares and other available services.

trimet.org/access

503-962-2455

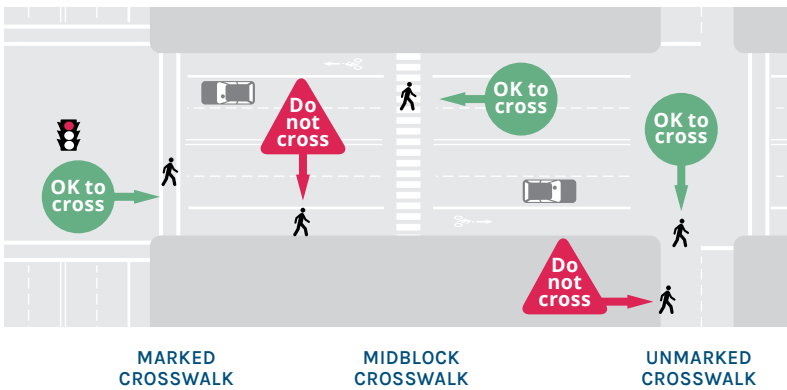
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Get to Know Your Streets

Types of legal crosswalks

- A crosswalk exists at any public street intersection, including “T” intersections, whether marked with paint or unmarked. (ORS 801.220)
- Crosswalks also exist between intersections (mid-block), but only if they are marked with white lines.
- Pedestrians are only allowed to cross mid-block at an unmarked crossing if they are more than 150 feet from a marked or unmarked crosswalk. (Portland City Code 16.70.210)



Along with stopping for pedestrians at all legal crosswalks, motorists and cyclists also must:

- Stop and remain stopped for students as directed by a crossing guard. (ORS 811.124)
- Stop and remain stopped for a blind pedestrian using a white cane or guide dog until the pedestrian is **completely across** the roadway. (ORS 811.035)

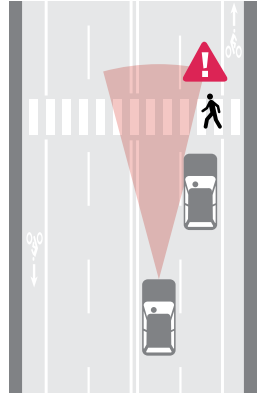
Pedestrian responsibilities

Oregon laws provide protection and opportunity to cross the street safely. At the same time, pedestrians are responsible for acting in a safe manner and crossing legally.

- Before crossing, pedestrians must show intent to cross by extending any part of their body, wheelchair, cane or crutch into the roadway. (ORS 811.028)
- Pedestrians need to allow drivers enough time and distance to stop before crossing. (ORS 811.005)

Stay alert at two-lane crossings

Cross with caution on streets with two or more lanes of vehicles traveling in the same direction. If one vehicle stops for a pedestrian and another vehicle overtakes it on either side, the **pedestrian may not be visible** and can be hit. In this situation, you may be blocked from the view of other approaching drivers by a stopped vehicle. Before entering the next lane of traffic, **STOP and look** to make sure all approaching vehicles have stopped for you **before crossing the next lane**.



Pedestrian crossing signals



LOOK!

Make sure all vehicles have stopped, then go. Continue to watch for turning and oncoming vehicles.



DON'T START CROSSING!

Finish crossing if already in the crosswalk. Countdown signals show how many seconds remain to cross.



STOP! DON'T LEAVE THE CURB.

A new WALK signal will appear shortly.

Rapid flash beacons

Rapid flash beacons are installed at specific crossings to alert drivers to the presence of people walking. When a person walking activates the push button system, yellow LED lights will flash signaling drivers to stop.

After pressing the button, make sure vehicles have stopped before crossing the street.



Portland's Neighborhood Greenways

Neighborhood Greenways are residential streets with low speeds and low volumes of auto traffic where people walking, and biking are given priority. Neighborhood Greenways are designed to make your walk safer and more enjoyable.



WHAT TO EXPECT ON A NEIGHBORHOOD GREENWAY

- Pavement markings, or “sharrows”, alert drivers to expect people biking.
- Improved crossings and curb ramps make it safer and more enjoyable for people walking, strolling or rolling in wheelchairs.
- Speed bumps to help slow auto traffic.
- Traffic diverters to keep cars trying to avoid busy main streets from cutting through on neighborhood streets.

Find more information and maps of current Neighborhood Greenway projects at portland.gov/neighborhoodgreenways.



The Classic – Downtown Waterfront Loop

2.6 miles; mostly flat with short ramps to floating walkway and Hawthorne Bridge

This classic downtown route along the Willamette River offers views of the city's bridges and downtown skyline. Highlights include Tom McCall Waterfront Park, the Steel and Hawthorne bridges — two of the city's oldest — and the Eastbank Esplanade, including a floating walkway.

