

FOREST PARK NATURE ADVENTURE

YOU ARE ON INDIGENOUS LAND

The Portland Metro area, including Forest Park, rests on traditional village sites of the Multnomah, Wasco, Cowlitz, Kathlamet, Clackamas, Bands of Chinook, Tualatin, Kalapuya, Molalla, and many other tribes.

We thank the descendants of these Tribes for being the original stewards and protectors of these lands since time immemorial.



Forest Park
Conservancy

HOW TO USE THIS GUIDE

Get Started: Choose a trail and explore Forest Park through the activities and maps included in these pages.

Trail Adventures: Not sure where to get started? Try one of the family-friendly hikes included in this guide.

Native Plants: Learn about many of the native plants that call Forest Park home.

TRAIL TIPS

Stay on Trail: Avoid damage to the land and waterways by staying on the trails in Forest Park.



Plan Ahead: Consider the weather, the route you will take, and how you will pack out your waste (including dog poop bags!) before you hit the trails.

Get Involved: Volunteer with FPC or bring a friend the next time you head to Forest Park. The more people who appreciate this special place, the better off it will be.

design and illustration by
 SUPER NATURE
ADVENTURES

EXPLORE THE FOREST FLOOR

ZOOM IN

Find a spot along the trail. Look down and zoom in to see what you notice. Use the space below to

DRAW one interesting thing that you find here.



LIFE ON THE FOREST FLOOR

How often do you look at the ground when you are in the forest?

All kinds of living things make their homes here. Take a moment to look at the forest floor around you.

Listen and watch for movement. What kinds of life can you find?

NOTICING TREE STUMPS

Find a tree stump along the trail. What do you notice? Stumps are a home, or habitat, to many.

Which of these can you find?

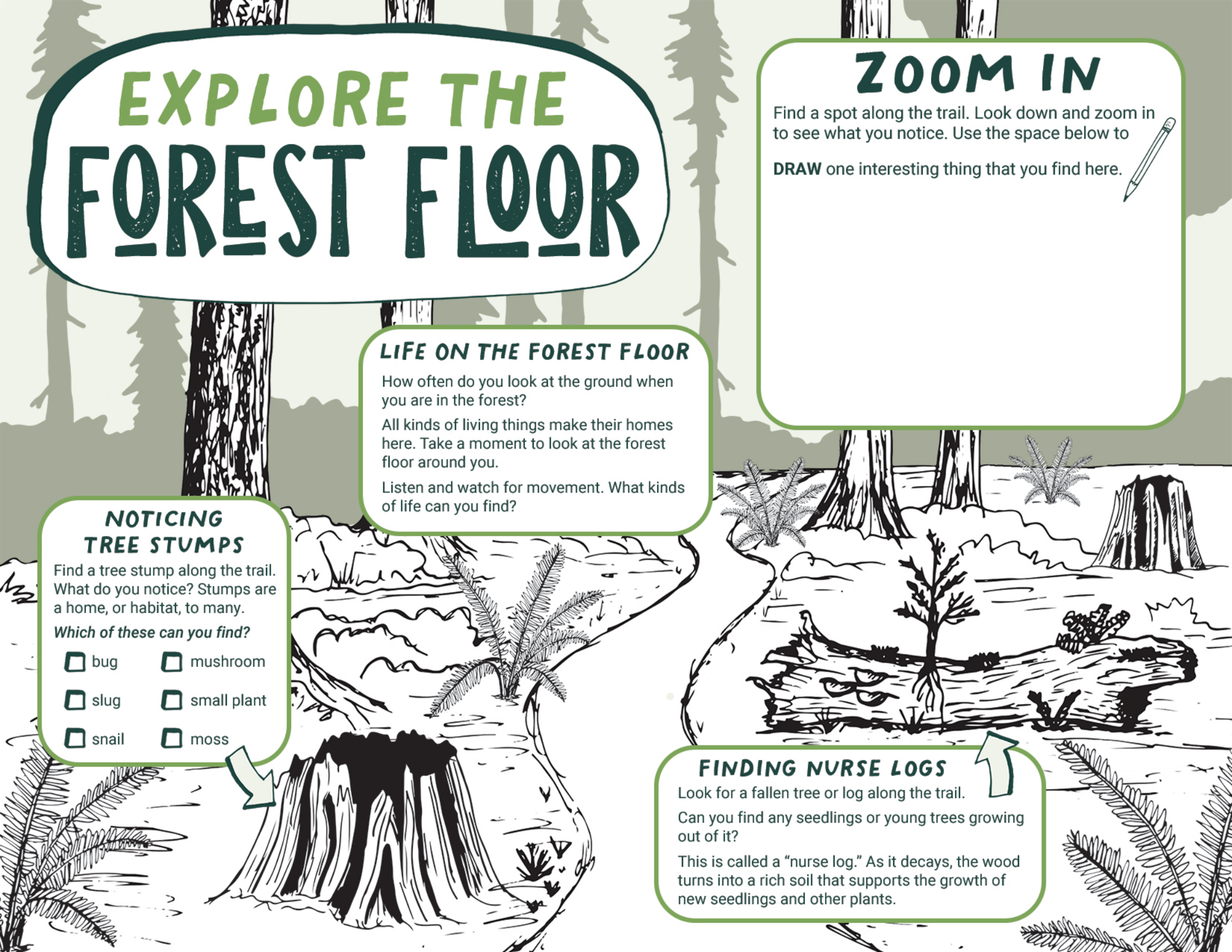
- | | |
|--------------------------------|--------------------------------------|
| <input type="checkbox"/> bug | <input type="checkbox"/> mushroom |
| <input type="checkbox"/> slug | <input type="checkbox"/> small plant |
| <input type="checkbox"/> snail | <input type="checkbox"/> moss |

