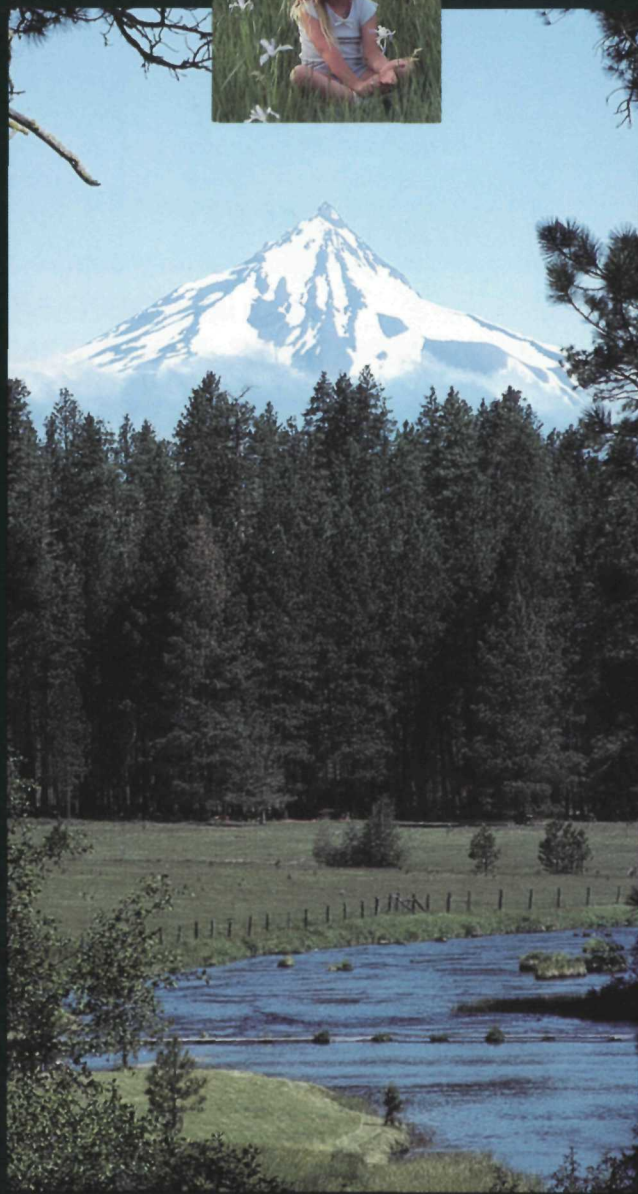


LAVA LANDS

CENTRAL OREGON

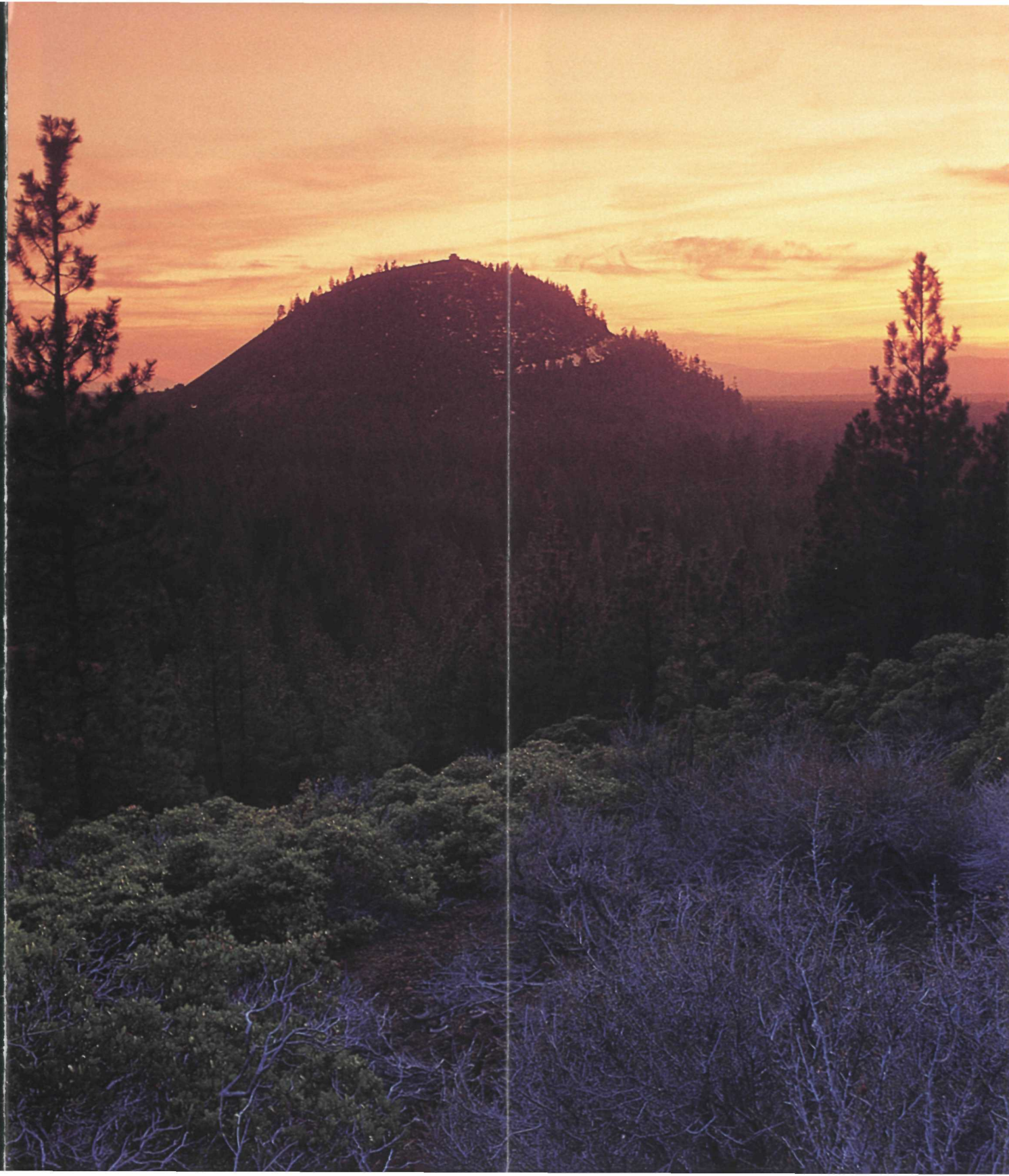


Deschutes
National
Forest



Ochoco
National
Forest

United States Department of Agriculture



Lava Lands Visitor Center

Lava Lands Visitor Center is managed by the Forest Service, an agency of the U.S. Department of Agriculture. A visit to the Center will help you