



PORTLAND  
**WALKING**  
GUIDE



**Helpful resources** for  
getting around Portland  
**on foot**

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# THE BENEFITS OF WALKING

## Health, Community and Environment

### For Your Health

Walking, a FREE form of exercise, needs no extra equipment, can be done anywhere, and provides an amazing amount of health benefits!

Walking is one of the cheapest ways to help you stay strong and fit. What a great way to increase bone density, improve joint health, and increase muscle strength!

Not only can your physical health improve, but walking can also increase your energy level, your ability to cope with stress, depression and anxiety, AND increase your brain power. Going for a walk? What a smart idea!

### For Your Community

Walking is a great way to connect with neighbors and get to know your neighborhood. Discover beautiful gardens, pocket parks, local shops and interesting architecture.

A neighborhood where people walk is a place where people are watching out for each other.

### For the Environment

Walking is great for the environment, too!

If the average American walked to work or to shop **just once** every two weeks instead of driving, close to 1 billion gallons of gasoline pollutants would be prevented from entering the atmosphere every year.

— [COMMUTERCHOICE.HARVARD.EDU](http://COMMUTERCHOICE.HARVARD.EDU)

If we all swapped one car journey a week for walking instead, car traffic levels would reduce by **at least 10%**.

— [SUSTRANS 2009](#)

**No matter how we get around, we are all pedestrians at one time or another every day.**

# PEDESTRIAN TIPS

## Have Fun, Be Safe

### Where to Fit Walking into Your Life

The easiest way to get started is to walk somewhere you were headed anyway.

**TO WORK:** Try walking to or from work. Ride public transit and get off a few stops early, or park farther away and walk the last 10-15 minutes.

**AT WORK:** Have “walking meetings” with co-workers. Have an office on the 6th floor? Take the stairs.

**TO SCHOOL:** Start by walking once a week or a few times a month, then add more days as the going gets easier. Get together with other families and split leader responsibilities between parents.

**WALKING ERRANDS:** Most of our destinations are under two miles. That’s 40 minutes or less on foot (around a 20-minute mile). Get both your daily recommended exercise AND the errands done in one trip!

**MORE THAN ONE = FUN:** Ask family members, neighbors or friends to join you. It’s fun to walk with someone and share both the experience and benefits.

### Know your Number

Clipped on a belt or waistband, pedometers track the number of steps taken. By counting your daily steps, you can set goals, monitor progress and stay motivated.



A good goal to work towards for improving health is 10,000 steps per day, which is about five miles. Start out slowly, and **watch your steps increase weekly.**



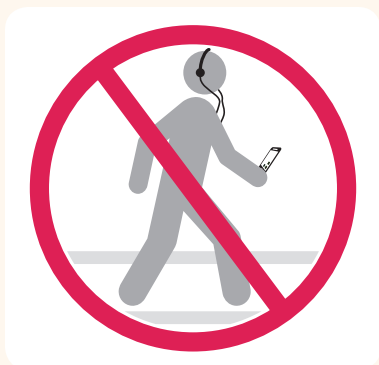
## I'm Walking Here! Tips for your Stroll

### *Before You Start*

**Make yourself visible** – Wear bright or light-colored clothes.

**Minimize distractions** – Put away your cell phone and ear buds.

**Be alert** – Alcohol and other drugs impair judgment, so be extra cautious if you've been partaking.



Minimize distractions to maximize safety

### *When Crossing*

**Connect** – Make eye contact with drivers.

**Look** – Don't cross until cars have stopped.

**Cross with caution** – Make sure cars in all lanes have stopped.

**Travel against traffic** – That is the safest way to walk when sidewalks aren't available. Beware of corners with little to no visibility.

### *Multi-Use Paths: Sharing the Space*

**Stay to the right** so other users at faster speeds can pass safely on your left.

**Walk only two abreast** when traveling in a group so other users have room to pass.

**Listen up** for bike bells or an "on your left" call. This can mean someone is passing or needs more room to do so. Pay attention so you can help others move smoothly.

