Indigenous tribes and bands have been with the lands that we inhabit today throughout Oregon and the Northwest since time immemorial and continue to be a vibrant part of Oregon today. We would like to express our respect to the First Peoples of this land, the nine federally recognized tribes of Oregon: Burns Paiute Tribe, Confederated Tribes of Coos, Lower Umpqua & Siuslaw Indians, Confederated Tribes of Grand Ronde, Confederated Tribes of Siletz Indians, Confederated Tribes of the Umatilla Indian Reservation, Confederated Tribes of the Warm Springs Reservation, Coquille Indian Tribe, Cow Creek Band of the Umpqua Tribe of Indians, and The Klamath Tribes. It is important that we recognize and honor the ongoing legal and spiritual relationship between the land, plants, animals, and people indigenous to this place we now call Oregon. The interconnectedness of the people, the land, and the natural environment cannot be overstated; the health of one is necessary for the health of all. We recognize the pre-existing and continued sovereignty of the nine federally recognized tribes who have ties to this place and thank them for continuing to share their traditional ecological
knowledge and perspective on how we might care for one another and the land, so it can take care of us. We commit to engaging in a respectful and successful partnership as stewards of these lands.

To learn more about each of the nine federally recognized Tribal Nations of Oregon, and to read detailed histories developed under the leadership of Tribal authorities, visit the Travel Oregon website: [https://traveloregon.com/places-to-go/tribal-nations/](https://traveloregon.com/places-to-go/tribal-nations/).

### Portland

A brief history of Portland for visitors is available here: [https://www.travelportland.com/culture/history/](https://www.travelportland.com/culture/history/). Explore exhibits and archives of Oregon’s history at the Oregon Historical Society: [https://www.ohs.org/](https://www.ohs.org/).

Portland has a reputation as a lively, liberal, unique and quirky city, much of it well deserved. You can still purchase a now-vintage, iconic bumper sticker reading “Keep Portland Weird,” a local by-word. The smallest West Coast metropolis has a rich cultural scene, is home to many noted artists, authors and performers. There is an active and influential LGBTQ+ community, vibrant communities of recent immigrants from Asia, Latin America, Africa and Eastern Europe. Attendees to the 2023 AFS Annual Meeting will have opportunities to sample the rich cultural melange available in Portland. With lots of ideas that would appeal to folklorists, Travel Portland offers an excellent online guide to the city: [https://www.travelportland.com/](https://www.travelportland.com/)

The new Portland Visitor Center (1132 SW Harvey Milk St.) in downtown's West End is now open and ready for visitors—just steps away from hotels, shopping and attractions. Travel experts are excited to help visitors plan their itineraries, recommend restaurants and attractions, and provide information about events and activities in the area. [https://www.travelportland.com/plan/visitor-center/](https://www.travelportland.com/plan/visitor-center/)

Download Travel Portland’s Near Me Now App for nearby restaurants, attractions, and attractions, and use their Near Me Now app to discover some of their favorite places.

Check out the PDX Pipeline for information about upcoming events and activities: [https://www.pdxpipeline.com/portland-november-events/](https://www.pdxpipeline.com/portland-november-events/)

See the Portland Site Visit photo essay from Roz and Cassie’s trip in April for their take on downtown and neighborhood eats and attractions: [https://americanfolkloresociety.org/afs-staff-and-local-committee-explore-portland-during-sit e-visit/](https://americanfolkloresociety.org/afs-staff-and-local-committee-explore-portland-during-sit e-visit/)

### Weather

Your visit will be during our chilly fall rainy season. Average temperatures at the start of November: highs of 58º F and lows of 44º F. November averages 16 rainy days during the
month, so bring appropriate attire and rain gear. Portlanders routinely ignore the rain, venturing gamely out in hooded raincoats (few locals carry umbrellas). Don’t let the drippy weather confine you to the hotel. Act like a local. There is a lot to do and see.

