

Portland's Nearest Escape...

Adventurous cyclists, rogues and Hood to Coast runners have found their way to Columbia County. Now you can too. Flanking the Portland area and shaped by the majestic Columbia River, this curvy landscape dips into the wetland homes of migratory birds and swells through forests and creeks to wide open vistas.

These pastoral wilds and winding roads were a little known secret - until now. It's time for the world to be exposed to the wonderment nestled above the northern reaches of Portland, Oregon.

One ride highlighted on the map inside includes a route that will take you from PDX... yes the airport, into Portland, through Columbia County and back.

Bike friendly B&B's, cabins, campgrounds and a Best Western make this an outing not just for the fervid cyclist, but families and large groups too.

Columbia CountyRider shuttles people to and from downtown Portland several times a day. Yes, they have bike racks. If you want a guide for your ride, you can find that too.

Saint Helens OLDE TOWNE has an indoor rock gym, 13 Nights on the River concerts, quirky shops, restaurants and locally crafted Captured by Porches beer.

"Big Time...Big Fun!"
Track located at McCormick Park
315 S. Columbia River Hwy
St. Helens, OR
(503) 397-4900
paul@crbmx.com
www.crbmx.com

ACE HARDWARE
Paint-Hardware-Tools-Plumbing-Electrical
Unique Garden Center
Mon-Sat 8-8/Sun 9-6 for your convenience
155 S. Columbia River Hwy - St. Helens - 503-366-1363

KLONDIKE RESTAURANT & BAR
Steak & Seafood, Burgers, Chef Specials
House Made Soups and New England Clam Chowder
Parties of 40 and under welcome year around
Summer Patio Dining
71 Cowlitz ~ 1st & Cowlitz ~ St. Helens 503-366-2634

KOZY KORNER RESTAURANT & LOUNGE
Family Style Restaurant
Full Service Lounge-Big Screen TV-Lottery Games
Banquet Room Available for Gatherings
Weekday Breakfast, Lunch, Dinner Specials
Friday Prime Rib. Best chowder in town.
Kids Menu-Weekend Breakfast Specials
371 Columbia Blvd - St. Helens
503-397-9754

Grace's Antiques
A hidden treasure nestled on the Columbia River
Tuesday-Saturday 10-5 Sunday 11-4
315 Strand, Saint Helens - 303-397-0798

Wauna Federal Credit Union
MADE IN OREGON!
Serving residents and businesses of Columbia or Clatsop County. Join Now!
Branches in St Helens and Scappoose
503-366-1334 (local)
800-773-3236 waunafcu.org

COLUMBIA RIVER PUD
A COMMUNITY-OWNED UTILITY
503-397-1844 www.crpud.net

Barlow Bikes & Boards
WORLD FAMOUS
Sales - Service - Rentals
St. Helens & Vernonia
(503) 397-4900
info@barlowbikes.com
www.BarlowBikes.com

COLUMBIA COUNTY FAIRGROUNDS & EVENT COMPLEX
FAIR OFFICE HOURS: 9 am - 3:30 pm Mon.-Fri.
58892 Saulser Road St. Helens, OR 97051
PH: 503.397.4231
2012 COLUMBIA COUNTY FAIR & RODEO
JULY 18-22
River City Speedway
RACE SCHEDULE APRIL 14 - OCTOBER 6
Track: 503.397.6506
Info: 503.397.2393
sandyfast@hotmail.com

Tips For Pedestrians (runners and walkers)

- Be predictable. Show intent to cross the street so drivers will know you want to cross.
- Cross or enter streets where it is legal to do so and make sure vehicles can see you and have time to stop.
- Walk on sidewalks or paths. If there are no sidewalks, walk facing traffic as far to the left as possible.
- Make it easy for drivers to see you - dress in light colors and wear retro-reflective material. It is wise to carry a flashlight in very dark areas.
- Watch for tuning vehicles and cars backing up.
- Be wary. Most drivers are nice people, but don't count on them paying attention.
- Watch out - make eye contact to be sure they see you!
- Alcohol and drugs can impair your ability to walk safely, just like they do a person's ability to drive.
- Use extra caution when crossing multiple-lane, higher speed streets and always look left, right and left again before crossing.

MULTI-USE PATHS, PEDESTRIANS AND BIKES

- Multi-use paths are great places to walk and bike without having to worry about cars, trucks or buses. But, please do think about the other path users and use these guidelines:
- All trail users should keep to the right side of the trail, except when passing.
- Pass slower trail users on their left, when biking, use and audible warning when passing, bells are best. Why warn slower users? Because pedestrians and other bikers can't hear a bicycle approaching from behind.
- Pedestrians have the right-of-way on trails and sidewalks. However, groups of pedestrians should form a single-file to allow bicyclists, others to pass.
- Travel only at speeds which are safe and appropriate for trail conditions. Safe and appropriate speeds will be lower in congested areas.
- Pay attention to all trail markings and safety signs.

