The Tidepools are ALIVE!

Welcome to Our Home

Tidepools are divided into several zones. Creatures 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 creatures can withstand the force of large waves, but are easily damaged by human visitors. Please:

• Walk carefully—watch where you step.
• Touch creatures gently. Don’t pull or pry them from the rocks. This can kill them.
• Don’t move creatures 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 creatures, replace them to protect the creatures. Avoid moving large rocks, and be careful with small ones. Carelessness can destroy animals both atop and beneath these rocks.
• Check before you collect. Tidepool creatures 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.

Tips for Visiting a Rocky Intertidal Area

1. Visit the tidepools at least one hour before low tide. Tidepools are divided into several zones. Creatures in the low tide zone are protected by Oregon Department of Fish and Wildlife regulations.

2. The tidepools are ALIVE! They are home to a mixture of extraordinary creatures revealed by the incoming tide.

3. Oregon’s 362-mile coastline is a place of wonder and fascination. As you explore, you will find the coastline home to a rich mix of extraordinary creatures revealed by the incoming tide.

4. The Tongue Point Tidepools are the most popular because they are to remain alive for others to enjoy. Please:

   • Watch your step. Many creatures hide under marine debris.
   • Exploring a tidepool places you near the waves. Always stay on marked trails and hold on tight.
   • Never pull or pry an animal from a rock. Creatures in the spray zone are easily damaged by human visitors.
   • Please return any animal you pick up to the exact spot you found it.
   • After looking at animals under rocks and seaweed, re-cover them to prevent drying by the air and sun. Each one is specialized to live in a certain location and may not survive in another place.
   • Harbor seal pups often use rocks and beach areas as resting places while their mothers feed offshore. They are to remain alive for others to enjoy.
   • Oregon Department of Fish and Wildlife regulations are enforced in state parks or local businesses.
   • Fishing Regulations (free at most stores selling sporting goods) for rules about collecting creatures.
   • Oregon Department of Fish and Wildlife sport fishing regulations. Check the Oregon Sport Fishing Regulations (free at most stores selling sporting goods) for rules about collecting creatures.

5. Many tidepools are protected by Oregon Department of Fish and Wildlife regulations. Check the regulations to find open areas and catch limits.

6. Walk to the tidepools closest to the ocean and work up the beach toward the spray zone. This plan will help you avoid being stranded by the incoming tide.

7. ...
**Check Before You Collect**

Tidepool creatures are protected by Oregon Department of Fish & Wildlife sport fishing regulations. These regulations prohibit or limit the collection of shellfish and other marine invertebrates in the intertidal sites noted. For specific information, check the ODFW regulations for each site.

*Note:*

Many offshore rocks along the Oregon coast are national wildlife refuges. Climbing on these rocks is prohibited. Contact the U.S. Fish and Wildlife Service field office in Newport, Oregon for more information.

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**Directions**

**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.
- **Directions**

- Located two miles north of Cannon Beach. Take Hwy 101 to Cannon Beach and follow signs.
- Located within Cannon Beach city limits. Access is at Gower St. and Second St.
- Located 10 miles south of Cannon Beach, along Hwy 101.
- Located 10 miles west of Tillamook on the south side of the Cape. Access is from Short Beach, one mile north of Oceanside.
- Located next to Oceanside, nine miles west of Tillamook.
- Located 18 miles south of Tillamook, on the south side of the Cape. Take Pacific City Loop off Hwy 101.
- One mile north of Pacific City. Take Hwy. 101 18 miles north of Lincoln City, and turn west on Three Capes Scenic route.
- 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.
- Turn west off Hwy. 101 at Lighthouse Road in Agate Beach, four miles north of Newport.
- Located 12 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.
- Located north of the Yachts River. Take Hwy. 101 and turn west on 2nd St. or Ocean Dr. Use caution in heavy surf.
- Take Hwy. 101 two miles south of Yachts. Visitor’s Center is located between mileposts 168 and 169.
- Located three miles south of Yachts, off Hwy. 101.
- Adjoins the southern boundary of Neptune State Park. Access to intertidal area is south of Bob Creek.
- Located nine miles south of Coos Bay and less than ¾ mile south of Cape Arago Lighthouse.
- Located 11 miles south of Coos Bay. Intertidal areas consist of three separate coves.
- Take Seven Devils Road 13 miles south of Coos Bay, off Hwy. 101. Use public access road at Whiskey Run Beach.
- Located west of Bandon. Access to intertidal area is from either south bank of the Coquille River or the trail down the bluff off 11th St.
- Located approximately 10 miles northwest of Port Orford. Turn off Hwy. 101 north of Port Orford, follow the signs.
- In Port Orford, go west on 9th St. off Hwy 101. Main intertidal area is north of the boat dock.
- Located three miles south of Port Orford off Hwy. 101.
- Located 12 miles south of Port Orford, adjacent to Arizona Ranch Campground. Accessible through private campground. Fee is charged.
- Located five miles north of Brookings, off Hwy. 101.
- Located just north of Brookings, west of the campground. Access is from the main parking lot by walking south along the beach.
- Access is from road parallel to the north side of the Winchuck River. Rocky intertidal area is ¾ of a mile north of parking lot.

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2 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.

- Haystack Rock Awareness Program—contact Cannon Beach City Hall
- State Parks—contact Oregon Parks and Recreation Department
- Kiwanda Environmental Learning Program—contact Pacific City Chamber of Commerce
- Yaquina Head Outstanding Natural Area—contact U.S. Bureau of Land Management
- Cape Perpetua—contact U.S. Forest Service, Cape Perpetua Visitor Center
- Shoreline Education for Awareness—contact Bandon Chamber of Commerce