

B&Bs NEAR WATERFALLS

The professional association of Oregon's individually operated bed and breakfast inns, aka **Oregon Bed and Breakfast Guild**, wants you to get to know the state like a local. Reap the benefits of the great outdoors in the safety of a small, meticulously inspected, inn. After all, less people spells less risk, and much more attention to detail.

COME. STAY.
(WATER)FALL IN LOVE WITH OREGON!

Airlie Farm Monmouth		(503) 838-1500 www.airliedfarminn.com
A'Tuscan Estate McMinnville		(503) 434-9016 www.a-tuscanestate.com
Baywood Shores Bed & Breakfast Lincoln City		(541) 996-6700 www.baywoodshores.com
Bella Collina Bed & Breakfast Amity		(541) 272-1700 www.bellacollinabnb.com
Brey House Ocean View B&B Lincoln City		(541) 994-7123 www.breyhouse.com
Bronze Antler Bed & Breakfast Joseph		(541) 432-0230 www.bronzeantler.com
Brookside Bed & Breakfast Hood River		(541) 387-6589 www.brooksidebnb.com
C.H. Bailey House Roseburg		(541) 315-0048 www.chbaileyhouse.com
Cannon Beach Hotel Cannon Beach		(503) 436-1392 www.cannonbeachhotel.com
The Carlton Inn Bed & Breakfast Carlton		(503) 852-7506 www.thecarltoninn.com
C'est la Vie Inn Eugene		(541) 302-3014 www.cestlavieinn.com
Chehalem Ridge Bed & Breakfast Newberg		(503) 538-3474 www.chehalemridge.com
The DreamGiver's Inn B & B Newberg		(503) 625-1476 www.dreamgiversinn.com

Franziska Haus B&B Dundee		(503) 887-0879 www.franziskahaus.com
The Fulton House Portland		(503) 892-5781 www.thefultonhouse.com
La Bastide Bed and Breakfast Dundee		(503) 351-4239 www.labastidebandb.com
MaMere's Bed and Breakfast Monmouth		(503) 917-8745 www.mameresguesthouse.com
Old Parkdale Inn Parkdale		(541) 352-5551 www.hoodriverlodging.com
Prospect Historic Hotel - Motel & Dinner House Prospect		(541) 560-3664 www.prospecthotel.com
R.R. Thompson House Carlton		(503) 852-6236 www.rrthompsonhouse.com
The Setting Inn - Willamette Valley Newberg		(503) 554-9528 www.thesettinginnwillamette.com
Thyme & Tide Oceanside		(503) 842-5527 www.thyme-and-tide.com
turtlejanes bed & breakfast Oceanside		(503) 842-6126 www.turtlejanes.com
WildSpring Guest Habitat Port Orford		(541) 332-0977 www.wildspring.com
Willamette Valley Bed & Breakfast Newberg		(425) 495-1181 www.willamettevalleybandb.com
The Willows Bed & Breakfast Newberg		(503) 537-4248 www.willowsbedandbreakfast.com
Wilson Ranches Retreat B&B Fossil		(541) 763-2227 www.wilsonranchesretreat.com
Yamhill Vineyards Bed and Breakfast Yamhill		(503) 662-3840 www.yamhillvineyardsbb.com
Youngberg Hill Vineyards & Inn McMinnville		(503) 472-2727 www.youngberghill.com

INSTA-WORTHY DRIVES

Get in the car, take some pics, and reignite your soul. Whatever you seek, Oregon has 29 designated Scenic Byways and one of them has your name on it.

WANT TO:

Train for a space mission? Tread the **Volcanic Legacy Scenic Byway**, where astronauts have trained to walk on the moon!

Channel your inner explorer? Trace the steps of Lewis and Clark along the **Historic Columbia River Highway Scenic Byway**.

Retrace the route of a pioneer? Hit the **Mt Hood Scenic Byway** and stay wide-eyed on Barlow Road, a segment of the Oregon Trail.

Boost your immune system? Drive the **Rogue-Umpqua Scenic Byway** and pull over to do a little fishing!

Gaze at the clear blue sky? Drive the **Hells Canyon Scenic Byway** where the lofty Wallowa Mountains dominate the view along the ancestral homeland of the Nez Perce tribe.

Feel as if you're on an expedition? Just beyond the Portland metro area begins the **West Cascades Scenic Byway**. This curvy route winds along rivers and old growth forests.

Rewind your mistakes? Drive the **Journey Through Time Scenic Byway**. You'll see fossil beds, mining towns, and awe-inspiring Painted Hills.

Take the road less traveled? **Trees to Seas Byway** is the newest. The drive takes you through forests to a rugged headland and ocean-side cliffs.

