

HeartCycle Bicycle Touring Club

CENTRAL OREGON & CRATER LAKE

- Dates:** Orientation meeting Wednesday, July 12, 2023. Riding Thursday, July 13 – Tuesday July 18 with departures Wednesday July 19, 2023 (lodging last night included)
- Leaders:** Cindy Alvarez, Helayn Storch;
SAGs: Danna Korak, Martha MacCormack
- Miles:** Approximately 270 to 300 miles with up to 15,500 vertical feet of climbing.
- Rating:** Intermediate to Advanced.
- Riders:** 28 Maximum (plus leaders and sags)
- Price:** \$2,200 (Double occupancy). Deposit \$600. Balance due by April 11, 2023. Single Supplement \$3,300. Note** Limited number of Single Supplements due to hotel availability.
- Cancellation:** [Standard cancellation policy](#). *Travel insurance is strongly advised.*



OVERVIEW

The High Desert landscape of Central Oregon is known for its sunny days, geologic wonders, mountain peaks, lava fields, rivers, and alpine lakes. Considered the outdoor playground of Oregon.

We will be visiting 2 cities and Crater Lake National Park during our time here.

We begin our tour in **Bend** which is world-famous for both its outdoor pursuits and pristine beauty. A mountain biking mecca with nearly 300 miles of mountain bike trails. Along with its craft beers and the Deschutes River which flows through town a great place for hiking and fishing. Skiing at nearby Mt. Bachelor during the winter and spring months are also among the favorite activities. Enjoy award-winning restaurants or one of the nearly 30 breweries and pubs.

Our next stop **Sisters**, which feels like a trip back in time. Wild West wooden sidewalks line the street through downtown Sisters, offering access to the community's boutiques, galleries, and restaurants. The city has earned acclaim in recent years for its creative arts culture, fresh dining opportunities, charming architecture, and down-home, family-friendly atmosphere. Home to a fantastic rodeo in June and the world's largest outdoor quilt show in July the weekend prior to our arrival.

The highlight of this tour is **Crater Lake National Park**. The park was founded May 22, 1902. The crater was formed when a violent eruption triggered the collapse of a tall peak. Fed by only rain and snow, it's the deepest lake in the US at 1,943 feet and one of the most pristine on Earth. The fresh water here is some of the clearest found anywhere in the world. Riding the Rim is a bucket list item for every cyclist. Crater Lake Lodge was built to encourage tourism to Crater Lake National Park and southwestern Oregon. Construction of the lodge began in 1909. It opened to guests during the summer of 1915. The National Park Service acquired ownership of Crater Lake Lodge in 1967 in a state of disrepair. A plan was approved for its renovation in 1988 and it was completed in the fall of 1994 at a cost of more than \$15,000,000. On May 20, 1995, the lodge reopened to the public. The Lodge is incredible to see and the views outstanding.

Early morning temperatures are around 50 degrees with afternoons possibly reaching the 80's. The area generally receives little or no rain in July. **Please note that some routes have narrow roads with little or no shoulders, especially in the park.** Detailed route maps, cue sheets and GPS files will be provided in advance to tour participants. (Options for more, or less riding, some routes below may alter).

ITINERARY

Wednesday July 12: Orientation. We will meet at the hotel for our orientation meeting in Bend. Get to explore downtown Bend and its many restaurants & breweries.

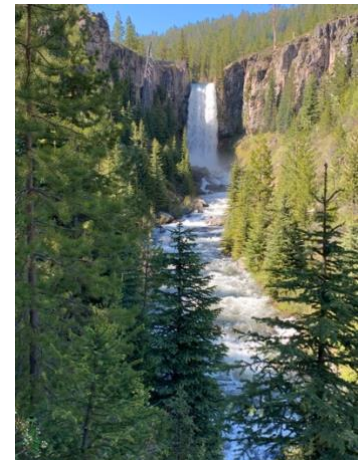
Thursday July 13: Ride from Bend to Sisters, 70 miles, 2,300 ft of climbing.

Today our ride takes us to the dramatic Smith Rock State Park and then on to Sisters via the Smith Rocks Scenic Bikeway. This park is well-known as a world-class climbing area and is generally regarded as the birthplace of sport climbing. Take a moment to enjoy the views and snap some photos of the Crooked River as it winds its way beneath the beautiful sheer cliffs. You might see golden eagles, prairie falcons, mule deer, river otter and beaver.



