

the SOUTH COAST

Outdoor Recreation Map



Your South Coast adventure awaits, crowds not included.

Using This Map



LEARN MORE
TravelSouthernOregonCoast.com

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This Outdoor Recreation Map spotlights outdoor adventures and natural attractions on the Southern Oregon Coast, from the Oregon-California Border in the south to Reedsport in the north, as well as inland to the Oregon Coast Mountain Range.

We've only skimmed the surface of the many activities and choices that await your visit. Use this map as a guide to

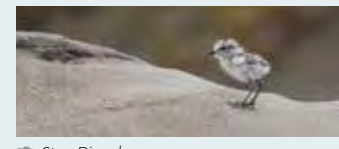
plan your trip. Then, scan the QR code above or surf over to TravelSouthernOregonCoast.com for more details. There, you will find the Travel Southern Oregon Coast website with information on each of the highlighted activities described. You'll also discover guidance on lodgings, restaurants, and shops, as well as myriad trip ideas and local happenings to help you organize an unforgettable stay on the South Coast.

Seasonality

Attractions on the Southern Oregon Coast are open year-round. However, restrictions do apply, so please take note.

Oregon is pet-friendly, but off-trail and dog policies differ from location to location. Likewise, fishing, crabbing, and hunting seasons change region to region, season to season, and year to year based on weather and oceanic conditions. It's best to check online or directly with the areas you will be visiting to confirm current policies.

Be especially aware that from March 15th to September 15th, certain recreational activities along the coast may be restricted or prohibited due to the Western Snowy Plover nesting season. Look for posted restrictions and be kind to the coast as well as our aquatic and avian friends.



© Steve Dimock

Who We Are



Welcome to the Southern Oregon Coast

We are a region steeped in history with an unbreakable bond to nature. Known as the Wild Rivers Coast, here you will find the highest concentration of nationally-designated Wild and Scenic rivers in the country. Where rivers ramble down mountains, through forests, and out to sea, we invite you to come explore the countless off-the-beaten-path adventures that await.

Enjoy year-round fishing, boating, cycling, hiking, birding, windsurfing, beach going, and so much more. Our landscapes are rugged, our air is salty, our atmosphere is serene, and our temperatures are moderate year-round.

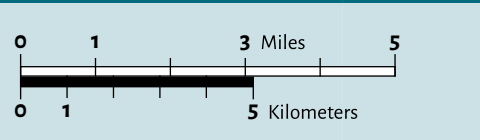
This is truly a place where you can recreate and unwind. Sorry... crowds not included.

Our First Nations

Indigenous people have inhabited what is now Oregon since time immemorial, with cultures as rich and diverse as the landscapes they live on. Today, members of the nine federally-recognized tribes in Oregon carry forward a deep knowledge of this place and traditions that have endured and evolved for thousands of years.

Three of these nine tribes make their home on the Southern Oregon Coast, and are eager to share their stories of the past, present, and future, and to welcome you to their homeland. May the connections you make enrich your experiences in South Coast Oregon Indian Country.

Map produced by Travel Southern Oregon Coast and Travel Oregon with participation from land managers, local businesses and non-profits. Contains information from OpenStreetMap, which is made available here under the Open Database License (ODbL). Printed in Oregon, 2023.



LEGEND

- | | | | |
|--|-------------------|--|---------------------|
| | Accessible | | Lodging |
| | Airport | | Mountain Bike |
| | Cabin Rental | | Nature Viewing |
| | Camp | | Paddle Sports |
| | Convenience Store | | Powerboating |
| | Day Use | | Powersports |
| | Disc Golf | | Restaurant/Bar |
| | Diving | | Road & Gravel Bike |
| | Equestrian | | Scenic Drives |
| | EV Charging | | Sporting Goods |
| | Fat-Tire Bike | | Swim |
| | Gas Station | | Tidepool |
| | Golf | | Visitor Information |
| | Grocery | | Walk & Run |
| | Hike & Backpack | | Winery & Brewery |
| | Hunt & Fish | | Windsurf |



