



CENTRAL OREGON

ADVENTURE CALLS

GIRLFRIEND/GUYFRIEND GETAWAYS

FOR RELEASE AT WILL

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GIRLFRIENDS AND GUYFRIENDS REJOICE - WITH SO MUCH TO SEE AND DO, A CENTRAL OREGON GETAWAY OFFERS SOMETHING FOR EVERYONE IN THE GROUP

(BEND, Ore.) — Planning a girlfriend or boyfriend getaway starts with what is arguably the most difficult task of all — finding a destination that everyone in the group will enjoy. But it's probably not a surprise that a destination where one of the main outdoor attractions is coincidentally named "Mt. Bachelor" is an awfully good place to look.

With no shortage of outdoor recreation, fine dining, breweries, nightlife, and tax-free shopping to be had, there's sure to be something for every girl squad and group of buddies to enjoy ... regardless of their expectations. Indeed, from bachelor and bachelorette parties, to a college roommate retreat/reunion, to a guy's destination golf trip, Central Oregon is a fit for any group getaway.

Where to stay

Located between Bend and Redmond, [Pronghorn Resort](#) offers luxurious rooms and plenty of entertainment. The recent opening of Huntington Lodge added 104 new rooms to the resort, each featuring picturesque views of the high desert landscape, private terrace space, in-room fireplaces, and full kitchens. Guests can also enjoy Pronghorn's exceptional championship golf courses, spa, pool, and restaurants.

Transformed from a 1936 Catholic school to the now popular hotel, [McMenamins Old St. Francis School](#) is set in the heart of downtown Bend, with shops, restaurants, and the Deschutes River all within easy walking distance. This historic spot brews its own beer, includes a unique movie theater, is home to endless live music bookings, a mosaic tiled Turkish bath, and even a secret speakeasy that is open to the public ... if you can find it.

[Sunriver Resort](#) is no ordinary destination hotel. Occupying more than 3,000 acres, Sunriver Resort has a bit of everything, including pools, a waterpark, spa, 63 holes of golf, dozens of miles of paved bike paths, horseback riding, rafting trips, and kayak and paddleboard rentals. Book a lodge room or rent a condo or private home at this pioneering Central Oregon resort that keeps a packed event list all year long.

The boutique-style [Oxford Hotel](#) is nestled in downtown Bend, offering sophisticated ambiance and rooms with city and mountain views. The Oxford Hotel allows for a luxurious stay in the heart of the action, and is sure to please guests with [10Below](#), the property's urban bar and restaurant.

[FivePine Lodge and Spa](#) is perfect for Central Oregon vacationers looking to stay in the charming, Western-themed town of Sisters. The lodge rooms and cabins are surrounded by forest, and provide an authentic Sisters experience, complete with its wooden, rustic architecture and sprawling, forested grounds.

On the outskirts of Bend lies [Tetherow Resort](#), fit for golf enthusiasts and poolside cabana lovers alike. This resort is set in breathtaking high desert landscape with views that stretch all the way to the Cascade Mountains. Tetherow's backyard is its award-winning golf course, which was designed by famed golf course architect and Bend resident David McLay-Kidd.

For a more secluded retreat-style group getaway, [Black Butte Ranch](#) is the ideal solution. Nestled just eight miles northwest from Sisters, Black Butte Ranch's amenities are endless with 36 holes of golf, miles of paved trails, restaurants, spa, horseback riding, multiple pools and more. But it's just off the beaten path enough to offer a relaxing refuge.

Where to eat and drink

A trip to Central Oregon would not be complete without a brewery visit. Central Oregon has more than 30 breweries, some of its most popular include [Deschutes Brewery](#), [Boneyard Beer](#), [10 Barrel](#), [Immersion](#), and [Crux](#) in Bend, [Sunriver Brewing](#) in Sunriver and Bend, [Three Creeks](#) in Sisters, and [Wild Ride](#) in Redmond, all of which will serve up a beer and burger combo that will not disappoint.

For an upscale dining experience, [Zydeco Kitchen and Cocktails](#) features delicious American cuisine with a Cajun twist, boasting several "Best of Central Oregon" awards. Other popular Bend restaurants to visit include [Bos Taurus Steakhouse](#), [Ariana](#), and [The Blacksmith](#). The [Brick House](#) is a favorite of both Bend and Redmond, and Sunriver's [South Bend Bistro](#) offers French and American cuisine. In Sisters, head to [Chops Bistro](#) for contemporary American food or sip wine on [Open Door's](#) decorated patio.

What to see

One of the region's most interesting features is the Deschutes River, the lifeblood of Central Oregon that runs through the middle of Bend, including the [Old Mill District](#). Old Mill shoppers

can find a mix of national brands like Athleta, GAP, Pac Sun, REI, Banana Republic, Lululemon and many others, along with one-of-a-kind Central Oregon boutiques. Reserve a spot at [Greg's Grill](#) or [Anthony's Fish House](#) for outdoor dining right on the water.

