PORTLAND
TRANSPORTATION
RESOURCE GUIDE

A guide for getting around Portland
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*Women-specific rides and clinics offered*
Walking — Maps and Information

City of Portland Active Transportation and Safety Division
Walking maps, summer guided walks, safety information, resources, policies and more. portlandoregon.gov/transportation/at

Oregon Pedestrian Law Guide
By Attorney Rob Kline, who wrote the chapter on pedestrian injury claims for the Oregon Trial Lawyers Association’s Automobile Litigation Deskbook. An essential resource for knowing your rights and responsibilities as a Portland pedestrian. klinelawpccom/practice-areas/pedestrian-accidents/#guide

Walking — Community

Oregon Walks
A non-profit, member-supported organization dedicated to promoting walking and improving conditions for walking. oregonwalks.org 503-223-1597

City of Portland Pedestrian Advisory Committee
A forum for residents to be involved in establishing goals and policies for pedestrians in the city. portlandoregon.gov (search “pedestrian”) 503-823-5185

SW Trails PDX
A community group supporting walking and biking in southwest Portland. They offer group hikes, maintain and build trails, and advocate for walking and biking. swtrails.org 971-206-4351

Trailkeepers of Oregon
A non-profit organization whose mission is to inspire action to protect and enhance the Oregon hiking experience through advocacy, stewardship, outreach and education. trailkeepersoforegon.org 971-206-4351

Walks and Hikes

City of Portland Active Transportation and Safety Division
SmartTrips offers guided walks through their Ten Toe Express Walks program. portlandoregon.gov/transportation/at (search “Ten Toe”) 503-823-6051
AARP Oregon NeighborWalks
NeighborWalks is a collaborative community walking program whose vision is to get more people walking every day for health, transportation, environment, and community. Walks take place during the spring, summer and fall in neighborhoods around Portland led by AARP volunteers. These intergenerational walks are open to all ages and abilities.
aarp.org/or (search “Neighbor Walks”)

American Volkssport Association
A nationwide grassroots network of about 300 active Volkssporting clubs. Site includes a list of organized walks by Rose City Roamers, Cedar Milers, Columbia River Volkssport Club and more.
ava.org (search “Club Listings”)

Columbia River Orienteering Club
A local club dedicated to providing map and compass orienteering events in Oregon. Hike, walk or run your way through mapped courses ranging from 2km to 15km.
croc.org

Mazamas
A non-profit mountaineering education organization. Mazamas offers more than 700 hikes and 350 climbs annually. A variety of classes and activities are offered for every skill and fitness level and are open to both members and non-members.
mazamas.org 503-227-2345

Oregon Trail State Volkssport Association
A non-profit organization dedicated to the coordination of many local Oregon walking clubs, including Volkswalks and Volkssports events.
walkoregon.org oregon.trail.state.volkssport@gmail.com

Oregon Hikers
A community of hikers and outdoor lovers sharing experiences and encouraging steps to the next adventure. A hiking forum and trail resource.
oregonhikers.org

Trails Club of Oregon
An enthusiastic group dedicated to enjoying and preserving the great outdoors. Year-round hikes offered for varying abilities.
trailsclub.org

Wonders of Walking Club
Offering a range of walking events, for walkers by walkers. Improve your fitness and have fun with these weekly group walks and explorations. Fee to join.
wondersofwalking.com 503-282-1677
Bicycling — Maps and Information

City of Portland Active Transportation and Safety Division
Bicycling maps, bike parking information, laws, safety and more.
portlandoregon.gov/transportation/34772 503-823-CYCL (2925)

Bicycle (and Pedestrian) Law / Articles
Written by local lawyer Ray Thomas, a large collection of articles address, among other transportation topics, bicycle laws and the rules of the road.
stc-law.com/Bicycle-Pedestrian-Law-Articles (select “Bicycle Law”)