Golden & Silver Falls



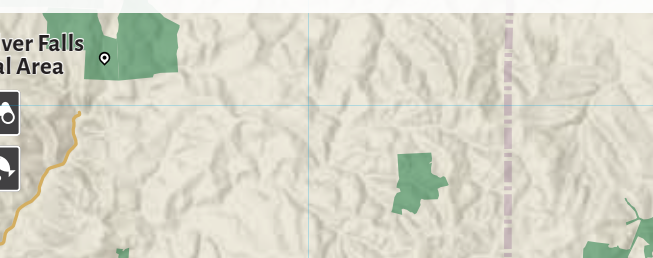
© Erik Lindahl

Golden & Silver Falls

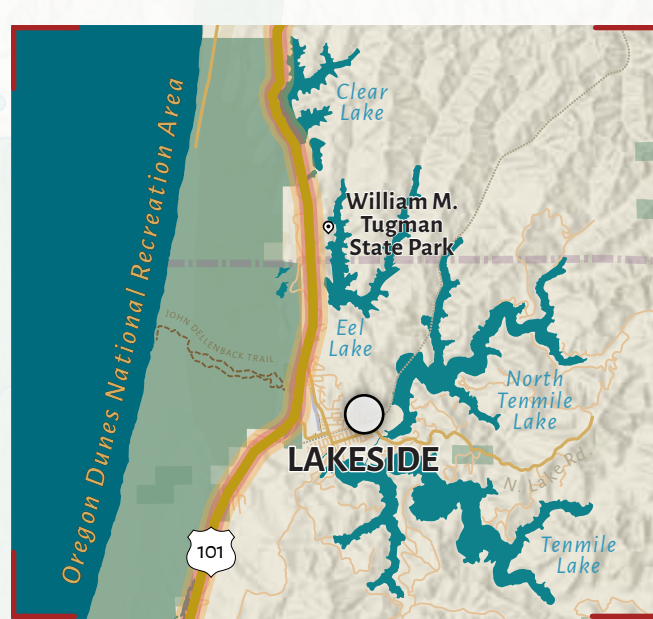
Somewhat a challenge to find, this natural area with its dazzling waterfalls is worth the drive. Once here, three hiking trails empower

you to explore the coastal rainforest, take in the falls, and lose yourself in the lure of your surroundings.

A short hike leads you to the base of **Silver Falls**, plunging gracefully from a rocky ledge to create a silvery curtain of cascading water. The falls reflects its surroundings, creating an ethereal allure. Another short hike takes you to the base of **Golden Falls**, or opt for the longer hike, which perches you atop the falls for an eagle's-eye view. As they glisten in the sunlight, the falls' golden hues radiate an enchanting and mystic aura.



Dunes, Fishing & Water Adventure



Oregon Dunes National Recreation Area

One of the largest expanses of temperate coastal sand dunes in the world, **Oregon Dunes National Recreation Area** offers both adventure and solitude. Towering dunes, sculpted by the whims of wind and time, create an ethereal landscape that seems to extend beyond the horizon. Among the

dunes' most prized attractions is the **John Dellenback Trail**, a 2.7-mile non-motorized route that promises serenity as you hike through forest, over sand, and to the beach. For those seeking an adrenaline rush, the park offers off-highway vehicle (OHV) riding, inviting you to glide across the dunes on a stirring off-road escapade.



© Mitchell McCall



© Manuela Durson

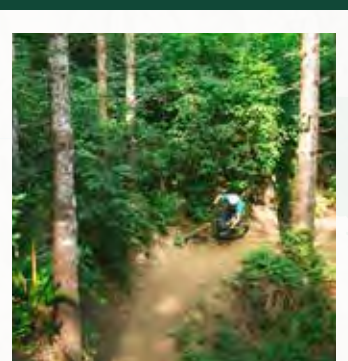
William M. Tugman State Park

At the heart of **Tugman State Park** lies the immaculate **Eel Lake**, hosting an accessible paddle launch that awaits those eager to survey the lake's hidden corners. Anglers will find themselves in delight as they cast their lines into the depths of the lake and reel in largemouth bass, crappie, trout, steelhead, and salmon. For those yearning to venture beyond the water's edge, the park boasts unspoiled, forested trails

that weave their way through the verdant expanse.

Tennile Lake
With its calm waters and accessible paddle launch, **Tennile Lake** is perfect for water skiing, wake boarding, sailing, kayaking, and swimming. Fishing enthusiasts will find ample angling opportunities with large populations of trout, bass, catfish, and bluegill. Surrounded by mountains and rich natural beauty, the lake is an idyllic setting for both peace and recreation.

Whiskey Run



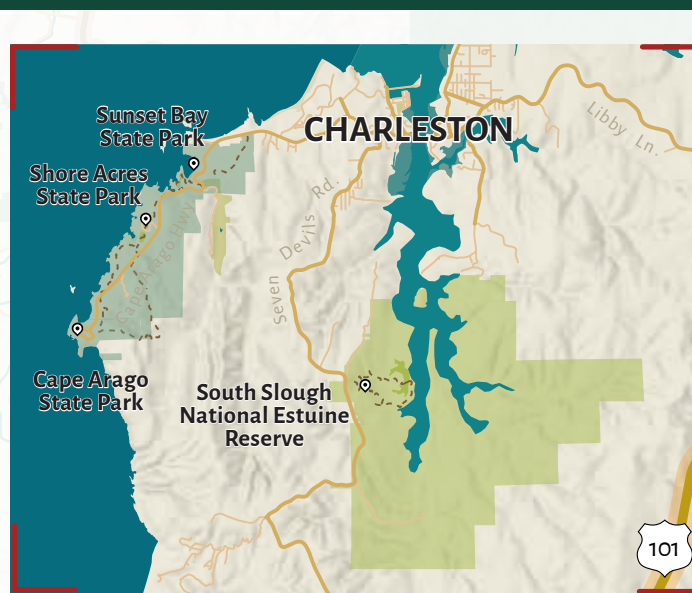
Whiskey Run Mountain Biking Trails

Whiskey Run sits in the heart of the **Coos County Forest**, a sprawling wilderness that embodies the spirit of the Pacific

