

2019

LOOKING BACK  
ON THE GREAT SEATTLE FIRE



OREGON  
WINE COUNTRY



JACOB HARTH'S  
NEW SEA-TERY

# OnTrak

TAKE US  
WITH YOU  
Compliments of  
Amtrak Cascades

TOP LODGING  
+ ITINERARIES  
FOR YOU + YOUR  
BEST FRIEND

## Dog-cations

adventure + lifestyle along the Amtrak Cascades route



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**ON THE COVER:** Kimpton Hotel Vintage Seattle (see pg. 42). PHOTO BY KIMPTON HOTEL VINTAGE SEATTLE/ADELA LEE PHOTOGRAPHY



# • TAKE A • DOG-CATION

THE PNW'S BEST INTERSPECIES GETAWAYS

WRITTEN BY CATHY CARROLL & SHEILA G. MILLER

ON LONG DRIVES, they don't talk much. They don't judge us. In fact, they love to please. Good looks? Don't get me started.

They're as comfortable in untouched wilderness as dining al fresco in a trendy part of town. They don't mind slumming it, but secretly love well-heeled accommodations.

Our dogs are the perfect travel companions, and most Americans, our families included, consider our dogs a member of the pack, and a contributing one at that. Increasingly, studies reveal that pets help humans reduce stress, lower blood pressure, recover from heart disease, give a good tail-lashing to hormones like cortisol, the demon behind depression

and anxiety, and boost our oxytocin, linked to happiness and relaxation.

When it comes to taking a getaway, research shows we enjoy all of these same benefits, along with better sleep and productivity. Put the two together and do the math. Getaways with dogs are a powerful cocktail. Served up in some of the Pacific Northwest's best spots, it's a prescription-worthy tonic.

Fortunately, many hotels and inns no longer simply tolerate our BFFs (best furry friends), they woo them with canine comforts, from fluffy beds and great food to warm showers and massages. We picked some for the region's most dog-friendly getaways—all sure to trigger a Pavlovian response.





Alyssa Herrman



CLOCKWISE FROM TOP LEFT White Owl Social Club has a pet-friendly patio. Portland Saturday Market is pet-friendly and plenty of fun. Dogs Gone Swimming in Southwest Portland is a pool for pups.



**MORE TO BARK ABOUT**

- Ace Hotel
- ...
- The Benson Hotel
- ...
- Hotel deLuxe
- ...
- Hotel Lucia
- ...
- Hotel Rose
- ...
- Hotel Vintage
- ...
- The Mark Spencer Hotel
- ...
- McMenamins Kennedy School and McMenamins Crystal Hotel
- ...
- River's Edge Hotel & Spa
- ...
- RiverPlace Hotel
- ...
- The Sentinel
- ...
- Sheraton Portland Airport

# PORTLAND

With scenic parks, eclectic markets, eateries and even pools that welcome dogs, the Rose City is worth sniffing out.

Kick off the weekend with artisan coffee, pastries and perusing at Portland Saturday Market. With nearly 400 vendors, it's the largest arts-and-crafts fair in America.

Every item is reviewed by a panel that assures it meets the market's standards of quality, and is being sold by the Oregonians and Washingtonians who handcrafted it. That includes the pet section, with handmade treats and accessories. Bonus—live music.

This riverside market on Saturdays and Sundays at Waterfront Park and Ankeny Plaza in historic Old Town has been a tradition since 1974. It stays fresh, with about a dozen new craftspeople joining monthly, runs March through Christmas Eve, and it's free.

It's also the season to take a hint from your dog—life is better when you stop to sniff, particularly at a garden with 10,000 roses in bloom. May through September is the best time to make like your snouted friend, and inhale it all at the International Rose Test Garden. Take in views of downtown and Mount Hood from this respite, which is free and open daily.

Now it's time for a swim. Paw Aquatics' indoor swimming pool for dogs in Southeast Portland is a cozy 88 degrees—think creature comfort and fun while taking the dirt and risks out of river swimming. Dogs Gone Swimming in Southwest Portland also has an indoor, warm swimming pool for dogs, plus small-animal massage.

Refuel and unwind at eateries where wagging is almost as good as tipping, such as Lucky Lab's four pubs with patios. The White Owl Social Club on the Central Eastside embraces the four-legged spirit, with a spacious patio and fire pit. Indulge in craft cocktails



## SEATTLE

Let's be real—more dogs (and cats) than children live within Seattle's city limits. Companies from REI to Amazon welcome dogs in their workplaces. Dog-centric companies such as Rover, Trupanion and Healthy Paws Pet Insurance are based in Seattle and Bellevue, so you and your pup will feel right at home.

