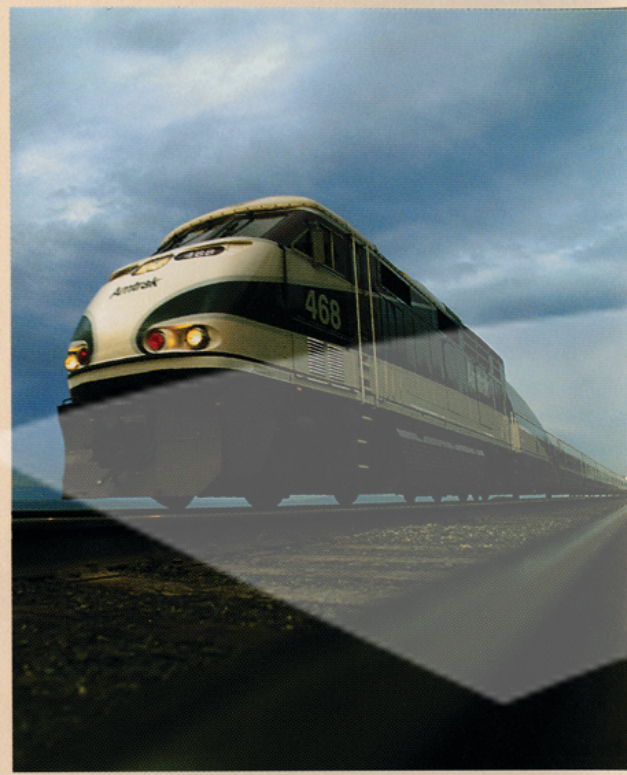


Route Guide



Sights from the Amtrak Cascades

Lounge

The Lounge Car, located in the center of the train, is a great place to enjoy the passing scenery. The car is open to all passengers and seating is on a first-come basis. There's plenty of room at the tables in the Lounge car to eat food purchased on the train, read, or play a game. At-table dining service is available on some Amtrak Cascades schedules. On these trains the tables are available only to passengers who are dining.



Food and Beverages

In the Bistro car, you'll find a variety of fresh, local foods and beverages including sandwiches, sweets, and snacks, as well as alcoholic and non-alcoholic beverages. The Bistro also offers



Amtrak Cascades souvenirs for sale. You are welcome to bring your own food and non-alcoholic beverages aboard to eat at your seat.



Movies and Music
Movies and music channels are available at every seat. Bring your own headphones along and enjoy the movies and music for

free. Most standard headphone jacks—like those used with a Sony Walkman or other portable audio device—should work aboard the Amtrak Cascades. If you forget your headphones you can purchase a set on the train. You are welcome to take these headphones home and bring them back with you for future trips.



Restrooms

Passengers will find restroom facilities in each passenger car.



Courtesy

For many, part of the fun of train travel is meeting new people. Others prefer solitude and scenery. Please consider the comfort of the people around you. The Lounge car and the Bistro are great places to visit to have a conversation, play cards and be social.



For Your Safety

Use seat backs and handrails while walking through the train. Please do not leave luggage in the aisles or vestibules between cars. If you need help lifting luggage, don't hesitate to ask. Personal food items and baggage are not allowed in the Bistro and Lounge cars. Wear shoes at all times and use caution when wearing non-rubber soled shoes. Do not leave children unattended. Never exit a moving train.



Welcome aboard the Amtrak Cascades. From Vancouver, British Columbia, through Seattle and Portland to Eugene, Oregon, the Amtrak Cascades route is filled with spectacular scenery and interesting history. This route guide is written traveling from north to south. To learn more about the Amtrak Cascades, visit www.AmtrakCascades.com.

The Amtrak Cascades are sponsored by the Washington State Department of Transportation and the Oregon Department of Transportation.

Created by the Washington State Department of Transportation



Welcome aboard the Amtrak Cascades.

The Amtrak Cascades travels 466 miles from Vancouver, B.C. through Seattle and Portland to Eugene, Oregon. During your trip you will travel through some of the most spectacular scenery in the Pacific Northwest. So, sit back, relax and enjoy your Amtrak Cascades tour.

