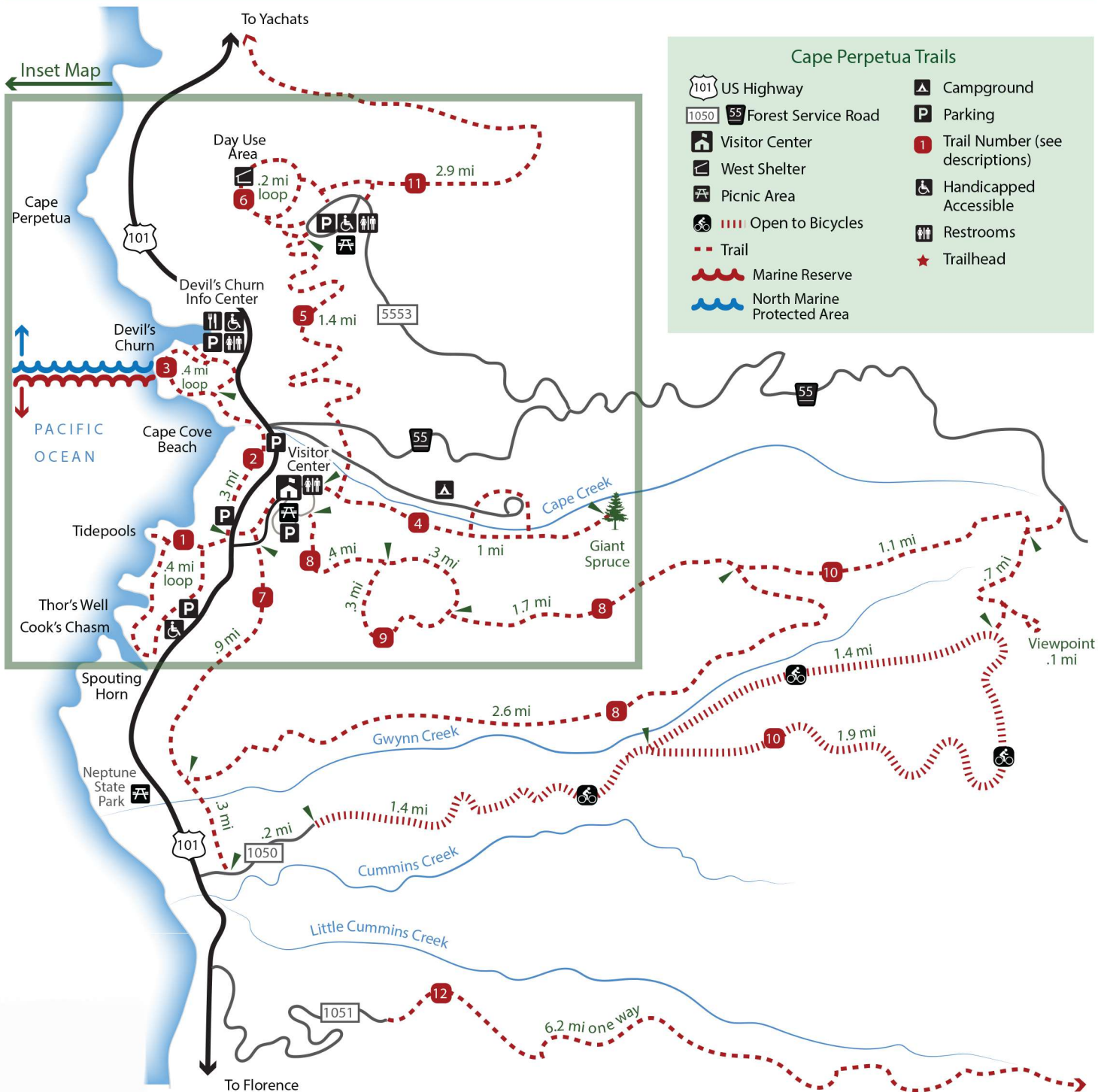