Getting Around

Portland has notable public transit. Trimet offers interchangeable service on buses, streetcars, and light rail. It’s cheap, efficient, easy to use, and right at your doorstep. For fare, you can pay $2.50 cash, tap a contactless credit/debit card, or you may pay with your phone if you have Apple Pay or a similar app. You pay a maximum of $5 in one day no matter how many times you tap. Trimet’s information center is located a block north of the hotel in Pioneer Courthouse Square. Learn more about the Hop Fastpass card at https://myhopcard.com/home/.

In addition, there are Biketown bike-share stations very near to the hotel, plus you can grab Lime and Spin e-scooters on downtown sidewalks.

A couple of useful things to know: Portland blocks are short: 20 blocks to the mile, so a five block walk is only ¼ mile, ten blocks ½ mile, etc. Also, on the north side of Portland, the East-West streets are named in alphabetical order: Burnside, Couch, Davis, Everett, Flanders, Glisan, etc. By its address, you can usually figure out how far you are from a destination.

Downtown (proximate to the conference hotel)

For businesses and attractions in the Downtown and surrounding area, pick up a very useful brochure: Portland Visitors Map. A downloadable PDF version is online: https://portlandmap.com/. That brochure and scads of others are available at the Portland Visitor’s Center at Pioneer Courthouse Square, only a block north of the Hilton.

Downtown Portland is beginning to bounce back from the kind of downturn that many US city centers have experienced since the COVID-19 pandemic. You may encounter increased public and private security presence in this area, including security guards at the entrances and exits of shops and around Pioneer Square. There are areas where a pedestrian should be alert and consider walking with a buddy or investing in bus or car transportation. This is particularly the case in the northeastern sections of downtown: the area bounded by 6th Ave to the River, from SW Washington to NW Hoyt.

Nevertheless, Downtown has a lot to offer. To mention just a few downtown favorites selected from the dozens of listings on the Portland Visitors Map:

Downtown Grab-n-Go Options and Conference Conveniences

Safeway has an extensive eat-in deli, a grab-n-go section, and plenty of affordable conference snacks and foods. There is also a nearby Target and CVS just a couple blocks from the hotel.
In Oregon beer and wine are sold in groceries and drug stores. Hard liquors are available only in state-licensed liquor stores. Only some of these also carry beer and wine.

**Downtown Attractions**

For culture downtown, don’t miss visiting the **Oregon Historical Society Museum** (a short walk from the hotel at 1200 SW Park—free admission with your conference badge.) The recently updated main exhibition extensively covers Oregon Native cultures.

Straight across the South Park mall from the history museum (1219 SW Park) is the **Portland Art Museum**, which has an extensive collection of Northwest Native art.

**Powell’s Books** (1005 W Burnside St) has to be seen to be believed, a legendary, eclectic, full square block, multi-story new and used bookstore. They claim to be the world’s largest. It’s an easy walk from the hotel. Their cafe has delicious food and beverages, and a nice lounge space.

If you’re looking for some locally-made souvenirs to take home, **Tender Loving Empire** (412 SW 10th Ave.) has lots of Portland-themed merchandise. [https://tenderlovingempire.com/](https://tenderlovingempire.com/)

**Downtown Eats**

**Flying Elephants Deli** (812 SW Park Ave) is one of the closest, quickest places near the Hilton to grab tasty sandwiches, soups, and salads.

**Veggie Grill Downtown Portland** (508 SW Taylor St) is the perfect place to go for vegan burgers, sandwiches, salads, and bowls. They also serve beer and wine. It is about a block-and-a-half from the hotel.

Only a block from Powell’s is the **Deschutes Brewery Pub** (210 NW 11th Ave), one of the flagship breweries of Portland’s enormous micro-brew scene. (More on that in the “Beer” section.) Folklorists will appreciate the amazing Pacific Northwest themed woodcarving décor.

A short walk from Powell’s Books, an unpretentious neighborhood bar in downtown, **Life of Riley** (300 NW 10th Ave) features a pool table, darts, and shuffleboard on the lower level.