**Turn down the volume** in your earbuds. Stay aware of other users and vehicles around you.

**Obey all trail and road signs**, and use care where city streets intersect with paths.

**You have the right of way.** As the slowest traveler on the path, runners and cyclists should yield to you.

### *Petiquette*

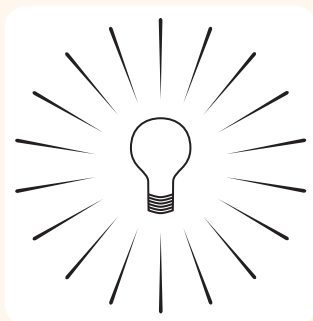
Responsible pet ownership helps keep our city clean, green and safe.

**Leash Your Dog** – Multnomah County Code requires dogs to be leashed unless in designated off-leash areas. (MCC 13.305)

**Scoop the Poop** – You run the risk of up to \$150 in fines for not picking up pet waste! (MCC 13.303)

### **Let Your Light Shine: Increase Your Visibility**

- Wear clothing or backpacks with reflective striping on them.  
Tip: Check a fabric store to see if they have safety fabrics you can stick or sew on yourself.
- Attach flashing lights to zippers or pockets.
- Carry a small flashlight with you for visibility and to illuminate your path on darker streets.
- Attach reflective tape, stickers or a flashing light to a pet's leash or collar.
- When buying an umbrella or other rain gear, consider a lighter color like white or bright yellow to be more visible to road users.



### **DID YOU KNOW?**

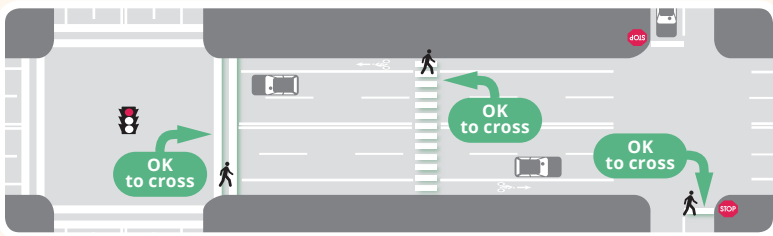
Portland was the second city in the US to organize pedestrian advocacy with the founding of the Willamette Pedestrian Coalition (now Oregon Walks) in 1991.

# GET TO KNOW YOUR STREETS

## Crosswalks, Signals and Infrastructure

### Types of Legal Crosswalks

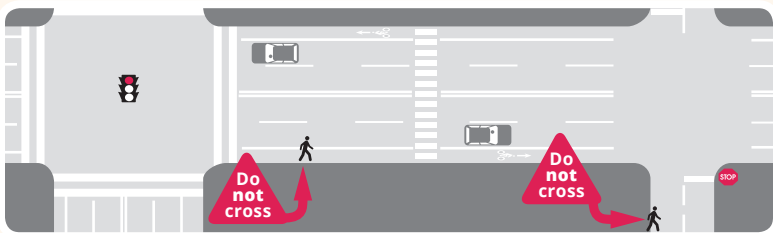
- A crosswalk exists at any public street intersection, including “T” intersections, whether marked with paint or unmarked. (ORS 801.220)
- Crosswalks also exist between intersections (mid-block), but only if they are marked with white lines.
- Pedestrians are only allowed to cross mid-block at an unmarked crossing if they are more than 150 feet from a marked or unmarked crosswalk. (Portland City Code 16.70.210)



Marked Crosswalks

Midblock crosswalk

Unmarked crosswalk



Along with stopping for pedestrians at all legal crosswalks, motorists and cyclists also must:

- Stop and remain stopped for students as directed by a crossing guard. (ORS 811.124)
- Stop and remain stopped for a blind pedestrian using a white cane or guide dog until the pedestrian is **completely across** the roadway. (ORS 811.035)

## Pedestrian Responsibilities

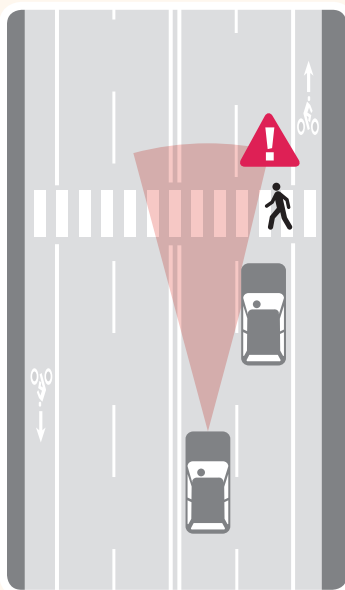
Oregon laws provide protection and opportunity to cross the street safely. At the same time, pedestrians are responsible for acting in a safe manner and crossing legally.

