

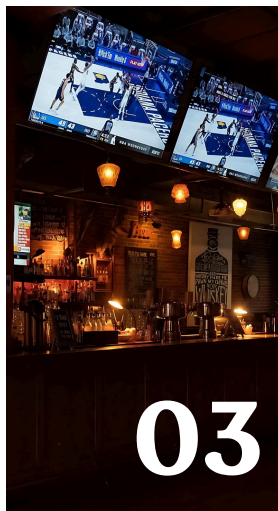
OFFICIAL LOCAL GUIDE

Bend OREGON

CURATED BY THE
AMPLIFY YOUR LIFE WORLD CONFERENCE



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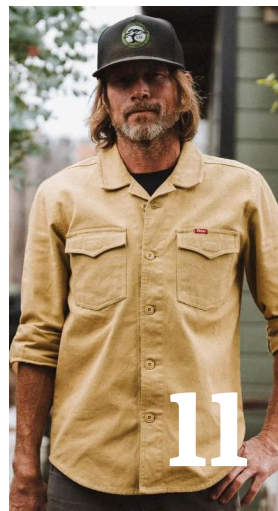
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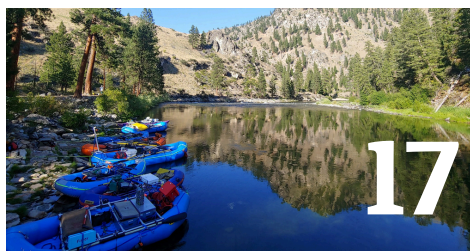
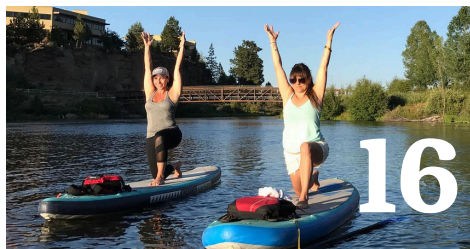
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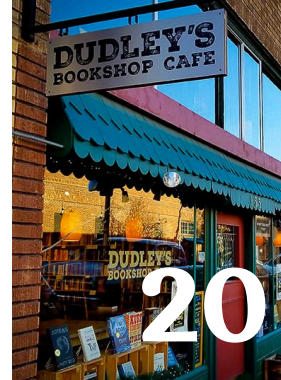
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CON PANNA CAPPUCCINO



COFFEE HOUSE

THUMP

COLD BREW COFFEE

HOUSE MADE CHAI

BLENDED CHOCOLATE DE WHISKY

THUMP BRAND TEA

ITALIAN SODA

KID'S HOT CHOCOLATE DE STEAMER

ADD FLAVOR, SWEET, & ALTERNATIVE MILK



Thump
GENUINE COFFEE

GIVING LIFE IN EVERY CUP

We are constantly on the hunt for coffees that are hard to forget and leave you wanting more. Our goal is to build sustainable relationships with farms and producers, in order to share their great coffees from around the world for many years to come.

York Café, Roastery & Bakery

549 NW YORK DR, STE. 200,
BEND, OR 97703
 6:30 AM - 5:30 PM M - F
7 AM - 5:30 PM S
7 AM - 5 PM SU

541.647.2284

Downtown Bend

25 NW MINNESOTA AVE.
BEND, OR 97701
 6 AM - 5:30 PM M-F
7 AM - 5:30 PM SA
7 AM - 4:30 PM SU

541.388.0226

The Grove Market Hall

921 NW MOUNT WASHINGTON DR.
BEND, OR 97703
 6:30 AM - 5 PM DAILY
 541.728.0559

eBike Rentals

Our Rentals & Where to Ride

Visiting our wonderful city and want to explore our beautiful terrain on two wheels? Interested in trying out a new style of riding before buying? You're in luck! We have an excellent selection of high-quality, well-maintained electric bikes ready for you to rent.

We offer road, mountain and standard ebikes for adults. Our Urban Arrow front-loading cargo bike can hold 2 small children and has seatbelts. All of our rentals include a helmet, a lock, and information on local riding spots.

Apply Your Rental Fee to Purchase!

If you rent a bike and decide that you can't live without it, we'll gladly put your rental fee towards the purchase of a new bike. Take home a new bicycle within 30 days of your bike rental and we'll credit you up to \$300 worth of rental fees!





