

HeartCycle Bicycle Touring Club

Central Oregon High Desert Tour

Dates: Assemble in Sisters on June 10; Riding days June 11-16; depart June 17
Leaders: Ann Werner & Bill Buckley SAGs: Gail Buckley & Polly Page
Miles: 288 miles, 13,670 ft climbing (can increase climbing)
Rating: Int/Adv
Riders: 28
Price: Total \$ 1695 (Double occupancy), \$400 at Registration, balance due by March 1, 2019. Single supplement fee \$850.

Overview

Central Oregon, on the east side of the Cascade Mountains, is famed for its sunny, dry weather. It is big blue-sky country featuring snowcapped volcanoes, red barked ponderosa pine forests, high desert sage steppe, expansive lava fields and crystal clear mountain lakes. For those who live by mountain ranges, the solitary peaks of the volcanos are remarkable.

The tour has two bases: Sunriver Resort and Sisters. Sunriver is a 4 Diamond Resort ten miles south of Bend where we will have a free day. The rooms are close to the Lodge and Village, which makes it easy for dining, canoeing, rafting, golf and enjoying the pool.



Sunriver Golf Course

Sisters is named after the Three Sisters mountains near it. The town is a charming western themed town of 2,000 with a pleasant ambience for hanging out after a ride – dining, brew, coffee & shopping. The Ponderosa Best Western has oversized rooms and is ideally located for riding and enjoying the town.

The rides average 60 miles with most rides out and back. The rides are on Oregon Scenic Byways or Bikeways. Some have extended climbs of 2,500 but at a reasonable grade. The rides are tandem friendly



for tandem riders who enjoy hills. The tour is about 300 miles with 14,000 ft of climbing. Maps, cue sheets and GPS files will be provided to participants.

Both Sisters and Sunriver Resort are served by the airport at Redmond, OR. Shuttle or taxi service can be purchased to either location for approximately \$65. HeartCycle will offer bicycle transport to and from Colorado for a fee of \$100/bike and will be limited to 6 bikes.

We will offer a Sprinter shuttle back to Sisters to collect personal vehicles left behind when we cycle to SunRiver Resort.

ITINERARY

The order of our daily rides may be switched if weather is an issue.

Sister's Ponderosa Best Western June 10 – 13; depart June 13th to SunRiver Resort

<http://bestwesternsisters.com/> Breakfast is included.

(If a small-town rodeo is on your bucket list, Sister's has one for you. The Sisters Rodeo is the weekend before we arrive on Monday June 10. Reserve for it soon.)

Orientation meeting June 10th, 5 pm meeting room, at the Ponderosa Best Western, Sisters

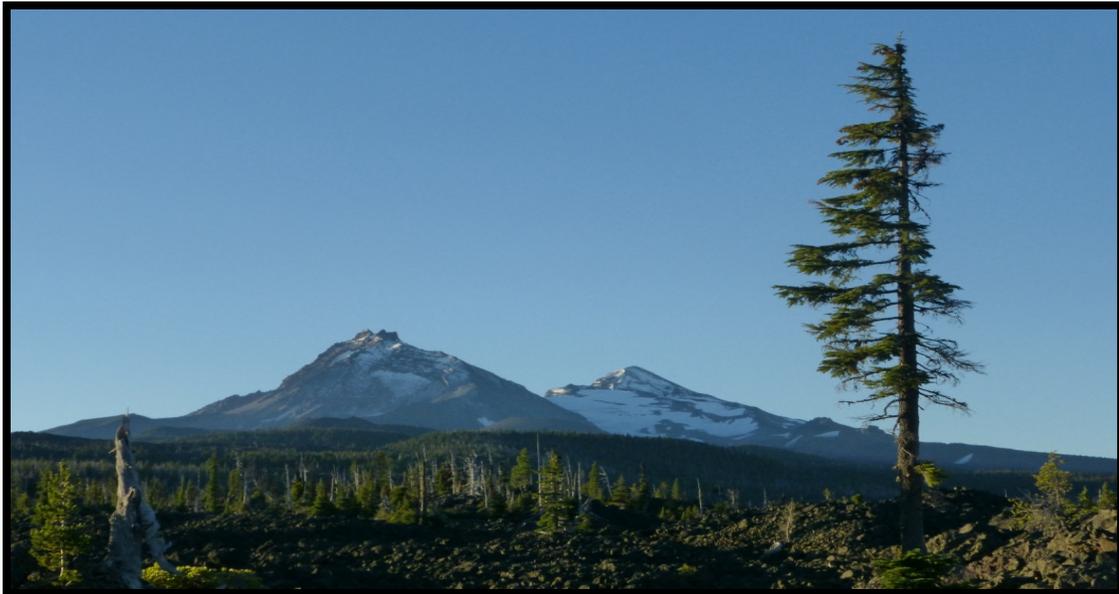
- 1) **Sisters to Smith Rock State Park** and return. 67 miles/2,014 climbing. This is a rolling out and back ride with big real estate views. We will have a daylong SAG stop about half way at a beautiful alpaca ranch. You can pet an alpaca and their store offers fine alpaca products. There will also be a SAG at Smith Rock State Park. The Park is a dramatic red rock canyon bisected by the Crooked River. The ride mostly follows the Smith Rock Scenic Bikeway.