★ Vancouver, B.C., Canada (mile 0)
Vancouver's Pacific Central Station is the northernmost stop on the Amtrak Cascades route. Pacific Central Station opened in 1919. In April 1886, Vancouver formally became a city with a population of 2,000 people. Today over 1.5 million people call Vancouver home, making it Canada's third largest city. VIA Rail Canada and Rocky Mountaineer Rail Tours trains also depart from this station.

Note: The robbery phrase "Hands Up" originated in British Columbia. Bill Miner, an American known as the Gentleman Bandit, is said to have first used the phrase while robbing a Canadian Pacific Railways train in Mission Junction, British Columbia in 1904.

New Westminster is also known as the "Royal City" and was named by Queen Victoria in 1859.

Note: New Westminster is Western Canada's oldest city and home of British Columbia's only authentic river boat casino, the Royal City Star.

The Fraser River was named after fur trader Simon Fraser, who explored much of the river in 1808. The Fraser River Bridge connects Vancouver to New Westminster. When the bridge was built in 1904, direct rail travel from Vancouver to Seattle began. As you cross over the river, look southwest to see the SkyTrain bridge. The SkyTrain transit service connects destinations throughout the Vancouver area. As you pass over the river, you might spot a SkyTrain traversing the bridge.

Note: The Fraser river has great hydroelectric potential, but it remains undeveloped for fear of harming the migratory habits of salmon.

At **Crescent Beach**, you will pass over the Nicomekl River. This river was used for generations by the Coast Salish tribe as a navigable waterway.

White Rock is a small farming, dairy and fishing community and is known as a friendly and quaint tourist destination.

Note: A 490-ton white rock first spotted by Spanish explorers has given its name to this beach side city.

United States and Canada Border
Look to the east and you'll see the Peace Arch and Peace Arch Park, which commemorate 100 years of peace between the United States and Canada. The inscriptions on the Peace Arch read "Children of a Common Mother" and "Brothers Dwelling Together in Unity."

Blaine was founded in 1884 named for presidential candidate James G. Blaine. Passengers traveling southbound on Amtrak might note that the train is slowing to pick up U.S. Customs agents in Blaine. These agents conduct a daily inspection while the train travels from Blaine south to Bellingham, U.S. Immigration and Canada Customs inspections are conducted at Pacific Central Station in Vancouver, B.C. For details on crossing the border, please ask an Amtrak crewmember.

About 13 miles south of Blaine, we pass through the town of **Ferndale, Mt. Baker**, Washington's third largest mountain peak at 10,075 feet, is visible to the east.

★ Bellingham (mile 58)
As the train heads toward the Bellingham train station (located in the historic Fairhaven neighborhood), you'll see beautiful views overlooking Bellingham Bay. This city is home to over 60,000 people and Western Washington University. Discovered by Captain George Vancouver in 1792, Bellingham is an important center for shipping, fishing and logging. Bellingham is also the home port for the Alaska Marine Highway System which ferries passengers to Alaska by way of the Inside Passage. The ferry terminal is located adjacent to the Bellingham-Fairhaven train station.

Note: The Mount Baker Theater, located in downtown Bellingham, is reported to be haunted since it's opening on April 29, 1927. Ghost reports have included gusts of cold air, balls of light, rustling of skirts, and a mysterious voice calling names. In 1996 a picture was taken of a "goulissh-looking haze off the balcony".

Just south of the Bellingham station, you'll discover a gorgeous view of Chuckanut Bay and the Olympic Mountain Range to the west. Lummi Island and the **San Juan Islands** are also visible as we traverse the edge of Samish Bay.

Farther south marks the entrance to Mount Vernon and Burlington. The Skagit River separates the two cities.

Note: From November to March, bald eagles perch in trees along the **Skagit River** to dine on fish.