In the Old Town area, **Kell’s Irish Restaurant and Pub** (112 SW 2nd Ave), a classic Irish bar, features traditional Irish music nightly along with good food and beverages.

**Toki** (580 SW 12th Ave, Portland, OR 97204) is a small restaurant with seriously delicious food. Get there early or make a reservation. The space is small and seating is limited.

**Grassa Handcrafted Pasta** (downtown location, 1205 SW Washington St, Portland, OR 97205) and their sandwich shop **Lardo** (at the same location) offer fresh, seasonal options. [https://www.grassapdx.com/](https://www.grassapdx.com/) [https://www.lardosandwiches.com/](https://www.lardosandwiches.com/)
Mayrose at the Duniway (545 SW Taylor St, Portland, OR 97204) is caddy-corner from the conference hotel and offers a relaxing ambiance for breakfast, lunch, dinner, and cocktails.

Screen Door in the Pearl District (near Powells, 1131 NW Couch) offers southern fare including praline bacon.

Saturday Morning Activities
There are fresh fruits and vegetables plus ready-to-eat treats at The Farmers Market at PSU (SW Hall & SW Park). Saturdays, 8:30 am–2 pm. [https://www.portlandfarmersmarket.org/our-markets/psu/](https://www.portlandfarmersmarket.org/our-markets/psu/)

And for a huge array of crafts, gifts, artisan personal care products, artwork and much more, shoppers flock to the Portland Saturday Market (2 SW Naito Parkway, four stops via the eastbound Red or Blue Line Max trains to the Skidmore Fountain station). There are a lot of diverse food carts at the Saturday Market as well. [https://www.portlandsaturdaymarket.com/](https://www.portlandsaturdaymarket.com/) Open 10 am - 5 pm.

Neighborhoods

A downloadable neighborhoods map PDF is available here: [https://portlandmap.com/](https://portlandmap.com/)

It identifies locations of dozens of eateries and businesses in six different central city neighborhoods.

So much of the energy of the city is evident in the neighborhoods. For a more complete Portland experience, venture beyond the Downtown. Nearby neighborhoods offer bustling and unique shopping and dining districts, and are only a quick trip via bus, streetcar or light rail from the hotel.

Illustration by Subin Yang for Travel Portland.

[https://www.travelportland.com/neighborhoods/](https://www.travelportland.com/neighborhoods/)

Three nearby neighborhoods are very easily accessible from the Hilton:
Hawthorne District

Hop on the #14 bus next to City Hall at 4th & Madison, (frequent service every 15 minutes until 10 pm, 10 pm to 2 am every 30 minutes).

Ride east only 5 minutes to the 11th & Hawthorne stop. Nearby there are two large food cart pods, Cartopia (SE 12th Ave & Hawthorne) and one block north, The Hawthorne Asylum (SE 11th Ave & Madison). Both pods have shelters and fire pits. There is a wide selection of cuisines from around the world, vegan veggie bowls, or just plain burgers.

Ride five minutes farther to SE 30th Ave & Hawthorne and you’ll be at the start of a mile-long strip where you are never more than several steps away from an ethnic restaurant, a unique gifts shop, vintage clothing stores, coffeehouses, brew-pubs, nails, tattoo and massage parlors.

A few Hawthorne District favorites: (just scratching the surface!)

Food & drink
Burmese Delight food cart, in the Hawthorne Asylum (1080 SE Madison St)
Cubo de Cuba restaurant (3106 SE Hawthorne Blvd)
Kao Moo Dang, Thai food (3145 SE Hawthorne Blvd)
Master Kong Asian restaurant (1522 SE 32nd Ave)
Food Cart pod featuring Mexican, Thai, Boba tea and more plus you can have coffee aboard a red double-decker bus. (3207 SE Hawthorne Blvd)
Tarboush Lebanese Bistro & Bar (3257 SE Hawthorne Blvd)
Qué Bacano Colombian restaurant (3272 SE Hawthorne Blvd)
Farmhouse Kitchen Thai Cuisine (3354 SE Hawthorne Blvd)
Hello India Indian cuisine (3500 SE Hawthorne Blvd)
Portland Cider House (3638 Hawthorne Blvd)
McMenamin’s Bagdad Theater (3702 SE Hawthorne Blvd)
Bamboo House Vietnamese (4005 SE Hawthorne Blvd)
¿Porque No? Taqueria (4635 SE Hawthorne Blvd)