- Bicyclists should ride single file.
- Keep pets on a short leash and under control at all times. The best place for pets is on the right shoulder of the trail, next to their owner.
- Private motorized vehicles (except wheelchairs) are not permitted on the trails unless posted.
- Trails are usually not cleared of snow and ice. If you choose to use the trails during the winter, always be alert for any snow or ice and exercise extreme care in your use of the trails.

~Thanks to Steve Johannsen Design for design/layout @ www.steves-art.com and to the City of Portland and Jeff Smith for your help with our Bike & Pedestrian Map for the City of St. Helens~

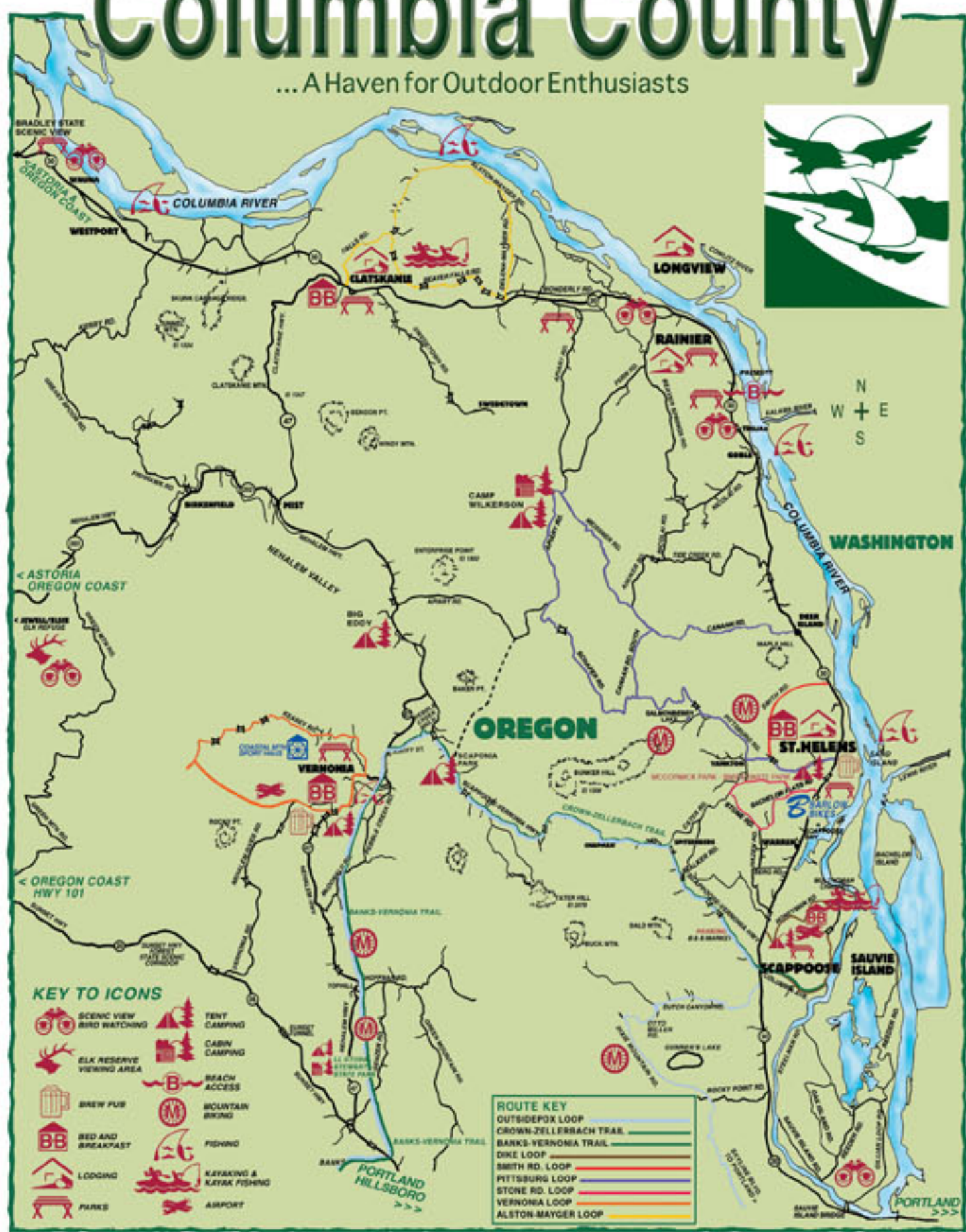
For more information on walking and biking in Portland contact:
Web: www.GettingAroundPortland.org