RIVER PIG SALOON



YOUR FAVORITE SALOON

 @riverpigsaloon
 riverpigsaloon.com
 555 NW Arizona Ave, Ste 40
Bend, OR 97703
 (541) 385-6777



WANDERLUST

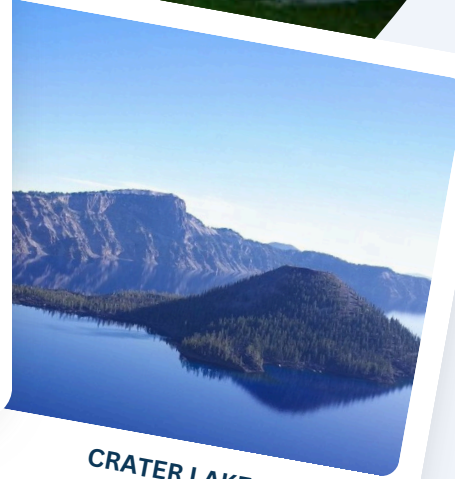
Tours



CASCADE LAKES
KAYAK TOURS



MOONLIGHT & STARLIGHT
CANOE TOURS



CRATER LAKE
SUMMER TOUR



DISCOVER WHAT'S AROUND THIS BEND!

LOOKING FOR FUN THINGS TO DO IN BEND, OREGON? COME PLAY OUTSIDE WITH US!

Wanderlust Tours offers half-day naturalist-guided tours and trips throughout the year in Bend, Sunriver, and Sisters, Oregon. Our company has specialized in outdoor tours, outdoor activities, and things to do in Bend Oregon since 1993. Renowned for our knowledgeable and professional guides, our small group tours take you away from crowds to seek out the quiet of the Central Oregon Cascade lakes, rivers, forests, and caves. In our opinion, we offer the very best variety of things to do in Bend, Oregon!

OUR TOURS DEPART *EVERY DAY, YEAR-ROUND!*



@wanderlusttours



wanderlusttours.com



61535 S. Hwy. 97 Suite 13
Bend, OR 97702



(541) 389-8359

Brunch



CHOW delivers simple dishes, bold flavors, and good vibes for your breakfast and lunch delight.

1110 NW Newport Ave
Bend, Oregon 97701
7:00 AM - 2:00 PM



SIMPLE FOOD. LOCAL INGREDIENTS. GOOD VIBES.

We offer our full breakfast, lunch, and specials menu from open to close. We are a family-friendly restaurant and love when you bring your kiddos. We love to cater to vegetarians, vegans, and the gluten-averse whenever dietary needs or preferences call for it.

We offer outdoor dining in the Summer and Spring months (and at Mother Nature's whim) and indoor seating in the Fall and Winter months.

We love crafting private dinners and special events for your guests.



EAT

Find out what our cart crew is cookin' up and how they all got here.

DRINK

Learn about the Podski Bar and how this whole wild journey began.

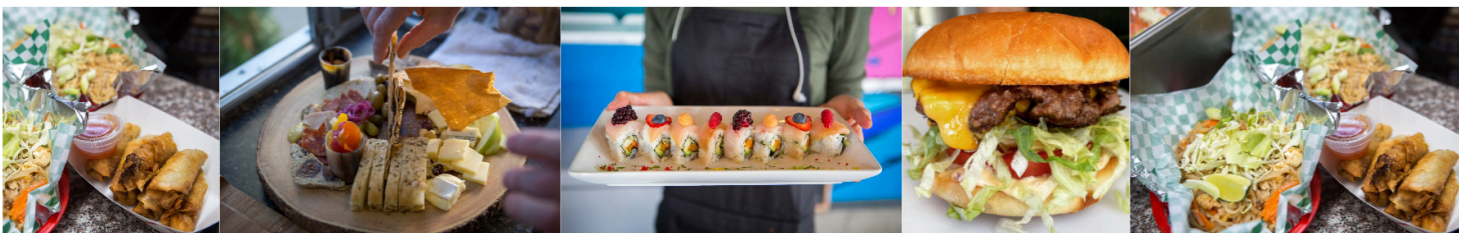
PARTY

Check out the calendar when you're lookin' for a good time.

FEEL THE VIBE...

Centrally located between the Old Mill and Downtown Bend, The PODSKI offers up a wide variety of worldly food trucks, local beer, live music, and nothing but good vibes.

It's one hell of a picnic.



ZYDECO KITCHEN

BEST DINNER OF CENTRAL OREGON FIVE YEARS RUNNING

At Zydeco Kitchen, we proudly feature vibrant, locally-sourced flavors in a revolving menu that reflects the seasons and our region's offerings.

Our dedication to showcasing the freshest ingredients supports local producers and delivers dynamic, flavorful cuisine.



