

Visit the Oaks Bottom Wildlife Refuge with your NAMI Friends!
Saturday, February 27 at 10:00 AM and 1:00 PM

We will meet in Sellwood Park near the intersection of SE Sellwood Blvd and SE 7th Avenue.

NAMI is the National Alliance on Mental Illness; we are the nation's largest grassroots mental health organization. We started the program in January 2015 to actively support community mental health while enjoying good company in the wonders of nature!



Our pace will be "conversational" to match our most leisurely team member.

During the current health crisis we are taking measures to ensure safety. Please email events@namimultnomah.org or call 503-577-9386 for details.



Important Details

- Bathrooms** Uh; no toilets. Ouch!
- Dogs, pets** Pets allowed; must be on a leash!
- Parking** Free.
- Fees** No entry or parking fees.
- Trail conditions** Decent; expect trails to be uneven and muddy in places and paved in other areas!
- Length** About 2 miles with one small hill!
- Social time** Socially distanced at the picnic area before and/or after the hike.
- Highlights** This is Portland's first urban wildlife refuge with an "up close" view of the largest outdoor mural in the United States.



REGISTRATION IS REQUIRED

Email events@namimultnomah.org or call 503-577-9386