

EVENTS

Daily tours

- **Lava Cave Tours:** A guided tour of a local lava tube exploring the geologic and human history as well as the ecology of the cave; 9 a.m., 1:30 p.m. and 7 p.m.; \$65 to \$90; Wanderlust Tours, 61535 S. Highway 97, Bend; wanderlusttours.com or 541-389-8359.
- **Brews & Views Kayak Tour:** A naturalist-guided tour paddling on a lake in the Cascades with a local microbrew or root beer to enjoy afterward; 1:30-5:30 p.m.; \$65 to \$95; Wanderlust Tours, 61535 S. Highway 97, Bend; wanderlusttours.com or 541-389-8359.
- **Central Oregon Volcano Tour:** Explore the Newberry Caldera with a naturalist guide around Paulina Lake; 8:30 a.m.-12:30 p.m. or 2-6 p.m.; \$70 to \$95; Wanderlust Tours, 61535 S. Highway 97, Bend; wanderlusttours.com or 541-389-8359.
- **Cascade Lakes Canoe or Kayak Tour:** Paddle around one of the mountain lakes with a naturalist guide; 9 a.m.-1 p.m. or 2-6 p.m.; \$70 to \$95; Wanderlust Tours, 61535 S. Highway 97, Bend; wanderlusttours.com or 541-389-8359.
- **Starlight & Moonlight Canoe Tours:** Watch twilight descend over the Cascades and enjoy a clear starry night while paddling on one of the mountain lakes; 8 p.m.-midnight; \$100; Wanderlust Tours, 61535 S. Highway 97, Bend; wanderlusttours.com or 541-389-8359.

Friday 7/2

- **Bend Trail Sessions:** The weekly clinic will work on specific skills needed for different biking trails including jumps and corners, technical climbs and descents and more; 4-6 p.m.; \$89; new trail each week, around Bend; gritclinics.com or 541-728-7878.

Saturday 7/3

- **CORK Saturday Long Run:** A weekly group run for all paces. Social distancing observed at all times, limited to 25 runners; 8-11 a.m.; Thump Roastery, 549 NW York Drive, Bend; facebook.com/corkrunners
- **Beginner/Intermediate Skills Bike Clinic:** The clinic will work on bike set up and body position then skills in the afternoon including braking, shifting, cornering, switchbacks, wheel lifts and more; 11 a.m.-1 p.m.; \$75; Seventh Mountain Resort, 18575 SW Century Drive, Bend; gritclinics.com or 541-728-7878.
- **Cornering and Switchbacks Clinic:** The clinic will work on dialing in body position on the bike and understanding how to handle different types of corners; 1:30-3:30 p.m.; \$75; Seventh Mountain Resort, 18575 SW Century Drive, Bend; gritclinics.com or 541-728-7878.

Tuesday 7/6

- **Zoom Author Event — Kim Cooper Findling:** The local author will discuss her new guide book "Oregon Off the Beaten Path" which shows you the Beaver State in a new perspective; 6-7 p.m.; online; roundaboutbookshop.com or 541-306-6564.

Wednesday 7/7

- **Tour De Beaver:** Jen Zalewski will lead a tour through the preserve exploring the beaver-inspired and natural beaver dams erected along the Whychus Creek; 10 a.m.-noon; Free; Camp Polk Meadow Preserve, Cemetery Road, Sisters; deschuteslandtrust.org or 541-330-0017.
- **Women's Foundational Skills Bike Clinic:** Women new to mountain biking can learn fundamental skills to feel more confident setting up the bike, shifting, braking and navigating small trail obstacles; 5:30-7:30 p.m.; \$75; Seventh Mountain Resort, 18575 SW Century Drive, Bend; gritclinics.com or 541-728-7878.
- **CLBC Bend Brewpub Run:** A 3-5 mile group run will start and end at the brewpub, each runner will receive a half-off voucher for a pint; 5:45-8 p.m.; Cascade Lakes Brewpub, 1441 SW Chandler Ave., Bend; facebook.com/corkrunners or 541-388-4998.

TOP PICK OF THE WEEK

Paulina Lake

BY MAKENZIE WHITTLE

The Bulletin

You don't have to drive far to experience a caldera-filled lake, and unlike its famous sibling to the south, Paulina Lake has an easier-to-access shoreline, and you can bring your own boat.

On scorching Central Oregon days, Paulina Lake offers nearly frigid waters to swim, kayak or fish in and, since the lake sits in an active volcano, there are even some hot springs to soothe away the day. Take the Paulina Lake Loop Trail north a couple miles from Little Crater Day Use area to reach them, or do what I do and kayak across the lake to the northeast corner and relax in the more-warm-than-hot springs.

