



CENTRAL OREGON

ADVENTURE CALLS

ACTIVITIES FOR EACH SEASON

FOR RELEASE AT WILL

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FOR EVERY SEASON THERE'S MORE THAN ONE REASON TO VISIT CENTRAL OREGON

(BEND, Ore.) — To ski or mountain bike? In Central Oregon, there are times of the year when you can do both in a single day. With average highs that peak at a sun-drenched 82 degrees and annual winter snowfall at Mt. Bachelor that tops 450 inches, summer and winter are both prime seasons for the outdoors.

The truth is, though, that Central Oregon is a destination for all four seasons, each presenting opportunities not as easily found at other times of the year. So while a cruise down Phil's Trail might not be on the December schedule and a ski lap down Mt. Bachelor's summit isn't in the August cards, every season in Central Oregon comes with its own rewards.

What is there to do in Central Oregon? Well, that all depends on the season.

SUMMER

Water sports: The summer months in Central Oregon mean water. And lots of it. No matter your pace, there is a water sport for all in Central Oregon. Lazily float down the Deschutes River through Sunriver or Bend's Old Mill District, or grab a standup paddleboard or kayak and paddle on any of the unfathomably beautiful Cascade Lakes. Whitewater can be found for those who take on the Big Eddy rapids near Bend or a multi-day float trip further downstream in the rafting and fishing community of Maupin. While wakeboarding and waterskiing are popular at more open bodies of water such as Lake Billy Chinook, Crescent Lake, and Prineville Reservoir.

Golf: Central Oregon is home to 29 golf courses, including three on Golf Digest's list of America's 100 Greatest You Can Play: Pronghorn Club's Nicklaus Course in Bend, Crosswater Club in Sunriver, and Tetherow Golf Club in Bend. But the diversity of the region's golf courses is also part of the appeal of teeing off in Central Oregon. From pine tree-lined fairways to

desert links golf, Central Oregon golf offers a round of golf for all. And with a range of green fees, it's not hard to match a course with most any golfer's budget.

Fishing: A world-class fishing destination by most any measure, anglers from near and far flock to the region to take advantage of the region's coldwater fishing opportunities. With hotspots on the Deschutes River from La Pine to Maupin, and rich tributaries such as the Metolius and Crooked Rivers, landing a steelhead, salmon, or trout with a fly rod is a rite of passage in Central Oregon. But if wading in the Deschutes isn't in the cards, stillwater fishing opportunities are plentiful, too: from the awe-inspiring Cascade Lakes to the vast waters of Lake Billy Chinook, Craine Prairie Reservoir, and Prineville Reservoir, and countless spots in between.

The most fun on two wheels: Whether riding with kids just learning or a stiff challenge worthy of a nationally-ranked competitor, Central Oregon's more than [300 miles of maintained and marked mountain bike trails](#) feature singletrack trails for mountain bikers of all levels. Zoom down famed Phil's Trail or explore higher ground through alpine meadows with breathtaking vistas. If you're more interested in cycling on flowing country roads with striking views, such as the Crooked River Canyon Scenic Bikeway, then Central Oregon has you covered, too. Central Oregon is home to five of the state's 11 most beautiful bike routes and [cyclists can tour them all](#) in the warmer months. Of course, if you prefer your two wheels to come with a motor, hop on your motorcycle and roll through the Cascade Scenic Byway, too.

Take a hike: The very qualities that make Central Oregon a mountain biking mecca, make the region a hiker's paradise, too. From easy hikes along the Deschutes River that are perfect with kids, to more challenging full-day hikes with incredible natural payoffs like those found in the Three Sisters Wilderness, to hikes with a range of options like Smith Rock State Park, Central Oregon has endless options for adventure.

Take in a ballgame: With 30 West Coast Baseball League games played each summer at Vince Genna Stadium, the Elks offer a nostalgic trip for baseball fans and inexpensive event for families.

Concert season: With outdoor venues bringing headline acts, summer is a time for concerts in Central Oregon. The [Les Schwab Amphitheater](#), [Athletic Club of Bend](#), and [Oregon Spirit Distillers](#) all draw world-class musicians during their respective summer concert series, and smaller outdoor venues and festivals around the region host shows by talented local and regional acts.

Enjoy your beer ... al fresco: In the warmer months the region's prowess as a beer maker comes with an added bonus: a cold local brew under clear skies after an incredible adventure. In fact, with breweries such as Three Creeks Brewing, Crux Fermentation Project, Worthy Brewing, Wild Ride Brewing, GoodLife Brewing, and many more — as well as outdoor beer

gardens dotting Central Oregon's map — the experience is baked into Central Oregon's famously laid-back culture.

