



# Central Oregon & the Oregon Cascades

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Three Sisters Wilderness.....	280
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## Best Places to Eat

- ➔ Zydeco (p284)
- ➔ Cottonwood Cafe (p280)
- ➔ Porch (p280)
- ➔ Kokanee Cafe (p278)
- ➔ Rendezvous Grill & Tap Room (p275)

## Best Places to Sleep

- ➔ Timberline Lodge (p274)
- ➔ McMenamins Old St Francis School (p283)
- ➔ Oxford Hotel (p283)
- ➔ Five Pine Lodge (p279)

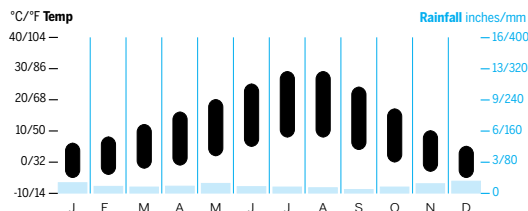
## Why Go?

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 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 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, if touristy, 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 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.



## Central Oregon & the Oregon Cascades Highlights

### 1 Mt Hood (p273)

Hiking and camping in the wonderfully forested foothills.

2 **Timberline Lodge** (p273)  
Carving powder in winter (and summer!).

3 **Three Sisters Wilderness** (p280)

Photographing summer wildflowers.

4 **Bend** (p281) Sampling fine cuisine, after golfing, rafting, skiing or mountain biking nearby.

5 **Smith Rock** (p281)  
Setting up a multipitch climb.

### 6 Newberry National Volcanic Monument (p286)

Peeking through a lava tube.

7 **Deschutes River** (p276)  
White-water rafting or fly-fishing.