TRAVEL TIPS

This year-round, self-guided Mid-Willamette Valley Food Trail is designed to be explored at your own pace — you can start and finish wherever you like. We encourage you to inquire at individual businesses about seasonality and hours of operation before visiting.

High season varies per business but is typically May-Oct. Seasonality of key products is listed below:

- Flowers: April-July
- Strawberries: May-June
- Blueberries: June-July
- Apples and Cider: September-October
- Pumpkins: September-October
- Wine Harvest: September-October
- Hazelnuts: October-November

The working farms along this trail provide some of the most unique and engaging experiences. We ask that you respect the invitation to enter each property and be cautious around farm animals and equipment. Children must be supervised at all times and you should be prepared to follow all site-specific rules. For your safety and comfort, be prepared with appropriate footwear, sun protection and water.

Interested in a guided farm, foodie and beverage tour? The following operators offer itineraries to select trail stops and can build custom itineraries:

- Best Oregon Tours | bestoregonoutours.com
- Oregon Traveling Tours | oregontravelingtours.com

Your experience along the Mid-Willamette Valley Food Trail should not end when you leave the area. We encourage you to bring a taste of your journey back home to share with friends and family as a reminder of the bounty available in the Mid-Willamette Valley.

TRAVEL TIPS

A TASTER’S TOUR

Savor scenic views and liquid libations with the locals

Start the day above a misty vineyard at BlueBird Hill Cellars (50) farm and B&B north of Monroe, where breakfast comes with homemade jams. Then set your designated driver score toward Tyson Wine Cellars (44) for vintage blends made on a 130-year-old family farm.

If your visit coincides with summer, pick northern highbush blueberries at Ripple Island Blues (9); or enjoy apples and sweet cider in the fall. Afterwards visit bike-friendly First Alternative Co-op (27), a Corvallis staple since 1976, to pack a picnic of local organic foods. Consider a sip trip with Oregon Travel Tours or for some pedal-powered fun, cycle the Kings Valley Loop to the next stops.

Venture west to Philomath, where Pheasant Court Winery (30) is known for distinctive big reds and dry whites. Neighboring Compton Family Winery (21) produces fruit-forward, earthy wines using French cooperage. At Lumos Wine Company (36), organic wine is poured in a former dairy barn — and you can stay in an original guest cabin.

Nearby, a historic covered bridge acts as gatekeeper to Harris Bridge Vineyard (15) and its specialty pinot gris and pinot noir vermouths. Linger along the hillsides of Monmouth’s Aerie Winery (3), owned and operated by women, with nine signature vintages to enjoy. Then visit Emerson Vineyards (1), a multigenerational labor of love, for happy sips and fun conversations with the winemakers.

Your farm-to-table dinner is served at local favorite Emerson Bistro (9), where a new eclectic menu is adopted every month. Taste the region’s flavors with an elegant dinner at Sybaris Bistro (6), where a new eclectic menu is adopted every month. After-dinner drinks and games await at the shared warehouse of Vivacity Fine Spirits and Calapooia Brewing (4). When it’s time to end the night rest easy at 206½ Historic Hotel (11), perched above Marpin Coffee in the heart of downtown Albany.

The numbers adjacent to business names indicate their listing on the map.

Explore other Oregon Food Trails at OregonFoodTrails.com

Learn more at MidWillametteValleyFoodTrail.com

Mid-Willamette Valley Food Trail

MAKERS AND INNOVATORS

PHILOMATH TO ALBANY

A farm-fresh feast through community art and history

Ease into the day and nourish your spirit with Sunday brunch at Eats & Treats Café (33) in downtown Philomath, where offerings are made from scratch and gluten free. Then it’s time to peruse ceramic treasures made by a master potter at Donovan Place (29), a working Christmas-tree farm with lodging. Next, join a fun horticulture workshop at Starker Arts Garden for Education (SAGE) (35), which grows food for those in need.

You don’t have to be an academic to explore historic Oregon State University, but sharp eyes will help you see the colorful Corvallis Murals Scavenger Hunt around town. Later, head to the seasonal Corvallis Farmers’ Market (22) on the downtown riverfront followed by craft beers on the roof of Sky High Brewery (22).

When lunch calls, grab a bite at Block 15 Restaurant & Brewery (28), famous for wild ales and locally-sourced pub fare. During the school term, students at LBCU Culinary Arts open the Santiam Restaurant (18), with gourmet dishes prepared by future chefs. Fueled up, head east to Thompson’s Mills State Heritage Site (43), for a free guided tour of Oregon’s last water-powered mill, built in the mid-19th century. Discover maker culture on display at Albany’s Honeybrine (15) and its specialty pinot gris and pinot noir vermouths.

Linger along the hillsides of Monmouth’s Aerie Winery (3), owned and operated by women, with nine signature vintages to enjoy. Then visit Emerson Vineyards (1), a multigenerational labor of love, for happy sips and fun conversations with the winemakers.

Your farm-to-table dinner is served at local favorite Franklin’s Restaurant (6) in Albany, a fine dining experience with casual ambience. For a night cap and games, treat yourself to Albany’s brewtillery, Deluxe Brewing and Sinister Distilling (7). After all, you have a lot to cheers to.

FLORA AND FAUNA

ALSEA TO CORVALLIS

Discover nature’s wonders in food and the outdoors

Begin your journey along the Marry Peak to Pacific Scenic Byway, following coastal breezes into the valley. Idyllic mornings at Alsea’s Looping Lamb Farm Stay (48) might include feeding lambs before breakfast. Next, visit Alsea Trout Hatchery to see steelhead spawning from November through March, or reserve a nursery luncheon tour at The Thyme Garden (46) April through August.

The Coast Range’s highest point, Marys Peak, dazzles with wildflowers from spring through summer but your-round it offers stunning 360 views. Re-fuel at Philomath’s Gathering Together Farm (34), an organic vegetable farm serving lunch and dinner on a cozy covered deck.

Continue along farm roads to Iron Water Ranch (17) to take a fiber arts class and meet sheep, including newborn lambs each spring. Neighboring Bryant Family Farm (14) offers 10 varieties of U-pick blueberries in the summer, while home horticulturists can grab organic supplies and garden-themed gifts at Urban Ag Supply (9). Just across the Willamette River, Springhill Cellars (3) is an ideal stop for high-quality wines and views. Then amble over to celiac-safe Midway Farms (5) to peruse the farm stand and join a cooking class, cider pressing party or twilight yoga.

Oregon’s local ingredients take the spotlight at Castor Kitchen (24), featuring elevated Southern comfort food. Cap the day with craft cocktails and a panoramic view of Marys Peak at 4 Spirits Distillery (38), where sales benefit military veterans. Tomorrow, consider bird watching at William F. Finley National Wildlife Refuge, picking organic strawberries at Fairfield Farm (41) or learning about dry-land farming at Monroe’s eco-farm Lilliputopia (81). Further exploration awaits with Best Oregon Tours or on the South Willamette Valley Food Trail.