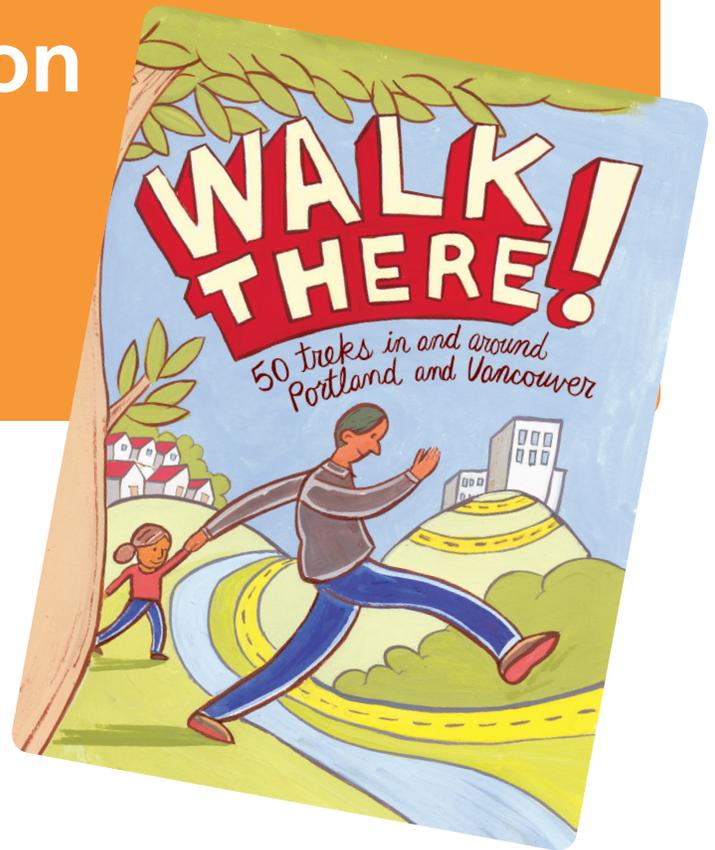


Portland – Irvington and Mount Tabor walking tours!

Walking is one of the easiest and most effective activities you can do to tighten your wallet and your waistline. Join walking experts as they lead you on a walk featured in Walk There! 50 treks in and around Portland and Vancouver.



Portland – Irvington classic homes and heritage trees walk

**11:45 a.m. to 1 p.m.
Friday, July 17**

This 1.6 mile stroll, tours one of Portland's most beautiful neighborhoods. More than 75 homes have been designated as historically significant, ranging from Mediterranean mansions to English cottages to Prairie Craftsman. This walk is a celebration of the Lloyd Transportation Management Association's Walk Week. Meet at the corner of NE 15th and NE Weidler at Grand Central Bakery at 11:30 a.m. For more information visit www.lloydmta.com. Wheel chair accessible.

Portland – Mount Tabor hike

**6:30 to 8:30 p.m.
Wednesday, July 29**

This 2.1 mile hike, led by walking guru and author Laura Foster, explores paths and historical features of one of Portland's finest parks, home to beautiful reservoirs and a remnant volcanic cinder cone. This walk combines stairs, closed roadways and unimproved paths as you climb and descend the summit. Awesome views will be the payoff. Meet at Kaiser Permanente Division Medical Office, 7705 SE Division at 6:15 p.m. Elevated terrain.

Walk There! was developed by Metro in partnership with local governments and community groups with support from Kaiser Permanente. Join us for a free walk and loads of outdoor fun! Registration not required.

**For more information visit
www.oregonmetro.gov/walkthere
or call 503-813-7574.**

Mount Tabor

Explore the paths and historical features of one of Portland's finest parks, home to beautiful reservoirs and a remnant volcanic cinder cone. This walk combines stairs, closed roadways and unimproved paths as you climb and descend the summit. Awesome views will be the payoff.

From SE 60th Avenue and Salmon Street, walk south on 60th to steps up to Reservoir 6. Take the steps which end at a walkway around the reservoir. Walk around either end of the reservoir to the other side; there, take a set of steps up to Reservoir 5. At the top is Reservoir Loop Drive. Cross it to arrive at Reservoir 5.

Continue south on Reservoir Loop Drive to a trail around Poison Oak Hill. There is no signage but this trail begins just past the stone building at the south end of the reservoir. At the Y continue right. This trail runs through woods above Reservoir Loop Drive and after going around Poison Oak Hill crosses the road. Continue to the trail on the north side of Reservoir 1. This trail heads east and then north through the forest, climbing to Harvey Scott Circle, a roadway around the summit. From the statue of Harvey, head northwest to the north end of the summit.

Descend on trails past a playground to a parking lot and restrooms. From there, head west to the amphitheatre carved into the peak's cinder cone. By the amphitheatre is a basketball court. Head downhill on the trail behind it, taking the trail that veers left somewhat following Salmon Way downhill but going through a small wooded valley to Salmon Street. Continue west on Salmon to the starting point.

2.1 miles

4435 steps

difficulty

45.514, -122.602

MOUNT TABOR

Art in the Park

At the top of the park is a bronze statue of Harvey W. Scott, editor of the Oregonian from 1865-1872 and 1877 until his death in 1910. A gift of Scott's widow Margaret and family, the sculpture is the work of Gutzon Borglum. It was completed in the 1930s while Borglum was working on his sculpture of four American presidents on Mount Rushmore in South Dakota's Black Hills.

Mount Tabor's elevation and central location made this an ideal place for the city to store water piped from the Bull Run Reservoir east of the Sandy River. The open-air reservoirs, now a long-outdated means of storing water, were built between 1894 and 1911 along with reservoirs on the west side of town, in Washington Park. The reservoirs and their gatehouses, which incorporate hand-cut stonework and wrought iron, were placed on the National Register of Historic Places in 2004.



Open-air reservoir at Mount Tabor Park