- Before crossing, pedestrians must show intent to cross by extending any part of their body, wheelchair, cane, crutch or bicycle into the roadway. (ORS 811.028)
- Pedestrians need to allow drivers enough time and distance to stop before crossing. (ORS 811.005)

## Stay Alert at Two-Lane Crossings

Cross with caution on streets with two or more lanes of vehicles traveling in the same direction. If one vehicle stops for a pedestrian and another vehicle overtakes it on either side, the **pedestrian may not be visible** and can be hit.

In this situation, you may be blocked from the view of other approaching motorists by a stopped vehicle. Before entering the next lane of traffic, **STOP and look** to make sure all approaching vehicles have stopped for you **before crossing the next lane**.



### DID YOU KNOW?

In Portland over 32% of trips to school are on foot, compared to 11% nationally.

- Portland Safe Routes to School, 2013 data



## Know Your Signals



**LOOK!** Have cars stopped? Then go. Watch for turning and oncoming cars.



**DON'T START CROSSING!** Finish crossing if already in the crosswalk when the signal begins flashing. Countdown signals let pedestrians know how many seconds remain to cross.



**STOP! DON'T LEAVE THE CURB.** A new WALK signal will appear very shortly.

## Rapid Flash Beacons

Rapid Flash Beacons are installed at specific crossings to alert drivers to the presence of pedestrians. When pedestrians activate the push button system, yellow LED lights flash to let drivers know the crosswalk is in use.

After pressing the button, make sure vehicles have stopped before crossing the street.



## Say Hello to Neighborhood Greenways!

Neighborhood Greenways are residential streets with low speeds and low volumes of auto traffic where people walking and biking are given priority. The many new and existing Neighborhood Greenways are designed to make your walk or bike ride safer and more enjoyable.

## What to Expect on a Neighborhood Greenway

- Pavement markings, or “sharrows,” alert drivers to expect people biking.
- Improved crossings and curb ramps make pedestrian mobility safer and more enjoyable.
- Speed bumps to help slow auto traffic.
- Traffic diverters to keep cars trying to avoid busy main streets from cutting through on neighborhood streets.



Find more information and maps of current Neighborhood Greenway projects at [portlandoregon.gov/transportation/at](https://portlandoregon.gov/transportation/at).

### TAKE THE PORTLAND HIGH CRASH CORRIDOR PEDESTRIAN SAFETY QUIZ

Test your **pedestrian safety awareness** and know-how at [LookBeforeCrossing.org](https://LookBeforeCrossing.org).

Individuals with a Portland address have a chance to receive a FREE reflective tote bag.

# ACCESSIBLE PORTLAND

## Resources and Connections

### *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](http://portlandoregon.gov/oni), (select "ONI Programs");  
503-823-9970 | TTY: 503-823-6868**

### *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](http://portlandoregon.gov/oehr);  
503-823-4432**

### *Park Accessibility*

Search accessibility features of all Portland's parks, including paved and unpaved paths, distance to amenities, restroom facilities and more.

**[portlandoregon.gov/parks/finder](http://portlandoregon.gov/parks/finder);  
503-823-PLAY (7529) | V/TDD: 503-823-2223**

### *Ride Connection*

A non-profit, community service organization providing accessible, responsive transportation for people in need. Includes transportation training, door-to-door service and shuttles.

**[rideconnection.org](http://rideconnection.org);  
503-226-0700**

### *TriMet Accessibility Features*

TriMet, WES and Portland Streetcar stations, stops and vehicles have many accessibility features. Find information on travel training, reduced fares and other available services.