Dinner



Drinks



Dessert



Specials

FEATURED ON FOOD NETWORKS "DINERS, DRIVE-INS, AND DIVES"

Walk-ins are welcome, reservations are encouraged. Located in downtown Bend, Oregon, Zydeco offers reservations every day from 4:30-8:30. To make a reservation, call our host stand.

Please call if you would like a patio reservation or would like to move a current reservation outside.



@zydecokitchenandcocktails



zydecokitchen.com



(541) 312-2899



919 Bond Street
Bend, Oregon

mcmenamins

Old St. Francis School Brewery



WINNER OF THE 2024 CRAFT BEER AWARDS

"SMALL-SIZE BREWERY OF THE YEAR"

This brewery opened as part of the rejuvenated Old St. Francis School in 2004. Once the basement lunchroom of the former Catholic school, the area has been transformed: Fantastical designs of mystical creatures and fairy-like imps painted on fermentation tanks infuse the brewery with magic that mingles with our talented brewer's expertise and creativity to create award-winning beers year after year.



@mcmenamins



[mcmenamins.com/
old-st-francis-school/home](https://mcmenamins.com/old-st-francis-school/home)



(541) 382-5174



700 NW Bond Street,
Bend, OR 97703

HAWKEYE & HUCKLEBERRY LOUNGE

A MODERN COWBOY STEAKHOUSE

Join us for a dining experience that celebrates the culinary heritage of Central Oregon.

OPEN DAILY

Sun-Thurs 4pm-9pm | Fri & Sat 4pm-10pm

Happy Hour 4pm-5pm Everyday

**Happy Hour is only served in our bar and lounge*



Our 'modern cowboy' restaurant & bar with its wood-fired oven, semi-private canvas tent dining, and a vibrant outdoor patio, perfectly embodies Oregon's majestic outdoors. The menu, deeply rooted in ranch-to-plate traditions, showcases beef & produce from our nearby Tumalo ranch. With an onsite butcher shop and smoker, we make use of the entire animal, offering high-quality steaks, creative dishes, and plenty of options with friendly pricing.



@hawkandhuck



hawkeyeandhuckleberrylounge.com



541-728-2802



225 SW Century Drive
Bend, OR 97702



ATHLETA



Athleta stores in Bend deliver performance apparel designed with a mission to empower all women and girls to realize their limitless potential. Because when women and girls are strong, there's nothing we can't accomplish together. This is the Power of She.

INTRODUCING **ACTIVE TRAVEL** WITH ESSENTIAL ELEVATED FOR YOUR EVERYDAY.



TOPS



BOTTOMS



SETS



WORKOUT TRAVEL & YOGA ATHLETIC CLOTHES FOR WOMEN AT 320 SW POWERHOUSE DRIVE

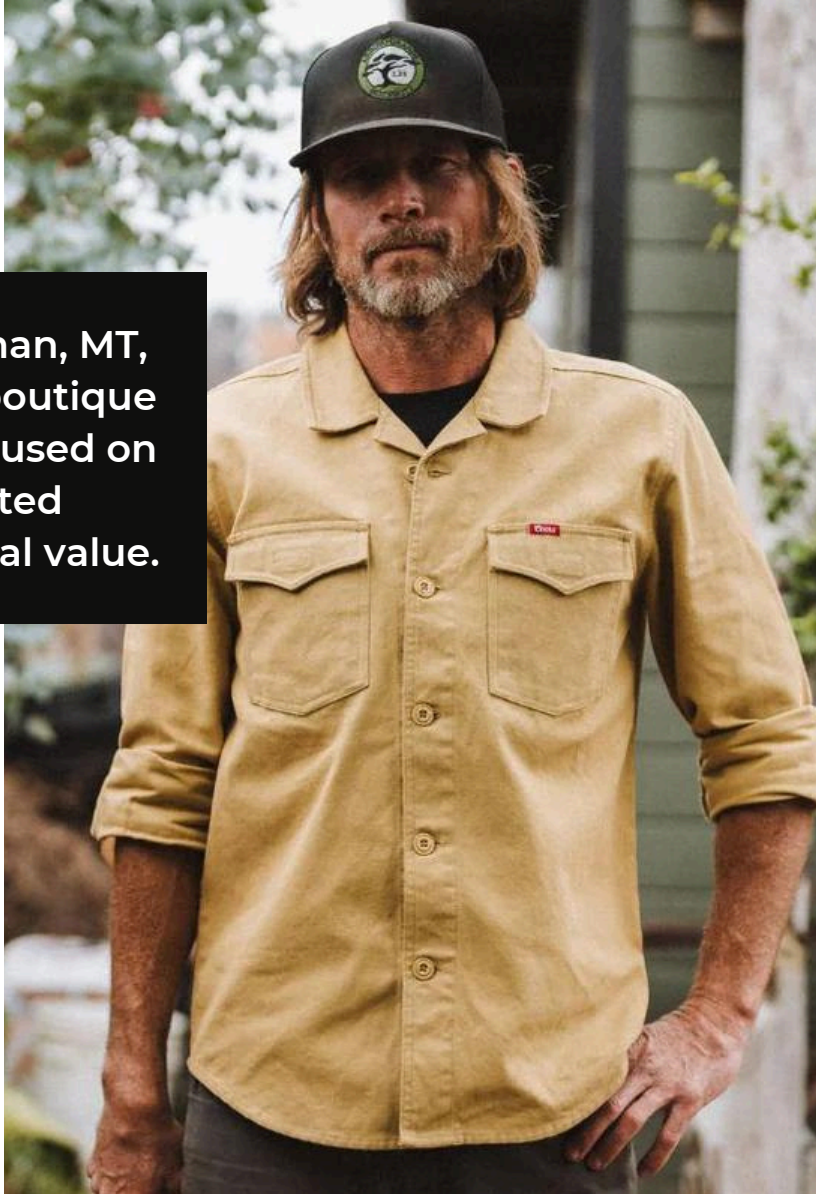
Located at 320 SW Powerhouse Drive, Athleta OLD MILL DISTRICT delivers on women's activewear designed to transition from workout to work to weekend. Because you need pieces that can carry you through your whole day and last for years. Shop Athleta Girl for girl's activewear, bringing the Power of She to the next generation. Always available online, in-store availability varies.