If fishing is more your style, motorized boats are allowed on the lake but must stay under 10 mph. With a maximum depth of 250 feet, the lake is great for brown



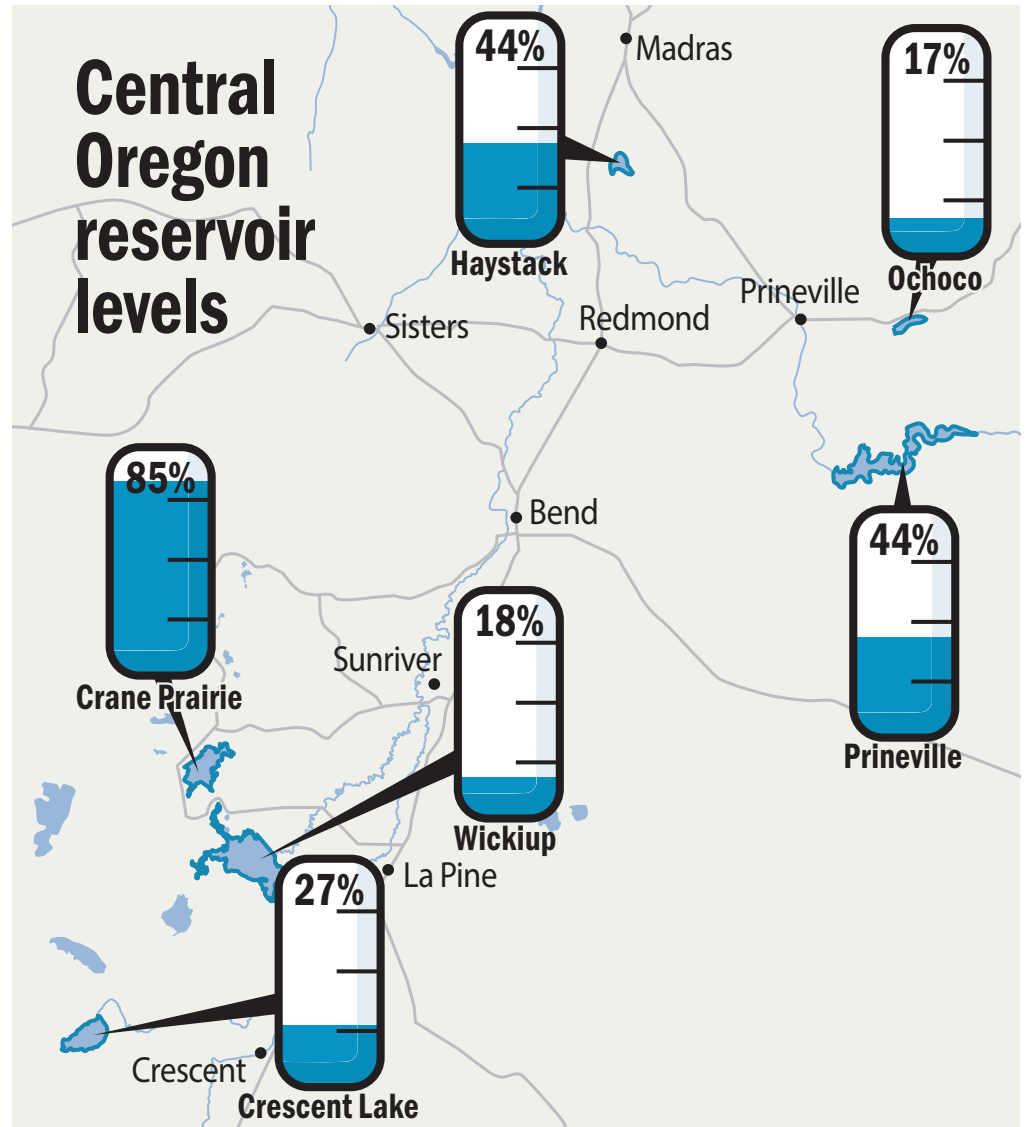
Makenzie Whittle/The Bulletin

and rainbow trout as well as kokanee and is regularly stocked.

Getting there: From Bend, drive south on U.S. Highway 97 for 23 miles then turn left on Paulina-East Lake Road/Road 21 for 14 miles to arrive at the lake. Travel an additional 2 miles to reach Little Crater Campground/Day Use Area.

Paulina Lake is within the Newberry Volcanic National Monument and is subject to a \$5 day-use permit. Visitors can also use a Northwest Forest Pass or Interagency Annual Pass.

