

Things to Do!!

At the Resort

Each week, Eagle Crest host a number of activities for young and old!

Sundays

- 8-9am Lap Swim, join us at the Ridge indoor pool for a morning warm-up.
- 2pm Sunday Movie Matinee, Join us at the Ridge Sports Center
- 6pm Kids Racquetball, Kids ages 7-12 can meet new friends and have some fun at the Resort Sports Center. Reservations required.

Mondays

- 8-9am Lap Swim, energize your morning at the The Ridge Sports Center indoor pool.
- 9-10am INNERgystics Workout, Ridge Sports Center, \$5
- 10-11:30am Adult Drop-In Tennis Clinic. \$10 fee, Resort Sports Center.
- 10-10:30am Eagle Club Craft, Fun activities for kids 3-6 years old, \$7 each, reservations required.
- 11:30-1pm Adult Drop-In Tennis 4.0+, \$10 fee, Resort Sports Center.
- 3-4pm Adult Swim. Come splash & relax at the Ridge indoor pool.
- 3:45-5pm Advanced Junior's Tennis Clinic. For the advanced junior, learn even more skills for \$10
- 4 & 5pm Family Tye Dye, Comd tye dye your own T-shirt. \$9-\$12 depending on T-shirt size, please make reservations.
- 5-6pm Intermediate Junior's Tennis Clinic, \$10

Tuesdays

- 8-9am Lap Swim, Start Tuesdays here at The Ridge Sports Center indoor pool.
- 9:15am Aqua Aerobics, here's your chance to try aerobics in the water, \$3 fee at the Resorts Sports Center Pool in summer and indoor pool at the Ridge Sports Center beginning Oct 1.
- 10-11am Coyote Club, for youngsters 7-12, \$10 reservations required.
- 3-4pm Adult Swim, at the Ridge indoor pool
- 4:00pm INNERgystics Mind/Body Workout, join us at the Ridge Sports Center to stretch those muscles! (\$5 fee)
- 6 & 7pm Nintendo Game Night, Resorts Sports Center, please call for reservations

Wednesdays

- 8-9am Lap Swim, at the Ridge Sports Center indoor pool.
- 9-10am INNERgystics Workout, Ridge Sports Center, \$5
- 10-10:30am Eagle Club Craft, Fun activities for kids 3-6 years old, \$7 each, reservations required.
- 10-11:30am Adult Drop-In Tennis Clinic. \$10 fee, Resort Sports Center (ends Jan 1, 2007)
- 3-4pm Adult Swim. Come splash & relax at the Ridge indoor pool.
- 3:45-5pm Advanced Junior's Tennis Clinic. For the advanced junior, learn even more skills for \$10
- 4 & 5pm Family Tye Dye, Comd tye dye your own T-shirt. \$9-\$12 depending on T-shirt size, please make reservations.
- 5-6pm Beginning Kids Tennis Clinic, \$10

Thursdays

- 8-9am Lap Swim, Start Tuesdays here at The Ridge Sports Center indoor pool.
- 9:15am Aqua Aerobics, here's your chance to try aerobics in the water, \$3 fee at the Resorts Sports Center Pool in summer and indoor pool at the Ridge Sports Center beginning Oct 1.
- 10-11am Coyote Club, for youngsters 7-12, \$10 reservations required.
- 3-4pm Adult Swim, at the Ridge indoor pool
- 3:34pm Advanced Junior's Tennis Clinic, just \$10 at the Resort Sports Center.
- 4:00pm INNERgystics Workout, Ridge Sports Center, \$5
- 5-6pm Intermediate Junior's Tennis Clinic, \$10
- 6-9pm Men's Tennis Night, Looking for a way to keep the husband busy? Send him to tennis for just \$10 at the Resort Sports Center.
- 6 & 7pm Nintendo Game Night, Resorts Sports Center, great way for the kids to have some fun. Please call for reservations

Fridays

- 8-9am Lap Swim, Start Tuesdays here at The Ridge Sports Center indoor pool.
- 9:15am Aqua Aerobics, here's your chance to try aerobics in the water, \$3 fee at the Resorts Sports Center Pool in summer and indoor pool at the Ridge Sports Center beginning October 1st.
- 9-10am INNERgystics Workout, Ridge Sports Center, \$5
- 3-4pm Adult Swim, at the Ridge indoor pool
- 4pm Family Walleyball, at the Resort Sports Center.
- 7pm Family Movie Night, Join us for a relaxing and enjoyable movie at the Ridge Sports Center.