understand and enjoy the volcanic wonders and diverse scenic points of Central Oregon. The Center, located 11 miles south of Bend on Highway 97, offers:

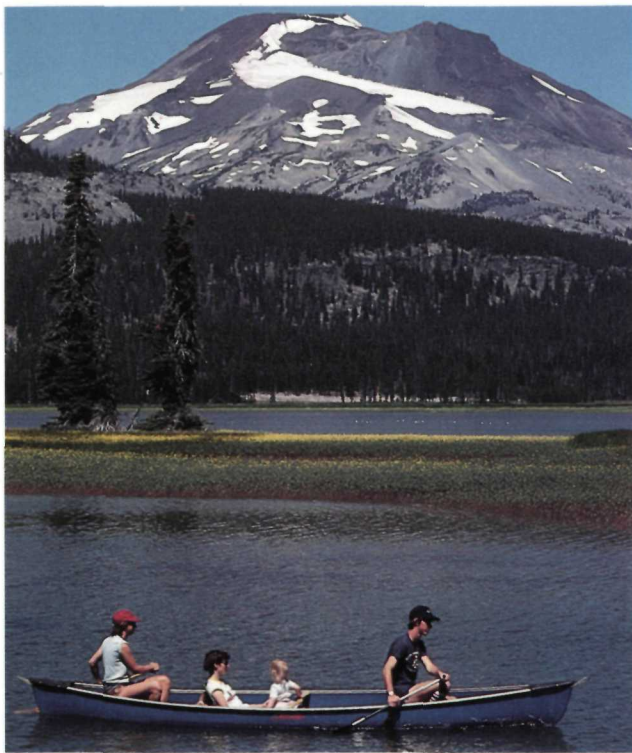
- Displays, slide presentations and guided walks
- Interpretive trails and picnic facilities
- Sight-seeing and historical information
- Spectacular views
- Educational materials and gifts