WINTER

Mt. Bachelor: From Thanksgiving Weekend through Memorial Day Weekend, the slopes of Mt. Bachelor take center stage. Set on a 9,065-foot dormant volcano, and with an average annual snowfall of 450 inches, Mt. Bachelor's 11 chairlifts serve 1,448 vertical feet and 4,318 skiable acres, placing it as the sixth largest ski and snowboard area in North America. More than just one of the top ski and snowboard areas in the country, though, Mt. Bachelor is a hub of activity in winter. Mt. Bachelor's popular Nordic Center is among the most popular cross-country spots in the region. And the [Snowblast Tubing Park](#), which is one of the most family-friendly winter activities in all of Central Oregon.

Hoodoo: Sitting on the summit of Santiam Pass just west of Sisters, Hoodoo Ski Area is smaller than Mt. Bachelor. But it still offers more than 800 acres of terrain, 34 runs, five lifts and one of the largest tubing parks in the West. Hoodoo is also Central Oregon's only night-skiing destination, inviting all to ski under the stars every Friday and Saturday during the ski season.

Cross-country skiing/snowshoeing: Fertile grounds for snowshoers and nordic skiers can be found all around Central Oregon. But the region's [Sno-Parks](#) are particularly popular with nordic skiers, snowshoers and snowmobilers. Mt. Bachelor Nordic Center is also a popular launching off point for nordic skiers and snowshoers.. Wanoga, which features one of the region's only free sledding hills, Meissner, Swampy, Edison Butte, and Dutchman Flat are among the most popular Sno-Parks. And an impressive network of volunteers work all winter to ensure that the trails are well-groomed.

Snowmobiling: With hundreds of miles of backcountry trails spread throughout the region, snowmobiling has become a favorite Central Oregon pastime. It's not just the quantity of terrain, though. It's the quality, with trails offering access to acres of old-growth pine forests, open snowfields, and incredible views. Several companies around the region rent all the equipment one would need, including several outfitters stationed at the Sno-Parks.

Dog sledding: Book an authentic dog-sledding ride on the [Oregon Trail of Dreams](#) led by Rachael Scdoris, who in 2006 became the first legally blind musher to complete the Iditarod. Scdoris' dog teams usher passengers around the diverse landscape at the base of Mt. Bachelor for a truly rare and magical experience.

SPRING

Planning a spring trip often leads to a difficult choice: Squeeze in one last ski trip or head for sunshine and a warmer climate. But in Central Oregon, you can have both. Average high temperatures in spring hit the mid-60s by May and the 70s in June, opening up all sorts of

possibilities as the snow melts in the mountains and the lakes and trails at higher elevations begin to open for the season.

Typically open through Memorial Day weekend, Mt. Bachelor offers one of the longest-running ski seasons in the U.S., bringing bluebird days and incredible conditions all spring. Meanwhile, spring is a time when the mountain bike trails open and are their tackiest of the season, and golf courses begin to tee it up. Plan a perfect day, and one can ski in the morning, take a mountain bike ride down Phil's Trail, and then tee off for a quick round before the day ends.

FALL

Ask a Central Oregon local what their favorite time of year is, and most often they will answer fall. On average, September is a warmer month than June, and the winter chill stays away until November. What is left is an incredible run of mild, sunny days during a time that is often quieter than summer.

That is perfect for golfers, who play courses in peak condition, often at a discounted fall rate. The slightly cooler weather and occasional fall rain returns the mountain bike trails to perfect condition, and hikers and bikers enjoy more solitude on the trails. While more exposed natural areas like Smith Rock State Park cool down after a hot summer.

Central Oregon is also home to several popular pumpkin patches. Smith Rock Ranch — which offers pumpkin picking, a corn maze, a zoo train, petting zoo, archery shoot, miniature golf, farmer's market, pumpkin cannon, and live entertainment — in particular has become a family tradition in Central Oregon.

ABOUT CENTRAL OREGON:

Located on the eastern slopes of the Cascade Range, where vast forests give way to the arid high desert, Central Oregon is characterized by year-round adventure, authenticity, inspiration, and environment. From the towering peaks of the Cascades to the pristine waters of the Wild & Scenic Deschutes River, and from the more urban experiences of Bend and Redmond, to the rural charms of Sisters, La Pine, Prineville, Madras, Warm Springs, and Maupin, Central Oregon offers a perfect mix of recreation and sophistication. Barely three hours from Portland, and with daily direct flights from eight major markets, getting to Central Oregon is a breeze. For more information visit www.visitcentraloregon.com or call 800-800-8334.

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