

Hike of the Month + plan a national park party

PDXtoday <hello@pdxtoday.com>

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Today's Forecast

66° Sunshine and clouds | 8% chance of rain | Sunrise 6:08 a.m.
| Sunset 8:09 p.m.

Lucia Falls Loop

Getting outside and experiencing nature doesn't have to mean slogging up a mountain for miles and miles. Whether you need a break from high-intensity adventuring or just want to visit a beautiful waterfall without committing hours (and wading through crowds) to get to it, Lucia Falls Loop is a great option.

Quick facts

- Starting point: Lucia Falls Regional Park
- Difficulty: Easy
- Distance: 0.8 miles
- Route type: Loop
- Elevation gain: ~60 ft
- Trail surface: Dirt
- Wheelchair accessible: No
- Dog friendly: Yes, on leash



The 15-ft waterfall plunges over a rock ledge in the river, lending a wild, rugged beauty to the wooded landscape. | Gif by Cambrie Juarez, PDXtoday

Brief overview

After a scenic drive through the mossy forests of Southwest Washington's Clark County, park in the small lot at Lucia Falls Regional Park (no permit required). Pick up the trail at the east end of the lot and take the loop in either direction. Walk along the East Fork of the Lewis River and enjoy views of Lucia Falls. You can carefully scramble along the shore's impressive boulders and rocky outcroppings — but swimming isn't allowed.

Why you should try it

This is a perfect spot to look for birds like bald eagles and, depending on the time of year, watch as steelhead leap up the falls. The 24-acre park is full of rhododendrons, cedars, and towering Douglas fir trees and features several picnic tables, a Porta Potty, and a barbecue grill.



The water around Lucia Falls is off-limits to all human contact to protect fish. | Photo by Cambrie Juarez, PDXtoday

Pro tip

Want to extend your visit? Pass around the end of the fence along Hantwick Road to reach the [Hantwick Road Trailhead](#) and continue on to [Moulton Falls](#). Time your visit to coincide with [Farm Days](#) (every first weekend of the month, June-August) at historic [Pomeroy Farm](#) just 0.5 mile down the road from Lucia Falls Regional Park.

Let us know

Did you try this hike? Do you know of one we should check out? Send us your [thoughts and recommendations](#) — or check out our other [hiking guides](#).

Events

Tuesday, April 25

- [Mountains on Stage Summer 2023](#) | Tuesday, Apr. 25 | 7-10:30 p.m. | Cinema 21, 616 NW 21st Ave., Portland | \$25 | This film festival brings the mountains into the city with a selection of inspiring films related to sports like skiing, mountaineering, climbing, and paragliding.

Wednesday, April 26

- **Ride Every Wednesday** | Wednesday, Apr. 26 | 7:30-10 a.m. | Deadstock Coffee, 408 NW Couch St., Portland | Free | Ride, walk, or roll to downtown Portland instead of driving and visit PBOT's last weekly pop-up for fresh coffee, swag, shopping credits, and prizes.
- **OMSI After Dark: Bees & Botanicals** | Wednesday, Apr. 26 | 6-10 p.m. | 1945 SE Water Ave., Oregon Museum of Science and Industry, Portland | \$25 | Meet local beekeepers, learn to grow a pollinator garden, and explore the fascinating science of bees through hands-on coding of dancing "bee-bots," by testing your sense of smell, and more.

Thursday, April 27

- **Verselandia! Youth Poetry Slam Championship** | Thursday, Apr. 27 | 7 p.m. | Arlene Schnitzer Concert Hall, 1037 SW Broadway, Portland | \$10-\$70 | Celebrate young poets from Portland and East Multnomah County public high schools as they demonstrate their power over prose.
- **Mel Brown B3 Organ Group w/ Sean Holmes** | Thursday, Apr. 27 | 8 p.m. | Jack London Revue, 529 SW Fourth Ave., Portland | \$20-\$150 | Enjoy an evening with this four-piece band whose members are all Oregon Music Hall of Fame inductees — and discover your new Thursday night tradition.

Friday, April 28

- **"Rusalka"** | Friday, Apr. 28, Sunday, Apr. 30 | Times vary | Keller Auditorium, 222 SW Clay St., Portland | \$40-\$250 | Don your magical attire for this dark Slavic folktale full of water nymphs, princes, witches, water goblins, and mermaids.

[Events calendar here](#)

Click [here](#) to have your event featured.

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Cause

 **Brunch for a good cause? *Count us in.***



Donations help provide nutritious meals to older adults in Clark County. | Photo provided by Meals on Wheels People

Looking for a new brunch spot?

Enter: The Diner Vancouver (5303 East Mill Plain Blvd., Vancouver, WA). Portlanders will find a classic diner menu with a healthy, local twist ft. breakfast favorites like avocado toast, eggs benedict, challah French toast, *and more*.

