



# Cape Lookout State Park

## Miles of Hiking Trails

The Cape Trail, a 5-mile round-trip trek to the tip of Cape Lookout, begins at the trailhead parking area 2.6 miles south of the park entrance on the Three Capes Scenic Route. The tip of the cape offers prime whale watching during Gray whale migrations.

The South Trail winds 1.8 miles from the trailhead to the beach south of the cape, and the North Trail extends 2.3 miles north to the park's day-use area. A quarter-mile, self-guided nature trail departs from near the campground registration booth or the day-use area.

Trail guides are available at the registration booth or can be obtained from a park host.

## Three Capes Scenic Route

The northern end of this loop begins in Tillamook and winds along the shore of Tillamook Bay to Cape Lookout and two other capes with state parks. Cape Meares State Scenic Viewpoint, north of Cape Lookout, features a historic lighthouse, hiking trails, picnic areas, whale watching, an unusually shaped Sitka Spruce known as the "Octopus Tree," and the "Big Spruce," which is the largest Sitka Spruce in Oregon. The lighthouse is open daily depending on volunteer staffing and weather conditions.

Continuing south, Oceanside Beach State Recreation Site offers beach access north of Netarts Bay.

South of Cape Lookout, Clay Myers State Natural Area at Whalen Island is an ecological wonderland centered in the Sandlake Estuary. You can tour the island on a 1.4-mile loop trail.

Just across the estuary from Whalen Island is Sitka Sedge State Natural Area. More than four miles of trails loop through forestland and marshland and lead to a quiet beach. Abundant birding and wildlife viewing await.

Located at the north end of Pacific City is Cape Kiwanda State Natural Area. Its sculpted sandstone cliffs provide a picturesque location for wave watching.

Pacific City is home to a dory fleet and is the location of Bob Straub State Park, which provides access to the broad, sandy beaches of the Nestucca Spit.

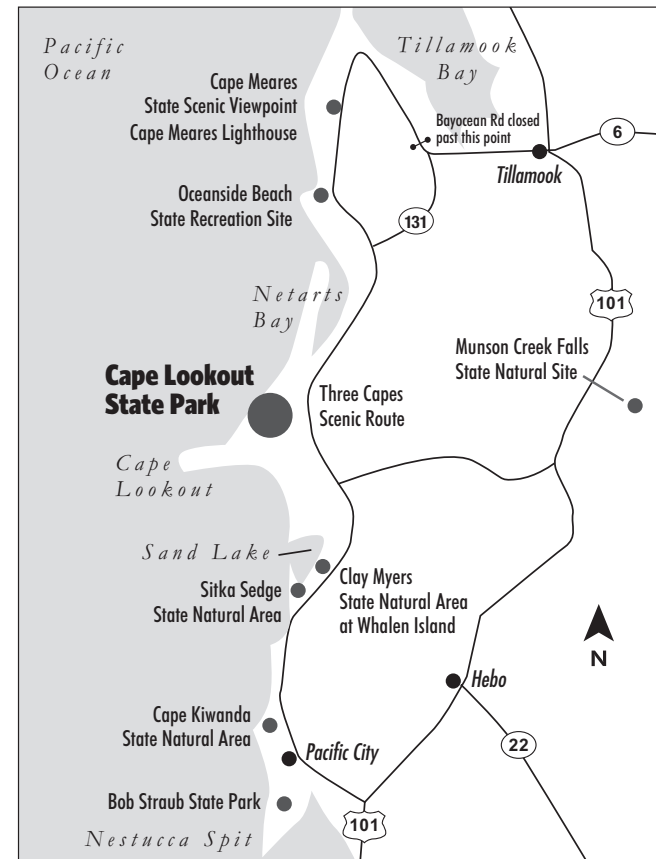
Further inland, 6 miles south of Tillamook off of Hwy 101, Munson Creek Falls State Natural Site has a short trail to a viewpoint overlooking the highest waterfall (319 ft.) in the Coast mountain range.

**Note:** Access to Cape Meares State Scenic Viewpoint via Bayocean Rd is closed indefinitely. To access the park, take Netarts Hwy (OR-131) north through Netarts and Oceanside.

Smoking in Oregon State Parks is allowed only in personal vehicles, RVs, campsites and portions of day use parks along state highways that are designated as safety rest areas by the Oregon Department of Transportation.

