



Washington, Oregon & the Pacific Northwest



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4
WEEKS

Pacific Northwest Grand Tour

Just want to hit the highlights? **Vancouver** boasts wonderful parks, ethnic attractions and cool neighborhoods. Further south, on Vancouver Island, is charming and picture-perfect **Victoria**. If it's winter, hit the world-class slopes of **Whistler**.

Bustling **Seattle** offers myriad attractions, a unique skyline and great cuisine. Now head north to the beautiful San Juan Islands, such as woodsy **Orcas Island** – you can bike around or just relax. Back on the mainland, **Olympic National Park** is the jewel of the Olympic Peninsula, boasting a unique rain-forest ecosystem. For more of the state's gorgeous landscapes, **Mt Rainier National Park** is a must.

There's no escaping the attractions in **Portland** – from its landmark Powell's bookstore to its many microbreweries to tax-free (and hip) shopping. Just east are the grand vistas, hiking trails and waterfalls of the **Columbia River Gorge**. Nearby **Mt Hood** is unbeatable for camping, hiking and skiing. Much further south, **Crater Lake National Park** is a geologic wonder with supreme scenery. Finally, if you have time left over, there's the grandeur (and seafood cuisine) of the beautiful **Oregon Coast**.



2 WEEKS Island Hop

Washington's San Juans are an archipelago of hundreds of islands covering some 750 sq miles. Only about 60 are inhabited, and just four are accessible by public ferry. Three of these islands bring thousands of vacationers every year, but each has managed to keep a serene atmosphere and distinct character.

San Juan Island has the best tourist facilities, along with the archipelago's only sizable town, Friday Harbor. Lime Kiln Point State Park has prime whale-watching; in June, keep a lookout for killer or minke whales feasting on salmon runs. To the north is **San Juan Island National Historical Park**, with old British military facilities and earthwork fortifications and – on clear days – great mountain views.

The largest of the islands, **Orcas Island** is probably the most beautiful – and the poshest. It's dotted with fancy homes, and the lack of a central town gives it an exclusive neighborhood feel. Check out **Moran State Park**, which offers camping, fishing, hiking and mountain biking. **Mt Constitution**, the archipelago's highest point, is also here, featuring some of the finest views in Washington.

Lopez Island is the most peaceful island, with friendly locals and pastoral charm. Don't expect too many tourist services – agriculture and farming are the main focus. The most flyland is made for cycling, and there's little vehicular traffic.

A much larger island to explore is BC's **Vancouver Island**. Start in lovely **Victoria**, a cosmopolitan city with a variety of ethnic cultures, along with a touch of old Britain. Can't-miss attractions include the world-famous Butchart Gardens and high tea at the grand Empress Hotel. Wine lovers and foodies should head to the **Cowichan Valley**, home to boutique wineries and organic farms. Further west is the coastal town of **Tofino**, where you can go kayaking and spot marine life including gray whales. Nearby is **Pacific Rim National Park Reserve**, with rain forest, crashing surf, islands to explore and amazing hiking. Finally, head to land's end at **Cape Scott Provincial Park** to explore pristine beaches; outdoor lovers have miles of challenging trails and backcountry camping opportunities.



Seattle & Washington

The Pacific Northwest's largest city, **Seattle** has plenty going for it – a great location on Puget Sound, myriad dynamic neighborhoods, interesting sights and attractions, lots of first-rate coffee and beer, and – looming over it all – the lofty peak of majestic Mt Rainier. Must-sees include Pioneer Square, Pike Place Market, the Seattle Aquarium and the Space Needle, but there's plenty more to keep you busy.

Get out of town by hopping on a ferry to Bainbridge Island, then heading north to **Port Townsend**. With its Victorian architecture and location on the Strait of Juan de Fuca, this picturesque little town is a magnet for artists and eclectic personalities. From here you can take a bicycle on a ferry to the San Juan Islands, though if you want to drive you'll have to access them via Anacortes (more on this later). Work your way east along the Olympic Peninsula, perhaps stopping in Port Angeles for a quick day trip to Vancouver Island's pretty capital, **Victoria**.

