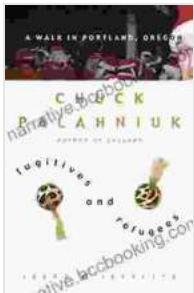


# Walk, Run & Hike Portland, Oregon: The Ultimate Guide to the City's Best Trails

Portland, Oregon is a walker's paradise. With its temperate climate, beautiful scenery, and abundance of parks and trails, the city is the perfect place to get your steps in. Whether you're looking for a leisurely stroll along the Willamette River or a challenging hike in Forest Park, we've got you covered with our comprehensive guide to the city's best walking, running, and hiking trails.



## Fugitives and Refugees: A Walk in Portland, Oregon (Crown Journeys) by Chuck Palahniuk

★★★★☆ 4.5 out of 5

Language : English  
File size : 605 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 178 pages



## Walking Trails

Portland is home to a number of beautiful walking trails, perfect for a leisurely stroll or a brisk workout. Here are a few of our favorites:

- **The Waterfront Trail:** This 13-mile trail runs along the Willamette River, offering stunning views of the city skyline. It's perfect for a leisurely walk, run, or bike ride.

- **Forest Park Trail:** This 30-mile trail winds through Forest Park, one of the largest urban parks in the United States. It's a great place to escape the hustle and bustle of the city and enjoy some peace and quiet.
- **Powell's City of Books Trail:** This self-guided walking tour takes you past some of Portland's most iconic bookstores, including Powell's City of Books, the world's largest independent bookstore.

## Running Trails

If you're looking for a good run, Portland has plenty of trails to offer. Here are a few of our favorites:

- **The Springwater Corridor Trail:** This 21-mile trail follows the Springwater Creek Greenway, a beautiful natural area that runs through the city. It's a great place to get a long run in without having to leave the city limits.
- **The Wildwood Trail:** This 30-mile trail runs through Forest Park, offering a challenging workout with plenty of hills. It's a great place to train for a marathon or other long-distance race.
- **The Tillamook Head Trail:** This 10-mile trail runs along the Oregon coast, offering stunning views of the Pacific Ocean. It's a great place to get away from the city and enjoy some fresh air.

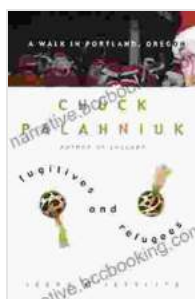
## Hiking Trails

Portland is also home to a number of great hiking trails, perfect for a day hike or a weekend backpacking trip. Here are a few of our favorites:

- **The Multnomah Falls Trail:** This short but challenging trail leads to the base of Multnomah Falls, one of the most iconic waterfalls in the United States. It's a great place to get a taste of the Oregon wilderness without having to go too far from the city.
- **The Eagle Creek Trail:** This 12-mile trail follows Eagle Creek, a beautiful river that flows through the Columbia River Gorge. It's a great place to hike, swim, and camp.
- **The Timberline Trail:** This 40-mile trail loops around Mount Hood, Oregon's highest peak. It's a challenging but rewarding hike, with stunning views of the mountain and the surrounding wilderness.

Whether you're looking for a leisurely walk, a challenging run, or a day hike, Portland, Oregon has something to offer. With its beautiful scenery, abundance of parks and trails, and temperate climate, the city is the perfect place to get your steps in and enjoy the outdoors.

So what are you waiting for? Get out there and explore the best trails that Portland has to offer!



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