

Map Location	Oregon Coast Rocky Intertidal Sites	Access to Tidepools	Restrooms	Camping	Picnic Areas	Seals & Sea Lions	Seabirds	Interpretive Programs	Special Restrictions*	Directions
1	Ecola State Park	M	•	•	•	•	•	b		Located two miles north of Cannon Beach. Take Hwy 101 to Cannon Beach and follow signs.
2	Haystack Rock	E						a	•	Located within Cannon Beach city limits. Access is at Gower St. and Second St.
3	Oswald West State Park	M	•	•	•			b		Located 10 miles south of Cannon Beach along Hwy 101.
4	Cape Meares	M	•	•	•					Located 10 miles west of Tillamook on the south side of the Cape. Access is from Short Beach, one mile north of Oceanside.
5	Maxwell Point	E	•							Located next to Oceanside, nine miles west of Tillamook.
6	Cape Lookout	M	•	•	•	•				Located 18 miles south of Tillamook, on the south side of the Cape. Take Pacific City Loop off Hwy 101.
7	Cape Kiwanda State Natural Area	E/M	•			•		c	•	One mile north of Pacific City. Take Hwy. 101 18 miles north of Lincoln City, and turn west on Three Capes Scenic route.
8	Otter Rock	M	•	•	•				•	Located nine miles north of Newport. Take Hwy. 101 to the Devil's Punch Bowl State Natural area turn-off located between mileposts 132 and 133.
9	Yaquina Head Outstanding Natural Area	E/M	•	•	•	•		d	•	Turn west off Hwy. 101 at Lighthouse Road in Agate Beach, four miles north of Newport.
10	Seal Rock State Recreation Site	M/D	•	•	•	•		b		Located 10 miles south of Newport off Hwy. 101. Access is from Seal Rock State Recreation Site on the north and two turn-offs south of main park.
11	Yachats State Recreation Area	E	•	•				b	•	Located north of the Yachats River. Take Hwy. 101 and turn west on 2nd St. or Ocean Dr. Use caution in heavy surf.
12	Cape Perpetua	E/M	•	•	•	•		e	•	Take Hwy. 101 two miles south of Yachats. Visitor's Center is located between mileposts 168 and 169.
13	Neptune State Scenic Viewpoint	E	•	•	•			b	•	Located three miles south of Yachats off Hwy. 101.
14	Strawberry Hill	M/D		•	•			b	•	Located within Neptune State Scenic Viewpoint.
15	Bob Creek to Bray Point	E/M		•				b		Adjoins the southern boundary of Neptune State Park. Access to intertidal area is south of Bob Creek.
16	Heceta Head Lighthouse	E	•	•	•	•		b		Located 12 miles north of Florence.
17	Sunset Bay State Park	E	•	•	•			b	•	Located nine miles south of Coos Bay and less than ½ mile south of Cape Arago Lighthouse.
18	Cape Arago State Park	M/D	•	•	•			b	•	Located 11 miles south of Coos Bay.
19	Five-Mile Point	M								Take Seven Devils Road 13 miles south of Coos Bay, off Hwy. 101. Use public access from end of Whiskey Run Road, walk north on beach.
20	Coquille Point Unit of Oregon Islands National Wildlife Refuge	E		•	•			f		Located in Bandon. Access to intertidal area is from either south bank of the Coquille River or from the bluff off 11th St.
21	Cape Blanco State Park	M	•	•	•	•				Located approximately 10 miles northwest of Port Orford. Turn off Hwy. 101 north of Port Orford, follow the signs.
22	Port Orford	E	•	•						In Port Orford turn west off Hwy 101 onto Harbor Drive. Follow signs to Port of Port Orford. Main intertidal area is north of the boat dock..
23	Rocky Point	M								Located three miles south of Port Orford off Hwy. 101.
24	Arizona Beach State Recreation Site	E	•	•				b		Located 12 miles south of Port Orford off Hwy 101.
25	Lone Ranch Beach	E	•							Located five miles north of Brookings off Hwy. 101.
26	Harris Beach State Recreation Area	E	•	•	•	•		b	•	Located just north of Brookings, west of the campground. Access is from the main parking lot by walking south along the beach.
27	Winchuck Beach	E								Access is from road parallel to the north side of the Winchuck River. Rocky intertidal area is ¾ mile north of parking lot.

<sup>1</sup> Access Ratings

E – Easy; trails generally paved or well maintained from the parking area to the rocky intertidal area. Not very steep.

M – Moderate; trails are either steep, or have one or more sections that are poorly maintained.

D – Difficult; trail requires climbing.

<sup>2</sup> Interpretive programs vary in availability and timing. They are generally more prevalent during spring and summer weekend low tides.

Some only provide services to organized groups.

a = Haystack Rock Awareness Program—contact Cannon Beach City Hall, 503-436-8060

b = State Parks—contact Oregon Parks and Recreation Department, 1-800-551-6949

c = Kiwanda Environmental Learning Program—contact Nestucca Neskowin Watershed Council, 503-392-6134

d = Yaquina Head Outstanding Natural Area—contact U.S. Bureau of Land Management, 541-574-3100

e = Cape Perpetua—contact U.S. Forest Service, Cape Perpetua Visitor Center, 541-547-3289

f = Shoreline Education for Awareness—call 541-260-7770