To immerse yourself in the drama, nuance and wonder of the Oregon Cascades on two wheels is to experience one of the world's most dynamic landscapes—all while being fully supported on the vacation of a lifetime. Pedal past snow-capped volcanic peaks that scrape the sky as you cycle from crystal blue Crater Lake to the recreation meccas of Bend and Sisters, Oregon. Then dig deeper into this quintessential Central Oregon playground as you enjoy whitewater rafting, unique microbrews, gourmet dining and pampering accommodations on this luxury bicycling adventure!

**TRIP WOWS**

Witness the breathtaking geologic wonders of alpine lakes, canyons and volcanic peaks by cycling the Cascade Lakes Highway and visiting stunning Smith Rock State Park

Ride around the deepest, clearest alpine lake in the country in Crater Lake National Park

Enjoy organic Northwest cuisine, complemented by Willamette Valley pinots, Bend microbrews, local cheeses and fresh produce

Explore the outdoor activity mecca of Bend with an afternoon whitewater rafting trip on the Deschutes River

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**CRATER LAKE & OREGON CASCADES**

CRATER LAKE NATIONAL PARK TO BEND AND SISTERS

<table>
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Day 1

**TODAY'S RIDE:**
Crater Lake Rim Loop
Approximately 33 miles with 4,000 feet of climbing

**SHORT OPTION:**
Crater Lake Rim Loop to Skell Head
Approximately 15 miles with 1,720 feet of climbing

**DESCRIPTION:**
Welcome to the first day of your central Oregon vacation! After a scenic 2-hour shuttle into Crater Lake National Park, you'll be welcomed with a gourmet Trek Travel picnic. After a brief orientation and safety talk, you'll saddle up to begin the day's ride along the rim road that overlooks the lake's breathtaking blue water. The lake is one of the deepest in the world at almost 2,000 feet and was formed about 7,700 years ago when a volcano twice as high as the current rim erupted. Experts estimate that the blast that created the lake was around 420 times more powerful than the Mt. St. Helens eruption in 1980. A wealth of viewpoints tempt you along the route, as you take in one stunning view after the next. After this treat, you'll get to know one another better over drinks and dinner in the Crater Lake Lodge dining room before retiring to your room for a well-earned rest.

**HOTEL:**
Crater Lake Lodge

**INCLUDED MEALS:**
Lunch | Social Hour | Dinner
**Day 2**

**TODAY’S RIDE:**
Cascade Lakes Highway: Osprey Point to Bend
Approximately 50 miles with 2,520 feet of climbing

**SHORT OPTION:**
Cascade Lakes Highway: Osprey Point to Bend with hill shuttle
Approximately 41 miles with 1,450 feet of climbing

**AVID OPTION:**
Cascade Lakes Highway: Crescent Cutoff to Bend
Approximately 70 miles with 3,470 feet of climbing

**DESCRIPTION:**
With Crater Lake in the rearview mirror, you’ll shuttle north for an hour and a half to begin your ride along the Cascade Lakes Highway, which traces the eastern slopes of the range and winds among 14 distinct lakes. Reflections of the Three Sisters, Broken Top and Mt. Bachelor are visible on the surfaces of the lakes—these images evoke the essence of the Cascades. Midway through the ride, take a break to enjoy lunch at Elk Lake Resort. After lunch, the road climbs over the shoulder of Mt. Bachelor and descends 3,000 feet to Bend, following the bike course of the Pole Pedal Paddle race route. Tonight you’ll toast with local brews to a big day and dine at local’s favorite Zydeko Kitchen & Cocktails in Bend, which serves southern-inspired dishes with an emphasis on locally-sourced ingredients.