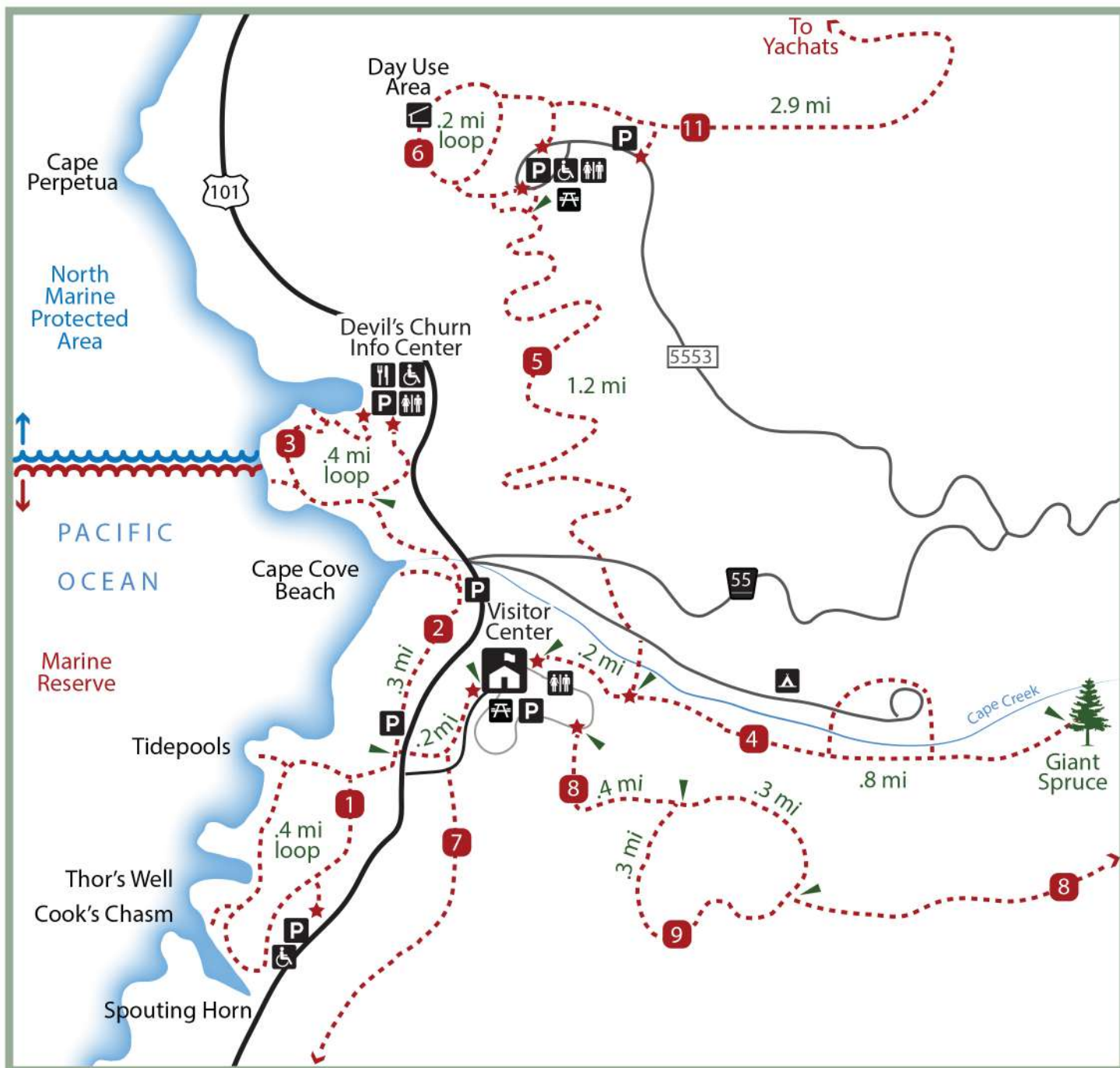


