



# 2035

REGIONAL TRANSPORTATION PLAN

## Active transportation

The term “active transportation” is becoming nationally recognized and refers to well integrated and mutually supportive bike, pedestrian and public transportation systems. Active transportation projects integrate walking, biking and transit facilities, including bike parking, signalization and wayfinding elements. They connect trips seamlessly from beginning to end and are supported by educational programs. Since walking, biking and transit networks do not follow jurisdictional boundaries, partnerships and coordination are essential to achieving a fully integrated and world-class system.

### Active transportation advances regional goals

Active transportation directly advances at least five Regional Transportation Plan goals:

**Foster vibrant communities and efficient urban form** Biking and walking reduce congestion by replacing cars on shorter trips (39 percent of trips are under two miles), increasing use of public transportation and stimulating compact, mixed-used development.

**Expand transportation choices** Biking, walking and public transportation systems that are equitably distributed give people ways to reduce their transportation costs.

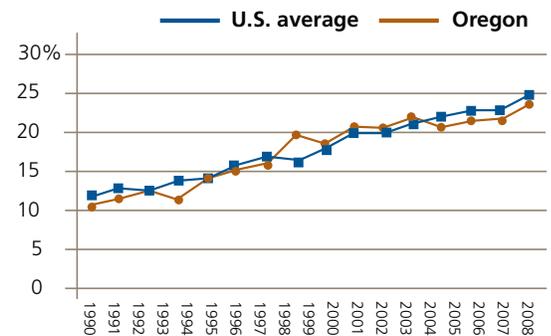
**Enhance safety and security** In Portland, the bicycle crash rate has declined as the number of bicyclists has grown. Studies suggest that getting more people cycling instead of driving helps make everyone safer.

**Promote environmental stewardship** Bike and pedestrian transportation can play a key role in our region’s strategy to reduce greenhouse gas emissions and lower vehicle miles traveled. Every one percent increase in

miles traveled by bike or foot reduces our region’s greenhouse gas emissions by 0.4 percent.

**Enhance human health** The Center for Disease Control says that “automobile trips that can be safely replaced by walking or bicycling offer the first target for increased physical activity in communities.”

Percentage of adults who are obese, Oregon and the United States, 1990-2008



Source: Oregon Department of Human Services

### Active transportation corridors

- provide a seamless route that is accessible, direct and easy to use
- make active travel safe and enjoyable
- are designed to be attractive and in tune with nature
- can help relieve the strain on other transportation systems while improving human health.

## Metro

*People places. Open spaces.*

Clean air and clean water do not stop at city limits or county lines. Neither does the need for jobs, a thriving economy and good transportation choices for people and businesses in our region. Voters have asked Metro to help with the challenges that cross those lines and affect the 25 cities and three counties in the Portland metropolitan area.

A regional approach simply makes sense when it comes to protecting open space, caring for parks, planning for the best use of land, managing garbage disposal and increasing recycling. Metro oversees world-class facilities such as the Oregon Zoo, which contributes to conservation and education, and the Oregon Convention Center, which benefits the region's economy.

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## What is the region's strategy for active transportation?

The region has identified a strategy that would allow walking and biking to become a practical and real travel option for all residents:

**Organize leadership** Organize and engage public and private leadership to champion active transportation across the region.

**Demonstrate potential** Build urban, suburban, and urban-to-nature pilot projects to demonstrate the return on investment that integrated active transportation systems offer for our communities, our economy and the environment.

**Reduce costs** Federal and state standards for the construction of off-street biking and walking trails can add an estimated 30 percent to the cost of construction. A key element of the active transportation strategy is to bring these costs down.

**Develop the system** Fully integrate walking and cycling into the region's transportation plans, including the Regional Transportation Plan.

## What kinds of active transportation projects are in the RTP?

**The Aloha Bike Boulevard Connections project** would create a seamless network of bicycling streets with safe arterial crossings in a major residential area on the westside. The project would increase access to transit connections and the Westside Trail.

**The Lake Oswego to Portland Active Transportation project** follows the Willamette River and Highway 43 corridor, and would provide a key commuter and recreational route. Connecting the cities of Portland and Lake Oswego, this project would provide safe biking and walking facilities with access to nature, jobs and transit.

### For more information:

The 2035 Regional Transportation Plan update and fact sheets:  
[www.oregonmetro.gov/rtp](http://www.oregonmetro.gov/rtp)

Active transportation news and materials: [www.oregonmetro.gov/activetransport](http://www.oregonmetro.gov/activetransport)