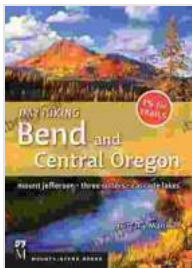


Hike the Majestic Peaks and Crystal-Clear Lakes of Bend: A Comprehensive Guide to Day Hiking Bend Central Oregon



Day Hiking Bend & Central Oregon: Mount Jefferson/ Sisters/ Cascade Lakes by Brittany Manwill

★★★★☆ 4.4 out of 5

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Nestled in the heart of Central Oregon, Bend is a hiker's paradise, offering an endless array of day hiking trails that cater to all levels of experience.

With its dramatic volcanic peaks, shimmering lakes, and vast forests, Bend provides a breathtaking backdrop for outdoor adventures.

In this comprehensive guide, we'll take you on a journey through some of the most iconic day hiking trails in Bend Central Oregon, including:

- Broken Top Loop Trail
- South Sister Trail
- Three Sisters Wilderness Loop Trail
- Mount Bachelor Trail
- Tumalo Falls Trail
- Lava River Cave Trail
- Proxy Falls Trail
- Deschutes River Trail
- Mount Jefferson Wilderness Loop Trail
- Tam McArthur Rim Trail

Each trail description includes detailed information on:

- Distance and elevation gain

- Difficulty level
- Trail highlights
- Suggested starting points
- Tips for planning your hike

Whether you're a seasoned hiker looking for a challenging adventure or a beginner seeking a leisurely stroll, you'll find the perfect trail for you in this guide.

So lace up your boots and prepare to immerse yourself in the natural beauty of Bend Central Oregon. The mountains, lakes, and forests await your exploration.

Broken Top Loop Trail



Distance: 6.2 miles

Elevation Gain: 2,200 feet

Difficulty: Strenuous

Trail Highlights: Stunning views of Broken Top, South Sister, and Mount Bachelor; alpine meadows; wildflowers

Suggested Starting Point: Broken Top Trailhead

The Broken Top Loop Trail is a classic Bend hike that offers a challenging yet rewarding experience. The trail ascends steeply through a lush forest,

providing glimpses of the surrounding peaks. As you gain elevation, the views become increasingly spectacular, culminating in a breathtaking panorama from the summit of Broken Top. The trail then descends through alpine meadows, passing by wildflowers and sparkling streams.

South Sister Trail



Distance: 10.8 miles

Elevation Gain: 4,800 feet

Difficulty: Strenuous

Trail Highlights: Panoramic views of the Three Sisters Wilderness; alpine lakes; volcanic landscapes

Suggested Starting Point: South Sister Trailhead

The South Sister Trail is a bucket-list hike in Bend, offering an unforgettable adventure to the summit of one of Oregon's most iconic mountains. The trail is challenging, with a steep ascent through forests and meadows. As you climb, the views become increasingly spectacular, encompassing the entire Three Sisters Wilderness. From the summit, you'll be rewarded with breathtaking panoramas of the surrounding peaks, lakes, and forests.

Three Sisters Wilderness Loop Trail



Distance: 25 miles

Elevation Gain: 7,200 feet

Difficulty: Strenuous

Trail Highlights: Three iconic peaks (South Sister, Middle Sister, and North Sister); alpine lakes; waterfalls

Suggested Starting Point: South Sister Trailhead

For the ultimate Bend hiking experience, embark on the Three Sisters Wilderness Loop Trail. This challenging yet rewarding trail takes you around all three of the Three Sisters peaks, offering stunning views and a chance to experience the pristine beauty of the wilderness. The trail passes by sparkling lakes, cascading waterfalls, and lush meadows, making it a truly unforgettable adventure.

Mount Bachelor Trail



Distance: 5.4 miles

Elevation Gain: 2,600 feet

Difficulty: Moderate

Trail Highlights: Panoramic views of the Cascade Lakes; volcanic landscapes; wildflowers

Suggested Starting Point: Mount Bachelor Trailhead

For a more moderate hike with stunning views, try the Mount Bachelor Trail. The trail ascends steadily through forests and meadows, providing glimpses of the surrounding lakes and peaks. As you climb, the views become increasingly spectacular, culminating in a breathtaking panorama from the summit of Mount Bachelor. The trail is also known for its wildflowers, which bloom in abundance during the summer months.

Tumalo Falls Trail



Distance: 1.4 miles

Elevation Gain: 100 feet

Difficulty: Easy

Trail Highlights: Scenic waterfall; lush forests; short and accessible

Suggested Starting Point: Tumalo Falls Trailhead

The Tumalo Falls Trail is a popular and accessible hike that leads to a beautiful waterfall. The trail is mostly flat, making it suitable for all ages and abilities. The trail follows the Deschutes River, providing scenic views along

the way. The highlight of the hike is the stunning Tumalo Falls, which cascades over a series of rocks into a pool below.