**HOTEL:**
The Oxford Hotel

**INCLUDED MEALS:**
Breakfast | Lunch | Social Hour | Dinner

**Day 3**

**TODAY’S RIDE:**
Tumalo Creek Return
Approximately 22 miles with 1,350 feet of climbing

**TODAY’S ACTIVITY:**
Whitewater Rafting on the Deschutes River or Choose your own Bend Adventure

**DESCRIPTION:**
Bend is renowned as an outdoor recreation mecca, and today is an opportunity to take advantage of one of the many available adventures, including rafting the Deschutes River (Class 2-3) (this option is included in the price of your trip); renting mountain bikes and riding the world-class Phil’s Trail system; hiking the Deschutes River Trail; floating or canoeing the river near town; playing golf at one of the many area courses; visiting one of the many breweries; getting a massage or spa treatment and more. The choices are almost endless and your guides will help ensure that you have the day you want. Those interested in a morning road ride will venture out and back on a beautiful and freshly paved road that climbs into the Tumalo Creek watershed before lunch on your own in town. Also be sure to make some time today to relax in the Oxford’s hot tub, sauna or steam room, located on the 7th floor of the hotel. Tonight is yours to explore downtown on your own and check out one of the many eclectic and delicious eateries.

**HOTEL:**
The Oxford Hotel

**INCLUDED MEALS:**
Breakfast

**Day 4**

**TODAY’S RIDE:**
Bend to Rainshadow Organics
Approximately 50 miles with 1,480 feet of climbing

**AVID OPTION:**
Bend to Sisters
Approximately 65 miles with 1,980 feet of climbing

**SHORT OPTION**
Bend to Smith Rock State Park
Approximately 35 miles with 1,020 feet of climbing

**DESCRIPTION:**
This morning you’ll ride deeper into the high desert before stopping for a snack break at the dramatic Smith Rock State Park. This park is well-known as a world-class climbing area and is generally regarded as the birthplace of sport climbing. Stop for a break and photo op of the Crooked River as it winds its way beneath the beautiful sheer cliffs. From here you may continue your ride to Rainshadow Organics, where you will be treated to a hot lunch prepared with farm-fresh ingredients. Take some time to tour the farm before shuttling or pedaling the final miles along quiet country roads into the pine forest of Sisters. Your hotel for the remainder of the trip is also home to one of the region’s best spas, Shibui at Five Pine Lodge (spa appointments should be scheduled in advance, and anyone wishing to visit the spa this afternoon will not have time to do the post-lunch ride). Whichever ride distance you choose, this stellar day is sure to be a highlight of your Central Oregon vacation. This evening you will dine with the group at the quaint and intimate Open Door in downtown Sisters.

**HOTEL:**
Five Pine Lodge and Shibui Spa

**INCLUDED MEALS:**
Breakfast | Lunch | Dinner
Day 5

TODAY’S RIDE:  Sisters to Belknap Hot Springs  
Approximately 39 miles with 2,450 feet of climbing

AVID OPTION:  Sisters to Belknap Hot Springs Return  
Approximately 78 miles with 6,400 feet of climbing

DESCRIPTION:
McKenzie Pass is a gateway between the dry and the wet sides of the Cascades, and is perhaps the most popular road to ride in the Northwest. This morning it just happens to be right outside your back door! The 16-mile climb is a moderate grade and tops out with stunning views of expansive lava flows and magnificent views of the Cascade peaks, including Mt. Hood. The historic Dee Wright Observatory is an impressive place to take in the scenery and celebrate your conquest of the pass, because from here the next 22 miles are almost all downhill. Cruising through increasingly dense forest, you’ll arrive at one of the country’s most scenic rivers, the McKenzie. After lunch as a group at the Belknap Hot Springs Resort you can take a soak in the hot-spring fed pool here then shuttle back to Sisters, or tackle the pass once again from the east side for a truly epic, challenging day of climbing. This evening you and your companions will gather for a final social hour to enjoy more local brews and wine, followed by a memorable farewell dinner of artisan, “upscale ranch” dining at Chops Bistro in Sisters.

HOTEL:  Five Pine Lodge and Shibui Spa
VISIT WEBSITE
INCLUDED MEALS:  Breakfast | Lunch | Social Hour | Dinner

Day 6

TODAY’S RIDE:  Indian Ford Return  
Approximately 22 miles with 500 feet of climbing

TODAY’S ACTIVITY:  Departure

DESCRIPTION:
This morning offers an opportunity for a final ride to round out your vacation in Central Oregon. Venturing through the ranchlands of the high desert, today’s 22 miles offer the chance to take one more deep breath of rejuvenating sage-soaked air before moving on to your next adventure. Alternatively, have a long sleep-in and take a walk through downtown Sisters to explore its unique shops, galleries and cafes before check-out.

