



CENTRAL OREGON

ADVENTURE CALLS

THREE PERFECT DAYS

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

THE EPITOME OF CENTRAL OREGON — EXPERIENCED OVER THREE PERFECT DAYS

(BEND, Ore.) — Central Oregon offers so much to do that three days seems hardly enough. After all, Central Oregon is a destination where foodies, adventurers, culturists, and sightseers will all find plenty to keep their days and nights full.

Where to start? How about with a focus, such as the sampling of the three-day itineraries below. Don't worry, nobody is expected to see it all in one trip. But itineraries like these will help you get the most out of a visit while still leaving plenty of motivation to return.

TOUR OF NATURAL WONDERS

Bend, Sunriver, or Redmond serve as ideal basecamps for a tour of Central Oregon's natural wonders. On Day One, explore [Smith Rock State Park](#) and the Crooked River Gorge. As the birthplace of American sport climbing, you'll find no shortage of rock climbers scaling more than 1,000 routes, including the aptly-named Monkey Face. Hike Misery Ridge or the scenic River Trail, ride miles of singletrack, or explore the park's 650 acres on horseback. Leave time to explore nearby Crooked River Gorge, a spectacular setting atop 400-foot cliffs.

On Day Two, head to the pristine [Cascade Lakes Scenic Byway](#), by bike or by car. Beginning in Bend or Sunriver, Oregon Route 372 cuts through 66 miles of unique volcanic formations and geological beauty that offers everything that makes Central Oregon an outdoor lover's paradise. Devils Lake, Elk Lake, Sparks Lake, Mt. Bachelor, the Three Sisters peaks, and Broken Top are all on the must-see list, as are Benham Falls, Dillon Falls and Lava Island along the Deschutes River Trail.

Day Three, take a day trip down to [Crater Lake](#). While it might not technically be part of Central Oregon, at less than a 90-minute drive from La Pine it very well could be. Get a bird's eye view of one of the most beautiful sights in Oregon from the Crater Lake Rim, or hike down

for refreshing dip in the lake's crystal clear waters. On your way back, stop at Paulina Peak for a view of Central Oregon that you will remember forever.

FOR THE SIGHTSEER

On Day One, explore Sisters Country, first with a 3.6-mile hike up Black Butte. The hike pays off with 360-degree views of the Central Oregon plateau from the U.S. Forest Service fire lookout tower at the peak. Once the hike is complete, head to the nearby spring-fed headwaters of the crystal-clear Metolius River, where the water emerges from the base of Black Butte. Grab lunch at the nearby [Camp Sherman Store](#), then head to Old [McKenzie Pass](#), an Oregon Scenic Byway where an ancient lava flow cuts through the forest creating a spectacular contrast between the lush green of the forest and the barren moonscape of vast lava fields. Made of lava rock itself, the Dee Wright Observatory provides 360-degree views of the incredible landscape. Finish the day with dinner in Sisters.

On Day Two, head to Bend, one of the few cities in the country with a dormant volcano within the city limits. That volcano, named Pilot Butte, has three hiking trails in addition to a paved road to the summit that is open seasonally. The trail to the top presents 360-degree views of Bend, and such a good view of the Cascade Range that on a clear day one can see all the way to Mt. Hood. Next, visit Tumalo Falls. Approximately 12 miles west of Bend, Tumalo Falls can be reached with a short, quarter-mile hike from the trailhead to the top of the spectacular 97-foot waterfall. The trail to the top of the falls continues upstream for miles, revealing even more waterfalls. Finish the day with a walk along the Deschutes River Trail, easily accessed near the Old Mill District, before heading to dinner in Bend.

On the trip's final day, begin with a hike or drive up Paulina Peak, an 8,000-foot volcano that is the epicenter of the Newberry National Volcanic Monument. The view will not disappoint. After the hike, explore the incredible Newberry Crater — home to Paulina Falls, the Big Obsidian Flow, and Paulina and East lakes. After lunch in Sunriver, head to [Mt. Bachelor](#), a playground in both summer and winter. Reach the Summit for an unforgettable view of the Cascade Range below, or downhill mountain bike at the Mt. Bachelor Bike Park. Finish the day with a [Sunset Dinner](#) at Mt. Bachelor's Pine Marten Lodge, which rests at 7,800 feet..

NEWBERRY NATIONAL VOLCANIC MONUMENT

From your basecamp in Sunriver, La Pine, or a rustic cabin at the [Paulina Lake Lodge](#) or [East Lake Resort](#), begin Day One by taking in the beauty as the sun rises over Paulina Peak. Breakfast at the [East Lake Resort](#) is a good way to start the day. Trust us, you'll need the energy.

Be ready for a [hike in Newberry](#). Start at [Lava Lands Visitor Center](#), where you'll learn the volcanic history of Central Oregon, explore the moonscape of the surrounding Lava Cast Forest Trail, and hike to the top of Lava Butte, where some of the best views of the region can be seen from the U.S. Forest Service fire lookout tower. Then take the short drive to the Lava River Cave to explore the dark reaches of the 5,200-foot lava tube.

Lunch at [Paulina Lake Lodge Restaurant & Bar](#) makes for a nice break before continuing your exploration. Hike in the afternoon on the Big Obsidian Flow Trail or the Little Crater Trail. Clean up, it's time to relax and enjoy a cold beer at Sunriver Brewing and dinner at the many dining options at the Village at Sunriver.