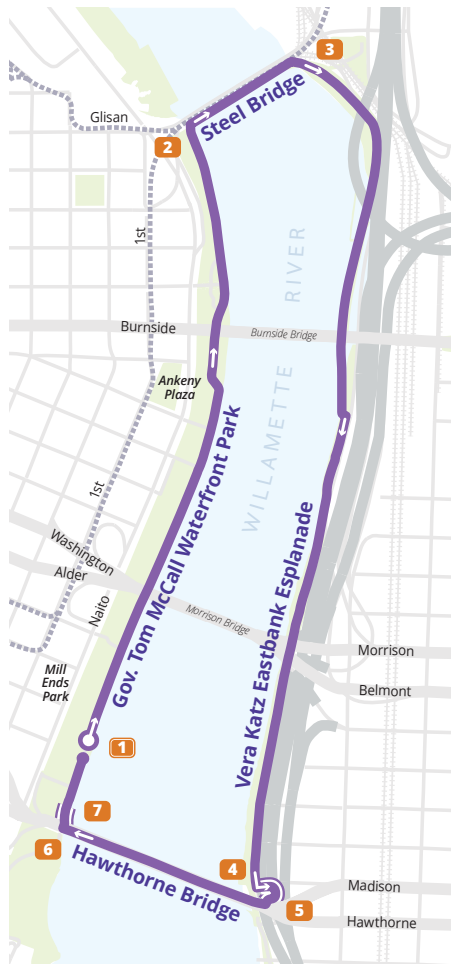
Tom McCall Waterfront Park was once the site of a freeway.

START/END: Salmon Street Springs (SW Salmon St and Naito Parkway)

Salmon Street Springs is accessible by Trimet buses serving downtown Portland

DIRECTIONS:

- 1 From start, walk north on Willamette Greenway Trail to Steel Bridge
- 2 Right on lower deck of Steel Bridge to Eastside Esplanade
- 3 Right on Eastside Esplanade to Hawthorne Bridge
- 4 Left at first, northern-most ramp leading to Hawthorne Bridge (do not cross under bridge)
- 5 Right at top of ramp, continuing west across Hawthorne Bridge
- 6 Stay right at west end of Hawthorne Bridge where walkway splits following ramp to street level and Tom McCall Waterfront Park
- 7 Continue north at bottom of ramp to starting point



To explore more maps like this, visit portland.gov/transportation/suggested-walks

Concordia Neighborhood Greenways

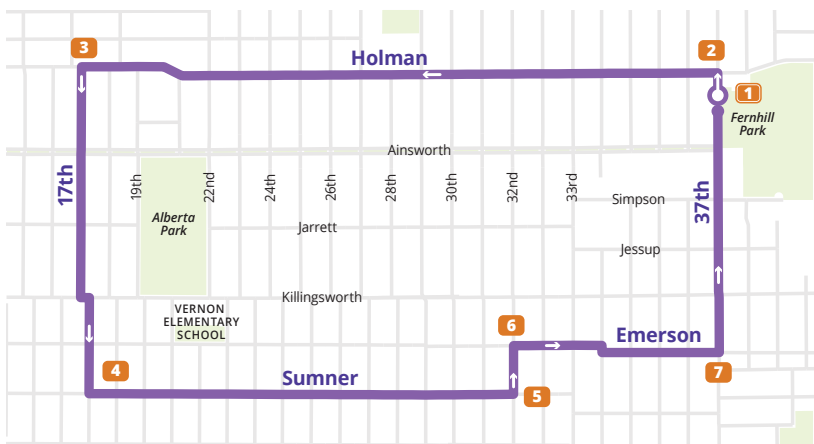
3.3 miles; flat, sections without sidewalks or curb cuts

This Concordia neighborhood loop spotlights Portland's 128-miles-and-growing Neighborhood Greenway network. Neighborhood Greenways are lower traffic residential streets where people walking, and biking are given priority. We want these streets to be places where families and people of all ages and abilities feel comfortable walking, biking and rolling.

Concordia neighborhood is home to The Kennedy School Hotel, which served as a neighborhood elementary school until 1975.

START/END: Fernhill Park (NE Ainsworth St and NE 37th Ave)

Fernhill Park is served by 8-Jackson Park and 17-Holgate buses



DIRECTIONS:

- 1 From start, walk north on NE 37th Ave to NE Holman St (no sidewalks between 19th and 20th, use shared street)
- 2 Left on Holman to NE 17th Ave
- 3 Left on 17th to NE Sumner St (17th jogs left at Killingsworth)
- 4 Left on Sumner to NE 32nd Ave
- 5 Left for one block on 32nd to NE Emerson St
- 6 Right on Emerson to NE 37th Ave (Emerson jogs right at 34th)
- 7 Left on 37th to starting point

To explore more maps like this, visit portland.gov/transportation/suggested-walks

Lents Green Ring

3.3 miles; mostly flat with some short hills, narrow sidewalks with some obstructions, sections without sidewalks or curb cuts

Walk the streets, Neighborhood Greenways and paved trails that make up the Lents Green Ring. The Lents Green Ring is a project of Green Lents to create a route for people walking and biking through the heart of the Lents neighborhood. Learn more at greenlents.org.

