

# HIKING ON THE MONUMENT

In Celebration of Newberry National Volcanic Monument

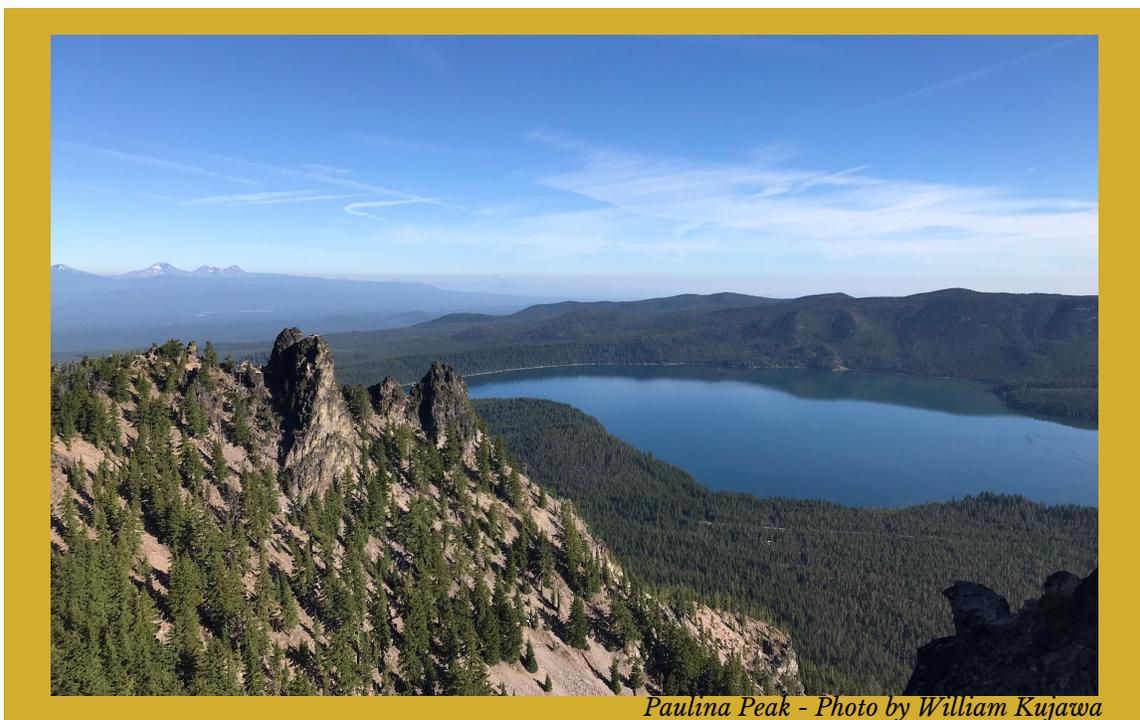


*Hiker in the Caldera - Photo Courtesy of USFS*

Over 110 miles of summer trails and 130 miles of winter trails can be explored within or extending from the Monument. Trails vary widely in difficulty, from short walks on paved paths to long hikes on steep terrain. In this article, we will highlight a few of many areas on the monument that host beautiful hiking trails. Many spectacular sights can be seen from these trails! Be prepared before going for a hike to protect yourself and the Monument. Bring water, especially on hot days. There is not much shade on the lava flows. Dress appropriately for the conditions, including proper footwear. Stay on the trails for your own safety and to protect important habitat and fragile vegetation. Pack a leash if you're bringing a pet, and remember to review the Leave No Trace principles.