CC Rider
Schedule Online at
www.ColumbiaCountyRider.com
503-366-0159
Bike Racks/Group Arrangements on All Buses
7 days/week Service from Portland to Scappoose & St. Helens to Westport & Astoria
Weekend stops include Sauvie Island & Vernonia to Stubb Stewart State Park to Beaverton Transit Station



Columbia County

... A Haven for Outdoor Enthusiasts



Columbia County Emergency Service Phone Numbers:

EMERGENCIES 9-1-1
Law Enforcement, Non-Emergency:
St. Helens Police Department (503) 397-3333 www.sthelenspolice.org
Scappoose Police Department (503) 543-3114 www.scappoosepolice.com
Vernonia Police Department (503) 429-7335 www.vpd.vernonia-or.gov
Rainier Police Department (503) 556-3645
Clatskanie Police Department (503) 728-2145
Columbia City Police Department (503) 397-4010
Columbia County Sheriff's Office (503) 366-4611
www.co.columbia.or.us/sheriff/
Oregon State Police (503) 397-3131 www.oregon.gov/OSP/

Fire, Emergency Medical Services, Non-Emergency:
Columbia River Fire & Rescue (503) 397-2990 www.crrf.com
Scappoose Fire Department (503) 543-5026 www.srfd.us
Clatskanie Fire Department (503) 728-2025
Vernonia Fire Department (503) 429-8252 www.vernoniafire.us
Metro West Ambulance (Vernonia Ambulance Service) (503) 693-6658
Oregon State Forestry (Columbia City) (503) 397-2636
Columbia County Office of Emergency Management (503) 366-3905
www.co.columbia.or.us/emgt/

Road and Weather Conditions:
Oregon Department of Transportation 5-1-1 www.tripcheck.com
National Weather Service (Portland) (503) 261-9246 www.nws.noaa.gov

ENTERTAINMENT / FESTIVALS & EVENTS

January through December

- 01/16 Big Bank Benefit Concert
- 01/21 Annual St. Helens Senior Center Crab Feed
- 02/04 Annual Taste of Columbia County
- 03/01 Annual Curves Food Drive
- 03/04 Annual Columbia County Bridal Show
- 03/09 Annual Empty Bowls Fundraiser
- 04/01 Annual Columbia River PUD GLOW Book Sale
- 04/07 Annual mEAGle Egg Hunt
- 04/21 Donkey Basketball
- 04/28 Annual Spring Garden Fair
- 05/05 Annual Scappoose Boosters Spring Chinook Derby
- Annual Amani's Race Against Child Abuse
- 05/06 Grant Watts House Annual Sprint Tea
- 05/19 Annual Scappoose Farmers Market
- Scappoose Historical Society Annual High Tea
- 05/20 Grant Watts House Annual Spring Tea
- 06/07 13 Nights On The River Kick Off
- 06/23 Annual Kiwanis Parade
- BMX-Olympic Day Race
- 06/30 Annual Clatskanie Heritage Days
- July 13 Nights On The River
- 07/12 Scappoose Pow Wow
- 07/18 Annual Columbia County Fair & Rodeo
- 07/28 Annual Clatskanie Blues Fest
- Annual Elks Cruise In Benefit
- Phil Barlow Memorial Race-BMX/Skatepark
- August 13 Nights On The River
- 08/04 Race for Life BMX Charity Race
- 08/11 State BMX Championship Race
- 08/12 Annual Wings & Wheels
- 08/25 Annual Rhythm on the River Blues Fest
- 09/01 Portland Pirates Are Coming!
- Sept. 6th - 13 Nights On The River - Final Night
- 09/10 Annual Barbara Bullis Memorial Golf Tournament
- 09/15 Annual Scappoose Sauerkraut Festival
- 09/22 Annual Columbia City's Celebration
- 10/27 Annual Little Spooke Parade
- 10/31 Annual Meadow Park Harvest Festival
- 12/08 Annual Christmas Ships / Tree Lighting Ceremony
- 12/15 Annual Donut Day

The City of St. Helens
FOUNDED 1834
Randy Peterson, Mayor
PO Box 278 - 265 Strand Street
St. Helens, Oregon 97051
Phone (503) 397-6272
www.ci.st-helens.ca.us



OutsidePDX Loop
From Portland Airport: Take Red Line Max Train to Portland, Exit Pioneer Courthouse/SW6th, Take Blue Line to Hillsboro.

