

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!

Or 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.



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!

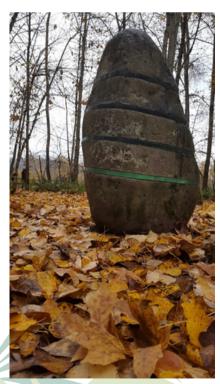
Social time Socially distanced at the picnic area before and/or

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