Lava Butte

A paved road leads from the Center to the top of Lava Butte, a 6,100 year-old cinder cone. At the summit are a fire lookout tower, interpretive displays and view of the Cascade Mountains—a favorite of amateur photographers. A quarter-mile interpretive trail winds around the crater's rim.

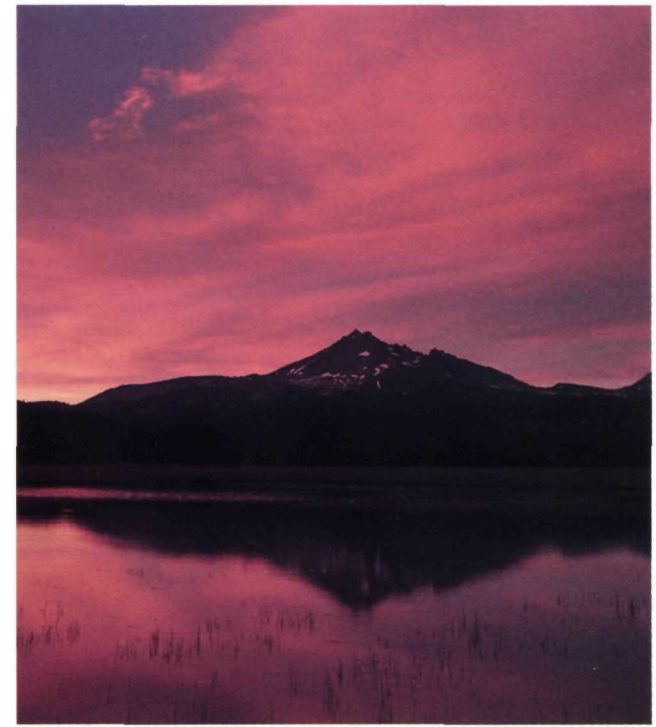
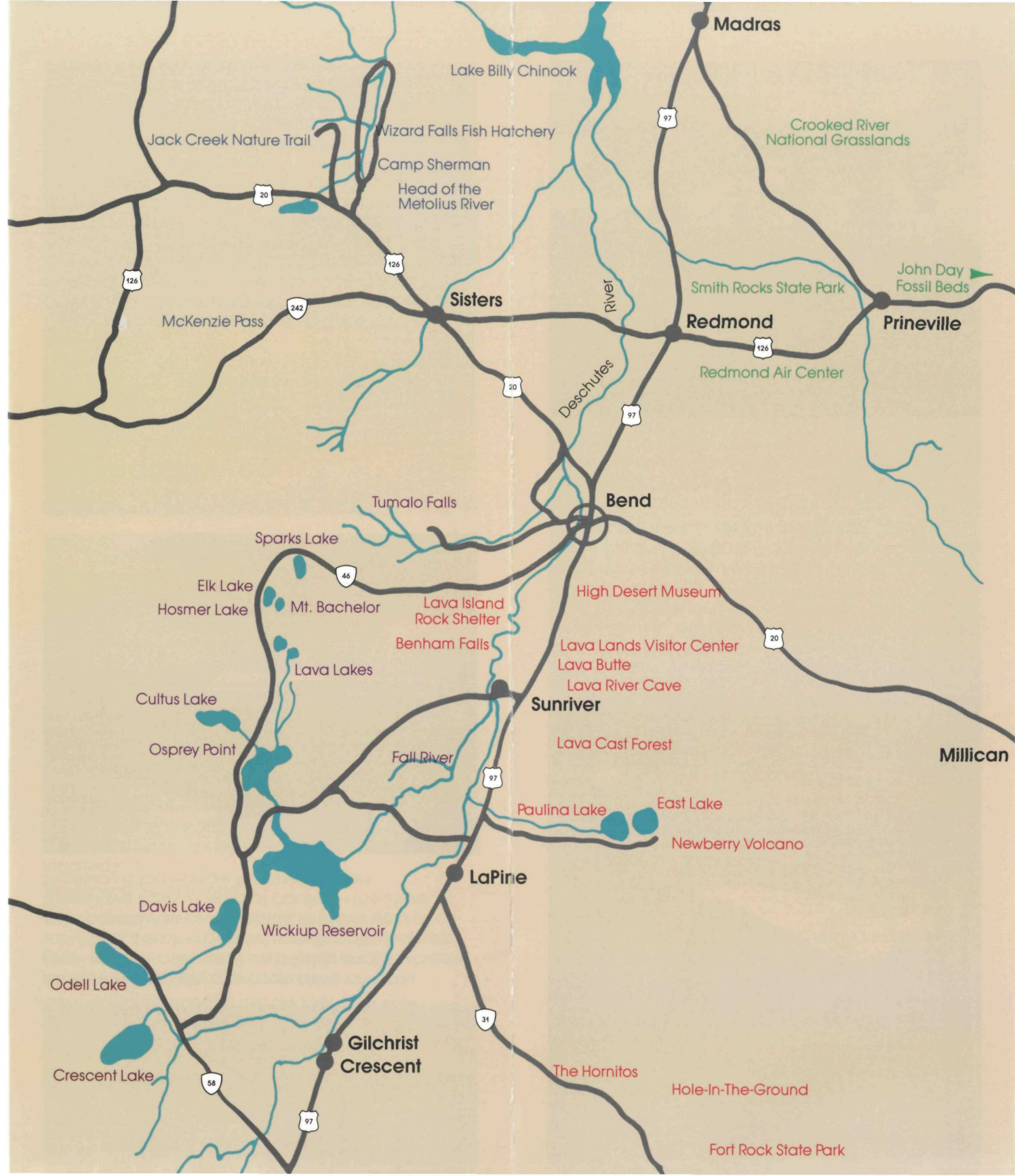
The hosts at the Visitor Center can help you plan your visit to any of the five recreation areas within Central Oregon's world-famous volcanic region. Explore these scenic wonders as they take you into another world, where the present meets the past.



Let your spirit soar in sunny Central Oregon where 25 mountains reach elevations of more than 7,000 feet.



Relax or play in one of more than 100 camping areas. Fully developed recreation vehicle parks and full-service resorts are numerous.



A wonderland of sculptured peaks created by thousands of years of volcanic activity.

More information is available from these offices:
 Ochoco National Forest
 P.O. Box 155
 Prineville, OR 97754
 (503) 447-6247

Lava Lands Visitor Center
 58201 S. Highway 97
 Bend, OR 97707
 (503) 593-2421

Deschutes National Forest
 1645 Highway 20 East
 Bend, OR 97701
 (503) 388-2715

High Desert Museum
 59800 S. Highway 97
 Bend, OR 97707
 (503) 382-4754

Visit the Deschutes and Ochoco forests, "things look different here."

This brochure made possible by the Pacific Northwest Parks and Forests Association

WELCOME to Central Oregon's National Forests, the Deschutes and Ochoco. Formed through volcanic upheavals, this region is a 2³/₄-million acre wonderland of sculptured peaks, tumbling streams and waterfalls, placid lakes, hundreds of wildlife species and the widest variety of volcanic formations anywhere on this continent.

