



俄勒冈州波特兰
温馨北乡

Cozy in the North Country

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Oregon sometimes reminds me of a shy stranger at a party who doesn't demand much attention. Once you get to know that person well, however, they turn out to be more interesting than you ever imagined.

My adopted state has a similar toned-down atmosphere, until you start exploring it in depth.

From Seattle's Sea-Tac Airport, it's an easy three-hour drive south to the dramatic coastlines, orchard-covered hills, fertile vineyards, spectacular mountains, and sophisticated urban centers of northern Oregon.

B&Bs Galore

In addition to natural wonders, some quite unique B&Bs can be found in this quadrant of the state. One lies halfway between Portland and the Pacific Coast, in Oregon's renowned Willamette Valley wine country, where pinot noir and pinot gris rule.

In Carlton township, three grain storage silos were converted into the Abbey Road Farm Bed & Breakfast. Each silo holds well-appointed upper and lower floor suites with large Jacuzzis and views of surrounding vineyards, gardens, goats, and Fergus the sad-eyed llama.

Innkeepers John and Judi Stuart created this sustainable family farm strategically



俄勒冈有时会让我想起在宴会上不求关注的害羞的陌生人。但是如果你一旦和这样的人熟识起来，你会发现他们比你想象的要有趣得多。

我的第二故乡俄勒冈也给人这种低调的印象，直到你去深入地探索它。

从西雅图的西塔机场驾车往南三小时可一路畅通地到达俄勒冈北部发达的城市中心，沿途有曲折的海岸线、漫山遍野的果园、丰饶的葡萄园和壮丽的山脉。

多样的 B&B 旅馆

除了自然奇观，俄勒冈的西北部还有一些别具一格的 B&B（住宿加早餐）旅馆。其中一家位于波特兰和太平洋海岸的中间，那里是俄勒冈著名的威拉米特河谷酒乡所在地，盛产黑比诺葡萄酒和灰比诺葡萄酒。

在卡尔顿小镇上，艾比路农场 B&B 旅馆（Abbey Road Farm Bed & Breakfast）由三座存粮的筒仓改建而成。每个筒仓内有数间上下两层的复式套房，设施齐备，带有按摩大浴缸。从房间看去，周围的美景尽收眼底，如葡萄园、花园、山羊和眼神哀怨的大羊驼弗格斯等。

旅馆主人约翰·斯图尔特和朱迪·斯图尔特颇有战略眼光地将这个可持续发展的家庭农场建立在麦克明维尔的重要景点“长荣航空航天博物馆”附近，博物馆里陈列着霍德华·休斯设计的有“云杉鹅”之称的大型飞机。农场的客人可以选择乘坐定制的豪华轿车、古董马车或是骑马来进一步深入地欣赏“葡萄酒 + 筒仓”的特色美景。

有品味的建筑

虽然有“玫瑰之城”美誉的波特兰是美国发展最快的科技中心之一，这里汇聚了各种技

Sea and Sky

Aspects of land, sea, and air loom large here: Haystack Rock standing tall at sunset; aircraft at Evergreen Aviation & Space Museum; Abbey Road Farm B&B, with silos and owner Judi Stuart.

天空与海

这里有广阔无垠的大地、海洋和天空景象：草垛岩在日落时分巍然耸立；长荣航空航天博物馆的飞机；艾比路农场 B&B 旅馆、筒仓和老板朱迪·斯图尔特。

Savory Sights

Mt. Hood sunrise; paddle steamboat against city background; Portland Mayor's Mansion, with owner Richard Kroll among antiques including pottery; Sakura Ridge B&B breakfast of spinach quiche.

close to a major attraction—the Evergreen Aviation & Space Museum, home to the colossal Howard Hughes Spruce Goose flying boat—in McMinnville. Farm guests have the option to further indulge in touring this wine-and-silo scene via customized limousines, antique carriages, or horseback.

Tasty Architecture

Even though Portland, aka Rose City, is one of America's fastest-growing centers for techies and young urban professionals, the most distinctive accommodation you're likely to find is a century-old landmark.