On Day Two, spend the morning fishing either Paulina Lake or East Lake, hopefully landing a brown trout, kokanee, or rainbow trout. Then explore the waters of Newberry, including Paulina Creek Falls. Find Lost Lake and relax on the shore, or search for the hot springs along the shores of both East Lake and Paulina Lake.

On the final day, hike (or drive) to the top of 8,000-foot Paulina Peak and take in one of the most jaw-dropping views in Central Oregon. Or take the [Paulina Plunge](#), a waterfall and mountain bike tour that is no ordinary day in the backcountry.

RIVER CANYON COUNTRY

Madras, Maupin, Prineville, or Terrebonne make ideal basecamps for [River Canyon Country](#). After breakfast, fly-fish the fertile Crooked River or bait fish in the Lake Billy Chinook, Prineville, or Ochoco reservoirs. Afterwards, grab lunch and a treat at the iconic Taster Treat in Prineville, then jump on your mountain bike and hit the singletrack in the Ochoco National Forest or a road bike and tour the [Crooked River Canyon Scenic Bikeway](#). Finish the day with dinner and a beer at [Ochoco Brewing Company](#).

On Day Two, begin your exploration with a visit to [Smith Rock State Park](#). After a rugged start to the day, get a bit more refined. Have lunch and go wine tasting at Faith, Hope and Charity Vineyards near Culver, then taste the wines tasting of Maragas Winery in Terrebonne. After wine tasting, check out the tumbling waters of Steelhead Falls or fly-fish the Foley Waters section of the Deschutes River. Then finish the day with dinner at the [Terrebonne Depot](#).

On Day Three, head north to Warm Springs or Maupin to experience the Class III and IV rapids of the lower Deschutes River. Or fly-fish for the famed Deschutes reddsides or steelhead. Either way, you'll find plenty of experts to help guide your river adventure. As the day winds down, try your luck at the [Indian Head Casino](#), or enjoy authentic Mexican cuisine in Madras.

FOR THE CULTURIST

Begin Day One by learning about the natural history and culture of the region at the [High Desert Museum](#) just south of Bend. The museum is filled with wildlife, art, and history exhibited in a way that engages both children and adults. After lunch, return to Bend to explore the [Deschutes Historical Museum](#) or get hands-on at [The Workhouse Bend](#). Retreat to downtown Bend and enjoy wine and art at the First Friday Art Walk, see a show at the historic [Tower Theatre](#) or get a taste of live local music at a downtown Bend music club.

Day Two is devoted to the region's events. Depending on the time of year, soak in the music of [The Sisters Folk Festival](#) or the [4 Peaks Music Festival](#) or take in an independent film and chat with the movie's maker at the [BendFilm Festival](#). Appreciate local art with [Art In The High Desert](#) or the [The Sunriver Art Fair](#), experience the [Sisters Outdoor Quilt Show](#), billed as the largest outdoor quilt show in America, or put music centerstage at the [Sisters Rhythm and Brews Festival](#), [Sunriver Music Festival](#), or [In a Landscape: Classical Music in the Wild](#).

On Day Three, head to [The Museum at Warm Springs](#), and experience the rich and colorful cultures that make up the Confederated Tribes of The Warm Springs Reservation of Oregon. Afterward, stop by the [Erickson Aircraft Collection](#) in Madras for an up close look at more than two dozen vintage aircraft. Next, create your own art with a class at [Redmond Art Works](#). Finish the day by enjoying a headline act at [Les Schwab Amphitheater](#) at the Old Mill District.

FOR THE FOODIE

In Central Oregon, incredible food is never hard to find, but foodies will find the greatest concentration of restaurants in downtown Bend, Sisters, Redmond, and Sunriver.

Day One is fermentation day, but first start with a visit to [Sparrow Bakery](#) to get your first taste of an Ocean Roll, a savory treat that is unique to Central Oregon. From there, visit [Humm Kombucha](#) in Bend then [tour Deschutes Brewery's](#) production facility. Grab lunch at one of Central Oregon's many food truck lots, then taste some of the finest beers in the country at one of Central Oregon's more than 30 breweries. Wind down with an exquisite meal in downtown Bend, where one will find a diverse mix of offerings, from upscale meals prepared by highly decorated chefs to international cuisine to casual brewpubs.

On Day Two, grab a bite and a taste of cold brewed coffee at [Riff Cold Brewed Coffee](#), the first taproom of its kind in the U.S. Then head northeast to Prineville, where Central Oregon puts its own spin on agritourism with [Crooked River Open Pastures](#), a tour of rotating farmers markets at local farms and ranches. In the afternoon, head north of Redmond, grab lunch and do a little wine tasting at two of Central Oregon's most popular wineries: [Faith, Hope and Charity Vineyards](#) and [Maragas Winery](#). For dinner, head south into downtown Redmond, where you will find farm-to-table restaurants in a quaint small town setting, or to the lively [Village at Sunriver](#), which offers a wide range of restaurants, bistros, and breweries..

On Day Three, start with a breakfast stop at local favorite [Sisters Bakery](#), and don't forget to try the marionberry scones. Then immerse yourself in the farm-to-table movement with a cooking class at the [Rainshadow Organics](#) Farm Store. Afterward, tour and taste at a local distillery, such as [Cascade Street Distillery](#) in Sisters or [Crater Lake Spirits](#) in Tumalo, then wind down with the Old West charms of downtown Sisters, where restaurants range from fine dining to American comfort food.

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.

#