



72 hours in the salem oregon region

Pack your suitcase – but leave your suit behind. As the capital city, Salem may be the legislative heart of Oregon, but you’ll never need a suit and tie to experience the outstanding culinary, historic treasures and outdoor adventures that abound here!

day one

Start your exploration in downtown Salem at the **Hallie Ford Museum of Art** – featuring a permanent collection of more than 6,000 artifacts, including historic and contemporary works by Native American artists. Visit nearby **Willamette Heritage Center**, a 5-acre campus that’s home to fourteen historic structures that present the stories and richness of Oregon’s past.



Sit down for lunch at **Amadeus** – a chic downtown spot featuring locally sourced ingredients and an extensive wine list. Or, enjoy hand-rolled tacos at **Azul’s Taco House** paired with fruit forward hard ciders from adjacent **La Familia Cider Company**.

Slightly north of town, you’ll delight at the riot of color found at **Adelman Peony Gardens**, featuring more than 250 peony varieties. While you’re in the area, shop for fresh pastries, produce and gorgeous plants at **Bauman’s Farm & Garden**.

day two

Plan a visit to **Silver Falls State Park**, Oregon’s largest state park featuring ten breathtaking waterfalls – some of which you can walk behind for a truly unforgettable view. Be sure to stop in the historic town of Silverton - home to **The Oregon Garden**, an 80-acre botanical garden featuring more than 20 themed display gardens.



day three

On day three, hit the trail – the Great Oaks Food Trail that is. Just west of Salem, explore more than 40 award-winning culinary stops on this year-round, self-guided trail. Meet the alpacas at **Wings and Prayer Alpacas**, pick the perfect peach at Perryhill Farms and sample craft beverages at the many award-winning wineries on the trail.

Start planning now at [TravelSalem.com](https://www.TravelSalem.com)