

Instructions for:
Laurelhurst – Belmont Walk, Y409
Portland, OR, 5/10km, Rated 1A

Walk Start Location: Providence Portland Medical Center, 4805 NE Glisan at 49th Ave, Portland, OR. GPS Coords: 45.5272, -122.6129.

Driving Directions: I-84 Westbound, exit 2 (43rd Ave.) Right at signal (Halsey St.), Right on 47th Ave., Left on Glisan St. Left on 49th Ave to parking garage. I-84 Eastbound take exit 3 (58th Ave.) Right at signal (Glisan St.) Right on 49th Ave to parking garage. Physical Start box (cabinet) located near Social Room east side ground floor of main building.

Park: Use the hospital parking lot or on neighborhood streets nearby.

Restrooms are available in the hospital. (Not available during COVID restrictions)

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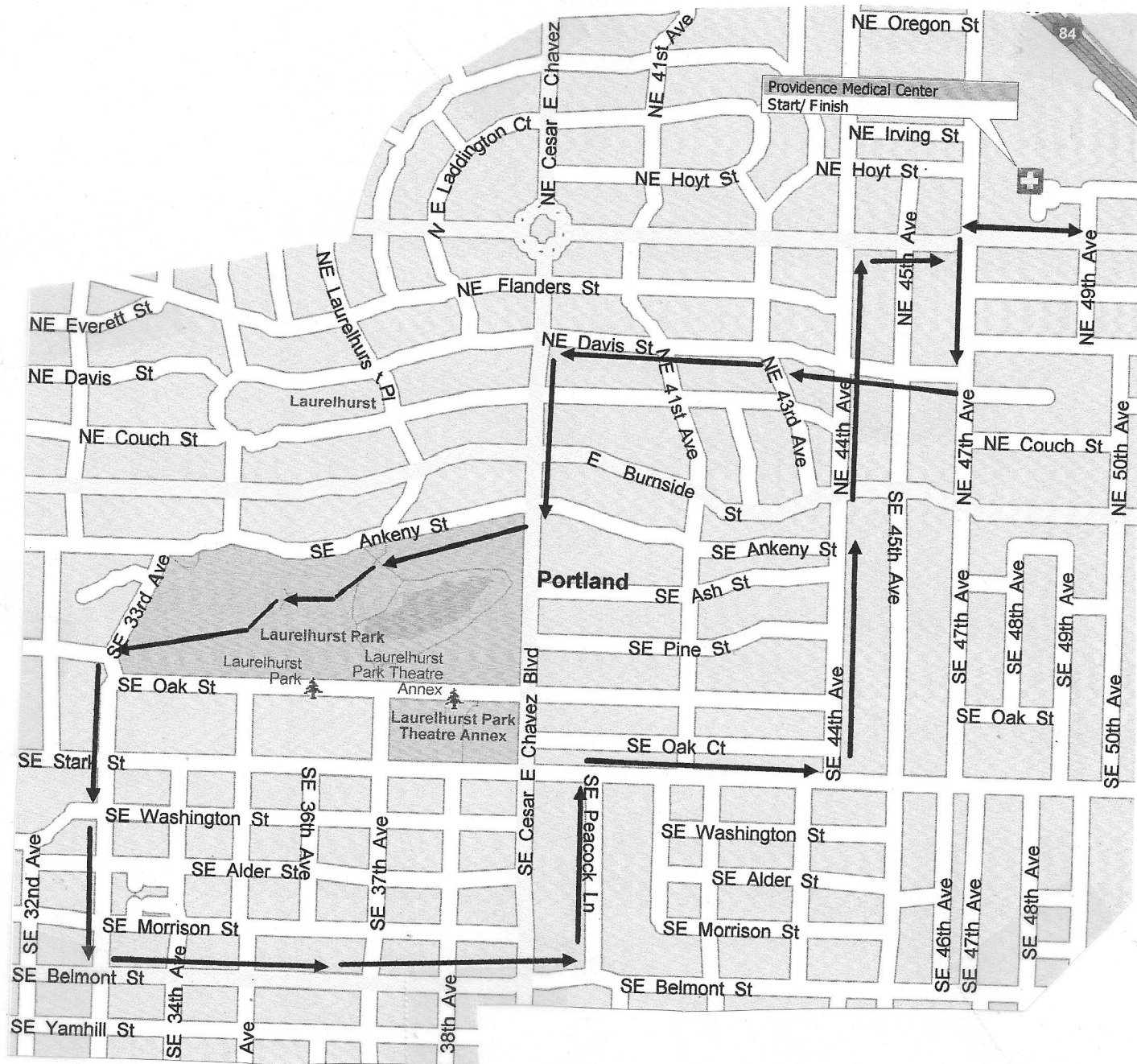
LAURELHURST - BELMONT WALK

YRE - 409

5 KM - Rated 1A

1. EXIT Medical Center and **RIGHT** to Glisan St.
2. **RIGHT** on Glisan St. to 47th Av.
3. **CROSS and LEFT** on 47th Av. to Davis St.
4. **RIGHT** on Davis St. to Cesar Chavez Blvd (39th)
5. **LEFT** on Cesar Chavez Blvd. to Ankeny St.
6. **RIGHT** on Ankeny and **ENTER** Laurelhurst Park
Continue to opposite side of park to 33rd Av. and Pine St.
7. **LEFT** on 33rd Av. to Belmont St.
8. **LEFT** on Belmont St. to Cesar Chavez (39th) Blvd.
CROSS & continue on Belmont to Peacock Lane
9. **LEFT** on Peacock Ln. to Stark St.
10. **CROSS & RIGHT** on Stark St. to 44th Av.
11. **LEFT** on 44th Av. to Glisan St.
12. **RIGHT** on Glisan St to 47th Av.
13. **CROSS** 47th Av & Glisan and continue on Glisan to 49th Av and finish

