

KEEP WILDLIFE WILD

- Protect yourself and wildlife by observing them from a distance. While wildlife may not seem bothered, the presence of humans may be stressful, causing them to flee, defend themselves, or even abandon their young.
- Never feed wild animals, including birds, and always store food and trash securely.
- Keep your pets leashed around wildlife; protecting both the wildlife and your pet from being chased, injured, stressed or killed.



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STICK TO THE TRAIL AND RESPECT OTHER USERS

- Walk, run, hike, and ride only on designated trails and abide by all trail closures.
- Access lakes, rivers, and other waterways by using designated access points.
- Slow down, smile, say hello, and be considerate when passing others on the trail.
- Horses and adaptive users always have the right-of-way, followed by pedestrians and those moving uphill. Always yield without stepping too far off the trail.



WHAT PASS DO YOU NEED?

The Bend Visitor Center sells NW Forest Passes, Annual Oregon State Park Passes, and Sno-Park Passes.

Answer some questions to find out what pass you need for where you're going.

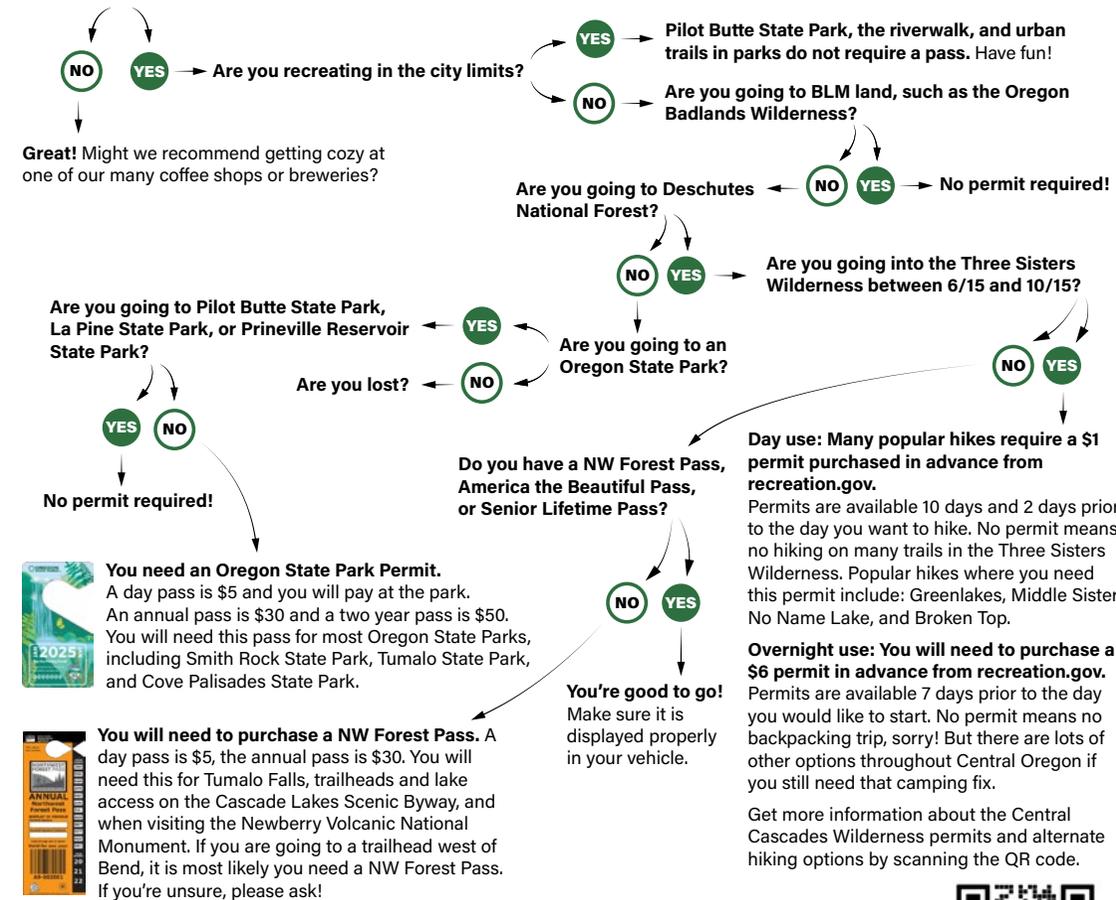
OTHER PLACES YOU CAN BUY RECREATION PASSES IN BEND:

- REI and local outdoor shops
- Bi-Mart
- Forest Service offices
- State Park offices
- Lava Lands Visitor Center (summer season only)

SHOW YOUR LOVE OF RESPONSIBLE RECREATION!

Stop by the Bend Visitor Center to score a sweet Leave No Trace sticker sheet.

ARE YOU RECREATING OUTSIDE?



 **From 11/1 - 4/30, you will need to purchase a Sno-Park Permit** if you are planning to visit any of Bend's sno-parks for snowshoeing, Nordic skiing, or sledding. Day permits are \$5, a 3-day consecutive permit is \$10, and a permit for the winter season is \$27.



OUTDOOR RECREATION IN CENTRAL OREGON



OUTDOOR RECREATION

Whether you're tackling a multi-day backpacking trip in the Three Sisters Wilderness or riding the Phil's Trail pump track with your kids, Bend's outdoor places make the perfect backdrop for endless fun.

No matter how you embrace Bend's outdoors, it's vital to follow Leave No Trace principles to protect our special landscape from human impact. Whether you're cycling, trail running, hiking, mountain biking, at the dog park, fly fishing, or floating the river, the following tips will help you recreate safely and responsibly.

LEARN MORE ABOUT
LEAVE NO TRACE IN
CENTRAL OREGON

VISITBEND.COM/LNT



KNOW BEFORE YOU GO

- Check online to see if permits are required and if trash cans, bathrooms, and water are available on site.
- Check trail and weather conditions and pack extra layers.
- Share your planned route and schedule with a friend, and bring a map or GPS device.
- Confirm that pets are allowed in the area you are visiting and that your pup remains on leash if required.



CAMP RESPONSIBLY

- Make a reservation where required, and only camp in designated sites.
- Always set up camp at least 70 big steps from water.
- Prepare and store food away from your camp.
- Check fire restrictions before heading out. Campfires are prohibited in many high-use areas, both above and below treeline.

PACK IT OUT

- Pack it in, pack it out. Carry out everything you bring in, including crumbs, peels, and cores.
- If you don't have access to a developed restroom, use a WAG bag, or poop in a hole 6-8 inches deep and at least 70 big steps from water, then bury it! Pack out your used TP in a sealable garbage or Ziploc bag.
- Pick up and pack out your pet's poop. Deposit the poop bag in a designated trash can and don't leave it beside the trail.



LEAVE IT AS YOU FIND IT

- Leave plants, trees, rocks, and historical items as you find them.
- Stick to trails on the map and avoid non-system trails.
- In areas that allow campfires, do not cut trees, branches, snags, or boughs. Use dead and down wood that is wrist size or smaller if you need a campfire.
- Do not disturb, disrupt, or approach wildlife or their dens or resting places.
- If you plan to hang a hammock, select trees 6-20 inches wide and use nylon webbing with a minimum of 1 inch in width.

BE FIRE INFORMED

- Consider skipping the campfire to enjoy the night sky in full darkness.
- Confirm there are no fire restrictions and conditions are safe.
- Build your fire in an existing fire ring and put it out by dousing it with 3-4 gallons of water.
- Use a camp stove when cooking. Camp stoves are easier to cook on, have less environmental impact, and reduce the risk of wildfire.

