

Recreating on the South Coast

With so many adventures to choose from, the hardest thing about recreating on the South Coast is deciding what to do.

Walk & Run

The South Coast is made for long walks on the beach and rambles through unspoiled wilderness.

Bullards Beach, like many here, boasts several miles of uninterrupted sand for an extended escape.

For a challenge, **Wild Rogue Wilderness Loop** propels you on a 25-mile rollercoaster run along the Rogue River.



© Andrew Houch

Hike & Backpack

From forest to beach, the coast delivers miles of hiking and backpacking trails.

An easy 8.5-mile trail connects **Cape Arago** to **Shore Acres** and **Sunset Bay State Parks**.

Cape Blanco maintains more than eight miles of trails leading to the lighthouse, beach, and ocean vistas.

Samuel Boardman Corridor offers trails of varying difficulty, and includes some of the most scenic sections of the **Oregon Coast Trail**.

Road & Gravel Biking

Cyclists come from all over the world to cruise Hwy 101 and to explore our bumpy backroads.

Wild Rivers Coast Scenic Bikeway combines road and backcountry biking for an enriching ride.

Forest Service roads through **Rogue River-Siskiyou National Forest** offer a stimulating cycling experience. Two popular routes are Forest Roads 33 and 34.

Mountain Biking

Diverse coastal terrain provides an ideal backdrop for mountain biking enthusiasts.

Whiskey Run showcases several purpose-built trails for both family fun and jaw-dropping escapades.

Pine Grove Trail, a 6.5-mile downhill track, is fast, steep, and obstacle-ridden. Not for the faint of heart!



© OCVA

Hunting & Fishing

The South Coast, a known paradise for fishing enthusiasts, also offers several spots for hunting.

The **Lower Rogue River** is especially popular for salmon fishing. Nearby, **Rogue River-Siskiyou National Forest** allows hunting for deer, elk, bear, and upland birds.

Packed with trout, bass, catfish, and bluegill, **Tenmile** and **Eel Lakes** near Lakeside deliver ample opportunity for anglers.

OHV

With a plethora of forest roads and a large expanse of sand dunes, the South Coast begs you to come OHV riding.

Lakeside and **Horsfall Beach** are great jumping-off points for accessing miles of sandy knolls in the Oregon Dunes.

Offering 30 miles of single-track trails, **Winchester Trails** is prime for off-road motorcycles and ATVs.



© Mitchell McGill

Diving

Home to several dive sites, the South Coast offers a unique experience for underwater enthusiasts.

The protected **Redfish Rocks Marine Reserve** offers abundant marine biodiversity, including colorful rockfish, lingcod, and various invertebrates.

Nellies Cove in Orford Heads State Park contains a rocky reef where you can swim through an arch, into caves, and through kelp forests.

Storm Watching

Visitors come here in fall and winter specifically for the phenomenal weather events.

Often lauded as the best storm-watching spot on the Oregon Coast, **Shore Acres** leaves an indelible impression with waves rising up to 300 feet.

The rugged coastline at **Orford Heads** proves a stunning backdrop for storms.

Equally impressive is **Samuel Boardman Corridor**, with easily-accessible viewpoints encouraging you to pull off and behold the crashing waves.

Paddle Sports

With aquatic playgrounds ranging from the Pacific Ocean and Wild & Scenic Rivers to lakes and estuaries, this region offers countless paddling options. Remember to always wear your life jacket!

As it flows to the Pacific, the gentle waters of the **Lower Rogue River** render it a paddlers delight.

South Slough Estuary entices you to paddle its water trails for a unique view of nature.

In **Tugman State Park**, the calm waters of Eel Lake provide an idyllic setting for a leisurely paddle through forests and wetlands.



© Erik Undahl

Equestrian

With miles of packed sand and horse trails, equestrians relish the riding opportunities found here.

Riders at **Bullards Beach** can gallop along the dunes and onto the beach, then relax at the nearby horse camp.

Equestrians at **Cape Blanco** will enjoy several horse trails leading to the beach, as well as a 150-acre open-riding area.



© Susan Dimmock

Crabbing & Clamming

The quest for crabs and clams on the coast is popular with locals and visitors alike.

