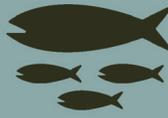




**THE  
INTER  
TWINE**



# PICTURE THIS

It's late afternoon in the city.

## What is The Intertwine?

The Intertwine is nothing new. It's simply the name we've given to the amazing network of parks, trails and natural areas in the Portland-Vancouver area.

For some, The Intertwine is time spent with the family dog in a local park. For others it's a quiet walk in the woods at Tryon Creek State Park. Every morning thousands of folks get on their bikes and use The Intertwine to get to work.

**The Intertwine connects people – to friends, neighborhoods, work and to nature.**

The sky is a palette of gray. People are staring at computer screens in offices and cafes. Suddenly, the quality of light changes as a patch of blue shows in the sky. Sunbreak!

And so begins a wordless exodus, as people flock to the color Green.

They stretch, run, stroll, smile; grab a kayak, relax on a bench. And think to themselves, "I'm so glad I moved here." Or say to themselves, "I'm so glad I never moved away."

This is no utopian fantasy. This is where we live now. A seamless landscape of open space four times the size of Manhattan. An emerald island of 70 different zip codes crossed by more than a thousand miles of trails.

Today, our natural spaces stretch from the South Park blocks of Portland to the White Oak Savannah in West Linn. From the David Douglas Park in Vancouver to the Springwater Trail in Gresham. They run along riverbanks, lakes and woodland streams, where wildlife drinks, fish swim and visitors dream.

Quality of life is many things to many people. For residents of the Portland-Vancouver area, it can be called by name: The Intertwine.

Explore a regional map of The Intertwine's best-loved outdoor recreation and education opportunities for hiking, biking, paddling, birding, picnicking and finding adventure in the region's parks, trails and natural areas. Learn about the favorite Intertwine experiences of regional leaders, residents, and naturalists.

Explore The Intertwine  
[www.theintertwine.org](http://www.theintertwine.org)

BIRD  
BIKE  
FLY A KITE



The Intertwine supports healthy living with \$155 million annually in averted healthcare costs.

## TASTE THE FUTURE

Start with the city of Portland. Double its size and add to the Portland-Vancouver area. Add another half of the city for good measure. Stir until dense. Serve on a generous platter of greens.

You've just created the future of the region, circa 2035, when an additional 750,000 people will be living in the same space we are sharing now. It's a daunting recipe that depends on the right balance of ingredients. It cannot work without The Intertwine.

Rooted in an urban vision laid out a half-century ago to protect the region's ratio of parks to people, The Intertwine remains committed to that same vision as it readies for the next hundred years. Key to its future is an unprecedented network of trails, four times more comprehensive than the system we have now.

These trails will connect homes, schools, libraries and grocery stores; they'll take us to places of work and spaces for play. They'll alleviate congestion, enhance flora and fauna, and nourish our ever-growing need for space and tranquility along its canopied walkways of green.

It's a delicious prospect and a proven recipe. What it takes is a willingness to assemble the ingredients, park by park.

It's late afternoon in the city and the sky begins to show – blue. Is it a sucker hole? Or is it an afternoon sun break? Without trails for walking, parks for playing, or the ability to enjoy open spaces and clean streams, you may never even get up to see what the outside has to offer.

Empty promise or inspired policy?  
The Intertwine is up to you.

## STIMULATING GOOD HEALTH

The Intertwine is an astonishing public health resource. First, consider the walkers and runners in its parks every morning, and the weekend hikers and cyclists along its thousand-plus miles of trails. Now add up the calories burned. At a time in the nation when obesity is epidemic, costing individuals, institutions and taxpayers approximately \$150 billion dollars annually, the returns on The Intertwine can be counted in medical dollars and sense.

Less easily calculated but just as apparent is the link between outdoor activity and mental health. Medical evidence overwhelmingly supports the effectiveness of fresh air, natural beauty and exercise to reduce stress, anxiety and depression.

Discover the health benefits of The Intertwine



# ECOLOGICAL MUSCLE

The Intertwine does a lot of heavy lifting. It supports a complicated ecosystem that in turn ensures our quality of life. With its running waters, tree canopies, wetlands and deep soils, it provides essential environmental services that affect the water we drink and the air we breathe, keeping our region healthy and thriving.