If you've ever taken a historic mansion tour and wondered what it would feel like to wake up surrounded by museum-quality elegance, that wish comes true at the former home of Portland's former mayor

(1913–1917) and state senator H. Russell Albee, in trendy Laurelhurst district.

Mayor Albee wasn't the most popular of politicians—twice challenged in recalls—but he did have excellent taste in architecture.

Inside this masterpiece of colonial revival, owner Richard Kroll has filled every corner of the Portland Mayor's Mansion Bed and Breakfast with Asian heirlooms, European antiques, and funky art. From Laurelhurst, there are direct buses to Portland's Pearl District, Pioneer Square as well as a paddlewheel steamer named (surprise!) *Portland*.

Blissful Perspective

The Columbia River is one of two waterways intersecting Portland, and the one Lewis and Clark used in their 1804/5 expedition to reach the Pacific Ocean. Heading east along the gorgeous Columbia River Gorge, snow-capped Mt. Hood is visible for much of the route. This mountain hosts the only year-round skiing in North America.

Just above Mt. Hood, southwest of Hood River, Sakura Ridge Lodge offers astonishing rural bliss. Every fixture, furnishing, and hardwood floor section is of the highest quality. Many of the finest pieces were brought from Japan.

Yet this is also a working farm of 82 acres (33 hectares), with thousands of





术人员和年轻的专业人才，但在这里你能找到的最别具特色的酒店是拥有 100 年历史的地标性建筑。

如果你曾经参观过历史悠久的豪宅，想象着在如同博物馆般精致的房间内醒来是怎样的一种感觉，那么你的这个愿望在波特兰前市长（1913-1917）兼州参议员罗素·阿尔比的故居可以实现，其故居位于时髦的劳雷尔赫斯特区。

阿尔比市长作为政治家并不太受人爱戴，他有两次险遭罢免，但是他在建筑方面的品味的确卓尔不群。

这个具有殖民复兴风格的杰出建筑如今是波特兰市长府邸 B&B 旅馆（Portland Mayor's Mansion Bed & Breakfast），其主人理查德·克罗尔用亚洲的遗珍、欧洲的古董和光怪陆离的艺术作品装饰着旅馆的每个角落。从劳雷尔赫斯特有公交车直达波特兰的珍珠区、先锋广场以及名为“波特兰”（船名毫不让人吃惊）的明轮汽船乘船处。

田园之乐

哥伦比亚河和另一条河流在波特兰交汇，路易斯和克拉克在 1804-1805 年的探险中正是通过哥伦比亚河到达了太平洋。沿着壮丽的哥伦比亚河谷一路向东，途中很多地方都可以看到白雪皑皑的胡德山。胡德山是北美唯一一座

可全年滑雪的雪山。

位于胡德雪山之北、胡德河西南处的樱花山林小屋（Sakura Ridge Lodge）有着惊人的田园美景。山庄的每一处设施、家具和实木地板均品质上乘，很多精品来自日本。

而且这里还是占地 82 英亩（33 公顷）的农场，有成千上万的水果树、有机花园和绵羊。19 世纪 80 年代的日本移民最初在这里种植了苹果树，100 年后又移植了樱花树。现在这里种植的几乎全是梨树。

从山庄的露台可眺望胡德雪山顶，山顶景致时刻变幻，黎明呈浅粉色，傍晚则闪烁着金黄色的光芒，浪漫至极。

针尖岩和草垛双岩

整个西北海岸的海崖和岩层都令人印象深刻。俄勒冈海岸的佳能海滩有两个著名的自然地标经常出现在相片上——“草垛岩”和“针尖岩”，其名称已经生动地描述了它们的形状。这些陡峭的岩石在白天显得巍峨壮观，日落时则美得令人窒息。

南部海岸新发展起来的一处热门景点也引以为傲地沿用了“草垛岩”（体积小一些，但形状相似）的名称。为了不辜负大自然的恩泽，岬角海滨小屋暨水疗旅馆（Headlands Coastal Lodge and Spa）于 2 月开张，那里可就近欣赏到太平洋城附近基万达海角（Cape Kiwanda）的无敌美景，其中包括草垛岩。

