Cycle Oregon is turning the big 3-0 this year and to honor this momentous occasion, we have put together a timeless ride. Showcasing the rugged, magnificent midsection of our beloved state, we’ve laid a route traveling into the noble Cascade Range, cruising alongside wild, scenic rivers, and skirting the rim of the mesmerizing, deep, blue waters of Crater Lake. As you fill up on inspiration and hard-earned memories, you can feel good knowing that you’re not only having a great time – you’re helping support many unique and wonderful places.
EXPANDING YOUR POINT OF VIEW

They say you can't truly know a man until you've walked a mile in his shoes. Well, we would argue that you can't truly know a state until you've explored several hundred miles of it on a bike. This is the founding principle that gave rise to Cycle Oregon 30 amazing years ago. And since that first ride, our bikes have gotten lighter, our camps have gotten bigger, and our following has grown. But the riders really haven't changed that much. Year in, year out, Cycle Oregon riders are always fun, energetic people who simply can’t think of a better way to spend a week than by pedaling their way through some of the most beautiful country on earth.
DAY 1

UP AND OVER

MILES: 55 (57.6 W/ GRAVEL OPTION) | ELEVATION: 3,357’ (3,455’ W/ GRAVEL OPTION)

Tumalo State Park to La Pine: And we’re off! You and your bike tires are fully pumped as you leave Tumalo State Park and skirt Shelvin Park on country roads, leading the way to Bend. Continue through Bend, fighting the urge to stop for a microbrew every other block as you start your climb up Cascade Lakes Scenic Byway towards Mt. Bachelor. After your 5%-ish 10-mile climb, it’s time to sit back and enjoy 15 miles of downhill towards Sunriver, and then 14 more flat, mellow miles into La Pine. *Gravel Option: Just after leaving Bend, hop on 15 miles of gravel road, rejoining the main route 5 miles before the summit of Century Drive.

DAY 2

CRUISING THE CASCADES

MILES: 95.5 | ELEVATION: 3,600’

La Pine to Diamond Lake: Hope you got a good night’s sleep last night because today is a long, but relatively flat, one. We start-off by rejoining the beautiful Cascade Lakes Highway as we pass Wickiup Reservoir, Davis Lake and near Crescent Lake. And the day’s only big hill. This 6-mile climb is on one of the straightest highways in Oregon, but don’t let it get in your head – it’s only a 5-6% grade. After summiting, it’s a pleasant four mile cruise downhill to Diamond Lake where a hot shower and a cold beer will be waiting lakeside.

DAY 3

NO CRATER GREATER

MILES: 59.8 | ELEVATION: 6,470’

Layover Day: You’ve enjoyed a heaping helping of miles over the last two days and deserve a break, but we know riders love to ride, so we planned some killer options to make the most of this location. Option one: Hang out at Diamond Lake and chillax. Option 2: Ride the paved 11-mile loop around Diamond Lake catching glimpses of diamond-shaped Mt. Thielsen and mountain-shaped Diamond Peak. Option 3: We highly recommend this option. For just a glimpse of Crater Lake, it’s 13 miles uphill from camp to the rim of the lake. From there you can return to camp or ride to Rim Village and the lodge (6 miles out and back) or you can ride around the entire rim of Crater Lake. This last option is a bucket list ride – the most spectacular 32 miles of bike riding on earth, but also one of the most challenging. There are no flat places on Rim Drive.
**DAY 4**

**FLOWING DOWNHILL**

**MILES: 91 | ELEVATION: 3,916’**

**Diamond Lake to Dorena Lake:** Back in the saddle, hopefully feeling rested and reinvigorated, today’s route is a real treat. 4 miles from Diamond Lake, you hop on Highway 138 for 40 (count ’em-4-0) miles of glorious downhill. This stretch is a National Scenic Byway and follows the Wild and Scenic Umpqua River. It’s also prime waterfall country. Clearwater Falls, Whitehorse Falls, Toketee Falls, and Watson Falls (almost 300 ft tall!) are slightly off course, but well worth the walk. After lunch, you’ll tackle a 13-mile, sometimes steep climb, before finishing up the day on 10 miles of the Row River Trail, a revived railroad turned-trail along the shoreline of Dorena Lake.

**DAY 5**

**SQUATCH COUNTRY**

**MILES: 55.5 (51.8 W/ GRAVEL OPTION) | ELEVATION: 5,227’ (4,258’ W/ GRAVEL OPTION)**

**Dorena Lake to Oakridge:** By now you’ve ridden yourself into tip-top cycling condition and your bike welcomes you like an old friend (hopefully). From camp at Dorena Lake, it’s back along the Row River Trail for 11 miles, then around mile 19 you enter Umpqua National Forest where you’ll ride for most of the day. Count the shades of green as you work the logging roads, climbing towards the first of three summits. After the final small climb of the day at mile 39, it’s 20 miles of downhill into Oakridge for another night of sharing stories under the stars. *Gravel option: After Stop 3, 10 miles of downhill on gravel, for a total of 15 miles before joining the main route 5 miles before Oakridge.*

**DAY 6**

**LIQUID REFRESHMENT**

**MILES: 66 (61.4 W/ GRAVEL OPTION) | ELEVATION: 3,300’ (4,150’ W/ GRAVEL OPTION)**

**Oakridge to Rainbow:** Day 6 begins with a lovely covered bridge passing en-route to the Aufderheide Scenic Byway. Set your peepers to “awe” as you take in all the beautiful scenery along the Middle Fork of the Willamette River to summit at Box Canyon, then along the South Fork of the McKenzie River and past Cougar Reservoir. Today you have to climb for your lunch, but after lunch the remaining 26 miles is downhill, perfect for those riders with the need for speed. You’ll pass Cougar Hot Springs (clothing optional, wink wink) and end at the McKenzie River and our campsite at the edge of Tokatee Golf Course in Rainbow. *Gravel Option: Leaves Oakridge on paved road that turns to gravel after 7 miles, then rejoins the main route 19 miles from the start.*
HOMEWARD BOUND
Miles: 67.3 | Elevation: 4,786'

Rainbow to Tumalo: We start off on the nice, wide shoulder of Highway 126 for 8 miles before we turn onto the Old McKenzie Highway. At this point, we start a long, gradual ascent towards the summit of the Cascades and Dee Wright Observatory. The payoff once you reach the top is a spectacular view of the Three Sisters. On the way back down, you’ll cruise on 15 miles of downhill stopping in Sisters for lunch. To wrap it up, you have miles of generally flat country roads with a couple of miles riding on the main state highway between Sisters and Bend. Once you cross the finish line, take off your bibs and put on your party pants because it’s time to celebrate!

ELEVATION + TOTAL MILES
Miles: 490.1 | Elevation: 30,656' - Miles without Crater Lake option: 430.3 | Elevation: 24,186'

We’ve learned a thing or two over the last three decades of cycle tours. We’ve learned how good it feels to give back more than you take. We’ve learned that the friends you make the quickest, sometimes last the longest. And we’ve learned that it’s all about the journey, not the destination (unless the destination is a hot shower and a cold beer after a 97-mile ride). When you spend 7 days on the road with Cycle Oregon, there’s no telling what you might learn.

So what are you waiting for?

REGISTER AT CYCLEOREGON.COM