★ Mount Vernon/ Burlington (mile 84)
Our station stop is on the northeast side of town. South of the current station stop you'll travel through downtown Mount Vernon, where a new train and transit station is under construction. Tulips, iris and daffodils bloom profusely in the spring.

Note: Mount Vernon's Skagit Valley is the largest commercial producers of tulips, daffodils, and bulbous iris in the nation.

Marysville is a small thriving community situated near the Snohomish River. It hosts a number of fun festivals, notably the Tulalip Pow-Wow and Strawberry Festival. Just north of Everett, you'll cross the Snohomish River which has three main sloughs on it: Ebey, Union and Steamboat. These sloughs are grassy, shallow marshes with muddy bottoms and provide excellent places for wildlife and kayaking.

Note: The Boeing Tour Center in Everett is the world's largest building, which stores the world's largest airplane.

For 15 miles south of Everett, the Amtrak Cascades skirts the east shore of **Puget Sound**. You can see Camano, Whidbey and Bainbridge Islands, which are

connected to the mainland by Washington State Ferries.

Mukilteo is an Indian word meaning "good camping ground." The nearby lighthouse was opened in 1905 and is open to visitors. Look for it to the west.

★ Edmonds (mile 138)
You'll find Edmonds Old Milltown Shopping Arcade in the turn-of-the-century remodeled Ford garage. The train stops near the Washington State Ferries dock, with convenient service to Kingston on the Kitsap Peninsula. Immediately north of the dock is a popular underwater park for scuba diving.

Note: As you travel between Edmonds and Seattle along the shores of Puget Sound, look east to the horizon for a glimpse of the Olympic Mountain Range. The **Pacific Ocean** lies beyond these mountains. You'll often see ocean-bound freighters in the waterways of Puget Sound, which serve as a gateway to the Pacific Rim via the ports of Seattle, Tacoma, Everett, and others.

★ Seattle (mile 156)
The greater Seattle area is home to world-class businesses and institutions, including Microsoft, Starbucks, Nordstrom, the University of Washington, Amazon.com, Redhook Brewery, the Pike Place Public Market, and the Port of Seattle. The Seattle metropolitan area is the 21st most populous city in the United States.

As you travel to downtown Seattle from the north, you'll cross Salmon Bay via the Ballard Bridge. Salmon Bay connects Lake Union to Puget Sound. Look to the east to see the Hiram Chittenden locks. The locks allow pleasure boats and freighters to pass between the high freshwater of the lakes and the lower saltwater of Puget Sound.

As you travel southbound toward downtown, you'll go through the Interbay Rail Yard, located between the Magnolia and Queen Anne neighborhoods. Once you travel through the rail yard, look south and east to see the Space Needle, built for the 1962 World's Fair.

Note: The first manager of the Seattle Space Needle, Hoge Sullivan, was afraid of heights.

You'll next travel along the Seattle waterfront. Look west for Pier 69 to see the ships that depart daily for Victoria, B.C. You'll then enter a mile long tunnel built in 1904 that snakes under Seattle's hilly downtown to King Street Station.

Over a half a million passengers pass through Seattle's King Street Station each year in "The Emerald City." The station is scheduled to be renovated and restored to its original beauty, with a grand reopening planned for early 2003. In addition to the Amtrak Cascades, two of Amtrak's long distance trains also serve Seattle. The Empire Builder travels between Seattle and Chicago via Spokane and the Coast Starlight travels between Seattle and Los Angeles.

Just south of Seattle's King Street Station, you'll see the new Seattle football and soccer stadium, which is home to the Seattle Seahawks. Just south of the stadium you'll see Safeco Field, home to the Seattle Mariners baseball team. The Amtrak Cascades pass under the giant supports for Safeco Field's retractable roof.

Note: Safeco Field's roof weighs a staggering 22,000,000 pounds.

Further south, to the west is Boeing field, the original home of the Boeing Aircraft Company. This historic airport is still used for private aircraft, Boeing aircraft deliveries, and Boeing test flights. The original wood Boeing plant is now part of the Museum of Flight.