Five popular recreation areas exist within the "Lava Lands" blue sky country:

NEWBERRY VOLCANO
THE SISTERS - METOLIUS RIVER
CRESCENT - ODELL LAKES
THE CASCADE LAKES
THE OCHOCOS



NEWBERRY VOLCANO Recreation Area

Newberry Crater, 25 miles across, was formed when violent eruptions collapsed the mountain centuries ago. Within the 500-square mile volcano are two emerald-like lakes, East and Paulina, rich with trout, char and kokanee. Paulina Falls spills from the crater rim, and 7,984-foot high Paulina Peak, the highest point in the volcano, is easily accessible by car, offering an amazing view of the lakes, the Cascade Mountains and panoramas reaching into three states. There are more than 100 miles of trails for horses, hikers, snowmobilers and cross-country skiers. Hikes range from short scenic walks to a 25-mile crater rim loop. A short, paved trail leads to one of the world's largest and newest obsidian (volcanic glass) flows, while the 8 1/2-mile Peter Skene Ogden National Recreation Trail passes no fewer than 20 waterfalls along Paulina Creek.

Resort areas have cabins, cafes, laundry facilities and stores. Five full-service National Forest campgrounds are located next to sandy beaches. Two boat-in campgrounds and one facility designed just for campers with horses are also available.



Special Features

Lava Island Rock Shelter - A quarter-mile trail leads to a rock shelter excavated by archaeologists which reveals evidence of intermittent use by Native Americans as long ago as 7,000 years.

Lava Cast Forest - A tree cast forest formed when molten lava flowed through an ancient forest. A 1-mile, paved trail loops through the lava flow.

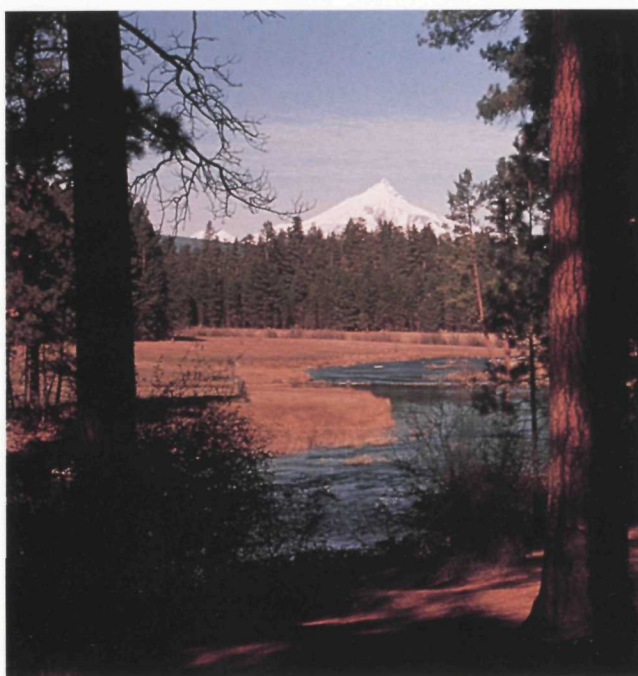
Lava River Cave - This mile-long lava tube is one of the longest in the Pacific Northwest.



High Desert Museum - This living museum features an otter pond, wildlife, and displays of cultural and natural history of the Pacific Northwest. Naturalists provide scheduled programs.

Benham Falls Picnic Area - A beautiful old-growth ponderosa pine area, Benham Falls is a short quarter-mile walk from the parking area.

Geologic Features - Explore unique places and past volcanic activity such as, Fort Rock State Park, Hole-in-the-Ground and the Hornitos.