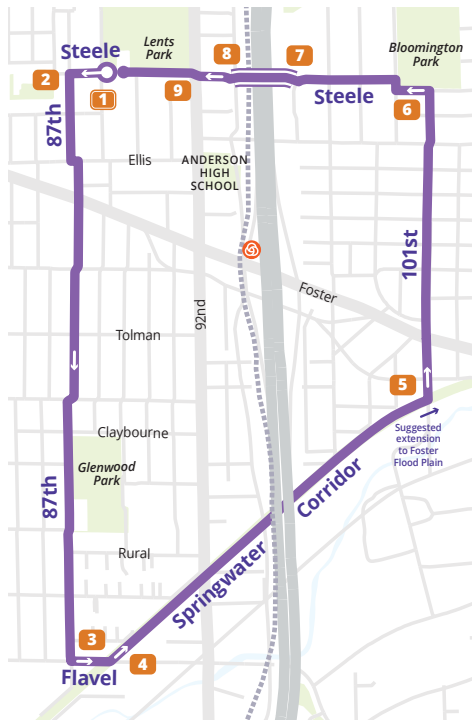
Walker Stadium in Lents Park is home to the Portland Pickles baseball team.

START/END: Lents Park (SE 92nd Ave and SE Steele St)

Lents Park is served by MAX Green Line, 10-Harold and 14-Hawthorne buses

DIRECTIONS:

- 1 From start, walk west on SE Steele St to SE 87th Ave
- 2 Left on 87th to SE Flavel St (87th jogs left at Ellis, right at Woodstock, and Duke)
- 3 Left on Flavel to Springwater Corridor Trail
- 4 Left on Springwater Corridor Trail to SE 101st St (continue under I-205, look for trail markers for Mile Post 10 and SE 101st Ave)
- 5 Left on 101st to SE Steele St
- 6 Left on Steele to SE 96th Ave (Steele jogs right at 100th)
- 7 Continue to ramp or stairs leading to pedestrian bridge
- 8 Cross pedestrian bridge over I-205 and return to street level by ramp or stairs
- 9 Continue on Steele to SE 92nd Ave and starting point (no sidewalks between I-205 and 92nd, use shared street)



To explore more maps like this, visit portland.gov/transportation/suggested-walks

SW Terwilliger Trails Loop

2.65 miles; hills, paved trails, sections without sidewalks

This walk starting from the Hillsdale neighborhood is inspired by SW Trail 6 and spotlights the Terwilliger walkway and a Neighborhood Greenway. Learn more about the trails of SW Portland at swtrails.org.

SW Terwilliger Blvd was first planned as a pleasure parkway in the 1903 park plan prepared by the Olmstead Brothers. The parkway is named for James Terwilliger, who owned the land on which the parkway was built.

START/END: Wilson High School/Hillsdale food carts (SW Capitol Hwy and Sunset Blvd)

Hillsdale is served by 44-Capitol Hwy, 45-Garden Home and 54-Beaverton-Hillsdale Hwy buses

DIRECTIONS:

- 1 From start, walk south on trail between Wilson HS and Rieke ES to SW Vermont St (marked SW Trails 3 and 6)
- 2 Left on Vermont to SW 10th Ave where Vermont becomes SW Chestnut St
- 3 Continue on Chestnut to SW Terwilliger Blvd (use pedestrian crossing)
- 4 Left on Terwilliger to SW Capitol Hwy
- 5 Cross Capitol Hwy, continuing on Terwilliger walkway to SW Westwood Dr (across from Chart House restaurant)
- 6 Left on Westwood to SW Cheltenham Ct (no sidewalks until Sunset Blvd, use shared street)
- 7 Left on Cheltenham Ct to SW Dewitt St
- 8 Right on Dewitt to SW Sunset Blvd
- 9 Left on Sunset Blvd to Capitol Hwy and back to starting point



To explore more maps like this, visit portland.gov/transportation/suggested-walks

For more information on walking, visit:

portland.gov/transportation/walking-biking-transit-safety/walking-portland

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PBOT
PORTLAND BUREAU OF TRANSPORTATION

Portland Bureau of Transportation
1120 SW Fifth Ave, Suite 1331
Portland, OR 97204

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