

Rockaway Beach Chamber of Commerce

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Visitor Center: Little Red Caboose at 103 S. 1st St. & Hwy. 101
In downtown Rockaway Beach

*The Rockaway Beach Chamber of Commerce and
Visitor Center is operated 100% by volunteers.*

HIKING

South of Rockaway Beach

Kings Mountain: Located East of Tillamook – Take the Wilson River Highway (Hwy. 6)

Kings Mountain Trail – A one-day hike. Two and one-half miles each way. Highest point is 3,226 feet. Open March to December. Travel to the Kings Mountain trail by taking the Wilson River Highway east to Lees Camp junction and an unmarked logging road on the north side of the highway.

Munson Creek Falls: Approximately 7 miles south of Tillamook. A sign off Highway 101 directs motorists to a 1.5- to 2-mile road that leads to the parking area and trails.

Lower Trail – Following the canyon floor and Munson Creek, the lower trail takes hikers on an easy, one-quarter-mile jaunt to a picnic area near the base of the falls.

Upper Trail – A three-eighths mile, uphill hike that provides some excellent views of moss-covered, old growth timber and Munson Creek canyon. The trail ends at a viewing platform located 300 feet from the falls, offering a midpoint view of the falls.

Cape Lookout State Park: Located on the **Three Capes Scenic Route**

Cape Trail – A 2.4-mile 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.

South Trail – Winds 1.8 miles from the cape trailhead to the beach south of the cape. The North Trail extends 2.3 miles north to the park's day-use area.

Other trails – Quarter-mile self-guided nature trail begins near the campground registration booth or the day-use area. Another short loop trail along Jackson Creek displays the park's fish habitat restoration efforts (begins off the park entrance road east of the RV dump station). Trail guides are available at the registration booth or from a park host.

Pioneer-Indian Trail #1330: Trail length – 8 miles. Crosses over Mount Hebo (elevation 3,174 feet). From Hebo, travel east on FS Road 14, 5 miles to Hebo Lake Campground. Campgrounds and toilets are at both trailheads. Parking is available at trailheads. Find drinking water at Hebo Lake CG. The trail is 8 miles from Hebo Lake to South Lake. Experience open mountain meadows, thick forests, and a trail used by the first settlers to Tillamook County. Horse trailer parking/trail entrance is 0.6 miles from Hebo Lake trailhead.

Cascade Head: Located in the Siuslaw National Forest

North Trailhead, Falls Creek – Located 1.0 miles south of Neskowin off Highway 101 on USFS Road 1861 (Cascade Head Road) – closed Jan. 1 through July 15. A one-mile hike will take you to the upper viewpoint. At the upper viewpoint, the trail drops steeply 500 feet to connect with the lower trail. A small parking lot and sign mark the upper trailhead.

South Trailhead – located 0.5 miles north of the junction of highways 101 and 18 at the corner of Hwy 101 and Three Rocks Road; open year-round. Park at Knight Park where the trailhead begins. The trail is 6 miles long and crosses through private and U.S. Forest Service property and over a narrow winding road. Please use caution and respect private property.

Hart's Cove: In the Cascade Head Scenic Research Area of the Siuslaw National Forest.

Hart's Cove Trail #1303 – Take U.S. Forest Service Road 1861 off Highway 101. The trailhead is located at the end of the road, approximately 4 miles. The 2.7-mile trail traverses steep hillsides to a grassy meadow that overlooks the Pacific Ocean. Open July 15 to Dec. 15.

North of Rockaway Beach

Neah-Kah-Nie Mountain: North of Manzanita on Highway 101

Neah-Kah-Nie Mountain Trail – located on the east side of Highway 101 north of Manzanita. Parking area is approximately 0.4 miles up the gravel road. The trail starts at a gray post to the left of the parking area and is 1.8 miles to the summit.

Oswald West State Park: Located on Highway 101, 10 miles south of Cannon Beach. There is a wide variety of hiking trails, including short, half-mile hikes from U.S. Highway 101 to Smuggler's Cove and Short Sands Beach; longer, moderate hikes through tall stands of hemlock, Douglas fir and spruce; and more difficult treks over 1,700-foot-high Neah-Kah-Nie Mountain.

Neah-Kah-Nie Mountain Trail – 2.5 miles will take you to the summit (1,700 feet) and then 1.8 miles from the summit to Highway 101 south.

Oregon Coast Trail – This 13.2-mile segment of the Oregon Coast Trail enters Oswald West State Park from the north, 3.5 miles above Cape Falcon. From Cape Falcon, the trail passes through the coastal rainforest for approximately 2.4 miles to the campground and Short Sands Beach. From there the trail crosses Short Sands Creek and continues uphill along switchbacks to Highway 101.

U.S. Highway 101 to Short Sands Beach – From the main parking lot/rest area, hikers walk under the Hwy. 101 bridge west toward the beach. The well-marked trail is short, easy and leads to a picnic area or a walk directly to the beach.

A second, slightly longer trail begins at the west parking lot, just north of the 101 bridge. It winds through the forest to a lookout point above Smuggler's Cove, then descends to the picnic area.

Cape Falcon Trail – The 1.8-mile trail to 750-foot-high Cape Falcon starts just beyond the Short Sand Beach picnic area. Near the cape, the trail divides. The left fork goes to a vegetated knoll and paths through very thick bushes to overlook points on the scenic coast. The right fork of the trail is the continuation of the Oregon Coast Trail and goes another 5.6 miles through dense woods over Arch Cape, crosses the highway, then descends through ancient forest via an old mail route to the town of Arch Cape.

Ecola State Park: *"Where sightseers and hikers enjoy breathtaking views from high above the Pacific Ocean."* Located 12 miles north of Oswald West State Park.

Tillamook Head Trail – Beginning at either Indian Beach or Seaside, the highest point along this 6-mile trail is 1,200 feet. The trail traverses a cape jutting out into the ocean between Cannon Beach near Ecola State Park and Seaside.

Indian Beach Trail – This is the start of the Tillamook Head Trail, and is only 2 miles long. Starting from the parking lot of Ecola Park, it provides open views of the ocean, offshore rocks, a myriad of birds and occasional sea lions.