

## The Tidepools are ALIVE!

Oregon's 362-mile coastline is a place of wonder and fascination. At first glance, it is a series of sandy beaches. A closer look reveals a mixture of sand and rocky headlands. If you take time to explore, you will find the coastline home to a rich mix of extraordinary animals revealed by retreating tides.

Tidepools attract thousands of visitors each year. But too many visitors can damage these areas. Tidepool animals can be trampled by a careless step. If you remove them from their homes, they will be exposed to predators and the hot sun. We must treat tidepools gently if they are to remain alive for others to enjoy.

Harbor seals rest on the rocks.



## Tips for Visiting a Rocky Intertidal Area

- **Travel slowly and carefully.** Many animals hide under marine plants such as seaweed to avoid the hot sun and predators. Also, rocks and marine algae can be slippery.
- **Always stay on marked trails.** Many tidepools are located near unstable headlands and bluffs.
- **Always keep one eye on the ocean.** If a big wave heads your way, pretend you're a sea star. Lie flat on the rocks and hold on tight. Exploring a tidepool places you near the waves.
- **Expect to get wet.** Wear appropriate clothing. If you get soaked, dry off soon. Hypothermia sets in quickly.
- **Never pull or pry an animal from a rock.** Animals in the tidepools stick to rocks because of the waves and strong currents that wash against them.
- **Consider the challenges each organism faces.** Please return any animal you pick up to the exact spot you found it.
- **Look at and in and under and around** to discover hidden gems. After looking at animals under rocks and seaweed, re-cover them to prevent drying by the air and sun.
- **Bring your binoculars** – harbor seal pups often use rocks and beach areas as resting places while their mothers feed offshore. Seabirds also use rocks for nesting and rearing their young. Please enjoy these animals from at least a 50-foot distance.
- **Tides of 0.0 feet and lower are best for visiting tidepools,** but tides up to two feet high can still provide good viewing when the ocean is calm.
- **Visit the tidepools at least one hour before low tide.** Walk to the tidepools closest to the ocean and work your way back with the incoming tide. Get a tide table at state parks or local businesses.
- **Know the rules before you go.** Oregon Department of Fish and Wildlife regulations protect tidepool animals. Check the Oregon Sport Fishing Regulations (free at most stores selling sporting goods) for rules about collecting animals.



Please leave plants and animals just as you found them. State parks are nature preserves, where all living things are protected for others to enjoy.

[www.oregonstateparks.org](http://www.oregonstateparks.org)  
<http://oregontidepools.org>



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## Oregon's Rocky Intertidal Areas

Tidepools are ALIVE!





# Welcome to Our Home

Tidepools are divided into several zones. Animals such as acorn barnacles can exist out of the water for long periods and are found in the spray zone. Other animals like purple sea urchins prefer to be covered by water and are found in the low tide zone. Start your exploration in the low tide zone and work up the beach toward the spray zone. This plan will help you avoid being stranded by the incoming tide.

Tidepool animals can withstand the force of large waves, but are easily damaged by human visitors. Please:

- Walk carefully—watch where you step.
- Touch animals gently. Don't pull or pry them from the rocks. This can kill them.
- Don't move animals from one place to another. Each one is specialized to live in a certain location and may not survive in another place.
- If you move rocks or plants to see animals, replace them to protect the animals. Avoid moving large rocks, and replace small rocks carefully. Carelessness can destroy animals both atop and beneath these rocks.
- Check before you collect. Tidepool animals are protected by Oregon Department of Fish and Wildlife sport fishing regulations. Check the regulations to find open areas and catch limits.
- Best idea: take only pictures and leave the wildlife for others to enjoy.



## SPRAY ZONE

1. Acorn Barnacle
2. Ribbed Limpet

## HIGH TIDE ZONE

3. Purple Shore Crab
4. Black Turban Snail
5. Rockweed

## MID-TIDE ZONE

6. California Mussel
7. Ochre Sea Star
8. Rough Keyhole Limpet
9. Hermit Crab
10. Black Leather Chiton
11. Gooseneck Barnacles
12. Surfgrass
13. Giant Green Anemone

## LOW TIDE ZONE

14. Giant Pacific Chiton
15. Red Sea Cucumber
16. Blue Top Snail
17. Purple Sea Urchin
18. Feather Boa Kelp
19. Nudibranch (Sea Slug)
20. Sunflower Sea Star
21. Sea Palms

## BIRDS

22. Peregrine Falcon
23. Pigeon Guillemot
24. Western Gull
25. Black Oystercatcher

Brown text indicates animal.  
Green text indicates plant.