Olympic National Park can't be missed. Its coastal strip includes 57 miles of remote beaches with pounding waves and wild scenery; visit Rialto Beach for amazing views. Inland, the Hoh Rain Forest is a prime destination with its famous Hall of Moss Trail. Now head further south to **Lake Quinault**, a gorgeous glacier-fed lake boasting a historic grand lodge. This is the place to go fishing, boating or swimming. Then pack it up and drive to **Olympia**, Washington's lively capital that's full of music culture.

If you like volcanoes, **Mt St Helens** should be on your itinerary; she blew her top in 1980, losing 1314ft of elevation. Not to be outclassed, Mt Rainier is another can't-miss geologic landmark. Hope for good weather and go hiking among glaciers, alpine meadows and old-growth forests in **Mt Rainier National Park**.

Looping back to I-5, drive up to Anacortes and take a ferry to the beautiful **San Juan Islands**. There are three distinct main islands to explore. San Juan Island has undulating hills and a scenic west coast where you can spot whales; upscale Orcas Island claims the area's highest peak; and Lopez Island is flat, laid-back and great for cycling.



2
WEEKS

Portland & Oregon Loop

Start your Oregon adventure in **Portland**, well known for its roses, bridges, beer and progressive politics. Be sure to visit downtown's landmarks and the Pearl District's boutiques; Powell's City of Books is one of the world's largest independent bookstores. Over on the east side of the Willamette River are several distinct and fun neighborhoods including Hawthorne, Mississippi and Alberta. Take frequent breaks in the city's excellent coffee shops or microbreweries.

Now drive west towards the coast to **Astoria**, the first permanent US settlement in the west. Today it's a pleasant port city with a restored downtown, historic museums and Victorian houses. Further south are plenty of beach resorts, fishing towns, state parks and scenic promontories that jut out to sea. If it's summer and you like to camp, there are endless opportunities along the Oregon coast. Just south of Florence is the **Oregon Dunes National Recreation Area**, the largest expanse of coastal sand dunes in the US.

Heading inland, you'll soon hit **Eugene**, a liberal and fun-loving city famous for founding Nike and putting out track-and-field champions. Drive further south on mountainous Rte 58 to **Crater Lake**, Oregon's only national park, offering supreme views of an old volcanic caldera; the water here – fed only by rain and snow – is some of the clearest and purest in the world. Going north on Rte 97 will bring you to **Bend**, a city tailor-made for outdoor lovers. Nearby you can go hiking, skiing, fishing, golfing, biking, kayaking, rafting and rock-climbing.

Driving north you'll branch off onto Rte 26, ending at **Mt Hood**, the state's highest peak at 11,240ft. While summiting the volcanic cone is only for hardy mountaineers, there are countless beautiful hikes on Mt Hood's flanks, along with plenty of campsites. Be sure to stop in for a drink (or meal) at the historic Timberline Lodge. Now head north again on Rte 35 and you'll come to the **Columbia River Gorge**. Cruise through this amazing geologic feature, stopping for lovely waterfalls and hikes along the way, and you'll eventually finish your loop back where you started – Portland.

Map Legend

Sights

- Beach
- Bird Sanctuary
- Buddhist
- Castle/Palace
- Christian
- Confucian
- Hindu
- Islamic
- Jain
- Jewish
- Monument
- Museum/Gallery/Historic Building
- Ruin
- Shinto
- Sikh
- Taoist
- Winery/Vineyard
- Zoo/Wildlife Sanctuary
- Other Sight

Activities, Courses & Tours

- Bodysurfing
- Diving
- Canoeing/Kayaking
- Course/Tour
- Sento Hot Baths/Onsen
- Skiing
- Snorkeling
- Surfing
- Swimming/Pool
- Walking
- Windsurfing
- Other Activity

Sleeping

- Sleeping
- Camping

Eating

- Eating

Drinking & Nightlife

- Drinking & Nightlife
- Cafe

Entertainment

- Entertainment

Shopping

- Shopping

Information

- Bank
- Embassy/Consulate
- Hospital/Medical
- Internet
- Police
- Post Office
- Telephone
- Toilet
- Tourist Information
- Other Information

