



AllWays Traveller

Portland and Oregon, USA

[www.allwaystraveller.com](http://www.allwaystraveller.com)

## Wild, adventurous and so ruggedly beautiful

Oregon is a state in the Pacific Northwest region of the United States that was inhabited by many indigenous tribes before the arrival of traders, explorers and settlers.

The state enjoys a dramatic landscape with a rugged seacoast with miles beaches and fine whale watching and the high mountain passes of the Oregon Cascades.

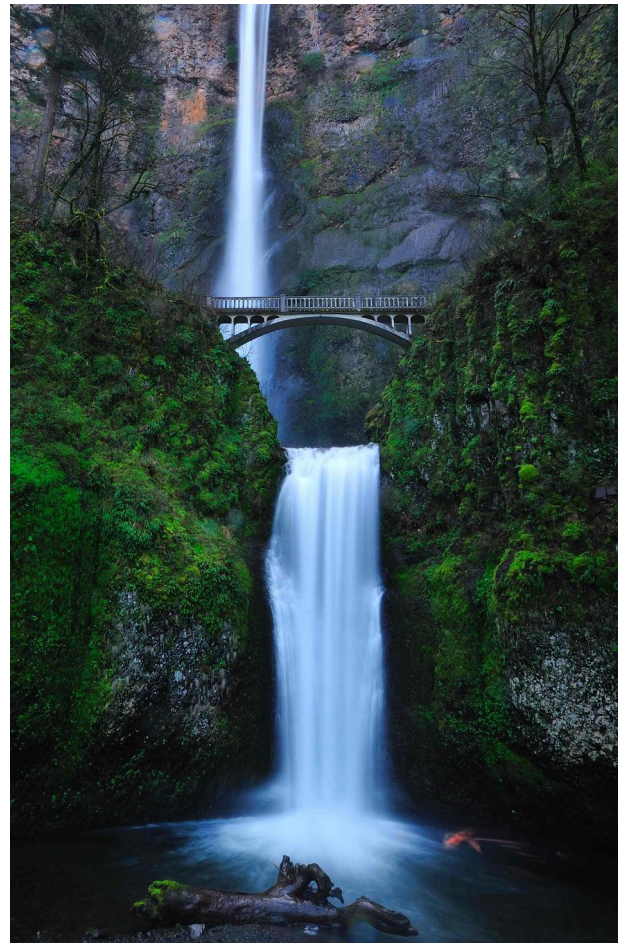
A tour the historic Columbia River Highway takes one through the vistas and waterfalls of the Columbia River Gorge.

Oregon's wilderness areas, national forests and Crater Lake, Oregon's national park, are all favorite recreation destinations.

The climate is generally mild, but periods of extreme hot and cold can affect parts of the state.

### Ashley Gibbins

The International Travel Writers Alliance  
[www.itwalliance.com](http://www.itwalliance.com)



Multnomah Falls by Choi Hyoseong

### A world 'green' city

Portland, the states major city and leading international hub, is a vibrant city with a fine arts and entertainment pedigree that is also known as one of the world's environmentally friendly 'green' cities.

Salem is the state capital.



## A personal view

# Portland and Oregon - the beautiful Pacific Northwest

by Carolan Nathan



Larry Geddis

### **Oregon reminds me, in so many ways, of Warwickshire in England where I grew up.**

The greenery, the forests, the undulating hills and valleys spread an aura of tranquillity and even the cities measure themselves on the Green scale.

Staying in Portland, the principal city of Oregon was a pleasure and surprise!

Being so used to the clatter of main cities in the world and the penny pinching of public services that goes on, it was an amazing experience to be able to travel free on the streetcars, trolleys, light rail trains and buses.

However, this is definitely a walk-about city, so much to look at, so many areas to explore with restaurants galore offering every type of cuisine, and hotels priced to suit every pocket.

### **The street scene is entrancing**



You can wander through neighbourhoods representing different cultures and enjoy art, parks, markets, galleries and shops.

## The facts

### **When to go**

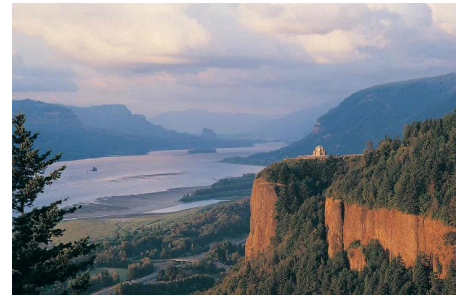


Larry Geddis

The weather in Portland and Oregon can be windy and rainy as happens in most Pacific Northwest States averaging between 39 F in January to 76 F in July.

But wrapping up warmly is a great way to counteract the cold and when one is enjoying the local scenery, it really is of little consequence.

After all to visit a city leading the way in sustainable living, who can ask for more!



### **Getting to Portland**

Flights are available from all parts of the USA and Canada with Portland International Airport the hub.

Portland is served served by major motorways and Amtrak trains



Peter Marbach

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## Exploring Portland's neighbourhoods

### The Pearl District



The Pearl District I found by chance.