Ride Oregon
A comprehensive guide to riding a bike in Oregon. Find resources, routes, and events on this Travel Oregon-sponsored site.
rideoregonride.com 800-547-7842

City of Portland Bicycle Trip Planning
Plan trips with the safest bike routes while maximizing use of bike lanes, bike paths and Neighborhood Greenways.
portlandoregon.gov/transportation/article/327512

Bicycling — Community

The Street Trust
The Street Trust (formerly the Bicycle Transportation Alliance), a non-profit membership organization working to promote bicycling and advocating for a safe, accessible mix of transportation in Oregon and SW Washington. They hold legal clinics, biking workshops and events throughout the year.
thestreettrust.org 503-226-0676

Community Cycling Center
The CCC broadens access to bicycling and its benefits through their hands-on programs, volunteer projects and neighborhood bike shop. They believe bicycles are a tool for empowerment and a vehicle for change.
communitycyclingcenter.org Office: 503-288-8864
Bike Shop: 503-287-8786

City of Portland Bicycle Advisory Committee
A volunteer committee giving guidance to the City on bike policies, projects and programs.
portlandoregon.gov/transportation/37435
**Bikes for Humanity PDX**
A local, public charity project providing affordable refurbished bicycles to riders of all economic backgrounds. Provides professional bike repair curriculum, tools, and shop space to learn and work on refurbishing donated bikes.
b4hpdx.org 503-496-6941

**BikeLoudPDX**
A grassroots activist organization bringing together pro-bike Portlanders for improved bicycling infrastructure campaigns, protests, and more.
bikeloudpx.org 503-912-8894

**BikePortland.org**
A local blog on all things bike — news, community events, safety, stolen bike postings, and forums.
bikeportland.org

**League of American Bicyclists**
A national membership organization devoted to healthy communities and the freedom to ride.
bikeleague.org 202-822-1333

**NW Bicycle Safety Council**
An organization aiming to educate and promote safety and harmony between cyclists and all others who use the roads.
nwbicyclesafetycouncil.org 360-608-3173

**Oregon Bicycle Racing Association (OBRA)**
OBRA offers cyclists the opportunity to test their competitive spirit in five different types of racing: road, track, mountain, time trial and cyclocross.
obra.org 503-278-5550

**Bicycling — Rides and Clinics** *(See page 8 for easy guide) *

**City Portland Active Transportation and Safety Division**
SmartTrips offers guided rides and clinics through the Portland By Cycle program.
portlandoregon.gov/transportation/44099 503-823-CYCL (2925)

**Shift**
A local group organizing bike events to demonstrate that cycling is “fun, liberating, empowering, sustainable and environmentally-friendly.”
shift2bikes.org
NW Trail Alliance
A rider-oriented, volunteer-powered mountain bike organization. Their goal is to promote, protect and enhance mountain biking in Oregon and SW Washington. nw-trail.org

Women on Wheels
Their mission is to empower women to travel by bicycle and other alternative transportation. All inclusive rides, workshops, and social events on biking. meetup.com/womenonwheels/

Sorella Forte
Sorella Forte (Italian for Strong Sister) is open to all women who share a passion for riding their bike. The club supports women who want to race as well as recreational riders looking for people to ride with on a regular basis. sorellaforte.com

Portland Wheelmen Touring Club
PWTC promotes cycling and provides a social organization for all cyclists. Their primary focus is recreational riding, with up to two dozen rides offered weekly. pwtc.com 503-666-5796

Portland Velo Cycling Club
A recreational cycling club dedicated to providing fun, safe and social cycling experiences for Portland-area cyclists. pdxvelo.com

Bicycles and Ideas for Kids’ Empowerment (b.i.k.e.)
Programs that facilitate the development of values and life skills essential for inner-city youth through bicycling, tutoring, year-round mentoring, and leadership training. kidsofbike.blogspot.com; kidsofbike.org 503-484-7838

