

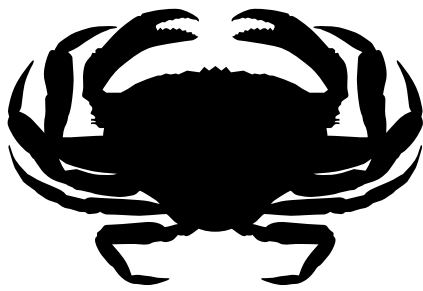
Oregon State Parks

Information:
800-551-6949

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OREGON NORTH COAST

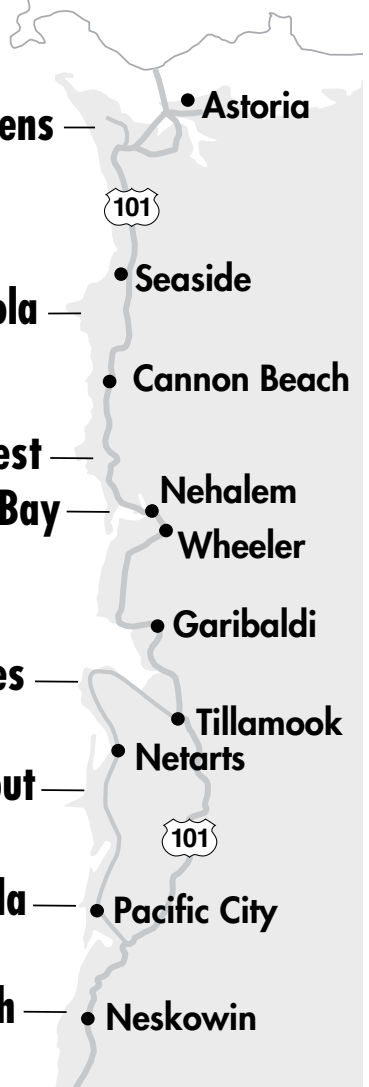
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TIDE TABLES & Beach Safety Tips 2020

January				February				March			
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height
1 05:42 AM 7.0 213 01:14 PM 0.8 24 W 08:34 PM 5.7 174	16 08:06 AM 8.5 198 08:06 AM 8.5 198 Th 09:50 PM 6.4 195	16 04:47 AM 8.1 247 10:44 AM 7.3 210 Th 04:40 PM 6.9 210 10:47 PM 1.1 34	16 05:47 PM 5.5 168 11:07 PM 3.0 91	1 05:12 AM 7.2 219 11:38 AM 2.6 79 Sa 05:47 PM 5.5 168 11:07 PM 3.0 91	16 05:12 AM 8.3 253 06:49 AM 8.2 250 Su 07:17 PM 5.9 180	1 05:45 AM 7.3 223 12:43 PM 2.2 67 F 07:15 PM 5.4 165	16 05:55 AM 7.3 223 12:43 PM 2.2 67 M 01:57 PM 0.7 21 08:39 PM 6.0 183	1 05:45 AM 7.3 223 12:43 PM 2.2 67 M 01:57 PM 0.7 21 08:39 PM 6.0 183	16 05:55 AM 7.3 223 12:43 PM 2.2 67 M 01:57 PM 0.7 21 08:39 PM 6.0 183	1 05:45 AM 7.3 223 12:43 PM 2.2 67 M 01:57 PM 0.7 21 08:39 PM 6.0 183	16 05:55 AM 7.3 223 12:43 PM 2.2 67 M 01:57 PM 0.7 21 08:39 PM 6.0 183

