

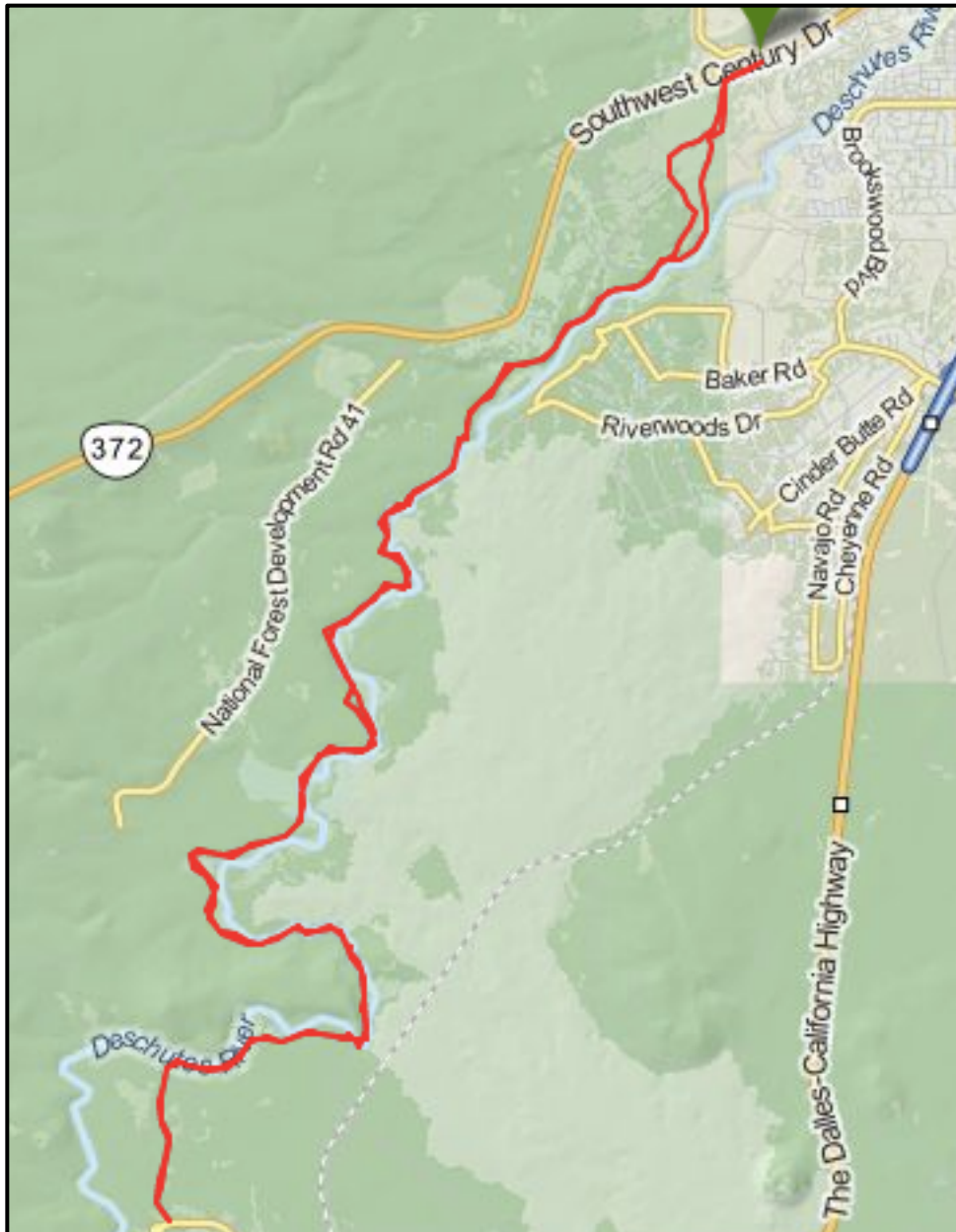
## Route: Deschutes River Trail Out n' Back

Distance: Up to 14.5 miles one way

Difficulty: Easy/moderate - Good footing, minimum elevation gain, long ways

Surface: 100% singletrack on smooth (with a few rocks) Central Oregon dirt

Uses: Bikes, Pedestrians, Dogs.



### Trail Description:

The DRT is one of the most popular and heavily used trails in the Central Oregon area and also one of the most beautiful. Following the river for its entire length, you'll see river wildlife, waterfalls, rapids, aspen groves and wide open meadows with mountain views. It's a must for every runner that visits Bend. The trail winds its way along the banks and has a flowy feel. There are a few technical sections that will require some quick footwork as well as some elevation gain with rolling hills up and down the banks. Beware of crowds on summer weekends.

### Route Directions:

The Deschutes River Trail can be accessed from multiple points on the Cascade Lakes Hwy or Conklin Rd (RD 41). The northern terminus is at the Entrada Lodge 3 miles from town. The southern terminus is at Benham Falls and can be reached from either side of the river. The route is simple, follow the trail next to the river at all times. You'll cross several parking areas for river access, as well as the parallel horse trail in some sections. The total run is 14.5mi one-way from Entrada Lodge to Benham Falls.