Saturdays

- 8-9am Lap Swim, join us at the Ridge indoor pool for a morning warm-up.
- 10-11am 10-11:30am Adult Drop-In Tennis Clinic. \$10 fee, Resort Sports Center.
- 6-7pm Pickelball Fun, check out this popular new game at the Ridge Sports Center. Please call for reservations.

The Resort and Beyond!

(This is only a partial list of all the activities that await you in beautiful Central Oregon!)

Hike Cline Butte

Hike Cline Butte Just right out the back door! Take the paved path running behind the unit and walk south (the stream will be on your left). When you reach the utility access road under the electrical lines, walk east towards the butte on the paved road. Approximately 100 yards on the right, you will see a sign indicating the beginning of the trail. This is about a 1 ½ mile hike to 3700 feet where you are rewarded with a beautiful view of the Cascade Mountains. Ignore the "No Trespassing" sign, at the entrance to the trail. This is a private trail for Eagle Crest owners and guests. There are several resting points on the way and a plaque at the top listing the mountains and their elevations. For a special treat, hike up a half hour before sundown to see a beautiful sunset over the Cascades.

Try the Putting Course at the Ridge Sports Center

While Eagle Crest is certainly well known for championship golf courses, the putting course offers a full 18-hole round of golf with just your putter! Since this course opened in 1996 it has been a favorite of kids and families. You can test your putting skills or play a round with the kids in an atmosphere that is fun and encouraging for even the youngest ones!

Take a Bike Ride

After you have had your fill on the 18 miles of paved bike paths around Eagle Crest, try something a bit more adventurous! One of the best rides in the area is an all-downhill 'shuttle' that starts at the caldera rim of the Newberry Volcano, just south of Bend. During the length of the ride, you will descend over 2,500 vertical feet. Coasting down the smooth dirt forest trail, you will be close to the sparkling waterfalls of Paulina Creek. Your visit will include four waterfalls and two safe natural waterslides to explore and play in. Reservations can be made by calling 800-296-0562. Also check out Cog Wild (www.cogwild.com) for shuttles from Bend up the Cascade Lakes Highway beginning each June until September. The meeting spot is the Cascade Lakes Brewery (all legal age cyclists know where this is) on the westside of Bend. The shuttle leaves the brewery at 4 p.m. on Thursdays and 3 p.m. on Saturdays. The cost is \$10 per person. The shuttle takes mountain bikers and their bikes to Swampy Lakes or Dutchman Flat. From there, riders make their own way back to town. Call Cog Wild at 541-385-7002 for more info. Also- try the Deschutes River Trail at Dillon Falls near Bend. Ride south to Benham Falls. The scenery is superb.

Take a Shuttle to the Mountain

Mt. Bachelor Ski area is just 40 minutes away. Snowmobile, snowboard, snowshoe, and tubing in the winter with sightseeing, lift rides, hiking and sunset dining in the summer! (Summer operations start June 30th - call 541-382-2442 or 800-829-2442 for more info.) For winter skiing, Hoodoo Ski area 20 miles west of Sisters on Hwy 20 is smaller, but also lower priced. www.hoodoo.com or call 541-822-3799.

Take a Tour

One of the best ways to experience Central Oregon! Canoe, white water raft, snowshoe, even cave & volcano tour! Call Wanderlust Tours for details 800-962-2862.

Visit the High Desert Museum

The nationally acclaimed High Desert Museum is dedicated to broadening the understanding of the High Desert's wildlife, culture, art and natural resources. Located just 10 minutes south of Bend, you will receive a 10% discount by staying at Eagle Crest and showing your guest paperwork, ID or key!

Take a Hike on Pilot Butte

Come and explore an old cinder cone located just east of Bend. Hike up and around on one of three trails which wind through stands of juniper and sage, all leading to the summit. Once at the top, get ready for a grand panoramic view of the high desert! To the west at sunset, the glow of snowcapped Cascade

Mountains put on a spectacular show. Three Sisters, Mt. Jefferson, Black Butte and Mt. Hood are some of the highlights! Take Hwy 20 East from Bend (you can't miss it.)

Hike South Sister

Glaciers, crevasses, rock fall and other natural nuisances keep most people away from the summits of Oregon's volcanoes. But there is one mountain that has an easy way up (if six miles and a 4,800-foot gain can be called easy.) It's South Sister, Oregon's third highest peak at 10,358 feet. Find the trail at Devils Lake, five miles west of Mount Bachelor. After the snow melts in August, no specialized climbing gear is needed, other than some well-functioning lungs! (See the "Hiking Trails in Central Oregon" guide in this manual)

Go Fishing

Bend is situated in the Heart of the Cascades, and due to this location, it is surrounded by numerous Cascade lakes and the well known Deschutes River. Some of the Cascade lakes hold monster trout exceeding 10 lbs, Crane Prairie is one of these lakes, and it is south of Bend near Sun River. The avid fisherman can experience almost everything when fishing around Bend. The lakes hold a variety of species of fish from Trout, Kokanee, Atlantic Salmon, Bass and other fish. If getting away from the crowds is what you like, the Deschutes offers miles and miles of peaceful fishing spots. If you are new to fishing, Fly and Field are recommended outfitters as a guide service and for fishing equipment rentals. Contact them at 143A SW Century Dr. Suite 100 Bend (541) 318-1616.