The SISTERS - METOLIUS RIVER Recreation Area

A land of plenty for Native Americans that has changed very little over the centuries. Cool springs nurture deer and bear. Food plants and wildflowers abound. Majestic old-growth ponderosa pines provide a breathtaking backdrop for scenic views from the hundreds of miles of hiking trails.

The Metolius River is a nationally known wild trout fly-angling stream and Lake Billy Chinook is great fishing for warm-water fish and trout.

Fifteen full-service campgrounds, several resorts with cabins, recreation vehicle facilities and marinas, and several equestrian camps are located in this area.

Special Features

Camp Sherman - A picturesque recreation community on the banks of the crystal-clear Metolius River. Nearby are the Head of the Metolius springs and the Wizard Falls Fish Hatchery.



Jack Creek Nature Trail - Spring-fed waters create a lush environment which contrasts with the adjacent dry forest floor on this quarter-mile trail.

McKenzie Pass - An afternoon drive on State Highway 242 offers vast lava fields and spectacular views of alpine peaks. Lava River Trail, a half-mile paved interpretive route, tells the story of these lava flows. A word of caution - the State Highway is too narrow for travel trailers.



CRESCENT-ODELL LAKES Recreation Area

Majestic Diamond Peak, 8,744 feet in elevation, is the backdrop for these pristine lakes, located near the summit of the Cascade Mountain Range 1 1/2 hours from Bend. Trophy-sized mackinaw trout, four other trout species and kokanee stalk the waters.

Acres of small, pristine lakes dot the countryside. There are three resorts with restaurants, stores, docks and boat rentals. Launch facilities exist at each campground and resort; one resort has a recreation vehicle park. Popular Crescent Lake has a horse camp and sandy beaches. The nearby towns provide supplies and services.

This region is home to the Oregon Cascade Recreation Area. Created by Congress in 1984, this area was set aside to protect and preserve its recreation and wildlife values. Gather huckleberries or observe herds of Roosevelt elk while hiking the Pacific Crest National Scenic Trail, or others on Diamond Peak and Mt. Thielsen.

The CASCADE LAKES Recreation Area

More than 100 lakes alongside State Highway 46 and other paved roads offer a recreational wonderland. Trails meander through diverse Forest land, rich with wildlife and breathtaking scenery. Challenge record-sized fish - German brown, rainbow and brook trout - in many of the area's lakes. Fly-fish Davis Lake, Sparks Lake and Fall River, or cast for the wily Atlantic salmon at Hosmer Lake.

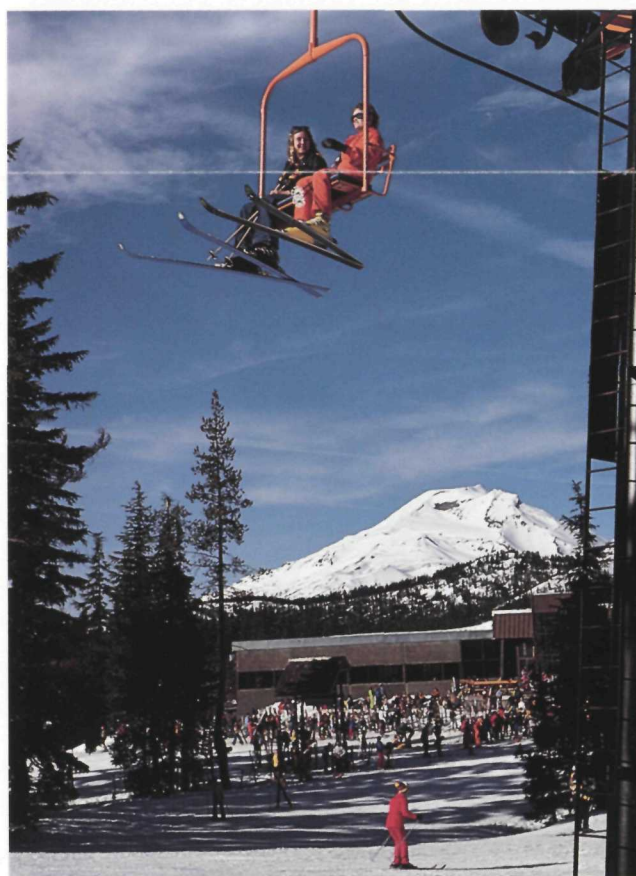
The Three Sisters and other alpine areas are only a short hike, or you can ride in on horse trails. Hike to the top of Mt. Bachelor or South Sister for sensational panoramic views.