Crabbing from piers in **Winchester Bay** and **Coquille Bay** has become a social activity for many. Local businesses will rent you the equipment you need, and may even cook your crab for you!

Low tides found from **Empire** to **Charleston** make this area a top destination for clam digging. No special skills and no expensive equipment required!



© Justin Myers

Kite & Wind Surfing

Steady winds May through October make windsurfing a natural, local pastime.

Floras Lake welcomes the budding windsurfer, as well as those wishing to improve their skills.

Consistently windy with big and gentle waves, **Whiskey Run Beach** is a worthwhile stop for the advanced windsurfer.

Unrivaled in the area for bump and jump, windsurfers flock to **Pistol River** to defy gravity.



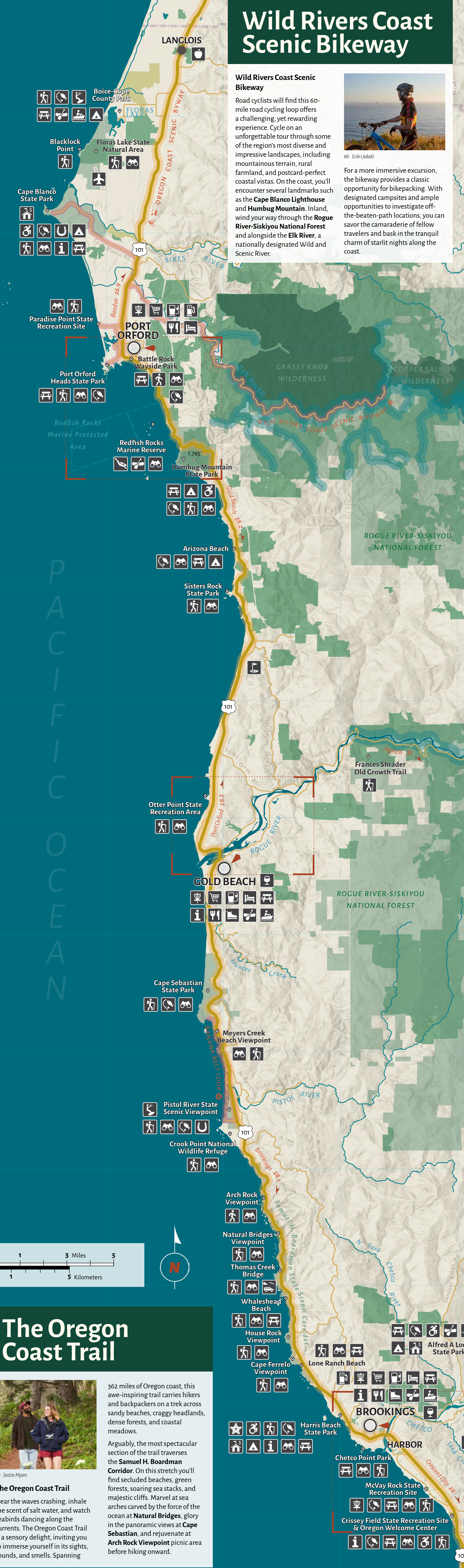
© Roman Dotts

Wildlife Viewing

No matter where you travel on the South Coast, you will encounter wildlife.

New River is an excellent area to watch the many rare birds, animals, and plants that depend on this area for survival.

South Slough Reserve furnishes habitat for eagles, herons, otters, and fish, as well as elk, deer, and bobcats, just to name a few.