Northwest. Venture onto the trails and find a thrilling escape from the ordinary, where nature's wonders blend seamlessly with the adrenaline rush of mountain biking. No matter which routes you take, you'll find stunning forest scenery and plenty of wildlife.

Designed to be ridden year-round, bikers can enjoy a peaceful ride through nature no matter the season. And, with more than forty-seven mountain bike trails to explore, endless fun awaits. Whether you're a beginner seeking a leisurely ride or an expert craving heart-pounding challenges, Whiskey Run is ready to quench your thirst for adventure.

Tidepools, Storms & Wildlife



Sunset Bay State Park

For those interested in marine life and the marvels of the intertidal zone, **Sunset Bay** is a true haven. At low tide, the rocky shoreline reveals an array of tidepools teeming with life. Starfish, sea anemones, crabs, and colorful sea slugs are just a few of the mesmerizing creatures you may encounter during your explorations.

Shore Acres State Park

Renowned for its phenomenal storms, visitors come here to witness the raw power of nature. In winter, intense weather events create a breathtaking spectacle of crashing waves and vivid skies. In calmer seasons, the park's thriving gardens and scenic trails offer amazing beauty and tranquility.

Cape Arago State Park

The highlight of any visit to **Cape Arago** is undoubtedly the chance to see the resident seals and sea lions. **Simpson Reef** and **Shell Island Overlooks** provide excellent vantage points for watching these playful marine mammals as they bask in the sun



© Justin Myers

or frolic in the waves. The park is also a birdwatcher's paradise with species such as cormorants, pelicans, and oystercatchers frequently spotted along the shore.

South Slough National Estuarine Reserve

Land, water, and sky converge here to create a charming oasis of flourishing forests, winding trails, and serene estuaries. The reserve is home to a lavish array of bird species, including eagles, herons, and sandpipers. Kayak silently along pristine, winding waterways to discover concealed coves and sheltered beaches. Every turn reveals a new perspective of the surrounding wilderness where you may spot otters, deer, and elk.

Fat-Tires, Horses & Nature

Coquille Point

Providing some of the best views into the **Oregon Islands National Wildlife Refuge**, **Coquille Point** abounds with wildlife. Thousands of marine mammals and seabirds call this area home, making it an ideal spot for nature lovers and birdwatchers alike. Coastal cliffs provide nesting grounds for a myriad of seabirds including murres, pelicans, gulls, cormorants, and the occasional tufted puffin. The area also features steps down to a wide beach where visitors can observe **Elephant Rock** and other bewitching rock formations. And,



© Susan Dimock

with its low tide access, miles of hard-packed sand, and the rock formations to navigate around, this picturesque park is a refuge for outdoor devotees, especially those fond of horseback riding. **Bullards Beach** offers a horse camp and a variety of trails through the dunes and along the surf suitable for riders of any skill level. The park also owns a rich cultural history, including the historic **Coquille River Lighthouse**, which offers visitors a glimpse into the region's nautical past.

Bullards Beach State Park

With its backdrop of windswept dunes and seemingly endless stretches of wide, sandy beach, this picturesque park is a refuge for outdoor devotees, especially those fond of horseback riding. **Bullards Beach** offers a horse camp and a variety of trails through the dunes and along the surf suitable for riders of any skill level. The park also owns a rich cultural history, including the historic **Coquille River Lighthouse**, which offers visitors a glimpse into the region's nautical past.



© Manuela Durson

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.



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!



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.

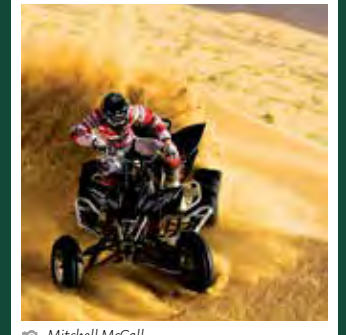
Packed with trout, bass, catfish, and bluegill, **Tenmile** and **Eel Lakes** near Lakeside deliver ample opportunity for anglers.

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.



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.



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.

