



THE REGION'S HUB FOR OUTDOOR ADVENTURES

Each week in this section, you will find the area's most complete guide of what's open and closed; outdoor activities and events; top picks of places to explore; conditions of hiking and biking trails, fishing holes, water flows, camping spots, parks and more — as well as features from outdoor writers and field experts.

Bedtime reading for outdoors families



Author Lucas Alberg and illustrator Megan Marie Myers, both of Bend, hold "Goodnight Great Outdoors," a book they created together.

Ryan Brennecke/The Bulletin

Bend author and artist highlight camping and nature in new children's book

BY MARK MORICAL
The Bulletin

For many outdoors enthusiasts in Central Oregon, camping with family is one of the most fulfilling ways to spend time outside.

For parents, those first few camping trips with their young children often produce sacred memories that last a lifetime.

Bend author Lucas Alberg's experiences camping throughout the High Desert with his young family helped provide some inspiration for his new children's book,

"Goodnight Great Outdoors," which was released nationally on Tuesday by Adventure Publications. Megan Marie Myers, also of Bend, produced the illustrations in the book.

"It's such a bonding experience for any family, right?" Alberg said of camping with his kids. "I think that's one thing that inspired me to write it, too, because I've had that bonding experience with my family, and with my kids. It was something my wife and I did before kids, and now to be able

to do that with kids, it's such a nice bonding experience."

The rest of the inspiration he required came from the renowned children's book "Goodnight Moon," written in 1947 by Margaret Wise Brown. Alberg, 42, whose first book was "Trail Running Bend and Central Oregon," released regionally in 2016, wanted to put an outdoors spin on "Goodnight Moon," the classic nighttime read that has helped send generations of children to peaceful slumbers.

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Navigate the spring freeze-thaw cycle like a Bend pro

BY EMMY ANDREWS
For The Bulletin

We've all been there. It's a sunny spring day with the temperature pushing 60. You're itching to ride your mountain bike after a long, cold winter. You head out, picturing sailing along the fast, flowy trails Bend is famous for.

An hour later you're slowly slogging your way down a muddy trail, knowing you'll have to spend an hour cleaning your bike, shoes, clothes and yourself when you get home. You know you should turn around — but wait, is that a dry patch up ahead?

You think: I should've gone skiing, or climbing, or — anything but this!

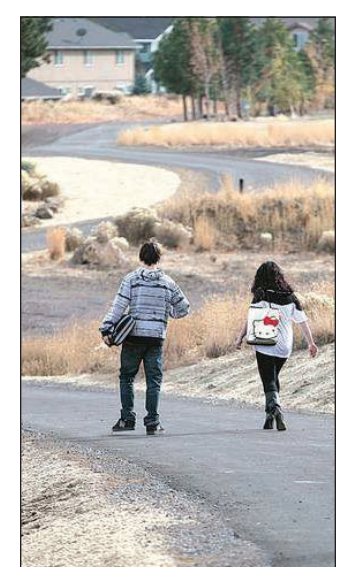
The spring freeze/thaw cycle wreaks havoc on our local trails. Melting snow and warmer daytime temperatures form a smorgasbord of slushy puddles and inches-thick mud. Colder nighttime temperatures cause ruts formed by riders' tires to set up like concrete.

The verdict: not fun.

Riding (bikes or horses), walking or running on muddy trails also does long-term damage. As people try to navigate around the water and mud, the trail widens from fun singletrack to nearly road width. The smooth trail tread that's so fun to ride becomes rutted and bumpy. Soil is displaced, causing erosion that dislodges rocks and other features that make mountain biking exciting and challenging. Check out Deschutes Land Trust's recent blog post on muddy trails for more information on how to preserve our trails.

How can you avoid muddy trails? Here are some tips and ideas.

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Bulletin file photo
People walk on a paved trail at Pilot Butte State Park.

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