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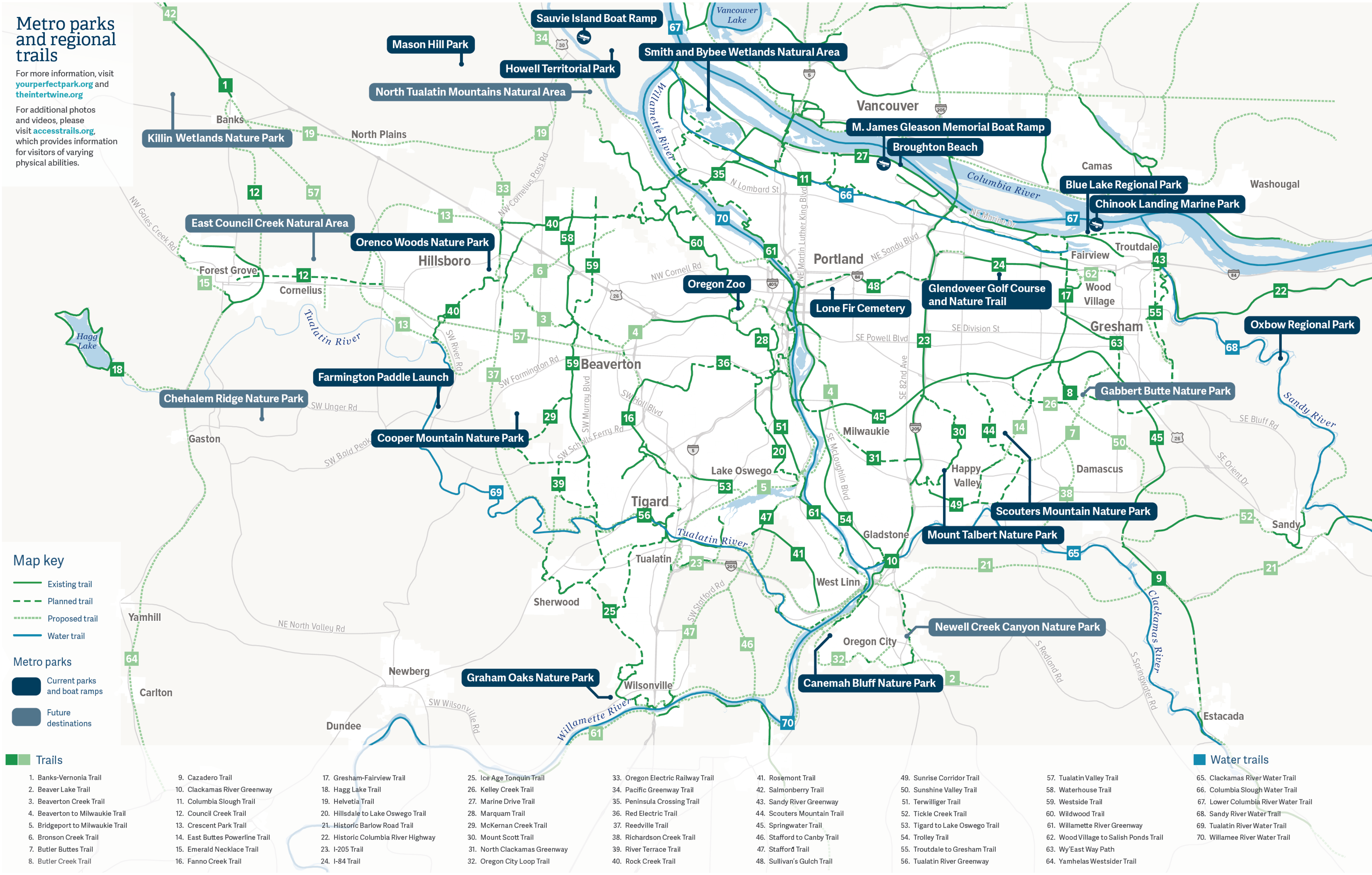
# Metro parks and regional trails

For more information, visit [yourperfectpark.org](http://yourperfectpark.org) and [theintertwine.org](http://theintertwine.org)

For additional photos and videos, please visit [accesstrails.org](http://accesstrails.org), which provides information for visitors of varying physical abilities.

Parks and nature

DESTINATION GUIDE



If you picnic at Blue Lake or take your kids to the Oregon Zoo, enjoy symphonies downtown, put out your trash or drive your car... we've already crossed paths.

## Hello, we're Metro.

Parks and nature

Arts and events

Garbage and recycling

Land and transportation

Oregon Zoo



## Find your place to play.

In a metropolitan area as big as Portland, we do a lot of things better together – like creating a unique park system with nature at its heart. Voter investments allow Metro to protect 17,000 acres of parks, trails and natural areas, from the Chehalem Mountains on the west to the Sandy River Gorge on the east.

Count on Metro for clean water, healthy fish and wildlife habitat, and opportunities to connect with nature close to home.

