

A Day Mountain Biking

OverView

Perched in the high-desert of Central Oregon, Bend, and the surrounding area is a mountain biking mecca. A day mountain biking can be built to accompany any set of riders skills. If you want an Epic, that can be the focus of one or more days. If you want a family ride, there is a plethora of those as well. The apres-biking activities are rich as well and there are no limits to what can be put together. Whether you are an expert biker or a leisurely weekend-warrior, I can design a plan that will meet your needs, complete with all the items you need to quickly accomplish your riding goals without the hassle of having to buy maps, backtrack on your locations or figure out the best shuttles.



1. Start Your Day: Mothers Juice

Keep it fresh, keep it local is the name of the game. Only the best local organic ingredients, whether you savory, sweet or pure performance, Mother's will get you off to the right start.



2. Morning Ride: Phils Trail

Phils is an icon in our trail system. We never reveal our magic in one sitting, and this trail won't do that. But it will give you a taste of classical Bend Oregon mountain biking. Just enough pedaling, some terrain, and some fun.



3. Mid Day Eats: The Lot

Food trucks are all the rage these days. The Lot is iconic food truck location in Bend. Many more have taken shape around town, but this is the classic and offers everything you would expect. You want burgers, you've got it, you want beer, you got it. And even if you need gluten free salads, we have that as well.



4. **Afternoon Ride: Voodoo**

An introduction to the more technical side of Bend riding. We aren't going to reveal our real secrets here in the samples, but needless to say, we provide maps that outline everything you need so you don't need to go searching for a trail like this.



5. **Time to dine: 10 Barrel**

10 Barrel has help put Bend on the map. Despite their growth, they have retained an iconic following. They have excellent food and beer, so bring your hunger and treat yourself well.



6. **Late Night Fun: McMennamins Fire Pits**

McMenamins is an Oregon icon. You may or may not know of them if you are reading this. That said, there are as many mysteries at the Bend location as there are fire pits. So, put your apres-biking suit on and get warm by one of the pits and go explore.