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THE FACTS ABOUT CENTRAL OREGON**About:**

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 or call 800-800-8334.

Population:

The population of the Bend-Redmond Metropolitan Area, which encompasses nearly all of Central Oregon, is approximately 202,000 people. With a population of approximately 95,000, Bend is the largest city and the seat of the largest county, Deschutes County.

Climate:

Because of its shifts in elevation — Maupin rests at 1,300 feet of elevation, Bend at 3,600 feet, and Mt. Bachelor tops out at more than 9,000 feet — Central Oregon is home to a vast array of microclimates. But the region is primarily arid, a result of the rain shadow effect of the Cascade Range. Bend receives on average about 11 inches of precipitation, including 23 inches of snow, and more than 300 days of sunshine in an average year. Just 22 miles to the west, one of the country's largest ski resorts — Mt. Bachelor — receives an average of 462 inches of snowfall. Central Oregon's High Desert climate often brings clear days and cool nights. Average temperatures in January hit highs of 41F and lows of 24F; in July highs reach 82F and lows of 47F.

Geography:

Central Oregon is spread from dramatic snow-capped mountain ranges to high desert plateaus. It is a historically volcanic region, where the peaks of the Cascade Range are ever-present, and lava beds, volcanic buttes, crater lakes, volcanic plugs, and lava tubes are

not uncommon. The landscape varies widely, with a coniferous forest dominating the western sections of the region, and juniper forests, sagebrush, and High Desert characterizing areas farther away from the Cascade Range. Most of Central Oregon's population is concentrated along the Deschutes River, which flows north to the Columbia River through or closely near Bend, La Pine, Maupin, Redmond, Sunriver, and Warm Springs. The Deschutes' two largest tributaries, the Metolius River and the Crooked River, flow through Prineville, Terrebonne, and near Sisters. The rivers and volcanic peaks combine to help make Central Oregon such an outdoor recreation mecca.

How to get here:

The region is served by Redmond Municipal Airport (RDM), which offers around 30 daily flights with nonstop service to many of the major Western hubs - including SEA, SFO, LAX, BUR, SLC, DEN, PHX, and PSP.

Central Oregon is bisected by two major highways: U.S. Highway 97, which runs north-south from Washington to California, and U.S. Highway 20, which runs east-west from the Oregon Coast to the Idaho border.

Bend is approximately a two-hour drive from Eugene (130 miles), three hours from Portland (175 miles), five hours from Boise (300 miles), six hours from Seattle (325 miles), and about eight hours from San Francisco (500 miles).

Economy:

Once dominated by the timber industry, the Central Oregon economy has become increasingly reliant on the tourism industry. Though timber and agriculture are still critically important to the region's economy, outdoor recreation and tourism are now counted as the region's top industry with total economic impacts each year of \$1.1 billion annually from more than 4.3 million visitors.

Higher education:

Central Oregon is home to two colleges: Oregon State University-Cascades and Central Oregon Community College.

Fun facts:

The newly launched High Desert Food Trail offers a self-guided adventure through Central Oregon that immerses visitors and locals in the region's culinary scene and agritourism.

The Museum at Warm Springs, Oregon's first tribal museum, offers a glimpse into time with one of the most exquisite collections of Plateau Native American artifacts in the country. Central Oregon is home to vast, pitch-dark celestial skies.

Prineville Reservoir State Park is Oregon's first Dark Sky-designated state park. Sunriver is the first International Dark Sky Place recognized in Oregon and one of only 142 recognized around the world.

BendFilm, an independent Oregon film festival located in the picturesque mountain town of Bend, has showcased some of the best independent films in the Pacific Northwest and beyond for 19 years. It is now an Academy-Qualifying Festival.

The High Desert Museum was one of six recipients of the 2021 National Medal of Museum and Library Service, the nation's highest honor for museums and libraries.

The public art series with Visit Central Oregon's Mural trail is a unique way to experience the local art and culture in the communities of Central Oregon. Locations include Bend, La Pine, Madras, Maupin, Redmond, Sisters, Sunriver, and Prineville.

Bend, Sisters, and Sunriver offer quick, easy access to some of the Northwest's best cross-country skiing and snowshoeing areas.

Out Central Oregon's Annual Winter PrideFest celebrates outdoor inclusivity with a full weekend of fun and inspiring winter events.

Set on an inactive volcano that last erupted 100,000 years ago, Mt. Bachelor is now the region's largest ski resort and one of the largest in North America. Mt. Bachelor's Summit Express chairlift reaches the 9,065-foot peak and offers 360-degree views of the surrounding region.

Smith Rock State Park is an international rock climbing destination characterized by sheer cliffs of tuff and basalt cut by the Crooked River. It is also generally considered the birthplace of modern American sport climbing.

The moonscape near the Lava Lands Visitor Center — between Bend and Sunriver — was once a training ground for NASA. Today, the Lava Lands Visitor Center is the interpretive hub for the Newberry National Volcanic Monument and features a 1-mile, wheelchair-friendly loop through the Big Obsidian Flow.

Bend's Old Mill District was reimagined from the former Brooks-Scanlon and Shevlin-Hixon lumber mills, the world's largest yellow pine producers in the early 1900s. Now the Old Mill District is a popular shopping and recreation site and home to Hayden Homes Amphitheatre.

With more than 30 breweries in the region, including 22 in Bend, Central Oregon has one of the world's highest rates of breweries per capita.

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