

Best Trail Runs in Portland, Oregon: A Guide to the City's Top Trails

Portland, Oregon is a runner's paradise, with miles of trails to explore within the city limits and just beyond. From gentle paths along the Willamette River to challenging climbs in Forest Park, there's a trail for everyone in Portland.



Best Trail Runs Portland, Oregon (Falcon Guides)

by Donald Thomas

★★★★★ 5 out of 5

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Here's a guide to some of the best trail runs in Portland, Oregon:

Forest Park

Forest Park is Portland's largest park, with over 5,000 acres of trails to explore. The park is home to a variety of terrain, from flat, paved trails to steep, rugged trails. There are trails for all levels of runners, from beginners to experienced trail runners.

One of the most popular trail runs in Forest Park is the Wildwood Trail. The Wildwood Trail is a 30-mile loop trail that winds through the heart of the park. The trail is well-maintained and offers stunning views of the city and the surrounding mountains.

Another popular trail run in Forest Park is the Leif Erickson Trail. The Leif Erickson Trail is a 6.4-mile loop trail that follows the banks of the Willamette River. The trail is relatively flat and easy to run, making it a good option for beginners.

Willamette River Trail

The Willamette River Trail is a paved trail that follows the Willamette River for 26 miles. The trail is mostly flat and easy to run, making it a good option for beginners and families. The trail offers beautiful views of the river and the city skyline.

One of the most popular sections of the Willamette River Trail is the Waterfront Park loop. The Waterfront Park loop is a 1.9-mile loop trail that follows the riverfront in downtown Portland. The trail is well-maintained and offers stunning views of the city skyline.

Mt. Tabor

Mt. Tabor is an extinct volcano that rises above the Portland skyline. The park offers several trails to choose from, ranging from easy to challenging. The most popular trail is the Summit Trail, which leads to the summit of Mt. Tabor. The Summit Trail is a 1.5-mile loop trail that offers stunning views of the city and the surrounding mountains.

Another popular trail on Mt. Tabor is the South Loop Trail. The South Loop Trail is a 2.5-mile loop trail that follows the rim of the crater. The trail is relatively flat and easy to run, making it a good option for beginners.

Powell Butte

Powell Butte is a cinder cone volcano located in southeast Portland. The park offers several trails to choose from, ranging from easy to challenging. The most popular trail is the Rim Trail, which follows the rim of the crater. The Rim Trail is a 2.2-mile loop trail that offers stunning views of the city and the surrounding mountains.

Another popular trail on Powell Butte is the Nature Trail. The Nature Trail is a 1.5-mile loop trail that winds through the forest. The trail is relatively flat and easy to run, making it a good option for beginners.

Washington Park

Washington Park is a large park located in southwest Portland. The park is home to several trails, including the Wildwood Trail, the Leif Erickson Trail, and the Pittock Mansion Trail. The Pittock Mansion Trail is a 1.1-mile loop trail that leads to the Pittock Mansion, a historic mansion that offers stunning views of the city.

Another popular trail in Washington Park is the Hoyt Arboretum Trail. The Hoyt Arboretum Trail is a 2.8-mile loop trail that winds through the arboretum. The trail is relatively flat and easy to run, making it a good option for beginners.

Portland, Oregon is a great city for trail running. There are miles of trails to explore, ranging from gentle paths along the Willamette River to

challenging climbs in Forest Park. Whether you're a beginner or an experienced trail runner, you're sure to find a trail that's perfect for you.

So get out there and explore the best trail runs in Portland, Oregon!



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