

Indulge your curiosity about the many moods and pleasures of Portland, Oregon – one of America’s authentic and truly individualistic cities – in a six-day culinary, cultural and sightseeing tour with Kathy Cary, one of Louisville’s leading chefs and the owner-operator of Lilly’s Bistro and the gourmet-to-go shop La Peche. Guests on the tour will be staying at The Heathman Hotel, one of Portland’s most elegant and a setting for the infamous escapades of the characters in “Fifty Shades of Grey”!

Portland: “Always on... A little off!”

That’s just one of many colorful touches in this tour of a city famous for its outgoing yet slightly edgy atmosphere and its bounty of visitor attractions. Among the latter are the lush and manicured parks, eclectic restaurants and nightspots, fine micro-breweries and distilleries, and beautiful hotels and public buildings. A paradise for “foodies,” Portland is situated in one of the world’s most fertile, productive and diverse agriculture regions – the Willamette Valley, where the moderate climate supplies a steady stream of stunning ingredients. Many of the city’s splendid restaurants embrace the rich farming heritage and celebrate its remarkable bounty. This is a place where nature spills right into the city, with greenery everywhere and such natural wonders as the famous Japanese Garden, one of the largest and most authentic of its kind outside Japan; and the International Rose Test Garden, the oldest public garden of this nature and home to more than 10,000 plantings of over 500 varieties of roses. Looming over everything is the magnificent Mount Hood, Oregon’s highest mountain and one of the loftiest in the entire country. A few miles away are Oregon’s breathtaking scenic wonders including the state’s lovely wine country, plus rainforests, mountains, waterfalls and breathtaking vistas along the Pacific Ocean coastline.

TOUR SCHEDULE:

Sunday, September 13:

Arrival and check into The Heathman Hotel (www.theheathmanhotel.com), located in the heart of downtown Portland. Named one of World’s Best Places to Stay” by Conde Nast Traveler, this property has a 30-year strong AAA Four-Diamond Award and earned the highly coveted four-star rating from Forbes Magazine. The Heathman sits next to the Portland Center for the Performing Arts and the Arlene Schnitzer Concert Hall, and just steps away from the Portland Art Museum, the Oregon Historical Society Museum, Nordstrom's, the fabulous Powell's Books (www.powells.com), Pioneer Place, and the fashionable Pearl District. The Keller Auditorium,

trendy Northwest 23rd District, the Rose Garden, the Oregon Convention Center, Jeld Wen Field and Oregon Zoo are all just minutes away. The hotel offers 150 Green Seal certified luxurious guestrooms or suites, with free amenities including high-speed and wireless Internet access, Portland Roasting French press coffee, twice daily maid service, personal concierge service, a fitness suite, complimentary wine tastings, a world-class contemporary art collection and a unique cataloged guest lending library of more than 2,500 titles, each signed by the author who stayed at the property.

This luxury boutique hotel has been an icon of the Portland's skyline for eight decades and just recently completed a 4 million dollar landfill-free "green" upgrade. Its Tea Court Lounge blends Eucalyptus-paneled walls with marble fireplace and an Austrian hand-cut chandelier, with firelight and warm colors providing an intimate atmosphere for cocktails, light dining or afternoon tea. Live jazz music is performed Wednesday through Saturday nights with no cover charge. And, yes, it's *that* hotel, the one visited by the characters of E.I. James' notorious novel *Fifty Shades of Grey* and featured in the hit film. The Heathman has embraced this identity in a playful and creative way. In the bar and restaurant, bartender Kathy Casey even serves a delicious "50 Shades" cocktail featuring gin, fresh tangerine, pomegranate juice, lemon, and fresh thyme!

Our group convenes for the first time in Heathman library, bar or court lounge and walks to Higgins Restaurant and Bar for dinner. Higgins (<http://higginsportland.com/>) has been a Portland landmark for two decades. Chef Greg Higgins, a winner of the James Beard Award as Best Chef in the Northwest, takes pride in rooting the restaurant's cuisine in the Northwest soil, using ingredients that are local, seasonal, organic and sustainable. Higgins says his goal is to create dishes that will nourish both the mind and body. Remember his name, because we'll be seeing him on another special occasion later in the tour.

Monday, September 14:

We meet our guide and coach in front of The Heathman, then move on to a brief stop at Blue Star Donuts (www.stardonuts.com) where the delicious donuts – a signature specialty of Portland – are made from a classic brioche recipe that originated in the south of France.