# Paulina Peak

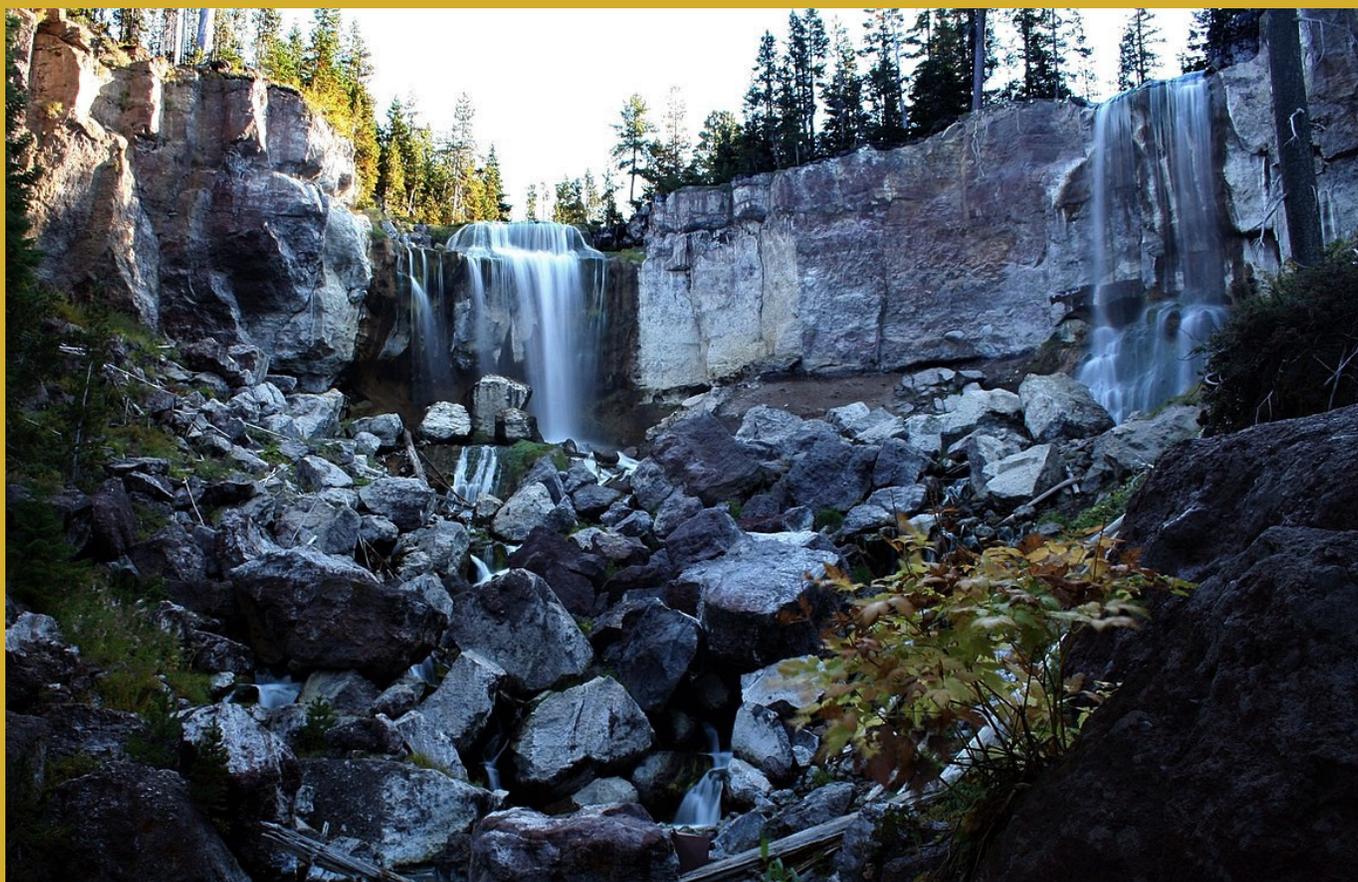
The summit of Paulina Peak provides an exceptional 360-degree view of the Newberry Caldera and the surrounding area. On a clear day, you can view Mt. Shasta (CA) to Mt. Adams (WA) and a large section of the Cascades range of volcanoes. This location is the tallest peak in the Caldera, due to the Newberry Volcano collapsing in on itself after the large eruption. Hikers may encounter Pika, songbirds and Clark's nutcracker. Visitors will also see Whitebark Pine - a native tree species that the Forest Service is actively replanting within the Monument. Here are some ways to enjoy this area of the monument:



- Accessible - Drive the entire way up to the peak: Turn right 1/4 mile east of Paulina Visitor Center. The road is 3.5 miles one way. Note that the road is fairly rough and narrow.
- Strenuous - Hike the Paulina Peak Trail: 6.1 miles round trip, out & back. The steepest hike in the Caldera, Paulina Peak is a short spur trail located off of the Crater Rim Trail. The trail climbs through the forest until opening up with views to the east and of Paulina Lake.
- Strenuous - Hike Crater Rim Trail: 20.7 miles loop (can be accessed at various points). High altitude, incredible views of the Caldera. Keep in mind there is no shade on this trail.