Start with the outdoor wonders. For a big city, this waterfront delight has dozens of public parks and places of interest to wander with your on-leash pup. The Olympic Sculpture Park welcomes dogs, as does the Washington Park Arboretum, and both are free. Beyond that, there are fourteen off-leash dog parks in Seattle, including one with access to Lake Washington's shoreline.

If structured play is more your dog's thing, head to the House of Ruff, an indoor dog park for those rainy Seattle days. Dogs can run and play on the rubber mats, and you can throw the ball or just watch your pup socialize while enjoying a beer and keeping an eye on the game on a big-screen television. It's \$5 per visit, but House of Ruff also requires a \$40 membership fee and proof that your dog is healthy and vaccinated. The spot also offers grooming, baths, daycare and more—so your dog will definitely be cared for.

Voff Bark & Brew is another option, and more of a bar scene. Dogs get in for \$10 (\$8 each for additional dogs), and are welcome to roam through the sports-bar interior or head out into the wraparound bark yard (complete with pools). Meanwhile, you can drink beer, wine and cider. Outdoor movies, Trivia Tuesdays, and frequent events mean everyone's happy. Dogwood Play Park rounds out the bar-

made with Oregon-distilled ingredients and dishes with a locally sourced focus. At Tin Shed Garden Cafe on Northeast Alberta, the menu offers free-range, organic and local items and a menu just for canines. Tuesdays are Doggie Love Night, with dogs dining gratis when their human orders dinner.

At Hotel Monaco, guest dogs are welcomed by name on the VIP (Very Important Pet) chalkboard in the lobby, the domain of a labradoodle named Addison, who is the director of pet relations. Rooms have plush pet beds, food and water bowls, waste bags, a treat and a toy. Interspecies mingling is encouraged nightly at the hotel-hosted social hour, with live music, wine and beer, and dog treats baked by the pastry chef at the hotel's Red Star Tavern.

Front desk staff go the extra mile, fetching meat or dog food on request, or reserving refrigerator space to store food for dogs on a raw diet. Unlike most properties that typically charge pet fees averaging about \$25 per night, this property has none.

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dog park offerings, with an 8,000 square-foot indoor play area and a very cool outdoor area as well. Grab a tennis ball and a beer, a snack from the Barkery, and get ready for some play time.

Dogs are allowed on public transit, so you can hop a bus all over town, then take Fido on a walk. Dogs are also allowed on sidewalks and alleys of Pike Place Market (though not in the buildings unless they're service animals).

Come summer, there are tons of dog-friendly Seattle events. For example, the Seattle Mariners host three Bark in the Park events at Safeco Field each season. For \$50, a dog and human (\$25 for an extra human) get to visit the ballpark, receive a Mariners-themed giveaway like a leash, walk the bases, and earn plenty of treats.

Fremont Oktoberfest hosts a Sunday Dogtoberfest (this year on September 22) so the entire family can be a part of the celebration. At the event, *CityDog Magazine* hosts its "cover model search," so grab a bow tie and give the pup a bath.

When lunch or dinner call, there's one restaurant that's a must-see for pet owners. Norm's Eatery & Alehouse, in Fremont, welcomes well-behaved dogs inside the restaurant, which is decorated from top to bottom with photos of dogs, and features its own dog menu—mini cheezy donuts, turkey nuggets, bacon pupcakes—just don't let the dogs eat on the table or risk the health department's strict gaze.

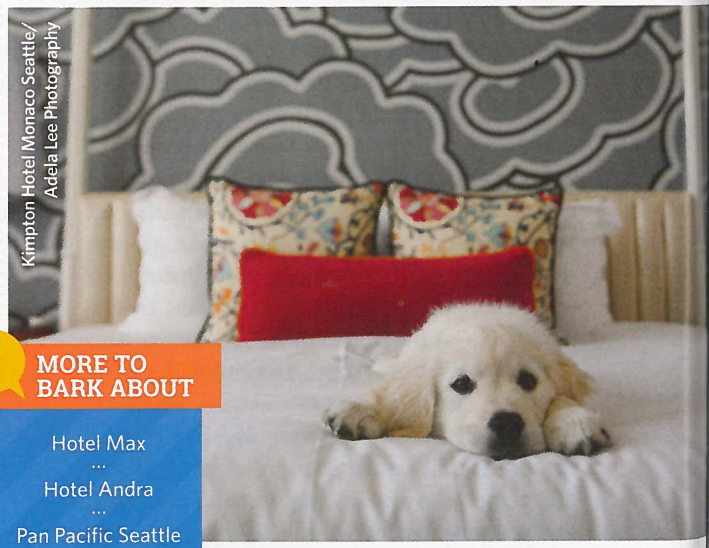
The Seattle Barkery has several locations, including a mobile treat truck at the Magnusson Park off-leash play area, and offers dog treats and human coffee drinks.