April				May				June							
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height				
1 05:42 AM 7.0 213 01:14 PM 0.8 24 W 08:34 PM 5.7 174	16 08:06 AM 8.5 198 08:06 AM 8.5 198 Th 09:50 PM 6.4 195	1 01:06 AM 4.2 128 07:03 AM 6.9 210 Th 09:37 PM 6.1 186	17 03:32 AM 3.4 104 09:19 AM 6.4 195 F 10:35 PM 6.7 204	1 01:01 AM 3.9 119 06:40 AM 6.5 198 F 01:47 PM 0.2 6 08:59 PM 6.5 198	16 08:45 AM 5.7 174 Sa 02:59 PM 1.2 37 09:46 PM 6.8 207	2 01:06 AM 4.2 128 07:03 AM 6.9 210 Th 09:37 PM 6.1 186	17 03:32 AM 3.4 104 09:19 AM 6.4 195 F 10:35 PM 6.7 204	2 02:24 AM 3.2 98 08:15 AM 6.4 195 Sa 09:46 PM 7.0 213	17 04:00 AM 2.2 67 09:50 AM 5.7 174 Su 10:23 PM 7.1 216	3 03:34 AM 2.2 67 10:19 AM 6.6 204 Su 03:48 PM 0.2 6 10:29 PM 7.6 232	3 01:06 AM 4.2 128 07:03 AM 6.9 210 Th 09:37 PM 6.1 186	17 03:32 AM 3.4 104 09:19 AM 6.4 195 F 10:35 PM 6.7 204	2 02:24 AM 3.2 98 08:15 AM 6.4 195 Sa 09:46 PM 7.0 213	17 04:00 AM 2.2 67 09:50 AM 5.7 174 Su 10:23 PM 7.1 216	3 03:34 AM 2.2 67 10:19 AM 6.6 204 Su 03:48 PM 0.2 6 10:29 PM 7.6 232

July				August				September							
Time	Height	Time	Height	Time	Height	Time	Height	Time	Height	Time	Height				
1 05:42 AM 7.0 213 01:14 PM 0.8 24 W 08:34 PM 5.7 174	16 08:06 AM 8.5 198 08:06 AM 8.5 198 Th 09:50 PM 6.4 195	1 01:06 AM 4.2 128 07:03 AM 6.9 210 Th 09:37 PM 6.1 186	17 03:32 AM 3.4 104 09:19 AM 6.4 195 F 10:35 PM 6.7 204	1 01:01 AM 3.9 119 06:40 AM 6.5 198 F 01:47 PM 0.2 6 08:59 PM 6.5 198	16 08:45 AM 5.7 174 Sa 02:59 PM 1.2 37 09:46 PM 6.8 207	2 01:06 AM 4.2 128 07:03 AM 6.9 210 Th 09:37 PM 6.1 186	17 03:32 AM 3.4 104 09:19 AM 6.4 195 F 10:35 PM 6.7 204	2 02:24 AM 3.2 98 08:15 AM 6.4 195 Sa 09:46 PM 7.0 213	17 04:00 AM 2.2 67 09:50 AM 5.7 174 Su 10:23 PM 7.1 216	3 03:34 AM 2.2 67 10:19 AM 6.6 204 Su 03:48 PM 0.2 6 10:29 PM 7.6 232	3 01:06 AM 4.2 128 07:03 AM 6.9 210 Th 09:37 PM 6.1 186	17 03:32 AM 3.4 104 09:19 AM 6.4 195 F 10:35 PM 6.7 204	2 02:24 AM 3.2 98 08:15 AM 6.4 195 Sa 09:46 PM 7.0 213	17 04:00 AM 2.2 67 09:50 AM 5.7 174 Su 10:23 PM 7.1 216	3 03:34 AM 2.2 67 10:19 AM 6.6 204 Su 03:48 PM 0.2 6 10:29 PM 7.6 232



PACIFIC OCEAN

Fort Stevens

• Astoria



Ecola

• Seaside

• Cannon Beach

Oswald West
Nehalem Bay

• Nehalem
• Wheeler

• Garibaldi

Cape Meares

• Tillamook

Cape Lookout

• Netarts



Cape Kiwanda

• Pacific City

Neskowin Beach

• Neskowin

Table with tide data for October, November, and December. Columns include Time, Height, and units (h, m, ft, cm). Rows list tide events for each day of the month.

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