

Oregon State Parks

Information:
800-551-6949

Reservations:
800-452-5687

oregonstateparks.org

Information printed from the
National Oceanic and Atmospheric
Administration
tidesandcurrents.noaa.gov



Printed on recycled paper 63400-8060 (12-19)

TIDE TABLES & Beach Safety Tips

2020

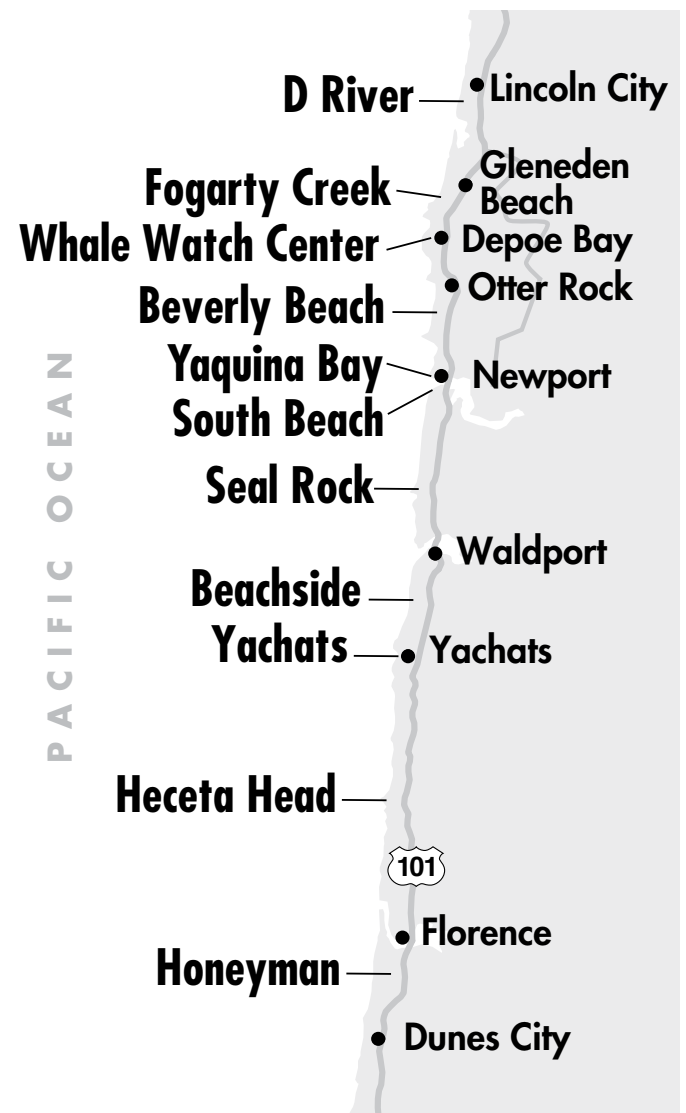
OREGON CENTRAL COAST

January				February				March					
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height
1 04:57 AM 10:38 AM W 03:58 PM	7.4 3.7 6.6 1.4	16 04:42 AM 10:47 AM Th 04:31 PM	8.6 7.7 2.1 1.1	1 05:00 AM 11:50 AM Sa 05:41 PM	7.8 2.5 5.5	16 05:38 AM 12:48 PM Su 07:23 PM	8.9 2.7 6.0	1 05:59 AM 12:00 PM Su 10:07 PM	7.8 1.7 5.6 3.4	16 06:59 AM 01:17 PM Mo 08:16 PM	8.3 2.5 6.1	1 05:59 AM 12:00 PM Su 10:07 PM	7.8 1.7 5.6 3.4

April				May				June					
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height
1 05:50 AM 10:26 PM W 08:42 PM	7.3 0.5 5.7	16 02:20 AM 07:56 PM Th 05:58 PM	3.5 6.8 6.6	1 03:17 AM 06:41 AM F 01:52 PM	1.3 6.8 -0.1	16 04:09 AM 10:16 AM Tu 03:24 PM	1.2 5.3 2.5	1 05:04 AM 11:47 AM W 09:50 PM	-0.2 -3.6 9.3	16 04:17 AM 10:23 PM Th 03:17 PM	0.7 2.1 8.2	1 05:34 AM 12:31 PM Sa 11:14 PM	-0.3 -3.0 9.2