Surround yourself with cranberries? For a spectacular view of the cranberry bogs that mark this region and ocean bluffs travel the **Charleston to Bandon Tour Route**.


Breathe in the salty ocean air? Roll down the windows and cruise the **Pacific Coast Scenic Byway**.

Feel as smart as Albert Einstein? Soak in the stunning scenery along one of the many **Willamette Valley Scenic Byways**. After, take part in a wine tasting because studies show that wine tasting engages your brain more than complicated math.

STAY AT:


















SO MANY CHOICES. NOT SURE WHICH ROAD TO CHOOSE?
ASK YOUR INNKEEPER FOR MORE INFORMATION AND VISIT:
www.oregontrailofwaterfalls.com

BIKE-FRIENDLY LODGING

Oregon has the **ONLY** Scenic Bikeway program in the United States; it includes 17 scenic bikeways. Get ready to cycle across desert highways, pedal past geological wonders, and marvel at the sea.

Listed below are the bikeways closest to our B&Bs. Ask your innkeeper for insider details. And see all the trails at: www.oregontrailofwaterfalls.com

BIKEWAYS: 

STAY AT:

Covered Bridges: This family-friendly 36-mile loop leads to several covered bridges, including Chambers Bridge, a historic railroad bridge; Cottage Grove, a historic downtown district; and a bike/walk-only path along the north side of Dorena Lake.

Painted Hills: For days of jaw-dropping landscape and jam-packed adventure, nothing beats the geologic splendor, fossil beds, and many varied routes on this 161-mile loop (loop and out and back options).

Tualatin Valley: Bike past vineyards, dairy farms, and more as you take in the views of the Tualatin River on this moderate 51-mile course that's very popular with foodies.

Wild Rivers Coast: Nestled in the fishing hamlet of Port Orford, the oldest town on the Oregon Coast, this moderate, 61-mile, route lets you finish your trek in a day or break it up into several out-and-back rides.

Willamette Valley: Make your own history by cycling the first official Scenic Bikeway in the United States! This 134-mile, one-way, course takes you past vineyards and through quaint towns as you trace the Willamette River.

PSST... WANT TO SEE OREGON BY BIKE FROM TOP TO BOTTOM?

Take the 669-mile **Oregon Timber Trail** through the Cascade mountain range!

If you'd rather bike along the coast, pedal 370-miles along sweeping vistas on the **Oregon Coast Bike Route**.

STAY AT:
















MOST SPECTACULAR OREGON WATERFALLS

- | | |
|-----------------------------------------------|--------------------------------------------------|
| 1 Youngs River Falls | 20 Yocum Falls |
| 2 Beaver Falls | 21 Pencil Falls |
| 3 Hug Point Falls | 22 Upper Heather Canyon Falls |
| 4 Blumenthal Falls | 23 Umbrella Falls |
| 5 Bridge Creek Falls | 24 Hurricane Creek Falls |
| 6 Fern Rock Falls | 25 Falls Creek Falls |
| 7 University Falls | 26 BC Creek Falls |
| 8 Bridal Veil | 27 Wallowa Falls |
| 9 Wiesendanger Falls | 28 Munson Creek Falls |
| 10 Ponytail Falls | 29 Upton Falls |
| 11 Elowah Falls | 30 Niagara Falls |
| 12 Wahclella Falls | 31 Pheasant Creek Falls |
| 13 Starvation Creek Falls | 32 Scotts Mills Falls |
| 14 Historic Columbia River Highway Waterfalls | 33 White River Falls |
| Multnomah Falls | 34 Drift Creek Falls |
| Horsetail Falls | 35 Falls City Falls |
| Latourell Falls | 36 Trail of Ten Falls at Silver Falls State Park |
| Wahkenna Falls | 37 John Day River |
| 15 Ecola Falls | 38 Rocky Creek Falls |
| 16 Willamette Falls | 39 Parker Creek Falls |
| 17 Ramona Falls | 40 Alder Creek Falls |
| 18 Tamanawas Falls | |
| 19 Little Zig Zag River Falls | |



SIP & STAY GETAWAYS

Oregon's cooler climate is responsible for its signature grape - Pinot Noir, but there are more than 700 wineries, 1,000+ vineyards and 70+ varieties of grapes in all. Come stay near our vineyards and choose your favorite.

American Viticultural Area, or AVA, is a specific vineyard zone based on geology, geography and climate. Oregon has many AVA regions and sub-regions. Here are the closest to our inns.

AVA:

Willamette Valley: This is Oregon's biggest wine growing region and produces two-thirds of the state's wine.

Yamhill-Carlton: Mineral elements in marine sedimentary soils give a down to earth quality.

Dundee Hills: The first grapes in Willamette Valley were planted here.

