



Check out new areas south of Bend

The heat is back this weekend, so go south for some forest and lakeside destinations to keep cool.

Fire danger is extreme across Central Oregon, so be vigilant to avoid sparking a fire in our beautiful outdoor spaces.

For a full list of conditions updated regularly, please visit centraloregonexplore.com.

HIKING AND DAY USE SITES

Deschutes National Forest

- **Beach Day Use:** Open
- **Benham East Trailhead:** Open
- **Benham West Trailhead:** Open
- **Bessie Butte Trail:** Open
- **Big Eddy Day Use:** Open
- **Big River Boating Site:** Open; nearby campground is closed due to hazard trees
- **Big Obsidian Flow Trailhead:** Open
- **Boyd Cave Day Use Area:** Open
- **Cabot Lake Trailhead:** Open; clear as far as Cabot, moderate blowdown beyond
- **Charlton Lake Trailhead:** Open; light deadfall
- **Cinder Hill Day Use:** Open
- **Crane Prairie Picnic Area:** Open; lake currently has an algae bloom
- **Crater Rim Trailhead:** Open; light deadfall
- **Cultus Lake Day Use Area:** Open
- **Cultus Lake and Winopee trails:** Open; trail around Cultus is clear, Winopee trail is logged out to 1/4 mile past Teddy Lake Junction, trail is difficult or impossible for stock, scheduled to be logged out in late September.
- **Deer Lake Trailhead:** Open
- **Elk Lake Day Use:** Open
- **Elk Lake Trailhead:** Open; light deadfall
- **Fall River Headwaters:** Open
- **Irish and Taylor Lakes Trailhead:** Open
- **Lava Butte Interpretation Viewpoint:** Open
- **Lava Cast Forest Trailhead:** Open
- **Lava Lake Day Use:** Open; lake currently has an algae bloom
- **Lava Lands:** Open; visitor center open but exhibit hall and theater room are closed for 2021
- **Lava River Cave — Show Cave:** Open; limited capacity, gate may periodically close to help with attendance limitations; cave open only to the halfway point at the Sand Garden
- **Lemish Lake Trailhead:** Open; light deadfall
- **Little Crater Day Use:** Open; possible algae bloom, if the water looks foamy, scummy, thick like paint, pea-green, blue-green or brownish red, stay out.
- **Little Fawn Day Use:** Open
- **Lucky Lake Trailhead:** Open; light deadfall on section from Lucky Lake to the junction with Six Lakes
- **Many Lakes Trailhead:** Open; moderate deadfall, not recommended for stock
- **Meek Lake Trail:** Open; five good-sized trees across the trail before the junction with Summit Lake trail
- **Metolius-Windigo:** Open; virtually snow-free, one large tree down 3/4 of a mile north of Cascade Lakes Highway
- **Mile Camp Day Use:** Open
- **Mirror Lakes:** Open; light deadfall
- **North Twin Boating Area:** Open
- **Osprey Point Day Use:** Open
- **Paulina Falls Picnic and Trailhead:** Open
- **Paulina Lake Day Use:** Open

- **Paulina Lake Loop Trail:** Open; clear
- **Paulina Peak Trail:** Open; clear
- **Peter Skene Ogden Trailhead:** Open; clear
- **Quinn River Boating site:** Open; nearby campground is closed due to hazard trees
- **Rosary Lakes Trailhead:** Open;
- **Simax North and South Beach area:** Open
- **Six Lakes Trailhead:** Open; deadfall
- **South Twin Day Use — Launch:** Open
- **Summit Lake:** Open
- **Sun Lava Trailhead:** Open; heavy use on weekends
- **Sunset View Day Use:** Open
- **Ten Mile Trailhead:** Open
- **Tenino Boating Site:** Open
- **Tandy Bay Picnic Area:** Open
- **Tranquil Cove Day Use:** Open
- **Wake Butte Trailhead:** Open
- **Wanoga Trailhead:** Open
- **Wickiup Plains Trailhead:** Open
- **Winopee Trailhead:** Open; logged out to 1/4 mile past Teddy Lake junction
- **Wyeth Boating Site:** Open

Deschutes National Forest — Diamond Peak Wilderness

- **Crater Butte Trailhead:** Open
- **Fawn Lake Trail:** Open
- **Snell Lake Trail:** Open
- **Whitefish Creek Trail:** Open
- **Yoran Lake Trail:** Open
- **Stag Lake Trail:** Open

Willamette National Forest — Diamond Peak Wilderness

- **Bear Mountain Trail:** Open
- **Blue Lake Trail:** Open
- **Corrigan Lake Trail:** Open
- **Diamond Peak North:** Open
- **Diamond Peak South:** Open
- **Diamond Peak Tie:** Open
- **Happy Lake:** Open
- **Hemlock Butte Trail:** Open
- **Marie Lake Trail:** Open
- **Mt. Yoran Trail:** Open
- **Pioneer Gulch Trail:** Open
- **Rockpile Trail:** Open

