

Hiking Trails In Central Oregon



Bend- Sunriver
Sisters- Redmond
LaPine- Madras
Prineville- Warm Springs
Maupin- Crooked River Ranch

Central Oregon
VISITORS ASSOCIATION

Central Oregon Visitor Center
661 SW Powerhouse Dr #1301
The Old Mill District
Bend, Oregon 97702
800-800-8334
www.VisitCentralOregon.com

WITHIN THE CITY OF BEND:

DESCHUTES RIVER TRAIL

This trail starts in Bend with many access points and parking areas. Winding along the Deschutes River, passing through Bend, Meadow Camp and behind the Seventh Mountain Resort, you will see a series of waterfalls including Lava Island, Big Eddy, Dillon and finally Benham Falls. This trail can also be accessed by turning west at the Lava Lands Visitor Center off Hwy 97 between Bend and Sunriver. Follow the road on your left for approximately 4 miles to the picnic area. Walk across the footbridge an easy half-mile walk to Benham Falls. The degree of difficulty is low and provides spectacular scenery of untamed rapids.
*Day-Use Permit is required**

PILOT BUTTE STATE PARK

Head east on Highway 20 (Greenwood Avenue) to the Pilot Butte State Park. The parking area and trailhead are just east of the butte. Walk on either the nature trail or the paved road. The road is also used for vehicle traffic, weather permitting. It is a wonderful viewpoint for the entire Bend area.
Seasonal road closure.

SAWYER PARK

This lovely city park has numerous rock formations along the Deschutes River with picnic and BBQ pits. Bird watching is spectacular here. Head north on Highway 97 and turn left at the stop light at O B Riley Road. Drive about ¼ mile, and turn left into the park. Parking closed seasonally, but the park can still be accessed using roadside parking along O B Riley Rd.

LARKSPUR TRAIL

Beginning near the Bend Senior Center, this stretch of trail meanders along an open canal in southeast Bend, which contains irrigation water seasonally. You will see wildlife, juniper trees, rabbit brush and alpine current. Dog stations are at each end of the trail, and dogs must be leashed. This 1.75 mile trail ends at Pilot Butte State Park on Hwy. 20.

SOUTH OF BEND:

BENHAM FALLS

Five miles north of Sunriver, this trail provides a spectacular scene of untamed rapids. From Bend follow Highway 97 south 11 miles and turn right at the Lava Lands Visitor Center. Follow the road on your left for approximately 4 miles to the parking and picnic area. Walk across the footbridge. Benham Falls is an easy half-mile walk down the road along the river. This trail continues for many miles passing by Dillon Falls and Lava Island falls. Benham, Dillon, and Lava Island falls also have parking areas on the other side of the Deschutes River which are accessible via Forest Service Rd 41, just past the Seventh Mountain Resort.
*Day-Use Permit is required**

SOUTH OF BEND (cont'd):

LAVA CAST FOREST

Travel south on Highway 97. Turn East on Cottonwood Rd. north of Sunriver and follow the signs along an unpaved Forest Service road for about 9 miles to the parking area at the Lava Cast Forest. The trail is an easy, paved, nine-tenths of a mile which wanders through many examples of 7000-year-old lava tree cast formations. This road is snow-covered in winter and may be impassible.
*Day-Use Permit is required**

LAVA RIVER CAVE

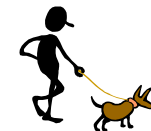
Thirteen miles south of Bend on Highway 97 on the east side of the road is the largest uncollapsed lava tube in the state. It is about a mile in length and 100 feet deep in spots. The sandy bottom makes it an easy hike, and the Forest Service will rent lanterns to you for a small fee. There is a nominal entrance charge as well. The cave is closed from late fall through mid-April due to the hibernation of resident bats and icy conditions.
*Day-Use Permit is required**

NEWBERRY VOLCANO & OBSIDIAN TRAIL

Drive South from Bend on Highway 97 for approximately 22 miles, turning east at the East Lake and Paulina Lake sign. The road winds about 13-miles to the Entrance Station. Don't miss the parking area for a short trek to beautiful Paulina Falls. Just up the road is another parking spot for Paulina Lake's boat launch and the trail along the lake. A few miles further and on the right is one of the largest obsidian flows in the world, formed about 1300 years ago during the most recent eruption of Newberry Volcano.
*Day-Use Permit is required**

PAULINA CREEK

The Peter Skene Ogden (PSO) National Recreation Trail will take you along Paulina Creek, revealing no fewer than 20 waterfalls. Travel south from Bend on Hwy 97 about 22 miles to Paulina and East Lake. Go east, about 1.5 miles to East end of the trail and trailhead parking on the North side of the road. The trail is 8.5 miles long (each way), also accessible from McKay Crossing Campground, which shortens the trip by 2.5 miles. For a much shorter trek, there is a parking area is on the east end of this trail for the viewpoint at Paulina Falls. You can visit the falls from the North side as well by accessing the PSO Trail from Paulina Lake.
*Day-Use Permit is required**



WEST OF BEND:

SHEVLIN PARK

From Highway 97 in Bend turn west on Greenwood, which becomes Newport Avenue in downtown Bend. Follow Newport out for about 3 miles. You will see parking areas on both sides of the road. Aspen Hall is on the right and the main part of the park is on the left. The paved road through the park leads to several different picnic areas as well as trails.

