

## 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](http://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](http://www.TriMet.org)
- **Cultural Tours Maps** Free, Portland Oregon Visitor's Association, 503-275-8355, [www.travelportland.com/visitors](http://www.travelportland.com/visitors)
- **40 Mile Loop Trail Map** \$5.00, 40-Mile Loop Land Trust, 503-665-5519, [www.40mileloop.org](http://www.40mileloop.org)
- **Portland Walking Maps – North, NE, SE & SW**, Free, Portland Transportation, 503-823-5490, [www.GettingAroundPortland.org](http://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](http://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](http://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](http://www.GettingAroundPortland.org)
- **Columbia River Volkssport Club** [www.crvwalking.org](http://www.crvwalking.org)
- **Rose City Roamers** 503-285-2915
- **Portland Walking Tours** 503-774-4522, [www.portlandwalkingtours.com](http://www.portlandwalkingtours.com)
- **Walk Oregon!** [www.walkoregon.org](http://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](http://www.walkaboutmag.com) 503-287-6914

**Northwest Walking** [www.ava.org/clubs/crv/northwestwalking.htm](http://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 [pdxtrans.org](mailto:pdxtrans.org)

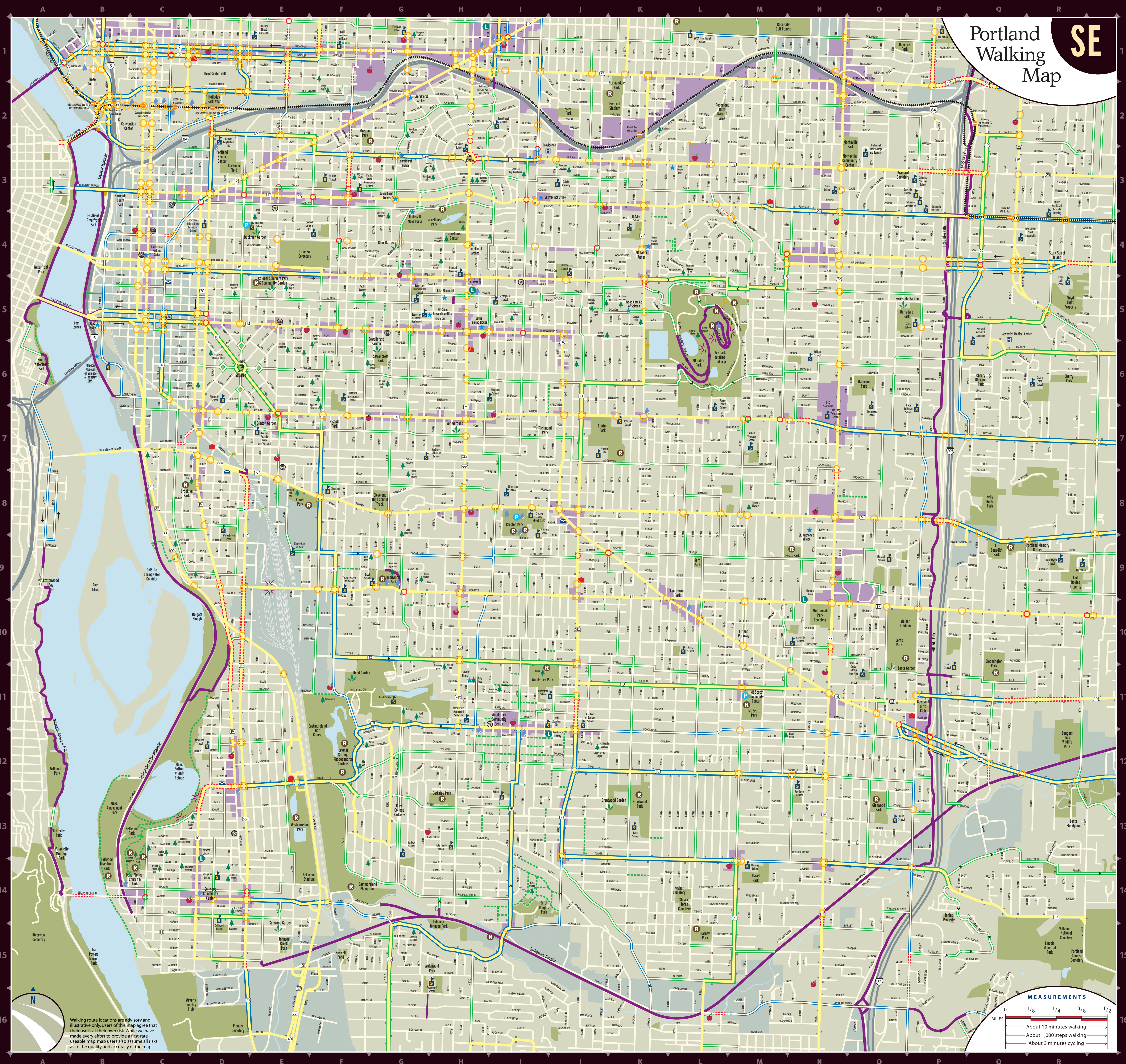
For more information on walking in Portland contact:

**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@pdxtrans.org](mailto:timothy.forsberg@pdxtrans.org)  
 Web page: [www.GettingAroundPortland.org](http://www.GettingAroundPortland.org)  
 Sam Adams, Commissioner  
 Visit us online at [www.GettingAroundPortland.org](http://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
	MAX station		Fire station
	Bike lanes ( > steep hill)		Point of interest
	Shared roadway bike route (low or moderate traffic street)		Community garden
	Difficult connection for bikes		Viewpoint
	Traffic signal		City repair project
	Dangerous intersection		
	Stairs		
	Shopping area		
	Industrial area		
	Restroom		
	Library		
	Swimming pool		
	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.