Some amazing shops:
Books and Yarn, knitting supplies and used books (3129 SE Hawthorne Blvd)
Hawthorne Cutlery, from paring knives to Japanese swords (3208 SE Hawthorne Blvd)
House of Vintage, 1920s to 2000s clothing (3315 SE Hawthorne)  
Gold Door, amazing eclectic jewelry, furniture, trinkets (1434 SE 37th Ave)
Quarterworld, Old-school hangout, arcade games & pinball machines, bar & pizza. (4811 SE Hawthorne)

Division Street

Division is touted as Portland’s most vibrant foodie street. There are good restaurants to choose from near every bus stop.
One block west of the hotel, at SW 5th Ave & Salmon, hop on the FX2 express bus (frequent service every 12 minutes until 10:30 pm, every 20 minutes 10:30 pm to 2 am).

Ride 10 minutes to SE 12th Ave and Division where there is a cluster of eateries:
- Akadi West African Restaurant (1001 SE Division),
- Shoofly Vegan Bakery (2505 SE 11th Ave),
- Palomar Cuban Restaurant (959 SE Division),
- Pine State Biscuits (1100 SE Division)

Ride to the next stop, 20th Ave, and there are:
- Pastini (2027 SE Division),
- Crisp Salads (2045 SE Division),
- Nuestra Cocina (2135 SE Division),
- La Bonita (2138 SE Division)

At the next stop, 26th Ave, there are:
- New Cascadia Traditional GF (2502 SE Division),
- Kashiwagi Sushi (2425 SE 26th Ave),
- Little T American Baker (2600 SE Division) ‘til 2 pm.

The next stop, 30th Ave, or the subsequent, 34th Ave, you are in a half mile corridor of numerous restaurants and shops. An incomplete listing:
- Mestizo (2910 SE Division),
- Kati Portland Vegetarian (2932 SE Division),
- Esan Thai (3003 SE Division),
- Bollywood Indian food (3010 SE Division),
- Imperial Taproom (3090 SE Division),
- St Honoré Boulangerie (3333 SE Division),
- Salt & Straw artisanal ice cream (3345 SE Division),
- Olympia Provisions Alpine cuisine, mostly wurst (3384 SE Division),
- Lauretta Jean Pies, sweet and savory (3402 SE Division),
- Little Beast Brewing Beer Garden (3412 SE Division).

You can’t miss finding a good place to eat on Division Street.

**NW 23rd Avenue/Nob Hill District**

Nob Hill is a fashionable shopping/dining district just northwest of downtown. Hop on a Portland Streetcar NS Route at SW 10th Ave & Alder, ride 17 minutes to NW 23rd Ave & Marshall.

Only one to two blocks north of your stop are:
- Grant’s Philly Cheesesteaks (1203 NW 23rd Ave),
- Top Burmese Joy (1205 NW 23rd Ave),
Tara Thai (1310 NW 23rd Ave), Siri Indian Cuisine (1323 NW 23rd Ave).

Walk south on 23rd Ave and you’ll encounter:
The Red Onion Thai Cuisine (1037 NW 23rd Ave),
The Nob Hill Bar & Grill (937 NW 23rd Ave),
Salt & Straw artisanal ice cream (838 NW 23rd Ave),
Papa Haydn Restaurant, Pacific Northwestern fare (701 NW 23rd Ave),
Escape From New York Pizza (622 NW 23rd Ave),
McMenamin’s Ram’s Head Brew Pub (2282 NW Hoyt),
Harlow health food restaurant (505 NW 23rd Ave).

