



Trail Running Bend and Central Oregon: Great Loop Trails for Every Season

Lucas Alberg

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Trail Running Bend and Central Oregon is an extensive guide to the best trail running in one of the country's top outdoor destinations. Author and trail runner **Lucas Alberg** provides detailed descriptions of the area's best loop runs, including several new trails added within recent years. From classic high desert runs to the east in the Badlands, to mountain escapes and high alpine scenery to the west in the Cascades, the guide highlights the unique and diverse geography that Central Oregon has to offer.

Unlike other guidebooks, *Trail Running Bend and Central Oregon* is organized by season, so runners can know when to hit the right trails at the right times throughout the year. The 50 routes described in the book are all located within 65 miles of Bend, which means that trail runners will spend more time doing what they love to do, instead of spending time behind the windshield in anticipation.

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