Also note there are a variety of "yappy hours" around the city, often put on by dog rescues. And Flatstick Pub, a mini-golf bar with locations in Pioneer Square, Kirkland and South Lake Union, has a Yappy Hour from 6 p.m. to 7 p.m. Monday through Friday and all day Sunday.

When it's time for a cat nap, put Seattle's four Kimpton hotels at the top of your list. The Hotel Vintage, Hotel Monaco, Alexis and Palladian all welcome pets. They will arrange dog-sitting so you can grab a dog-free meal or head to the top of the Space Needle, and there is no size, weight or breed restriction or extra cost. You'll get a pet-bed loaner, as well as food and water bowls and poop bags. Pets are welcome at the nightly wine reception, as well.



Dirrtie Dog Photography



Kimpton Hotel Monaco Seattle/  
Adala Lee Photography

**MORE TO BARK ABOUT**

- Hotel Max
- ...
- Hotel Andra
- ...
- Pan Pacific Seattle



Stephanie Glotman

## VANCOUVER

Let's start with the basics—Vancouverites love dogs, even if the housing and rental market aren't particularly pet friendly. It might even be easier to bring a pet to visit than to have a pet live with you. Just remember that you're entering Canada, which means you have to play by Canadian rules. The National Animal Health Program requires a rabies vaccination certificate before a dog can come on vacation with you.

With that out of the way, get ready, because Vancouver has tons of outdoor activities and big-city shopping for you and your pup to enjoy. For starters, we can promise your dog will not go hungry while you're here.

You could go on a dog treat bakery crawl, starting with the OG, the Granville Island Pet Treatery. You'll know when you arrive—it's a big red caboose with a dog print on the side. Inside, you'll find diverse flavors and Nutra Bites, which are treats designed to deal with issues such as stress, gas and allergies. Big Dog Little Dog Bakery makes cakes and other homemade treats for your pup, as well as its own dental chews called Yak Stiks, made from hard cheese. Your dog can lead you to Three Dog Bakery, which has gourmet dog food, or to Moonlight Dog Cafe, which specializes in raw pet food (and delivers it to locals).

When Fido has his fill of treats, work off those calories at one of the eight off-leash areas with beach access in the city. Better have a plan in place for drying off your dog, because things are about to get messy. Spanish Banks Beach Park is a sandy dream for the pups, and you'll have plenty of people-watching. Keep an eye peeled for kiteboarders.

There are also dozens of dog-friendly hikes close to the city. Try the trails around Lighthouse Park in North Vancouver, which offer perfect views of the water. A bit farther afield in North Vancouver, you can try the Big Cedar and Kennedy Falls trail, a rugged trip into the wilds of the region. You'll be rewarded on this long hike with a true old-growth cedar tree and a stunning waterfall.

Back in town, don't miss out on Good Boy Collective, a pet supply store that just opened a brick-and-mortar spot in the city. Who knew your dog needed a chew toy that looks like an apple core, organic soaps or a yellow hooded raincoat? And yet, here we are. Barking Babies, in Yaletown, serves up similar shopping—get your dog an NHL jersey or a hand-knit sweater.

When it's time for bed, try the OPUS Hotel Vancouver. This pet-friendly boutique hotel is in Yaletown, close to parks and provides dog tents, treats and bowls to all four-legged guests. Or head to the Pan Pacific Hotel Vancouver, on the waterfront. In addition to the usual dog treats, you'll get a list of dog-friendly locations nearby. OnTrak

You could go on a dog treat bakery crawl, starting with the OG, the Granville Island Pet Treatery. You'll know when you arrive—it's a big red caboose with a dog print on the side.

FAR LEFT, FROM TOP The Seattle Barkery makes dog treats at three locations. The Hotel Monaco welcomes dogs, even puppies.

ABOVE, FROM LEFT Good Boy Collective just opened its brick-and-mortar storefront in Vancouver. The Granville Island Pet Treatery has dog treats of all types.