North Portland BikeWorks
A collectively-run non-profit neighborhood learning center that provides information, resources, and skill-sharing programs to advocate the use of environmentally-sustainable, self-reliant transportation. northportlandbikeworks.com 503-287-1098

The Bike Farm
An all volunteer-run collective dedicated to every aspect of bike education from safe commuting to repair. Open Shop, Noche Bilingue and Women and Trans Nights offered monthly. bikefarm.org
Gracie’s Wrench
A variety of programs ranging from one-on-one services to corporate and business consulting. All classes, tutoring and clinics are based on the philosophy that the best way to learn is to do it yourself, with your own hands on your own bike.
gracieswrench.com 503-839-1880

ORbike
Their mission is simple: to promote bicycling in Oregon. They offer the most comprehensive cycling events calendar in the state, a blog for the local buzz, and a secure online registration system for events.
orbike.com

Bike Gallery
Bike Gallery offers four free basic clinics on a recurring basis at six metro area locations. Choose from Bike Commuting 101, Basic Maintenance, Flat Repair, and Gear Shifting Technique. Go By Bike!
bikegallery.com

REI
Ready to learn more about your bike? REI offers free and fee clinics on maintenance, flat repair and more. Check online to find a store near you and register.
rei.com

River City Bicycles
River City Bicycles offers free group rides and a weekly maintenance clinic. RSVP’s appreciated.
rivercitybicycles.com 503-233-5973

For a list of other bike shops and cooperatives in Portland, check out portlandoregon.gov transportation and search "bicycle shops," or bikeportland.org/resources.
# Bicycle Rides and Clinics at a glance

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*Offers transgender or women-specific classes, events or rides.

# Bicycle Rentals

Find a comprehensive and updated list of shops offering bicycle rentals in Portland.

[PortlandOregon.gov/Transportation/article/71974](http://portlandoregon.gov/transportation/article/71974)
Transit

TriMet
Buses and MAX light rail serving the Portland Metro area. Bike racks are on all buses and MAX lines. Trip planning and real-time arrival information are available by phone, computer or mobile device.

TriMet also offers the LIFT program, a shared-ride, public transportation service for people with disabilities that prevent them from using a bus, MAX train or streetcar.

trimet.org 503-238-RIDE (7433); TTY: 711

Portland Streetcar
The streetcar serves as an inner-city circulator and provides access to many Portland attractions. Streetcar is accessible to everyone; bicycles are allowed in the low-floor sections.

portlandstreetcar.org 503-238-RIDE (7433)

Portland Aerial Tram
The Portland Aerial Tram is a convenient way to travel between OHSU Marquam Hill and the OHSU Center for Health and Healing at South Waterfront. Valet bike parking available at the Go By Bike Bicycle Plaza near the base of the tram.

gobytram.com 503-865-TRAM (8726)

C-TRAN
Buses serving SW Washington and Portland. Bike racks on all buses. TriMet day, month and year passes are valid on C-TRAN and vice versa (see website for more info). C-VAN Paratransit Services available for people with disabilities.

c-trancom 360-695-0123

TriMet Westside Express Service (WES)
A commuter rail line serving Beaverton, Tigard, Tualatin and Wilsonville. WES runs every 30 minutes during the weekday morning and afternoon rush hours. Free 24-hour parking available at four locations. Free onboard Wi-Fi.

trimet.org/wes 503-865-RIDE (7433)

Ride Connection
Ride Connection is a non-profit organization dedicated to providing accessible, transportation options for those in need. Includes transportation training, door-to-door service and shuttles.

rideconnection.org 503-226-0700; TTY: 503-528-1730

Mobility Devices and Accessibility

City of Portland Disability Program
Aims to connect, support and encourage collaborative civic engagement between people of the disability community, neighborhoods and city government.

portlandoregon.gov/oni/28994 503-823-4519
TTY/TDD: 503-823-6868
City of Portland Commission on Disability
The Portland Commission on Disability’s mission is to guide the City in ensuring it is a more universally accessible city for all.
portlandoregon.gov/oehr/62222 503-823-4432