Next comes a narrated city tour with our own bus and guide that shows what Portland has to offer – the International Test Rose Garden; the cultural district and park blocks; neighborhoods including the Pearl District, South Waterfront District and Slab Town; and the Lan Su Chinese

Garden. The last-named attraction is an authentic Ming Dynasty garden built by Suzhou artisans that takes up an entire block of Portland's historic Chinatown district and offers an exquisite and peaceful escape from city life.

We will break up the day with a lunch stop to be arranged by Kathy in the heart of Nob Hill, a trendy area known for its eateries, a brewery and a fascinating area of shops where we will be free to browse after lunch.

Nob Hill is also home to “the hottest ice cream shop in town” – Salt & Straw(www.saltandstraw.com). Here you'll find ingredients that spring from the local soil and environment, typically expressed through wine but not usually through ice cream cones. (Ever had ice cream flavored with fresh-picked dandelions, or black truffles?) *Saveur Magazine* wrote that “The Portland food scene is saturated with fresh ideas, and Salt & Straw is no exception to the rule!”

Easily one of Portland's most desirable neighborhoods, the Pearl District (www.explorethepearl.com) is home to some of the city's best-known restaurants and chefs, world class art galleries, and vibrant shops and boutiques. Located in the heart of downtown, the district includes businesses ranging from finance and real estate to renowned advertising agencies and software firms, nestled among family-friendly parks that attract visitors and locals, many of whom call the neighborhood's iconic residential buildings home. Formerly a neglected corridor of abandoned warehouses and railways, the Pearl District has earned a worldwide reputation for urban renaissance.

The city tour includes Portland's beautiful Japanese Garden (www.japanesegarden.com) which is managed by the non-profit Garden Society of Oregon, formed in the early 1960s to promote a more intimate relationship with the peoples of Japan and specifically with its sister city, Sapporo. The society strives for “inspiration, serenity, tranquility and the aestheticism of nature.” An authentic example of Japanese landscaping, the Portland Japanese Garden is a haven of tranquil beauty with an unsurpassed view of Mount Hood.

We return to the hotel to regroup for a special dinner at Imperial (<http://www.imperialpdx.com>), a top Portland restaurant located in the historic Hotel Lucia and inspired by warm and primitive burning campfires and the big open spaces of the Pacific Northwest. Imperial concentrates on healthy and uncomplicated preparations, serving the community by remembering its past and providing a warm, welcoming and generous place to eat. Kathy is arranging for our group to be seating facing the open kitchen so we can be made to feel part of the activity and creativity as

Chef Vitaly Paley, for many years the Dean of Portland chefs, creates menu ideas of historic significance using methods and ingredients from Oregon's rich heritage and diverse bounty.

Tuesday, September 15:

At 8:30 a.m. we depart the hotel for Cannon Beach (www.cannonbeach.org), a scenic village (often likened to Carmel, California) on the beautiful Oregon coast about 80 miles from Portland. Cannon Beach is recognized by its well-known landmark, Haystack Rock, located southwest of downtown, near [Tolovana Park](#). This [igneous rock](#) has an elevation of 235 feet (72 m) and is often accessible at [low tide](#), especially in the summertime. There is a small cave system that penetrates the rock and can be seen from the coastline. The rock is also protected as a [marine sanctuary](#), [Oregon Islands National Wildlife Refuge](#). Near Haystack Rock are the Needles, two tall rocks rising straight out of the water. While in Cannon Beach, we'll enjoy time to visit the galleries, candy shops, boutiques and walk the beach.

Our noon meal will be a private "interactive dining experience" at EVOO Cannon Beach Cooking School (www.evoo.biz). Chef/instructors Bob Neroni and Lenore Emery-Neroni will prepare lunch, cooking as we watch. The couple promotes the use of local, organic, seasonal ingredients, cooking from scratch with whole foods. In their kitchen the fresh bounty of the Pacific Northwest meets the old world, slow-food traditions of the Mediterranean and beyond. Our time at EVOO will include a lively discussion about food and wine.

After lunch we'll depart for a drive along the dramatic Oregon Coast line. We'll stop at Oswald West State Park (www.oregonstateparks.org), which stretches along four miles of coastline in a dense, temperate rainforest. The park has a beautifully secluded sandy beach and miles of trails leading to breathtaking views of the Pacific Ocean. This vast, scenic treasure is without a doubt one of the most spectacular parks in Oregon. Sandy Beach (often called "Shorty's" by locals) lies sheltered in a cove blanketed by woods and edged with volcanic basalt and sandstone cliffs. It's a beautiful 20-minute walk through old-growth Sitka spruce, Douglas fir, western hemlock and western red cedar.