Founded in 2013 in Bozeman, MT, REVOLVR Menswear is a boutique men's clothing retailer focused on superior service, curated assortment and exceptional value.

Whether dressing for work, your next vacation, your wedding, or your couch, you can find everything you need at REVOLVR.

We believe exceptional service should be accessible at any budget, and you can pair a \$200 flannel with a \$68 pair of jeans.



At REVOLVR, we stock things we love and wear ourselves and we're constantly searching for our next favorite thing to add to our assortment.



Drake Park and Mirror Pond

One of Bend's longest standing and best known parks, this popular downtown community gathering place hosts many events throughout the spring, summer and fall.

Features and Amenities:

- Nearly a half mile of riverfront along the Deschutes River.
- Acres of open lawn space and river access.
- Outdoor stage for events and performances.
- Permanent restrooms and small picnic tables.
- Home to two public art pieces: "Cascade Landscape" and "Michigan Logging Wheels."
- The Deschutes River Trail (DRT) runs through the park, connecting Galveston Avenue to Pacific Park and providing access to local neighborhoods and downtown.



Misery Ridge. Its name conjures up images of early pioneers slogging it in wagon trains over mountain passes, but it's not that bad. Really.

In fact, the Misery Ridge Trail could be renamed "Awesome" Ridge, because that's what it is when you get up to the 3,360 foot summit. Especially if you decide to hike it from the other direction.



A perfect example of the area's natural beauty that has breathtaking cliff and canyon formations is Smith Rock State Park in Oregon.

Situated in high elevation in desert area this park is a dream come true for rock climbers, hiking lovers and nature admirers. Visitors of the park are lucky to witness amazing volcanic rock features such as the prairie like spire known as the Monkey Face.

There are very steep trails such as Misery Ridge that involves several steep climbs followed by the beauty of the Cascade Mountain ranges and the snaky Crooked River. If you climbing or hiking on the rock or simply appreciating the spectacular rock formation, this park is an essential park to visit for the adventurous souls.

LET'S GO CHASING WATERFALLS IN BEND, OREGON!

When Visit Bend's data geeks track our most popular posts, the ones spotlighting Central Oregon waterfalls top every list. If you've seen some of these beauties up close, you're not surprised.

Bend adventurers of all ages, backgrounds, genders, fitness levels, and interests adore the sight of water rushing over towering cliffs and rocky flumes. Whether you're looking for tall, splashy splendors or more subdued chutes, there's a roundup of favorite hiking trails with the best waterfalls in Bend and Central Oregon.

Steelhead Falls

This waterfall is technically closer to Terrebonne than it is to Bend, but it's well worth a short drive to reach it. (Bonus: You can combine this with a visit to Smith Rock State Park, which is a must-see when you're in Central Oregon).

The hike from the trailhead to the main waterfall takes you a little over a mile through a winding gorge dotted with sagebrush and ancient juniper. In the summer months, it's bustling with people looking to swim in the peaceful waters just downstream from the falls. During chillier months, you'll still see a lot of anglers casting a line in the water and reeling in some pretty impressive fish.