Thank you for walking this
Rose City Roamers Walk



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Emergency - Call 911
Contact Dick (360) 573-6048

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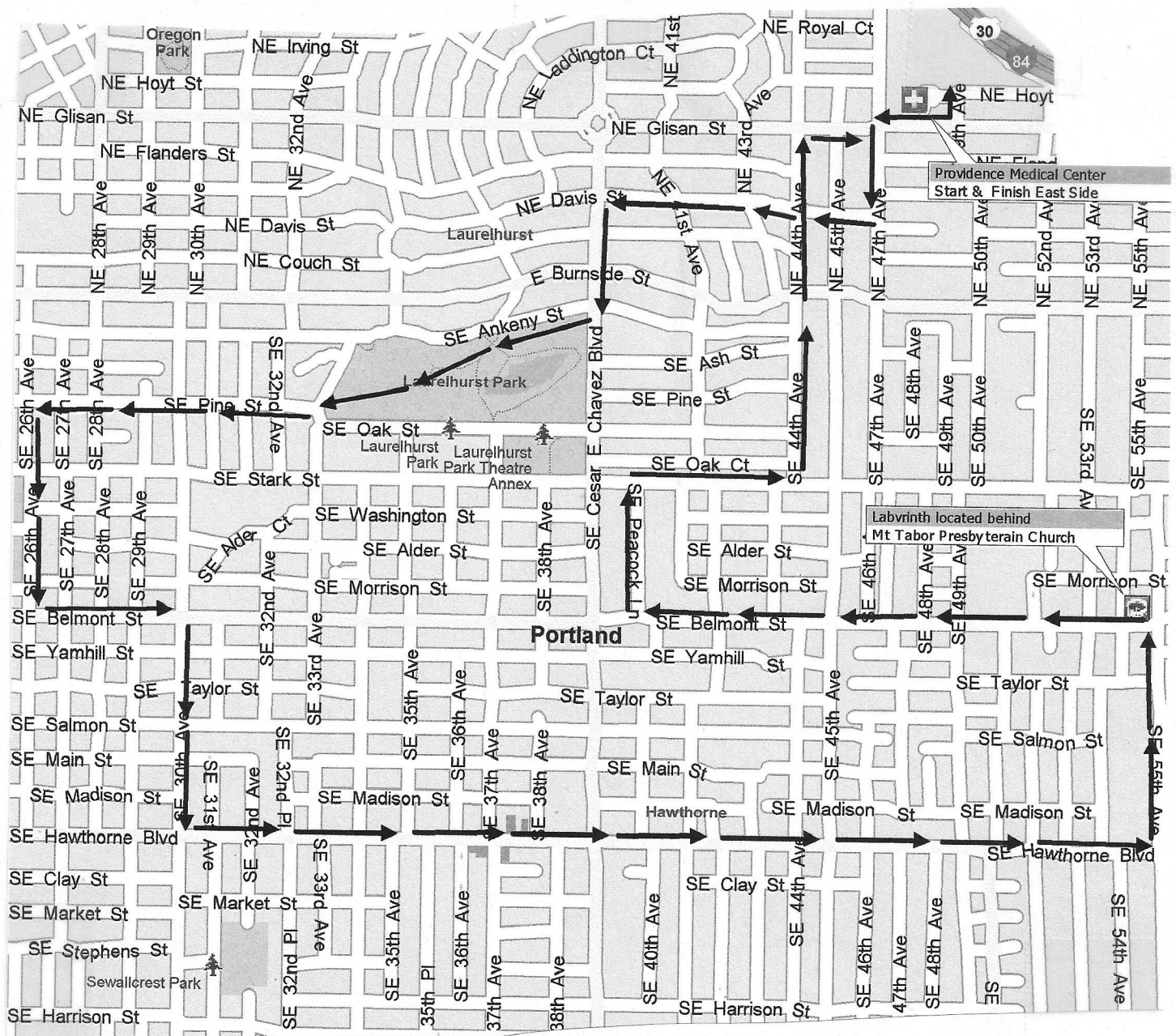
LAURELHURST - HAWTHORNE WALK

YRE - 409

10 KM - Rated 1A

1. EXIT Medical Center and RIGHT to Glisan St.
2. RIGHT on Glisan St. to 47th Av.
3. CROSS and LEFT on 47th Av. to Davis St.
4. RIGHT on Davis St. to Cesar Chavez Blvd (39th)
5. LEFT on Cesar Chavez Blvd. to Ankeny St.
6. RIGHT on Ankeny and ENTER Laurelhurst Park
Continue diagonally to opposite side of park at
33rd Av. and Pine St. (2.1km)
7. STRAIGHT on Pine St. to 26th Av. (3km@Stark St.)
8. LEFT on 26th Av. to Belmont St.
9. LEFT on Belmont to 30th Av.
10. RIGHT on 30th Av. to Hawthorne Blvd. (4.1km)

11. LEFT on Hawthorne to 55th Av. (5k@39th)(6km@51st)
12. LEFT on 55th Av. to Belmont St.
13. LEFT on Belmont St. to Peacock Ln. (8 km)
*** For those walkers doing the Maze/Labyrinth challenge, there is a labyrinth behind the Mt Tabor Presbyterian church. Take a RIGHT on 54th Av. Then right on paved path to near playground*
14. RIGHT on Peacock Ln. to Stark St.
15. CROSS & RIGHT on Stark St. to 44th Av.
16. LEFT on 44th Av. to Glisan St.
17. RIGHT on Glisan St to 47th Av.
18. CROSS 47th Av & Glisan and continue on Glisan to 49th Av and finish



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