McMinnville: This AVA hosts the International Pinot Noir Celebration.

Eola-Amity Hills: Includes more than 30 wineries and 100 vineyards which sit 250 to 700 ft above sea level.

Chehalem Mountains: Nearly 70,000 acres of this AVA hold 2,600 acres of grapes, grown in 170+ vineyards, and 50+ wineries.

Van Duzer: This is a newly designated wine region with 6 bonded wineries and nearly 1,000 planted acres.















Southern Oregon: Nearly 7,000 acres of grapes are divided up between dozens of varieties, with Pinot Noir, Pinot Gris, Syrah, Tempranillo, Merlot, Cabernet Franc, Cabernet Sauvignon, and Riesling among the most popular here.

Umpqua Valley: This region's wine growing history dates back to the 1880s.

Rogue Valley: This is the southernmost wine growing region in Oregon.

Columbia Gorge: This AVA straddles Northern Oregon and Southern Washington. And is separated by the Columbia River. Gewurztraminer, Pinot Gris, Pinot Noir, Syrah, Cabernet Sauvignon, Riesling, and Chardonnay are the most common varieties.

NEAR:

ASK YOUR INNKEEPER ABOUT UPCOMING WINERY EVENTS AND VISIT:
www.oregontrailofwaterfalls.com

PULL UP A SEAT!



DISCOVER PORTLAND'S FAMOUS FOOD CART PODS

Hawthorne Asylum 1080 SE Madison St
20+ food carts, large fire pit and plenty of sangria.

Killingsworth Station 1331 N. Killingsworth St
International offerings abound from Salvadorian and Oaxacan carts, to latkes, pierogis, and Southern offerings.

The Lot @ John's Marketplace 3560 SE Powell Blvd
Smartly situated next to John's Marketplace, one of Portland's largest bottle shops, this food cart pod has everything from slow-cooked BBQ to fried chicken sandwiches and mini cakes.

Piknik Park Food Cart Pod 1122 SE Tacoma St
Comfort foods, Moroccan cuisine, and Nepalese foods are just some of the many tasty options. There's a craft beer garden too!

Portland Mercado 7238 SE Foster Rd
Mexican, Peruvian, Colombian, and más, this is a must-stop for all who love Latin American cuisine. Grocery store and coffee shop included.

Prost! Marketplace 4237 N Mississippi Ave
Set on the trendy and walkable North Mississippi Avenue, food selection here ranges from vegan bowls to Korean-style tacos. The pod is anchored by German pub Prost!

SAVOR INDIGENOUS FOODS

Head to the Native American-owned **Brigham Fish Market** for freshly caught Columbia River salmon as well as hot chowder, fish 'n' chips, and much more. The Brigham sisters are members of the Confederated Tribes of the Umatilla Indian Reservation, and come from a fishing family. Get your food to go or eat at a nearby picnic table overlooking the river. 681 Wa Na Pa St in Cascade Locks.

For *berry* interesting coffee, visit **Bison Coffeehouse**. This is Portland's only Native-owned coffee shop. It serves many homemade berry-baked goods, even coffee a la huckleberry mocha latte. 3941 NE Cully Blvd in Portland.

Pop by **Salmon King Fisheries**, a Warm Springs-based company owned by Tribal Members of The Confederated Tribes of Warm Springs Reservation of Oregon and The Nez Perce Tribe, that harvests and processes its own salmon and meats. You may also place an order online. 3240 Walsey Lane, Suite #2 in Warm Springs.

YUM! FIND MORE INFO ON LOCAL FOOD AT:
www.oregontrailofwaterfalls.com

EAT YOUR HEART OUT

9 FOOD TRAILS + LOOPS THAT SERVE LOCAL FARE WITH SCENERY ON EVERY SIDE.

Rouge Valley Food Trail: A self-guided adventure to farms, artisans and restaurants in Southern Oregon. This region grows more than 70 varieties of grapes!

Great Oaks Food Trail: Once the nation's largest hop-producing county, you can still see hops growing on this self-guided culinary journey through the Willamette Valley.

North Coast Food Trail: 80 stops to savor the coastal bounty, including breweries, wineries, farmer's markets, and bakeries.

Wild Rivers Coast Food Trail: Berries and bagels and a total of 43 stops to tempt your tastebuds.

Great Umpqua Food Trail: Forty-five stops filled with epicurean delights make up the Great Umpqua, with no shortage of wineries, breweries, u-pick farms, and cafes.

Central Coast Food Trail: This is the newest trail! It showcases locally sourced seafood, wild-foraged ingredients, farms, ranches, and artisan experiences.

Hood River Fruit Loop: This scenic 35-mile drive takes you through more than two dozen stands offering wines, ciders, fruits, and veggies.