Vegan Food

FIX & REPEAT

555 NW Arizona Ave, Suite 50
Bend, Oregon 97703
8:00 AM - 5:00 PM



FUELED FOOD

EAT WELL, DO GOOD, FIX & REPEAT.

A VEGAN CAFE WITH PURPOSE

When you walk through our doors, you feel the sense of Aloha. We are community-oriented to our core, serving up good vibes along with our plant-based goodness. From refreshing smoothie bowls and cold-pressed juices to hearty plant-fueled toasts and macro bowls, everyone can find something to satisfy and sustain.

Curious about the name? We think that good, whole foods have the power to fix us: our bodies, our souls, and the planet. And, like any good thing, we know that this happens through the repetition of good habits. So, we're fixing and repeating one small step, and good habit, at a time.



BEND KAYAK SCHOOL AND RENTALS

**We Deliver to the Deschutes River!
(Across the Bridge from Drake Park)**

"After working through a few other kayak outfitters in town, **this one is definitely the best one.** They're so easy and nice to work with, have top of the line boats and their attention to safety and making sure you're comfortable in the water is unparalleled. They're absolutely the **most community orientated shop** in town which is super refreshing." - Erin P.

"Bend Kayak School is awesome. I've rented kayaks at a few places in town, but this place is fantastic. They have **great boats and SUPS, prices are on point, and the staff is so helpful and fun.** They are extremely conscious of the community and it shows in their work. I recommend them to everyone." - Rachel D.





**TUMALO
CREEK**
Est. 2000



Discover the San Juan Islands on a 4 or 6-Day Sea Kayaking Tour with Tumalo Creek's Expert Guides



EXPLORE THE SAN JUAN ISLANDS BY KAYAK!

Join Tumalo Creek Kayak & Canoe for a multi-day adventure in the stunning San Juan Islands. Paddle through clear waters, spot wildlife, and enjoy delicious meals prepared by our guides. Perfect for those ready to experience kayaking in a beautiful setting!



SEA KAYAKING ADVENTURE IN THE SAN JUANS

Embark on a 4- or 6-day kayaking tour with Tumalo Creek. Discover the beauty of the San Juan Islands, paddle with orcas and otters, and enjoy gourmet meals. An unforgettable experience for adventure lovers!



CUSTOMIZE YOUR KAYAKING TRIP

Create your dream kayaking adventure with Tumalo Creek! Whether you want longer routes or more challenging trips in the San Juan Islands, we can tailor a tour just for you. Contact us to start planning!



@tumalocreek



tumalocreek.com



541-317-9407



805 SW Industrial Way,
Suite 6, Bend, OR

YOGA SHALA

BEND



Yoga Shala Bend is a welcoming and inclusive environment. We offer a yoga school for both beginners and seasoned students focused on community. Rooted in the Sanskrit word "Shala," meaning "school, home, or abode" our diverse class schedule will meet you where you are. We invite you hOMe (ॐ) to a journey of self-discovery.



OUR OFFERINGS

Our classes accommodate new yogis and challenge seasoned practitioners. Our schedule combines a variety of practices. Choose from a creative & skillful vinyasa class, an alignment and integration practice, an Ashtanga class or a Hatha class. For more relaxing classes, that balance your nervous system, we offer Restorative Yoga, Yoga Nidra (NSDR non-sleep, deep rest) and our signature class, SOULful Flow.





WILDWOOD BAR & GRILL



HANDCRAFTED DRINKS & GREAT GRUB

OPEN TUESDAY TO SUNDAY: 11:00 AM - 10:00 PM



@wildwood_bend



wildwoodbendoregon.com



(541) 593-6138



550 SW Industrial Way
#120, Bend, OR 97702



Dudley's features a curated and in-depth selection of new and used literary fiction, all the best guidebooks, western history, science-fiction and fantasy. We have an ever-changing staff picks section along with a cross-genre selection of new and notable hardbacks. If you still haven't found something to your liking we have an entire second floor full of new and used books across all subjects.



Leave the coffee snobbery outside. At Dudley's there's no complicated brewing equipment or six different roasts to choose from. What we do have is a time-honored La Marzocco Linea pulling shots for all the classic espresso drinks, served by friendly, engaging baristas. We serve a chocolate-note, medium-dark roast Guatemalan, roasted locally by Bonsai Beans. Not in the mood for coffee? We serve teas from Metolius Tea and Jasmine Pearl. In addition to drinks we serve a variety of locally baked breads from Mother's to complement that perfect espresso drink.