Geographic

- Beach
- Gate
- Hut/Shelter
- Lighthouse
- Lookout
- Mountain/Volcano
- Oasis
- Park
- Pass
- Picnic Area
- Waterfall

Population

- Capital (National)
- Capital (State/Province)
- City/Large Town
- Town/Village

Transport

- Airport
- BART station
- Border crossing
- Boston T station
- Bus
- Cable car/Funicular
- Cycling
- Ferry
- Metro/Muni station
- Monorail
- Parking
- Petrol station
- Subway/SkyTrain station
- Taxi
- Train station/Railway
- Tram
- Underground station
- Other Transport

Routes

- Tollway
- Freeway
- Primary
- Secondary
- Tertiary
- Lane
- Unsealed road
- Road under construction
- Plaza/Mall
- Steps
- Tunnel
- Pedestrian overpass
- Walking Tour
- Walking Tour detour
- Path/Walking Trail

Boundaries

- International
- State/Province
- Disputed
- Regional/Suburb
- Marine Park
- Cliff
- Wall

Hydrography

- River, Creek
- Intermittent River
- Canal
- Water
- Dry/Salt/Intermittent Lake
- Reef

Areas

- Airport/Runway
- Beach/Desert
- Cemetery (Christian)
- Cemetery (Other)
- Glacier
- Mudflat
- Park/Forest
- Sight (Building)
- Sportsground
- Swamp/Mangrove

Note: Not all symbols displayed above appear on the maps in this book



OUR STORY

A beat-up old car, a few dollars in the pocket and a sense of adventure. In 1972 that's all Tony and Maureen Wheeler needed for the trip of a lifetime – across Europe and Asia overland to Australia. It took several months, and at the end – broke but inspired – they sat at their kitchen table writing and stapling together their first travel guide, *Across Asia on the Cheap*. Within a week they'd sold 1500 copies. Lonely Planet was born.

Today, Lonely Planet has offices in Franklin, London, Melbourne, Oakland, Dublin, Beijing and Delhi, with more than 600 staff and writers. We share Tony's belief that 'a great guidebook should do three things: inform, educate and amuse'.

OUR WRITERS



Brendan Sainsbury

Seattle Originally from Hampshire (the 'old' one in England), Brendan has been covering Seattle and the Pacific Northwest for Lonely Planet for over a decade. He is currently based in White Rock, BC, 45 minutes south of Vancouver and just 2km from the US border. Researching for this book (his 45th for Lonely Planet) he enjoyed trying copious new beers, getting drunk on coffee and doughnuts, and taking his son (yet again!) to Seattle's legendary pinball museum.



Celeste Brash

Northwestern Washington & the San Juan Islands, Olympic Peninsula & Washington Coast, Washington Cascades, Central & Eastern Washington The beauty of the Pacific Northwest coaxed Celeste back to the US after 15 years in Tahiti. For the last six years she's reveled in exploring her new back yard, its mountains, coasts, wineries and fantastic restaurants, while getting back in touch with her cowboy and Indian roots. Her award-winning writing has

appeared in publications from *BBC Travel* to *Afar* and *Islands Magazine* and she's contributed to nearly 60 Lonely Planet titles.



John Lee

Vancouver, Whistler & Vancouver Island Originally from the UK, John moved to British Columbia to study at the University of Victoria in the 1990s. Eventually staying and moving to Vancouver, he started a freelance travel-writing career in 1999. Since then, he's been covering the region and beyond for Lonely Planet plus magazines, newspapers and online outlets around the world. Winner of numerous writing awards, very active on Twitter and a weekly columnist for

Canada's *The Globe and Mail* national newspaper, catch up with him at www.johnleewriter.com.



Becky Ohlsen

Portland, The Willamette Valley & Wine Country, Columbia River Gorge, Central Oregon & the Oregon Cascades, Oregon Coast, Ashland & Southern Oregon, Eastern Oregon Becky is a freelance writer, editor and critic based in Portland, Oregon. She writes guidebooks and travel stories about Scandinavia, Portland and elsewhere for Lonely Planet.

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