



30K Route Directions (Longer Option – 20 Miles)

1. Start at the Commons and 4th 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. You need to turn right onto the Cummins Creek Trail. However is you want water, you will need to continue of Cook's Ridge Trail for about .20 mile, get back and return here. Stop you watch at this point if you are getting water. Re-start your watch once you return to this junction.
23. Continue on Cummins Creek Trail. At 9.75 miles, veer right to continue on Cummins Creek Trail.
24. At 11.07 miles, continue straight on Cumming Creek Trail.
25. At 12.23 miles, Cummins Creek Trail ends. Continue straight on the road for .25 mile.
26. At 12.48 miles (before you reach the 101 hwy), make a left on the Oregon Coast Trail (Now you are heading back to the Visitor Center.
27. At 12.71 miles, veer right and 50 feet later you'll cross a wooden bridge
28. At 12.74 miles, veer left and continue on the Oregon Coast Trail.
29. At 13.71 miles, you will reach the Visitor Center entrance. Cross the road and continue on the pave path
30. At 13.73 miles, turn right and continue on the pave path
31. At 13.86 miles, you have reached the Visitor Center. Get on the Whispering Spruce Trail to head back to the Commons.
- 32.

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