

**A**lushly vegetated sand spit and a densely forested headland make Cape Lookout State Park an inviting destination for hikes and nature walks.

Hike from one end of the park to the other on two Oregon Coast Trail segments—the North Trail and South Trail. Make a 2.3-mile side journey on the Cape Trail to the end of Cape Lookout. All three trails connect, giving you a choice of day-long adventures.

Looking for a shorter stroll? Try the park's nature trail, or the even shorter Jackson Creek loop near the campground.



## Cape Lookout State Park



*Nature*  
**HISTORY**  
*Discovery*

## More information?

**Call the Oregon State Parks Information Center:**

**1-800-551-6949**

or visit the Oregon State Parks website:  
[www.oregonstateparks.org](http://www.oregonstateparks.org)



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**This publication is available in alternative formats.  
1-800-551-6949 or 1-800-735-2900  
(Oregon Relay for the hearing impaired).**

63400-8232 ( 7-10)



# Cape Lookout State Park

## Trail Guide





# Cape Lookout State Park



## Legend

- Trails
- Roads & Parking
- Trailhead
- Parking
- Viewpoint
- Picnic Area
- Camping Area
- Cabins

## POINTS OF INTEREST

Seen From  
Cape Lookout Viewpoint

### LOOKING NORTH

- Tillamook Head - 42 Miles
- Cape Falcon - 30 Miles
- Cape Meares - 10 Miles
- Three Arch Rocks - 9 Miles

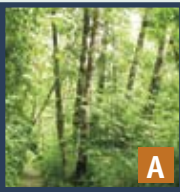
### LOOKING SOUTH

- Cape Kiwanda - 8 Miles
- Haystack Rock - 9 Miles
- Cascade Head - 20 Miles
- Cape Foulweather - 39 Miles





# Cape Lookout State Park Nature Trail



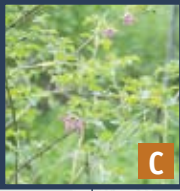
## Red Alder

This tree is one of the most common broadleaf trees in Oregon. Although it is quite common, the species is unique because it bears cones, like firs and pines. Can you find some of the small cones on the ground or on the tree from the previous year? Young Indian boys used to play sick by chewing the distasteful inner bark. The juices turn saliva red.



## Tree Rings

The age of a tree can be determined by counting the growth rings, seen here in a cross section of a log. Each ring represents one year's growth, which will vary with the amount of rainfall, sunshine and temperature. Growth rings are wider when more favorable conditions occur and narrower in times of drought or unseasonable temperatures. Can you determine the good years on this log?



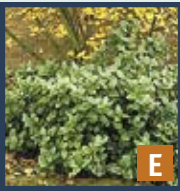
## Salmonberry

Salmonberry is found throughout the forested areas of Oregon. It has prickly spines and pointed leaves divided into leaflets. This shrub sheds its spines along with its bark. The coastal Indians would not eat the salmon of the rivers until the salmonberry bore fruit—beautiful salmon-colored berries much like a raspberry in form.



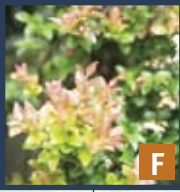
## Sitka Spruce

This tree is found from northern California to Alaska and can grow to 200 feet. It was used extensively to make early aircraft because of its strength-to-weight ratio. It is not used much in the housing industry because it has low resistance to decay.



## Salal

Salal is the most common shrub found in the forest west of the Cascade Mountains. The leaves are dark and leathery on top and pale underneath. Although salal is a member of the same family of plants as the huckleberry, the dull black berries are rather bland in flavor. Indians spread the leaves under and over roasting deer meat to give it a special flavor.



## Evergreen Huckleberry

A shrub found in these deep forested areas is the evergreen huckleberry. Its small, blue-black berries ripen in late summer and are used in pies and preserves. Humans are not the only ones who like these berries! evergreen huckleberry makes excellent browse for deer and elk.



## Fern Ball

Part way up this spruce is a group of ferns that has taken root. These clumps can become quite large and are common throughout the park.



## Springboard Notch

This western red cedar stump has a springboard notch cut into the side. A plank was put in the notch to give loggers a place to stand while they cut down the large tree.



## Natural Grafting

The two trees before you began their growth at the same time, using the same fallen log for nutrients as they grew. As the fallen log decayed, the roots of these two grew together forming the exposed root bridge you see.



## Cedar Limbs Taking Root

A combination of shade, moisture and shelter from the wind contributed to this rare occurrence. Several branches have taken root here and have become separate trees.



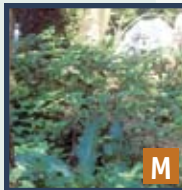
## Cedar and Spruce Fight

These two trees began growing at about the same time. As you can see, the slower-growing cedar lost the struggle for survival to the spruce, which was better able to compete for sunlight and nutrients.



## Nurse Log

As you face the stump in front of you, notice the western hemlock tree on top. In most forests along the Oregon coast, young seedlings utilize the nutrients in decaying logs. Trees in many different stages grow from stumps and downed logs. The decaying logs “nurse” the trees with the right moisture and minerals for growth.



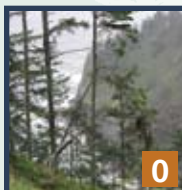
## Skunk Cabbage

Skunk cabbage is easily recognized by its large shiny leaves that are one to three feet long and are a waxy, dark green. The flowers have a pleasant fragrance, but they are usually overpowered by the pungent, skunk-like aroma of the stems and leaves from which the plant gets its name. Indians used the roots for food, preparing them much like mashed potatoes.



## Nature's Planter Box

The old decaying log is a natural seed bed for young plants. At least six native plants are growing here, all of which have been identified at earlier stops along the trail. How many can you recognize? (red alder, evergreen huckleberry, skunk cabbage, salal, fern and salmonberry)



## Western Hemlock

Along the west coast, the hemlock ranges from San Francisco to Alaska, and can reach heights of more than 200 feet. Although it is quite vulnerable to decay, it is being used more and more to build houses.



## Western Red Cedar

The leaves give this conifer away! This is the western red cedar. The flat scales of its leaf overlap like shingles on a roof and the bark of the cedar is reddish brown. western red cedar was the most useful tree to the north coast Indians. From the cedar parts came homes, canoes, nets and clothing. Strips of stringy bark were used for rope and yarn to weave clothing and nets. The buoyant logs could be hollowed out for boats or split into planks for all manner of building. Truly, cedar was the magic wood for Indians.