Willamette National Forest — Waldo Lake Wilderness Area

- **Abernethy-Deer Creek Trailhead:** Open
- **Betty Lake Trailhead:** Open
- **Betty Lake Trailhead:** Open
- **Betty Lake Trailhead:** Open
- **Black Creek Trail:** Open
- **Bobby Lake Trailhead:** Open
- **Bunchgrass Trailhead — Lower:** Open
- **Bunchgrass Trailhead — Upper:** Open
- **Cupit Mary Meadow Trail:** Open
- **Devil's Garden Trailhead:** Open
- **Erma Bell Trailhead:** Open
- **Fuji Mountain Trailhead at Gold Lake:** Open
- **Gander Lake Trailhead:** Open
- **Gold Lake Day Use Area:** Open
- **Harralson Trail:** Open
- **Helen Lake Trailhead:** Open
- **High Divide Trailhead:** Open
- **Jim Weaver Loop Trailhead (Waldo Lake Trail):** Open
- **Koch Mountain Trailhead:** Open
- **Marilyn Lakes Trailhead:** Open
- **Mt. Ray Trailhead:** Open
- **North Waldo Day Use Area:** Open

- **Rigdon Lakes Trail:** Open
- **Salmon Lakes — Waldo Mountain Trailhead:** Open
- **Spirit Lake-Waldo Meadows Trailhead:** Open
- **Swan Lake Trailhead:** Open
- **Twin Peak Trailhead:** Open
- **Verdun Trailhead:** Open
- **Wahana Trail:** Open
- **Whig and Torrey Way Trailhead:** Open
- **Winchester Ridge Trailhead:** Open

Bureau of Land Management

- **Black Hills ACEC:** Open; climbing and geocaching are prohibited
- **Christmas Valley Sand Dunes:** Open
- **Crack-in-the-Ground:** Open
- **Derrick Cave:** Open
- **Fossil Lake ACEC:** Open; motor vehicles and fossil collecting prohibited

Fire restrictions

Fire danger is currently listed as Extreme in the Deschutes and Ochoco National Forests. Fire danger is listed as High in the Willamette National Forest.

Industrial Fire Precaution Level is currently at Level 4, General Shutdown meaning all operations are prohibited for the Deschutes and Ochoco national forests and the Prineville District — Bureau of Land Management.

Campfires are banned with the Deschutes and Ochoco national forests, areas managed by the BLM and Oregon State Parks and state-managed forests east of Interstate 5.

- **Green Mountain:** Open
- **Lost Forest:** Open, vehicles restricted to designated roads only

OREGON STATE PARKS

- **All campfires are prohibited within any state park or state-managed forest until conditions improve**
- **Fort Rock State Natural Area:** Open; day-use hours 8 a.m.-8 p.m.; rock scrambling closed in southeast area to protect nesting falcons; cave tours canceled for 2021
- **La Pine State Park:** Open, expect reduced services; meeting hall is closed

CAMPING

- **All campfires are prohibited within the Deschutes and Ochoco national forests, lands managed by the BLM and Oregon State Parks**

Deschutes National Forest

- **Big Cove Boat-in Campground:** Open
- **Big River Campground:** Open
- **Blue Bay Campground:** Open
- **Bull Bend Campground:** Open
- **Candle Creek Campground:** Open
- **Chief Paulina Horse Camp:** Open
- **Cinder Hill Campground:** Open
- **Contorta Flat Campground:** Open
- **Contorta Point Group Campground:** Open
- **Crane Prairie Campground:** Open

- **Crescent Creek Campground:** Open
- **Crescent Lake Campground:** Open
- **Cultus Corral Horse Camp:** Open
- **Cultus Lake Campground:** Open
- **East Davis Lake Campground:** Open
- **East Lake Campground:** Open
- **Elk Lake Campground:** Open
- **Fall River Campground:** Open
- **Fall River Guard Station:** Open
- **Gull Point Campground:** Open
- **Lava Lake Campground:** Open
- **Little Cove Boat-In Campground:** Open
- **Little Crater Campground:** Open
- **Little Cultus Campground:** Open
- **Little Fawn Campground:** Open
- **Little Lava Lake:** Open
- **Mallard Marsh Campground:** Open
- **McKay Crossing Campground:** Open
- **Newberry Group Campground:** Open
- **North Twin Lake Campground:** Open
- **Ogden Group Campground:** Open

