



CENTRAL OREGON

ADVENTURE CALLS

OUTDOOR RECREATION

FOR RELEASE AT WILL

CONTACTS:

Justin Yax, DVA Advertising & PR, 541-389-2411, justin@dvaadv.com

Zack Hall, DVA Advertising & PR, 541-389-2411, zack@dvaadv.com

Katie Johnson, Visit Central Oregon, 541-389-8799, katie@visitcentraloregon.com

A LITTLE BIT OF EVERYTHING ADDS UP TO SOMETHING BIG IN OREGON'S UNOFFICIAL OUTDOOR RECREATION CAPITAL

(BEND, Ore.) — Blessed with incomparable natural geography, Central Oregon has undeniably become a mecca for outdoor adventurers regardless of their activity of choice. For good reason, too. Bordered by the Cascade Range to the west and the High Desert to the east, with Wild & Scenic rivers, pristine mountain lakes, and perfectly preserved lava caves, Central Oregon's unique landscape has created a wealth of outdoor recreational opportunities.

Though Central Oregon's outdoor recreation options are virtually endless, the [Deschutes National Forest](#) is without a doubt Central Oregon's most visited outdoor playground. In fact, the Deschutes National Forest is one of the most popular recreation forests in the entire Pacific Northwest, drawing some 8 million visitors who flock to its trails, lakes, rivers, and peaks each year.

At more than 1.8 million acres and nestled along the Cascade Range, the Deschutes National Forest offers four seasons of opportunities. Whether your interests lie in the solitude of fly fishing, the adrenaline of river rafting, mountain biking, skiing, or snowmobiling, the challenge of summiting mountain peaks, or the peaceful pleasure of camping under the stars, the Deschutes National Forest has something to offer everyone.

Of course, there is so much more to explore, both within the confines of the Deschutes National Forest, and beyond. Here are a few of Central Oregon's many outdoor recreational areas:

Cascade Lakes: Within the Deschutes National Forest rests a network of pristine alpine lakes. Accessible by the Cascade Lakes Highway — a gorgeous, 66-mile stretch of Oregon Route 372 that begins on Century Drive in Bend — the volcanic formations and geological beauty of the Cascade Lakes has created a one-of-a-kind outdoor playground where canoes, kayaks,

paddleboards, road bikes, mountain bikes, fishing gear, hiking shoes, skis, snowshoes, snowboards, and camping equipment can all be put to good use.

Three Sisters Wilderness: Named for the North, Middle, and South Sisters peaks, the Three Sisters Wilderness accounts for nearly 300,000 acres of the Deschutes National Forest. The wilderness is home to more than 260 miles of trails, including 40 miles of the Pacific Crest Trail, and alpine meadows, waterfalls, lava fields, glaciers, and glacial lakes are abundant. South and Middle Sisters are popular climbs, and though each reaches more than 10,000 feet in elevation, both are relatively accessible summits. North Sister is a more advanced climb necessitating more specialized equipment.

Newberry National Volcanic Monument: Located south of Bend near the communities of Sunriver and LaPine, the Newberry National Volcanic Monument encompasses about 56,700 acres of lakes, lava flows, and spectacular geologic features within the Deschutes National Forest. At its most northern flank and about 10 miles south of Bend, sits Lava Lands, a miles-wide lava flow created by the eruption of Lava Butte 7,000 years ago. The seemingly barren and jagged lava rock cuts through the forest and is bordered by the Deschutes River, creating a landscape that is so unique that it was once used by NASA to prepare astronauts for the moon landing. Further south rests Paulina Peak, an 8,000-foot volcano offering panoramic views of the Cascades, Newberry Caldera, and the High Desert. Within the Newberry National Volcanic Monument, outdoor adventurers will also find the Lava River Cave, Lava Cast Forest, Paulina Falls, the Big Obsidian Flow, East and Paulina Lakes, and plenty more.

Deschutes River Trail: Central Oregon has numerous locations for hikers, bikers, and more to enjoy the Deschutes River corridor. The Deschutes River Trail is a series of three parallel trails between Bend and Sunriver that ushers hikers and bikers past Lava Lands, the Big Eddy rapids, Dillon Falls, Benham Falls, and more. In addition, it connects to the Tumalo Trail System north of Bend, opening up even more opportunity to explore.

River Canyon Country: This rugged area from Redmond north to Madras and east to Prineville draws visitors from around the world, in search of whitewater and world-class fly fishing and rock climbing opportunities. Shaped by the winding waters that cut through sunset-hued canyon walls, River Canyon Country stretches from Prineville in the east to Terrebonne — where the Crooked River cuts through rock-climbing haven Smith Rock State Park — and through Crooked River Ranch. River Canyon Country then flows north along the Deschutes River to Madras, Warm Springs, and Maupin, creating fishing and whitewater rafting opportunities all along the way.

Sisters Country: The Western-themed town of Sisters might be quaint, but it is surrounded by boundless outdoor recreation. The Peterson Ridge Trail System, which begins just blocks from the heart of downtown Sisters, includes more than 20 miles of singletrack. Nearby, Three Creek Lake and the Tam McArthur Rim that towers above, are a spectacular way to

enjoy the Three Sisters Wilderness. In addition, road cyclists can choose from two Oregon Scenic Bikeways that begin in Sisters. Camp Sherman, northwest of Sisters, is set along the clear spring-fed waters of the Metolius River, attracting fly-fishermen, hikers, and mountain bikers. Black Butte Ranch, with two championship golf courses, horseback riding, and miles of paved bike paths, is a quiet, active getaway.

Oregon Badlands: About 20 miles east of Bend, the Oregon Badlands Wilderness encompasses nearly 30,000 acres of high desert landscape marked by ancient junipers and volcanic vistas. With nearly 50 miles of trails meandering through the natural landscape, the Badlands are beloved by hikers and horseback riders — particularly in fall, winter, and spring when other popular sites are covered in snow.

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.

###