Table Rocks
Management Area

BLM

Medford District

Welcome

to the Table Rocks Management Area and Area of Critical Environmental Concern where scenic panoramas of the Rogue River Valley, the volcanic Cascades, and the geologically complex Siskiyou Mountain ranges await you.

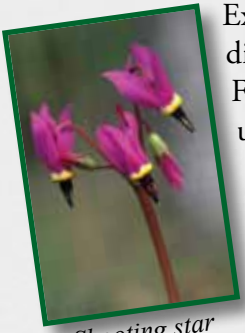
This 4,864-acre area is cooperatively managed by the Bureau of Land Management and The Nature Conservancy to provide education opportunities and protect special biologic, geologic, and scenic values. You are invited to walk the trails, taking care to respect the land and its unique creatures.

Hiking the Table Rocks

Guided hike on Upper Table Rock.

Both Table Rocks provide outstanding opportunities for hiking to the tops of these flat-topped mesas. Lower Table Rock trail is 1.4 miles one-way and gains 780 feet in elevation. Upper Table Rock trail is 1.25 miles one-way and gains 720 feet in elevation. Allow 1 to 3 hours round-trip for each hike. The 0.5-mile Oak Savannah loop trail on Lower Table Rock provides a flatter hiking experience for those seeking an easier hike. All trails are open year-round.

Special Features



Shooting star

Experience the incredible biological diversity found on the Table Rocks. Four plant communities contain up to 75 species of wildflowers, including Southern Oregon buttercup, red bell, shooting star, and camas. Wildlife viewing opportunities include blue-gray gnatcatchers, acorn woodpeckers, turkey vultures, violet-green swallows, wild turkeys, dusky-footed woodrats, western fence lizards, and gopher snakes.

The tops of the Table Rocks are home to unique mounded prairie vernal pool habitat. Vernal pools are formed when rainwater collects in depressions on top of the impermeable volcanic rock. The Table Rocks' vernal pools support vernal pool fairy shrimp, federally listed as threatened, and dwarf woolly meadowfoam, State of Oregon listed as threatened. This plant is found nowhere else in the world!

Dwarf woolly meadowfoam

Know Before You Go

Do your part to help protect the Table Rocks!

- Dogs are **not** allowed at the Table Rocks. To prevent disturbance to ground-nesting birds and other animals, please leave Fido at home.
- The Table Rocks are for hiking only—no horses, bikes, or off-highway vehicles are allowed.
- Portions of the Table Rocks are privately owned and are not open to the public; please respect private property.
- Avoid walking or wading in the vernal pools. The soft soil near the pools is home to many fragile and endangered species and is especially sensitive to trampling.
- Please, do not cut switchbacks or use shortcuts! Stay on the existing trails, even it they're muddy. This prevents excess erosion, damage to rare plants, and the spread of noxious weeds.
- Leave flowers for others to enjoy! A picked flower cannot reproduce.
- Drinking water is not available, so bring plenty with you.
- Restrooms are available only at the trailheads.
- Poison oak is abundant along the trail. Ticks and rattlesnakes may also be encountered.
- High cliffs with unstable footing make it dangerous to climb or venture close to the edges.

Geology

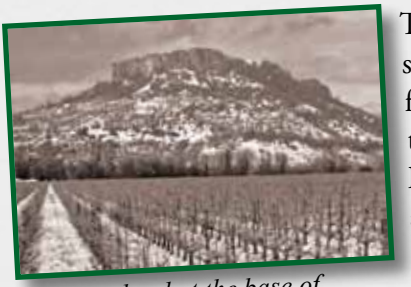
Upper and Lower Table Rocks are two prominent, flat-topped geographic features unlike any other in the Rogue River valley. They rise 800 feet above the valley floor and are named for their relationship along the Rogue River; Upper Table Rock is located upstream of Lower Table Rock.

Lower Table Rock
The Nature Conservancy© E. Gowan

The Table Rocks have volcanic origins. Around 7 million years ago, a volcanic eruption near present-day Lost Creek Lake spread lava across the entire valley. This mass of lava raised the valley floor to the current height of the Table Rocks. Over millions of years, the ancient Rogue River meandered through the valley, eroding and carving away nearly 90 percent of the lava rock. Today, all that remains are a few solitary large rock masses, or monoliths, and two horseshoe-shaped mesas known as the Table Rocks.

History

The Table Rocks played an important role in southwest Oregon's past. The Native Americans placed a significant spiritual value on these landmarks that continues today.



Fruit orchard at the base of Upper Table Rock.

The Table Rocks also served as landmarks for emigrants traveling through the Rogue River Valley along the Applegate Trail. Settlers cleared land surrounding the Table Rocks for farms and ranches. During World War II, the north and east slopes of Upper Table Rock served as a military training ground for Camp White soldiers.

