Welcome to the
King Range National Conservation Area

Every year, thousands of recreationists of all different experience levels visit the Lost Coast. It is essential to understand how to safely navigate the tides and learn about the factors that play into coastal safety.

This guide will introduce you to those hazards, and help you plan your hike around safe tide levels.

For more information, contact the King Range National Conservation Area at (707) 986-5400 or BLM_CA_Web_KR@blm.gov.

King Range Project Office
768 Shelter Cove Rd
Whitethorn, CA 95589
Navigating the Impassable Zones Along the Lost Coast Trail

Hiking in the Impassable Zones

Three sections of the Lost Coast Trail become impassable at high tide. Do not attempt to hike through impassable zones while the tide is higher than three feet (3’), or while the tide is rising faster than your ability to safely reach high ground. Give yourself enough time to cross safely, and note that rate of travel is typically between 1 and 2 miles/hr.

Camping in the Impassable Zones

If you need a break from hiking in an impassable zone or are looking for a place to camp, you can hike up and away from the shore and high tides along the several creeks that cross the trail.

How to Stay Safe by the Sea

Stay away from cliffs and steeply sloped beaches. Avoid climbing rocks, jetties and outcroppings.

When crossing creeks, pay close attention to the ocean. Cross as far away from the waves as possible. Do not cross if water level is above the knee.

How to Read A Tide Table

Below you will see an example of tide predictions for Shelter Cove taken from the National Oceanic and Atmospheric Administration’s (NOAA) website. Visit tidesandcurrents.noaa.gov/noaa_tidepredictions.html?id=9418024 and follow the steps below to plan your hike around safe tide levels.

The red indicates when the tides are higher than three feet. This is not a good time to hike in the impassable zones. The tide must be under three feet the entire time you are hiking in an impassable zone.

The orange shows a scenario in which the tides are under three feet, but do not allow enough time to pass through a full impassable zone before the tides become deeper than three feet.

The green indicates when the tide levels are receding below three feet with enough time and daylight to safely hike through an impassable zone.

Hike during daylight hours only.

*Map not to scale

The following tidal chart displays the predicted tides for Shelter Cove, CA. The chart includes the following information:

- The date range is from July 29th to July 31st, 2021.
- The units of measure are feet (ft).
- The timeframes are in 12-hour increments.
- The tides are indicated in red, green, and orange colors.

The red area represents times when the tide is higher than three feet, the orange area represents times when the tide is under three feet but not high enough for safe passage, and the green area represents times when the tide is receding and safe to hike through.

### Step 1: Search Tide Predictions for 9418024 Shelter Cove, CA

Options for 9418024 SHELTER COVE, CA
- From: 
  - Jul 29 2021
- To: 
  - Jul 30 2021

### Step 2: Enter Your Anticipated Entry and Ending Date

From: Jul 29 2021
To: Jul 30 2021

### Step 3: Set Threshold Direction to Less than or Equal to (<=), and the Threshold Value to 3 Feet

### Step 4: Update to “Plot Daily” This will produce a tide table for the dates you entered in Step 2.