














CAPE PERPETUA SCENIC AREA HIKING TRAILS

- Captain Cook Trail:** (to tidepools) 0.8 mile round trip from the Visitor Center, past an old Civilian Conservation Corps camp, through wind sculpted vegetation, around Indian shell middens and down to the tidepools. At high tide the Spouting Horn can be observed from Cook's Chasm.
 Easy  Accessibility: moderate to difficult. Start at Cook's Chasm
- Cape Cove Trail:** (to beach) 0.3 mile. From the Devil's Churn Day Use area, head south until you reach the junction for the Cape Cove Beach trail. Take a right and you will arrive at the Cape Cove Beach area. Part of the Cape Cove Trail is **temporarily closed** limiting access to the Cook's Chasm area. Visitors can still access Cook's Chasm via the Captain Cook Trail.
 Easy
- Trail of the Restless Waters:** (to Devil's Churn) Paved 0.4 mile loop from Devil's Churn Day Use. A wild place to see the winter surf as it explodes onto the terraces of volcanic rock. Don't get too close to the edge; each wave hits the rocks differently and you don't want to get soaked.
 Easy  Accessibility: moderate to most difficult. Wheelchair accessible to lower overlook
- Giant Spruce Trail:** 2 miles round trip from the Visitor Center to a more than 500 year-old Sitka spruce tree. The trail parallels Cape Creek and goes through a forest that has many of the characteristics of an old-growth forest; lush ferns, nurse logs, and big trees.
 Easy
- St. Perpetua Trail:** (to Cape Perpetua Day Use) 2.8 miles round trip from the Visitor Center across first bridge into the campground, just to the left of the campground bulletin board, and switchback up about 700 feet to the "Best View on the Oregon Coast".
 Difficult, but worth it!
- Whispering Spruce Trail:** A .2 mile loop from the Cape Perpetua Day Use parking lot. Hike there via the St. Perpetua Trail or drive the two mile road to the top. Great ocean views from the West Shelter (built by the Civilian Conservation Corps in the 1930s) and the stone parapet.
 Easy  Accessibility: moderate to difficult due to steep grade.
- Oregon Coast Trail:** (ocean views) 2.6 miles round trip from the Visitor Center (start on the Captain Cook Trail). This trail overlooks the rocky shoreline and ties into the Gwynn Creek and Cummins Creek Loop Trails.
 Moderate
- Cook's Ridge & Gwynn Creek Loop Trail:** (old-growth forest) 6 mile loop trail includes four different trails: Discovery Loop, Cook's Ridge, Gwynn Creek and Oregon Coast Trails. Some ocean views and great old-growth forest experience. Trails begin in the Visitor Center's uppermost parking lot.
 Moderate to difficult
- Discovery Loop Trail:** (a forest in transition) 1.4 miles round trip from the Visitor Center's uppermost parking lot. Learn about what is going on with this section of forest from four interpretive signs.
 Moderate
- Cummins Creek Loop Trail:** (old-growth forest) 8.5 to 9 mile loop from the Visitor Center with some ocean views, great old-growth and open meadows. Trail may also be accessed from Forest Service Road 1050 or Forest Service Road 55.
 Moderate to difficult  Section open to mountain bikes (see map)
- Amanda's Trail:** (to Yachats Ocean Road) 2.9 mile (one way) historic trail begins at the junction of the Whispering Spruce trail and descends steeply through lush coastal woodland.
 Moderate to difficult
- Cummins Ridge Trail:** (wilderness) 6.2 mile (one way) hike passes through dense Sitka spruce and Douglas-fir stands. Trail receives light use and offers opportunities for solitude and quiet. It can also be accessed from the top via Forest Service road 5594.
 Moderate

CAPE PERPETUA SCENIC AREA

Towering 800 feet over the Pacific Ocean, the Cape Perpetua headland is the highest viewpoint accessible by car on the Oregon Coast. From this high point, enjoy views of the Cape Perpetua Marine Reserve and the rugged and rocky shore where visitors can witness the power of the ocean as it meets the forest.

