

TRAIL RUNNING IN THE PORTLAND AREA

Banks-Vernonia State Trail

Buxton, OR

Activity: Trail Running

Trail Distance: 4 miles

A wide gravel multi-use trail that travels through a second-growth Douglas fir forest. You'll enjoy the smooth graded surface on this 20-mile multi-use trail that travels through a serene forest canopy.

Clackamas River

Estacada, OR

Activity: Trail Running

Trail Distance: 8 miles

A classic river trail that traces the contours of the Clackamas River through pockets of old-growth western red cedar and Douglas fir. River views. Creek crossings. Bridge crossings.

Glendover Fitness Trail Loop

Portland, OR

Activity: Trail Running

Trail Distance: 2 miles

Wood-chip trail (with a short paved section) that circles Glendoveer Golf Course in northeast Portland. This sophisticated wood-chip trail circles the smooth greens of Glendoveer Golf Course in northe...

Hagg Lake Loop

Forest Grove, OR

Activity: Trail Running

Trail Distance: 15.1 miles

Combination of singletrack trail, paved paths, and roads that take you around scenic Hagg Lake in Scoggins Valley Regional Park in Washington County. Bridge crossings. This sinewy trail offers plenty ...

Leif Erikson Drive

Portland, OR

Activity: Trail Running

Trail Distance: 12 miles

Nonmotorized multi-use gravel-dirt road with distance markers that winds through 5,000-acre Forest Park in Portland. Occasional views. This civilized multi-use trail is an easy cruise on a multi-use g...

Leif Erikson Drive - Wildwood Loop

Portland, OR

Activity: Trail Running

Trail Distance: 7.9 miles

The route travels on singletrack trails and a doubletrack gravel road through the scenic treed setting of Forest Park. Tree roots. Bridge crossings. This loop route takes you on a wild and free run th...



TRAIL RUNNING IN THE PORTLAND AREA

Marquam Nature Park Loop

Portland, OR

Activity: Trail Running

Trail Distance: 4.2 miles

Signed forest path that winds through a Douglas fir and big-leaf maple forest in Marquam Nature Park. The route then hooks up with a paved pedestrian path that parallels Terwilliger Boulevard. From th...

From the guidebook [Trail Running Oregon](#)



Marquam Shelter to Council Crest

Portland, OR

Activity: Trail Running

Trail Distance: 3.2 miles

Signed singletrack trail that begins at Marquam Shelter and travels through a picturesque Douglas fir, red alder, and big-leaf maple forest to the summit of Council Crest. Steep forest ascent and desc...

Mount Tabor Loop

Portland, OR

Activity: Trail Running

Trail Distance: 1.7 miles

Nice singletrack route that circles Mount Tabor through a shady Douglas fir forest. Short sections of paved road and paved pedestrian path. City and mountain views. Mount Tabor Park is one of those ur...

Oaks Bottom Wildlife Refuge

Portland, OR

Activity: Trail Running

Trail Distance: 3.6 miles

This dirt path begins at Sellwood Park in Southeast Portland and travels north through Oaks Bottom Wildlife Refuge to the Milwaukee Street Trailhead. Bridge crossings. Willamette River views. This out...

Powell Butte Nature Park Loop

Portland, OR

Activity: Trail Running

Trail Distance: 3.5 miles

This route takes you through open meadowlands and thick forest in Powell Butte Nature Park in Southeast Portland. City and mountain views. Powell Butte Nature Park is located on an extinct volcano tha...



Riverside Trail

Estacada, OR

Activity: Trail Running

Trail Distance: 8.4 miles

A classic river trail that traces the contours of the Clackamas River through pockets of old-growth western red cedar and Douglas fir. River views. Creek crossings. Bridge crossings. This route offers...

TRAIL RUNNING IN THE PORTLAND AREA

Tryon Creek State Park Loop

Portland, OR

Activity: Trail Running

Trail Distance: 4 miles

Singletrack trail that loops through a second-growth forest of big-leaf maple, red cedar, alder, and Douglas fir in Tryon Creek State Park. Bridge crossings. Wood stairs.

Warrior Rock Lighthouse

Portland, OR

Activity: Trail Running

Trail Distance: 6 miles

A smooth, shady trail that takes you to the northern tip of Sauvie Island and Warrior Rock Lighthouse. Columbia River views. Escape from the city to enjoy the solitude of this island run.

Wildwood - Wild Cherry Loop

Portland, OR

Activity: Trail Running

Trail Distance: 4.8 miles

This fun singletrack trail begins by paralleling Balch Creek and then travels through a shady big-leaf maple and Douglas fir canopy in Forest Park. Bridge crossings.

Wildwood Trail to Pittock Mansion

Portland, OR

Activity: Trail Running

Trail Distance: 7.2 miles

The route starts next to the Vietnam Memorial in Washington Park, winds through Hoyt Arboretum, and then heads into Forest Park and to Pittock Mansion. City and mountain