



IS IT SAFE?

Portland

SOLO TRAVELER SAFETY GUIDE

OVERALL SAFETY ASSESSMENT

RATING: Safe — well-trafficked neighborhoods are comfortable day and night; us

Portland is a generally safe city for solo travelers, including solo women, particularly in the neighborhoods this itinerary covers — the Pearl District, Hawthorne, Alberta, Mississippi, Division, and NW 23rd are all well-trafficked, walkable, and comfortable during the day and evening.

The city's specific soft spot is Old Town/Chinatown and parts of downtown near Burnside late at night, where visible homelessness and occasional street disorder are more common than in the neighborhood districts. None of this itinerary routes through that area after dark, and using rideshare rather than walking or transit late at night there is the standard local recommendation.

Bike theft is a genuinely common property crime if you're using BIKETOWN or a rental — always lock up properly, even for a short stop.

RATING SCALE: ★★★★★ Very safe ★★★★★ Safe ★★★★★ Use awareness ★★ Avoid at night ★ Avoid

NEIGHBOURHOOD SAFETY AT A GLANCE

AREA	RATING	NOTES
Pearl District	★★★★★	Polished, well-trafficked, safe day and evening.
Hawthorne / Division	★★★★★	Walkable, active local corridors; comfortable into the evening.
Alberta Arts District	★★★★★	Active and creative; standard awareness on quieter side streets after dark.
NW 23rd (Alphabet District)	★★★★★	Upscale, well-lit, safe throughout the day and evening.
Forest Park trails	★★★★★	Well-marked and busy on main trails; standard trail awareness.
Old Town / Chinatown	★★	More visible street disorder, especially late at night; use rideshare after dark.
Downtown near Burnside (late night)	★★★	Fine during the day; use added awareness or rideshare after 10pm.

COMMON SCAMS & RISKS

BIKE THEFT

One of Portland's most common property crimes. Always lock BIKETOWN or rental bikes properly, even for a five-minute stop.

UNATTENDED BAG THEFT AT FOOD CART PODS

Busy, crowded cart pods are a common spot for opportunistic theft of unattended bags or phones left on tables. Keep belongings within reach.

UNLICENSED STREET VENDORS NEAR TOURIST SITES

Occasional unlicensed vendors operate near Powell's and Pioneer Courthouse Square. Not dangerous, but goods and pricing aren't guaranteed — stick to established shops for anything valuable.

HEALTH & MEDICAL

OHSU Hospital (3181 SW Sam Jackson Park Road) and Legacy Good Samaritan Medical Center (1015 NW 22nd Avenue) are the region's major full-service hospitals, both within a short drive or rideshare of downtown and NW Portland.

Portland's weather is the main everyday health consideration — pack a rain layer regardless of season and wear supportive shoes for the city's genuinely walkable, sometimes wet sidewalks and trails.

Urgent care clinics are widely available throughout the inner neighborhoods for non-emergency needs. Travel insurance with medical coverage is recommended for all U.S. travel.

SOLO TRAVELERS

Portland has a strong, well-documented culture of welcoming solo travelers — the city's food-cart and counter-dining culture makes solo eating the norm rather than the exception, and its walkable, transit-connected neighborhoods mean a solo evening rarely requires planning around a car.

The specific precautions are straightforward: stick to the well-trafficked neighborhood districts (Pearl, Hawthorne, Alberta, Mississippi, Division, NW 23rd), use rideshare rather than walking or transit late at night around Old Town/Chinatown and Burnside, and always lock up a rental bike properly.

EMERGENCY CONTACTS

SERVICE	CONTACT
Emergency (Police / Fire / Medical)	911
Portland Police (non-emergency)	(503) 823-3333
OHSU Hospital	(503) 494-8311
Legacy Good Samaritan Medical Center	(503) 413-7711
Poison Control (US)	1-800-222-1222
Crisis Text Line	Text HOME to 741741
National Suicide Prevention Lifeline	988

GoingSolo.Life

TRAVEL ALONE. LIVE FULLY.

goingsolo.life