The Cape Perpetua Scenic Area encompasses 2,700 acres of important coastal habitat and was set aside for its exceptional ecological characteristics. A 26-mile trail system offers many opportunities to experience this lush and diverse temperate rainforest.

People have been part of this landscape for at least 6,000 years and Cape Perpetua bears evidence of this rich history. Archaeological sites provide hints into village life of the Native American Alsea people, who called this area Halaqaik. When British explorer James Cook saw the headland in 1778, he named it for Saint Perpetua. Many of the trails we find here today were first constructed by a unit of the Civilian Conservation Corps as President Franklin D. Roosevelt sought to provide work for young men during the Great Depression. Their camp occupied the area where the visitor center is today.

Cape Perpetua Visitor Center is typically open seven days a week most of the year, with reduced hours in winter (call or check website to confirm hours). Visitor Center staff and exhibits will guide you to the cultural and natural history of the area. Knowledgeable staff are available to answer questions and help plan your visit.

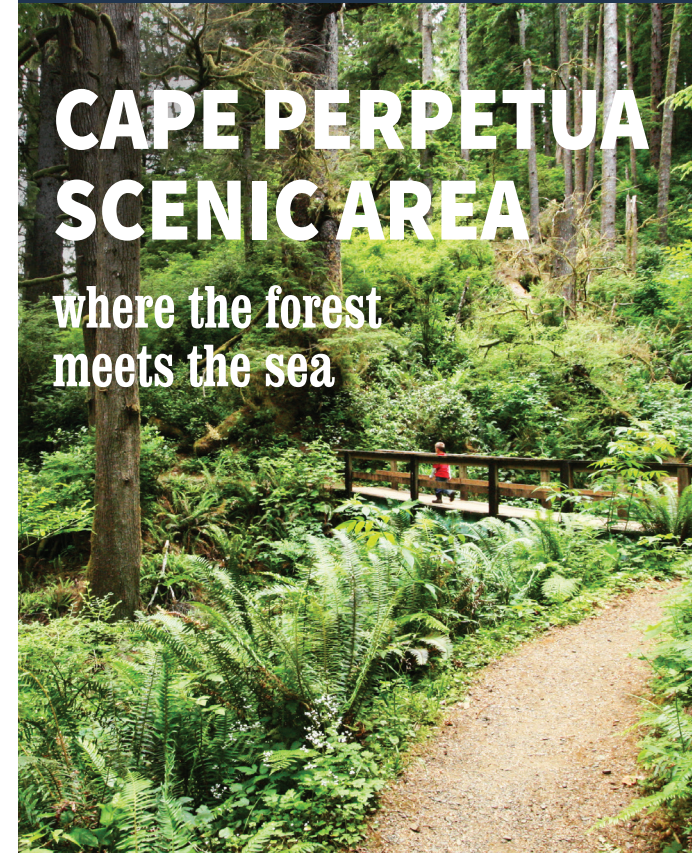
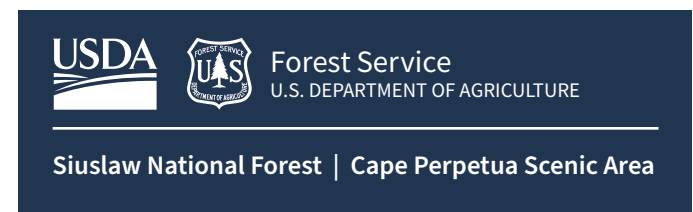
SIUSLAW NATIONAL FOREST CAPE PERPETUA SCENIC AREA