July				August				September					
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height
1 04:02 AM 10:39 AM W 09:50 PM	-0.2 0.5 9.3	16 04:17 AM 10:43 PM Th 03:17 PM	0.7 2.1 8.2	1 05:34 AM 12:31 PM Sa 11:14 PM	-0.3 -3.0 9.2	16 05:13 AM 11:51 PM Su 04:47 PM	-0.3 -3.9 5.3	1 06:38 AM 13:15 PM Su 07:39 PM	-0.4 -1.2 2.3	16 06:03 AM 12:42 PM Mo 09:09 PM	-0.7 -2.1 1.5	1 06:38 AM 13:15 PM Su 07:39 PM	-0.4 -1.2 2.3

October			November			December		
Time	Height		Time	Height		Time	Height	
h m	ft	cm	h m	ft	cm	h m	ft	cm
1 12:27 AM	7.8	238	16 12:07 AM	8.5	259	1 01:38 AM	7.1	216
06:37 AM	0.7	21	06:07 AM	0.4	12	05:57 AM	2.6	79
Th 12:55 PM	7.9	241	F 12:24 PM	9.3	283	Su 11:59 AM	8.5	259
06:59 PM	1.2	37	06:43 PM	-0.5	-15	06:44 PM	-0.1	-3
2 01:06 AM	7.7	235	17 01:01 AM	8.5	259	2 01:18 AM	7.0	213
07:06 AM	1.1	34	06:49 AM	0.8	24	06:28 AM	3.0	91
F 01:20 PM	8.0	244	Sa 01:01 PM	9.7	296	M 12:26 PM	8.5	259
07:32 PM	0.9	27	07:31 PM	-1.1	-34	07:19 PM	-0.2	-6
3 01:45 AM	7.5	229	18 01:55 AM	8.3	253	3 02:00 AM	6.9	210
07:35 AM	1.6	49	07:31 AM	1.5	46	07:00 AM	3.4	104
Sa 01:45 PM	8.1	247	Su 01:39 PM	9.9	302	W 12:53 PM	10.1	308
08:06 PM	0.7	21	08:20 PM	-1.4	-43	07:56 PM	-0.1	-3
4 02:24 AM	7.2	219	19 02:51 AM	8.0	244	4 02:46 AM	6.7	204
08:03 AM	2.1	64	08:16 AM	2.1	64	07:35 AM	3.8	116
Su 02:10 PM	8.1	247	M 02:21 PM	9.8	299	W 01:27 PM	8.2	250
08:42 PM	0.6	18	09:11 PM	-1.4	-43	08:37 PM	0.0	0
5 03:06 AM	6.9	210	20 03:51 AM	7.6	232	5 03:37 AM	6.5	198
08:32 AM	2.6	79	09:03 AM	2.8	85	08:15 AM	4.1	125
M 02:37 PM	8.0	244	Tu 03:06 PM	9.4	287	Th 02:04 PM	7.9	241
09:20 PM	0.6	18	10:06 PM	-1.1	-34	09:24 PM	0.2	6
6 03:51 AM	6.5	198	21 04:56 AM	7.2	219	6 04:36 AM	6.3	192
09:39 AM	3.6	110	09:58 AM	3.4	104	09:06 AM	4.3	131
Tu 03:06 PM	7.8	238	F 10:29 PM	8.8	268	W 02:50 PM	7.6	232
10:02 PM	0.7	21	11:06 PM	-0.6	-18	10:19 PM	0.3	9
7 04:45 AM	6.2	189	22 06:08 AM	6.9	210	7 05:41 AM	6.4	195
09:39 AM	3.6	110	11:05 AM	3.8	116	10:17 AM	4.4	134
W 03:41 PM	7.6	232	Th 04:56 PM	8.1	247	Sa 03:51 PM	7.2	219
10:52 PM	0.8	24	23 12:12 AM	-0.1	-3	11:19 PM	0.4	12
8 05:50 AM	5.9	180	07:24 AM	6.8	207	8 06:41 AM	6.6	201
10:24 AM	4.0	122	F 12:29 PM	4.0	122	11:42 AM	4.2	128
Th 04:25 PM	7.4	226	06:08 PM	7.4	226	Su 05:08 PM	6.9	210
11:52 PM	0.9	27	24 01:22 AM	6.3	9	9 06:41 AM	6.6	201
9 07:08 AM	5.8	177	08:34 AM	6.9	210	11:20 AM	0.5	15
11:29 AM	4.3	131	09:34 AM	6.9	210	07:32 AM	7.0	213
F 05:24 PM	7.2	219	Sa 01:57 PM	7.7	113	M 01:03 PM	3.6	110
10 01:00 AM	0.9	27	07:30 PM	3.0	213	06:33 PM	6.8	207
08:23 AM	6.0	183	25 02:27 AM	0.5	15	10 01:19 AM	0.6	18
Sa 12:56 PM	4.3	131	09:29 AM	7.2	219	08:14 AM	7.6	232
06:40 PM	7.1	216	Su 03:11 PM	3.2	98	Tu 02:09 PM	2.7	82
11 02:07 AM	0.7	21	08:48 PM	6.9	210	07:52 PM	7.0	213
09:19 AM	6.4	195	26 03:24 AM	0.7	21	11 02:12 AM	0.7	21
Su 02:19 PM	3.9	119	10:13 AM	7.5	229	08:53 AM	8.2	250
08:01 PM	7.2	219	M 04:07 PM	2.6	79	W 03:04 PM	1.6	49
12 03:06 AM	0.4	12	09:53 PM	6.9	210	09:02 PM	7.3	223
10:02 AM	6.9	210	27 04:11 AM	0.9	27	12 03:01 AM	0.9	27
M 03:25 PM	3.2	98	10:48 AM	7.7	235	09:30 AM	8.9	271
09:12 PM	7.5	229	Tu 04:53 PM	1.9	58	Th 03:55 PM	0.4	12
13 03:57 AM	0.1	3	10:48 PM	7.0	213	10:05 PM	7.6	232
10:39 AM	7.5	229	28 04:51 AM	1.2	37	13 03:48 AM	1.3	40
Tu 04:19 PM	2.3	70	11:18 AM	8.0	244	10:08 AM	9.6	293
10:15 PM	8.0	244	W 05:31 PM	1.3	40	F 04:43 PM	-0.6	-18
14 04:43 AM	0.0	0	11:35 PM	7.0	213	11:04 PM	7.8	238
11:13 AM	8.1	247	29 05:26 AM	1.5	46	14 04:34 AM	1.7	52
W 05:08 PM	1.3	40	11:44 AM	8.2	250	10:47 AM	10.1	308
11:12 PM	8.3	253	Th 06:06 PM	0.8	24	Sa 05:30 PM	-1.4	-43
15 05:26 AM	0.1	3	30 12:18 AM	7.1	216	11:59 PM	8.0	244
11:48 AM	8.7	265	05:57 AM	1.9	58	15 05:19 AM	2.1	64
Th 05:56 PM	0.3	9	F 12:09 PM	8.4	256	11:27 AM	10.4	317
			06:39 PM	0.4	12	Su 06:17 PM	-1.9	-58
			31 12:58 AM	7.1	216			
			06:27 AM	2.2	67			
			Sa 12:34 PM	8.5	259			
			07:11 PM	0.1	3			