TUMALO FALLS

From Hwy 97 in Bend, turn west on Franklin. Follow the Scenic Highway through downtown Bend along Drake Park. Turn right on Galveston at the west end of the park, and follow this road out for eleven miles. Turn right over the bridge. The pavement ends but the road continues for an additional 3 miles to a parking area at the falls. There is a trail up to the falls which connects to some of the sno-park areas and other trails. Road closed in winter
*Day-Use Permit is required**

CASCADE LAKES HIGHWAY

Remember you are in a Wilderness Area and that special rules apply. There is no access in winter. Trailheads in this area offer a variety of hikes for just about any length of trip and level of difficulty you desire.
*Day-Use permit is required**

MT. BACHELOR SUMMIT TRAIL

Drive west on Cascade Lakes Highway for approximately 18 miles to Mt Bachelor's first entrance at Sunrise Lodge. You may need to park at the gate if it is locked.

The 2.5 mile trail to the top of Mt. Bachelor is accessible in Summer and Fall and starts from the Sunrise Lodge area. The trail begins just west of the Sunrise chairlift and winds around through the trees. The top portion of the trail above the top of Sunrise chair goes through the lava rock itself and has beautiful open views of Broken Top and the Three Sisters. From the top, at 9065 feet, you can see nearly all of the Cascade Range to the North, and the nearby lakes along the Cascade Lakes National Scenic Byway.

GREEN LAKES TRAIL

This beautiful trail has its own parking lot across from the Sparks Lake meadow with a wonderful view of the north side of Mt. Bachelor. The trail winds along the Fall Creek through large pine trees and fields of lupine. You will see lots of small waterfalls. Follow the trail for 4.5 miles up to the Green Lakes, or cut off to the west after about 2 miles on the Moraine Lake trail, which is another couple of miles long. There is access to the South Sister Trail from the Green Lakes area.

*Day-Use Permit required**

EAST OF BEND:

THE BADLANDS

This wilderness area east of Bend is a great place to explore the Central Oregon Desert. Take Hwy 20 east about 20 miles. Turn north at the gravel pit, follow the road to the parking area. No driving or OHV's allowed beyond the main parking area.

REDMOND AREA:

SMITH ROCK STATE PARK

Drive north on Highway 97 through Redmond to Terrebonne. Turn right (east) at the flashing light. Turn left on NE 1st Street and proceed 2 miles, turning left at the state park signs. The park is another 0.7 miles. The picnic area has beautiful views of the rock formations where people from all over the world come to climb. Numerous hiking trails following the river down into the Crooked River Canyon. World-class rock climbing!
State Park Permit is required and available on site.

SISTERS/CAMP SHERMAN AREA

SUTTLE LAKE TRAIL

Suttle Lake is just a few miles west of Black Butte Ranch, about 15 miles west of Sisters. Follow the signs off Highway 20 to Suttle Lake Resort, then to the Day Use area on the NE corner of the lake. The trail goes right along the lake through the back yard of a campsite with plenty of access points and mountain scenery.

BLACK BUTTE TRAIL

This trail is 2 miles long going to the lookout station on top of Black Butte, at 6436 feet. It winds through open timber with wonderful views of the Three Sisters and Broken Top on the way up. On a clear day you can see nearly the entire Cascades Range! Take Highway 20 from Bend through Sisters to Forest Service Road 1110, near the Indian Ford Campground. Follow signs to the trail.
*Day-Use Permit required**

HEAD OF JACK CREEK

West on Hwy 20 through Sisters, approximately 15 miles. Turn north on Forest Service Road 12, for about 1.5 miles and then turn left on FS Road 1232. It is about 1 mile to the trailhead. Trail loops through the headwater springs.
*Day-Use Permit required**

METOLIUS RIVER TRAIL

This is an excellent year-round trail and several starting points are accessible. Huge artesian wells, the source of the Metolius River, and further downstream is the Wizard Falls Fish Hatchery. One trailhead starts from the Canyon Creek Campground off Forest Service Road 1420. You can also start at the Wizard Falls Hatchery. Total distance to Bridge 99 is three miles.
*Day-Use Permit required**

SISTERS/CAMP SHERMAN AREA

(cont'd)

DEE WRIGHT OBSERVATORY AND MEMORIAL TRAIL

Located at McKenzie Pass on Highway 242, 15 miles west of Sisters. Beautiful view of the Cascade Mountains with a paved trail through one of the most recent lava flows in the United States. The trail is 0.5 mile long with interpretive signs along the path. The Observatory is a Lava rock building atop the parking area. It offers excellent views of the various peaks and buttes nearby. It is closed in the winter.

For additional information contact:

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| Central Oregon Information Center | 800-800-8334 |
| Lava Lands Visitor Center | 541-593-2421 |
| Bend-Ft. Rock Ranger District | 541-383-4000 |
| Sisters Ranger District | 541-549-7700 |
| Oregon State Parks | 541-388-6055 |
| Bend Parks & Recreation | 541-389-7275 |
| Fishing License, Fish & Wildlife | 541-388-6363 |
| Road Conditions, ODOT | 800-977-6368 |

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*Permits available at Deschutes National Forest and a variety of area outlets.