



# 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, Sunriver, and Redmond, to the rural charms of Sisters, La Pine, Prineville, Madras, Warm Springs, and Maupin, Central Oregon is a four-season destination that offers a perfect mix of recreation and sophistication.

#### **VCO PR Contacts**

Katie Johnson, Visit Central Oregon  
[katie@visitcentraloregon.com](mailto:katie@visitcentraloregon.com)

Madden Media PR  
[vcopr@maddenmedia.com](mailto:vcopr@maddenmedia.com)

[VisitCentralOregon.com](http://VisitCentralOregon.com)

## Getting Here:

**By plane:** Redmond Municipal Airport (RDM) offers daily flights with nonstop service from many major Western hubs, including BUR, DEN, LAX, PDX, PHX, SAN, SEA, SFO, and SLC

**By car:** Central Oregon is approximately a two-hour drive from Eugene, three hours from Portland, five hours from Boise, six hours from Seattle, and about eight hours from San Francisco.



## Central Oregon Fast Facts

Central Oregon is made up of a variety of cities and communities that span nearly four counties: Deschutes County, Crook County, Jefferson County and South Wasco County. Each county is home to unique communities that make up the region.

## Outdoor Adventure:

*Adventure awaits around every corner in Central Oregon, with outdoor recreation possibilities spanning all four seasons.*

- A world-renowned golf scene featuring 30 golf courses
- 300+ miles of singletrack mountain biking trails
- Hundreds of miles of hiking trails, spanning urban trails and extensive wilderness trails
- Smith Rock State Park is an international rock climbing destination, generally considered the birthplace of modern American sport climbing.
- Mt. Bachelor is the region's largest ski resort and one of the largest in North America.
- Home to numerous lakes and rivers, including over 100 lakes and 450 miles of rivers and streams



## Dark Skies:

*Central Oregon is one of the West's leading areas working to protect and preserve dark skies, while educating visitors about their critical importance.*

- The region is home to a total of four International Dark Sky Places.
- Prineville Reservoir State Park is Oregon's first Dark Sky designated state park and earned a designation as an International Dark Sky Park.
- Sunriver is Oregon's first International Dark Sky Place and earned a designation of Dark Sky Friendly Development of Distinction.
- The city of Sisters and the city of Antelope are certified Dark Sky Communities.
- The region is home to five publicly accessible observatories, including the Pine Mountain Observatory, Sunriver Nature Center & Observatory, and Worthy Hopservatory, located inside a brewery.
- Antelope Basecamp is Oregon's first DarkSky Approved Lodging.
- Dark Sky Guide: linked [HERE](#)



## Arts & Culture:

*Central Oregon lays claim to a thriving cultural scene, typified by the fascinating museums, thoughtful art galleries, music festivals and cozy venues found around the region.*

- The Museum at Warm Springs, Oregon's first tribal museum, offers a glimpse into time with one of the most exquisite collections of Plateau Native American artifacts in the country.
- The award-winning High Desert Museum, housed in a ponderosa pine forest just south of Bend, shares the natural and cultural history of Central Oregon.
- Central Oregon's music culture is buzzing with chart-topping headliners at Hayden Homes Amphitheater and local bands on the rise at intimate venues scattered throughout the region

## Culinary Scene:

*Central Oregon's cuisine is always vibrant and fresh with the region's agricultural abundance, paired with the region's creative brews, signature spirits and homegrown wineries.*

- The [High Desert Food Trail](#) offers a self-guided adventure through Central Oregon that immerses visitors and locals in the region's culinary scene and agritourism.
- With more than 30 breweries in the region, including 22 in Bend, Central Oregon has one of the world's highest rates of breweries per capita. Beyond beer, Central Oregon is also home to craft distillers and top-rated, homegrown wineries.



## Stay:

*With more than 4,000 rooms throughout the region, Central Oregon boasts all manner of resorts, hotels, inns, and overnight accommodations to rest up after a full day of adventure.*

- You'll find a destination resort for every traveler with stunning vistas, including [Sunriver Resort](#), [Black Butte Ranch](#), [Brasada Ranch](#), [Tetherow Resort](#), and [Juniper Preserve](#), that offer curated experiences, onsite restaurants, and endless amenities.
- In addition to resorts, the region is also home to boutique hotels, modernized motels, family-friendly vacation rentals, cozy cabins, rustic campgrounds, and more.