



SEE, DO

- **High Desert Museum**

59800 S Hwy 97, Bend (541)382-4754
www.highdesertmuseum.com

Explore indoor and outdoor exhibits, naturalistic animal habitats, and trails at Central Oregon's must-see museum!

- **Smith Rock State Park**

Located 25 miles NE of Bend, Smith Rock State Park is known worldwide as a premier destination for rock climbing. Famous for Monkey Face, a 350 foot spire resembling a monkey's face, the 651-acre park offers over seven miles of hiking and mountain biking trails, and wildlife viewing opportunities.
www.smithrock.com

- **Deschutes County Historical Museum**

129 NW Idaho Ave., Bend (541)389-1813

www.deschuteshistory.org

Located between Wall and Bond Streets, three blocks south of downtown Bend. Featuring exhibits depicting the history of Bend and Deschutes County. Open Tues. - Sat. between the hours of 10am and 4:30pm. Fully ADA-accessible. Lava Lands Visitor Center and Lava Butte

13 miles south of Bend, off U.S. Hwy. 97 (541)593-2421 Open late April through early October. Offering nature walks, interpretive programs, visitor information, displays on geology, volcanology, and the cultural history of Central Oregon.

- **Mt. Bachelor Ski and Summer Resort**

22 miles west of Bend. 800-829-2442

http://www.mtbachelor.com/summer

In winter you can Alpine Ski, Snowboard, Cross Country Ski, Snowshoe, Snowmobile or take a Dog Sled Ride with Oregon Trail of Dreams 541-382-2442. Summer time offers breathtaking views from the Scenic Chairlift up Mt Bachelor for hiking, mountain biking or alpine dining.

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.

- **Deschutes Brewery Tour**

901 SW Simpson Ave. (541)385-8606
www.deschutesbrewery.com

On the corner of Colorado & Simpson Tour the Deschutes Brewery Brewing Facility, and learn more about their brewing process. The free tour offers free samples and views of the Cascade Range. Six-packs and souvenirs available to purchase. All ages welcome.

- **Sun Mountain Fun Center**

300 NE Bend River Mall Ave. (541)382-616
www.sunmountainfun.com

At Sun Mountain Fun Center people of all ages will have tons of fun. They can get rolling with some bowling, play all day long in our huge arcade or play some redemption games and win prizes. They can also speed to the finish line in a sporty go-kart or swing through 18 holes of miniature golf. Sun Mountain Fun Center provides that great getaway right in our backyard here in Central Oregon.

EAT

Alpenglow Café 383-7676	Bellatazza 318-0606
1133 NW Wall St \$	867 NW Wall St \$
American Breakfast/Lunch	American café Breakfast/Lunch

Baldy's BBQ 385-7427	Bella Cucina 385-7774
235 SW Century Dr. \$\$	Shops at the Old Mill \$\$
Barbeque Lunch/Dinner	Italian Lunch/Dinner

Bend Brewing Co. 383-1599	DiLusso Bakery Café \$
1019 NW Brooks \$\$	Franklin & Bond 388-4036
Pub Fare Lunch/Dinner	1135 Galveston 383-8155
	Coffee/Pastries/Sandwiches

Deschutes Brewery 382-9242	Kanpai Sushi & Sake Bar
1044 NW Bond \$-\$	390-1829
Brew Pub Lunch/Dinner	900 NW Newport \$-\$
	Sushi Dinner

McMenamins 382-5174	Red Robin of Bend 382-9234
St. Francis School	Shops at the Old Mill \$-\$
700 NW Bond St \$-\$	Breakfast/Lunch/Dinner
Lunch/Dinner	

Pine Tavern Restaurant 382-5581
967 NW Brooks \$-\$-\$
Northwest American Lunch/Dinner

\$ = \$5-\$10 \$\$ = \$10-\$15 \$\$\$ = \$15+

Thanks to:

Central Oregon Visitors Association
www.visitcentraloregon.com
Bend Visitor & Convention Center Bureau
www.visitbend.com

You can find more information from one of these fine websites.