Early one morning, I left my hotel to visit Chinatown and whilst travelling on the tram, I noticed many wonderful little artsy stores and cafes.

So I hopped off and went window shopping, stopping for coffee au lait and delicious rosemary bread toast at Isabel Pearl on NW 10<sup>th</sup> Avenue where the informative young waitress, Sarah, told me about the incredible butter they use that is only made about two months of the year when the special grass fed to the dairy cows is available.

The Pearl District is also home to perhaps the largest privately owned bookshop in the USA.

Powells is the name and I spent hours wandering through the many parts of this incredible store with its offerings of books of every genre and age.

I returned later in the day and had a delicious grilled cheese sandwich and coffee in their cafe. Just to let you know, every Portland café serves strong, fragrant coffee.

I continued walking to Chinatown that was rather sleepy at that time of day but would come alive later in the afternoon and evening in this bustling metropolis.

### The Classical Chinese Garden



The Classical Chinese Garden is a must for those who love ponds and bridges, serpentine walkways, an incredible Chinese teahouse and lattice screened pavilions.

### Where To Stay

I really needed to rest my weary bones after trundling around the city for the day and was pleased to return to my Hotel de Luxe situated on SW15<sup>th</sup> Avenue with magnificent city views.



This elegant and yet warmly welcoming hotel was formerly the Mallory and many old customers still visit to enjoy the rooms and the cuisine.

I loved the hotel's art deco feel and the many fine prints of famous 40's film stars and directors that cover the walls on every floor.

[www.hoteldeluxeportland.com](http://www.hoteldeluxeportland.com)

### Surrounding Places of Interest

**There are many wonderful places to visit in Oregon.**



### The Columbia River Gorge

The Columbia River Gorge National Scenic Area about 14 miles just outside Portland offers thousands of acres of incredible scenery and outdoor recreation options.

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## The Alberta District



The Alberta Arts District is definitely a multicultural hot spot. One of Portland's oldest neighbourhoods, it has become the home to many trendy boutiques, fine restaurants and grassroots art studios.

Do stop at Alberta's Cork wine shop for hand-selected wines, gourmet foods and artisan chocolate bars.

You can wander down to the Cultural District and visit some of Portland's parks and cultural institutions; the Portland Art Museum displaying Asian, Native American and European and American art; the Oregon Historical Society and enjoy the dramas or light-hearted offerings at the Centre for the Performing Arts.

### Nob Hill

Nob Hill in Northwest Portland is another interesting area of the city.

Home to a dynamic blend of young and old alike, here you can find boutiques and upscale bistros, and a few national retailers if that is your bailiwick!

## The Wineries of Orego

Yes, Oregon is known for its wine and I was fortunate to visit the Montinore Estate where the owner and winemaker made me very welcome.

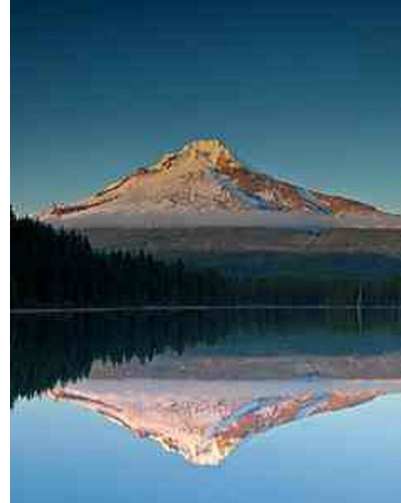
We sampled some of his wines and enjoyed nibbles of home made cheeses that he makes only for himself and family.

Of Italian heritage, Rudy Marchesi took over the estate in 2006 although he had been President of the former estate since 1992.

He is a purist and only grapes grown on his own estate are used. Rudy affirmed *the healthier the vine, the better the wine*, and grows organically on his farm.

The Oregon region is the best region in the world for growing Pinot Noir grapes and the majority of his estate is given over to this.

## Mount Hood



Mount Hood rears its impressive peak just 60 miles southeast of the Capital in the Cascade Range, a great place to ski.

The Oregon rugged coastline is a photographer's dream and there are many lovely beaches to explore.

### Depoe Bay

Whale watching at Depoe Bay, the sand dunes and Sea Lion Caves in Florence and the Tillamook Cheese Factory.

### Crater Lake

Crater Lake is Oregon's most famous natural wonder USA and seventh deepest in the world.



More information :

[www.traveloregon.com](http://www.traveloregon.com) and  
[www.travelportland.com](http://www.travelportland.com)

## The International Travel Writers Alliance



### AllWays

AllWays is the consumer travel service from the International Travel Writers Alliance.



### The International Travel Writers Alliance

The International Travel Writers Alliance represents travel writers, editors, broadcasters and photographers worldwide

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## Carolyn Nathan



Born and raised in England, Carolyn has travelled extensively throughout Europe, South America and the UK since 1985 as a freelance international food, wine and travel writer and radio personality.

One of her great loves is the beauty of nature, lakes and rivers, forests and farmlands.

Her studies and writings include Egyptology; Italian wine estates and medieval palaces restored into fabulous hotels, and the culture, food and wines of these areas.