City of Portland Disability Resources
A fast-access directory for information on Audible Pedestrian Signals, the Curb Ramp Request Program, Disabled Parking Permits and more.
portlandoregon.gov/oni/42177

Disability.gov
Find state or nationwide information on accessible transportation and paratransit services.
disability.gov

TriMet’s LIFT Paratransit Service
A shared-ride public transportation service for people who are unable to use buses or MAX due to a disability or disabling health issue. Registration required.
trimet.org/lift 503-962-8000, Option 2
TTY: 711

Ride Connection
A non-profit organization providing accessible, responsive transportation for community needs. Includes transportation training, door-to-door service and shuttles.
rideconnection.org 503-226-0700
TTY: 503-528-1730

TriMet’s Committee on Accessible Transportation
A committee giving guidance to TriMet’s Board of Directors and staff on plans, policies, and programs for seniors and people with disabilities.
trimet.org/cat 503-962-8200, Option 4
TTY: 711

TripCheck
Find connections to shuttle, bus/taxi, Dial-A-Ride services and more. Special accommodations available for wheelchair users, service animals, etc.
tripcheck.com

Adaptive and Inclusive Recreation (AIR)
Community-based recreation activities and leisure services specially designed for children, teens and adults who have a disability and/or special needs.
portlandoregon.gov/parks/39830 503-823-4333

Access Recreation
A Portland-based ad hoc committee working to develop guidelines for accessibility information provided about hiking trails and outdoor recreational facilities in Oregon and SW Washington.
accessrecreation.org
Motorcycles and Motor Scooters
City of Portland Active Transportation and Safety Division
Resources for riding and parking a motorcycle or motor scooter in Portland.
portlandoregon.gov/transportation/article/40219

Skates and Skateboards
City of Portland
Safety information, laws, clubs and downtown routes.
portlandoregon.gov/transportation/article/594869

Portland Parks and Recreation’s Skateboard Program
Parks and Recreation offers camps and lessons and maintains Portland’s five skateparks.
portlandoregon.gov/parks/50045

Skate Like a Girl PDX
A local non-profit empowering women and girls through skateboarding and creating an inclusive skateboarding community. Offers school-based programs, monthly clinics and more.
skatelikeagirlpdx.com

Taxis and Pedicabs
City of Portland
A list of permitted taxi, pedicab, limousine, shuttle, and tour companies serving Portland.
portlandoregon.gov/transportation/article/585436

Bike Sharing
BIKETOWN
Designed for quick trips with convenience in mind, rent one of 1,000 available bikes across downtown Portland and nearby neighborhoods. Single tickets, day passes, and annual memberships available to meet your needs.
biketownpdx.com 866-512-2453

Ride Sharing
DriveLess. Connect.
Oregon’s secure, easy-to-use online ride-matching tool that connects you with people going your way for work or play.
drivelessconnect.com 503-200-3280
Craigslist Rideshare Board
Find fellow travelers to share rides with.
portland.craigslist.org/rid/

Car Sharing

car2go
Skip the hassles of car ownership or conventional car rental. Pick up a car spontaneously or by reservation, then drop it off in a different location.
car2go.com

Getaround
Choose from cars shared by people in your neighborhood or earn money renting your car. Full insurance is included. Convenient hourly and daily rentals.
getaround.com 866-438-2768

Zipcar
A member-based car sharing service with vehicles available by the hour or day. Gas and insurance are included and hundreds of vehicles are available to choose from. Memberships can start as low as $7/month.
zipcar.com 866-4ZIPCAR (494-7227)

Getting Out of Portland

Amtrak
Hop on the train and travel in style to anywhere in the USA. Reserve a spot for your bike or box it and check it as luggage. Amtrak Cascades is their Pacific Northwest line and offers destinations from Eugene to Vancouver, B.C.
amtrak.com; amtrakcascades.com 800-USA-RAIL (872-7245)

