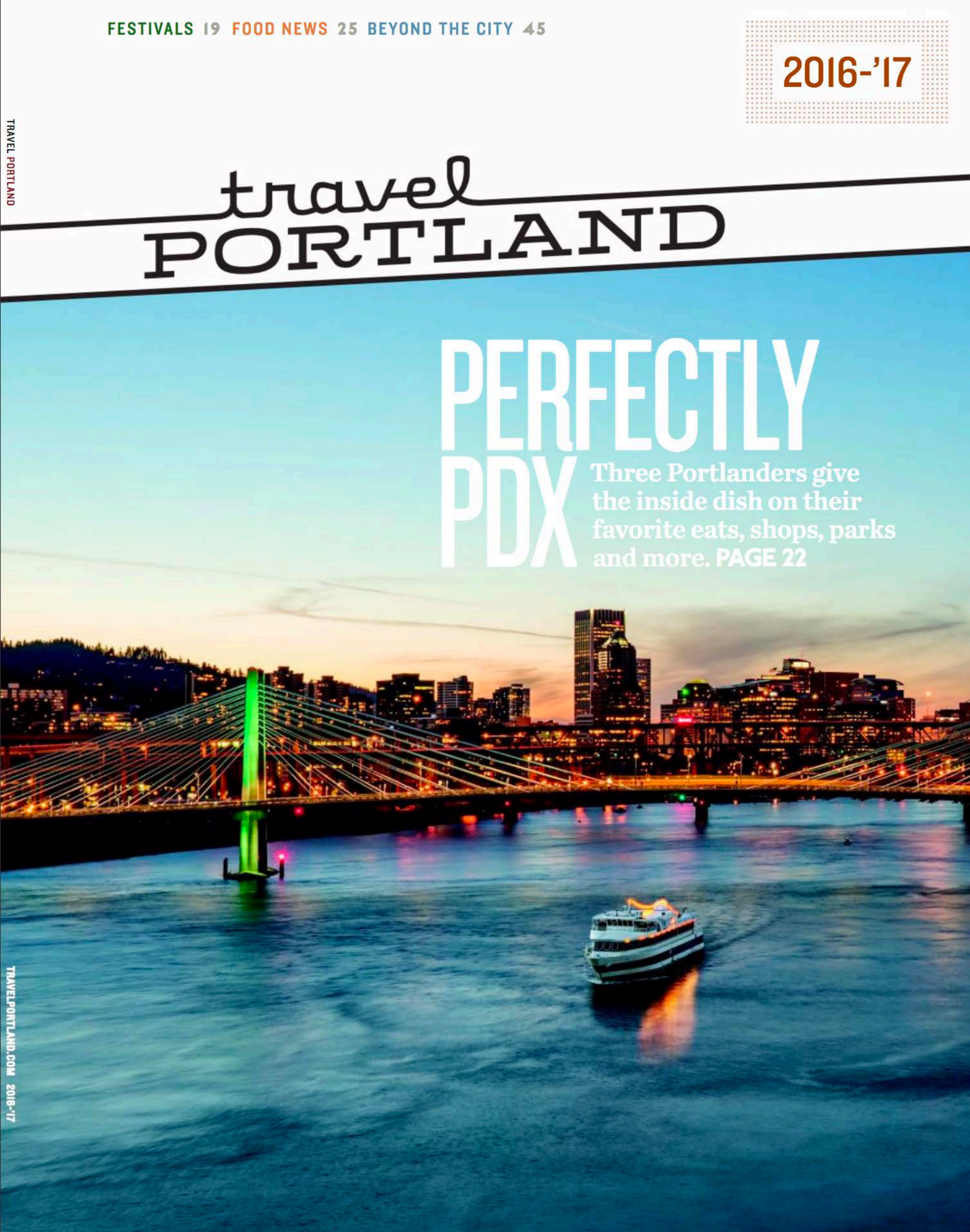


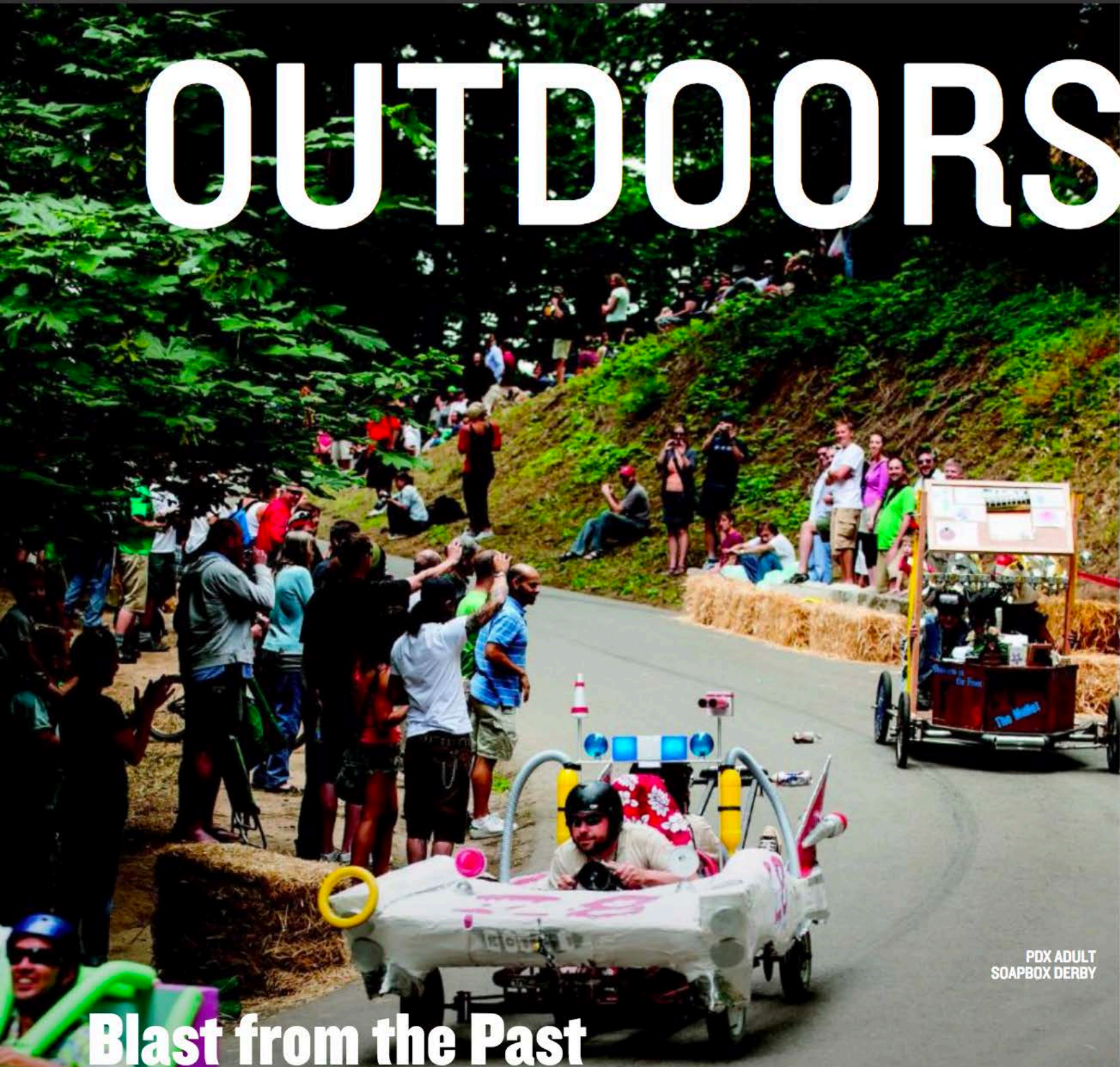
travel
PORTLAND

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Three Portlanders give the inside dish on their favorite eats, shops, parks and more. PAGE 22



OUTDOORS



PDX ADULT SOAPBOX DERBY

Blast from the Past

Built atop an ancient volcano, Mt. Tabor Park ranks as one of Portland's best open spaces. BY BENJAMIN TEPLER

Mt. Tabor (S.E. 60th & Salmon St.; portlandparks.org) is the quintessential Portland park: 191 acres (77.3 ha) of towering Douglas firs, sweeping mountain views in the distance. Of Portland's 200-plus parks, Tabor is the ultimate crowd-pleaser, providing a tree-lined escape, easily accessed from dining and shopping hubs like Hawthorne, Belmont and Division Streets.

The "mount" is a 630-foot (192 m) extinct volcanic cinder cone, part of east Portland's Boring Lava Fields. That imposing height translates to an athlete's paradise; staircases offer 282 calf-chiseling steps, roads provide steep climbs and rapid descents for cyclists, and miles of trails are perfect for hiking and running. For the team-sport crowd, Tabor boasts tennis and basketball courts, scattered around the butte's historic, open-air reservoirs.

From the summit, enjoy picture-perfect views of Mount Hood framed by firs and Oregon myrtle to the east and sweeping views of Hawthorne and downtown Portland to the west — the ultimate perch for late-summer sunsets. Families flock to the large playground with views of Mount St. Helens. On the south side of Tabor, an off-leash dog park is a heyday for pooches.

During the summer, free concerts, from blues to Latin pop, abound at Mt. Tabor's amphitheater, while a full aviary of migratory birds sings a different tune from the trees above. In August, the park hosts the iconic **PDX Adult Soap Box Derby** (soapboxracer.com; Aug. 20, 2016), a beloved free event with up to 40 whimsical DIY coaster cars racing down the mountain while spectators cheer them on from the sidelines (and the event-specific beer garden). Only in Portland.