



CENTRAL OREGON

ADVENTURE CALLS

EDUCATIONAL ADVENTURES

FOR RELEASE AT WILL

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LEARNING BY DOING IS A FUN - AND FUNDAMENTAL - PART OF THE CENTRAL OREGON EXPERIENCE

(BEND, Ore.) — Benjamin Franklin once said: “Tell me and I forget, teach me and I may remember, involve me and I learn.” In Central Oregon, this notion of learning is more than just sage advice. Here, it is a way of life, and it happens to make for an even better way to visit.

As Central Oregon has grown, the region has attracted a wealth of talent and expertise who have helped create a culture that prizes the outdoors and fosters a community of doers and makers. Hardly ones to keep to themselves, though, many of the Central Oregonians who have helped make the region thrive have made a habit of sharing what they know.

If the very purpose of travel is to break free of the ordinary, Central Oregon is a perfect destination to take it a step further for those willing to try something new or gain a deeper understanding and appreciation for something they already love.

Whether interested in a perspective on Central Oregon’s unique landscape and history that can only be gained through a guided tour, or immersing yourself in the outdoors by exploring the region through rock climbing, mountain biking, taming the Deschutes River, or in the process of creating a world-class beer or spirit, this region offers endless opportunities to learn something new.

The following are some of the best ways to learn while doing on a visit to Central Oregon:

Brew it yourself: B-I-Y at [Immersion Brewery](#) in Bend’s Box Factory, where you can use Immersion’s state-of-the-art brewing equipment and ingredients to create your own beer under the guidance of a seasoned brewer. See how the best brewers in the world do it with a brewery tour, such as [Deschutes Brewery’s](#) popular production facility tour. And learn

firsthand what goes into the distilling process at [Crater Lake Spirits by Bendistillery](#) in Tumalo and [Oregon Spirit Distillers](#) near downtown Bend.

Bike tours: With hundreds of miles of flowy singletrack and six [Oregon Scenic Bikeways](#), one of the best ways to tour Central Oregon is on two wheels. Information abounds on some of the most popular trails and rides. But local group rides and tours are not hard to find, either. [Cog Wild Bicycle Tours and Shuttles](#) and [Pine Mountain Sports](#) in Bend and [Blazin' Saddles Cycle N Style](#) in Sisters are among the shops that offer guided rides regularly. [Bend Electric Bikes](#) offers another way to see Bend, and the [Paulina Plunge Downhill Waterfall and Mountain Bike Tour](#), near La Pine, is no ordinary day in the backcountry.

History, culture, and photo tours: Through a local tour company, visitors are afforded closer looks at all that Central Oregon has to offer. Companies such as [Bend Tour Company](#), which offers Segway Tours, E-Cruiser Tours, E-Bike Tours, Heli-Tours, Art Safari and Sunset Spectacular tours, and [Bend Photo Tours](#) offer an altogether different view of the region. Some of the region's museums, including the [High Desert Museum](#), also offer educational and adventure tours.

Rock Climbing: Smith Rock State Park is considered to be the birthplace of U.S. sport climbing, and one doesn't sit on such a lofty perch without a little know-how. [Bend Rock Gym](#), [Chocksonite Climbing Guides](#), [First Ascent Climbing Services](#), and [Smith Rock Climbing School](#) are all open books, willing to help beginners learn the ins-and-outs of rock climbing or act as guides so that more experienced climbers get the most out of their Central Oregon rock-climbing adventure.

Sled Dog Rides: With [Oregon Trail of Dreams](#) — which is owned by three-time Iditarod competitor and local celebrity Rachael Scdoris and her father Jerry — one need not venture to Alaska to learn the exhilarating feeling of being pulled behind a sled dog team. Launching from the base of Mt. Bachelor, Oregon Trail of Dreams offers a backcountry view of the Deschutes National Forest that is impossible to experience any other way. Along the way, you'll get better acquainted with the world's best known sled dog race and children will have the opportunity to feed and water the dogs.

River activities: From south to north, the Deschutes River flows the entire length of Central Oregon. Add in the Crooked and Metolius rivers, as well as smaller rivers, creeks, and streams throughout the region, and Central Oregon has an abundance of rushing water to navigate. Anglers can learn more about Central Oregon's hotspots through a local guide service such as [Deschutes River Outfitters](#), [Fly & Field Outfitters](#), [River Borne Outfitters](#) and [The Patient Angler](#) in Bend, [Cascade Guides and Outfitters & the Hook Fly Shop](#) and [Stillwater Fly Shop](#) in Sunriver, [Fin & Fire](#) in Redmond, and [The Fly Fisher's Place](#) in Sisters. Or go for a whitewater adventure [Imperial River Company](#) in Maupin or [Sun Country Tours](#) and [Ouzel Outfitters](#) in Bend. Or float on the rivers via canoe, kayak, or stand-up paddleboard with a guided tour from [Tumalo Creek Kayak & Canoe](#) or [Good2Go](#) in Sunriver.

Snowshoe tours: Mt. Bachelor is not just for skiers. Far from. Every winter the U.S. Forest Service and [Discover Your Forest](#) team to offer [free guided snowshoe tours](#) at Mt. Bachelor. Guided by a Forest Service naturalist, the tours offer deeper dives into the geology, ecology and wildlife of the Cascades from the folks who know the area best. You'll even receive some valuable snowshoeing tips,, and snowshoes are provided at no charge.

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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