SENIOR STROLLS!

The Portland Bureau of Transportation is pleased to offer you the 2013 Senior Strolls schedule. Strolls will be held on both **Tuesday** and **Wednesday** mornings beginning at **10 am.** Tuesday offerings are designed to be shorter for those who want to reap the many benefits of walking, but don't want to go too far. Wednesday strolls are generally about 1 mile longer, and both are **FREE**! No pre-registration is required – all you have to do is show up at the designated meeting place. Strolls take place rain or shine.

Come join us . . . and reap numerous health benefits, make new friendships and walk in great Portland neighborhoods!

For help in finding the right bus/schedule, call **TriMet's Trip Planner, 503-238-7433**

Or check online: www.trimet.org

South Waterfront

May 14 ~ 1.3 miles
May 15 ~ 2.3 miles
Bus #35, NS Streetcar, Aerial Tram

Meet at SE corner SW Moody Ave. and SW Gibbs St. (OHSU Center for Health)

We'll see the latest changes happening along SW Moody in this exciting new district, strolling under the Ross Island and Marquam Bridges.

East Burnside

May 21 ~ 1.3 miles
May 22 ~ 2.3 miles
Bus #20

Meet at NE corner E Burnside St. and NE 28th Ave.

Stroll by the restaurants and shops that are revitalizing this portion of Burnside, turning it into a vibrant "Main Street" destination.

OMSI/Esplanade

May 28 ~ 1.4 miles
May 29 ~ 2.4 miles
CL Streetcar

Meet at front entry of OMSI, 1945 SE Water Ave. (OMSI lot parking fee)

Starting at the Oregon Museum of Science and Industry, we'll enjoy a pleasant stroll up and down the southern portion of the Eastside Esplanade.

Lloyd Art and Water

June 4 ~ 1.4 miles
June 5 ~ 2.4 miles
Bus #8, 70 MAX Red, Blue and Green Lines

Meet center of Holladay Park between NE Multnomah St. and NE Holladay St. between NE 11th and NE 13th Ave.

In celebration of World Environment Day, we'll stroll past various art and water features that decorate the vibrant Lloyd District and Convention Center.

Willamette Park South

June 11 ~ 1.5 miles
June 12 ~ 2.5 miles
Bus #35

Meet at Willamette Park (parking fee) entrance off SW Macadam Ave. and SW Nebraska St.

In this beautiful park we'll meander into the adjacent neighborhood and beyond to Butterfly Park and back.

Col. Summers to Buckman

June 18 ~ 1.5 miles
June 19 ~ 2.5 miles
Bus #15

Meet at SW corner SE Belmont St. and SE 20th Ave.

Starting at Col. Summers Park and Community Garden, we'll make our way around Washington School and then to Buckman School and Community Garden.

Portland State University

June 25 ~ 1.5 miles
June 26 ~ 2.4 miles
Bus #8, 9, 66 NS Streetcar, MAX Green and Yellow Lines

Meet at east side of SW 6th Ave. and SW Montgomery St.

On this stroll we'll be treated to a tour of the Portland State University campus.

Lloyd to Sullivan's Gulch

July 2 ~ 1.4 miles
July 3 ~ 2.4 miles
Bus #8, 70 MAX Red, Blue and Green Lines

Meet center of Holladay Park between NE Multnomah St. and NE Holladay St. between NE 11th and NE 13th Ave.

This stroll will take us around this hidden gem of a neighborhood, historic Sullivan's Gulch.

Downtown Portland

July 9 ~ 1.5 miles
July 10 ~ 2.5 miles
MAX Red, Blue, Green, Yellow Lines Contact TriMet for bus info.

Meet outside TriMet ticket office, Pioneer Courthouse Square between SW Broadway and SW 6th Ave., SW Yamhill and SW Morrison St.

Join us as we explore downtown on this stroll, beginning in Portland's "living room" and circling around churches, parks and civic buildings.

Irvington School

July 16 ~ 1.6 miles
July 17 ~ 2.5 miles
Bus #17, 77, 8 on NE 15th

Meet at SE corner NE Broadway and NE 12th Ave.

We'll walk in the historic Irvington neighborhood to the local elementary school built in the early 1920s.

Waterfront Park

July 23 ~ 1.5 miles
July 24 ~ 2.5 miles
Bus #8, 12, 35, 44, 54, 56 MAX Green and Yellow Lines

Meet in front entry of the Portland Building @ 1120 SW 5th Ave. between SW Main St. and SW Madison St.

Stroll to and along the Willamette River on this scenic walk.

Ladd's/Stephens'

July 30 ~ 1.6 miles
July 31 ~ 2.5 miles
Bus #10, 14

Meet at SW corner SE Hawthorne Blvd. and SE 12th Ave. (Burgerville)

Enjoy this stroll in and around beautiful Ladd's Addition, walking its alleys and avenues, and by the Stephens' House, one of the oldest standing homes in Portland.

Other FREE Fun Events

Portland Sunday Parkways

A self-guided tour in five different neighborhoods. Come and walk (or bike) Portland's traffic-free events with activities, music and food.

May 12 ~ East
June 23 ~ Northeast
July 28 ~ North
Aug 25 ~ Southeast
Sept 29 ~ Southwest

City of Portland Sunday Parkways presented by Kaiser Permanente

www.portlandsundayparkways.org

Senior Cycling Safety

Tues, June 18 ~ 700 NE Multnomah St., 3rd floor
6:30 pm

Learn how to ride safely, with confidence, and enjoy cycling – one of the many ageless activities. You've heard the cliché "you're never too old?" Join us in a bike safety class for seniors, presented by a senior. You don't have to go fast – just go! Also, join us for the Senior Cycle Ride – Tues, June 25 (see below).