Walk two blocks east to 21st Ave and there are:
Ling Garden, Chinese (921 NW 21st Ave),
Laughing Planet health food (909 NW 21st Ave),
Caffe Mingo Italian (807 NW 21st Ave),
Beau Thai (730 NW 21st Ave),
Twenty-first Avenue Kitchen & Bar, American food (721 NW 21st Ave),
Bhuna Indian food (704 NW 21st Ave).

Día de Los Muertos Events

Teatro Milagro hosts their 27th annual Día de los Muertos festival, Las Adelitas, October 15 - November 5. Las Adelitas, Ajan original, bilingual Día de Muertos World Premiere, will be infused with folkloric dance and music, accompanied by theatrical elements that celebrate the ancestors through the building of altars and the sharing of cultural traditions. Workshops will share altar building crafts such as sugar skulls and paper flowers for decorating home altars. 525 SE Stark St, Portland, OR 97214.
https://milagro.org/event/season-40-hope-courage-resilience/

Portland Mercado <https://www.portlandmercado.org/events> offers Día de los Muertos activities November 1-2. Visit their Facebook page for updates:
https://www.facebook.com/PortlandMercado/events

Places of Interest

The Oregon Jewish Museum and Center for Holocaust Education (724 NW Davis) is an important local museum. They also maintain the Oregon Holocaust Memorial in Washington Park.

Asian heritage is featured in the Old Town/Chinatown area: The Chinatown Gate (W Burnside & 4th Ave), Lan Su Chinese Garden (239 NW Everett) and the Portland Chinatown Museum (127 NW 3rd Ave).
Despite the “Chinatown” name, there are few Chinese who live in the area anymore, there are very few Chinese eateries and no Chinese gift or curio shops. Chinese eateries and businesses nowadays are concentrated on the eastside in the “Jade District” centered on SE 82nd Ave & Division St.

Japanese cultural heritage and the history of Japanese-American incarceration is on display at the Japanese-American Museum of Oregon (411 NW Flanders). And for a moment of reflection, visit the Japanese Historical Plaza on the Tom McCall Waterfront Park (between NW Couch & Burnside).

The Waterfront Park on the Willamette River is a wonder of downtown Portland, a great place for a morning jog, a stroll, a bike or scooter ride. The Waterfront Park is connected to the Eastbank Esplanade on the other side of the river via the Hawthorne, Morrison and Burnside Bridges. The Tillikum Bridge, dubbed “the people's bridge,” is restricted to public transit, bikes and pedestrians only. Pause on any Portland bridge mid-river for an imposing view of the city.

And for a truly expansive view of the city, Mount Hood, Mount St Helens and the Cascades Range, hop on the Portland Streetcar NS line at 11th Ave & Taylor and ride down to the South Waterfront, OHSU Commons station where you can board the Portland Aerial Tram. It will take you up to a popular observation deck at the Oregon Health Sciences University.

**Portland Scenes**

**Food Cart “Pods”**

Portland is noted for its hundreds of inexpensive food carts, offering a plethora of cuisines from around the world. They are usually clustered in “pods” of a half dozen to thirty or more carts. Nearest to the hotel are downtown pods at 6th Avenue & Hall and at SW 3rd Ave & Washington. In various neighborhoods most pods feature dining shelters, some with fire pits for warming.

**Beer**

Portland is a notoriously beer-loving town. There are 70 craft breweries in Portland producing everything from lagers to ales to porters and stout. Ask the bartender in any bar to recommend a local brew of the variety you like.