**[trimet.org/access](http://trimet.org/access);  
503-962-2455 | TTY: 7-1-1**

### *Access Recreation*

A Portland-based ad hoc committee working to develop guidelines about trails and outdoor recreational facilities in Oregon and SW Washington. Find trail assessments to determine which trails are right for you.

**[accessrecreation.org](http://accessrecreation.org)**

# POWER TO THE PEDESTRIAN

## Advocacy Groups and Resources

### *Oregon Walks*

A non-profit advocacy organization dedicated to promoting walking and making conditions for walking safe, convenient, and attractive for everyone.

**[oregonwalks.org](http://oregonwalks.org)**

### *Portland Pedestrian Advisory Committee (PAC)*

A forum for residents to be involved in establishing goals and policies for pedestrians in the city. Includes walking and mobility advocates, neighborhood activists, environmental design professionals and residents-at-large.

**[portlandoregon.gov/transportation](http://portlandoregon.gov/transportation) (search "PAC");**  
**503-823-5185**

### *PSU Traffic and Transportation Course*

Over 1,000 Portland residents have taken this 10-week class at Portland State University to learn how to negotiate traffic and transportation agencies and issues. Designed for the new or experienced neighborhood activist who wants to make a difference.

**[portlandoregon.gov/transportation](http://portlandoregon.gov/transportation) (search "PSU")**

### *Safe Routes to School*

Resources for schools, parents, caregivers and volunteers that support and encourage students to safely walk and roll to school. Consultations, trainings and materials are available along with assistance to organize Safe Routes activities.

**[saferoutesportland.org](http://saferoutesportland.org)**

### *Portland Commission on Disability*

See page 11 under "Accessible Portland".

### *City of Portland Disability Program*

See page 11 under "Accessible Portland".



### *Active Right Of Way (AROW)*

A community of advocates, activists and professionals dedicated to safe, equitable and responsible use of the public right of way in Portland.

**[activerightofway.org](http://activerightofway.org)**

### *America Walks*

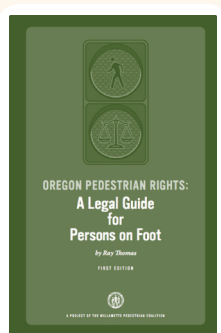
A national coalition of local advocacy groups dedicated to promoting walkable communities.

**[americawalks.org](http://americawalks.org)**

### *Oregon Pedestrian Legal Guide*

"A Legal Guide for Persons on Foot," written by local lawyer Ray Thomas. An essential resource for knowing your rights and responsibilities as a pedestrian.

**[stc-law.com/bikepower.html](http://stc-law.com/bikepower.html)**



### *Steps to a Walkable Community*

A web resource featuring tactics and case studies to help put innovative, pro-walking information in the hands of residents, planners and engineers.

**[walksteps.org](http://walksteps.org)**

### *Trailkeepers of Oregon*

A non-profit organization with a mission to inspire action to protect and enhance the Oregon hiking experience through advocacy, stewardship, outreach and education.

**[trailkeepersoforegon.org](http://trailkeepersoforegon.org)**



# EXTEND YOUR TRIP


## Go Further with TriMet

Connect the dots to your destination on TriMet, Portland's public transit system. Assistance and trip planning are available by phone, on the web, and with Smartphones. Choose which works best for you:




**503-238-RIDE (7433)**  

Get arrival times and service alerts 24 hours a day by phone, or call during business hours for live trip-planning assistance and customer service. (7:30 am - 5:30 pm, M-F)

**Text 27299**  

Receive next arrival times for buses and trains on your phone when you text your Stop ID to this number.

**trimet.org**  

Complete transit service information is available online, including trip planning, an interactive service map, transit tracker arrival information, schedules and more.

**rtp.trimet.org**  

Combine transit and walking routes in one itinerary with TriMet's Regional Trip Planner.

**m.trimet.org** 

A mobile-friendly website, optimized for smartphones.

**trimet.org/apps**  

There are more than 30 free applications to choose from to assist you with all your TriMet trip planning needs.

