

Fishing

Continued from B1

As the irrigation canals shut down in the fall, the water drops in this section of the Deschutes, making fishing somewhat easier.

Nymphing below the surface of the water is typically the best option in autumn, but overcast days can bring blue-wing olive hatches and make dry-fly fishing an option.

Fall River

The Fall River, southwest of Bend, remains a reliable trout fishery throughout the fall and winter months each year, even when the river gets heavy pressure from crowds of anglers.

The Fall River Hatchery, about a 45-minute drive southwest from Bend, is a popular spot to fish, offering easy access to the river and many places to catch rainbow or brown trout in the 12- to 14-inch range.

Meandering serenely through meadows and pine trees southwest of Sunriver, Fall River is open to fishing all year. Because it is a spring-fed stream, its flows and temperatures do not fluctuate, and fishing remains consistent throughout the winter.

Restricted to fly angling with barbless hooks, the Fall River flows east for 8 miles from its headwaters before emptying into the Deschutes River near La Pine State Park.

Trout are visible in the calmer, clearer sections of the Fall River — including the stretch that runs past the hatchery — and often anglers will sight trout in the river and then cast to those fish.

Fall River is home to rainbow trout as big as 4 to 6 pounds and brown trout up to 8 pounds.

Metolius River

The Metolius is renowned as a challenging river, but the chance to land wild rainbows and bull trout brings anglers to its banks year-round. Unlike in some other rivers, the numbers of fish in the Metolius remain consistent from summer to winter, and the river often has more insect activity during cooler autumn temperatures than other streams due to its consistent water levels and temperature, according to the ODFW.

Located just northwest of Sisters, the Metolius is restricted to catch-and-release fly-fishing with barbless hooks. Some of the best fishing is on the stretch between Wizard Falls Fish Hatchery and Bridge 99. The section upstream of Allingham Bridge closes to fishing on Oct. 31.

Rainbows on the Metolius average about 14 to 15 inches, while the bull trout average 6 to 7 pounds.

Both species are often located in deeper pools.

High Cascade lakes

Anglers still have some time to fish the high lakes before they close for the season or winter weather makes them inaccessible.

Crane Prairie Reservoir, Wickiup Reservoir and Odell Lake close to fishing for the season on Oct. 31, but most other high lakes in Central Oregon are open year-round, weather and access permitting.

The Deschutes County Road Department notes on its website (deschutes.org/road) that it will close Cascade Lakes Highway and Paulina Lake Road for the winter season on Nov. 15, leaving three-plus weeks for those who want to fish the high Cascade lakes this fall.

Paulina and East lakes — in the Newberry National Volcanic Monument east of La Pine — are a good spot for fall fishing before the snow accumulates. Big brown trout are often landed on these lakes in autumn.

The kokanee spawning in the shallows of East Lake at this time of year bring large rainbow and brown trout close to shore, providing opportunities for anglers without boats.

A different way of looking at Central Oregon

BY CRISTINA PETERSON

For The Bulletin

*Hike or run to a certain spot
Take a break and turn
around.*

*Go back the way you came
Covering the same ground.
Going in another*

direction

Might reveal a

novel view.

The trail already

traveled

Can be surprisingly

new

Silly little poems aside, I never understood why loop trails are so often preferred over out-and-back routes. From a recreation management perspective, loops do help disperse people so trail users have fewer encounters with others. But some folks seem to consider an out-and-back adventure inferior to a loop.

Ofentimes summiting a peak is an out and back. Especially if it is a technical route, there may only be one option to reach the top and return safely. Lakes too, of course, make excellent destinations for an out and back. Consider some of Central Oregon's best and most popular trails; South Sister and Green Lakes are typically done as out and backs.

I dare you to consider an out and back without a traditional turning point. This

challenge extends to other options less commonly done as an out and back.

One possibility could be doing a section of a longer trail. The Pacific Crest Trail (PCT) goes right through the area with some amazing scenery. A multitude of trailheads provide access points and many other trails that connect to the PCT could form loops.

But if those routes are too far of a distance for you to cover for your time or ability, do an out and back, either to some point of interest or whenever you hit half the mileage you hoped to go.

The Metolius Windigo is another long trail, more than 140 miles from start to end. Similar to the PCT, sections of it are great for an out-and-back day trip.

