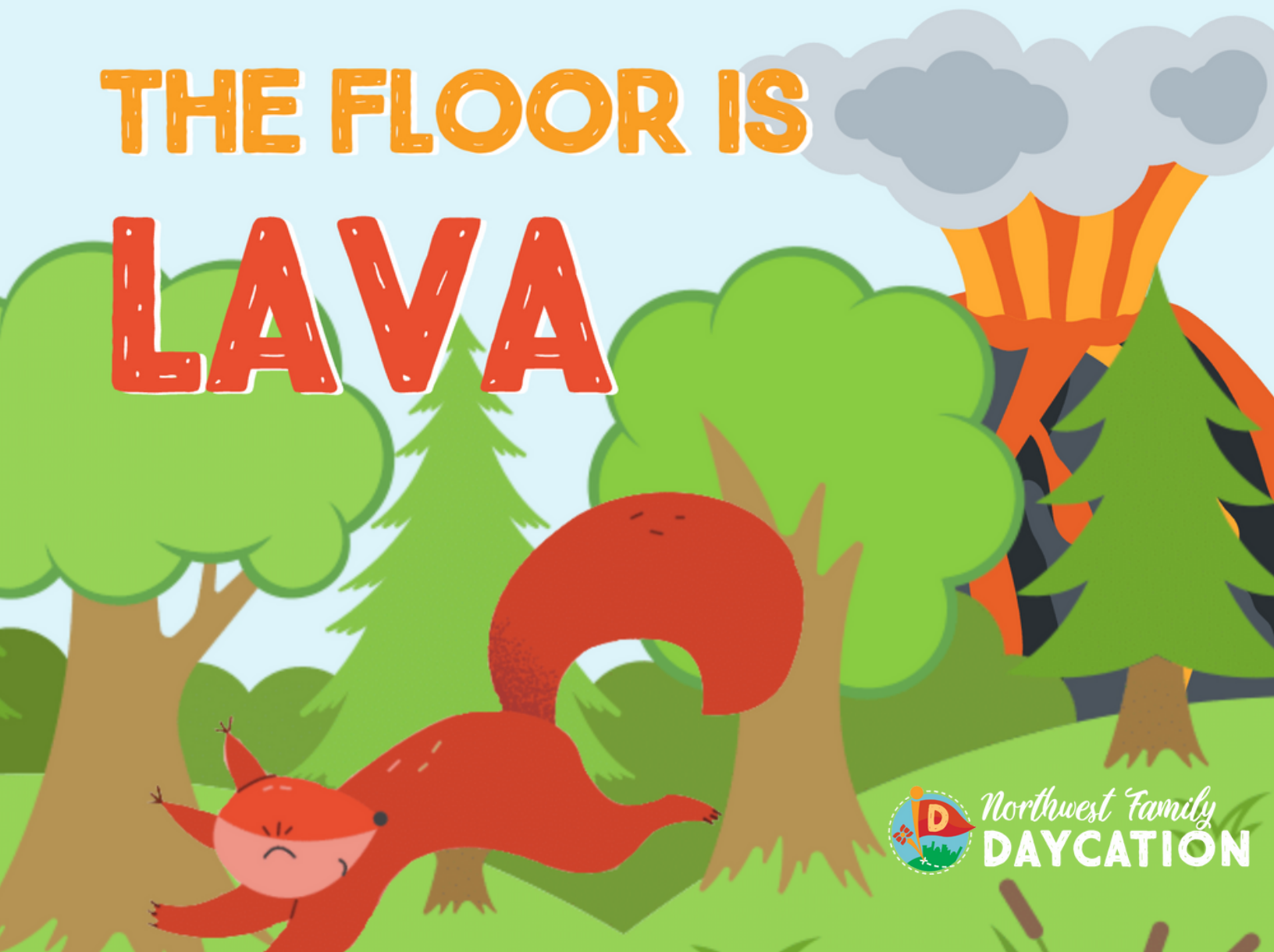


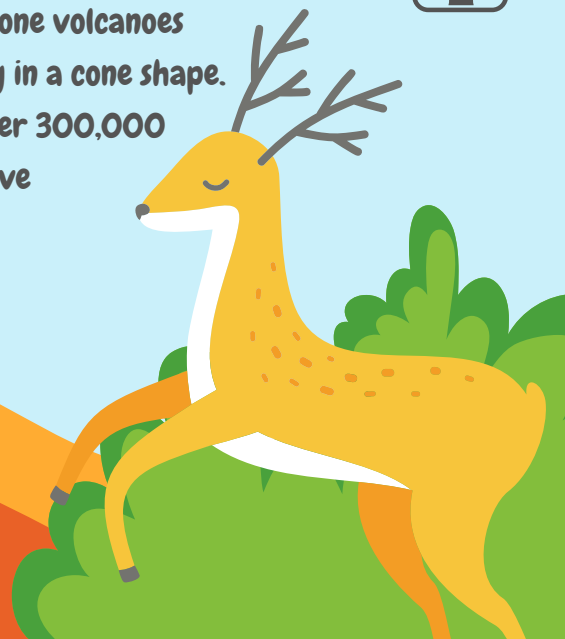
THE FLOOR IS LAVA



On this Daycation you'll circle one of Portland's giant open reservoirs, summit the top of a dormant volcano, enjoy a trip to the playground, and and discover the exposed cinders of what once was an active lava field!



Did you know that Mt. Tabor is a dormant Cinder Cone volcano! Cinder Cone volcanoes are formed from the eruption of lava from a single vent, often resulting in a cone shape. This volcano was active in the Plio-Pleistocene, and stopped erupting over 300,000 years ago! As you start out on this Daycation, imagine what it would have been like to see Mt. Tabor erupting!

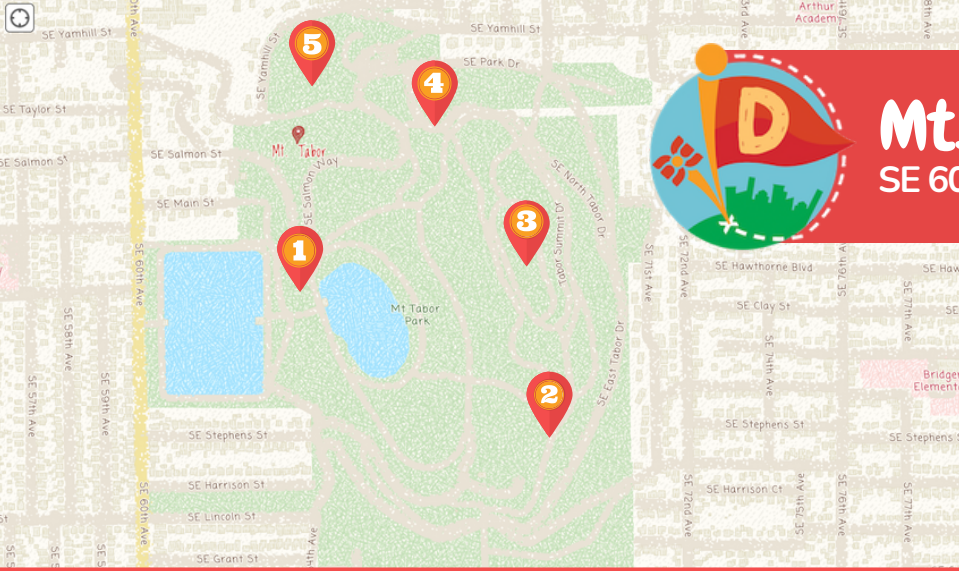


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Mt. Tabor Park

SE 60th Ave &, SE Salmon St, Portland, OR



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Start at Reservoir #5

This Daycation roughly follows the Red Trail, which is about a one mile loop, and starts at Reservoir No. 5. Begin by looping around Reservoir, and have fun peeking in at the water as you go. Then, start your climb through the trees and up the volcano.

Climb the Volcano!!

As you walk along the path, look up at the tall trees and bushes around you. Imagine when this was just bare rock, before the forest here existed. Then, jump forward in time to today, note what trees, plants, and flowers you see around you. How do you think they are the same?



Summit of Mt. Tabor

Enjoy the view from the summit of the volcano before heading down to the playground!

Time to Play!

The playground next to Picnic Area A is our favorite, and is often shaded in the summer providing a nice escape from the heat. Let your little ones play here awhile before continuing on along the Red Trail to the amphitheater.



Lava Field Cinder!

Walk down into the amphitheater. This is where you'll find the exposed cinder from the lava field. What does the rock look like? Does it have layers? What does it feel like? Now, head back onto the Red Trail and finish the loop back to your car through Mt. Tabor's beautiful trees.