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**SPRING IS A TIME OF BLOOMING ABUNDANCE IN CENTRAL OREGON**

**From mountain to river, food to drink, or skis and golf tees, there's a little bit of everything in this high desert springtime paradise**

(SUNRIVER, Ore.) — Spring in Central Oregon is a time of duality. The mountains still hold snow, while the high desert is alive with Sagebrush Buttercups and outdoor adventure. Whether seeking a few final turns at Mt. Bachelor, looking to explore the new High Desert Food Trail, or hoping to start your golf season early, spring provides something for everyone to enjoy in Central Oregon.

“Planning a spring trip often leads to a difficult choice for those struggling to decide whether to squeeze in one last ski trip or head for sunshine and a warmer climate. But in Central Oregon, you can have both,” says Julia Theisen, Visit Central Oregon's President, and CEO. “Average high temperatures in spring hit the mid-60s and often creep even higher, opening all sorts of possibilities ranging from skiing and golf to mountain biking and fly fishing. Often on the same day.”

[Mt. Bachelor](#) offers one of the longest skiing and riding seasons in North America, typically operating from late November through Memorial Day. With the purchase of the [Sunchaser Spring](#) pass, guests can enjoy unlimited runs starting March 26 through the end of the season,

including access to Mt. Bachelor's events. Also returning this March to Mt. Bachelor, is the fourth annual [Winter PrideFest](#), a celebration of winter sports among the LGBTQ+ community and allies. From ski & ride competitions and weekly live music in the base area, to the [RendezVan](#) van life festival, the Sunchaser Spring pass offers endless ways to celebrate the spring season.

The [High Desert Food Trail](#) will be entering its first spring season since its inception in October 2021. Connoisseurs of all things delicious will enjoy access to self-guided adventures through Central Oregon. With more than 45 different stops at local food-oriented businesses throughout Crook, Deschutes, and Jefferson Counties, the High Desert Food Trail focuses on local agriculture such as farms and ranches, craft beverage producers, cooking schools, vineyards, artisan markets, and lodging.

On May 14, the annual SELCO Pole Pedal Paddle event will return for its 44th year. This multi-sport race includes alpine and cross-country skiing, cycling, running, kayaking, and stretches from the slopes of Mt. Bachelor to the finish line in Bend's [Hayden Homes Amphitheater](#). Athletes of all ages compete in divisions ranging in skill level from novice to elite, and either individually or as part of a team. Participants can register as individuals, pairs, or teams at [PPPBend.com](#). After a two-year hiatus, [Bend Brewfest](#) will be returning the weekend of May 13 and hosted in the [Old Mill District](#) featuring more than 100 beers from 65-plus breweries.

Central Oregon has a longstanding reputation as one of the country's top golf destinations. Home to more than 30 courses, including three courses in Golf Digest's list of America's 100 Greatest Public Courses (#40-[Pronghorn](#); #61-[Crosswater](#), #82-[Tetherow](#)), and blessed with favorable spring weather and playing conditions, a round or two of golf in Central Oregon is a springtime must. Surrounded by natural beauty and an abundance of golf courses, the options are endless.

Suppose spring skiing, food trails, or golf aren't your thing, not to worry. In that case, opportunities abound in Central Oregon from guided tours with [Wanderlust Tours](#), a visit to the [Redmond Caves Recreational site](#), stargazing at [Sunriver Nature Center & Observatory](#), or a visit to [High Desert Museum's](#) newest [Imagine a World](#) exhibit.

With the ease of [Redmond Municipal Airport](#), a visit to Central Oregon is not that far away. To start planning your trip, visit [www.visitcentraloregon.com](http://www.visitcentraloregon.com).

#### **ABOUT CENTRAL OREGON:**

Located on the eastern slopes of the Cascade Range, where vast forests give way to the arid high desert, Central Oregon is characterized by year-round adventure, authenticity, inspiration, and environment. From the towering peaks of the Cascades to the pristine waters of the Wild & Scenic Deschutes River, and from the more urban experiences of Bend and Redmond to the rural charms of Sisters, La Pine, Prineville, Madras, Warm Springs, and Maupin, Central Oregon offers a perfect mix of recreation and sophistication. Barely three hours from Portland, and with daily direct flights from eight major markets, getting to Central Oregon is a breeze. For more information visit [www.visitcentraloregon.com](http://www.visitcentraloregon.com) or call 800-800-8334.

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