**TriMet Accessibility Features**   

TriMet, WES and Portland Streetcar stations, stops and vehicles have many accessibility features. Information on travel training, reduced fares and other available services.

**trimet.org/access**

**503-962-2455 | TTY: 7-1-1**

# EXPLORING PORTLAND

## Maps and Guides

### *Portland Bureau of Transportation*

Free online neighborhood walking maps, pedestrian information, links to walking programs and more.

**[portlandoregon.gov/transportation/at](http://portlandoregon.gov/transportation/at)**

### *Metro's Walk There! – 50 Treks Around the Region*

Discover the region's natural areas, scenic parks, historic neighborhoods and quaint main streets. Find free downloadable PDFs of walking routes.

**[oregonmetro.gov](http://oregonmetro.gov) (under "Tools + Services," then "Getting Around")**

### *Forest Park Conservancy*

Information and maps for exploring Forest Park's 80-mile trail network.

**[forestparkconservancy.org/forest-park](http://forestparkconservancy.org/forest-park)**

### *Google Maps*

Locate efficient and safe routes or directions for pedestrians. Transit stops are marked and include next arrival times and stop IDs.

**[maps.google.com](http://maps.google.com)**

### *The Intertwine*

Discover nature nearby with The Intertwine map, which features every park, trail and natural area in the Portland-Vancouver region. Includes accessibility options.

**[theintertwine.org](http://theintertwine.org) (select "Explore Parks & Trails")**

### *Map Quest*

Directions and maps are available with suggestions for pedestrian routes. Also includes walkability ratings and map building features.

**[mapquest.com](http://mapquest.com)**

### *Walk Score*

See the most and least walkable areas in your neighborhood and city, map your commute or find nearby shops and restaurants.

**[walkscore.com](http://walkscore.com)**

# ORGANIZED WALKS

## Let Someone Else Plan for You

### *Portland Bureau of Transportation*

Ten Toe Express Walks offers free guided seasonal walks showcasing Portland's great neighborhoods.

**[portlandoregon.gov/transportation/at](http://portlandoregon.gov/transportation/at) (search "Ten Toe");  
503-823-5185**

### *Portland Parks and Recreation*

A progressive senior hiking program. Choose between four hiking groups depending on your level and comfort. Fees apply.

**[portlandoregon.gov/parks](http://portlandoregon.gov/parks), search "senior recreation";  
503-823-4328**

### *American Volkssport Association*

A nationwide grassroots network of about 300 active Volkssporting clubs. Site includes a list of organized walks by local Rose City Roamers, Cedar Milers, Columbia River Volkssport Club and more.

**[ava.org](http://ava.org)**

### *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](http://croc.org)**

### *Columbia River Volkssport Club*

An Oregon State walking club hosting Volkssport events throughout the year. Site includes links to self-guided and hosted walks.

**[walking4fun.org](http://walking4fun.org)**

### *Forest Park Discovery Hikes*

Led by knowledgeable staff and local experts, Forest Park Discovery Hikes are a great way to learn more about Forest Park. Covering a wide variety of topics and terrain for all ages.

**[forestparkconservancy.org](http://forestparkconservancy.org);**

**503-223-5449**

### *Legacy Health Systems: Senior Neighborhood Nature Walks*

Walks held monthly on Tuesday mornings except in December.

Includes a tour of the lovely Stenzel Healing Garden at Legacy Good Samaritan Hospital. Free.

**Contact Teresa Hazen at 503-413-6507;**

**[thazen@lhs.org](mailto:thazen@lhs.org)**



### *Mazamas*

A non-profit mountaineering education organization. Mazamas offers over 800 hikes and 450 climbs annually. A variety of classes and activities, including Street Rambles, are offered for every skill and fitness level. Open to both members and non-members.

**mazamas.org;**

**503-227-2345**

### *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**

### *Rose Center Walks*

A walking program designed with seniors in mind. Generally runs from spring through fall. Call for information. Small fee.

**Contact David Evans at 503-239-1221**

### *Rose City Roamers*

An award-winning Volkswalking club and non-profit organization organizing quality non-competitive walking activities.

