

# TABLE ROCKS

The Bureau of Land Management  
Medford District



## WELCOME TO TABLE ROCKS!

Rising dramatically above the Rogue Valley, these two prominent, lava-capped mesas offer outstanding hiking opportunities and access to an incredible array of biological diversity. Just a short climb—2.5 miles round trip on Upper Table Rock Trail or 3.5 miles round trip on Lower Table Rock Trail—results in panoramic views of the Rogue Valley and the surrounding Cascade and Siskiyou Mountains. The 0.5-mile wheelchair accessible Oak Savannah Loop Trail on Lower Table Rock provides a less strenuous alternative. Spring wildflowers on both Table Rocks are spectacular with up to 75 species of wildflowers on display!



## KNOW BEFORE YOU GO

- ✓ **OPEN YEAR ROUND.** Day use only. No Fees.
- ✓ **TRAILS** are open to hiking only. Dogs are not allowed on the trails. Trails may be muddy, icy, and slippery in the winter. Be aware of ticks, poison oak, rattlesnakes, and unstable cliff edges.
- ✓ **RESTROOMS** are available at trailheads. No drinking water is available. No trash cans; pack out trash.
- ✓ **USE THE WEED STATIONS** at the trailheads before and after your hike to avoid spreading noxious weeds.

## DIRECTIONS

*Lower Table Rock:* From Interstate 5, take Exit 33 (Central Point). Travel east 1 mile; turn left on Table Rock Road. After 7.7 miles, turn left on Wheeler Road. The trailhead is 0.5 mile on the left.

*Upper Table Rock:* From Interstate 5, take Exit 33 (Central Point). Travel east 1 mile; turn left on Table Rock Road. After 5.5 miles, turn right on Modoc Road. The trailhead is 1.5 miles on the left.

## CONTACT INFO



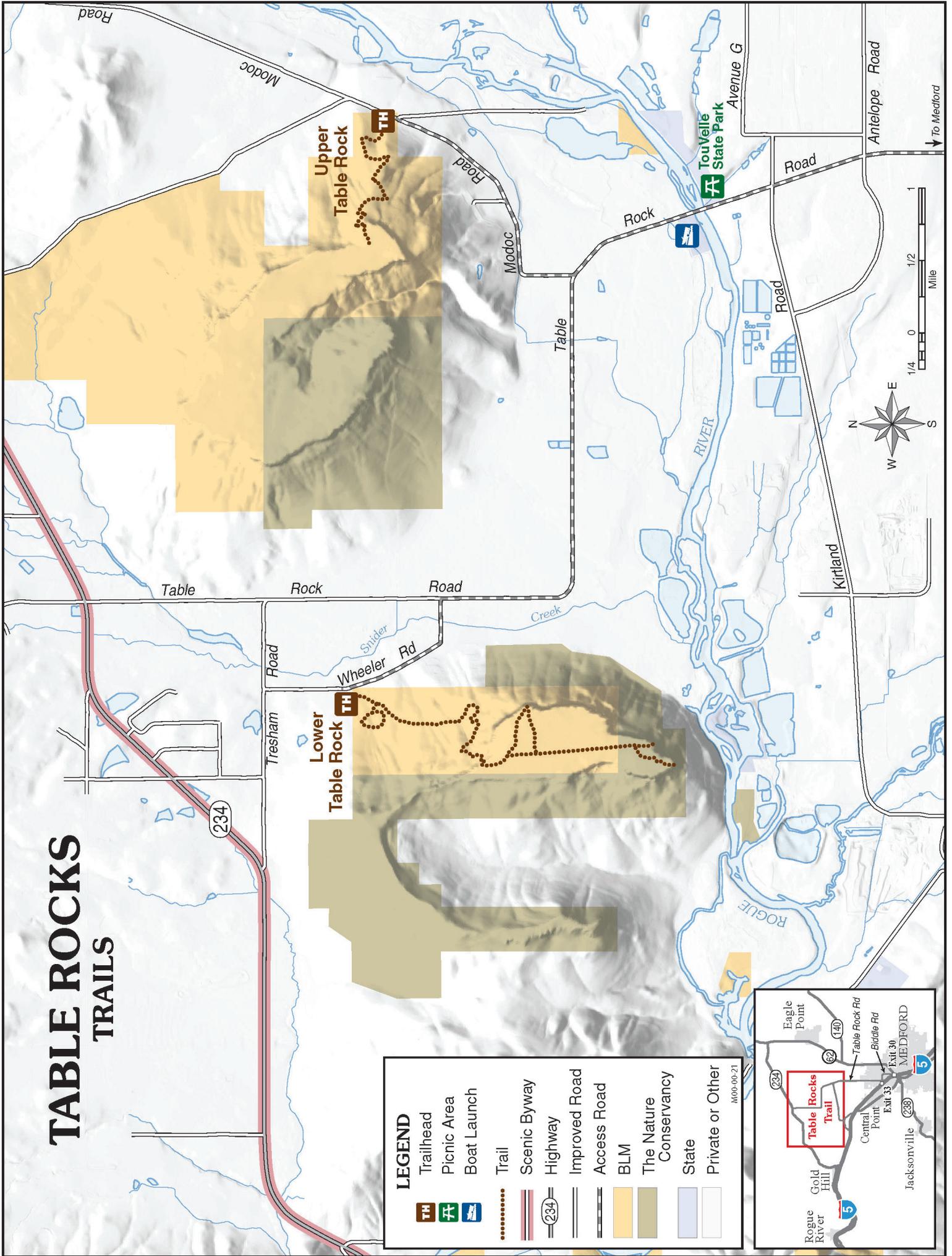
3040 Biddle Rd  
Medford, OR 97504  
541-618-2200  
BLM\_OR\_MD\_Mail@blm.gov

## POINT OF INTEREST

The BLM and The Nature Conservancy cooperatively manage the Table Rocks and offer guided educational hikes for school groups and the public in the spring.



# TABLE ROCKS TRAILS



**LEGEND**  
M00-00-21

- Trailhead
- Picnic Area
- Boat Launch
- Trail
- Scenic Byway
- Highway
- Improved Road
- Access Road
- BLM
- The Nature Conservancy
- State
- Private or Other