Max to Banks-Vernonia Trailhead (10.10 miles)
Ride Blue Line train to Pacific Ave. & Quince. From MAX go right at NW Martin Rd. Right at NW Verboort Rd. Stay on NW Verboort Rd. Go left at NW Cornelius Schefflin Rd. Turn left at NW Roy Rd. Go left at NW Wilkesboro Rd. Turn right at Nehalem Hwy/OR-47 N. Continue onto NW Sellers Rd. Take slight left at Banks-Vernonia State Trail. paved

Banks to Vernonia (24.4 miles)
Ride or hike the Banks-Vernonia Trail almost 25 miles to Vernonia through L.L. Stubb Stewart State Park. Weave through forest and over trestles on what used to be a railway. Open to all non-motorized users. 85% paved

Vernonia to Crown-Zellerbach Trailhead (3.58 miles)
From Vernonia, connect to the CZ Trail by continuing on to the Vernonia Log Pond and right onto Hwy 47. Left on Hwy 47. Right on E Knott to the trail head.

Crown-Zellerbach Trail to Hwy 30 (19.4 miles)
You will need a mountain bike at this end of trail. Improvements are ongoing, logging road, steep climb

Vernonia to Hwy 30 Road (24.32 miles)
Alternatively, continue on 47 and turn right onto the Scappoose Vernonia Hwy. End at HWY 30 / CZ Trail.

From CZ Trail at Hwy 30 to Saint Helens (8.5 miles)
Left on 30. Right and sharp left onto Old Portland Rd. Right. Continue onto St. Helens St. into OLDE TOWNE Saint Helens on the river.

Sasquatch Centurion: Vernonia-Clatskanie-Rainier-Saint Helens-Scappoose (81.61 miles)
To make a 100+ mile loop, from Vernonia follow Hwy 47 towards Clatskanie. Pack water. Big Eddy State Park is the only water stop between Vernonia and Clatskanie. Turn right at Hwy 30. Go left on N Nehalem St. Left on NW 5th to Beaver Falls Rd. Go left at Quincy Mayer Rd. Continue onto Mayer Rd. Right at Alston-Mayer Rd. Go left at Wonderly Rd. Turn right at Heath Rd. Onto Larson Rd. Left at Old Rainier Rd. Right at Meserve Rd. Onto Townsend Rd. Onto Fern Hill Rd. Right to stay on Fern Hill Rd. Onto 7th St. Left at W C St. Slight right to stay on W C St. Turn right at W B St. Turn right. Right on Hwy 30. Visit Prescott Beach, 5 miles south of Rainier on Graham Rd. Go 1.75 miles to park entrance. Ride 1.4 miles on Hwy 30 to Saint Helens. Left on Columbia Blvd. 1.5 miles to OLDE TOWNE. Leaving OLDE TOWNE, go right on S 1st, left on St. Helens St. Onto Old Portland Rd. Turn left to stay on Old Portland Rd. Scappoose Bay Kayaking is on the left. Continue on to Hwy 30. At Hwy 30 turn left toward Scappoose. pavement, scenic, smooth, hilly, steep, long climb

Scappoose to Portland Via Forest Park (26.51 miles) Road (25.96 miles)
From the Fred Meyer in Scappoose, go East on Hwy 30 towards Portland. Right onto Dutch Canyon Rd., Left onto Otto Miller. Continue onto Dixie Mountain Road. Go left at Rocky Point Rd. Go right at Skyline. Left to stay on Skyline. Go left at NW Germantown to second trailhead on the right. This is Left Erickson and comes out at NW Thurman St. From here you are close to the Pearl, Portland Streetcar, Waterfront Park and Portland Hotels.

No road bikes on Dixie Rd. or Left Erickson due to gravel and dirt surfaces, scenic, steep climb
Road Bike Option continue along Hwy. 30 past Dutch Canyon Rd., Turn right at Rocky Point Rd., top of climb, turn left on Skyline Blvd., Skyline turns into NW Cornell Rd., follow NW Cornell into NW Portland.

