



Rockridge Park

Submitted photo

Biking

Continued from B1

What really sets this park apart is the natural-surfaced bike skills course. Spanning over a mile, the beginner and intermediate bike skills courses feature dirt trails with obstacles. More practiced cyclists know the obstacle features as log skinnies, corduroy, boardwalk and armored trail features. Both courses allow riders to choose which obstacles or terrain to ride or bypass as they develop their skills.

Next, **Stone Creek Pump Track and Bike Skills Course** is a small, neighborhood park with no road crossings. It's a little park, but it doesn't know that. It has a lot of character with unpaved paths that go through old-growth juniper and rock outcroppings.

Smaller than Rockridge, **Stone Creek** still packs a lot of

fun features on its little natural-surfaced bike skills course. Plus, there's a hardened dirt pump track for beginners looking to hone their skills.

While my daughter isn't quite ready to take on all the features that these parks have to offer, there's a nice mix of amenities that are challenging enough for both of us and keep things interesting.

Truthfully, I forgot how exciting a new stretch of gravel can be, and this has become a great father-daughter activity.

Personally, I'm rediscovering a lot about biking and making time for play. The best thing about learning to play again is that it has been, as they say, "like riding a bike."

Visit the park district website for a list of bike-friendly parks and trails.

■ Bryan Longoria is the marketing coordinator at Bend Park & Recreation District.

TOP PICKS WHERE TO EXPLORE

South of Bend

Dillon Falls — The 15-foot tall waterfall that turns into a major Class 5 rapid may not seem as impressive as its southern neighbor, Benham Falls, but it is definitely worth the short hike out to see it. Formed with the Deschutes River's path was altered when a lava field from Lava Butte pushed the channel further west, the lava rock gorge the river has created is really the highlight of the view. Located about 2.5 miles down Dillon Falls Road, southwest of Bend.

Edison Butte Sno-park — Great for a variety of activities no matter the season, Edison Sno-park is home to snowmobile, Nordic skiing and snowshoe trails during the winter, and come summer is a hub for Off Highway Vehicle and mountain bike trails. Located between Sunriver and Mt. Bachelor, the park is on the smaller side of nearby snowy destinations, but it makes up for it in the miles of trails that wind through Deschutes National Forest lands.

Fall River Trail — The spring-fed river between La Pine and Sunriver can be pretty snowy this time of year, so always go prepared. But no matter the weather the cold, clear water reflects the evergreen pines that surround the 5.9 mile out and back trail here. It is an easy path to follow and good for all skill levels with a slight elevation gain and tranquil surroundings.



Bulletin file photo

Winter beauty was in full view during a late-February visit to Dillon Falls.

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