INCLUDED MEALS:  Breakfast

WHAT’S INCLUDED

For us, the details matter most
Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice. It’s the little additions to every Trek Travel cycling vacation that make it truly special. And that’s how we help you create more memories.

What’s Included
• 5 nights of accommodation at handpicked hotels
• Two experienced guides to provide local knowledge, support, and camaraderie
• Daily route support with both guides and our support van
• Daily breakfast, 4 lunches and 4 dinners
• 3 social hours of drinks and hors d’oeuvres
• Ride a Trek Domane SL 7 disc, Trek’s newest Electric-Assist, or a Trek 7.6 FX Hybrid
• Up to three daily route options on riding days
• Snacks and drinks for each day’s ride
• Trek Travel Bontrager cycling jersey and socks to keep
• Trek Travel water bottles to keep
• Cinch sack day bag to keep
• Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
• Bontrager WaveCel helmets
• All gratuities for drivers, local experts and hospitality staff
• All luggage transfers and transportation during your trip
• A personalized photobook of your trip
• Entrance fees for all activities, private tours and events
Gear

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting or Trek 7.6 FX Hybrid bike
- Trek Electric Assist XM700+ also available in a limited quantity
- Trek Travel Bontrager cycling jersey and socks to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+$200)
- Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email prior to your trip.

For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.

Thank your guides, by tipping

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care and service.

What's Not Included

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

HOTELS

**Crater Lake Lodge**

**Crater Lake National Park, Oregon**

Perched on the rim of Crater Lake, you will find no better place to take in the majestic view while relaxing with a drink on the porch or resting up in your room than the unique and historic Crater Lake Lodge. The lodge was originally constructed in 1915 and retains much of the character from that era. The rooms are relatively small and do not have phones, televisions or air conditioning, although the incredible scenery just outside more than makes up for the rustic feeling of the accommodations. Please note: This is an explorer-level property.

**The Oxford Hotel**

**Bend, Oregon**

Bend's “eco-chic” boutique hotel is the pinnacle of luxury and sustainability. Fusing Northwest-inspired, modern design, world-class service and earth-friendly practices and products, the Oxford is a perfect match for the active and cosmopolitan vibe that is Bend, Oregon. Located in the heart of downtown, shopping, dining, galleries and a variety of activities are just a few steps or a cruiser ride away (provided with your stay). Amenities like the sauna and steam room, spa, full-service bar and restaurant make it the perfect home for your time in Bend.

**Five Pine Lodge and Shibui Spa**

**Sisters, Oregon**

Imagine elegant and spacious contemporary Craftsman-style cabins and lodge rooms combined with a full-service Japanese spa, all hidden in a pine forest at the base of three extinct volcanic peaks. You have just begun to picture the Five Pine Lodge. This is more than a lodge—it is a true mountain retreat from which you will not want to leave—complete with swimming pool, first-run movie theater, nightly wine and beer reception, brew pub and a trail network for hiking right out the back door.
How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Redmond Municipal Airport - Roberts Field (RDM) in Redmond, Oregon. This airport is served by Alaska Air, American Airlines, Delta Airlines, and United/United Express.

Once you have arrived in Redmond there are several options for getting to your pre-trip accommodations. If you choose to stay at The Oxford Hotel in Bend, where you will meet your guides on the first day of your trip, the hotel offers a shuttle service for $45 each way from the airport to the hotel. Please call the hotel to schedule this service. Alternatively, you may call a taxi from the airport upon arrival for your transportation to Bend, which is located about 30 minutes south of the Redmond Airport. If you need a place to leave your personal vehicle for the week, there is a public parking deck behind The Oxford Hotel and the daily rate is $5 per day.

