



EXPLORE CENTRAL OREGON

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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.



Tony Barnes, left, and Cindy Morical, both of Vancouver, Washington, hike along the Angel's Rest Trail in the Columbia River Gorge on July 5.

Mark Morical/
The Bulletin

Try trekking the Gorge

Angel's Rest
is one of many hikes
with waterfalls and
stunning views in
the Columbia River
Gorge

BY MARK MORICAL
The Bulletin

Hiking in the Columbia River Gorge is similar to hiking in Central Oregon: So many options exist, it is hard to know where to begin.

I find it's best to rely on the locals. On a recent visit to see my family in Vancouver, Washington, I spent a day hiking with my sister, Cindy Morical, and her adventurous boyfriend, Tony Barnes.

Barnes has spent lots of time on trails in the Gorge and southwest Washington. His first recommendation was Silver Star Mountain in the Gifford Pinchot National Forest east of Vancouver. But we agreed that the 1.5-hour drive to get there was too long.

Other waterfall hikes in the Gorge we deemed too short to be worth a drive.

Eventually we settled on Angel's Rest, a moderate 4.8-mile round-trip hike



with nearly 2,000 feet of elevation gain. It is located on the Oregon side, but was just a 30-minute drive from Vancouver along Interstate 84 (about a three-hour drive from

Bend).

Angel's Rest is an exposed bluff on the west end of the Gorge, offering dramatic views of the Columbia all the way back toward the Portland-Vancouver area.

See **Gorge** / B10

Taking time off a sport is an opportunity to build resilience

BY CRISTINA PETERSON
For The Bulletin

Anyone who is active outdoors will likely need to take a break from their favorite activity at some point.

It might be because of life circumstances, injury or illness. And for many who enjoy the outdoors, from serious athletes to recreation enthusiasts, taking time away from an activity can not only affect physical health but also mental well-being. It can be so hard

to change up a routine, to not have usual outlets for energy and to notice how time away from an activity diminishes fitness or skills that took time to build.

Despite these breaks, it's important to remain resilient, which can be so helpful in many life situations. Resilience is the ability to withstand disturbance events, and then to return stronger. Look to the natural world for evidence of resilience. Evolution has built

systems to withstand disturbances of all kinds, from human-caused to natural events. Forests regenerate. Populations return stronger than before.

I'm currently taking a break from running and rock climbing since I'm about nine months pregnant. Those activities and just being outside, away, in beautiful places keep me present in the moment and bring me clarity like few other activities.

See **Resilience** / B9



At nine months pregnant, outdoors writer Cristina Peterson is doing more walking than her usual running and rock climbing. Here, she admires an old-growth Douglas fir encountered outside Sisters.

Drew Peterson/
Submitted