Lava River Cave Trail



Distance: 1 mile

Elevation Gain: 50 feet

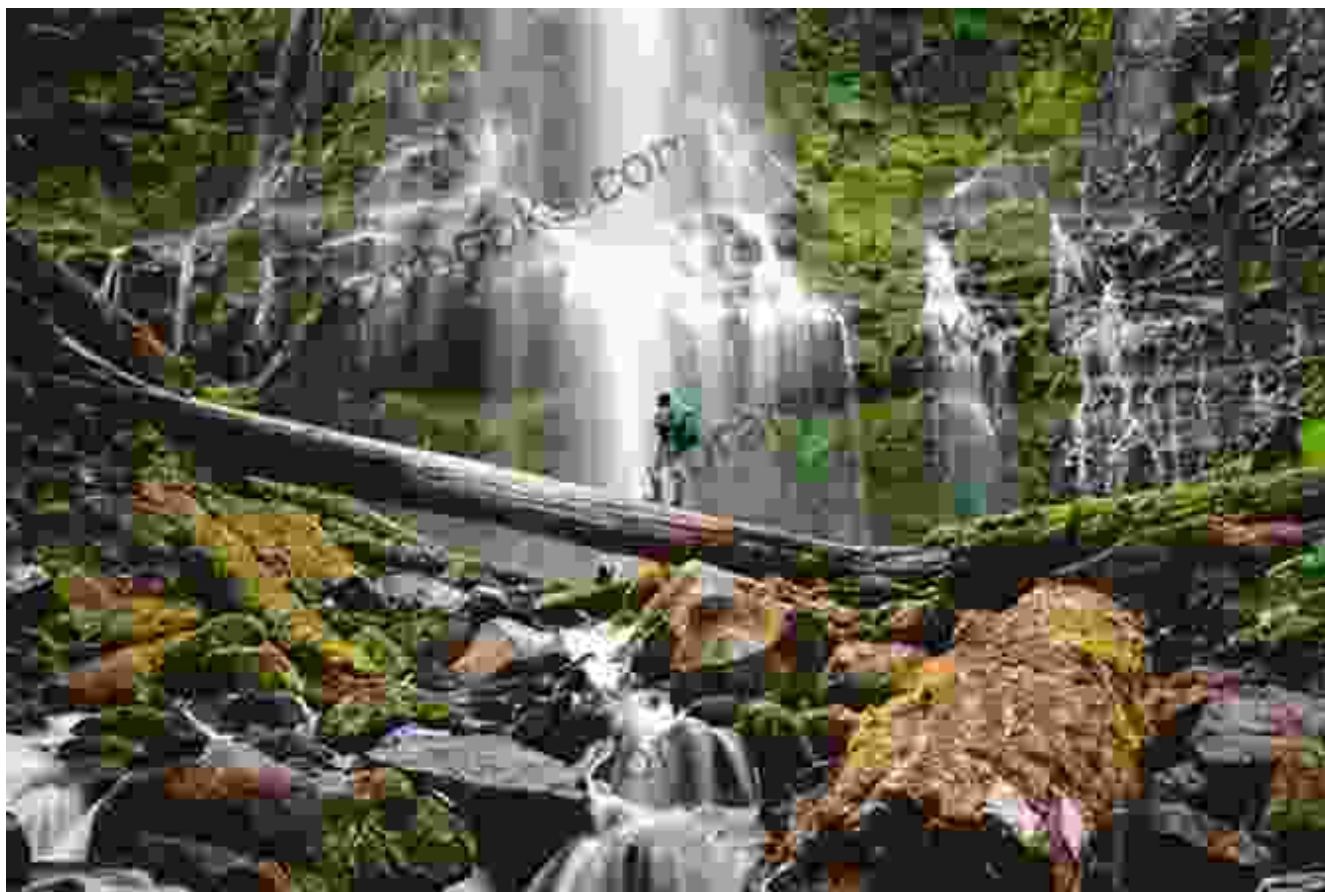
Difficulty: Easy

Trail Highlights: Underground lava tube; unique geological formations; year-round accessibility

Suggested Starting Point: Lava River Cave Trailhead

For a unique hiking experience, explore the Lava River Cave. This trail leads you into a massive lava tube, created by a volcanic eruption thousands of years ago. The cave is home to unique geological formations, including stalactites, stalagmites, and lava curtains. The trail is mostly flat and well-lit, making it accessible to all ages and abilities.

Proxy Falls Trail



Distance: 2.6 miles

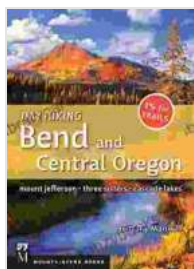
Elevation Gain: 200 feet

Difficulty: Easy

Trail Highlights: Scenic waterfall; lush forests; short and accessible

Suggested Starting Point: Proxy Falls Trailhead

The Proxy Falls Trail is another



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