Friday July 14: Ride the McKenzie Pass Scenic Byway: 31 miles, 2,319 ft of climbing. (Option to do more unsupported.)

The byway climb is a 15-mile moderate grade to the summit at historic Dee Wright Observatory. Signs here identify the viewable fifteen peaks, and the paved interpretive trail explains the 2,000-year-old lava field. Ride through ancient lava flows, twists, and turns in the shadow of mountain peaks. You may continue to ride the next 22 miles which are almost all downhill through beautiful Douglas fir forest. This is an out and back and the option to continue is yours, either to ride on past the Observatory (unsupported) or just return to explore Sisters.



Saturday July 15: Sisters to Bend 53 miles, 2,930 ft of climbing.

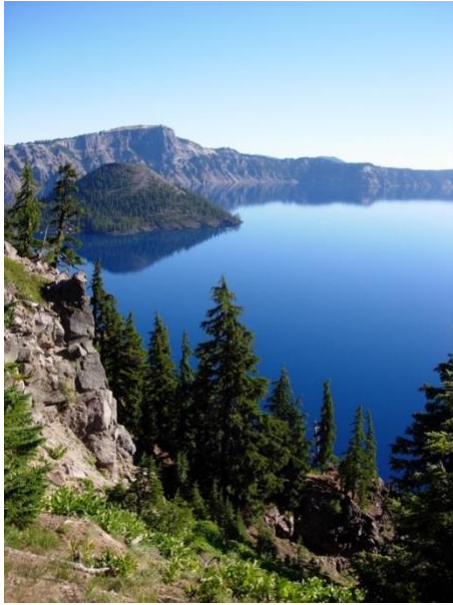
Traveling today from Sisters back to our hotel in Bend we will ride a section of the Twin Bridges Scenic Bikeway, one of the premier scenic cycling routes in Oregon. We will also travel out to Tumalo Falls a 95 ft. waterfall just west of Bend.



Sunday July 16: Day Off

Bend is home to Deschutes Brewery and known for its numerous other premier craft breweries. You may choose to trek the legendary Bend Ale Trail, the largest beer trail in the West. Or there's nothing better on a hot day than a wild ride down the Deschutes River! You can choose either a thrilling whitewater rafting excursion, or just rent a tube or paddleboard and float the river. Another favorite is to rent a mountain bike and experience

the many miles of single track here. Option for [Whitewater click here](#)



Monday July 17: Crater Lake, 49 miles, 4,365 ft of climbing. (Options for shorter riding available.)

Our morning starts early with a 2-hour shuttle south to Crater Lake National Park. We will start our ride at the Merriam Point Viewpoint at the edge of the rim. We ride the rim of Crater Lake clockwise to take advantage of all the viewpoints. 33 miles with nearly 4,000 feet of climbing around the circumference. Then after lunch its 17 miles of downhill to tonight's destination at Diamond Lake Resort.

Tuesday July 18: Mt. Bachelor to Bend, 72 miles, 3,688 ft of climbing.

Leaving Crater Lake and Diamond Lake behind we have another early morning shuttle heading back north for one hour. We then begin our ride along the Cascade Lakes Scenic Highway, which passes several beautiful lakes and campgrounds. Midway through the ride we will take a break to enjoy lunch at Elk Lake Resort. After lunch, the road climbs along the edge of Mt. Bachelor and descends 3,000 feet back to our hotel in Bend.

Wednesday July 19: Wave goodbye to your new friends and depart.

Travel to and from Redmond Oregon

Flying - Redmond is serviced by several of the major airlines. Lyfts, Ubers and taxis are readily available for the 20-mile drive to Bend and cost about \$35 each way.

Driving - If driving, your car can be parked at the hotel for the week.

SPECIAL NOTES: Electric bikes may be challenged by the longer days with climbing, it is ultimately up to the participant to judge best whether their battery will last through each day of the tour. Bringing a second battery is highly recommended. They can be carried by staff but may need to be carried by the participant. Please let us know if you are planning on bringing an electric bike.

For more information contact:

Cindy Alvarez, sindelou@cox.net, (619) 456-8901

Helayn Storch, helaynstorch@hotmail.com, (303) 987-3584