A really good list of more than a score of Portland brew-pubs is here: [https://pdx.eater.com/maps/best-portland-breweries-oregon-beer](https://pdx.eater.com/maps/best-portland-breweries-oregon-beer)

And here is another list: [https://www.anadventurousworld.com/best-breweries-in-portland-oregon/](https://www.anadventurousworld.com/best-breweries-in-portland-oregon/)

Skoal, everybody!
Wine

In recent decades there has been an explosion of wineries and vineyards in the Willamette River valley south of Portland, engendering competition for the more established wineries in California. The most acclaimed Oregon variety is Pinot Noir, but now a number of other wines such as Pinot Gris, Chardonnay, Riesling and Oregon Rosé are gaining traction. Ask your waiter or bartender for a good Oregon wine. Learn more about Willamette Valley wines, wineries, and wine country on the Willamette Valley Wineries Association website: https://www.willamettewines.com/.

Cider

The latest beverage to be obsessed over in Portland is hard cider. Since the Pacific Northwest is an apple-growing region, there is plenty of raw material for Portland's cideries available nearby. A good list of area cider makers and bars is here: https://www.travelportland.com/culture/portland-cider-scene/

Alcohol-free Drinks

Options for non-alcoholic beverages and beverages are widely available at restaurants and are also available at supermarkets and liquor stores. AFS also offers alcohol-free options at receptions.

Kombucha

Kombucha is a fermented tea with reputed health benefits offered at many tea shops and juice bars in Portland. It has exploded in popularity in the last decade. There are several commercial brewers of kombucha in the region and a noted kombucha taproom in SE Portland: SOMA Kombucha Taproom 3777 SE Belmont St.

https://www.yelp.com/search?cflt=kombucha&find_loc=Portland%2C+OR

Cannabis

There are more than 250 cannabis dispensaries in Portland. In 2014, Oregon was the third state to legalize recreational use of cannabis. Now it’s legal in 23 states. A summary of the Oregon laws is here: https://potguide.com/oregon/marijuana-laws/ To enter a dispensary, you must be over 21 and show your ID. There are numerous varieties of weed, classified by their amounts of THC and CBD. The “budtenders” are typically very happy to advise you. Products include “bud” for smoking, edibles, beverages and extracts. Prices are very low. Remember that it is illegal to transport cannabis across any state lines, so purchase only as much as you will use while in Oregon. The Hilton does not allow smoking anywhere in the building. Smoking cannabis outdoors is technically illegal. Edibles or tinctures might be the solution.

Record Stores
Music Millennium (3158 E Burnside) This Portland record store is legendary for owner Terry Currier's legal battle 25 years ago with Country star Garth Brooks over Currier selling Brooks’ used albums royalty-free. There is a very large selection of all genres in vinyl LP, CD, DVD formats. The store is a favorite location for local bands to hold new CD release parties/performances.

Vinyl Resting Place (8332 N Lombard St) It’s a long way up to the St John's neighborhood, but this is the only Portland used record store that specializes in blues, jazz, classic rock and folk.

Jackpot Records (3574 SE Hawthorne Blvd) A nice little vinyl record store, strong on punk and rock, and located right in the middle of the otherwise very interesting Hawthorne Blvd shopping and dining district.

Bookstores

Powell’s Books, the bibliophile’s paradise mentioned above in the Downtown section.

Black Hat Books (2831 NE MLK Blvd) has unique collections of Latino and Native-American literature and history, and a large collection of African-American literature, history, and poetry.

Mother Foucault’s Books (523 SE Morrison St) has used, rare, vintage books, and an eclectic selection of philosophy, foreign language, arts, fiction, and poetry titles.


Books With Pictures (13— SE Division St) Woman owned, kid friendly, aggressively inclusive. Honored to have been chosen as this year’s best comic store in the world!

Hot Picks!

Pambiche Cuban Restaurant 2811 NE Glisan (hop on bus #12 at SW 6th & Taylor, ride 15 minutes, 11 to NE Sandy & Lawrence, walk .2 mi) A Portland favorite for Cuban food, located just north of the 28th Ave bar and entertainment strip.

Mirisata Sri Lankan Vegan Restaurant 2420 SE Belmont St (hop on bus #15 at SW 6th & Adler, ride 11 minutes to SE Belmont & 23rd, walk 413 feet) For your platter, structure your own combination of spicy or mild Sri Lankan dishes.

