

Portland

4T – Trail, Tram, Trolley and Train

For the ultimate Portland excursion, experience Portland's 4T. Begin with a hike on the Marquam Trail to the city's highest point, Council Crest, then pass through the campus of Oregon Health and Science University (OHSU). From there, catch a free ride down the Portland Aerial Tram to the South Waterfront District along the Willamette River. There, hop on the streetcar (trolley) and enjoy the ride into downtown Portland, where you can return to the start via a MAX light rail train. The walking portion of this loop, from zoo to tram, is 3.95 to 4.5 miles, depending on the route you take. It involves steep trails that can be muddy in wet weather.

Note: The aerial tram operates limited hours on weekends and is closed on holidays. Visit www.portlandtram.org for details. Visit www.trimet.org for fare information for the streetcar and MAX.

For more details on the 4T, visit www.4trail.org. Along the 4T route, don't forget to look for these signs:



4.5 miles 9398 steps difficulty 45.509, -122.716

PORTLAND: 4T – TRAIL, TRAM, TROLLEY AND TRAIN

Hop on a bus or MAX train near home or park downtown, then head to the Washington Park MAX station at 4001 SW Canyon Road in Portland. (Note: Please do not park in the Oregon Zoo parking lot, which is reserved for the zoo and nearby businesses only.)

Walk south along the Oregon Zoo toward the roar of the Sunset Highway. Cross over it on an elevated roadway, Knight Boulevard, walking on its left (east) side. Cross the highway on-ramp and turn left to walk east on the shoulder to a trailhead for the Marquam Trail. Ascend the trail to Patton Road and turn right onto Patton.

At the intersection of Humphrey, Patton and Talbot, turn left onto Talbot; there is very little shoulder on Talbot so use caution. Enter Council Crest Park at a pedestrian path that begins at the intersection of Talbot Road, Talbot Terrace, Gaston and Fairmount. Ignore side paths and remain on this gradually-climbing asphalt path, which follows the route of an old streetcar line along Council Crest's west flank. Emerge from the woods; a lawn is on the left and an expansive view of the Tualatin Valley is on the right. Turn left onto a roadway. Walk along it toward an orange and white transmission tower. Pass it, remaining on the road. Across from an interpretive plaque is a drinking fountain; take the path next to it to the 1,073-foot summit. Four Cascade peaks can be seen from Council Crest; their distance from Portland and native names are described in locator plaques.

Come down from the summit but instead of returning to the

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drinking fountain, take the middle prong at the three-way split in the path. Cross a roadway and take the Marquam Trail as it heads downhill. Once in the woods, the trail forks; stay right, following the sign to the Marquam Shelter. Cross Greenway Avenue (also part of the old streetcar loop around the peak), and remain on the Marquam/4T Trail.

At the next road, Fairmount, you can follow the map's route downhill along Fairmount Boulevard and Marquam Hill Road to the tram. However, while this route is about 0.5 mile shorter than the alternative route through the woods, the shoulders on both roads are narrow. If you want a more scenic, forested route and don't mind about 300 feet of elevation gain, stay on the trail as it continues downhill after crossing Greenway. The trail steepens and narrows

Portland Aerial Tram



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as it enters Marquam Gulch, where volunteers' successful work to remove invasives is much in evidence. Stay on the trail, crossing Sherwood Drive, a sliver of development in this deeply wooded ravine. The Friends of Marquam Nature Park organized in 1974 to stop a much larger incursion into these woods: a planned 600-unit apartment complex. They bought the land, which was eventually transferred to Portland Parks and Recreation.

At an intersection of trails, turn right, and at a fork turn left, following 4T signs until you arrive at the Marquam Shelter, which offers interpretive displays about the area. Opposite the shelter, the 4T Trail continues south and uphill. As you climb, watch for a left turn, the Connor Trail. Take this trail, dedicated in 2006, uphill 0.5 mile to OHSU. Just before the trail ends, take a right fork to exit the forest at 9th and Grover. Walk one block on 9th and turn left onto Gibbs, which becomes Sam Jackson Parkway. Cross Sam Jackson and turn left (east). Pass under a pedestrian bridge over the road, and veer right to climb steps to the Peter O. Kohler Pavilion, where the tram's upper terminus is located.

Ride the tram to the South Waterfront District. At Moody and Gibbs, catch the Portland Streetcar to 10th and Yamhill, then walk north following the 4T signs to 10th and Morrison to board a MAX train back to the Washington Park MAX station, head back to your car or take transit home.

The 4T trail is a loop so save money on gas and parking by jumping on at the point closest to home.



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