**Tour Name**

Lonely Planet Experiences: Columbia Gorge Meditative Waterfalls Scenic Tour

**Tour City**

Portland

**Tour Snapshot**

Grab your hiking shoes and join an expert local guide for an unforgettable tour of Columbia Gorge and its beautiful waterfalls. Just outside of Portland’s urban centre, a world of natural wonder awaits – one that you’ll have the chance to experience for yourself on a scenic hike that takes in not only the best of the gorge, but some off-the-beaten-path gems, too.

Experience the best travel stories for yourself. Join a local expert and uncover hidden gems on this city adventure hand-picked by the world’s leading travel publisher. Lonely Planet Experiences powered by Urban Adventures bring stories to life in the best-loved cities around the globe.

**Highlights**

- Get an in-depth exploration of Columbia Gorge with time to meditate on the area’s wonders
- Gaze at impressive vistas and be gently misted by waterfalls.
- Enjoy hikes off the beaten path, to lesser visited waterfalls
Experience the pleasure of “forest bathing”

Transportation in a roomy Sprinter van for the short, 30-minute drive from Portland

Each Lonely Planet Experience comes with six-months free access to Lonely Planet’s Guides App which includes over 8,000 destinations guides and unbeatable discounts to Lonely Planet Guidebooks

Local Impact: How you will help the local community by joining this tour:

- On this tour of the Columbia Gorge National Scenic Area, you will be taking trails and pathways that are beyond what most visitors experience while here. In fact, about 30% of your time on the tour is on a trail that is used by fewer than 5% of the visitors to the Columbia River Gorge.

- The tour also supports the local communities by providing snacks from a locally-based purveyor, a small woman-owned business in Portland. In addition, if you choose to purchase something from the Vista House, which stocks a large variety of local craftspeople (including Native American craftspeople), proceeds go to the not-for-profit foundation that maintains the rest stop and historical site.

Inclusions: Local English-speaking guide, transportation in comfortable Sprinter vans, trail mix provided, reusable water bottles provided.

Exclusions: Tips/gratuities for your guide.

Schedule details

- Duration: 5 hours

- Meeting point:
  1210 SE 7th Avenue, at the Around Portland Tours shop, on 7th Avenue between Salmon and Main Streets.
  View on Google Maps

- Find the exact meeting point with what3words: ///apples.bound.goat
Starting time: 8.30 AM

Ending point:
1210 SE 7th Avenue, at the Around Portland Tours shop, on 7th Avenue between Salmon and Main Streets.

Full Itinerary

The waterfalls and vistas of Columbia Gorge prompt awe and wonder among all those who visit – for good reason. Century-old trees, majestic eagles, pounding waterfalls, ferns, flowers, fungus, ancient rocks, tiny salamanders, forest frogs: it’s like entering a mythical world like no other.

Your tour takes you to important vistas and headlining waterfalls, like the unmissable Multnomah Falls, the tallest in Oregon and one of the tallest year-round waterfalls in the U.S. And weather permitting, we’ll also visit the unusual and visually stunning Vista House; a rest stop on a dramatic rocky outcrop. But beyond that is so much more beauty to discover. You’ll also have the chance to explore a few waterfalls less visited (and only accessible with small hikes), pausing as much as you can to experience the health benefits of negative ions and to breathe deeply in the forest – something known as “forest bathing.”

With a little extra time, this tour allows for a more in-depth experience with the waterfalls of the gorge than any other tour, enough to meditate on the wonders around you. You will return with beautiful photos, as well as a deeper sense of the majesty of the world just outside Portland’s urban center.

Additional information

Inclusions: Local English-speaking guide, transportation in comfortable Sprinter vans, trail mix provided, reusable water bottles provided.

Exclusions: Tips/gratuities for your guide.

Dress standard: Comfortable clothing/shoes for walking over uneven terrain are suggested. Most months of the year include the possibility of rain and mud. Outside of July and August, footwear that can handle occasional muddy trails and puddles is suggested; rain ponchos are available.

Your Trip: For your Urban Adventure you will be in a small group of a maximum of 10 people.

Confirmation of booking: If you have your voucher, your booking is confirmed. We’ll see you at the start point. Get in touch if you have any concerns or require more information via the email address or phone number on your voucher.

Additional Information: The short- to medium-length hikes to view waterfalls do include uneven terrain and elevation gain. The
steepness of the trails and elevation gain will vary based on time of year and weather, as well as the aptitude of the group, but could include as much as 800 feet (250 meters) elevation gain.

Closure of sites: Weather conditions, maintenance, and other natural events can cause closures of roads, trails and historic structures. In these events, alternate itineraries will be offered. If advance notice is possible, guests will be notified of the change the day prior to their departure.

Child Policy: This is a child-friendly tour. Children between the ages of 0 and 11 inclusively are permitted on this tour at the rate listed above. Please select ‘child’ above when booking. Please inform us at the time of booking if you’ll be bringing a child under the age of 7 so we can provide appropriate car seats. You can do so in the special request box on the checkout page. Some very small children may find the hiking difficult.

**Local contact**

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