FINDING NURSE LOGS

Look for a fallen tree or log along the trail.

Can you find any seedlings or young trees growing out of it?

This is called a "nurse log." As it decays, the wood turns into a rich soil that supports the growth of new seedlings and other plants.



LISTENING TO BIRDS

Find a quiet place to stop and listen closely.

What bird sounds do you hear?

Can you see the birds making these sounds?

What do you think the birds are saying?



BRANCHES ABOVE

Ice, wind, and snow can break off tree branches. Sometimes these branches get caught in the tree canopy.

Be safe and check your surroundings as you are hiking in the forest.

UP ABOVE IN THE FOREST CANOPY

LOOKING UP

As you walk through the forest, look up. All the branches and leaves above you are called the canopy. It is home, or habitat, to many living things.

Find a place to stop along the trail and look up.

Draw or write down what you notice above you.



NOTICING LEAVES

Which types of leaves can you find up in the forest canopy?

Draw one of the leaves you find here.



alder



fir



maple



cedar

TRAIL ADVENTURE

LOWER MACLEAY TRAIL

PARKING: Free parking at Lower Macleay Park and along nearby streets

BUS ROUTES: Lower Macleay Park is accessible by Bus Line 77 with a 7-minute walk, or Bus Line 15 with a flight of stairs

DISTANCE: 1.8 miles out to the Stone House and back

RESTROOM: Public restroom located in Lower Macleay Park on NW Upshur Street

WILDWOOD TRAIL

Winding for 30 miles through Forest Park, this trail is marked with a blue diamond every quarter mile.



CEDAR TREES

Western red cedars are native trees with flat, scale-like needles and reddish-brown stringy bark.

Look for them along the second half of the trail.



STONE HOUSE

Can you find this landmark, also known as the Witch's Castle?

It was built almost 100 years ago as a restroom and picnic shelter for hikers.



THE TALLEST TREE

Can you spot the tallest tree in Forest Park?

Look for a small sign attached to its trunk. It is a Douglas fir that is over 240 feet tall.

Can you see the top of the tree?



