

Trail Descriptions

1. Oregon Coast Trail

- 20-mile stretch of Lincoln County
- Easy to moderate
- Trailhead north: Ona Beach at the mouth of Beaver Creek
- Trailhead south: Cummins Creek

What you'll explore: beaches, Alsea Bay Bridge, 804 Trail segment, Yachats River, Amanda Trail segment, crest of Cape Perpetua, St. Perpetua Trail segment, Cape Perpetua Visitor Center.

2. Beaver Creek State Natural Area Trails

- 7 miles of trail
- Easy to moderate
- Trailhead: Visit the Welcome Center, 8 miles south of Newport, for trailhead locations and details, call (541) 563-6413, 12 PM - 4 PM seven days/week.

What you'll explore: Connecting trails from old-growth forests to coastal dunes, estuary and marshes. Kayak, join a tour or hike.

3. Alsea Bay Water Trail

- 10-mile stretch on Alsea River
- Easy to moderate
- Trailhead: Port of Alsea Boat Launch, Old Town Waldport














What you'll explore: Pristine estuaries along river, creek and slough waterways offering exceptional bird viewing, wildlife and marine mammals.

4. Old Town Trail













- 1.8 miles loop
- 1 hour round trip
- Easy
- Trailhead: Alsea Bay Interpretive Center

What you'll explore: beaches, bridge (tours), clam and ghost shrimp beds, Robinson Park, Port of Alsea, crabbing docks, Old Town Waldport, kayak rentals, boat launches.

LEGEND

	ADA accessible
	Boat Launch
	Campground
	Day Use / Picnic
	Kayak / Canoe launch
	Parking
	Restroom
	RV Camp
	Trailhead
	Visitor Center
	Viewpoint
	highway mileposts
	Mountain Peaks

Trails designed for:

	hikers
	hikers & mt. bikes
	hikers & road bikes
	mountain bikes
	kayaks & canoes
	hikers, road bikes, ADA mobility riders
	Highways
	Major Roads
	Minor Roads
	Streams
	Estuary
	Lake or Pond

5. Woodland Trail

- 1.3 miles one-way
- 1.3 hours round trip
- Moderate
- Trailhead: Kendall Field in Waldport

What you'll explore: old growth Douglas Fir and Sitka Spruce, huge nurse stumps, Red River, switchbacks with rope bannisters, six additional trailheads at the crest, Old Town and Upper Waldport, 5 benches for views.

6. Ya'Xaík (yäh' khik) Trail

- 1.15 mile loop
- 45 minutes
- Moderate
- Trailhead: east end of Diversity Dr. (Fisterra Garden Apartments)

What you'll explore: lush second growth forest, Gerdemann Botanical Preserve's public footpath. (No dogs in GBP)

7. 804 Trail

- 2.5 miles one-way
- 1-3/4 hours one-way
- Easy, some parts wheelchair accessible
- Trailhead: South end of Ocean View Drive and Highway 101
- Trail Ends: at ramp down to a 7 mile sandy beach

What you'll explore: town of Yachats, Smelt Sands State Park, Yachats State Park, ocean vistas, tide pools.

8. Amanda Trail

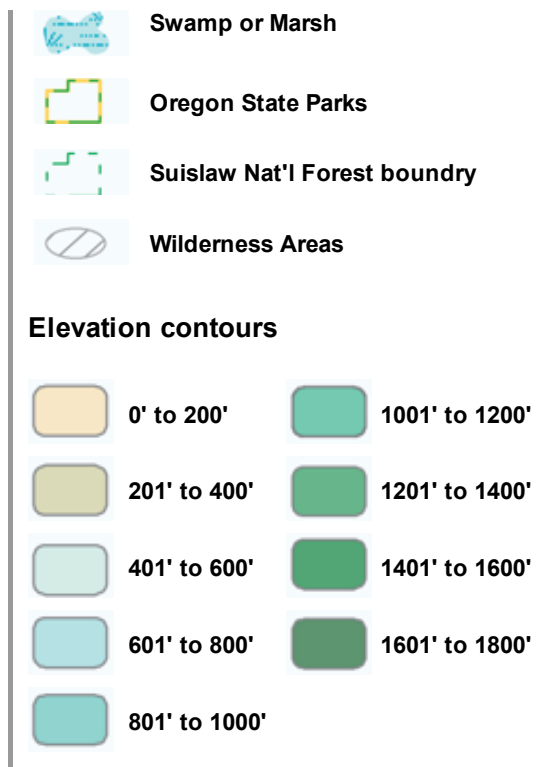
- 3.2 miles one-way
- 4 hours round trip
- Easy, north trailhead to Amanda Statue
- Difficult, statue to summit
- Trailhead: South end of Yachats Ocean Road

What you'll explore: Amanda Grotto, statue and bridge, Cape Perpetua summit at 803'.

9. Whispering Spruce (Overlook) Trail

- .25 mile loop
- 15 minutes
- Easy
- Trailhead: parking lot at the summit of Cape Perpetua

What you'll explore: Viewpoint Shelter, panoramic views of the coastline north and south.



10. Saint Perpetua Trail

- 1.3 miles one-way
- 40 minutes round trip
- Difficult: switch backs to Cape Perpetua summit, 800 ft.
- Trailhead: Cape Perpetua Visitor Center

What you'll explore: ocean vistas, Sitka Spruce forest.

11. Trail of Restless Waters

- .4 miles one-way
- 15 minutes round trip
- Easy
- Trailhead: Devil's Churn parking lot, .25 miles north of Cape Perpetua Visitor Center

What you'll explore: Devil's Churn, Pacific Coast.

12. Captain Cook Trail

- .6 miles one way
- 15 minutes round trip
- Easy
- Trailhead: Cape Perpetua Visitor Center

What you'll explore: CCC Camp, Indian shell middens, Spouting Horn, Cook's Chasm, tide pools.

13. Giant Spruce Trail

- 1 mile one-way
- 45 minutes round trip
- Easy
- Trailhead: Cape Perpetua Visitor Center

What you'll explore: Cape Creek, campground, old growth forest, 500-year-old giant spruce.

14. Discovery Loop

- 2 mile loop
- 1 hour
- Moderate
- Trailhead: Cape Perpetua Visitor Center parking lot

What you'll explore: old growth Sitka spruce stand.

15. Gwynn Creek Loop

- 7 mile loop
- 3 hours
- Moderate, from 400 ft. to 1,000 ft.
- Trailhead: Cape Perpetua Visitor Center

What you'll explore: Cook's Ridge, old growth spruce, Gwynn Creek Canyon, Oregon Coast Trail.

16. Cummins Creek Loop

- 10 mile loop
- 4 hours round trip
- Difficult: elevations to 1,000 ft.
- Trailhead: Neptune State Park

What you'll explore: old growth forests and open meadows, Cummins Basin, Oregon Coast Trail.