Full-service campgrounds are located on most larger lakes. Five resorts provide overnight facilities, stores and boat rentals, and some have restaurants. There are two recreation vehicle parks and many boat launching sites and swimming areas.

Special Features

Cascade Lakes Highway - This unrivaled drive passes views of crystal-clear lakes and streams, snow-capped peaks and rich Forest lands. Board-sailing and sailing on Elk and Cultus Lakes or waterskiing on Cultus Lake or Wickiup Reservoir provide wet summer fun.



Mt. Bachelor Ski and Summer Resort - Mt. Bachelor is one of the largest ski areas in the Western United States. Ten chairs operate during the long ski season, and the Summit lift is available all summer for incredible views from the mountain's 9,065 foot peak. You can ride or walk back down the 2 1/2-mile trail. Picnic and recreation areas, bike rentals, restaurants and shops are available.

Osprey Point - Osprey, bald eagles, blue heron, deer, and many other animals may be seen at this popular wildlife sanctuary.



The OCHOCOS Recreation Area

One of the richest rock hounding areas in the nation, the Ochoco National Forest is covered with stately old-growth ponderosa pine and Douglas-fir trees.

Anglers covet the trout found in more than 400 miles of streams. Warm-water fish inhabit local reservoirs. Boat ramps are located at Ochoco, Prineville, Haystack and Antelope Reservoirs. Supplies and conveniences are nearby.



Large mule deer, trophy elk, and antelope herds populate the area. Birdwatchers arrive in February to help with bald eagle counts in the upper Crooked River Valley.

Nearly 100 miles of hiking, horse and mountain-bike trails wind through majestic pine forests and over grassy slopes. Wintertime offers snowmobiling and cross-country skiing on marked trails.

Twenty-three full-service campgrounds, and numerous more primitive National Forest camping sites are available. At Ochoco and Prineville Reservoirs, two full-facility State Parks and a private resort provide many conveniences including electricity, showers and boat ramps.

Special Features

Smith Rock State Park - These beautiful spires and pinnacles are the remnants of extremely violent volcanic activity 20 to 30 million years ago. More recent lava flows have crowded the Crooked River up against these impressive cliffs. Great for rock climbing or year-round hiking.



Crooked River National Grasslands - These lands are characterized by rolling hills, flat plateaus scattered with juniper and sage, and two majestic river canyons. Hudson Bay Company trappers settled here in 1824. A wide-open country with a rich past and a present to explore.

John Day Fossil Beds - A monument set aside by Congress to preserve fossilized records of earth's life in ancient times.

LAVA LANDS HISTORY

Archaeologists tell us that the "Lava Lands" of Central Oregon have been occupied by people for 9,000 years. Early inhabitants probably visited from the Great Basin (Idaho and Utah) to hunt and gather food.

About 7,000 years ago, Central Oregon was hotter, drier and devoid of greenery. Eruptions of Mt. Mazama (Crater Lake) and Mt. Newberry produced 200 times the ash, pumice and eruptive debris that Mt. St. Helens created in 1980. About 5,000 years ago the climate cooled and native people reclaimed this area as hunting grounds.

In 1826, Peter Skene Ogden was the first of the early trappers and settlers to enter Central Oregon. He was followed by John C. Fremont and Kit Carson. The mid-to-late-1800's found the area settled by cattle and sheep ranchers. Bend was founded around the turn of the century, somewhat later than nearby towns of Sisters and Prineville.