We return to the hotel for a little R&R before dinner at the Pearl District's Bluehour Restaurant (www.bluehouronline.com), which has been called "Portland's most aspiring and inspiring." Executive Chef Kyo Koo is a Portland native who developed his love for cooking at an early age. His primary influences range from the cuisines of his mother's Korean home-cooking to Mediterranean and modern American cooking. The food is both inviting and exciting, and the dining room itself is a modern classic. Designed by renowned architect Brad Cloepfil, it affords

intimacy and conviviality in a labyrinth of corners created with 16-foot tall drapery panels that move according to the desired mood and time of day.

Wednesday, September 16:

We depart for Oregon's wine region – the legendary Willamette Valley known for its exquisite Pinot noir and other varietals. It was only 50 years ago that David Lett planted Pinot noir vines in this region where nobody thought they would grow! General attributes that make the Willamette Valley suitable for cool climate grape growing include the protection afforded by the Cascade Mountains to the East, Coast Range Mountains to the West and a series of lower hill chains to the extreme north.

Our stops will include Domaine Drouhin Oregon winery (www.domainedrouhin.com) where Dyane Savino, tasting room manager, will greet us. Owned and operated by the Drouhin family of Burgundy, this winery is a fine place to sample the elegant Laurene Pinot Noir and Arthur Chardonnay, which are named for winemaker Veronique Drouhin-Boss' children. The winery provides visitors with breathtaking views of the vineyards, the mountains in the distance and the lovely checkerboard of farms and woods extending in every direction.

Red Ridge Farms (www.redridgefarms.com) is home to Durant Vineyards, the Oregon Olive Mill, a nursery and a gift shop. Established in 1973 and a founder of the Oregon wine industry, Durant has focused on outstanding Pinot Noir, Chardonnay and Pinot Gris for some of the premier wineries in Oregon. In 2003, the family began to craft small lots of wine from their estate under the Durant label. The Oregon Olive Mill was completed in 2008 and houses a state-of-the-art olive pressing facility capable of processing more than 1,000 pounds of olives per house. In the past five years the family has planted 13,000 olive trees over 17 acres.

The Stoller Family Estate (www.stollerfamilyestate.com) is the largest contiguous vineyard in Oregon's Dundee Hills, and its award-winning wines are balanced, complex and consistently exceptional. The fruit is 100 per cent estate grown and the wine production is self-contained – from pruning to bottling and everything in between. The family established the property in 1943; much has changed since then, but the pioneering spirit continues. The Estate was awarded the 2014 Northwest Winery of the Year by Wine Press Northwest.

Among the other wine country stops are the Adelsheim Vineyard (www.adelsheim.com), one of Oregon's founding wineries on 237 acres in north Willamette Valley. Ginny and David Adelsheim purchased the first 19 of those acres in 1971, and the vineyard grew up with Oregon's wine industry. According to the Adelsheims, "We combine traditional and state-of-the-art techniques to produce wines that show elegance, complexity, balance and richness in their aromas, flavors and texture."

Wednesday's lunch will be at RECIPE, a "Neighborhood Kitchen" in Newberg, Oregon (www.recipenewbergor.com). Owner/Chef Paul Bachand embraces classic yet contemporary European and American-cooking techniques. Recipe's cozy, inviting atmosphere in a restored Victorian house is the perfect place to enjoy thoughtfully prepared wine-country cuisine that changes with the seasons. Superior quality and freshness is assured through the Kitchen's ongoing commitment to the community of local purveyors. Paul and our own Chef Kathy have agreed on a menu just for us!

Again, we reconvene at the hotel before heading out for a very special dining experience at din din Supper Club (www.dindinportland.com). Our private dinner by Chef/Owner Courtney will be served in her unique style, described as "somewhere between elegant and tongue-in-cheek." The restaurant's playful atmosphere belies its devotion to conscientiously sourcing local ingredients to create harmonious menus in the French tradition, carefully paired with wine and spirits. Portland Monthly Magazine writes that din din (the lower case is not a typo!) is "as original as anything in Portland, and as close as can be to eating in a friend's home."

