

# PACIFIC NORTHWEST PILATES

— PORTLAND OREGON —

## Places To Stay

If you are traveling to Portland to take Pacific Northwest Pilates (PNWP) STOTT PILATES® certification courses, workshops, or exams, you may find it helpful to familiarize yourself with downtown and close-in neighborhoods—and suggestions to get to and from our studio.

### **Portland's Quadrants: NE, NW, SE, SW**

Portland is divided east from west by the Willamette River and north from south by Burnside Street, which eventually becomes Barnes Road as you head west out of downtown.

Portland's MAX (light rail) travels from the airport to downtown and from downtown to the Oregon Zoo, which is about one mile from PNWP.

When choosing a place to stay, keep in mind that PNWP is located in SW Portland. We're in an area known as Sylvan (which is also the name of the exit off Hwy. 26 near our studio), about four miles from downtown. If you're driving, the studio is just a few minutes from downtown Portland.

### **Public Transit & Directions to PNWP**

Portland's award-winning mass transit system includes buses, streetcars, historic trolleys and the MAX, an urban light rail system. Portland also offers a free ride zone, called Fareless Square, so you can take mass transit within the downtown area for free (note: PNWP is not within Fareless Square).

If you plan to use public transportation to and from Pacific NW Pilates, we recommend that you stay in the downtown or northwest areas of Portland. You can take MAX (light rail) to the Oregon Zoo from many locations downtown and then walk to PNWP. The studio is about one mile from the zoo. Buses #58 and #63 travel from downtown and stop in the Sylvan area, very close to the studio.

The Washington Park station at the Oregon Zoo is 260 feet underground, making it the second deepest train station in the world.

For more information about public transportation options, go to [www.trimet.org](http://www.trimet.org). You'll see a "trip planner" on TriMet's home page where you can enter your hotel address and the studio address (5201 SW Westgate Drive, Portland, 97221) for detailed information about route options.

Directions from Downtown Portland

#### **By Bus using Bus #58**

This bus runs about every half an hour, so check the schedule on [www.trimet.org](http://www.trimet.org).

-Off at Hwy 26/Canyon Rd ramp and SW Skyline, then walk .3 miles to studio

-Head east toward SW Skyline Blvd

-Turn left onto SW Skyline Blvd 466 ft

-Turn right onto SW Westgate Dr .2 mi

Total travel time: about 20 minutes

#### **By MAX on Red Line towards Beaverton or on Blue Line towards Hillsboro**

The MAX runs about every 15 minutes.

-Off at Washington Park MAX station, then walk 1.1 miles to studio

-Head east on SW Zoo Rd toward SW Zoo Parking Rd 308 ft

-Turn right onto SW Zoo Parking Rd .1 mi

-Turn left onto SW Zoo Rd .2 mi

-Continue onto SW Canyon Ct .7 mi

-Turn right onto SW Westgate Dr .1 mi

-Total travel time: about 35 minutes

For more detailed Portland metro travel information and time schedules, click on [trimet.org](http://trimet.org).

#### **Accommodations**

Downtown hotels are popular. The center city, and surrounding neighborhoods — the Pearl District, Chinatown, Old Town, waterfront — are enticing and easy to explore on foot. There are terrific restaurants, big brand and local-only shopping options, food truck pods, movie theaters, clubs, and sightseeing. Just across the Willamette River (rhymes with Dammit!) is Northeast Portland, another excellent choice.

**PNWP does not endorse or recommend any particular property identified on this site. It is always wise to check rates and availability via Internet travel sites, apps, AAA or a travel agent and contact an individual property with specific questions.**

#### **Close-in location with Pilates studio**

One bedroom/bath located 8 minutes from Pacific NW Pilates near the Nike world headquarters. Private separate entrance, laundry, bathroom, kitchenette set up in a 1000 sq foot daylight basement. Access to Pilates studio with reformer/V2Max/chair/props, plus other gym equipment. \$120/night. Inquire for availability. [mandee@santoshapilates.com](mailto:mandee@santoshapilates.com)  
(503) 544-7016.

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**The Inn at Northrup Station**

2025 NW Northrup Street  
Portland, OR 97209  
503-224-0543  
[www.northrupstation.com](http://www.northrupstation.com)

NOTE: This is close to the Portland Streetcar route in a residential area, just a few blocks to one-of-a-kind boutiques and restaurants. You'll receive a 15% discount when you mention that you're a student of Pacific Northwest Pilates.

**Marriott Residence Inn – Downtown Riverplace**

2115 SW River Pkwy  
Portland, OR 97201  
503-552-9500  
<http://www.marriott.com/hotels/travel/pdxri-residence-inn-portland-downtown-riverplace/>

NOTE: This is one block from Willamette River waterfront, restaurants, bike/jogging path, near street car stop.

**The Porter by Hilton — SW District**

1355 SW 2nd Ave  
Portland, OR 97201  
<https://www.hilton.com/en/hotels/pdxcuqq-the-porter-portland/>

**Canopy Hotel by Hilton — Pearl District**

425 NW 9th Ave  
Portland, OR 97209  
<https://www.hilton.com/en/hotels/pdxpepy-canopy-portland-pearl-district/>

**Shilo Inn**

9900 SW Canyon Road  
Portland, OR 97225  
503-297-2551  
[www.shiloinns.com/Oregon/beaverton.html](http://www.shiloinns.com/Oregon/beaverton.html)

NOTE: This is the closest suburban hotel to Pacific NW Pilates (the opposite direction from downtown), convenient if you have a car.

**Hotel Eastland — NE Portland**

1021 NE Grand Ave  
Portland, OR 97232  
<https://hoteleastlund.com/>

NOTE: This is an urban area near Lloyd Center Mall. It is located on the MAX line on the east side of town.