



escape adventures®

MOUNTAIN BIKING MULTISPORT Oregon High Lakes Adventure

The Basics

State: Oregon

Activities: Mountain biking, rafting, rock climbing

Duration: 6 days/5 Nights

Season:

Type: All Inns

Elevation: 2800-7800ft

Airport: Portland OR



Meeting Information

Location: Inn of the Seventh Mountain

Address: 18575 SW Century Dr Bend, OR 97702

Time: 12pm

Phone: 541-382-8711

* Round-trip shuttle from Portland to Bend: \$75
The shuttle will leave from the [Courtyard Marriott Portland Airport](#) in Portland, Oregon, at 8:00 am on the first day of the tour.

* We will finish at Smith Rock State Park around 2:00pm on the last day.

Single supplement for Inns Camp and Inn: \$195

Bike Rentals

Santa Cruz & Specialized,
[Click here for more information.](#)

Our action packed High Lakes Adventure encompasses five mountain lakes fed by the snow melt waters of Mt. Bachelor and the Three Sisters volcanoes. Centrally located in the Cascade Mountain Range, Bend, Oregon attracts outdoor adventurers from around the world.

Our adventure includes mountain bike rides around Lava Lake, Little Lava Lake, Lemish Lake, Cultus Lake, Little Cultus Lake, Hosmer Lake, Three Creeks Reservoir, and Newberry National Volcanic National Monument. The monument includes 50,000+ acres of lakes, lava flows, and spectacular geologic features in central Oregon. The highest point within the Monument is the summit Paulina Peak (7,985 ft.), showcasing views of the Oregon Cascades and across the High Desert. Most of our rides lead us to beautiful lakeside campsites where additional exploring and/or swimming opportunities abound.

Include an afternoon of rafting on the wild and serene Deschutes River, a full day of rock climbing in Smith Rock State Park, and Oregon will beckon you back year after year.

Trip Amenities

Cell phone coverage is available when atop hills at certain times of days but overall the coverage is pretty spotty. Land lines are available at your hotel. Inns on this trip are often remote, appropriate to the locations in which we ride. They are chosen for comfort, scenery, and proximity to our activities.

Meals

Inns: all meals are in local restaurants except picnic lunches, prepared by your guides.



Fitness Level



Technical Level

Specific Trip Tips

- Portland, Oregon is the closest city with a major airport and car rentals. We recommend that you fly into Portland and drive or take a shuttle to Bend.
- You can also take the Escape Shuttle (\$75) from Portland. The shuttle will leave from the Courtyard Portland Airport in Portland, Oregon at 8am on the first day of the tour.

What sets us apart?

Our People: Our guides are the best in the business! Trained personally by the owners, our guides understand the areas you ride and the safety of the group.

Our Commitment: We don't just preach environmental awareness, we live it! We recycle 90% of our waste, run our facilities with solar and wind power, and we are the world's 1st carbon-neutral outfitter.

Our Food: Our guides lovingly prepare meals for the trip with an emphasis on fresh, local and organic foods, ensuring you have the fuel you need to ride, and a delicious meal at the same time-including dessert!

Offset Your Airfare

We've got your trip covered, but use our online [Carbon Calculator](#) to offset your travel to and from the trip

Day 1 | Shevlin Park

After meeting in Bend, we'll hop in the shuttle for a very quick ride to Shevlin Park. The small park is a local favorite and provides us with a great lunch spot and even better introductory singletrack and a chance to get used to the bikes. There are a few short, steep climbs that will challenge your budding skills, but the ride ends with a long rolling downhill to the van. After our ride we shuttle 20 minutes to our Inn where your guides prepare a delicious dinner.

Total Mileage | 7 miles Elevation Gain 345 ft
Camp- Lava Lake
Inn | [Inn of the Seventh Mountain](#)
Terrain | Singletrack, No Van Support

Day 2 | Little Lava Lake to Little Cultus Lake

After breakfast, we'll shuttle past Mt. Bachelor to our trailhead and start our adventure with a technically challenging ride through forest of ponderosa pines and firs. This singletrack ride will take us past Hosmer Lake as we make our way toward Lava Lake. Today's 12 mile ride is just a hint of the awesome riding to come! After we arrive at Lava Lake you'll have time to take a dip!