## Paulina Falls

Located at the Paulina Falls Day Use Area - 0.2 miles west of the Paulina Visitor Center. The twin, 80-foot falls flow over volcanic welded tuff (a combination of pumice and ash welded at high temperatures). These falls run consistently, even during a drought. This is possible because Paulina Lake is fed by a perennial spring. There is constant erosion with the weak material, hence the ever-changing falls. Hikers may encounter deer, birds of prey, songbirds, squirrels and chipmunks.



*Photo from Lower Viewpoint by Amy Jensen*

- Accessible - Make your way to the Upper Overview: approximately 1/4 mile round trip out and back.
- Moderate - Hike to Lower View: a 2 mile round trip out and back with some elevation.
- Strenuous - Hike Peter Skene Ogden Trail: 11.2 miles one way with multiple waterfalls along the way. This trail has access to parking on either side. Park at McKay Crossing Campground or Paulina Lake Lodge.

## Lava Lands

Located approximately 8 miles south of Bend, Lava Lands is the interpretive hub for the Newberry National Volcanic Monument. Multiple trails and the Lava Lands Visitor Center can be accessed just west of Hwy 97. This location offers parking and bathrooms to begin your hike. This area provides views of the Cascade peaks, and allows visitors to enjoy the sounds of various animals bustling about. Depending on the season, you can also pick up a map and talk to a Ranger prior to departing on your adventure.