Map Location	Oregon Coast Rocky Intertidal Sites	Access to Tidepools	Restrooms	Camping	Picnic Areas	Seals & Sea Lions	Seabirds	Interpretive Programs	Special Restrictions*	Directions
1	Ecola State Park	M	•	•	•	•	•	b		Located two miles north of Cannon Beach. Take Hwy 101 to Cannon Beach and follow signs.
2	Haystack Rock	E					•	a	•	Located within Cannon Beach city limits. Access is at Gower St. and Second St.
3	Oswald West State Park	M	•	•		•	•	b		Located 10 miles south of Cannon Beach along Hwy 101.
4	Cape Meares	M	•	•		•				Located 10 miles west of Tillamook on the south side of the Cape. Access is from Short Beach, one mile north of Oceanside.
5	Maxwell Point	E	•							Located next to Oceanside, nine miles west of Tillamook.
6	Cape Lookout	M	•	•		•				Located 18 miles south of Tillamook, on the south side of the Cape. Take Pacific City Loop off Hwy 101.
7	Cape Kiwanda State Natural Area	E/M	•			•	•	c	•	One mile north of Pacific City. Take Hwy. 101 18 miles north of Lincoln City, and turn west on Three Capes Scenic route.
8	Otter Rock	M	•	•	•				•	Located nine miles north of Newport. Take Hwy. 101 to the Devil's Punch Bowl State Natural area turn-off located between mileposts 132 and 133.
9	Yaquina Head Outstanding Natural Area	E/M	•	•	•	•	•	d	•	Turn west off Hwy. 101 at Lighthouse Road in Agate Beach, four miles north of Newport.
10	Seal Rock State Recreation Site	M/D	•	•	•	•	•	b		Located 10 miles south of Newport off Hwy. 101. Access is from Seal Rock State Recreation Site on the north and two turn-offs south of main park.
11	Yachats State Recreation Area	E	•	•			•	b	•	Located north of the Yachats River. Take Hwy. 101 and turn west on 2nd St. or Ocean Dr. Use caution in heavy surf.
12	Cape Perpetua	E/M	•	•	•	•	•	e	•	Take Hwy. 101 two miles south of Yachats. Visitor's Center is located between mileposts 168 and 169.
13	Neptune State Scenic Viewpoint	E	•	•	•		•	b	•	Located three miles south of Yachats off Hwy. 101.
14	Strawberry Hill	M/D		•	•		•	b	•	Located within Neptune State Scenic Viewpoint.
15	Bob Creek to Bray Point	E/M		•			•	b		Adjoins the southern boundary of Neptune State Park. Access to intertidal area is south of Bob Creek.
16	Heceta Head Lighthouse	E	•	•	•	•	•	b		Located 12 miles north of Florence.
17	Sunset Bay State Park	E	•	•			•	b	•	Located nine miles south of Coos Bay and less than ½ mile south of Cape Arago Lighthouse.
18	Cape Arago State Park	M/D	•	•	•		•	b	•	Located 11 miles south of Coos Bay.
19	Five-Mile Point	M								Take Seven Devils Road 13 miles south of Coos Bay, off Hwy. 101. Use public access from end of Whiskey Run Road, walk north on beach.
20	Coquille Point Unit of Oregon Islands National Wildlife Refuge	E			•	•	•	f		Located in Bandon. Access to intertidal area is from either south bank of the Coquille River or from the bluff off 11th St.
21	Cape Blanco State Park	M	•	•	•	•				Located approximately 10 miles northwest of Port Orford. Turn off Hwy. 101 north of Port Orford, follow the signs.
22	Port Orford	E	•	•						In Port Orford turn west off Hwy 101 onto Harbor Drive. Follow signs to Port of Port Orford. Main intertidal area is north of the boat dock..
23	Rocky Point	M								Located three miles south of Port Orford off Hwy. 101.
24	Arizona Beach State Recreation Site	E	•	•			•	b		Located 12 miles south of Port Orford off Hwy 101.
25	Lone Ranch Beach	E	•							Located five miles north of Brookings off Hwy. 101.
26	Harris Beach State Recreation Area	E	•	•	•	•	•	b	•	Located just north of Brookings, west of the campground. Access is from the main parking lot by walking south along the beach.
27	Winchuck Beach	E								Access is from road parallel to the north side of the Winchuck River. Rocky intertidal area is ¾ mile north of parking lot.

<sup>1</sup> Access Ratings  
E – Easy; trails generally paved or well maintained from the parking area to the rocky intertidal area. Not very steep.  
M – Moderate; trails are either steep, or have one or more sections that are poorly maintained.  
D – Difficult; trail requires climbing.

<sup>2</sup> Interpretive programs vary in availability and timing. They are generally more prevalent during spring and summer weekend low tides. Some only provide services to organized groups.  
a = Haystack Rock Awareness Program—contact Cannon Beach City Hall, 503-436-8060  
b = State Parks—contact Oregon Parks and Recreation Department, 1-800-551-6949  
c = Kiwanda Environmental Learning Program—contact Nestucca Neskowin Watershed Council, 503-392-6134  
d = Yaquina Head Outstanding Natural Area—contact U.S. Bureau of Land Management, 541-574-3100  
e = Cape Perpetua—contact U.S. Forest Service, Cape Perpetua Visitor Center, 541-547-3289  
f = Shoreline Education for Awareness—call 541-260-7770

**\*Check Before You Collect**

Tidepool life is protected by Oregon Department of Fish and Wildlife sport fishing regulations. **Special restrictions prohibit or limit the collection of intertidal marine life in the sites noted.** For specific information, check the ODFW regulations for each site.