Explore

[yourperfectpark.org](http://yourperfectpark.org)



Key

Restrooms

Picnic facilities

Trails

Classes events volunteer

Playground

Camping

Wheelchair accessible

Cost

\$5/car, \$7/bus (except Oregon Zoo)

**Blue Lake Regional Park**  
21224 NE Blue Lake Road, Fairview

Whether you're looking for serious exercise or a lazy day on the water, a family-friendly outing or a grown-up picnic, you'll find it at Blue Lake. Rent a paddle boat or canoe, fish from the pier or cool off with a swim in the natural lake fed by underground springs. You can also explore a nature play area, a water "s'praground," a discovery garden, sports facilities, and a wetland with a viewing platform and trail. Don't miss the disc golf course.

**Broughton Beach**  
4356 NE Marine Drive, Portland

Head to one of Portland's best urban beaches. Across from Portland International Airport, Broughton Beach provides a clean, safe, sandy place to play along the Columbia River. You can enjoy walking, beachcombing, picnicking, and more. Or bring your canoe or kayak to head out for a scenic paddle. On clear days, enjoy a spectacular view of Mount Hood – bring your camera and art supplies.

**Canemah Bluff Nature Park**  
815 Fourth Ave., Oregon City

Canemah Bluff is the perfect place to enjoy grand views of the Willamette River, marvel at oak trees, photograph colorful spring wildflowers, spot a variety of birds and learn about this historic area. Start your journey at Canemah Children's Park, where you'll find picnic tables, a playground, a basketball court and restrooms. Continue into the nature park, following more than a mile of unpaved trails through a variety of habitats. There is a small parking lot at the children's park; please be respectful of neighbors and don't block driveways.

**Cooper Mountain Nature Park**  
18892 SW Kemmer Road, Beaverton

Hike, jog, watch wildlife or simply enjoy views of the Chehalem Mountains and Tualatin Valley at Cooper Mountain, just south of Beaverton. More than three miles of trails pass through forests, prairies and oak woodlands. If you are quiet and lucky, you might see rare animals, such as northern red-legged frogs and western gray squirrels. Look for colorful native wildflowers throughout the spring and summer, including lupine, meadow checkermallow, and rare golden paintbrush and white rock larkspur. Young visitors can explore a nature-inspired playground.

**Farmington Paddle Launch**  
9665 SW River Road, Hillsboro

The new launch site 10 minutes south of Hillsboro provides paddlers a safe and accessible destination to set out on the Tualatin River Water Trail. Located between Rood Bridge Park five miles upriver and Eagle Landing four miles downriver, Farmington completes a long-missing piece in the trail. Watch for beaver, osprey, black-tailed deer and other animals while paddling. Farmington is also an excellent spot for cyclists to begin journeys through the flat, rolling terrain of Washington County.

**Glendoveer Golf Course and Nature Trail**  
14015 NE Glisan St., Portland

Tee time: [playglendoveer.com](http://playglendoveer.com) or 503-253-7507

Surrounded by busy neighborhoods in Northeast Portland, Glendoveer provides the perfect escape for a jog or a stroll along a two-mile nature trail. You can also try the newest golf-course craze: FootGolf, which challenges you to boot a soccer ball into super-sized holes. Two 18-hole golf courses, four tennis courts and fun community events round out the entertainment options.

**Graham Oaks Nature Park**  
11825 SW Wilsonville Road, Wilsonville

Ride your bike through a restored oak woodland, stroll through a conifer forest and spot birds from a wetland overlook at Graham Oaks in Wilsonville. Watch for native wildlife, such as black-tailed deer, western bluebirds and western gray squirrels. Five plazas provide spots to rest, relax and learn about the history of Graham Oaks, from the Kalapuya tribes who gathered food here to the family that farmed the land. Explore beyond the park on the regional Ice Age Tonquin Trail.

**Howell Territorial Park**  
13901 NW Howell Park Road, Portland

Visit a piece of Oregon's past among the farms on Sauvie Island. The region's natural and cultural histories come together in Howell Territorial Park's serene setting. Bring a picnic to enjoy under the shelter, binoculars to watch for birds that flock to the park's wetlands or a basket to pick apples from the pioneer orchard. Learn about Sauvie Island and the families who shaped it, and relax in the shade of a restored 1850s farmhouse. Howell also provides a beautiful setting for weddings.

**Killin Wetlands Nature Park**  
46280 NW Cedar Canyon Road, Banks

Search for elusive American bittern and sora birds at Killin Wetlands just west of Banks. One of the Willamette Valley's largest remaining peat soil wetlands, Killin Wetlands represents the last 2 percent of scrub-shrub marsh in the region. From the trails and viewpoints, look for a variety of rare plants and animals, including Geyer willows and northern red-legged frogs. Beavers, ducks, red-tailed hawks, bald eagles, barn owls and the occasional elk also call the place home. The restored barn features a block on the Quilt Barn Trail of Oregon's Washington County.