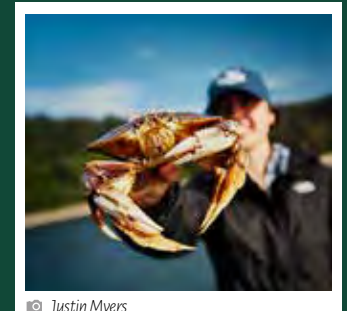


Crabbing & Clamming

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!



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.



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

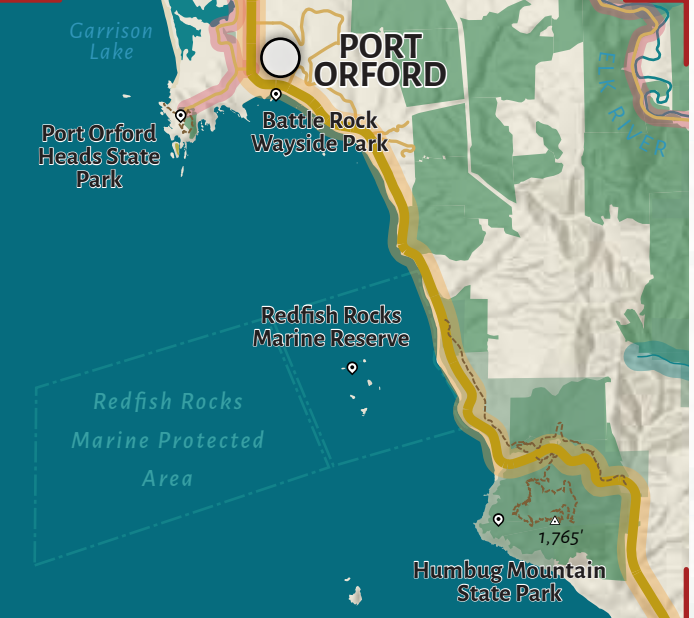
Wild Rivers Coast Scenic Bikeway

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.



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 Urdahl



© Manuella Durson

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

includes several notable dive sites, with crystal-clear waters offering incredible visibility. And, while diving is undoubtedly a highlight, there are numerous other outdoor recreational activities available here, such as kayaking and birdwatching.



© 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**.

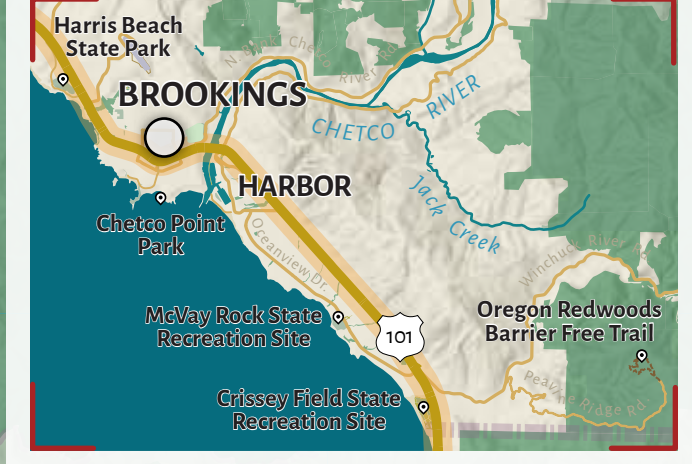
Otter Point State Recreation Site

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.



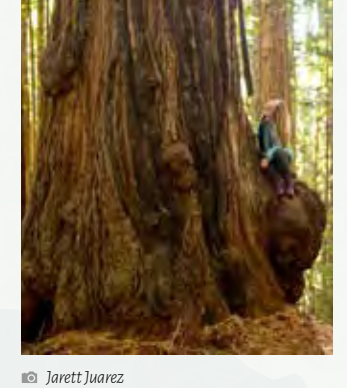
© Erik Urdahl

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.



© Javett Juarez

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

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. **Harris Beach State Park** takes pride in providing inclusive experiences for all visitors. 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



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.

Say Hello

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.

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.

The Oregon Coast Trail



© Justin Myers

362 miles of Oregon coast, this awe-inspiring trail carries hikers and backpackers on a trek across sandy beaches, craggy headlands, dense forests, and coastal meadows.

Arguably, the most spectacular section of the trail traverses the **Samuel H. Boardman Corridor**. On this stretch you'll find secluded beaches, green forests, soaring sea stacks, and majestic cliffs. Marvel at sea arches carved by the forces of the ocean at **Natural Bridges**, glory in the panoramic views at **Cape Sebastian**, and rejuvenate at **Arch Rock** viewpoint picnic area before hiking onward.

The Oregon Coast Trail
Hear the waves crashing, inhale the scent of salt water, and watch seabirds dancing along the currents. The Oregon Coast Trail is a sensory delight, inviting you to immerse yourself in its sights, sounds, and smells. Spanning