But the classic neighborhood restaurant *serves more than a meal* — it also supports the mission of Meals on Wheels People by providing a space for older adults to eat in a casual, multi-generational setting. Food insecure people over 60 pay what they can, and tips go directly to the nonprofit.*

[Explore the menu](#)

News Notes

Civic

- Multnomah County residents will get their ballots for the May 16 Special District Election a few days late. Officials said all ballots will be reprinted due to a proofreading error that will cost the county about \$300,000. (KOIN)

Number

- \$400 million. That's how much Phil and Penny Knight pledged to Rebuild Albina — a project focused on strengthening Portland's Black community through educational and cultural investments in the historic Albina neighborhood. The Nike co-founder said some of his “most important memories are connected to the Eastside of Portland, including Lower Albina.” (*Portland Business Journal*)

Biz

- Portland's e-bike share service is expanding. Biketown, which is a joint effort between PBOT, Nike, and Lyft, will add 500 e-bikes to its fleet of 1,500. The rollout started Monday and will continue into the summer. Last year, Biketown logged 576,000 rides in Portland — a 60% increase from 2021. (*KGW*)
- “It's seamless. It's frictionless. It's direct.” That's how KinectAir CEO Jonathan Evans describes the Vancouver-based airline that launched a ride-hailing app last year. The service, which currently has a fleet of 10 aircraft, flies to any public airport in the PNW and is comparable in cost to business-class fares on major airlines. (*The Columbian*)

Try This

- Snag some freebies and special merch for Independent Bookstore Day this Saturday, April 29, at Powell's Books. Stop by any of the three Powell's locations for free limited edition tote bags when you spend at least \$60, plus bookmarks and raffle prizes — or check out one of several other participating local bookstores.

Closed

- A cooperative grocery store that's been in business in Northwest Portland since 1972 has closed. Food Front's last day was Monday, April 23. The store originally catered to vegetarians and moved several times before settling on Northwest Thurman Street. Leaders cited financial issues caused by “economic headwinds” and the pandemic. (*The Oregonian/Oregon Live*)

Community

- There won't be a full moon in the sky on Saturday, Aug. 12 — but there will be plenty Earthside. That's the date of this year's Portland World Naked Bike Ride, a clothing-optional event

that brings thousands of nude cyclists to city streets in the name of bike safety and climate awareness. *(KOIN)*

Transit

- Friends of Frog Ferry, the nonprofit organization that's floated the concept of public transit by way of the Willamette River for years, has appealed for help once again. Advocates of the passenger ferry service have asked Portland City Council to jointly file a federal grant application for about \$6 million. *(Portland Business Journal)*

Wellness

- *In a world where prescription meds seem to be the only option*, Thesis helps thousands of people improve cognitive functioning and eliminate distractions with natural adaptogens. Take their three-minute quiz to find your personalized blends — then get 15% off your order with code 6amcity.*

Kids

- Two words: free bowling. Sign up for Kids Bowl Free to connect with local bowling alleys where kids can receive two free games of bowling every day this summer. Plus, grab a Family Pass + up to four adults can join in on the fun.

Outdoors

Let's get wild



Crater Lake, located a little over 4.5 hours from Portland, is the deepest lake in the US. | Photo by Epmatsw

If you're planning a party — be it a family reunion, a wedding, or just because — we've got an idea that's *a breath of fresh air*. Why not give your guests a gorgeous view by hosting an event in a national park? Follow these guidelines to make party planning a *walk in the park*.

Pick a park

Whether you want a local favorite like Crater Lake National Park or something a little more niche, there are 424 national parks to choose from.

Get a permit

Most parks require a permit for special events. Fill out the application well in advance to avoid any delays. Pro tip: Some parks grant a permit up to a year before the event.

Spread the word

If your festivities are open to the public, let the community know by submitting an event to our website. *We'd be delighted to attend.*

Party on

Answered

Last week, we asked you to share your favorite Portland food cart in honor of Food Cart Week. Here's what you said:

"PDX Kabobs at The Fork in Fairview. Best chicken kabobs I have had. And the ground beef kabobs have a great flavor." - Scott H.

"Amazing food carts on Division and 50th!" - Ronn S.

"Tacos el Patron — queso tacos! Fried Egg I'm in Love — everything!" - @its.me.april.marie

"Paladine Pie on Alberta. Amazing pizza! Amazing cookies. Just goooooooooo!!" - @erinm343

"🐔 & 🌮s because the aji sauce, Matt's BBQ 🌮 because the GOAT, Birria PDX because all of it." - @smgetman

"Rollin fresh! Best sushi burrito." - @claidi

[Show a cart some love](#)

The Wrap



**Today's edition by:
Cambrie**

From the editor

I'm trading the Rose City for the Big Apple next week. It'll be my first time visiting New York City and I'm going to squeeze in as much as I can. If you have any tips, please [send them my way](#).

Missed yesterday's newsletter? We shared the dirt on [how to start composting](#).

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