★ Tukwila (mile 166)
This station serves suburbs to the east and south of Seattle and is the closest stop to Seattle-Tacoma International Airport, located five miles to the west.

The city of **Puyallup** is named after an Indian tribe. The train crosses the Puyallup Indian reservation along the Puyallup River.

★ Tacoma (mile 196)
Tacoma is a major seaport city. The Port of Tacoma is considered an "economic engine" for the region, with more than 67,000 jobs in Washington State related to the Port's activities. The large, round blue and gray building to the south is the Tacoma Dome, which hosts conventions, concerts, sports events and other large events. It is one of the largest wood framed structures in existence and offers wonderful acoustics due to its wood frame and round shape. Tacoma is also home to the Washington State History Museum.

Note: The Washington State History Museum hosts the state's largest (1,800 square feet) permanent model train layout depicting rail lines from Tacoma's Point Defiance Park, to the Stampede Pass tunnel in the Cascade Mountain Range.

South of Tacoma, the train follows Commencement Bay in Puget Sound. After passing through the Nelson-Bennett tunnels, the train emerges in "The Narrows." The tall, elegant Tacoma Narrows Bridge spans the Narrows waterway and the Olympic Mountain Range rises in the distance to the west.

Note: The original, 5,939-foot-long Tacoma Narrows Bridge, popularly known as "Galloping Gertie," opened to traffic on July 1, 1940, after two years of construction, linking Tacoma and Gig Harbor. It collapsed just four months later during a 42-mile-per-hour wind storm on Nov. 7, 1940. On October 14, 1950, a new, much safer Tacoma Narrows Bridge opened. The new bridge spans 5,979 feet—40 feet longer than "Galloping Gertie."

A Pierce County ferry terminal is on the west side of the train at **Stilacoom**. The ferry serves Anderson Island and McNeil Island across Carr Inlet.

North of Olympia, the Amtrak Cascades crosses the **Nisqually River** on a high curved trestle. To the west is the Nisqually River Wildlife Refuge and is an important home for sealife and wildlife.

★ Olympia/Lacey (mile 226)
Olympia is the capital of Washington State. The quaint Centennial Station serves the communities of Olympia, Lacey and Tumwater. As you leave the station, look to the east for a great view of **Mount Rainier**, Washington's tallest mountain at 14,411 feet.

Note: Olympia was "the black bear place" to the Native Americans whose village had occupied the site for many generations before the first white settlement was established.

Several miles south of Olympia are the mysterious Mima Mounds. Acres and acres of these mounds are visible immediately to the west. There are almost as many theories of what caused them as there are mounds.

The most current belief is that they were formed by glacial ice thaws 10,000 years ago.

★ Centralia (Mile 250)
George Washington, an African-American pioneer, founded Centralia in 1852. The Skookumchuck River crosses through Centralia. As the train passes through the outskirts of Centralia, beyond the ball fields on the east towards the mountains, you'll see **Mount St. Helens** (8,365 feet, after eruption), the volcano that erupted May 18, 1980 and sent ash around the globe. Mount Rainier is also visible as you climb up the hill at Napavine, the steepest grade between Seattle and Portland.

Note: Mount St. Helens' lost 1,312 feet when she blew her top in 1980.

Winlock claims the title of "Egg Capital of the World." On the west side of the train, the town proudly displays a large, white egg as a monument to its former egg production.

As the train crosses the **Toutle River** north of **Castle Rock**, the train also passes the distance reached by the devastating mudslide from Mount St. Helens 1980 eruption. The volcanic flows reached the **Cowlitz River**, to the west, nearly 40 miles from the mountain.

★ Kelso/Longview (mile 293)
The award winning train station here was rehabilitated in 1995. Between Kelso/Longview and Vancouver, the train follows the **Columbia River**, to the west. Oregon is on the opposite shore.

Note: Kelso/Longview is touted as the "Smelt Capital of the World" because each year, during January and February, baillions of the tiny silver fish swim up the Cowlitz River to spawn.

The mothballed Trojan Nuclear Power Plant is visible to the west, across the Columbia River on the Oregon side.