Enat Ethiopian Restaurant 300 N Killingsworth St (Hop on bus #44 at SW 6th & Salmon, ride 23 minutes to N Killingsworth & Vancouver St, walk 259 feet) Order a selection of Ethiopian vegetarian or meat dishes, served on a bed of foamy Ethiopian Injera bread.

Saraveza Bar and Grill 1001 N Killingsworth St. (Hop on Yellow Line MAX train at Pioneer Square & 6th Ave, ride 18 minutes to N Killingsworth MAX station, walk .3 miles.) A
Wisconsin-themed bar with fried cheese curds, bratwurst, plenty of tap beers, even taxidermy on the wall.

**Sports Bra** (2512 NE Broadway) sports bar and restaurant. Women-owned, celebrating women's sports such as Portland's beloved women's pro soccer team, the Portland Thorns.

**Oregon State and the Oregon Coast**

Portland may be called a West Coast city, but it is still 70 miles from the Pacific Ocean. The Oregon coast is a scenic wonder, and in November, you can enjoy hikes on expansive beaches with views of rugged rock formations. All Oregon beaches are public, thanks to a 1913 law, which declared the wet sands to be a state highway; later, the dry sands were made public by the “Beach Bill” of 1967. During your visit in early November, you may enjoy strolling on the beaches, but you'll probably need to wear a jacket. It’s unlikely to be swimming weather, unless you prefer frigid temps and pack a thick wetsuit.

You’ll need a car and, hopefully, a few free days, to cruise the coast’s legendary Hwy 101. Visit small towns with ample opportunities for seafood, ocean vistas, hiking on the beach, and wildlife viewing. The Oregon Coast Visitors Association website ([https://visittheoregoncoast.com/regions/](https://visittheoregoncoast.com/regions/)) offers a lot of information on various towns along the coast, including those mentioned below as well as Gearhart, Manzanita, Depoe Bay, Lincoln City, Nehalem, Yachats, and more.

From Portland, the nearest town on the coast is Seaside, an old-fashioned beach resort. There are two buses daily to Seaside from Portland's downtown Union Station. Schedules and fares are here: [https://www.rome2rio.com/s/Portland/Seaside-OR-USA](https://www.rome2rio.com/s/Portland/Seaside-OR-USA)

Just north of Seaside, on the mouth of the Columbia River, is the city of Astoria, an historic maritime and fish cannery town. The Astoria Column, a 125 foot tower located in a hilltop park, offers a stunning view of the city and the Columbia delta. Astoria's well-preserved early 20th century downtown offers an array of eateries and shops. The Columbia River Maritime Museum is not to be missed. Astoria and nearby Cannon Beach are known for providing the scenery for the 1985 adventure film, *The Goonies*.

Further south, the long sandy shoreline that defines the city of Rockaway Beach is a great place for clamming, crabbing, and trout fishing, and visitors can hike at nearby Neahkahnie Mountain.

A bit farther down the coast is the renowned Tillamook Creamery, a farmer-owned cooperative that was founded in 1909. Dairy farmers who are great-great-great-grandchildren of the founders are still active members of the co-op which has grown into a huge enterprise with Tillamook cheeses and other dairy products distributed widely. Visitors to the creamery can view cheesemakers at work and Tillamook history exhibits. Grab some free samples of cheese, an ice cream cone, or a grilled cheese sandwich, and explore their state-of-the-art
visitor center. Tours are free and self-guided. The Tillamook Creamery is Oregon's most visited destination, so prepare for lines – but don't worry, the cheddar is worth the wait! https://www.tillamook.com/visit-us/creamery

Folklorists may be particularly interested in visiting Newport, the largest commercial fishing port on Oregon’s coast. You can visit the historic wharf area and view the fishing fleet to the tune of barking harbor seals. There are numerous eateries where you can sample the fresh catch. Newport also has the stunning Oregon Coast Aquarium and nearby is Oregon State University's Hatfield Marine Science Center which features interactive exhibits.