Union County Farm Loop: A 55-mile loop which stretches from La Grande to Union, covers 500-acres of orchards, plus farms, and ranches. Fish for trophy-sized fish in Joseph.

River to Hills Farm Loop: Follow segments of the Lewis and Clark National Historic Trail and the Oregon Trail on this 60-mile loop. You'll pass farms, kid-friendly museums, fields of lavender, and more.

Marion Farm Loop: This route spans from Donald to Jefferson and has 24 different stops, from family-owned farm markets to gardens and wineries.

Yamhill Farm Loop: This is the newest loop! Pass vineyards, nurseries, pick up hyper-local natural foods, and more.

SUDDENLY FEELING A LITTLE HUNGRY? ASK YOUR INNKEEPER FOR FIRST-HAND INFO ON THE DIFFERENT FOOD TRAILS AND LOOPS! FOR MORE SPECIFICS ON EACH TRAIL AND TO SEE ALL THE LOOPS, VISIT: www.oregontrailofwaterfalls.com

THE OREGON TRAIL AND NATIVE HERITAGE

The Oregon Trail was a 2,170-mile, large-wheeled wagon route, from Independence, Missouri, to Oregon City, Oregon, used by hundreds of thousands of American pioneers to emigrate west in the mid-1800s.

The trail was filled with peril - potential accidents, ailments, steep climbs, and crossings through Indian territories - but it paved the way for the United States to expand to the west.

Contrary to popular Hollywood depictions, most Indians were tolerant, helpful even, of the pioneer wagons that drove through their lands, at least initially. Over time, relationships between the Indians and pioneers deteriorated. The passing of the Oregon Donation Land Act encouraged settlement into the area in 1850. Slowly relations improved. Today Interstate 84 passes through towns originally established to serve those using the Oregon Trail. There are currently nine federally recognized tribes in the state: Burns Paiute of Harney County; Confederated Tribes of Coos, Lower Umpqua and Siuslaw Indians; Confederated Tribes of Grand Ronde; Confederated Tribes of Siletz; Confederated Tribes of Umatilla Reservation; Confederated Tribes of Warm Springs; Cow Creek Band of Umpqua Indians; Coquille Indian Tribe; and Klamath Tribes.

To learn more about the native heritage of the land, check out:

Tamástlikt Cultural Institute, on the Umatilla Reservation, about 15-minutes from Pendleton, is the only tribal-run museum that highlights the history and culture of Native Americans along the Oregon Trail. While there, visit the **Crow's Shadow Institute of the Arts** - the only fine-print studio on a reservation.

The National Historic Oregon Trail Interpretive Center where the outdoor wagon encampment, trails and access to the historic ruts are open daily. Located five miles east of Baker City, on Hwy 86, Exit 302 from I-84, 125 miles NW of Boise, 95 miles SE of Pendleton.

The Museum at Warm Springs houses a large collection of North American Indian artifacts. 2189 US-26 in Warm Springs.

Chachalu Museum and Cultural Center tells the story of the Confederated Tribes of Grand Ronde that persisted despite challenges. 9615 Grand Ronde Road in Grand Ronde.

The Confederated Tribes of Grand Ronde Center for Native American Art at the **Portland Art Museum** has a Native American art collection with 3,500 prehistoric and historic objects created by some 200 cultural groups from North America. 1219 SW Park Avenue in Portland.

OREGON BUCKET LIST

HOW MANY OF THESE CAN YOU CHECK OFF WHILE YOU'RE HERE?

- Put your feet in the ruts left by pioneer wagons
- Sample your way through one of the nine Oregon Food Trails
- Climb the stairs of an Oregon lighthouse
- Munch on some Oregon hazelnuts (99% of US hazelnuts are grown here)
- Pedal along one of Oregon's 17 Scenic Bikeways
- Find your new favorite wine at one of our 700 wineries
- Recreate your favorite movie scene at a local movie site
- Feel the mist of an Oregon waterfall on your face
- Experience the joy of staying at a local bed and breakfast
- Buy something you gotta have - tax free!
- Count the whales along the Pacific Ocean
- Drive one of the beautiful byways
- Dig for fossils along the hills

THE OREGON TRAIL- THE GAME

This iconic computer game from the '70s taught kids about the life of a 19th century pioneer on the Oregon Trail. Do you remember playing the role of wagon leader?

VISIT:
www.oregontrailofwaterfalls.com
TO PLAY IT AGAIN!

WANT TO MAKE A CAMEO APPEARANCE AT A LOCAL MOVIE SPOT? ASK YOUR INNKEEPER FOR MORE OREGON FILM LOCATIONS AND VISIT:
www.oregontrailofwaterfalls.com