旅馆拥有 33 个以杉木为瓦板的房间和 18 个相邻小屋。从那里可以前往美丽的潮汐池和沙丘，还能吃到莫瑞迪恩餐馆（Meridian restaurant）的季节海鲜。餐馆主厨安德鲁·加里森为大家整只屠宰并烹制各种山珍美味和新鲜海鲜。沿着海滩走还有一家当地的精酿啤酒馆。

温馨舒适的小酒店

对于想体验精简住宿新潮流的人们，蒂拉穆克湾小酒店（Sheltered Nook on Tillamook Bay）为您提供“小屋”住宿，鸡鸭环伺，您还有机会参加钓鱼、皮划艇、观鸟、冲浪等活动。

家人住在那里还能享受到一个福利，那就是可以去参观附近的蒂拉穆克航空博物馆。

俄勒冈的夏天有半年之久，气候温和、阳光灿烂、空气干燥。

冬天则正好相反。但即使是在雨季，俄勒冈北部这些温馨舒适的小酒店也能为您提供丰富的饮食和住宿体验，这是其它州所无法比拟的。

交通

ANA 每天提供从东京（成田机场）飞往西雅图的带 Wi-Fi 航班。从西塔机场到波特兰约需 3 小时车程。

美食风情

胡德山日出；明轮汽船背景中的城市；波特兰市长府邸、主人理查德·克罗尔及包括陶瓷器在内的各色古董；樱花山林小屋的菠菜饼早餐。



miss a moment of nature's glory, Headlands Coastal Lodge and Spa opened this past February featuring incredible views of Pacific City's nearby Cape Kiwanda, including its Haystack Rock.

The cedar-shingled, 33-room lodge, with 18 adjacent cottages, also gives access to amazing tide pools and dunes, along with ocean-to-table seasonal menus at Meridian restaurant, backed by Chef Andrew Garrison's forest foraging, whole-beast butchery, and fresh-off-the-boat seafood. Just steps down the beach is a local craft brewery.

Snug in a Comfy Inn

For anyone wanting to experience the latest trend toward downsized housing, Sheltered Nook on Tillamook Bay offers "tiny home" accommodations surrounded by chickens, ducks, and opportunities for fishing, kayaking, birding, or surfing.

A bonus for families is another nearby air museum, in Tillamook.

Summers in Oregon are six months long, and the weather is reliably mild, sunny, and dry.

Winter is reliably the opposite, but even in the rainy season these northern Oregon locations can be rewarding, with snug comfort in cozy inns that present a rich range of dine-and-stay experiences that few other states can match. N

Getting There

ANA serves Seattle with daily Wi-Fi flights from Tokyo (Narita). Drive time from Sea-Tac Airport to Portland is about 3 hours.



fruit trees, organic gardens, and sheep. Originally planted in apple trees by Japanese immigrants in the 1880s, cherry trees came a century later. Today, it's almost entirely planted in pears.

The Lodge's veranda overlooks the glacial peak of Mt. Hood, which transforms every hour, beautifully morphing from the soft pink reflections of dawn to an incredibly romantic golden glow at evening.

Needles and Two Haystacks

Sea cliffs and rock formations along the entire Northwest Coast are mind-blowing. Dramatically. Cannon Beach has the two most photographed natural landmarks on the Oregon Coast, named Haystack Rock and Needles, which describes well their shapes. These craggy formations are magnificent any time of day—but breathtaking at sunset.

A newly developed coastal hot spot farther south boasts an identically named (and smaller, but similarly shaped) Haystack Rock. Positioned so as not to

Green and Gold

Green comes through Laurelhurst Market asparagus-bacon dish and fresh veggies in Hood River's Farm Stand In the Gorge, while gold comes in with Pacific City sunset view from Headlands Coastal Lodge & Spa.

翠绿金黄

绿色来自劳雷尔赫斯特市场的芦笋培根以及胡德河河谷农产品直销店的新鲜蔬菜；而从岬角海滨小屋暨水疗旅馆中眺望到的太平洋城落日则是金碧辉煌。