Monthly tide data taken from Yaquina Bay. Tide height and times will be slightly different depending on your Central Coast location.

Tide Tables are predictions and are least accurate during storms and extreme high and low tide periods.

Beach Safety Tips



Watch out for sneaker waves
Always keep one eye on the ocean so you won't be caught off guard if a bigger wave surges up the beach. These "sneaker waves" are unpredictable, powerful and can easily knock adults off their feet.



Avoid logs on the beach
Stay away from logs on the beach or in the surf. The logs absorb water like sponges, increasing their weight by up to several tons. The ocean is strong enough to pick up even the heaviest log and roll it over you.



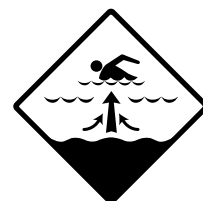
Hike like a pro
Be careful on rocks and near cliffs. Rocks can be slippery and cliffs can be unstable due to erosion. Stay on marked trails and don't climb over fences or other barriers. Trails are carefully planned by park rangers and barriers are there to keep you safe.



Know the tides
Know when the tide is coming in, especially when exploring tidepools or secluded beaches. Incoming tides can quickly leave you stranded away from shore. Be extra careful during extreme high or low tides and storms.



Watch for falling rocks
Avoid walking along the base of cliffs or eroding bluffs. Chunks of cliff or rocks can fall at any time; areas with overhangs and caves are especially dangerous. Do not dig in cliffs or bluffs.



Swim smart: rip currents
Rip currents are fast-moving water channels that can carry even the strongest swimmers away from shore. If you're ever caught in one, stay calm. A rip current is fast but narrow; swim parallel to the shore to escape it, then swim back to land at an angle.



Maintain a safe campfire
Beach campfires may be started on open sand, away from driftwood or vegetation. Check online for seasonal fire restrictions. Use water to extinguish your fire, not sand. Pour water around the base of the fire pit, not directly on hot coals.