- **Leap of Faith, Maiden Lake, Moore Creek, Skyline, Trail 99 Waldo South**
- **Betty Lake, Bobby Lake, Charlton Lake #3593, Charlton Lemish Loop, Gold Lake, Twins, Waldo Lake:** Riding well
- **All other trails riding well with deadfall reported**

FISHING

- *Updated at 8 a.m. July 22*
- **Upper Deschutes at Benham Falls:** Updated flow readings not available at time of press; rainbow trout, brown trout; wild rainbow trout must be released; fair fishing in deeper portions of the river
- **Fall River:** Brook trout, brown trout, rainbow trout; good fishing throughout river; fly-fishing with barbless hooks only
- **Crane Prairie Reservoir:** 79% full; brook trout, kokanee, largemouth bass, rainbow trout; algae bloom; must release wild rainbow trout; good fishing but water temp is warm, trout will be in deeper water
- **Wickiup Reservoir:** 10% full; kokanee, rainbow and brown trout, largemouth bass and catfish; algae bloom; lake will likely be "run-of-the-river" soon; five kokanee per day in addition to daily trout limit
- **East Lake:** Brown trout, kokanee, rainbow trout, Atlantic salmon; fair fishing but water temps are warm; water level is lower for this time of year, may be difficult launching larger boats
- **Paulina Lake:** Kokanee, rainbow and brown trout; good fishing for kokanee and brown trout
- **North Twin Lake:** Rainbow trout; good fishing in deeper parts of lake
- **South Twin Lake:** Rainbow trout; good fishing in deeper parts of lake
- **Davis Lake:** rainbow trout and largemouth bass; water level is low and it may be difficult to launch larger boats; fair fishing for largemouth bass; fly fishing only; fair fishing, catch and release for trout, no limit on size or number for warmwater fish
- **Lava Lake:** Rainbow trout; algae bloom; mixed bag, fishing should improve with the water conditions; stocked this week
- **Little Lava Lake:** Rainbow trout, brook trout and whitefish; best methods are bait, lures and flies still-fished or trolled
- **Cultus Lake:** Mackinaw, rainbow and brook trout; troll depths for mackinaw and shallower areas for rainbows
- **Hosmer Lake:** Brook, cutthroat and rainbow trout; fly fishing and catch and release only with barbless hooks; good fishing
- **Elk Lake:** Brook trout and kokanee; jigging, still-fishing and trolling from a boat or fly fishing are best
- **Diamond Lake:** trout; all brown and tiger trout must be released; trout fishing has been good on lures; if you catch one over 20 inches, take it to the marina to be entered for a raffle
- **Crescent Lake:** 22% full; kokanee, mackinaw, rainbow and brown trout, whitefish and chub; one lake trout per day, 24-inch minimum; fishing is fair; lake level is extremely low, developed ramps are marginal for launching larger boats
- **Waldo Lake:** Boating restricted to electric motors or non-motorized vessels
- **Odell Lake:** Lake trout, kokanee, rainbow trout; fair fishing for kokanee and good fishing for lake trout

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-\$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-\$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-\$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-\$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 7/23

- **Friday Morning Creekside Yoga:** Annie Wilson will lead an all-level yoga class along the creek with music from her vinyl collection playing. Drop-in or sign up in advance by DMing @yogawithannie on Instagram; 10-11 a.m.; \$15; The Suttle Lodge, 13300 U.S. Highway 20, Sisters; thesuttlelodge.com
- **Cornering & Switchbacks Mountain Biking 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 p.m.; \$75; Seventh Mountain Resort, 18575 SW Century Drive, Bend; gritclinics.com
- **Bend Trail Sessions Mountain Bike Clinic:** The weekly clinic will work on specific skills needed for different biking trails including jumps and corners, technical climbs and descents and more; 4-6:30 p.m.; \$89; Seventh Mountain Resort, 18575 SW Century Drive, Bend; gritclinics.com

Saturday 7/24

- **CORK Saturday Run:** A weekly group run will take place; 8-11 a.m.; free; Thump Coffee, 549 NW York Drive, Bend; centraloregonrunningklub.org
- **Hoodoo Challenge — Run to the Top:** Runners will run up to the top of the ski area, then walk back down for a lunch and awards ceremony. Benefitting the Sisters Kiwanis club; 8 a.m.; \$30 for 5K, \$45 for half marathon; 27400 Big Lake Road, Sisters; sisterskiwanis.org
- **Sunriver Nature Center Bird Walk:** Tom Lawler, expert birder and nature photographer, will lead small groups around Sunriver's wetlands, meadows and forests to find a variety of birdlife that surrounds the Nature Center; 8:30-11:30 a.m.; \$10, registration required; Sunriver Nature Center & Observatory, 57245 River Road, Sunriver; snco.org
- **Donation Based Outdoor Yoga:** An all-levels, all-ages yoga session will be held; 9-9:45 a.m.; \$10 suggested donation; Deschutes Brewery, 399 SW Shevlin Hixon Drive, Bend; facebook.com/wildthingbend
- **Beginner/Intermediate Skills Mountain Biking 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