Some people need destinations as motivation for themselves or their kids. But isn't there a saying that goes something like, "It's not about the destination, it's the journey that matters"? Maybe some people feel it's too tempting to cut an adventure short if there's no gem as an end point or loop to close. But there are different ways to motivate, such as setting a turnaround time.

When setting out on a very



Cristina Peterson/For The Bulletin

A hiker gets a view of Mount Jefferson that you wouldn't see if you only hiked one way instead of out and back.

long trail without a clear destination, decide to hike until a certain time, or as mentioned, decide on a certain mileage before turning around. Take elevation into consideration. If the way out was mostly uphill, it's likely to take people a shorter time on the return, and vice versa. This is another way traveling the same trail offers variety. What was up or

down on the way, is opposite on the way back.

Even if there is a goal, the process to reach it can hold more value than the goal itself. Consider this in the context of a day on the trail. The goal could be to spend time outdoors, to get exercise, to breathe fresh air. This or those could be accomplished on just about any trail segment.

Maybe it's not as photogenic or Instagram-worthy if there's not a crystal-clear alpine lake or sweeping view from the top of a mountain. I hope that's not the sole purpose people head out on adventures, but it's hard to say these days. Give some thought to the root of your reason for going out on the trail.

Granules of some metaphor for life seem to be percolating here. Perhaps it's that when we make the effort to see things from different perspectives, we might get a new brilliant view. Or gain a broader understanding about the larger landscape of an issue.

By going only one direction, say south, with Mt. Jefferson, as an example, always behind you, a person may never even realize the prominent, majestic peak was there. What else might we be missing in life and in our ability to comprehend the world if we're always only looking in one direction?

If you've exhausted all of the loop options in Central Oregon, or if they just don't fit your ability or agenda, try an out and back.

At the very least, turn around on the trail. You never know what you might discover.

■ *Outdoors writer Cristina Peterson is an avid climber and trail runner.*

Larkspur Community Center hosts fitness classes for all

BY JANAY WRIGHT

The Bulletin

Since the Larkspur Community Center opened in the spring of 2020, the misconception that it is strictly for seniors has persisted. The center is home to the Bend Senior Center, but it's also home to a range of high-intensity fitness classes, from those that focus on core strength to Zumba and line dancing.

Alli Jorgensen, fitness supervisor at Bend Park & Recreation District, said the center hopes to attract a multigenerational community where everyone feels welcome.

"It's still a little bit on the older side, but we're definitely getting a younger group in here," Jorgensen said. "And everybody is just playing so nicely together."

I stopped in to try one of the classes myself — the noon fitness variety class on Monday. As the name implies, the instructor switches up the workout weekly. This week, it was what was called a "walking workout," in which the instructor encouraged participants

to continue moving throughout the 50-minute class. Next week, it will be a step class.

The fitness variety class involved weights and resistance bands. There were hammer curls, grapevines and even some country dance moves. With an emphasis on good form and having fun, it was perfect for gently building strength.

On Tuesday evenings, an introductory line dancing class is held from 5:30-6:20 p.m. with an intermediate class directly afterward. The former is designed for those interested in learning the basics and the latter presents a challenge for those already familiar with the steps.

The line dancing class isn't considered one of the high-intensity fitness classes, but it's popular with the younger crowd, said Jorgensen. Other dance classes that improve fitness include Zumba, cardio dance and the Bliss Dance Workout.

On the high-intensity side, Jorgensen recommends the 8:30 a.m. total body strength and core class, the 10 a.m.

core, strength and cardio class, the 11 a.m. express core class and the fitness center circuit from 4-4:50 p.m. There's also F.I.T., an acronym that stands for fat-burning interval training. The class meets at 9 a.m. Saturday morning.

In terms of the number of fitness classes, there are the most options when it comes to classes in the center's mind and body category, such as yoga. These classes are designed for all levels of fitness

and include chair yoga, restorative, fundamentals, Yin and Vinyasa. There's also tai chi and Pilates.

And for those most comfortable working out from home, the center continues to offer virtual classes. There's a senior-focused strength class, total body strength and core class, Zumba and core strength and cardio class that may be joined virtually.

■ *Reporter: 541-383-0304, jwright@bendbulletin.com*

If You Go

What: Fitness classes at Larkspur Community Center

When: Daily, times vary
Where: Larkspur Community Center, 1600 SE Reed Market Road, Bend

Cost: \$8 adults, \$7 older adults, \$6 youth, seniors 80+ for single-visit

Contact: 541-388-1133, bendparksandrec.org

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