*ICE CREAM. . . .
The SNO-CAP is a favorite hang-out in Sisters*



- 2) **Sisters to McKenzie Pass** (and beyond) and return: 44 miles/3028 climbing. Optional additional miles. The McKenzie Pass is the historic mail route over the Cascades which became an ideal cycling route when a major highway was built. The ride is cherished by Oregon riders as it offers incredible scenery and diverse forest habitats. The miles across the 'top' have astounding views of lava fields and volcanoes. We will provide SAG support on the climb to the summit and lunch will be in the summit area. At the summit, the Dee Wright Observatory identifies the fifteen peaks and the paved interpretive trail explains the 2,000-year-old lava field. Snow permitting, riders can continue west down from the summit into the damp Douglas fir forests, but we will not provide support. Recently, some of the area suffered a serious forest fire so we will see how it is rejuvenating. The ride is all on the McKenzie Pass Scenic Byway. Our group dinner will be this evening.

McKenzie Pass Summit



- 3) **Sisters to Sunriver Resort** 63 miles/ 3841climbing. We will cycle from Sisters to SunRiver Resort through a high desert landscape with junipers and pine forests, the Deschutes River, private residences, and views of volcanoes. A morning SAG will be at Shevlin Park at Tumalo Creek Canyon, famed for its old growth ponderosa pine. We will ride around and thru Bend. About mid-day we will have an extended climb followed by a glorious descent to the Sunriver Resort. The ride is on the Twin Bridges Scenic Byway and the Cascades Lakes Scenic Byway.

Sunriver Resort June 13 - 17 Depart June 17th

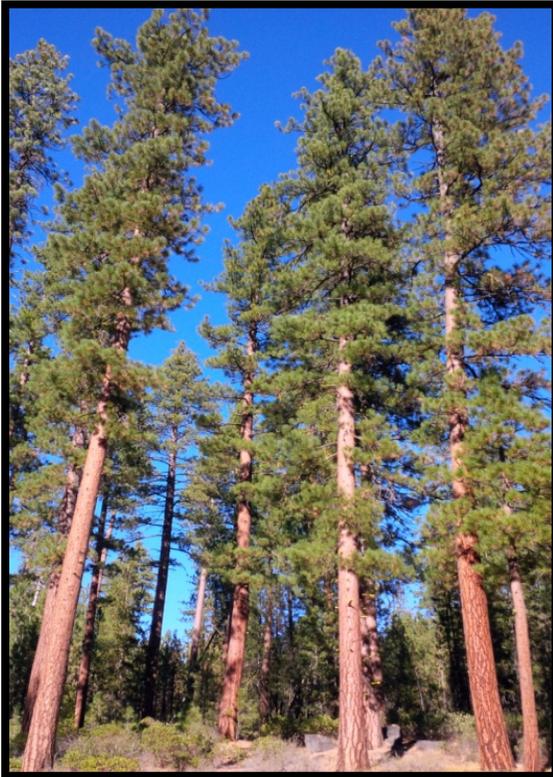
<http://www.sunriver-resort.com/> Breakfast is not included, options are available.

- 4) **Day off at Sunriver Resort.** In the morning, we will offer a shuttle to Sisters for our vehicles that will take about 2 hours. The return drive offers easy stops at the Oregon High Desert Museum, Newberry Crater National Monument, Bend and Lava Lands Visitor Center. <https://visitcentraloregon.com/central-oregon-stories/outdoor-activities-recreation-stories/lava-lands-visitor-center-a-central-oregon-geologic-gem/>.

At SunRiver Resort there are many choices for play including river trips, golf, fishing, 30 miles of bike trails and a 5-mile bike trail to Lava Lands Visitor Center. For those who want to cycle to Newberry Crater National Volcanic Monument, we will provide cue sheets and GPS but not SAG support. 55 miles/3,184 climbing.

- 5) **Sunriver Resort to Crane Prairie Reservoir Loop** 50 miles/1,403 climbing. A lovely forest ride has a morning SAG stop at Falls Creek rainbow trout hatchery. Lunch is at Crane Prairie Reservoir. The ride has views of snowcapped volcanoes and is mostly on the Cas-

cade Lakes National Scenic Byway. Being shorter, it allows time to explore SunRiver Resort later in the day.



6) **Sunriver Resort to Mt Bachelor Loop** 63 miles/ 3,182 climbing. This spectacular day of riding starts with a morning climb to the entrance of the Mt Bachelor ski area. It is a long climb but not steep. If weather permits, the alpine roadside will be carpeted with lupine and penstemon. After Mt Bachelor, we descend to ride along a string of mountain lakes. Lunch will be lake-side. The ride is on the Cascade Lakes National Scenic Byway.

For additional Information, contact Ann Werner at acw-erner@comcast.net or Bill Buckley at William.Buckley87@gmail.com