



## 50K Directions

1. Start at the Commons and 4<sup>th</sup> st. head west toward the ocean
2. Turn left on Ocean View Dr. Continue on Ocean View Dr until the 101 Hwy
3. At .52 mile turn right on 101Hwy – run on 101 Hwy shoulder until you cross the Yachats Bridge
4. At .85 mile, turn right on Village Lane. Continue on Village Lane until it almost connects to 101 Hwy.
5. At 1.52 miles, (10 feet from the 101 hwy), look for the Pacific Coast Trail which runs parallel to the hwy. Turn right – going south. Continue south for about .17 of mile.
6. At 1.69 miles, you will pass a small wooden bridge, at 101 hwy / Windy Way St. Safely cross the 101 hwy. Now you are on the east side of the 101 Hwy. Look for the Pacific Coast Trail, which run parallel to the 101why. Continue south on the Pacific Coast Trail.
7. At 1.89, cross a private driveway and continue alongside the 101 hwy.
8. At 1.93, cross another private driveway and continue south along the 101 hwy.
9. At 1.98, the “Real” trail starts here. Now, you are on the Amanda’s Trail.
10. At 2.35, cross a road and continue on the Amanda’s Trail
11. At 4.52 miles, you will reach the Cape Perpetua Overlook. – Rock Shelter. Continue a bit longer for the million-dollar view.
12. At 4.64 miles – enjoy the view and look for the water station. 9 milers turnaround here. 20K continue and look for the St Perpetua Trail.
13. Continue on a steep decline on the St Perpetua Trail.
14. At 5.42 miles, cross the Cape Perpetua Lookout Rd and continue on St Perpetual Trail
15. At 5.51, turn left on the Cape Perpetua Campground Rd. Continue up the road for about 150 ft. Trail continues on your right. Cross the bridge

16. After crossing the wooden bridge, continue right on Giant Spruce Trail toward the Visitor Center.
17. You will reach the Visitor Center at approx. 5.75 miles. This is the turnaround for the 20K
18. At the visitor center, go left towards the parking lot. Get on Cook's Ridge Trail (Well-marked trailhead on the NE end of the parking lot).
19. At 6.19 miles, veer left on the Cook's Ridge & Discovery Loop junction. Continue on Cook's Ridge
20. At 5.44 miles, veer left again to continue on Cook's Ridge Trail.
21. At 8.05 miles, you will reach the Cook's Ridge and Gwynn Creek Trail junction. Veer left to continue on Cook's Ridge Trail.
22. At 9.15 miles, you will reach the Cook's Ridge and Cummins Creek Junction. Veer left to continue on Cook's Ridge Trail.
23. At 9.36 miles, you will reach the second water station and the Forrest Service Rd (FR55).
24. Turn right at FR55 and continue on FR 55 for the next 4.77 miles
25. At 14.13 miles, take a right on FR5694 Rd. There's a sign indicating it's FR5694 AKA Million Dollar Road
26. At 15.33 miles, there is a dirt road on your right (This is OPTIONAL but worth it. If you are doing this optional Road, stop your watch. This road is not included in the accumulative distance). This road will lead you to the top of Cummins Peak (Elev. 2475) where you will find some communication antennas. Total distance (out and back of this optional road is .75 mile. After this little detour, continue on FR5694 rd.
27. At 15.55 miles, FR5694 makes a hairspin left. In the middle of this turn, there is a hiking sign on your right, follow it. Stay on this road for .25 mile
28. At 15.65 miles, you have reach the Cumming Ridge Trailhead. Note: This trail is not well kept and was a little overgrown last time I ran it. (First one through get to clear the spider webs)
29. At 18.85 miles, it bears to the left and widens into what looks like an old logging road. Continue on Cummins Ridge
30. At 21.35 miles, the Cummins Ridge Trail ends. Continue on dirt road for 2 miles until you reach the Oregon Coast Highway 101.
31. At 23.34 miles, Turn right on 101 Hwy heading north. Continue on 101 Hwy for approx .65 miles. It is highly recommended you run facing traffic. Not much of a should on this section \*\*\* Be Careful \*\*\*
32. At 23.95 miles (right after the bridge), cross 101 Hwy again and take FR1050. About 50 yards into FR1050, you will reach the water station and the Oregon Coast Trail. Continue on Oregon Coast Trail for .25 miles
33. At 24.35 miles, veer right and 50 feet and cross a wooden bridge
34. At 24.36 miles, veer left and continue on the Oregon Coast Trail.
35. At 25.25 miles, you will reach the Visitor Center Entrance. Cross the road and continue on the pave path.
36. At 25.26 miles, turn right and continue on the pave path towards the Visitor Center.
37. At 25.35 miles, you have reach the Visitor Center. Get on the Whispering Spruce Trail to head back to the Commons.

\* These are all the instructions you will be provided. Contact number shall you needed: 541-351-8265.