

What to do in Bend

Get the very latest about Bend Oregon Restaurants, Events, Concerts, & Movie Times www.bendnights.com

Below is a convenient list of many activities offered in Central Oregon.

AIR ACTIVITIES · Glider rides - (541) 382-7758 · Hangliding - (541) 504-5416 · Paragliding - (541) 389-4086 · S Flights - The Flight Shop www.flightshopinc.com · Scenic Flights - Wings of the Cascades www.wingscascades.com

ART · Central Oregon has many art galleries. www.bendgalleries.com

ATV TOURS · Central Oregon Adventures - www.coadventures.biz (rentals)

BIRD WATCHING · High Desert Museum has great birds of prey, www.highdesertmuseum.org · Wild Birds Unlimited - stores.wbu.com/bend (birding tours)

Paradise Birding - stores.wbu.com/bend (birding tours)

BIKING

- Cog Wild Mountain Bike Tours & Shuttles. Based in Bend, offers tours for all levels of riders - www.cogwild.com 541-385-7002

BOWLING · Sun Mountain Fun Center www.sunmountainfun.com · Lava Lanes Bowling Center (541) 318-5656

CANOE/KAYAK · Aldercreek has lessons and/or rentals, www.aldercreek.com · Wanderlust Tours has interpretive tours by naturalists, www.wanderlusttours.com (even moonlight tours)

CAVE TOURS · Wanderlust Tours has interpretive cave tours by naturalists, www.wanderlusttours.com · Lava Caves (Spring through Fall) (541) 593-2421

DAY SPA · Face to Face (541) 389-2519 · Jinsei Spa www.wanderlusttours.com · Oasis Spa (541) 388-1404

DINNER TRAIN · Crooked River Dinner Train, western theater, dinner and train ride, www.crookedriverrailroad.com

DISC GOLF · Disc golf (using Frisbees) is played on the COCC campus. · Rent or purchase discs for golf at Aldercreek www.aldercreek.com

FISHING - Central Oregon offers many, many places to fish. The following information is guided or rental equipment. ·

Fly Fishing - Long Hollow Ranch - www.lhranch.com (877) 923-1901 · East Lake Resort - (541) 536-2230 (boat rentals in lake) · Numb-Butt Fly Company - www.numbutt.com · Fly & Field Outfitters - www.flyandfield.com · Quest of the West www.questofthewest.com · Deschutes River Anglers - www.deschutesriveranglers.com

GEOCACHING Check <http://www.geocaching.com/> for details on this adventurous new activity -- a treasure hunt using a GPS receiver. Look up caches in the Bend area using zip codes 97701 and 97702. Bring your own GPS unit. Ÿ Central Oregon Adventures - www.coadventures.biz

GOLF · There are 27+ golf courses in Central Oregon. Here is the best link to many of them, www.visitcentraloregon.com/golfpages/golf1

HAY RIDES · River Ridge Stables - (877) 389-9458 · Sunriver Stables (private hay ride) (541) 593-6995

HIKING · Wanderlust Tours has interpretive tours by naturalists - www.wanderlusttours.com

HORSEBACK RIDING - Schedule prior to your stay! · Long Hollow Ranch - www.lhranch.com (877) 923-1901 · River Ridge Stables - (877) 389-9458 · Eagle Crest Equestrian Center (541) 504-9799 · Sunriver Stables (541) 593-6995 · Black Butte Stables (541) 549-1948 · Crooked River Trail (541) 923-8543 · Smart Ass Ranch Outfitters & Pack Station - (541) 280-9356

HUNTING/SHOOTING · Central Oregon Sporting Clays & Hunting Guide - (541) 382-5663 · Smart Ass Ranch Outfitters & Pack Station - (541) 280-9356

LIMOUSINE RIDES · Executive Limousine - www.executivelimo1.com

MASSAGE THERAPIST - There are many excellent massage therapists in Central Oregon. You will want to schedule prior to your arrival. Here are some that come out to the B&B: · Recharge Massage (541) 408-7204

MINIATURE GOLF · Sun Mountain Fun Center - www.sunmountainfun.com · Sunriver (9 hole putting and chipping course for all ages) - (800) 547-3922 · Eagle Crest has an 18 hole putting course on the green - (877) 818-0286

MOUNTAIN BIKES· Paulina Plunge (guided tour by waterfalls) - www.paulinaplunge.com · Hutch's - (541) 382-9253 (bike rentals)

MOTORCYCLE RENTALS/TOURS· Cascade Harley-Davidson - www.cascadeharley.com · Roadtrip-USA (rentals) - www.motorcycle-rentals.com · Hutch's - (541) 382-9253 (bike rentals)

MT. BACHELOR · Great mountain for skiing in winter. Fun rides up the lifts in summer for lunch and a hike. www.mtbachelor.com

MUSIC · Les Schwab Amphitheater Isabend.com

NATURE CENTERS · High Desert Museum is a must!!! It is open year round. It has live animals and more. www.highdesertmuseum.org · Sunriver Nature Center (541) 593-4442

OBSERVATORIES (STAR GAZING) · Sunriver Observatory (541) 593-4442 · Pine Mountain Observatory (541) 382-8331 (call first)

PAINT BALL · Paintball Paradise (541) 388-0129

RIVER RAFTING· Rapid River Rafters - www.rapidriverrafters.com (1 or 2 day trips) · Sun Country Tours - www.suncountrytours.com (fun little one hour ride in Bend) · Quest of the West - www.questofthewest.com · Central Oregon Adventures (river float) - www.coadventures.biz· Ouzel Outfitters (1/2 day, full day, or overnight trips) www.oregonrafting.com (800) 788-7238

ROCK CLIMBING · First Ascent Climbing Services - instruction taught at Smith Rock - www.goclimbing.com · Inclimb Rock Gym - (541) 388-6764

SNOW ACTIVITIES (ALSO SEE MT. BACHELOR www.mtbachelor.com) · Dog Sled Rides (great fun!!! - reserve ahead) - www.mtbachelor.com · Skiing/snowboarding - www.mtbachelor.com · Cross country skiing and snow shoeing - Mt. Bachelor has groomed trails - www.mtbachelor.com· Snowmobile Tours- Central Oregon Adventures - www.coadventures.biz (rentals) · Snowmobile Tours - Quest of the West - www.questofthewest.com · Snowshoe Tours by Wanderlust Tours has interpretive tours by naturalists - www.wanderlusttours.com (even moonlight tours) · Snow camping - build and sleep in a snow cave, get there by dogsled or snowshoe- Wanderlust Tours - www.wanderlusttours.com · Sleigh Rides - River Ridge Stables - (877) 389-9458 · Sleigh Rides - Saddleback Stables (541) 593-6995

SWIMMING· Juniper Swim & Fitness Center (indoor pool & spa) www.bendparksandrec.org/Juniper_Swim_Fitness/

TENNIS· COCC (Central Oregon Community College) · Juniper Park · Summit Park · Sunriver Resort · Sylva The Athletic Club of Bend

WATER SKIING/JET SKIING· Cultus Lake Resort - www.cultuslakeresort.com · Central Oregon Adventures - (541) 385-5065 (water skiing tours)