## CAPE PERPETUA SCENIC AREA TRAILS

















## CAPE PERPETUA VISITOR CENTER INSET



Your day use fees help maintain the trail system. Thank you for leaving the flowers and tidepool animals for others to enjoy and for keeping your pet on a leash. Map not to scale

# CAPE PERPETUA SCENIC AREA HIKING TRAILS

- Captain Cook Trail** (to tidepools) 0.8 mile round trip from the Visitor Center, past an old Civilian Conservation Corps camp, through wind sculpted vegetation, around Indian shell middens and down to the tidepools. At high tide the Spouting Horn can be observed from Cook's Chasm.  
 Easy  Accessibility: moderate to difficult. Start at Cook's Chasm
- Cape Cove Trail** (to beach) 0.3 mile. After coming through the tunnel from the Visitor Center on the Captain Cook Trail, turn right and go over the bridge into the parking lot—follow the roadside trail north to the Cape Cove Trailhead. This trail will connect you with the Trail of the Restless Waters and Devils Churn.  
 Easy
- Trail of the Restless Waters** (to Devil's Churn) Paved 0.4 mile loop from Devil's Churn Day Use. A wild place to see the winter surf as it explodes onto the terraces of volcanic rock. Don't get too close to the edge; each wave hits the rocks differently and you don't want to get soaked.  
 Easy  Accessibility: moderate to most difficult. Wheelchair accessible to lower overlook
- Giant Spruce Trail** 2 miles round trip from the Visitor Center to a more than 500 year-old Sitka spruce tree. The trail parallels Cape Creek and goes through a forest that has many of the characteristics of an old-growth forest; lush ferns, nurse logs, and big trees.  
 Easy
- St. Perpetua Trail** (to Cape Perpetua Day Use) 2.8 miles round trip from the Visitor Center across first bridge into the campground, just to the left of the campground bulletin board, and switchback up about 700 feet to the "Best View on the Oregon Coast".  
 Difficult, but worth it!
- Whispering Spruce Trail** A .2 mile loop from the Cape Perpetua Day Use parking lot. Hike there via the St. Perpetua Trail or drive the two mile road to the top. Great ocean views from the West Shelter (built by the Civilian Conservation Corps in the 1930s) and the stone parapet.  
 Easy  Accessibility: moderate to difficult due to steep grade.
- Oregon Coast Trail** (ocean views) 2.6 miles round trip from the Visitor Center (start on the Captain Cook Trail). This trail overlooks the rocky shoreline and ties into the Gwynn Creek and Cummins Creek Loop Trails.  
 Moderate
- Cook's Ridge & Gwynn Creek Loop Trail** (old-growth forest) 6 mile loop trail includes four different trails: Discovery Loop, Cook's Ridge, Gwynn Creek and Oregon Coast Trails. Some ocean views and great old-growth forest experience. Trails begin in the Visitor Center's uppermost parking lot.  
 Moderate to difficult
- Discovery Loop Trail** (a forest in transition) 1.4 miles round trip from the Visitor Center's uppermost parking lot. Learn about what is going on with this section of forest from four interpretive signs.  
 Moderate
- Cummins Creek Loop Trail** (old-growth forest) 8.5 to 9 mile loop from the Visitor Center with some ocean views, great old-growth and open meadows. Trail may also be accessed from Forest Service Road 1050 or Forest Service Road 55.  
 Moderate to difficult  Section open to mountain bikes (see map)
- Amanda's Trail** (to Yachats Ocean Road) 2.9 mile (one way) historic trail begins at the junction of the Whispering Spruce trail and descends steeply through lush coastal woodland.  
 Moderate to difficult
- Cummins Ridge Trail** (wilderness) 6.2 mile (one way) hike passes through dense Sitka spruce and Douglas-fir stands. Trail receives light use and offers opportunities for solitude and quiet. It can also be accessed from the top via Forest Service road 5594.  
 Moderate