Senior Cycle Ride

Tues, June 25 ~ Meet at Salmon Street Springs, SW Naito Pkwy. at Salmon St.
6 pm

Following up on the June 18th Senior Cycling class … Take an easy spin along the Waterfront to see the future of Transportation – biking, walking, streetcar and the tram.

Contact Donna Green at 503-823-6114 or donna.green@portlandoregon.gov for more information

Two Sides of South Waterfront

Aug 6 ~ 1.6 miles
Aug 7 ~ 2.6 miles
Bus #35, NS Streetcar, Aerial Tram

Meet at SE corner SW Moody Ave. and SW Gibbs St. (OHSU Center for Health)

We'll walk in the South Portland neighborhood on both sides of I-5 thanks to the new pedestrian bridge that crosses the freeway.

Broadway Bridge

Aug 13 ~ 1.7 miles
Aug 14 ~ 2.6 miles
Bus #6 MAX Blue, Red and Green Lines, CL Streetcar at NE Grand Ave. and NE Pacific St.

Meet at Oregon Convention Center, 777 NE MLK Jr. Blvd., SW corner of NE MLK Jr. Blvd. and NE Holladay St.

Come along on this stroll from the Convention Center through the Rose Quarter, across the Broadway Bridge into NW and then enjoy a free streetcar ride back.

Lair Hill/South Auditorium

Aug 20 ~ 1.5 miles
Aug 21 ~ 2.8 miles
Bus #43, and 1 block north at SW Arthur St. Bus #9, 17 (on island), 19

Meet at Lair Hill Market Café, 2823 SW 1st Ave. @ SW Meade

Hear stories about this former Jewish and Italian immigrant neighborhood, some colorful inhabitants, and the changes that urban renewal brought on this special tour led by guest Arnie Panitch.

2013 Strolls Schedule

Tuesdays and Wednesdays at 10 am

May 14, 15	South Waterfront
May 21, 22	East Burnside
May 28, 29	OMSI/Esplanade
June 4, 5	Lloyd Art and Water
June 11, 12	Willamette Park South
June 18, 19	Col. Summers to Buckman
June 18	Senior Cycling Safety Class, 6:30 pm
June 25	Senior Cycle Ride, 6 pm
June 25, 26	Portland State University
July 2, 3	Lloyd to Sullivan's Gulch
July 9, 10	Downtown Portland
July 16, 17	Irvington School
July 23, 24	Waterfront Park
July 30, 31	Ladd's/Stephens'
Aug 6, 7	Two Sides of South Waterfront
Aug 13, 14	Broadway Bridge
Aug 20, 21	Lair Hill/ South Auditorium
Aug 27, 28	South Waterfront and Beyond
Sept 3, 4	Matt Dishman Center
Sept 10, 11	Goose Hollow
Sept 17, 18	Waterfront Park/Esplanade
Sept 24, 25	OMSI/Springwater Corridor
Oct 1, 2	Willamette Park North

South Waterfront and Beyond

Aug 27 ~ 1.8 miles
Aug 28 ~ 2.8 miles
Bus #35, NS Streetcar, Aerial Tram

Meet at SE corner SW Moody Ave. and SW Gibbs St. (OHSU Center for Health)

Heading south, we'll walk through the 'hood to stroll along the scenic Willamette River.

Matt Dishman Center

Sept 3 ~ 1.8 miles
Sept 4 ~ 2.7 miles
Bus #4, 24, 44 at N Williams Ave. and NE Graham St.

Meet at Matt Dishman Community Center, 77 NE Knott St. between N Williams Ave. and NE Rodney Ave.

We'll check out this great community center and surrounding neighborhood on both sides of MLK Blvd.

Goose Hollow

Sept 10 ~ 1.9 miles
Sept 11 ~ 2.9 miles
Bus #15 MAX Blue & Red Lines

Meet at Jeld-Wen entrance, SW Morrison St. and SW 18th Ave.

Starting at the renovated Jeld-Wen Field, on this stroll we'll explore portions of the Goose Hollow neighborhood.

Waterfront Park/Esplanade

Sept 17 ~ 2.0 miles
Sept 18 ~ 2.9 miles
Bus #8, 12, 35, 44, 54, 56 MAX Green and Yellow Lines

Meet in front entry of the Portland Building, 1120 SW 5th Ave. between SW Main St. and SW Madison St.

Loop around the Willamette River on this stroll and enjoy the lovely views of our city.

OMSI/Springwater Corridor

Sept 24 ~ 2.0 miles
Sept 25 ~ 3.0 miles
CL Streetcar

Meet at front entry of OMSI, 1945 SE Water Ave. (OMSI lot parking fee)

Beginning at OMSI, we will make our way to the multi-use Springwater Corridor, where we'll stroll along a small portion of the region's 40 Mile Loop.

Willamette Park North

Oct 1 ~ 2.0 miles
Oct 2 ~ 3.0 miles
Bus #35

Meet at Willamette Park (parking fee) entrance off SW Macadam Ave. and SW Nebraska St.

Celebrate the last stroll of the season walking north along the Willamette River and back to enjoy a picnic lunch.

City of Portland Bureau of Transportation

Portland Bureau of Transportation
Active Transportation
1120 SW 5th Ave., Suite 800
Portland, OR 97204

For ADA Title II or Civil Rights Title VI Accommodations, Translation/Interpretation Services, Complaints, or for additional information, call 503-823-6114, TTY: 503-823-6868, or use Oregon Relay Service: 711.

2013

PORTLAND SMART TRiPS

Senior Strolls

Forty-two leisurely strolls

Senior Strolls