Wild Rivers Coast Scenic Bikeway

Wild Rivers Coast Scenic Bikeway

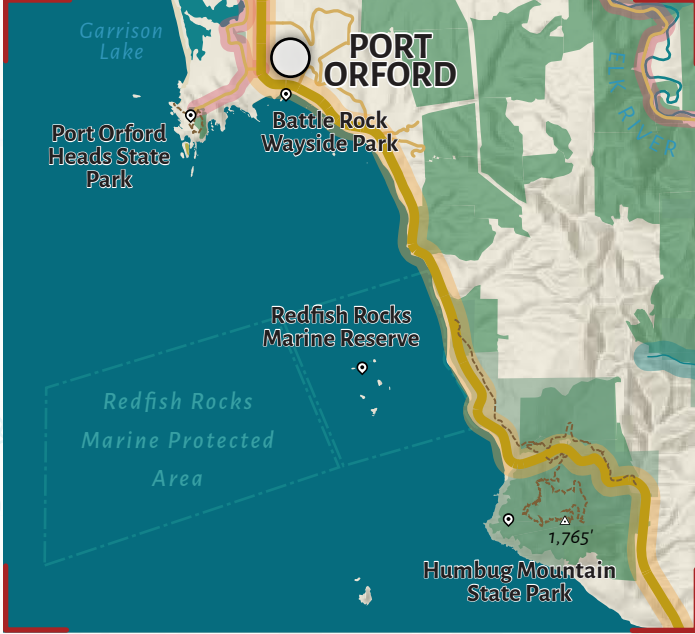
Road cyclists will find this 60-mile road cycling loop offers a challenging, yet rewarding experience. Cycle on an unforgettable tour through some of the region's most diverse and impressive landscapes, including mountainous terrain, rural farmland, and postcard-perfect coastal vistas. On the coast, you'll encounter several landmarks such as the **Cape Blanco Lighthouse** and **Humbug Mountain**. Inland, wind your way through the **Rogue River-Siskiyou National Forest** and alongside the **Elk River**, a nationally designated Wild and Scenic River.



© Erik Undahl

For a more immersive excursion, the bikeway provides a classic opportunity for bikepacking. With designated campsites and ample opportunities to investigate off-the-beaten-path locations, you can savor the camaraderie of fellow travelers and bask in the tranquil charm of starlit nights along the coast.

Explore Vistas, History & Conservation



Humbug Mountain State Park

As you enter the park, you'll be greeted by the towering presence of **Humbug Mountain**, one of the highest points on the Pacific coast. The park boasts lush greenery, astounding vistas, and a plethora of recreational activities such as camping, hiking, and picnicking. Climb the moderate-to-difficult **Humbug Mountain Trail** to the summit for panoramic views of the Pacific Ocean over verdant, rolling hills. For a more leisurely stroll, hike **Old Highway 101 Trail**, which follows the remnants of this historic highway. Both trails present a variety of terrain, from stony inclines to soft forest floors, ensuring that your hike is both engaging and enjoyable. Another short trail from the campground takes you to a secluded beach where you can catch the soothing

sounds of the ocean and breathe in the fresh, salty air.

Port Orford Heads State Park

Listed on the National Register of Historic Places, the park contains several hiking trails and preserves the site of the **Port Orford Lifeboat Station**, which was built in 1934 to provide life-saving services to ships along the coast. A museum is



© Erik Undahl



© Manuela Durston

now housed in the station, with artifacts and interpretive displays that make the past come alive. One of the park's main trails, **the Headlands**, begins at the museum and is an easy loop through dense forest and onto an oceanic bluff. Revealing stunning vistas of sea stacks, isolated coves, and distant beaches, this trail enables you to experience the dramatic working environments described in the museum.

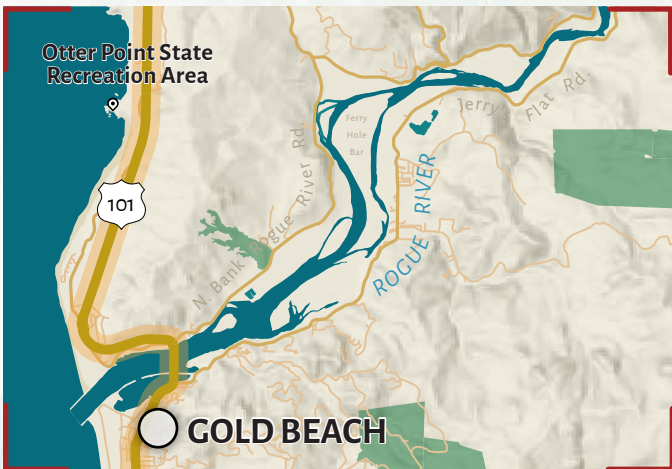
Redfish Rocks Marine Reserve

Redfish Rocks was one of the first two marine reserves in Oregon and is dedicated to preserving the vibrant biodiversity of the region. Its unique underwater landscape features rocky reefs, kelp forests, and a sandy seabed, providing diverse habitats for various species to flourish. Marine mammals, such as seals and sea lions, can sometimes be spotted taking advantage of the abundant fish populations. The reserve