Meeting Time And Location

Your Trek Travel guides will meet you at The Oxford Hotel (10 NW Minnesota Ave, Bend) at 8:00 AM on the first day of the trip. Please arrive dressed in casual clothes and pack a day bag with your cycling clothes and gear that you can keep easily accessible. A 2 hour private shuttle will take you to your first destination deep in the Cascades - Crater Lake National Park. After a gourmet signature Northwest picnic prepared by your guides, you will change into your cycling clothes and get a personal bike fitting to ensure a smooth and comfortable ride. Afterward your guides will present an overview of the day’s ride around Crater Lake's dramatic rim.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip start with their names and contact details. If you cannot reach them, please call our first hotel, Crater Lake Lodge (541 594 2255), and leave a message with your expected arrival time and contact details. There are no scheduled shuttle services offering direct access to Crater Lake, and while you may be able to hire a taxi or limo service, please be warned that the cost involved may be significant. We strongly recommend that you arrive the night before to ensure you do not miss our Trek Travel shuttle.

Departing Time And Location

You will say farewell to your guides at 11:00 AM at Five Pine Lodge. You will then shuttle 30 minutes to Redmond, arriving around 11:30 AM at the Redmond Airport. Please allow adequate connection time for flights or other travel to accommodate possible traffic delays. If you wish to return to downtown Bend to retrieve your personal vehicle or extend your stay in the area, your guides can drop you off at The Oxford Hotel following the airport drop. It is about 30 minutes from the Redmond Airport to downtown Bend.

Before & After: Bend, Oregon

The city of Bend is well-known as a mecca for lovers of all things outdoors. The vibrant downtown and Old Mill District are also great spots for eclectic dining experiences, people-watching, shopping, and local beer-tasting. With so many things to do you may just want to stay here! You can explore one of Central Oregon's rivers, fed by crystal-clear mountain snow, in a canoe or kayak. Into Golf? Central Oregon has been rated as one of the top 50 golf destinations in the world! Don't forget about the fishing, hiking and mountain biking opportunities too. We recommend the following accommodations for your pre and post-trip hotel:

**THE OXFORD HOTEL**

Bend's "eco-chic" boutique hotel is the pinnacle of luxury and sustainability. Fusing Northwest-inspired, modern design, world-class service and earth-friendly practices and products, the Oxford is a perfect match for the active and cosmopolitan vibe that is Bend, Oregon. Located in the heart of downtown, shopping, dining, galleries and a variety of activities are just a few steps or a cruiser ride away (provided with your stay). Amenities like the sauna, spa, full-service bar and restaurant make it the perfect home for your time in Bend. The Oxford is also the pickup location on the first day of your Trek Travel vacation.

www.theoxfordhotelbend.com | ~$475

**MCMENAMINS OLD ST. FRANCIS SCHOOL**

Unique and eclectic, The Old St. Francis School located in the center of downtown Bend, has undergone a transformation from 1936 Catholic schoolhouse to lively destination hotel complete with classrooms-turned-lodging rooms, a pub, brewery and bakery, a movie theater, private meeting and event space and a great soaking pool.

www.mcmenamins.com/421-old-st-francis-school-home | ~$225

**HILTON GARDEN INN**

The Hilton Garden Inn Bend hotel is set in the Old Mill District of Bend, near numerous restaurants, bars and shops, and just minutes from downtown Bend.
Guest rooms and suites at the Hilton Garden Inn Bend feature rustic style and modern amenities, for the perfect blend of old and new. A great place to rest your tired body after a full day in Bend.

www.hiltongardeninn3.hilton.com | ~$225

* Hotels listed above are local properties we love. We do not have special rates available.

FAQS

What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 36
- Terrain | Hilly
- Average Daily Elevation | 2,450 feet
- Total Miles | 216
- Total Elevation | 12,300 feet

Averages and totals are calculated from our “Today’s Ride” options.

The terrain is varied with rolling hills, some sustained climbing (up to 16 miles) at relatively high elevation (up to 7,700 feet above sea level) on moderate grades (up to 9 percent). Crater Lake & the Oregon Cascades is best suited for our Type 3 Riders. Our Trek Travel guides can also easily accommodate Type 2 Riders, who seek less mileage or fewer uphills, with a boost in the van. Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4 Riders will enjoy the extra mileage the avid route options offer.

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off, or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Hike in Crater Lake National Park
- Whitewater Raft on the Deschutes River
- Golf in and around Bend and Sisters
- Shop in Bend and Sisters
- Visit spas in Bend and Sisters
- Rock Climb at Smith Rock State Park

Trip Changes

See itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel strives to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.