

A Day Hiking in Bend

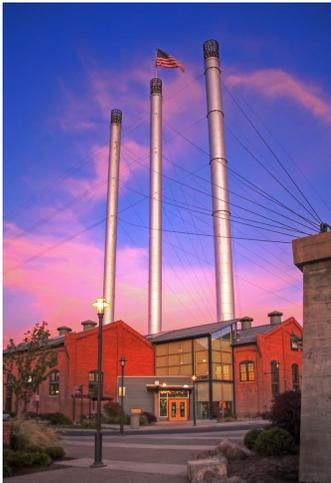
OverView

Central Oregon boasts no shortage of hiking trails. From easy family adventures to advanced multi-day backpacks the high desert and cascade terrain has something to offer for everyone. Once you have finished your forest or desert bathing session, you can return to the cultural hub and enjoy the aperitif of your choice before indulging in one of our culinary specialties to refuel for your next adventure.



1. Start Your Day: Strictly Organic

Possibly the best roaster that you have never heard of. They also boast a mean organic breakfast burrito. Take stock for your adventure.



2. Provisions: REI

REI is now a national phenomenon but for many that visit Bend they have yet to visit and REI. They are the ideal provisioner for all of your hiking needs, even if it is for your multi-day outing or your kids and dogs.



3. Hike: Tumalo Falls to Happy Valley

We can't reveal too many secret spots in our samples, and Tumalo falls itself is no secret. What lies beyond is. Few venture beyond and experience the roughly 8 waterfalls that feed into the massive Tumalo watershed. The loop takes you through Happy Valley and as many locals say, just follow the trail towards the views and you will be done.



4. **Refueling Time: Flatbread pizza in the park**

800-degree stoves from Naples put the mark on the pies here. Once you have yours, either take a short walk and sit by the river in the Old Mill or drive to Mirror Pond and marvel at the sights.



5. **R&R Time: McMennamins Soaking pool**

An open-air warm salt-water pool. Not much of a better way to unwind after a day on the trail. The beauty of it is, you don't have far to go after your soak.



6. **McMennamins: Take your pick**

Once you finish your soak, get dried off and take your pick from 5 restaurants and bars offering a variety of indoor and outdoor dining options.