**Map Legend**

- **Park**
- **Parkland**
- **Residential**
- **Road/Sidewalk**
- **Gravel Trail**
- **Bike Lane**
- **Services**
- **Services**
- **Ranger Station**
- **Car/Ranger Station**
- **Boat Launch**
- **Non-Motorized**
- **Off-Leash Dog Area**
- **Tramway**
- **Railway**
- **Forest Trail System**
- **Urban Trails System**
- **Deschutes River Trail**
- **Old Mill District**
- **Deschutes National Forest Trail System**
- **Trail Connections**

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**WELCOME TO THE BEND URBAN TRAILS SYSTEM!**

The Bend Park & Recreation District, along with the City of Bend and private land owners, is working towards implementing the community’s vision for an interconnected trail network that will parallel the Deschutes River running through the heart of Bend. Once fully completed, the trail system will include the entire 19-mile length of the Deschutes River, providing continuous联系, Pine Nursery Park, Lava Ridges Natural Area, Rock Ridge Park, Amity Creek Park, and many other destinations. Access points and boat landings at the Deschutes River Trail are available.

**South Canyon Reach**

Located from Pinewood Park south to the Deschutes River Park, this section features trail sections on both sides of the river bends. The trail follows the canyon rim, offering spectacular views of the river below and the Cascade Range. A short segment of the South Bank Trail begins at Shevlin Park, offering views of the river along its natural path.

**West Side of the River**

The river rushes through a beautiful canyon, offering spectacular views of the river below and the Cascade Range. A short segment of the South Bank Trail begins at Shevlin Park, offering views of the river along its natural path.

**East Side of the River**

The trail at the north end is more forested and rock in places. The trail continues to the Center Bridge Bridge and crosses the river to create a loop. Users can connect to the Brooking Bridge, or north-side trail that originates just upstream of the Middle Bridge Bridge. As the trail approaches, the trail follows a road through neighborhoods until reaching River Park.

**Deschutes River Water Trail**

The Deschutes River Trail is also part of the Bend Park & Recreation District’s Deschutes River Water Trail program, which provides water trail access. Several boat landings are available at several locations. The water trail is designed for non-motorized use, including kayaks, canoes, and stand-up paddleboards. Please check the trail’s accessibility before heading out.

**Overturf Park on 17th St.**

This 2.5-mile section connects the Bill Healy Bridge to the Canby Bridge Bridge. The trail follows the canyon rim, offering spectacular views of the river below and the Cascade Range. A short segment of the South Bank Trail begins at Shevlin Park, offering views of the river along its natural path.

**Cascade Highlands Trail**

This 2.5-mile section connects the Bend Park & Recreation District’s Cascade Highlands Trail to the Bend Park & Recreation District’s Deschutes River Trail system. The trail follows the canyon rim, offering spectacular views of the river below and the Cascade Range. A short segment of the South Bank Trail begins at Shevlin Park, offering views of the river along its natural path.

**TRAIL ACCESSIBILITY**

It is the goal of Bend Park & Recreation District to provide trail access to everyone. However, some existing trail segments have been evaluated and are not accessible to all groups. The trail on this map may present obstacles, such as steep inclines, narrow roads, and other challenges. Always check trail conditions before heading out.

**DOGS ON TRAILS**

Unless otherwise indicated, dogs must be on-leash and in parks. Bend has strict rules for people to ensure safety with their dogs on trails.

**TRAIL USE**

The trails on this map may present obstacles, such as steep inclines, narrow roads, and other challenges. Always check trail conditions before heading out. The trail on this map may present obstacles, such as steep inclines, narrow roads, and other challenges. Always check trail conditions before heading out.

**DESCHUTES RIVER TRAIL**

The Bend Park & Recreation District, along with the City of Bend and private land owners, is working towards implementing the community’s vision for a fully interconnected trail network. The trail will parallel the Deschutes River running through the heart of Bend. Once fully completed, the 19-mile trail system will include the entire 19-mile length of the Deschutes River, providing continuous联系, Pine Nursery Park, Lava Ridges Natural Area, Rock Ridge Park, Amity Creek Park, and many other destinations. Access points and boat landings at the Deschutes River Trail are available.

**Old Mill District**

The Old Mill District is home to some of the longest, most challenging trails in Bend, including the Old Mill Trail, which connects the Old Mill District to a variety of destinations. The trail follows the river’s west bank and is open to non-motorized use.

**Central Oregon Canal Trail**

This 9-mile section connects the Bend Park & Recreation District’s Deschutes River Trail to the Bend Park & Recreation District’s Deschutes National Forest Trail system. The trail follows the canyon rim, offering spectacular views of the river below and the Cascade Range. A short segment of the South Bank Trail begins at Shevlin Park, offering views of the river along its natural path.