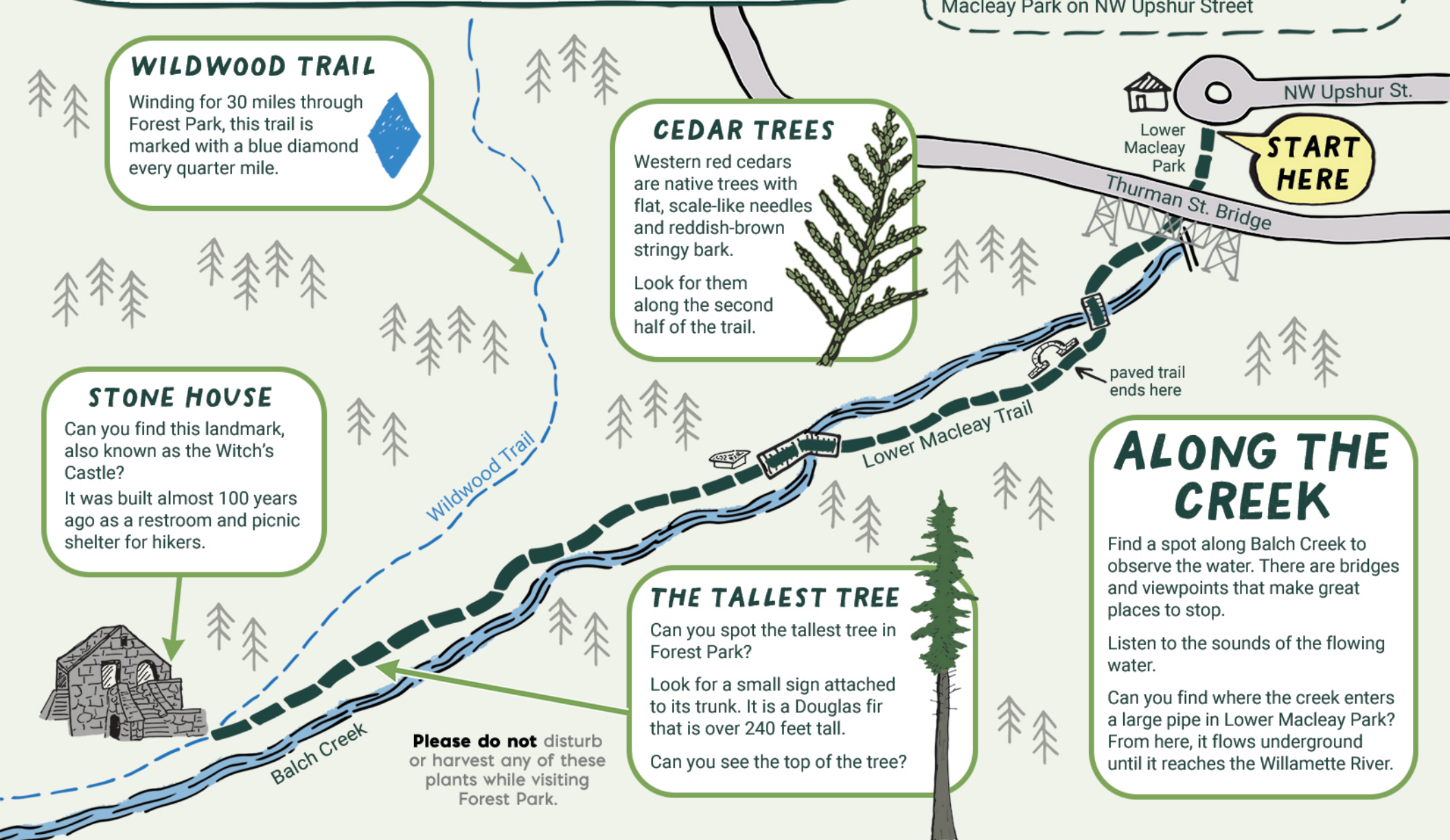
ALONG THE CREEK

Find a spot along Balch Creek to observe the water. There are bridges and viewpoints that make great places to stop.

Listen to the sounds of the flowing water.

Can you find where the creek enters a large pipe in Lower Macleay Park? From here, it flows underground until it reaches the Willamette River.

Please do not disturb or harvest any of these plants while visiting Forest Park.



TRAIL ADVENTURE

UPPER BPA ROAD

PARKING: Free parking available in small gravel lot located at the BPA Road Trailhead off of NW Skyline Blvd

DISTANCE: 1.5 miles out to the intersection with Firelane 12 and back

ELEVATION: Trail goes downhill toward Firelane 12, with about 240 feet of elevation change total

RESTROOM: No restroom access

TRAILING BLACKBERRY

This native blackberry grows low to the ground in meadows along the BPA Road.

They have groups of 3 leaves and small thorns on their flexible stems. They bloom in late spring and produce blackberries throughout the summer.

Non-native blackberries are much larger and have thicker, hardier stems. They crowd out many native plants.



THIMBLEBERRY

Look for these native plants along the entire trail. They have large fuzzy leaves and grow up to 6 feet tall.

Look for white flowers in late spring and bright red, thimble-shaped berries in early summer.



LUPINE

These native plants thrive in sunny meadow areas.

Look for large stalks of purple flowers in late spring or early summer.

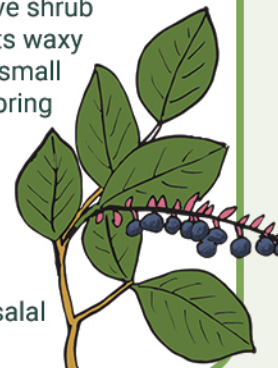
Lupine are a favorite plant of birds, bees, and many native insects.



SALAL

Salal is a native shrub identified by its waxy green leaves, small bell-shaped spring flowers, and strands of small dark berries in summer.

Can you find salal on your hike?



