

SHAPE

FIT GETAWAYS | Jul 13, 2015

Healthy Travel Guide: Portland, Oregon

From rafting the Columbia River Gorge to hiking Ecola State Park, discover Portland, Oregon's fit-friendly hot spots

By Amy Schlinger



While it gets its weird, hippie reputation based on the popular IFC television show *Portlandia*, this West Coast city is one of the most active in the United States.

Portland is home to 1,250 bike and walking trails, gorgeous parks, imposing mountains, and more areas for outdoor adventures than you could imagine. And on days when the city's infamous rain blows in, there's no shortage of fitness studios where you can sweat it out. Choose to fuel up at farm-to-table restaurants,

sip on some cold brew (and no, we don't mean at Starbucks), and indulge at one of the famous doughnut shops (if you're willing to wait in line). Plus, rafting on the border of Washington and a few just-outside-the-city beach getaways make for perfect day or overnight trips.



Splurge



Need a quick beach getaway? Hop in your car and head just an hour and a half northwest to the [Surfsand Resort at Cannon Beach](#). The resort is just steps from the beach, where you can see the iconic Haystack Rock (you might even be able to see it from your window). Rent bikes from the front desk and explore downtown, play tennis at the local courts, or enjoy oysters from the seafood market. When you're ready for a bigger meal, be sure to make reservations at the hotel's [Wayfarer Restaurant & Lounge](#). Think oceanfront dining, incredible local food offerings, and some of the friendliest, most attentive servers ever.

In the morning, head to [Cannon Beach Surf](#) shop right next door where you can sign up with an instructor to take a lesson (we recommend Cody). They'll get you suited up, load your boards on top of your car, and lead you just a quick ride down the road to [Indian Beach](#), where the waves are more beginner-friendly. The beach is part of [Ecola State Park](#), so after your lesson, head into the scenic woods and hike up the coastline to experience some of the most beautiful views, including one of an abandoned lighthouse.