Three miles south of Yachats on Highway 101
541-547-3289
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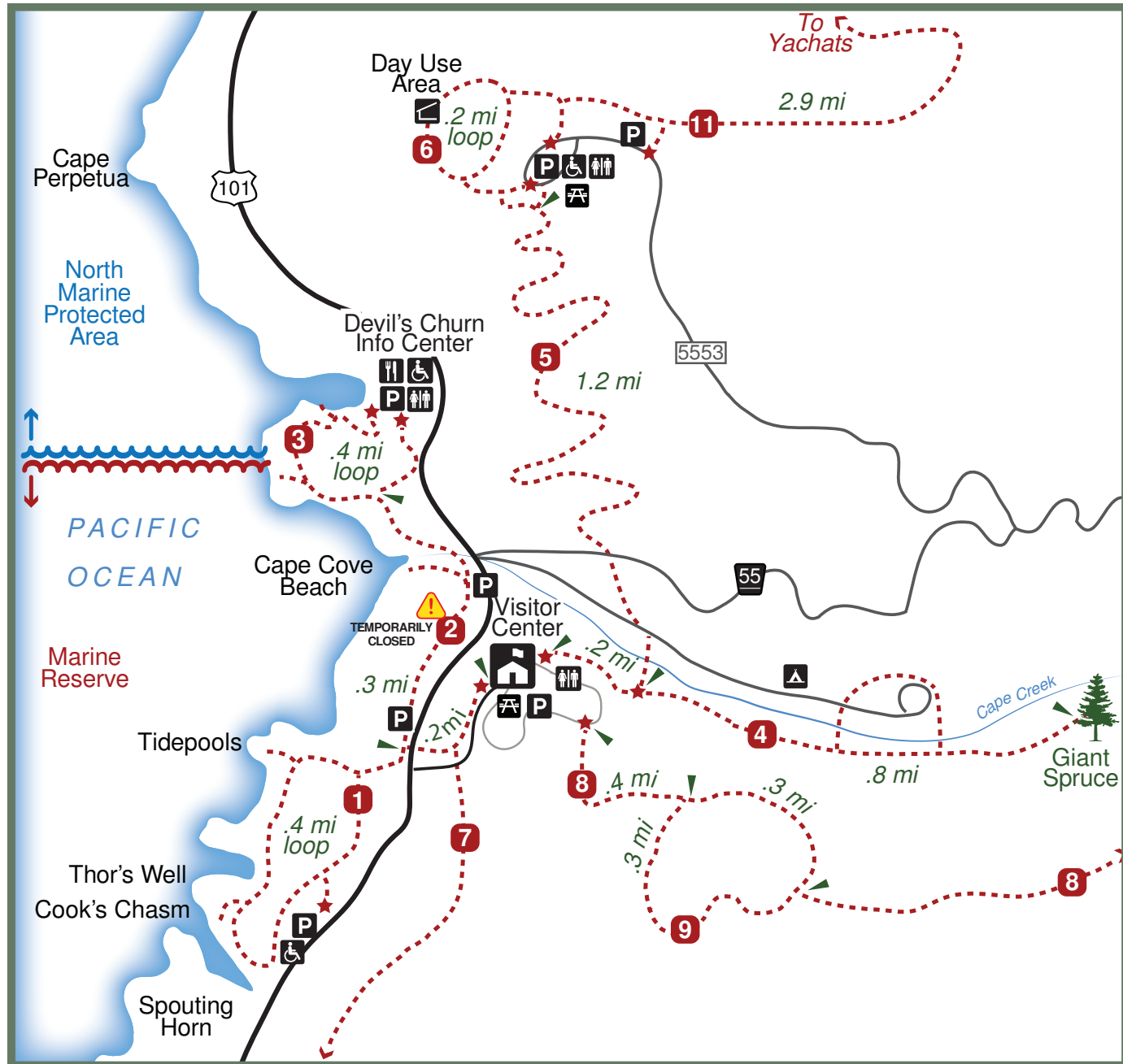


For marine reserves information contact the Oregon Department of Fish and Wildlife (ODFW) at 541-867-4741 or <http://oregonmarinereserves.com>