★ Vancouver (mile 332)
The Hudson Bay Company built Fort Vancouver in 1825 as a trading post and is the oldest continuous non-native settlement in the Pacific Northwest. The train crosses over two arms of the Columbia River and enters Oregon. Look upriver to the east for a view of Oregon's **Mount Hood** (11,245 feet tall) and to the northeast for another view of Mount St. Helens. Then the train crosses over the **Willamette River** and follows it into Portland.

★ Portland, Oregon (mile 342)
Portland, the beautiful "City of Roses," is Oregon's largest metropolitan area and is known for its parks, fountains, gardens, jazz festivals, and the Portland Rose Festival. East of

Portland's Union Station, the train crosses over the Willamette River via the Steel Bridge. South of Portland, in the suburb of **Milwaukie**, you can see Mount St. Helens to the northeast and Mount Hood to the east. From Portland south to Eugene, Oregon, the Amtrak Cascades travels on tracks owned by the Union Pacific. The train tracks from Portland north to Vancouver, B.C., are owned by Burlington Northern and Santa Fe Railway. The Willamette Valley begins south of Portland and continues for 124 miles to Eugene and Springfield. Looking east you'll see the Cascade Mountain Range and to the west is the Coast Range Mountains.

Note: The Nike "swoosh" logo was designed by University of Oregon student, Carolyn Davidson in 1964. Ms. Davidson was paid \$35 dollars for her design.

After you cross the Pudding River, you enter **Aurora**, the first commune in the U.S., settled by Germans in 1856. Aurora has over 20 antique shops.

Woodburn is called the City of Unity because of the large populations of Anglo, Hispanics, and Russians who make up the city. Woodburn is also home to Oregon's largest outlet mall.

★ Salem (mile 395)
Salem is the state capital of Oregon. Willamette University can be seen to the west, just north of the Salem train station. Willamette University was founded in 1842 by Jason Lee. It is the oldest university in the West and is located directly across the street from the state capitol building.

Note: The 31st U.S. President, Herbert Hoover, lived in Salem from 1888-1891. He worked at the Oregon Land Company making \$15 a week as the company's office boy.

Between the towns of **Turner** and **Marion**, look to the west to see a llama farm. Llamas are bred for their wool and are popular for use in backpacking expeditions in the nearby mountain wilderness.

★ Albany (mile 423)
The city of Albany was founded in 1848. The Albany Timber Carnival is recognized as the world's largest and finest logging show in the world. Albany is credited by historians and architects with having the most varied collection (1840's through 1920's) of historic buildings in Oregon. Nearby is **Corvallis**, home of Oregon State University.

Note: The Albany-area is home to many covered bridges which were built to protect their wooden platforms from the abundant rain fall. These covered bridges also became famous for offering couples a bit of privacy and earning the title of the "kissing bridges".

As we travel through **Tangent**, named for the 20 miles of straight track that runs through here, note the dome-like buttes to the west. They were formed by volcanic eruptions thousands of years ago. Marine fossils have been found on the tops of the buttes along with mammoth and mastodon bones. On the east side of the train you'll see vast fields of grass farms.

Note: 95 percent of the grass seed raised in the U.S. is raised between Albany and Eugene, 80 percent of the mint oil in the U.S. is produced from mint plants grown between **Harrisburg** and Eugene. You will see fields of mint plants alongside the tracks.

Just before we enter Eugene, you'll see the snow-capped peaks of the **Three Sisters Mountains**, sometimes fondly referred to as Faith, Hope and Charity. They are in the distance to the east.

★ Eugene/Springfield (mile 466)
Eugene, located in Lane County, is known as the "Lumber Capital of the United States." Eugene is also home to the University of Oregon. Since 1970, Eugene annually hosts the world renowned Oregon Bach Festival. This is the western-most city on Amtrak Cascades route.

If you're detouring here, we thank you for riding the Amtrak Cascades and hope you enjoyed your trip. If you're just beginning your journey, welcome aboard!

★ indicates station stop