



# Visit Your Oregon State Capitol

Come to your Capitol and look around. Through the front door and across the rotunda, you'll find the information kiosk. Here, you can join a [tour](#) of the building or the tower, or get a brochure to go on your own self-guided walk.

During legislative session, observe your legislators working in committee hearings and chamber floor sessions, meet with your legislator, submit testimony in writing, or testify during a hearing.

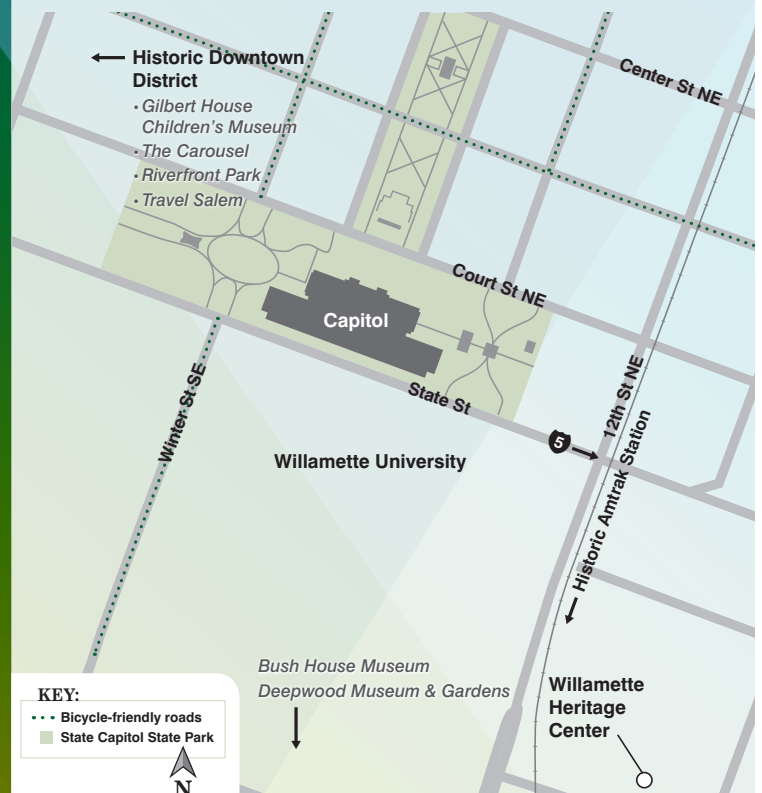
You'll find the [Capitol History Gateway exhibits](#) on the first floor. These exhibits highlight ways in which ordinary citizens have affected state legislation, and offer ideas for how you can too.

Of course, the Capitol isn't the only historical site in town. Be sure to visit the [State Capitol State Park](#) and the [Willamette Heritage Center](#), and take the [Historic Downtown Salem walking tour](#).

If it is your first time here we hope you leave inspired to return. **Our state needs citizens like you to continue building a stronger Oregon.**

## Hours & Tours

The Capitol is open from 8 am – 5 pm on weekdays, and on some Saturdays for special events. Visit the information kiosk to learn about guided and self-guided tours. Restrooms are located in the galleria. Don't forget to check the [event calendar](#) to learn of special events.





### Keep in Mind

- The Legislature may be in session during your visit, and some areas of the building may not be open. Observe closure signs, and remain quiet in chamber galleries.
- No food, beverages, or flash photography in the Chambers.
- Backpacks are not permitted on the tower tours. Check the [website](#) or call for tour information.



CAPITOL HISTORY  
GATEWAY

A project of the  
Oregon State Capitol Foundation

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Salem, Oregon 97301  
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[www.capitolhistorygateway.com](http://www.capitolhistorygateway.com)

### 📍 Getting Here

Meters that accept credit and debit cards as well as coins are available for parking close to the Capitol. Check the [City of Salem parking guide](#) for more information on 3-hour free parking and flexible meter schedules. Parking in the Capitol Mall is free on Saturdays and Sundays.

### ♿ Accessibility

The Capitol works with individuals to ensure [universal access](#) to public meetings.

### 🍽 Food

Inside the building, the [restaurant](#) serves light breakfast and lunch. On sunny days, picnics are popular in the state park surrounding the Capitol.

### 🛍 Oregon Capitol Store

The store is a perfect place to shop with Oregon artisans and authors prominently featured along with a wide variety of souvenirs. The store is open from 9 am to 4:30 pm. Call 503-986-1391 or email at [capitol.giftshop@state.or.us](mailto:capitol.giftshop@state.or.us).

### ⌚ Have 30 Minutes to an Hour?

Take a self-guided or a guided tour. If you can spend more time, join the escorted 121-step climb to the tower and enjoy a 360-degree view of the Willamette Valley. The tower [tour](#) is seasonal and subject to weather conditions. Don't miss seeing the galleria exhibits and exploring the State Capitol State Park.

### 🕒 Spending the Day in Salem?

After touring the Capitol, take a stroll in Historic Downtown Salem. Just two blocks west of the Capitol, the district boasts over 40 preserved buildings spanning the late 19<sup>th</sup> and early 20<sup>th</sup> centuries.

Other popular destinations are the [Riverfront Park](#), [The Carousel](#), [Hallie Ford Museum of Art](#), [Gilbert House Children's Museum](#), [Salem Multicultural Institute](#), [Willamette University](#), and the Historic Train Station. Request a [guided visit](#) of Salem or call 800-874-7012 for more information.