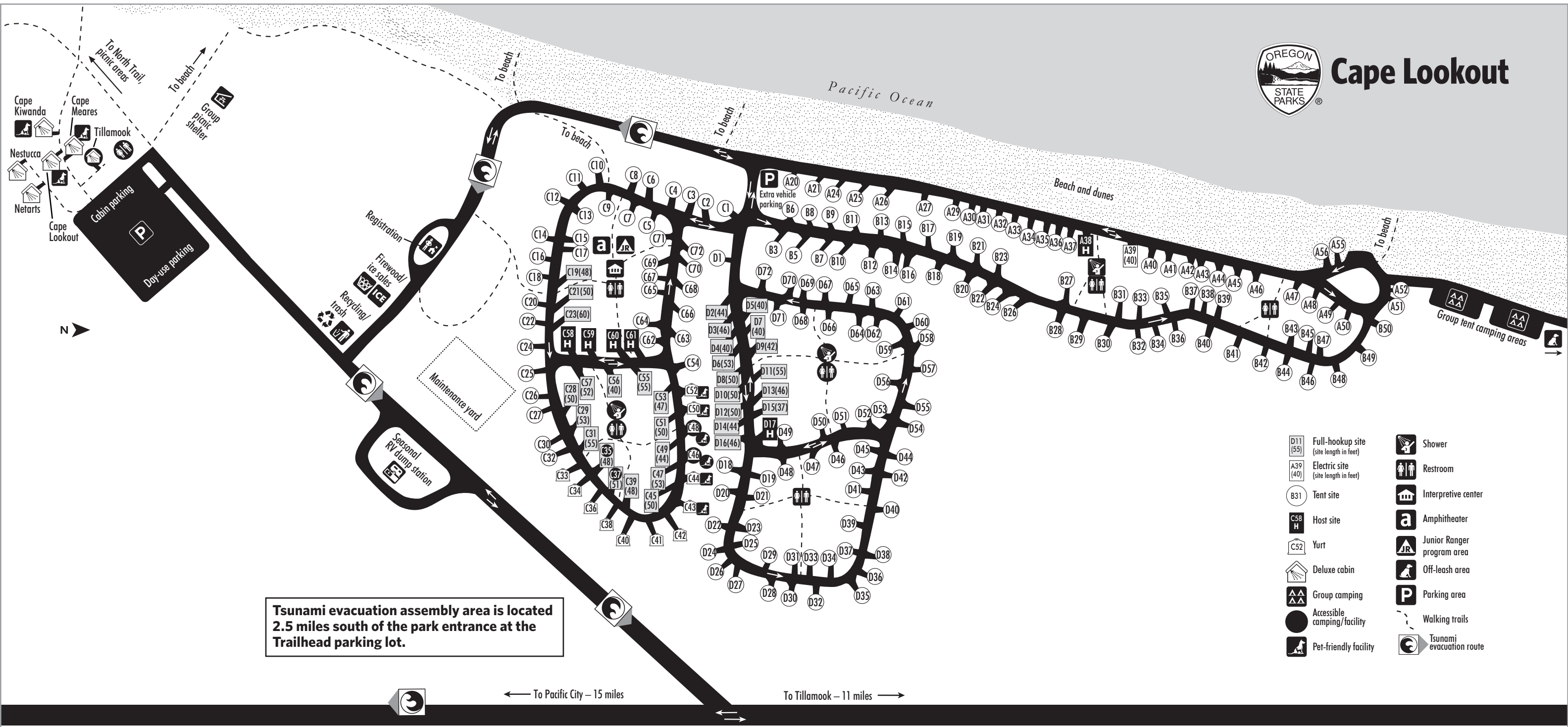


Western snowy plovers nest along some parts of the Oregon coast. Watch for special signs during nesting season.





# Cape Lookout



- Campground quiet hours are between 10 p.m. and 7 a.m.
- A maximum of eight people and two vehicles are allowed at each campsite (extra vehicle fee applies).
- All vehicles must be parked on pavement.
- Bicycles are permitted on park roads, but must be ridden with the traffic flow. Riders under age 16 must wear helmets.
- Pets must be physically restrained at all times when not confined in a vehicle or tent. Leashes must be no longer than six feet. All waste must be properly removed.

- Please do not feed wildlife. Secure all food and food containers inside your vehicle. Dispose of trash at the recycling center.
- **Play it safe on the beach!** Stay off logs, know the tide schedule, and don't turn your back on the ocean.
- **For your safety**, please do not use sidewalk chalk in roadways.

**Check-in** after 4 p.m., **Check-out** by 1 p.m.

The beach at Cape Lookout is protected by a 50' wide cobble-sized stone revetment. The revetment helps prevent erosion and stabilizes the man-made dune that protects the campground. Visitors that wish to access the beach must walk through the revetment. Please be careful when on the cobble stones, as they can be unstable.