Visit Smith Rock State Park

Just north of Redmond, 651 acres of high desert hiking and rock climbing awaits. Trail systems along with rock climbing opportunities all experience levels exists! Pack a picnic lunch and take in the spectacular views of the surrounding area. There is a \$3 day-use charge at the park.

Visit the Sunriver Nature Park and Observatory

The Sunriver Nature Center & Observatory is a private, not-for-profit scientific and educational organization in Sunriver. Services include interpretive exhibits, large scale public observatory, educational programs, botanical garden, and a nature trail. The Sunriver Observatory is a one-of-a-kind facility. You'll see nebulas, double stars, globular star clusters and planets (not some doctored up digital image from a satellite but the real thing!) Because of strict light pollution control in Sunriver, you will be able to see deep sky objects that can't be seen from the city. Worth the trip to Sunriver if you've never been!

Visit the Pine Mountain Observatory

The Pine Mountain Observatory is located 26 miles SE of Bend. It is at an elevation of 6500 feet. Telescopes of aperture 15, 24 and 32-inches are there. The facility is operated by the University of Oregon Physics Department. In addition, a group of amateur astronomers, called the Friends of Pine Mountain

Observatory , helps to operate the facility during the summer. Visitors are welcome Friday and Saturday evenings from late May through last Friday/Saturday in September, weather permitting. Programs commence at 900 PM through mid-summer, then move back to 830 PM and 800 PM start times by September as darkness falls earlier. A \$3.00 donation per person is encouraged. Take State Highway 20 east from Bend, toward Burns. 26 miles from Bend, just beyond the tiny Millican store (no gas available!), turn right (south) on the dirt road and follow it to the top of Pine Mountain, about 8 miles. Call (541) 382-8331 for more info or visit the website at <http://pmo-sun.uoregon.edu/>

Go Horseback Riding

Riding options are abound in Central Oregon! Call (541) 280-9356 in Redmond for half or full days rides at the "Smart Ass Ranch & Outfitters", or try Black Butte Ranch at 541-280-4892, or the Sunriver stables at 541.593.6995. The Rock Springs Guest Ranch between Bend & Sisters is another option - call 541-382-1957 for more information!

Go Whitewater Rafting

The Deschutes River offers some of the best whitewater rafting around! Call Wanderlust Tours for details 800-962-2862.

Take a paddle boat or canoe ride

There are too many lakes in the Central Oregon area to mention, besides the Deschutes River! Drive the Cascade Lakes Highway or check with the Eagle Crest Resort desk for suggestions. The Sunriver Resort Marina will also transport you upstream and allow relaxing trip by canoe down the Deschutes.

Tour the Cascade Lakes Scenic Byway

Tour the Cascade Lakes Scenic Byway See the guide in our manual in unit, or ask the concierge at the Eagle Crest Resort for a map of one of this nation's most important byways. This 86 mile summer trip takes you on a tour of 11 lakes and other amazing natural wonders. The volcanic landscape so unique, astronauts actually trained along stretches of this highway for the Apollo missions to the moon in the mid-1960's. Astronaut Jim Irwin of the Apollo 15 mission actually placed an earth rock from a volcanic dome near Devils Lake on the lunar surface. It's the only earth rock on the moon!

Shop the Old Mill District in Bend

There are plenty of places to shop throughout Bend; however located in the old Mill District is a new shopping mall providing several nice restaurants and stores. Not to be missed if you have young children is the Working Wonders Children's Museum! For info, call 541-389-4500.

Stroll the Shops in Downtown Sisters

You're in for a real treat if you've never stopped to walk Sisters' commercial district. The area has developed an 1880's western town with many unique shops, galleries, and eating establishments. This little town hosts over 300 businesses. People come to shop with the beautiful Three Sisters Mountains looming in the background.

See a Show, Concert, Movie, or Experience Fine Dining

Visit www.bendnights.com for restaurant, movie and show listings throughout the Bend, Redmond & Sisters area. This website also offers menus, venues and maps of the Bend area along with flyers of upcoming events.