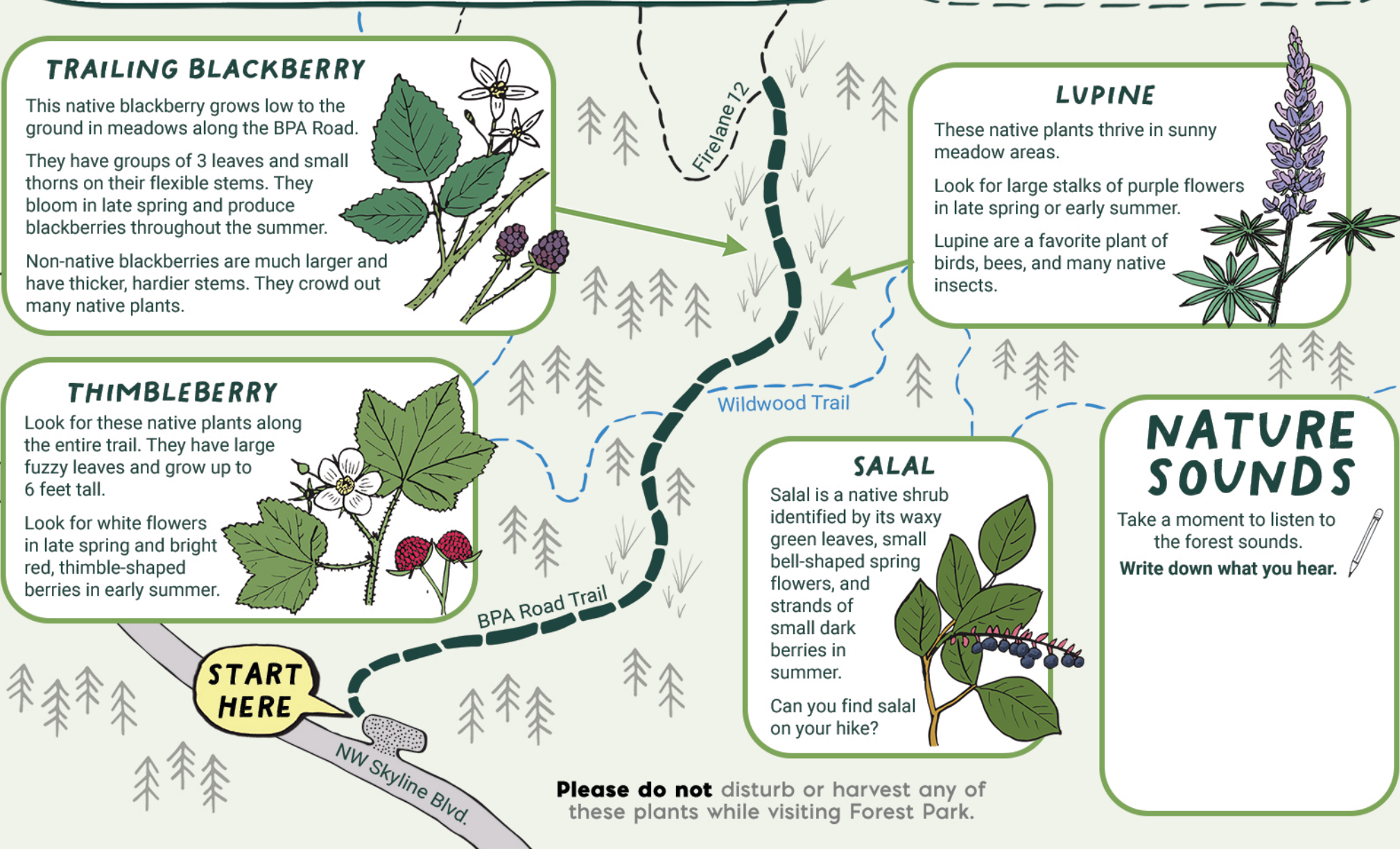
NATURE SOUNDS

Take a moment to listen to the forest sounds.

Write down what you hear.



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TRAIL ADVENTURE

CANNON TRAIL

PARKING: Free parking located at the Leif Erikson Trailhead and Wildwood Trail Trailhead along NW Germantown Road

DISTANCE: The distance between the two trailheads is 0.4 mile. Extend your adventure by taking either the Wildwood Trail or Leif Erikson Drive

ELEVATION: About 150 feet total elevation change

RESTROOM: Portable toilet at the Leif Erikson Trailhead parking area

SWORD FERNS

Look for these all along the trail.

Their sword-shaped fronds grow in clumps that are 3 to 4 feet tall and wide.



OREGON GRAPE

These native plants have spiky leaves, yellow flowers in spring, and blue berries in summer.

Can you find these on this trail?



ENGLISH IVY

This non-native plant was introduced to our region by colonial settlers. It thrives in the dense forests of Forest Park. This prevents native plants from growing, and it damages trees.

Can you find any vines along this trail?

Where do you notice this plant growing?



YOU CAN START HERE

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Please do not disturb or harvest any of these plants while visiting Forest Park.

It takes all of us to protect Forest Park!

Guided by the Greater Forest Park Conservation Initiative, the Forest Park Conservancy maintains trails, restores native habitat, and inspires community appreciation and future stewardship for generations to come.

Become a member or donate today, and join our community of supporters.



Interested in volunteering?

Learn more about how to get involved at:
forestparkconservancy.org