In and Around Vernonia:

- The Blue House Cafe and Brewery - Cafe 47
- Black Bear Coffee - Mountain Bike Skills Park
- Elk Reserve - Museum - Fishing - Vintage Bike Rental
- Rock Creek B&B 503-429-2503
- Coastal Mountain Sport House 503-429-6940
- Old Mill Inn 503-429-0952
- Big Eddy Campground 503-366-3984

In and Around Saint Helens:

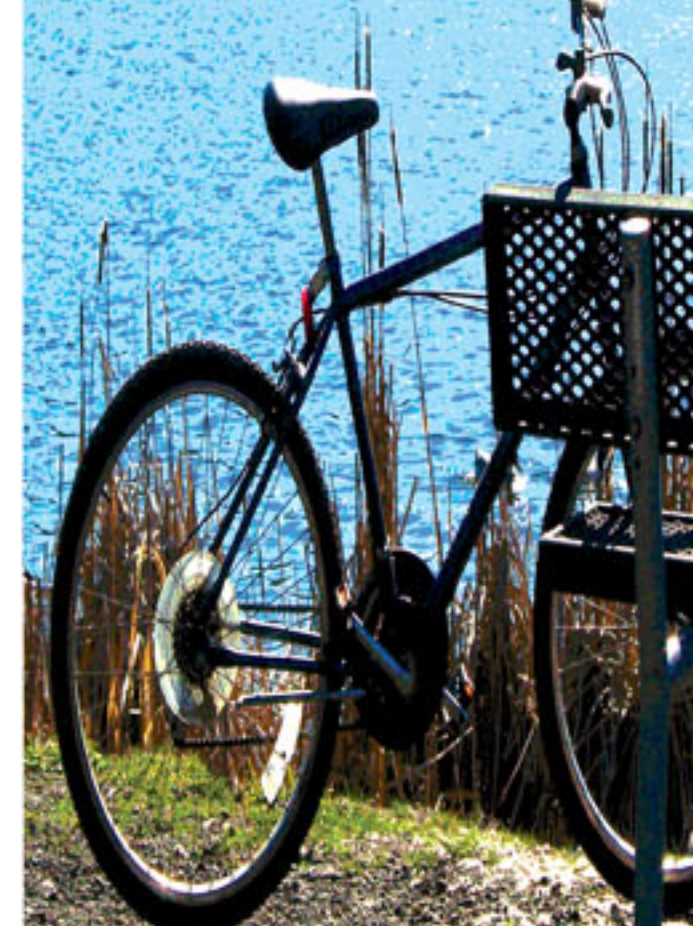
- Houlton Bakery - The Klondike Restaurant
- Plantation Pizza & Captured by Porches Brewing
- Antiques - Boutiques - Fishing - Paddling - Sailing
- Scappoose Bay Kayaking 503-397-2161
- The Vault Rock Gym 503-396-5605
- Barlow Bikes and Adventures 503-397-4900
- Best Western 503-397-3000
- SeaWright House Luxury Retreat 503-779-7394
- Nob Hill B&B 503-396-5555
- Camp Wilkerson 503-397-2353
- McCormick Park Campground 503-366-3984
- Columbia View Park in Olde Towne has showers. 503-397-6272

In and Around Scappoose:

- Farmhouse Restaurant - Old Oregon Smokehouse
- Joy Creek Nursery - Rocky Point Road
- Scappoose Creek Inn 503-543-2740

The City of St. Helens
FOUNDED 1834

BICYCLE and PEDESTRIAN MAP



BICYCLING TIPS



OBEY ALL SIGNS & TRAFFIC LIGHTS
Bicycles must be driven like other vehicles if they are to be taken seriously by motorists. Never ride against traffic.



USE HAND SIGNALS
Hand signals tell motorists what you intend to do. For turn signals, point in the direction of your turn. Signal as a matter of courtesy and safety and as required by law.

AVOID ROAD HAZARDS
Watch for sewer grates, slippery manhole covers, oily pavement, gravel and ice. Cross railroad tracks at right angles. For better control as you move across bumps and other hazards, stand up on your pedals.



RIDE CONSISTENTLY
Ride as close as practical to the right. Exceptions: when traveling at the normal speed of traffic, avoiding hazardous conditions, preparing to make left turn, or using a one-way street.



DRESS APPROPRIATELY
Wear a hard-shell helmet whenever you ride (required by law for cyclists under 16 years old). Wear light-colored clothes at night. Make yourself as visible as possible.



USE CAUTION WHEN PASSING
Motorists may not see you on their right so stay out of the driver's "blind spot". Be very careful when overtaking cars while in a bike lane; drivers don't always signal when turning. Also be alert for car doors opening & cars pulling out from side-streets or driveways.



GO SLOW ON SIDEWALKS
Pedestrians have the right of way on walkways. You must give an audible warning when you pass. Cross driveways and intersections at walker's pace and look carefully for traffic. Cyclists are not allowed to ride on sidewalks in most downtown City's.



Enjoy the Natural Beauty of Columbia County, the Natural Way ...Walking or Biking!

Enjoy Your Visit!