© Brandon Cole Photography and South Coast Tours

Adventure on the Rogue



Lower Rogue River

Paddle the **Lower Rogue River** for a memorable journey through the core of the **Rogue River Estuary**. Here, where river meets ocean, the estuary becomes a harbor for an astonishing array of plant and animal life. You'll discover migratory birds, thriving fish populations, and even the occasional fun-loving seal or sea otter. This unique convergence of fresh and saltwater ecosystems creates a dynamic environment where you can witness nature's delicate balance firsthand. The **Lower Rogue River**, one of the original rivers designated as a Wild & Scenic River, is also famous for salmon fishing and is the kick-off point for jet boat tours deep into the **Rogue Wilderness**.



© Erik Undahl

Otter Point State Recreation Site

One of the lesser-traveled public lands on the coast, this recreation area features hiking trails overlooking unspoiled beaches and distinctive sandstone formations chiseled by wind and waves. **Otter Point Trail**, the most popular trail at the site, provides a commanding view of the ocean, tidepools filled with colorful sea life, and some of the most amazing sunsets imaginable. Hike the several other trails from **Bailey Beach** to **Agate Beach** for a remarkable opportunity to observe wildlife and locate hidden coves tucked away along the shoreline.

Discover Inclusive Coastal Wonders



Oregon Redwoods Barrier Free Trail

A captivating retreat of accessibility and allure, this trail offers a quiet escape into ancient redwood forests and out to the beach with its sweeping perspective of the weathered coastline. This well-maintained and mobility-friendly trail is designed to accommodate all visitors, regardless of physical ability. Strategically-placed benches offer an exquisite opportunity for rest and reflection among the giant redwoods. Informative markers provide interesting insights into the flora and fauna that reside within this singular ecosystem.

Harris Beach State Park

With its imposing cliffs, abundant forests, and spectacular ocean views, **Harris Beach State Park** has long been a treasured destination for both nature lovers and adventure enthusiasts. Its scenic coastline offers far-reaching vistas of sandy beaches, rugged headlands, and



© Jarett Juarez

offshore islands. The monolithic sea stacks, rising majestically from the ocean, serve as a sanctuary for nesting seabirds, while tidepools teem with fascinating marine life. One of the park's notable amenities is its accessibility. The campground offers ADA-compliant sites, and ease of access extends to the beach, where wheelchair ramps and paved pathways allow individuals of all abilities to engage themselves in coastal wonders.

Take Care Out There



© Justin Myers

PREPARE

Plan Ahead

Prepare before you head out, consider what you want to see and experience, your group's physical abilities and what's realistic to do in the time you have. Can you visit off peak to avoid crowds?

Be Ready

Check conditions. Pack your Ten Essentials. Got the right shoes for the terrain? Water? Cell phone? You may not always have coverage, so take a picture of the trail map or bring one with you. Consider hiring a guide.

Don't Forget

Let someone know where you're headed and when you plan to be back. Tuck some cash in your pocket for park fees (that help maintain our natural spaces).

CARE

Make Smart Choices

Know your limits and when to stop for the day. Follow the signs; they're there to tell you important stuff like how to avoid injuries and not get lost.

Be Respectful

If you're lucky enough to spot wildlife, use your zoom lens and observe from afar. Share trails with others. Know who manages the land you access and what the rules and regulations are.

Keep It Natural

Stay on designated trails and areas to protect the landscape. Don't take anything home but your trash—and please, please take your trash with you. Make wildfire prevention a top priority.

CONNECT

Enjoy Yourself

Experiencing the quiet, awe-inspiring beauty of nature can not only uplift your spirits, it can improve your health. Think of Oregon's vast outdoors as your place to relax and recharge.

Say Hello

Greet fellow adventurers and spark a conversation. Check in at a visitor center, ranger station and/or local business to learn from the locals, grab a map and gather local insight.

Spread Goodwill

Share your knowledge with others if it's helpful. Support the community—eat, drink, shop and stay local. Stop by cultural centers to learn our history and relationship to place.