

Pacific Northwest

Includes →

Washington.....	178
Seattle.....	179
Olympic Peninsula.....	192
San Juan Islands.....	196
North Cascades.....	198
Northeastern Washington.....	200
Oregon.....	205
Portland.....	205
Willamette Valley.....	216
Oregon Cascades.....	220
Oregon Coast.....	224

Best Places to Eat

- Sitka & Spruce (p187)
- Toulouse Petit (p187)
- Saffron Mediterranean Kitchen (p204)
- Andina (p212)
- Chow (p223)

Best Places to Stay

- Ace Hotel (p185)
- Davenport Hotel (p201)
- Kennedy School (p210)
- Timberline Lodge (p220)
- Moore Hotel (p185)

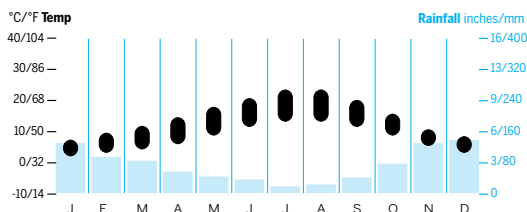
Why Go?

As much a state of mind as a geographical region, the north-west corner of the US is a land of subcultures and new trends, where evergreen trees frame snow-dusted volcanoes, and inspired ideas scribbled on the back of napkins become tomorrow's start-ups. You can't peel off the history in layers here, but you *can* gaze wistfully into the future in fast-moving, innovative cities such as Seattle and Portland, which are sprinkled with food carts, streetcars, microbreweries, green belts, coffee connoisseurs and weird urban sculpture.

Ever since the days of the Oregon Trail, the Northwest has had a hypnotic lure for risk takers and dreamers, and the metaphoric carrot still dangles. There's the air, so clean they ought to bottle it; the trees, older than many of Rome's Renaissance palaces; and the end-of-the-continent coastline, holding back the force of the world's largest ocean. Cowboys take note: it doesn't get much more 'wild' or 'west' than this.

When to Go

Seattle



Jan-Mar Most reliable snow cover for skiing in the Cascades and beyond.

May Festival season: Portland Rose, International Film Festival and Oregon Shakespeare Festival.

Jul-Sep The best hiking months: between the spring snowmelt and the first fall flurries.

History

Native American societies, including the Chinook and the Salish, had long-established coastal communities by the time Europeans arrived in the Pacific Northwest in the 18th century. Inland, on the arid plateaus between the Cascades and the Rocky Mountains, the Spokane, Nez Percé and other tribes thrived on seasonal migration between river valleys and temperate uplands.

Three hundred years after Columbus landed in the New World, Spanish and British explorers began probing the northern Pacific coast, seeking the fabled Northwest Passage. In 1792 Captain George Vancouver was the first explorer to sail the waters of Puget Sound, claiming British sovereignty over the entire region. At the same time, an American, Captain Robert Gray, found the mouth of the Columbia River. In 1805 the explorers Lewis and Clark crossed the Rockies and made their way down the Columbia to the Pacific Ocean, extending the US claim on the territory.

In 1824 the British Hudson's Bay Company established Fort Vancouver in Washington as headquarters for the Columbia region. This opened the door to waves of settlers, but had a devastating impact on the indigenous cultures, which were assailed by European diseases and alcohol.

In 1843 settlers at Champoege, on the Willamette River south of Portland, voted to organize a provisional government independent of the Hudson's Bay Company, thereby casting their lot with the US, which formally acquired the territory from the British by treaty in 1846. Over the next decade, some

53,000 settlers came to the Northwest via the 2000-mile Oregon Trail.

Arrival of the railroads set the region's future. Agriculture and lumber became the pillars of the economy until 1914, when WWI and the opening of the Panama Canal brought increased trade to Pacific ports. Shipyards opened along Puget Sound, and the Boeing aircraft company set up shop near Seattle.

Big dam projects in the 1930s and '40s provided cheap hydroelectricity and irrigation. WWII offered another boost for aircraft manufacturing and shipbuilding, and agriculture continued to thrive. In the postwar period, Washington's population, especially around Puget Sound, grew to twice that of Oregon.

In the 1980s and '90s, the economic emphasis shifted with the rise of the high-tech industry, embodied by Microsoft in Seattle and Intel in Portland.

Hydroelectricity production and massive irrigation projects along the Columbia have threatened the river's ecosystem in the past few decades, and logging has also left its scars. But the region has reinvigorated its eco-credentials by attracting some of the country's most environmentally conscious companies, and its major cities are among the greenest in the US. It stands at the forefront of US efforts to tackle climate issues.

Local Culture

The stereotypical image of a Pacific Northwesterner is a casually dressed latte-sipping urbanite who drives a Prius, votes Democrat and walks around with an unwavering diet of Nirvana-derived indie rock programmed into their iPod. But, as with most fleeting

THE PACIFIC NORTHWEST IN...

Four Days

Hit the ground running in **Seattle** to see the main sights, including Pike Place Market and the Seattle Center. On day three, head down to **Portland**, where you can do like the locals do and cycle to bars, cafes, food carts and shops.

One Week

Add a couple highlights such as **Mt Rainier**, **Olympic National Park**, the **Columbia River Gorge** or **Mt Hood**. Or explore the spectacular Oregon Coast (try the **Cannon Beach** area) or the historic seaport of **Port Townsend** on the Olympic Peninsula.

Two Weeks

Crater Lake is unforgettable, and can be combined with a trip to **Ashland** and its Shakespeare Festival. Don't miss the ethereal **San Juan Islands** up near the watery border with Canada, or **Bend**, the region's biggest outdoor draw. If you like wine, Washington's **Walla Walla** is your mecca, while the **Willamette Valley** is Oregon's Pinot Noir paradise.