Total Mileage | 11-34 miles Elevation Gain 200-2100 ft
Camp- Little Cultus Lake
Terrain | Singletrack, No Van Support
Inn | [Inn of the Seventh Mountain](#)

Day 3 | Mountain Biking Cultus Lake

After breakfast, we'll take a short shuttle to begin our ride at Cultus Lake. This ride is one of our favorites as it winds through thick forest, across bridges, and over streams. Once at Cultus Lake, our ride will give us plenty of opportunities to take a refreshing dip in the cool, clear lake. Leaving Cultus Lake, we'll make our way to Deer Lake and finally to Little Cultus Lake.

Total Mileage | 10-33 miles Elevation Gain 456-2905ft
Terrain | Road & Jeep Singletrack, No Van Support
Camp- Little Cultus Lake
Inn | [Inn of the Seventh Mountain](#)

Day 4 | Mountain Biking, Hiking, and Rafting the Deschutes River

We'll spend the morning exploring even sweeter singletrack around Little Cultus Lake. A lollipop shaped ride will take us in a different direction and to more hidden high mountain lakes. We'll return to our base for lunch and to pack up because today is also our raft day! We will take you on a memorable ride that ranges from mild to wild. One minute you'll be white knuckled as you plunge down the furious "Big Eddy" rapids. The next you're basking in sunshine, gliding silently through tranquil meadows flanked by soaring basalt cliffs. As our repeat guests can attest, a raft trip down the Deschutes is an absolute "must do"!

Total Mileage | 7 miles Elevation Gain 588 ft
Terrain | Singletrack, No Van Support
Camp- Paulina Lake Newbury Crater National Monument
Inn | [Inn of the Seventh Mountain](#)



Day 5 | Mountain Biking and Hiking Newberry Caldera

Today's adventure is in the beautiful Newberry Crater just south of town. We climb and descend the Parallel trail to the Lost Lake trail through the Big Obsidian Flow. Only 1300 years old, the Big Obsidian Flow the youngest lava flow in Oregon and consists of obsidian (black glass) and pumice. A sight unlike any other in Oregon. We end at Caldera Lake where we'll pack up and shuttle back to Bend.

Total Mileage | 12-22 miles

Elevation Gain 745-2932

Terrain | Doubletrack and Singletrack, No Van Support

Camp- Paulina Lake Newbury Crater National Monument

Inn | [Inn of the Seventh Mountain](#)

Day 6 | Rock Climbing at Smith Rock

The day is all about having a good time, and perhaps getting acquainted with the heights. Clients get maximum time on the rock, with the security of a top-rope. If you are worried about how you will do, have no fear; many routes are as easy as climbing a ladder, only a lot more fun. For those wanting to push their limits, we can do that too! There is no better place to climb than Smith Rock and with our friends Smith Rock Climbing Guides!

****Our trip ends at Smith Rock, so if you met us in Bend you have the option of driving to Smith Rock in the morning so you will have your car. After lunch, we'll shuttle back to Portland, arriving around 5:00 pm****



Trip Cost Includes: Two guides, all meals starting with lunch on the first day through lunch on the last day, support vehicle, snacks, first-aid, bike maintenance, community gear, and a souvenir shirt.

Trip Cost Does Not Include: Airfare to and from our departure point, lodging before or after the tour, personal camping gear, rental bike, or gratuities to Escape Adventures guides. Tips to the guides are given at your discretion and based on the quality of your experience. We suggest 10-20% of your trip cost to be divided between the guides.

This is a general itinerary and may vary. Escape Adventures reserves the right to make changes due to weather, local conditions, government intervention, or any unforeseen reasons that may affect the quality of the trip and/or safety of the participants. Inns are subject to change.

For additional information please do not hesitate to call one of our experienced trip planners, and visit the [Pre-Trip Information](#) section of our website.
Please call 800-596-2953 Monday-Friday, between 8 a.m. and 4 p.m. Pacific time.