



CENTRAL OREGON
ADVENTURE CALLS

MULTI-GENERATION TRAVEL

FOR RELEASE AT WILL

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**A LITTLE BIT OF EVERYTHING MAKES CENTRAL OREGON A TRIP THAT
GENERATIONS OF FAMILY WILL LOVE**

(BEND, Ore.) — The Big Eddy Thriller raft trip on the Deschutes River has a way of bringing children, parents, and even grandparents together. But that alone isn't what makes Central Oregon an ideal multi-generational destination.

A bit later, let the kids hang by the pool while the grandparents supervise and relax, giving the parents a moment to dine alone at one of the region's charming bistros. Wake up the next day and do it all over again, but this time with a hike, a bike ride, or a lazy day paddling around on the pristine Cascade Lakes.

Now that sounds like a trip that everyone in the family will enjoy.

A great multi-generation trip has a way of forging family bonds, etching itself in memories shared for a lifetime. But rare is a family vacation where every member of the family feels truly involved. Central Oregon is one of these rare destinations, where one of its greatest appeals is as a multi-generational destination where all will find something fun to do.

As an outdoor playground, Central Oregon is home to whitewater rafting trips, bike rides on hundreds of miles of both paved paths or winding singletrack, abundantly playable golf courses, fishing opportunities, amenity-rich resorts, world-class skiing and snowboarding, family-friendly breweries, and a culinary experience that ranges from fine dining to a food truck culture that caters to everyone's tastes.

In other words, Central Oregon has an embarrassment of riches when it comes to multi-generational opportunities.

Where to stay

When they opened a half-century ago, both [Sunriver Resort](#) and [Black Butte Ranch](#) helped turn Central Oregon into a hotspot for generations of families. Though they offer distinctly different experiences, they both continue to thrive as ideal multi-generational resorts for many of the same reasons they did back then: Spacious lodging and amenities such as golf, paved trails for the entire family to ride, horseback riding, spas, and endless opportunity at their doorsteps.

Sunriver and Black Butte Ranch must have been on to something, because Central Oregon has become a haven of amenity-packed destination resorts, each offering vacation homes and condos ideal for grandparents, parents, and kids to stay together under a single roof.

Those include:

- [Brasada Ranch](#), Powell Butte
- [Eagle Crest Resort](#), Redmond
- [Metolius River Resort](#), Camp Sherman
- [Pronghorn Resort](#), Bend
- [Tetherow Resort](#), Bend
- [Seventh Mountain Resort](#), Bend

For multi-generational families looking for something in more of a wilderness setting, the following lodging options put families a bit closer to Central Oregon's outdoor playgrounds while still keeping everyone together:

- [Cultus Lake Resort](#), Deschutes National Forest
- [Elk Lake Resort](#), Deschutes National Forest
- [The Oasis Resort](#), Maupin
- [Paulina Lake Lodge](#), Deschutes National Forest
- [Suttle Lodge](#), Deschutes National Forest

What to do

Central Oregon loves its bikes, so it's probably no surprise that the region has numerous paved bike trails that everybody in the family can ride together. This includes 40 miles of paved bike paths in Sunriver and 18 miles at Black Butte Ranch. Other popular paths include a 5.5-mile public [paved trail that connects Sunriver Resort to Lava Lands Visitor Center](#), skirting along Benham Falls and the Deschutes River, and a 3.5-mile [paved trail that connects Bend with the Cascades Lakes Welcome Station](#) along Century Drive.

But a multi-generational vacation can not live on a bike alone. Here are some other top-picks for everyone in the family:

- Cruise the [Cascades Lakes Highway](#)
- Explore Central Oregon on an [ATV](#), [jet ski](#), [snowmobile](#)
- A [family-friendly hike](#)
- [Deschutes Brewery tour](#)
- [High Desert Museum](#)

- [Horseback riding](#)
- [Fishing](#)
- Ice skating at [The Pavilion](#) in Bend, [Sunriver](#), or [Seventh Mountain Resort](#)
- [Lava Lands](#) and explore the Lava River Cave
- [Pedal around Bend](#)
- [Raft, kayak and SUP](#)
- [SHARC](#) Aquatic Center
- Ski or snowboard [Mt. Bachelor](#) or [Hoodoo](#)
- [Sunriver Nature Center & Observatory](#)
- Take in a [Bend Elks](#) baseball game

Where to eat

Deciding where to eat is often the most stressful decision on any multi-generational vacation. It's almost impossible to please everyone. Thankfully, Central Oregon has families covered.

Ever hear of a family-friendly brewery? In Central Oregon they have become a tradition. In fact, [Crux Fermentation Project](#), [Bend Brewing Company](#), and [Worthy Brewing](#), all have massive outdoor spaces where the kids can feel free to roam while featuring diverse menus that everyone will enjoy in addition to famously world-class beer. Worthy even has an onsite observatory, nicknamed the "[Hopservatory](#)", at its east Bend location. Other breweries with comfortable outside seating and either diverse menus or food trucks, include:

- [Bevel Brewing](#)
- [GoodLife Brewing](#)
- [10 Barrel Brewing](#)
- [Three Creeks Brewing](#)
- [Sunriver Brewing](#)
- [Wild Ride Brewing](#)

Sometimes even a great brewery can't satisfy the tastes of a multi-generational family. For this, Central Oregon is home to a thriving food truck scene that includes numerous food truck lots where everyone can get exactly what they want. They include:

- [The Bite](#), Tumalo
- [Elkibou's Sunriver](#)
- [General Duffy's](#), Redmond
- [The Lot](#), Bend
- [On Tap](#), Bend
- [The Podskj](#), Bend
- [River's Place](#), Bend

And some other Central Oregon favorites:

- [Bonta Natural Artisan Gelato](#), Bend
- [Goody's Chocolates](#), Bend and Sunriver
- [Sisters Bakery](#)

- [Sno-Cap Drive-In](#), Sisters and Redmond
- [Sparrow Bakery](#), Bend
- [Tastee Treet](#), Prineville

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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