**rosecityroamers.org**

### *SW Trails PDX*

A community group supporting walking and biking in southwest Portland. Leads walks once a month throughout southwest neighborhoods.

**swtrails.org**

### *Trails Club of Oregon*

An enthusiastic group dedicated to enjoying and preserving the great outdoors. Sponsors year round hiking and other recreational activities for varying abilities.

**trailsclub.org**

### *Wonders of Walking Walk Club*

Offering a range of walking events, for walkers by walkers. Improve your fitness and have fun on these weekly group walks and explorations. Fee to join.

**wondersofwalking.com;**

**503-282-1677**

# WALKING WEBSITES

## Get Online to Get Outdoors

### [drivelessconnect.com](http://drivelessconnect.com)

Log your walking commute trips to calculate your savings, and earn rewards with Oregon's easy-to-use ride-matching tool. They match you with people going your way for work or play.

### [everybodywalk.org](http://everybodywalk.org)

An online educational campaign aimed at getting Americans up and moving. Provides news and resources on walking, health information, walking maps, how to find walking groups and a place to share walking experiences.

### [mapmywalk.com](http://mapmywalk.com)

Map your own routes, view distance and elevation information, and share with friends. Find runs and walks posted by other users and create your own training plans.

### [walkjogrun.net](http://walkjogrun.net)

A free and easy way to create walking routes or choose from others. Calculate distance and pace, track calories and log your walks with a free training diary.

### [walkoregon.org](http://walkoregon.org)

A non-profit organization dedicated to the coordination of many local Oregon walking clubs, including Volkswalks and Volkssports events. Lists hosted and self-guided walk opportunities.

### [walkers.meetup.com](http://walkers.meetup.com)

Meet other local people interested in walking for fitness. Enter your zip code and find groups in Portland or other cities.



# CITY OF PORTLAND

## Maintenance and Safety Numbers

### GENERAL TRAFFIC SAFETY CONCERNS

#### **Transportation Safety and Neighborhood Livability Line:**


503-823-SAFE (7233); safe@portlandoregon.gov

### SIDEWALK REPAIR OR OBSTRUCTIONS

#### **Report needed sidewalk repair:** 503-823-1711;

sidewalkrepair@portlandoregon.gov

#### **Vehicles illegally blocking sidewalk or crosswalk:**

503-823-5195, Option 2. After hours, call the Police  n-emergency line: 503-823-3333.

#### **Un-permitted structures or obstructions in public right of way:**

503-823-7002, Option 4

#### **A-Board/Sandwich signs, other private signage or overgrown vegetation blocking sidewalk:** 503-823-CODE (2633)

### ADA REQUESTS

#### **ADA Curb Ramp Requests:** 503-823-5185

### STREET MAINTENANCE

#### **Clogged drains, traffic signal outage or other street maintenance issues:** 503-823-1700

#### **Report a street lighting outage:** 503-823-LAMP (5267)

### YARD SIGN LENDER PROGRAM

#### **Borrow portable yard signs saying "Slow Down! Set the Pace" and other transportation safety messages:** 503-823-7100

### DID YOU KNOW?

Portland has 165 public staircases with about 9,000 public steps.

- *Portland's Little Red Book of Stairs* by Stefan Young

FOR MORE INFORMATION on walking,  
visit our Active Transportation and Safety website:  
[portlandoregon.gov/transportation/at](https://portlandoregon.gov/transportation/at)



**PBOT**  
PORTLAND BUREAU OF TRANSPORTATION

Portland Bureau of Transportation  
Active Transportation and Safety Division  
1120 SW 5th Avenue, Suite 800  
Portland, OR 97204

The City of Portland complies with all non-discrimination laws including Title VI (Civil Rights) and Title II (ADA). To request a translation, accommodation or additional information, please call 503-823-5185 or use City TTY 503-823-6868, or Oregon Relay Service: 711.

MADE POSSIBLE WITH SUPPORT FROM METRO  
AND THE FEDERAL TRANSIT ADMINISTRATION



**Metro**

**Drive less.  
Save more.**