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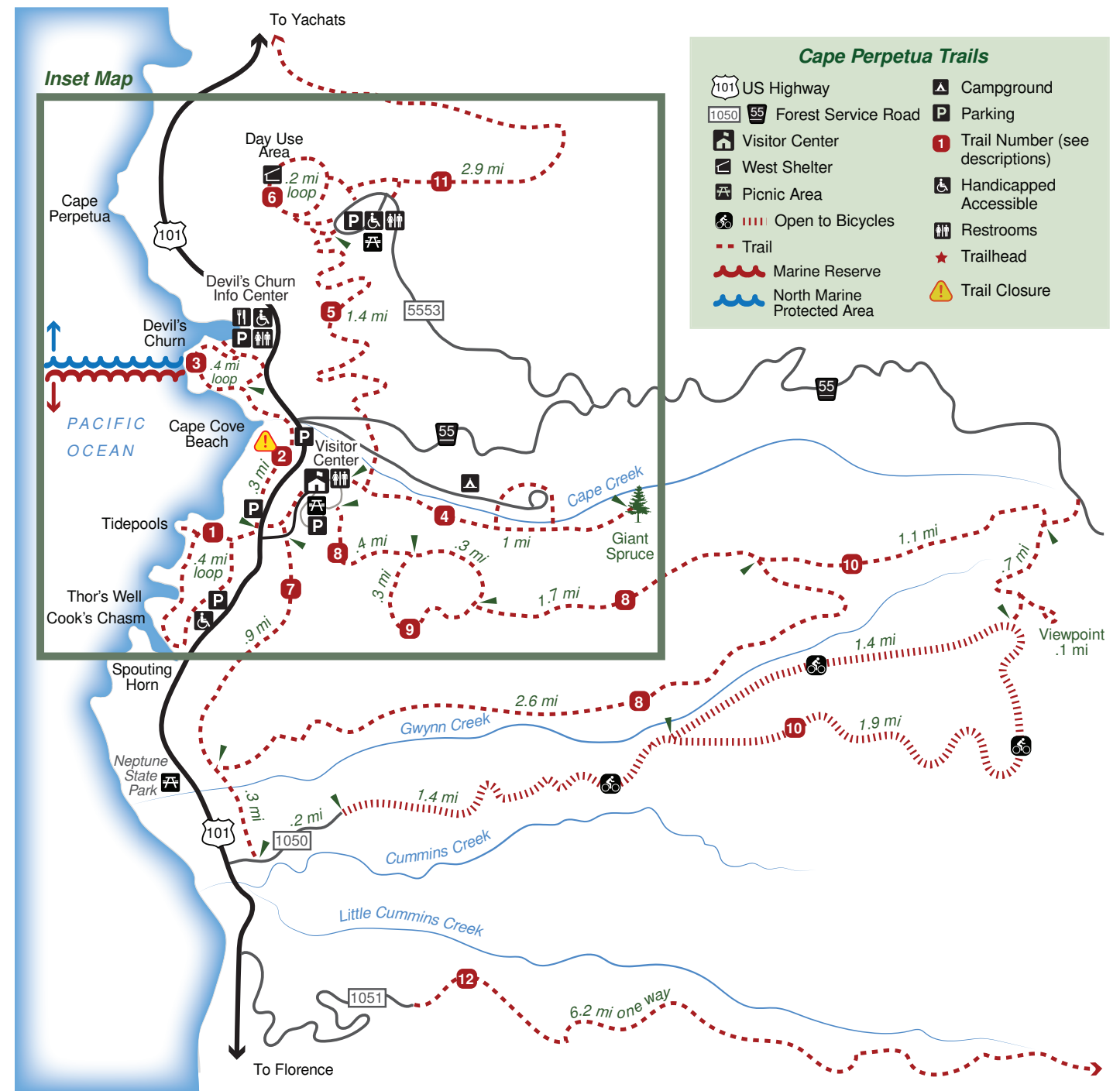


CAPE PERPETUA VISITOR CENTER INSET



Your day use fees help maintain the trail system. Thank you for leaving the flowers and tidepool animals for others to enjoy and for keeping your pet on a leash. Map not to scale.

CAPE PERPETUA SCENIC AREA TRAILS



US Highway	Campground
Forest Service Road	Parking
Visitor Center	Trail Number (see descriptions)
West Shelter	Handicapped Accessible
Picnic Area	Restrooms
Open to Bicycles	Trailhead
Trail	Trail Closure
Marine Reserve	
North Marine Protected Area	