The estimated dollar value of The Intertwine's ecosystem services has been placed at **3.3 billion**. That's roughly \$100 per person for a utility that captures and stores carbon, manages stormwater runoff, filters air, protects wildlife and heals habitats. Its uniqueness and effectiveness, combined with its inherent beauty, enhance our region's reputation as an urban metropolis unlike any other in the world.

[Read about the environmental benefits of The Intertwine](#)

# BOOSTING THE ECONOMY

People come to our region for work, lifestyle and play. The region's economic prosperity is closely tied to tourism, whether to visit the waterfalls and rose gardens, attend outdoor music festivals or venture out on wildflower hikes.

It's also tied to our ability to attract new business. Again, The Intertwine is an invaluable and powerful tool. Its inherent beauty is a magnetic draw, enabling businesses to attract employees, many willing to make challenging trade-offs to live in a beautiful place. As such, The

Intertwine gives new and expanding businesses a strategic advantage, one that literally comes with the territory.

Economic prosperity also depends on neighborhoods where people want to live. Along with safety and schools, they want open space.

## Neighborhood parks and natural landscapes catapult a community's pride of place.

By contrast, neighborhoods of vacant lots, barred storefronts and downtrodden homes are anathema to the region's celebrated quality of life. Research indicates that The Intertwine does, and will continue to, play a large role in revitalizing neighborhoods in need, and catalyzing new residential development.

Finally, The Intertwine adds value. Homes and properties located near parks are more valuable – in some parts of the country, as much as 20 to 30 percent more! The incremental property taxes raised by higher property values help support ongoing maintenance that benefits everyone. You could say, parks help pay for themselves.

## The Intertwine plays a large role in revitalizing neighborhoods.

[Learn more about the economic benefits of The Intertwine](#)

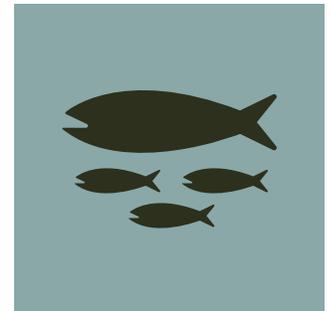
More forest-air bathing\* =

More anti-cancer immune cells

• Lower blood pressure, blood sugar and heart rate

• Lower amounts of cortisol (stress hormone)

\*"Shinrin-yoku" is Japanese for forest-air bathing or the act of visiting parks and natural spaces for the therapeutic benefits.

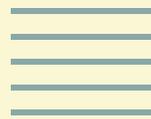


69% of residential land within the urban growth boundary is within a 10-minute walk.





# NURTURE NATURE



## A HOME IN THE WORLD

People in the region often ask one another, “What brought you out here?” or “What keeps you here?” Beyond work and family (we know it’s not the weather), more than safety and schools, you’ll hear the answer, “Quality of life.” We need no explanation; we know what they mean.

### In time, they’ll simply say, “The Intertwine.”

Our ever-growing network of integrated space – including parks, trails and natural areas – is used some eight million times per year. Its pleasures and pastimes are open to all ages, incomes and ethnicities.

Certainly, The Intertwine is different things to different people. We use it to reduce stress and connect with nature. To get away and breathe. We use it to travel, save on gas, avoid traffic and overcome our dependence on cars. We grow food in its gardens, buy produce at its markets and bring friends to smell its roses.

When its trillium blooms, we see spring; when its vine maples turn orange, we sense fall. It roots us in place and defines our regional identity.

### Because of The Intertwine, we know where we are.

#### WANT TO KNOW MORE?

You enjoy The Intertwine as a favorite park, a local trail, a choice river run or a quiet moment in the stillness of a natural area. But there’s research and science behind the brilliance of The Intertwine that illuminates the benefits to people, the planet and the economy. Want to know more? Read on.

[www.oregonmetro.gov/intertwine](http://www.oregonmetro.gov/intertwine)

Intertwine Ecosystem Service and Recreation Values – ECONorthwest

Draft Hedonic Analysis – ECONorthwest

Health Impacts of The Intertwine – Kurt Beil, Helfgott Research Institute

Physical Activity and The Intertwine – Kurt Beil, Helfgott Research Institute

Why residents spend time outdoors, including parks, trails, and natural areas – Davis, Hibbits & Midghall, Inc.

PARKS TO PLAY IN

TRAILS TO EXPLORE

NATURE TO CHERISH

WATERWAYS TO ENJOY

CLEAN AIR  
TO BREATHE

EXPERIENCES TO  
TREASURE