

SE Walking Tips

Seventy-five percent of trips under one mile are made by driving. Many of these short trips could be made on foot or by bicycle. It takes just 10 minutes to walk a 1/2 mile and 3 minutes on your bicycle – at a moderate speed. Southeast Portland has many miles of bicycle and pedestrian paths to help you increase your physical activity. Taking public transit is an easy way to increase the amount you walking too.

Around the Neighborhood

Most of the trips we take are right in our own neighborhood. Walking to the market, library, or park is a great way to get to know your neighborhood and support your local business community. You can walk to your closest park in only ten minutes from home.

To Work or School

On a late spring morning, try walking to work or school. You may find that it's closer than you think if you know it's too far, try walking to the nearest bus or MAX stop instead of driving. For more information on walking routes around Portland schools visit www.SafeRoutesPortland.org and click on My School's Travel Environment.

Safety

Keeping safe requires paying attention to some simple rules you learned in grade school.

- Cross at the corner and use the crosswalk
- Walk against traffic on roads with no sidewalks
- Wear brightly colored clothing
- Use lights when walking at night
- Watch for turning vehicles
- Look left, right and left again before crossing
- Establish eye contact with drivers and cyclists
- Stay to the right on off-street paths shared with cyclists

To report pedestrian safety concerns call (503) 823-SAFE.

Note to wheelchair users: Southeast Portland has lots of sidewalks and curb ramps. All of the purple off-street pedestrian and bicycle paths are wheelchair accessible. Some of the walking trails are paved and accessible – but not all.

SE Walking Resources

Maps and Guides

- **TriMet System Map and Bike Rider's Guide** \$1.00, TriMet 503-238-RIDE www.TriMet.org
- **Cultural Tours Maps** Free, Portland Oregon Visitor's Association, 503-275-8355, www.travelportland.com/visitors
- **40 Mile Loop Trail Map** \$5.00, 40-Mile Loop Land Trust, 503-665-5519, www.40mileloop.org
- **Portland Walking Maps** – North, NE, SE & SW, Free, Portland Transportation, 503-823-5490, www.GettingAroundPortland.org
- **Portland Bicycle Maps** – City, North, NE, SE, Outer SE and SW, Free, Portland Transportation 503-823-CYCL, press 2, www.GettingAroundPortland.org
- **Bike There metropolitan area bike map** \$6.00, available at most bike shops
- **Forest Park Hiking and Running Guide** \$19.95, Friends of Forest Park, 503-223-5449, www.friendsofforestpark.org

Organized Walks

There are many opportunities to participate in group walks. Contact the following for a current calendar of walks.

- **Ten Toe Express Walking Campaign Walks** Portland Transportation 503-823-5490 www.GettingAroundPortland.org
- **Columbia River Volkssport Club** www.crvwalking.org
- **Rose City Roamers** 503-285-2915
- **Portland Walking Tours** 503-774-4522, www.portlandwalkingtours.com
- **Walk Oregon!** www.walkoregon.org
- **SW Trails** 503-223-3723
- **Multnomah County** 503-988-5050
- **Metro** 503-797-1758

Government and Community Advocates

Throughout the Portland area you can contact many community groups and government agencies for information on pedestrian-related issues.

- **City of Portland Pedestrian Advisory Committee** 503-823-5185
- **Willamette Pedestrian Coalition** 503-223-1597

Walking for Your Wellness

There are literally dozens of walking resources for health. Check with your physician or health clinic for information on the benefits of walking and how to get started walking for your health. Below are some more local walking information resources.

Walk About Magazine Walking towards Fitness www.walkaboutmag.com 503-287-6914

Northwest Walking www.ava.org/clubs/crv/northwestwalking.htm

Oregon Trail State Volkssport Association 503-728-0400

Walking in Portland Publications

Nature Walks in and around Portland by Karen and Terry Whitehill

The Portland Bridge Book by Sharon Wood Wortman

Portland's Best by Bus by Nancy J. DenDooven

Portland's Little Red Book of Stairs by Stefana Young

Portland Hill Walks by Laura O. Foster

Portland Names and Neighborhoods: Their Historic Origins by Eugene E. Snyder

A Pedestrian's Portland: 40 Walks in Portland Area Parks and Neighborhoods by Karen and Terry Whitehill