**Lone Fir Cemetery**  
2115 SE Morrison St., Portland

Enjoy a stroll or jog in this tree-filled community greenspace, one of Oregon's most treasured historic cemeteries, nestled in the heart of Southeast Portland. With more than 700 trees representing 67 species, Lone Fir is Portland's second-largest arboretum. Some of Portland's most notable residents and pioneers are among the 25,000 people buried in one of the city's oldest continuously used cemeteries. Learn about its history and nature on a guided tour from the Friends of Lone Fir Cemetery. Lone Fir is open for the placement of urns and caskets.

**Mason Hill Park**  
Northwest Johnson and Munson roads, Portland

Mason Hill provides a scenic stop for cyclists exploring the rolling hills beyond Forest Park in western Multnomah County. Home to a one-room schoolhouse from 1891 to 1944, the park still feels removed from modern life. Take in spectacular views of the Tualatin Valley and enjoy a picnic under the shelter, which has the original school bell on top. If you come by car, be prepared to park in a narrow spot along the road.

**Mount Talbert Nature Park**  
10695 SE Mather Road, Clackamas

A forested mountaintop towers above busy roads, shopping centers and neighborhoods in Clackamas. Slip into Mount Talbert to explore the four miles of trails, check out the views and enjoy a picnic. Watch for deer, western gray squirrels, pileated and hairy woodpeckers, white-breasted nuthatches and western tanagers. Mount Talbert is the largest in a string of extinct volcanoes in the Boring Lava Field that stretches across the east side of the region.

**Orenco Woods Nature Park**  
7100 NE Birch St., Hillsboro

Enjoy a leisurely jog or stroll on a network of trails while taking in views of the gently rolling hills, open meadows and forests. Search for deer, red-tailed hawks, beavers and other animals across the landscape. Cross the spectacular new bridge on the Rock Creek Trail, where you can spot great blue herons in the wetlands below. Or explore the nature play area for children. More than a century ago, the site was part of the Oregon Nursery Company, the largest nursery on the west coast and known for Orenco apples.

**Oxbow Regional Park**  
3010 SE Oxbow Parkway, Gresham

Oxbow provides the perfect setting for swimming, kayaking, rafting, floating or fishing in the Wild and Scenic Sandy River Gorge. When you tire of the water, explore 12 miles of trails through Oxbow's ancient forests. Reserve a spot in the year-round campground to spend the night, and gather around the fire for summertime storytelling and music. You might see mink, beavers, raccoons, fox, deer, osprey, songbirds, elk, black bears or cougars. Every fall, nature puts on one of its greatest shows: salmon returning to their spawning grounds to lay their eggs, before dying in the waters where they were born.

**Scouters Mountain Nature Park**  
Southeast 147th Avenue and Southeast Boy Scout Lodge roads, Happy Valley

Rising above Happy Valley, Scouters Mountain offers an impressive viewpoint to admire Mount Hood. After making your way through a residential neighborhood, slip into the shady forest of Douglas firs as you climb the steep road to the parking lot. From there, you can hike a loop trail or enjoy lunch under a handsome picnic shelter. If you ever visited the Boys Scouts lodge that used to stand here, you might recognize the basalt stones and wood beams salvaged from the lodge. Although the land is now a public park, the spirit of adventure remains.

**Smith and Bybee Wetlands Natural Area**  
5300 N. Marine Drive, Portland

Smith and Bybee Wetlands is one of the country's largest urban wetlands but seems almost hidden among the warehouses and port terminals in industrial North Portland. Take the Interlakes Trail, go by canoe or kayak to explore or swing through on the Marine Drive Trail. You might find beavers, river otters, black-tailed deer, osprey, bald eagles and western painted turtles. You'll also find a water control structure that is restoring this system of sloughs, wetlands and forests.

**Oregon Zoo**  
4001 SW Canyon Road, Portland

As part of the Metro family, the Oregon Zoo provides opportunities to learn about wildlife and habitats from the Northwest and around the world. The zoo is home to about 1,800 individual animals representing more than 200 types of birds, mammals, reptiles, amphibians, fish and invertebrates – including more than two dozen endangered and threatened species. Committed to conservation, the zoo is working to save endangered birds, butterflies, turtles and more. It also hosts concerts in the summer, ZooLights in the winter and events at its new Education Center year-round. For information about admissions and more: [oregonzoo.org](http://oregonzoo.org)

**Boat ramps**

[oregonmetro.gov/boats](http://oregonmetro.gov/boats)

**Chinook Landing Marine Park**

22300 NE Marine Drive, Fairview

**M. James Gleason Memorial Boat Ramp**

NE 43rd Avenue & NE Marine Drive, Portland

**Coming soon:  
more parks**

Soon, you'll have even more places to play! Thanks to voter investments, Metro's parks system is growing, with several new destinations opening during the next few years: Newell Creek Canyon in Oregon City, the North Tualatin Mountains beyond Forest Park, Chehalem Ridge in western Washington County, East Council Creek in Cornelius and Gabbert Butte in Gresham.

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