

Bend on a Bike

Introduction

Bend, Oregon is a mountain biker's paradise. With its stunning scenery, endless trails, and vibrant mountain biking community, Bend has everything a rider could want. Whether you're a beginner looking for a gentle cruise or an experienced rider seeking a challenging thrill ride, Bend has something for you.

In this book, we'll take you on a tour of Bend's best mountain biking trails. We'll cover everything from the iconic Phil's Trail to the challenging Riley Ranch trails. We'll also explore the hidden gems of the Old Mill District and the Deschutes River Trail System.

In addition to trail descriptions, we'll also provide you with information on Bend's mountain biking culture,

gear and grub, and training and technique. We'll also cover safety tips, etiquette, and advocacy.

Whether you're a local or a visitor, this book is your essential guide to mountain biking in Bend. So grab your bike and let's hit the trails!

Bend is a city in central Oregon, known for its outdoor recreation opportunities, including mountain biking. The city is home to over 300 miles of mountain biking trails, ranging from easy to difficult. Bend is also home to several bike parks and pump tracks, making it a great place to learn and practice mountain biking.

The Bend mountain biking community is very active, with several clubs and organizations dedicated to promoting the sport. The city also hosts several mountain biking events throughout the year, including the Bend Bike Film Festival and the Cascade Crank enduro race.

If you're looking for a great place to go mountain biking, Bend is the perfect destination. With its stunning scenery, endless trails, and vibrant mountain biking community, Bend has something for every rider.

Book Description

Bend on a Bike is your essential guide to mountain biking in Bend, Oregon. With over 300 miles of trails to choose from, Bend has something for every rider, from beginners to experts.

This book covers everything you need to know to plan your mountain biking adventure in Bend, including:

- Detailed descriptions of Bend's best mountain biking trails, from easy to difficult
- Information on Bend's mountain biking culture, gear and grub, and training and technique
- Safety tips, etiquette, and advocacy

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Chapter 1: Bend's Best Rides

Top 5 Mountain Bike Trails for Beginners

Bend is a mountain biker's paradise, with trails for all levels of riders. If you're new to the sport, or just looking for a santai ride, there are plenty of beginner-friendly trails to choose from. Here are five of the best:

1. **Phil's Trail:** This is a classic Bend trail that's perfect for beginners. It's a relatively flat and easy trail, with no major obstacles. It's also a great trail for families, as it's wide enough for riders of all ages to ride side-by-side.
2. **Skyline Forest Trail:** This trail is a bit more challenging than Phil's Trail, but it's still a good option for beginners. It has some short, steep climbs, but they're all manageable. The trail also offers stunning views of the Cascades.

3. **Shevlin Park Loop Trail:** This trail is a great option for a short, easy ride. It's a 2.5-mile loop trail that's mostly flat, with a few gentle climbs. The trail is also well-shaded, making it a good choice for hot days.
4. **Bend Park & Ride Trail:** This trail is a great option for a longer ride. It's a 6-mile out-and-back trail that follows the Deschutes River. The trail is mostly flat, with a few short climbs. It's also a popular trail for hikers and joggers, so be sure to share the trail.
5. **Old Mill District Trail:** This trail is a great option for a short, easy ride in the heart of Bend. It's a 1.5-mile loop trail that follows the Deschutes River. The trail is mostly flat, with a few gentle climbs. It's also a popular trail for walkers and runners, so be sure to share the trail.

Chapter 1: Bend's Best Rides

Bend's Ultimate Downhill Thrill Rides

Bend is known for its incredible downhill mountain biking trails, and there are few better places to experience the thrill of gravity-fed riding than on the slopes of Mount Bachelor. With over 3,000 vertical feet of descent, Mount Bachelor offers a variety of downhill trails to choose from, ranging from beginner-friendly to expert-only.

One of the most popular downhill trails on Mount Bachelor is the Pine Marten Trail. This trail is a classic Bend downhill, with a mix of fast and flowy sections, as well as some more technical challenges. The trail is approximately 3 miles long and descends over 1,000 vertical feet.

For a more challenging downhill experience, try the Cloudchaser Trail. This trail is known for its steep and technical terrain, with several drops and jumps along

the way. The trail is approximately 2 miles long and descends over 1,200 vertical feet.

If you're looking for a truly extreme downhill experience, then look no further than the Skyliner Trail. This trail is one of the most difficult downhill trails in Bend, with steep, loose terrain and several large drops. The trail is approximately 1 mile long and descends over 1,400 vertical feet.

No matter what your skill level, there's a downhill trail on Mount Bachelor that's perfect for you. So grab your bike and get ready for some of the most thrilling mountain biking of your life!

In addition to the trails on Mount Bachelor, there are also several other great downhill trails in the Bend area. The Riley Ranch Trail System is home to a variety of downhill trails, ranging from beginner to expert. The Deschutes River Trail also has several downhill sections, as well as some more cross-country-oriented trails.

No matter where you choose to ride, be sure to check the trail conditions before you go. Some trails may be closed due to weather or maintenance. Also, be sure to wear a helmet and other protective gear when riding downhill.

Downhill mountain biking can be a lot of fun, but it's important to be aware of the risks involved. Be sure to ride within your limits and always wear a helmet.

Chapter 1: Bend's Best Rides

Exploring the Hidden Gems of Phil's Trail

Phil's Trail is one of Bend's most popular mountain biking trails, and for good reason. It's a challenging yet rewarding ride that offers stunning views of the Cascades. But beyond the main trail, there are a number of hidden gems that are worth exploring.

One of the best ways to find these hidden gems is to take a side trail. There are several side trails that branch off from Phil's Trail, each leading to its own unique destination. Some of these side trails are short and easy, while others are longer and more challenging. But all of them are worth exploring, if you're looking for a new adventure.

Another way to find hidden gems on Phil's Trail is to simply go off-trail. There are many places where you can leave the main trail and explore the surrounding

forest. Just be sure to stay on designated trails and avoid damaging the environment.

If you're looking for a more challenging ride, you can try riding Phil's Trail in reverse. This will give you a whole new perspective on the trail and make it much more difficult.

No matter how you choose to ride it, Phil's Trail is a must-ride for any mountain biker visiting Bend. With its stunning scenery, challenging terrain, and hidden gems, Phil's Trail is sure to leave you wanting more.

Here are a few specific hidden gems to look for on Phil's Trail:

- **The Old Mill Trail:** This short side trail takes you to the ruins of an old mill.
- **The River Trail:** This side trail follows the Deschutes River for a short distance.
- **The Lava Flow Trail:** This side trail takes you through a lava flow.

- **The Big Bend Trail:** This side trail takes you to a large bend in the Deschutes River.
- **The Upper Trail:** This side trail takes you to the top of Phil's Trail.

**This extract presents the opening
three sections of the first chapter.**

**Discover the complete 10 chapters and
50 sections by purchasing the book,
now available in various formats.**

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