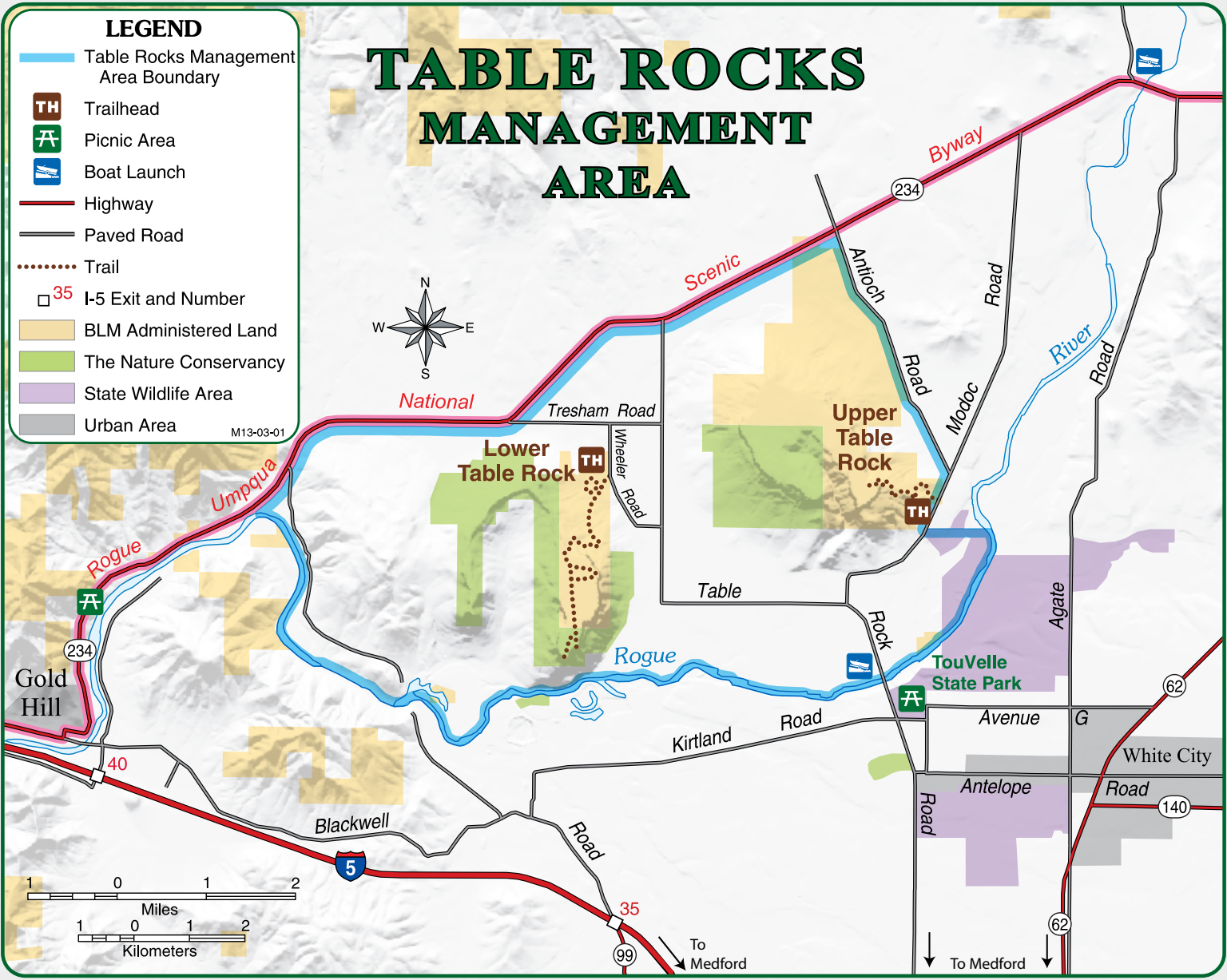


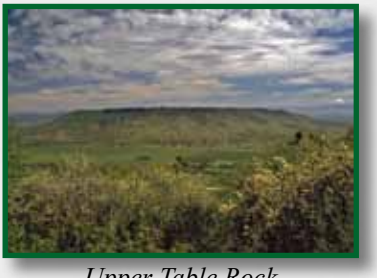
TABLE ROCKS
MANAGEMENT
AREA
LEGEND
Table Rocks Management Area Boundary
Trailhead
Picnic Area
Boat Launch
Highway
Paved Road
Trail
35 I-5 Exit and Number
BLM Administered Land
The Nature Conservancy
State Wildlife Area
Urban Area
M13-03-01
N
S
E
W
Scenic
Byway
National
Umpqua
Rogue
Rogue
River
Antioch
Road
Modoc
Road
Road
Tresham Road
Wheeler Road
Lower Table Rock
Upper Table Rock
Table
Rock
Agate
Road
TouVelle State Park
Avenue
G
White City
Antelope
Road
Road
Kirtland
Road
Blackwell
Road
Gold Hill
234
234
40
5
35
99
62
62
140
To Medford
To Medford
1 0 1 2
Miles
1 0 1 2
Kilometers

Directions

Lower Table Rock Trailhead:
Drive north from Medford on Table Rock Road to Wheeler Road. Turn left on Wheeler Road. The trailhead is 0.5 mile ahead on the left.

Lower Table Rock

Upper Table Rock Trailhead:
Drive north from Medford on Table Rock Road to Modoc Road. Turn right on Modoc Road. The trailhead is 1 mile ahead on the left.



Upper Table Rock

For More Information

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email: BLM_OR_MD_Mail@blm.gov

Web site: http://www.blm.gov/or/resources/recreation/tablerock/index.php

The Nature Conservancy
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Medford, OR 97501
541-770-7933

email: oregon@tnc.org

Web site: http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/oregon/placesweprotect/the-table-rocks.xml

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