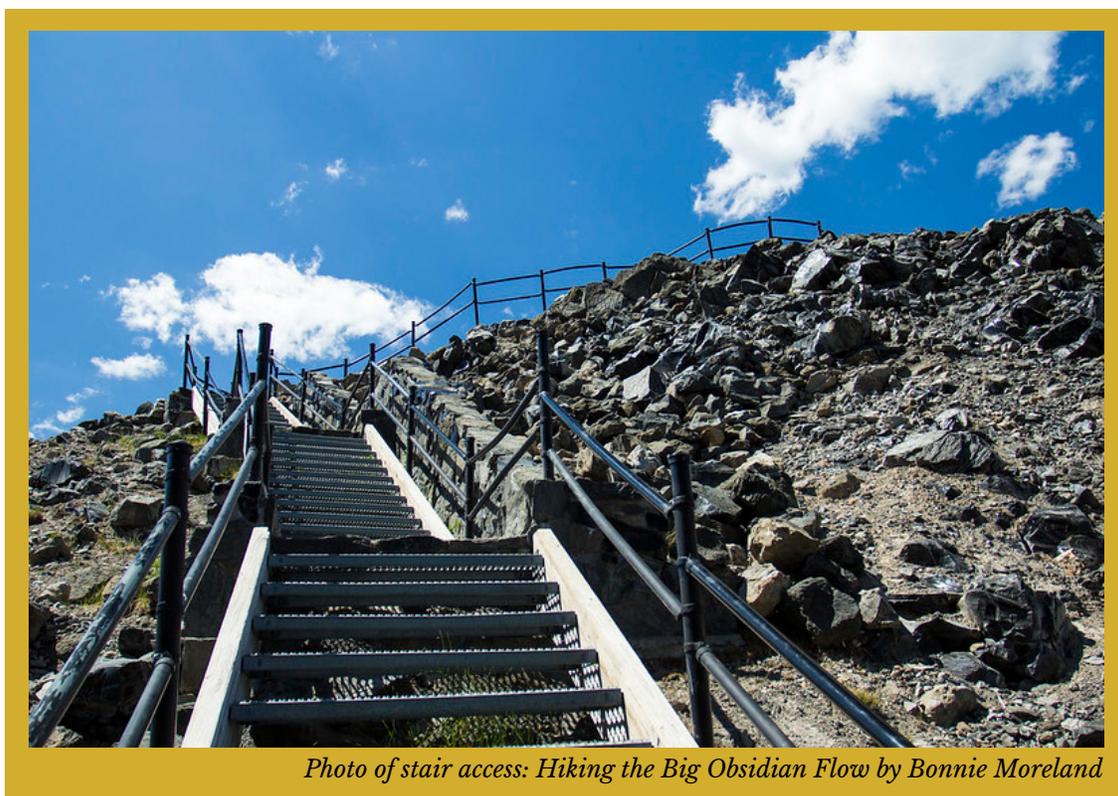


*Photo from Trail of the Molten Land by Amy Jensen*

- Easy - Hike Trail of the Molten Land: 1 mile loop. A must-see National Recreation Trail. Paved interpretive path meanders across a basalt lava flow to a viewpoint. Note that most of this trail is accessible for all abilities.
- Easy - Hike Trail of the Whispering Pines: 0.3mi paved path wanders through a Ponderosa pine forest.
- Easy - Hike Lava Butte Rim Trail: 0.25mi loop. Circles the rim of Lava Butte, a cinder cone volcano. Provides views of the Cascades and Newberry Caldera. Drive or walk (not easy) to the top of the butte before walking the rim trail.
- Moderate - Hike Blackrock Trail: 4 miles long. A popular single-track hiking or mountain bike route that parallels the edge of Lava Butte's lava flow.
- Moderate - Hike Sun-Lava Paved Path: 5.5 miles. Paved path, stop at the Deschutes River after 4 miles or continue to Sunriver before turning back. This trail is also a great biking path.

# Big Obsidian Flow

Our local 1,300 year old lava flow is the youngest lava flow in Oregon. Obsidian, the black shiny rock found all over the monument, is volcanic glass. Mostly made of silica, it is chemically similar to pumice. Visitors to the flow are likely to come into contact with pika, frogs, and the abundant GMGs (Golden-mantled ground squirrels). Pine trees and lichen are also easy to spot as they stand out against the rocky flow. Rock from this area has historically been used to make spears, atlatls and arrow tips for the Indigenous Peoples who have lived, and continue to live, in Central Oregon. Please note that we strongly discourage pets in this area.



- Easy - Hike Silica Trail: 0.8 miles one way, connects Little Crater Campground to the Big Obsidian Flow.
- Moderate - Hike Big Obsidian Flow: 1 mile loop trail with 200 feet of elevation gain.
- Strenuous - Hike Lost Lake: 7.5 miles round trip with 1,305 feet of elevation gain. Hiking from the Big Obsidian Flow trailhead, the first 1/2 mile follows the Newberry Crater Trail to the east. Signs for the Lost Lake Trail direct you to the south (right) up towards the Caldera rim.

# Newberry Caldera

The Newberry caldera stretches across 17 square miles in the heart of the volcano. The 1,200 square mile volcano (about the size of Rhode Island) remains very active to this day, both seismically and geothermally. Geologists believe the caldera sits over a shallow magma body only 2 to 5 kilometers deep. Visitors see numerous cinder cones and vents (over 400 throughout the area), miles of basalt flows, as well as rhyolite flows of obsidian. The caldera has two incredible lakes - East Lake and Paulina Lake, and can be a great place for wildlife watching. While a few hikes that are within the caldera have been mentioned, there are a couple more worth noting. Please remember that high elevations mean seasonal closures and weather changes that require hikers to plan ahead and come prepared.



*Photo Courtesy of USFS*

- Moderate - Hike Newberry Crater: 3.5 miles long. Head up the trail from Cinder Hill Trailhead to the viewpoint on the northeast rim of the Caldera.
- Difficult - Hike Paulina Lakeshore Loop: 7.5 mile loop without much elevation gain. We recommend trekking the lake counter-clockwise for the best views. Don't miss the peak views on the north shore!
- Difficult - Hike Crater Rim Trail: 21 mi loop with 1600ft elevation gain. This trail could be a hike or a great mountain bike ride. Shorten the loop by using a connector trail. Please come prepared as there is no water along the way.

## Lava Cast Forest

This interpretive site is situated approximately 12 miles east of Sunriver. The landscape was formed by various lava flows and includes many tree molds that were created as the lava burned through the wood and cooled into casts. During springtime, wildflowers are abundant and radiate vibrant colors against the rock. Self guided interpretive brochures are available at the site to take you through the Lava Cast Forest Trail. There are picnic tables on site.

- Easy - Hike Lava Cast Forest Trail: 1 mile loop on a paved path with many tree casts and sweeping views of the area. This trail is a designated National Recreation Trail. Note that most of this trail is accessible for all abilities.
- Moderate - Hoffman Island Trail: 1 mile long. This trail provides a great view of a kipuka, an island of trees surrounded by lava on this less traveled trail.



*Photo by Amy Jensen*

There are tons of hiking opportunities across the trails of Newberry National Volcanic Monument. While this article may have sparked interest in a new area, keep in mind that this is nowhere near an all-inclusive list of what the monument has to offer. From peak views to forest strolls, a hiking adventure is waiting for you in the Newberry National Volcanic Monument!

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