Sunday 7/25

- **Donation Based Outdoor Yoga:** An all-levels, all-ages outdoor yoga class will be held. Bring your own yoga mat or towel and water; 9-9:45 a.m.; \$10 suggested donation; LOGE Camps, 19221 SW Century Drive, Bend; facebook.com/wildthingbend
- **Skills & Ride Mountain Biking Workshop:** The clinic will start with basic dialing in the bikes and working on body position before progressing through several more skills and then hopping on a nearby trail to test out the newly learned skill; 10 a.m.-1 p.m.; \$99; Seventh Mountain Resort, 18575 SW Century Drive, Bend; gritclinics.com
- **Sundays with the Yoga Lab:** The grounding, all-levels outdoor yoga class will be taught by Yoga Lab owner Ulla Lundgren weekly; 4:30-6 p.m.; \$15; The Suttle Lodge, 13300 U.S. Highway 20, Sisters; thesuttlelodge.com

Tuesday 7/27

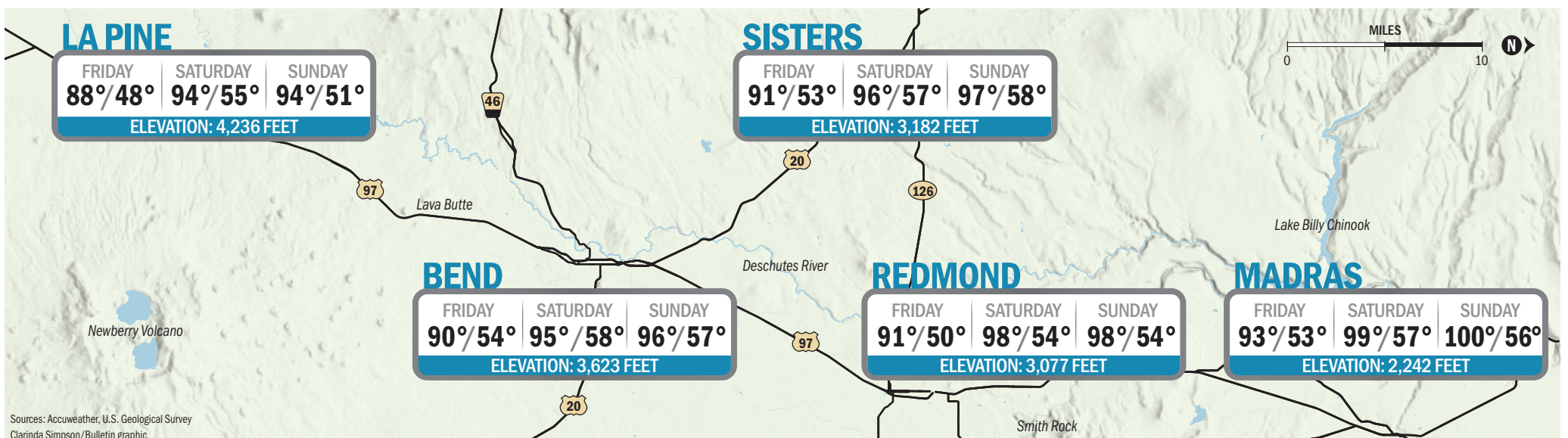
- **Kids On the Move — Redmond:** Join the OSU-Extension Service and Children's Forest of Central Oregon for a family program focused on outdoor exploration, physical activity and nutrition for ages 0-5 with family; 10-11 a.m.; registration required; American Legion Park, 850 SW Rimrock Way, Redmond; childrens-forest.jumbula.com

Wednesday 7/28

- **Women's Foundational Skills Mountain Biking 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
- **Cascade Lakes Brewing Bend Pub Run:** A weekly 3-5 mile group loop run starts and ends at the brewpub; 7-9 p.m.; free; Cascade Lakes Brewing Company, 1441 SW Chandler Ave. Suite 100, Bend; 541-388-4998.

Thursday 7/29

- **Trail Running:** A weekly group trail run led by Chris Colovos on the South Canyon section of the Deschutes River Trail. Bring water, snacks and drinks provided after the run; 6:45-8 p.m.; \$7 suggested donation; run starts and ends at Farewell Bend Park, 1000 SW Reed Market Road, Bend; facebook.com/bendadventuresports



Sources: Accuweather, U.S. Geological Survey
Clarinda Simpson/Bulletin graphic