Portland Step by Step by Joe Bianco

Trees of Greater Portland by Phyllis C. Reynolds and Elizabeth F. Dimon

Walking Portland by Sybilla Avery Cook

Afoot & Afield Portland/Vancouver by Douglas Lorain

Downtown Portland Walking Tour: A Self-Guided Adventure

Sidewalks and Curb Ramps

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@pdtrans.org

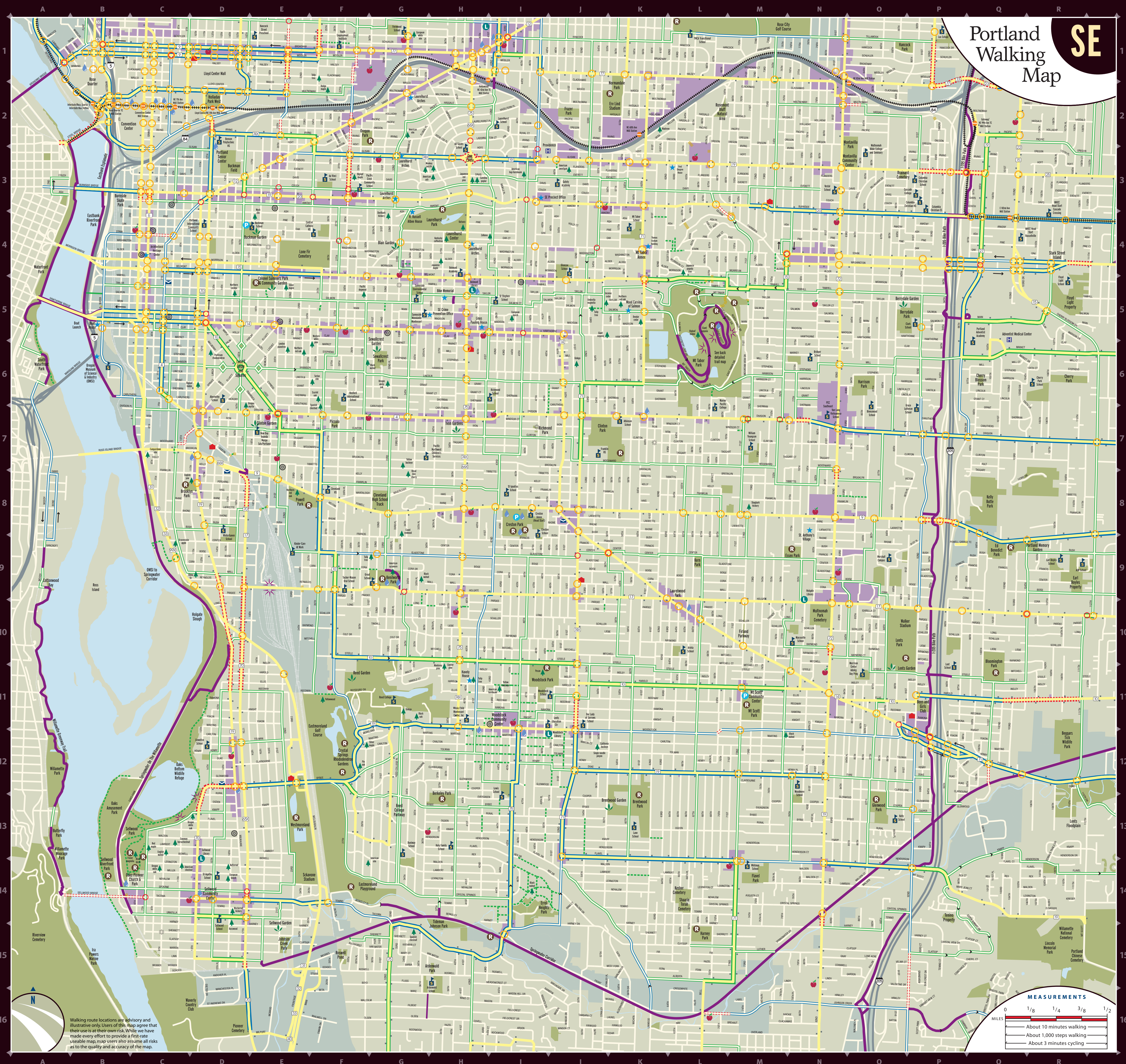
For more information on walking in Portland contact:

City of Portland
Office of Transportation - Transportation Options
 1120 SW 5th Ave., Room 800,
 Portland, OR 97204
 503-823-5490 / TTD 503-823-6868
 Email: timothy.forsberg@pdtrans.org
 Web page: www.GettingAroundPortland.org
 Sam Adams, Commissioner
 Visit us online at www.GettingAroundPortland.org
 for more information and walking resources.

Life is out there.
GET UP, GET OUT AND THRIVE!
KAISER PERMANENTE thrive

Legend

	Pedestrian and bicycle off-street path/trail		Hospital
	Pedestrian-only path/trail		School
	Bus route and stop		Bike shop
	MAX route		Grocery store
	Bike lanes (S = steep hill)		Fire station
	Shared roadway bike route (low or moderate traffic street)		Point of interest
	Difficult connection for bikes		Library
	Traffic signal		Community garden
	Dangerous intersection		Swimming pool
	Stairs		Viewpoint
	Shopping area		City repair project
	Industrial area		Heritage tree



Walking route locations are advisory and illustrative only. Users of this map agree that their use is at their own risk. While we have made every effort to provide a first-rate useable map, map users also assume all risks as to the quality and accuracy of the map.