Thursday, September 17:

We will depart for a morning of sightseeing in the Columbia River Gorge (www.fs.usda.gov/crgnsa), a national scenic area of 292,500 acres that runs from the mouth of the Sandy River to the mouth of the Deschutes and spanning southern Washington and northern Oregon. The Gorge is unique in its astonishing natural beauty and cultural history

We'll stop for a close look at Multnomah Falls. Plummeting 620 feet, it's the second-highest year-round waterfall in the United States. We'll also visit several landmarks including the Crown Point Vista House built between 1916 and 1918 as a comfort station and scenic wayside for those traveling on the Historic Columbia River Highway. The graceful octagonal stone structure towers 733 feet above the Columbia River.

Back in Portland, we take a lunchtime "Foodie Tour" on North Mississippi Avenue to experience the city's amazing curbside cuisine. Portland didn't invent the food cart – it just perfected it! (In September, an estimated 700 food carts dot the city.) No longer the province of pretzels and hot dogs, the little tasting trucks offer an incredible diversity of international and creative cuisines. Tastes may include Yum Woon Sen glass noodle salad; grass-fed beef mini burger on a brioche bun; Fleur de sel, sel gris and flake salts; crostini with local farmstead cheeses, artisan bread & caramelized hazelnuts; and Korean-Mexican fusion bulgogi pork tacos with authentic kimchi.

Next we'll visit the Elizabeth Leach Gallery (www.elizabethleach.com), which focuses on prominent Northwest and internationally established artists working in a wide variety of contemporary media and bolsters a dialogue between the local community and global art world. Elizabeth is one of Portland's most-displayed artists, and many of her paintings hang in our hotel, The Heathman. She has been described as "the art dealer who put the Portland gallery scene on the national map."

Thursday's dinner promises to be one of our most exciting and enjoyable stops, as we have been invited by owners Anthony and Carol Boutard to visit their amazing Ayers Creek Farm in Gaston, Oregon. Chef Greg Higgins, whom we met on Sunday night when we visited his Higgins Restaurant and Bar, will prepare a special menu for us on the Ayers Creek site. (He is a friend of the Boutards, and their farm is one of his suppliers.) Anthony Boutard, born in Massachusetts, moved to Oregon in the early 1990s and, with his wife Carol, purchased the 144-acre working farm. Their philosophy has been simple: grow what tastes good and does well on their land. Boutard is a staunch proponent of biodiversity and an outspoken advocate for small farms. Ayers Creek Farm, certified organic, produces a quarter-million pounds of blackberries annually as well as 75 varieties of vegetables. Along with more standard fare are such interesting and often-rare products as freekah, horseradish, purple raspberries and garbonzo beans, as well as such Boutard favorites as plums, table grapes and Astiana tomatoes.

Friday, September 18:

This day is free for your own pleasure – exploring, shopping, etc. Shoppers note: There is no sales tax in Portland! We will meet for a final dinner to celebrate our time together at Departure (www.departureportland.com), sharing an "elevated" dining experience in this unique, sky-high Portland restaurant that floats atop the landmark Meiers & Frank Building and offers panoramic views of the city. We'll have our own private dining area in this cutting-edge space that is said to be "as daring as its cuisine." The Pan Asian kitchen offers dishes to captivate diners with their mix of Pacific Northwest cuisine and the fiery flavors of the Far East. Whether steamed or stir-fried, smoked or sautéed, each offering leads diners to another stage of Departure's culinary adventure.

I've asked Mike McKinney to coordinate our Portland Adventure and accept reservations. Many of you will remember Mike from our past travels, including Spain, Eastern Kentucky, Santa Fe and Miami. Mike is easy to work with and I urge you to contact him soon if you are interested in this trip. We are limited to 18 travelers. Mike's cell is [502/649-0764](tel:5026490764).

The Portland Adventure is \$4150 per person based on double occupancy. For a single room supplement, add \$725. To reserve, send a deposit of \$1,000 to Mike McKinney, P. O. Box 5162, Louisville, KY 40255-0162. Please remit by check to payable to "McKinney Associates, Inc." The deposit is refundable for 14 days after being received. Sorry, we are not able to accept credit cards. The balance is due no later than August 1. After receiving your deposit, Mike will send reservation forms and other materials and keep you informed of all the details. If you are interested in upgrading your accommodations, a limited number of suites is available at The Heathman for an additional \$60 or \$80 per day. For more information, contact Felicia Rahm, sales manager. Felicia can provide details and guarantee an upgrade with your credit card. Her direct number is [503/790-7123](tel:5037907123).

We are so looking forward to the Portland Adventure, and I hope you will join us. I can promise you will leave with many wonderful memories and new friends!

Kathy