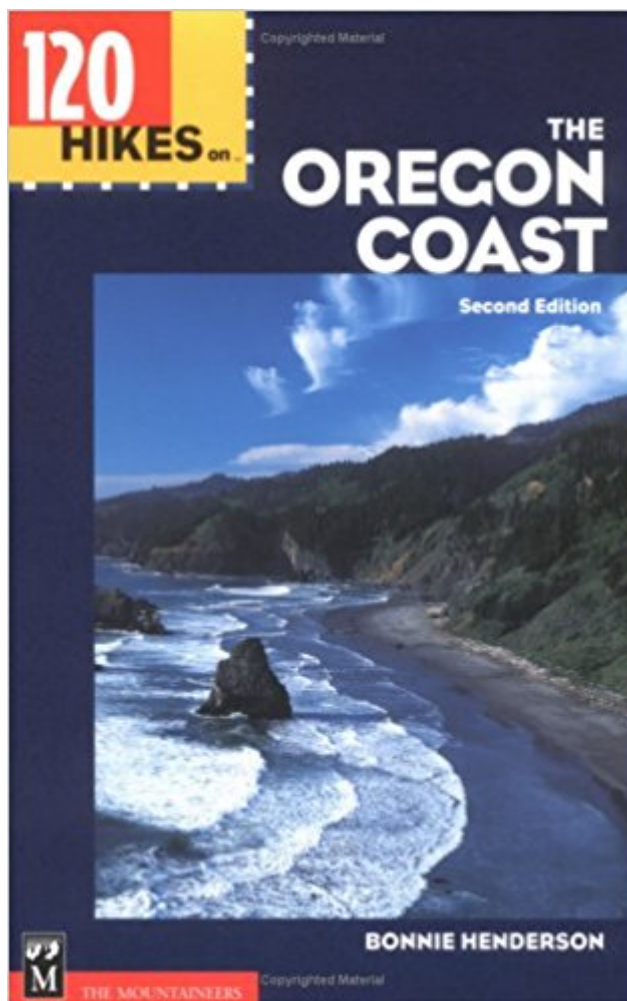


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# 120 Hikes On The Oregon Coast (100 Hikes In...)



## Synopsis

(NOTE: Previously titled Exploring the Wild Oregon Coast) A completely revised and updated guide to all the best trails on the magnificent Oregon coast, including 44 new hikes and featuring natural history sidebars highlighting the various flora and fauna of the 362 miles of coastline. From Fort Stevens to Brookings, Oregon's coast is lined with primeval forests, undulating sand dunes, secret beaches, and towering headlands. In this completely revised edition, Henderson has greatly increased the coverage of trails, with 44 new hikes, making this the most comprehensive hiking guide to the region. Thorough descriptions of every trail are supplemented by natural history sidebars featuring plants and animals hikers are likely to encounter. Divided into five distinct sections from north to south, each section also includes information on its portion of the Oregon Coast Trail, which runs from border to border.

## Book Information

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## Customer Reviews

"A wonderful book! Bonnie Henderson's love of Oregon's gorgeous coast and its natural treasures comes forth in her easy-going, straightforward, but sparkling style. She knows the coast and knows how to give it to her readers." -- Steve Lorton, Sunset Magazine

Bonnie Henderson, is an experienced journalist and the author of Best Hikes with Children in Western and Central Oregon. A former travel writer for Sunset magazine, she has been exploring the Northwest wilderness for more than thirty years. She lives in Eugene, Oregon.

Excellent guide to hiking the Oregon Coast. Most hikes are fairly easy, but I guess there's not a lot of high elevation along the coast anyways. We had done a few of these on our trips to Oregon before we purchased the book, but added a few more this past trip. Some of our favourites so far are Neahkahnie Mountain, Cape Falcon and Ecola Point to Indian Beach. I also like that it describes each segment of the Oregon Coast Trail. Would definitely recommend this book, it stands the test of time!

I bought this book two years ago for the trip of a lifetime. We moved to Oregon, put all our possessions in a storage unit, packed up our camper van, and drove down to the OR/CA border and started what was to be two month stay camping and hiking along the Oregon coast. This guide was extremely helpful. We were there from January 2nd - mid-March. This book was extremely helpful. Some favorites were seeing the Oldest bay Laurel tree, Humbug Mountain, Cape Lookout, and Taekinich Lake loop, and many more. If you are traveling on the sand dunes in winter, be forewarned that the trail often gets flooded right at the end of the hike when you are about to reach the ocean. A good pair of rubber boots became a requirement for dune hikes that time of year. Also, OR forests are extremely dense and aren't always well traveled. Always let someone know where you are going and when you expect to be back. Trustworthy friends and family are good for this, but if you get out as much as I do you may feel like you are a burden to them. That's why I started homesafeoutdoors.com, a company that can keep track of thousands of itineraries and return times simultaneously. If you don't make it back by your return time, we call your emergency contacts and initiate a search and rescue operation. Have fun foraging everyone!

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