The greater Portland region

Metro serves more than 1.5 million people who make their home in the 24 cities and three counties at the urban heart of Oregon. Voters have asked Metro to help with the challenges and opportunities that cross city and county lines.

Parks and nature

Metro manages 17,000 acres of parks, trails and natural areas across the Portland metropolitan region, from wild forests like Chehalem Ridge to beloved destinations like Oxbow Regional Park.

Regional planning

Metro works collaboratively with cities, counties and transportation agencies to decide how to invest in transportation funding and how to smartly grow the urban growth boundary.

Garbage and recycling

Have stuff to get rid of? Metro helps people find out how and where to recycle or safely dispose of hazardous waste and how to prep their haul to save money and time.

Visitor venues

If you’ve been to the Oregon Zoo, a show at the Schnitz, a home and garden show at the Oregon Convention Center or a trade show at Portland Expo Center, then you’ve been Metro’s guest.
Metro protects water quality, restores fish and wildlife habitat and creates opportunities to enjoy nature close to home through a connected system of parks, trails and natural areas. The Parks and Nature System Plan lays out Metro's mission and role in the region. The plan guides our decisions and provides a framework for how Metro's work and portfolio complement the broader regional network of parks, natural areas and trails, and strengthen our local partners.

**Places**

- **Nature parks**
- **Regional trails**
- **Natural areas**
- **Historic cemeteries**
- **Recreation areas**
- **Habitat preserves**

**What we do**

- Acquire land to protect habitat and water quality
- Restore and take care of the land
- Plan places for people to experience nature
- Operate parks, trails and natural areas
- Invest in and partner with community
- Work with volunteers
- Teach about nature

**Nature park activities**