[Smith Rock State Park](#), just north of Redmond, is a mecca for climbing and hiking adventures in one of Oregon's most visited spots. Hike up the Misery Ridge Trail to sit atop massive red rock cliffs surrounded by the Crooked River below.

In the summer, ice and snow melts to reveal the scattering of crystal blue lakes along the impressive [Cascade Lakes Highway](#). Elk Lake, along the highway just 25 miles southwest of Bend, is home to the Elk Lake Resort, which has cabins, camping, and lodge dining for visitors to immerse themselves in the great outdoors.

What to do

With nearly 30 golf courses, Central Oregon offers plenty of opportunity to spend time on the greens. [Crosswater](#) in Sunriver, along with [Tetherow](#) and [Pronghorn](#) in Bend, are perennial courses on Golf Digest's list of [America's 100 Greatest Public Courses](#) and are the region's most heralded. But whether playing the state's most lauded municipal course, [Juniper Golf Course](#) in Redmond, the gorgeous championship courses at [Black Butte Ranch](#), [Aspen Lakes](#) in Sisters, [Meadow Lakes](#) in Prineville, [Crooked River Ranch](#), [Widgi Creek](#) in Bend, or [Brasada Ranch](#) in Powell Butte, an exhilarating golf course in an unfathomably beautiful setting awaits.

Speaking of exhilarating and scenic expeditions, book a whitewater rafting trip with [Sun Country Tours](#), [Imperial River Company](#), [Ouzel Outfitters](#), or [River Drifters](#), all of which provide full- and half-day river trips, with whitewater adventures on the Deschutes and McKenzie Rivers.

Central Oregon is loaded with outdoor recreation, of course, and continues to beckon bikers, climbers, skiers, and hikers from around the globe. [Mt. Bachelor](#), the sixth-largest ski resort in North America with more than 4,000 skiable acres, also boasts a network of lift-served downhill mountain bike trails for when the snow melts. The mountain biking continues out at [Phil's Trail](#), a vast complex with hundreds of miles of single track. Central Oregon also has an endless count of peaks, mountains, and buttes to ascend with views you've only seen on magazine covers. Popular hikes include Black Butte, Broken Top, and Tumalo Mountain.

After a hardcore hike or strenuous mountain bike ride, relax at [Spa W](#), [Jinsei Spa](#), or [Anjou Spa](#) in Bend for a massage or special treatment. [Sunriver Resort](#), Five Pine Lodge, and [Pronghorn Resort](#) house their own spas on property for guests and drop in visitors to take advantage of.

To tour while you drink, a party of eight to 14 can pedal around Bend on the iconic [Cycle Pub](#). This BYOB pub on wheels takes each group of riders on a two-hour trip around Bend with stops at breweries to refill growlers. This boozy bike includes a sound system and a Cycle Pub employee to double as the pilot and tour guide.

Nightlife

Central Oregon's most notable hotspot is downtown Bend, home to a seemingly endless array of clubs, lounges, and sports bars. [Dogwood Cocktail Cabin](#), [Velvet Lounge](#), [The Capitol](#), [Astro Lounge](#), and [Stihl Whisky Bar](#) are among the most notable. The increasingly popular [Box Factory](#) lures revelers with its eclectic mix of restaurants, cideries, breweries, and wine tasting rooms. Sisters offers an altogether different feel, with favorites such as [Cascade Street Distillery](#) or the famed [Sisters Saloon](#). And downtown Redmond is home to a burgeoning scene, too, with hubs such as the [Red Martini](#) spicing up the evenings.

To find live music and big concerts, [Volcanic Theater](#) shows movies and hosts bands for shows in their eclectic warehouse. [Tower Theatre](#) is the cultural epicenter of downtown Bend. [The Les Schwab Amphitheater](#) summer concert list is always full of headline artists for outdoor concerts right on the river from May to October, while the [Midtown Ballroom & Domino Room](#) showcases a mix of up-and-coming musicians and well-established headline acts.

ABOUT CENTRAL OREGON:

Located on the eastern slopes of the Cascade Range, where vast forests give way to the arid high desert, Central Oregon is characterized by year-round adventure, authenticity, inspiration, and environment. From the towering peaks of the Cascades to the pristine waters of the Wild & Scenic Deschutes River, and from the more urban experiences of Bend and Redmond, to the rural charms of Sisters, La Pine, Prineville, Madras, Warm Springs, and Maupin, Central Oregon offers a perfect mix of recreation and sophistication. Barely three hours from Portland, and with daily direct flights from eight major markets, getting to Central Oregon is a breeze. For more information visit www.visitcentraloregon.com or call 800-800-8334.

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