



Central Oregon & the Oregon Cascades

Includes ➔

Mt Hood	276
Maupin & the Lower Deschutes River.....	280
Warm Springs Indian Reservation.....	281
Mt Jefferson & the Metolius River.....	282
Sisters.....	283
Bend.....	285
Mt Bachelor	289
Newberry National Volcanic Monument...	289
Cascade Lakes.....	290
Willamette Pass.....	291

Best Places to Eat

- ➔ Zydeco (p288)
- ➔ Jen's Garden (p284)
- ➔ The Porch (p284)
- ➔ Kokanee Cafe (p282)
- ➔ Rendezvous Grill & Tap Room (p279)

Best Places to Stay

- ➔ Timberline Lodge (p279)
- ➔ McMenamins Old St Francis School (p287)
- ➔ Oxford Hotel (p287)
- ➔ Five Pine Lodge (p283)

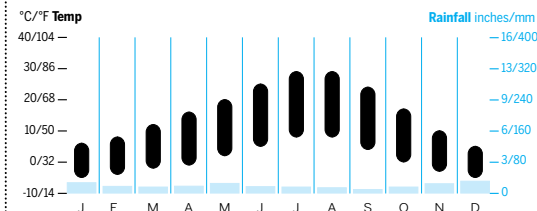
Why Go?

Love mountain tops? Well, that's what Central Oregon and its Cascades are all about. You can practically skip your way from peak to snowy peak here, from Mt Hood, to Jefferson, to Bachelor, to Three Fingered Jack and the lovely Sisters volcanoes. As you can imagine, there's plenty of awesome skiing and mountaineering, along with stellar hiking and camping. And it's not just mountain-lovers who come here – world-class mountain biking, golfing, rafting, kayaking, fishing and rock climbing are also on offer. Did we mention there's nearly 300 days of sunshine every year?

As much as the outdoors may beckon, the lively city of Bend provides plenty of good food and accommodations. Or head nearby to the sweet little town of Sisters for a more quaint and personal atmosphere. Add a must-stop visit to Mt Hood's historic Timberline Lodge, or a getaway break in the region's many peaceful lakeside resorts, and you'll find that Central Oregon's many attractions are hard to beat.

When to Go

Bend



Jul & Aug Hot summer weather; hike and camp around Mt Hood, or raft the Deschutes.

Dec–Apr Awesome skiing at Mt Bachelor, Willamette Pass and around Mt Hood.

Apr–Jun Prime time for rock climbing at Smith Rock or summiting Mt Hood.

Mt Hood

The state's highest peak, Mt Hood (11,240ft), pops into view over much of northern Oregon whenever there's a sunny day, exerting an almost magnetic tug on skiers, hikers and sightseers. In summer, wildflowers bloom on the mountainsides and hidden ponds shimmer in blue, making for some unforgettable hikes; in winter, downhill and cross-country skiing dominates people's minds and bodies. Timberline Lodge, a handsome wood gem from the 1930s, offers glorious shelter and refreshments to both guests and nonguests all year round – and shouldn't be missed.

Mt Hood rises above the Western Cascades, a ridge of older volcanoes stretching between Mt Rainier and Mt Shasta. These volcanoes erupted between 20 and 40 million years ago, and their peaks have long since eroded. Mt Hood began to burp toward the end of the last ice age, and geologists believe that the mountain's last major eruption was about 1000 years ago.

Mt Hood is accessible year-round on US 26 from Portland (56 miles), and from Hood River (44 miles) on Hwy 35. Together with the Columbia River Hwy, these routes comprise the Mt Hood Loop, a popular scenic drive. Government Camp, at the pass over Mt Hood, is the center of business on the mountain.



Activities

If you park at certain designated winter recreational areas from November 1 to April 30 (ie for cross-country skiing or snowshoeing), you'll need a Sno-Park permit (daily \$3, three-day \$7, annual \$20). These are available at gas stations, some Government Camp businesses and at Timberline Lodge.

During the rest of the year, a Recreation Pass (daily \$5, annual \$30) is required to park at most hiking trailheads; buy them at ranger stations and from some Government Camp businesses.

Downhill Skiing

Mt Hood Meadows

SKIING

(☎ 503-337-2222; www.skihood.com; lift tickets adult/child 7-14yr \$74/39) The largest ski area on Mt Hood; often has the best conditions. Facilities include two day lodges with nine snack bars and restaurants.

Timberline

SKIING

(☎ 503-272-3158; www.timberlinelodge.com; lift tickets adult/child 15-17yr/child 7-14yr \$68/56/42) Boasts the longest ski season in North America; its legendary lodge is a must-visit for bar drinks, fireplace sit-downs and up-scale dinners.

Mt Hood SkiBowl

SKIING

(☎ 503-272-3206; www.skibowl.com; lift tickets adult/child 7-12yr \$49/30) The region's largest night-ski area and the closest skiing to Portland, making it popular with Portlanders who buzz out for an evening of skiing. Overall, it's smaller than Meadows or Timberline.

Cooper Spur Ski Area

SKIING

(☎ 541-352-6692; www.cooperspur.com) On the northeast slopes of Mt Hood; caters to beginners and families, with mostly beginner/intermediate runs and a tubing area. See the website for ticket prices.

Cross-Country Skiing

Trillium Lake, near the campground of the same name, is a very popular cross-country ski loop. **White River Canyon** is another good trail, and starts at a Sno-Park on Hwy 35 (about 4 miles north of Hwy 26).

Mt Hood Meadows Nordic Center

(☎ 503-337-2222; www.skihood.com) offers around 10 miles of groomed wooded trails. Several other free (ungroomed) trails start from the same parking area, including an easy 1.3-mile trail to Sahalie Falls and another, more challenging one, to Elk Meadows.

Teacup Lake

(www.teacupnordic.org)

has 12 miles of groomed trails and a variety of terrain.

Hiking

An outstanding guide that includes Mt Hood hikes is William L Sullivan's *100 Hikes in Northwest Oregon*. It's also worth visiting a ranger station for maps and information on the many hikes in the area. A Northwest Forest Pass (\$5) is required at most trailheads.

A popular trail loops for 7 miles via lovely **Ramona Falls**, which tumbles 120ft down a face of mossy columnar basalt. To reach the trailhead from Zigzag, turn north onto Lolo Pass Rd for 4 miles, then turn right on USFS Rd 1825 for 3 miles.

Hike a mile up from US 26 to **Mirror Lake**, which reflects Mt Hood beautifully. You can hike a half-mile around the lake,