Reporter: 541-383-0304, mwhittle@bendbulletin.com



Source: Bureau of Reclamation

Clarinda Simpson/Bulletin graphic



Float

Continued from B1

In past years, it was easy to show up and get a tube rental and ticket to the Ride the River shuttle. That's not necessarily true this year. Thinking ahead and reserving space is strongly advised. And consider a brunch-time float or early evening reservation if your schedule allows. The experience will be enjoyable, and you can avoid the hottest hours (and largest crowds) of the day.

Park & Float is back. Park & Float, at Simpson Avenue and Bradbury Way across from The Pavilion, has free parking, tube rentals and access to the Ride the River shuttle.

Free life jackets and rentals are available from Tumalo Creek Kayak and Canoe at two locations: Park & Float and Riverbend Park.

- Park & Float: open 10 a.m. to 7 p.m. daily (weather permitting) from June 18 to Sept. 6.

- Riverbend Park (kayaks, stand-up paddleboards and life jackets only): open 10 a.m. to 6 p.m. daily (weather permitting) now till Sept. 6.

Take the shuttle. The Ride the River shuttle starts and ends at Park & Float, beginning June 26 (weather permitting). Paying \$5 per round trip makes transportation easy for river users with shuttles departing every 15 to 20 minutes from 11 a.m. to 7 p.m.

TOP: The Deschutes River can get crowded with floaters looking to cool down. To avoid peak-use hours, consider a brunchtime or early evening float.

BOTTOM: The Ride the River shuttle begins and ends at Park & Float, located across from The Pavilion.

Submitted photos

dampen the most enjoyable river day.

Keep it safe for you and others. A river day can be a ton of fun, and the wild, natural environment should be respected. Wear a lifejacket or personal flotation device, consider your own and your child's abilities before entering the river and always supervise children in and around water. There are no lifeguards at the river, so please take responsibility for your safety. And please take a pass on bridge jumping. It's very dangerous — and illegal in Bend.

Help keep the river clean and protect native plants and wildlife. Put in and take out

of the river at designated boat landings and portage paths, and secure your gear to avoid losing personal items or garbage in the river. Each summer, more than 1,500 pounds of trash are collected at the Upper Deschutes Watershed Council's clean-up event. Finally, at Bend Whitewater Park, protect native and protected species by staying out of the Habitat Channel, which is the river right and easternmost channel.

For more information and maps of floating routes, visit bendwhitewaterpark.com.

Julie Brown is the communication and community relations manager for Bend Park & Recreation District.

Advanced tickets available at Tumalo Creek Kayak & Canoe online now. On your reservation date, check in at Park & Float for a wristband valid the entire day. Shuttle services implement the following COVID-19 safety protocols:

- Face coverings are required for both passengers and drivers.
- Maximum occupancy limits will be enforced on shuttles. If shuttles are at capacity, passengers will need to wait until the next one arrives.

Be alert to road construction and new neighborhood parking rules. Watch for road construction and detours near Park & Float, Bend Whitewater Park and McKay Park and comply with new neighborhood parking permit requirements near Drake Park. Please respect neighborhoods, businesses and parking time limits. A parking citation can

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SLEEP INN

CAST IRON SUNDAYS JULY 4-25 11AM-7PM

EARN 75 POINTS TO WIN A PRIZE!

- JULY 4 BROOKSTONE 10" ROUND GRILL PAN
- JULY 11 SHARPER IMAGE 10" SKILLET
- JULY 18 SHARPER IMAGE 11" SQUARE GRILL PAN
- JULY 25 BLACK AND DECKER 10.5" SQUARE GRILL

(May only redeem once per day. While supplies last.)

THIRSTY THURSDAYS

July 1-29 • 10am-8pm

EARN UP TO TWO 12-PACKS!

Earn a prize for every 75 points.

(While supplies last.)

PUNCHBOARD FRIDAYS

JULY 9-30 • 6PM-10PM

WIN UP TO \$1,000 CASH + FREE PLAY!

Starting Thursday, July 1 at 8am, earn one drawing entry for every 10 points. Drawings every half-hour.

PUNCH OUT SQUARES UNTIL YOU RECEIVE A PRIZE!

(May only win once per drawing day.)

See Bonus Club for Complete Details

WHEN ENTERING - All Guests and Team Members will have:

- Their temperatures checked
- Must wear a mask
- Maintain a minimum of 6ft. distance from others

No smoking or vaping will be allowed in the Casino, Restaurant or the Sleep Inn Hotel.

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