Bolt Bus
A low-cost express bus service operated by Greyhound between select cities. Comfortable seats, extra legroom, free Wi-Fi and power outlets. Wheelchair accessible.
boltbus.com 877-BOLT-BUS (265-8287)

Greyhound Bus Lines
Greyhound is the largest provider of intercity bus transportation, serving more than 3,800 destinations with 13,000 daily departures across North America. Free Wi-Fi.
greyhound.com 800-231-2222
TTY/TDD: 800-345-3109
Central Oregon Breeze
A daily bus service operating between Central Oregon and Portland since 1991. Room for luggage, skis or bicycles when properly packed.
cobreeze.com 541-389-7469

Columbia County (CC) Rider
Catch rides from Columbia County, including destinations like St. Helens, Scappoose, Rainier, Portland, and Longview, WA.
columbiacountyrider.com 503-366-0159

Oregon POINT (Public Oregon Intercity Transit)
Provides Oregonians with reliable, 365-day public transit options for intercity travel between urban and rural communities. Includes service to Eugene and Astoria. A service of regional transit companies and ODOT. Free Wi-Fi and space for up to three bicycles.
Oregon-point.com 541-484-4100

Tillamook County’s “The Wave”
Daily bus service between Tillamook and metro Portland with other destinations as far north as Cannon Beach. All vehicles equipped with a ramp or lift and two front bicycle racks.
tillamookbus.com 503-815-TCTD (8283)

DriveLess. Connect.
Oregon’s secure, easy-to-use online ride-matching tool that matches you with people going your way for work or play.
drivelessconnect.com 503-200-3280

City of Portland Portland Region Bicycle Touring/ Recreation Maps
Grab your region by the handlebars! Maps helping you find the roads most suitable for your riding preferences, all the way to the coast.
portlandoregon.gov/transportation/36638

Cycle Wild
Their mission: To reconnect people with nature via the bicycle. Cycle Wild offers free and fee camping trips into nature, at a slower pace. They also offer hands-on classes covering basic camping, navigation, route finding and more.
cyclewild.org

TripCheck
View road conditions within Oregon and its surrounding states before starting your trip. Also has applications for mobile devices.
tripcheck.com
General Transportation Resources

City of Portland Active Transportation and Safety Division
The Active Transportation and Safety Division works to increase trips Portlanders take by walking, rolling and bicycling for their daily transportation needs and works to create safe conditions for all users.

portlandoregon.gov/transportation 503-823-5490

Portland Bureau of Transportation
A community partner in shaping a livable city, planning, building, managing and maintaining an effective and safe transportation system that provides people and businesses access and mobility. The Bureau keeps Portland moving.

portlandoregon.gov/transportation 503-823-5185

Portland State University (PSU) Traffic and Transportation Class
Over 1,000 Portlanders have taken this free class at Portland State University and learned about traffic and transportation services, agencies, and issues. For new and seasoned advocates.

portlandoregon.gov/transportation/35727 503-823-4863

Google Maps
Locate efficient and safe routes or directions for walking and biking trips. Transit stops are marked and include next arrival times and stop IDs.

maps.google.com

Portland Transport
An online conversation about access and mobility in the Portland/Vancouver region.

portlandtransport.com
IMPORTANT CITY OF PORTLAND NUMBERS
Sidewalk, Curb Ramps, Street Maintenance, and Traffic Safety

24/7 Street Maintenance and Repair 503-823-1700
Report a Traffic Safety Issue 503-823-SAFE (7233)
Parking Enforcement 503-823-5195, Option 2
Report a Pothole 503-823-1700
Report a Sidewalk Maintenance Repair Issue 503-823-1711
ADA Curb Ramp Requests 503-823-5185
Issues with Sign and Intersection Visibility Due to Vegetation 503-823-5211
General City of Portland Information 503-823-4000
Para información sobre transporte en español 503-823-7699