

# Cape Lookout State Park



Hike the Cape Trail to reach an excellent viewpoint for whale watching. Volunteers help visitors spot whales here during designated whale watching weeks in December and March. Visit [whalespoken.org](http://whalespoken.org) for information.

## POINTS OF INTEREST

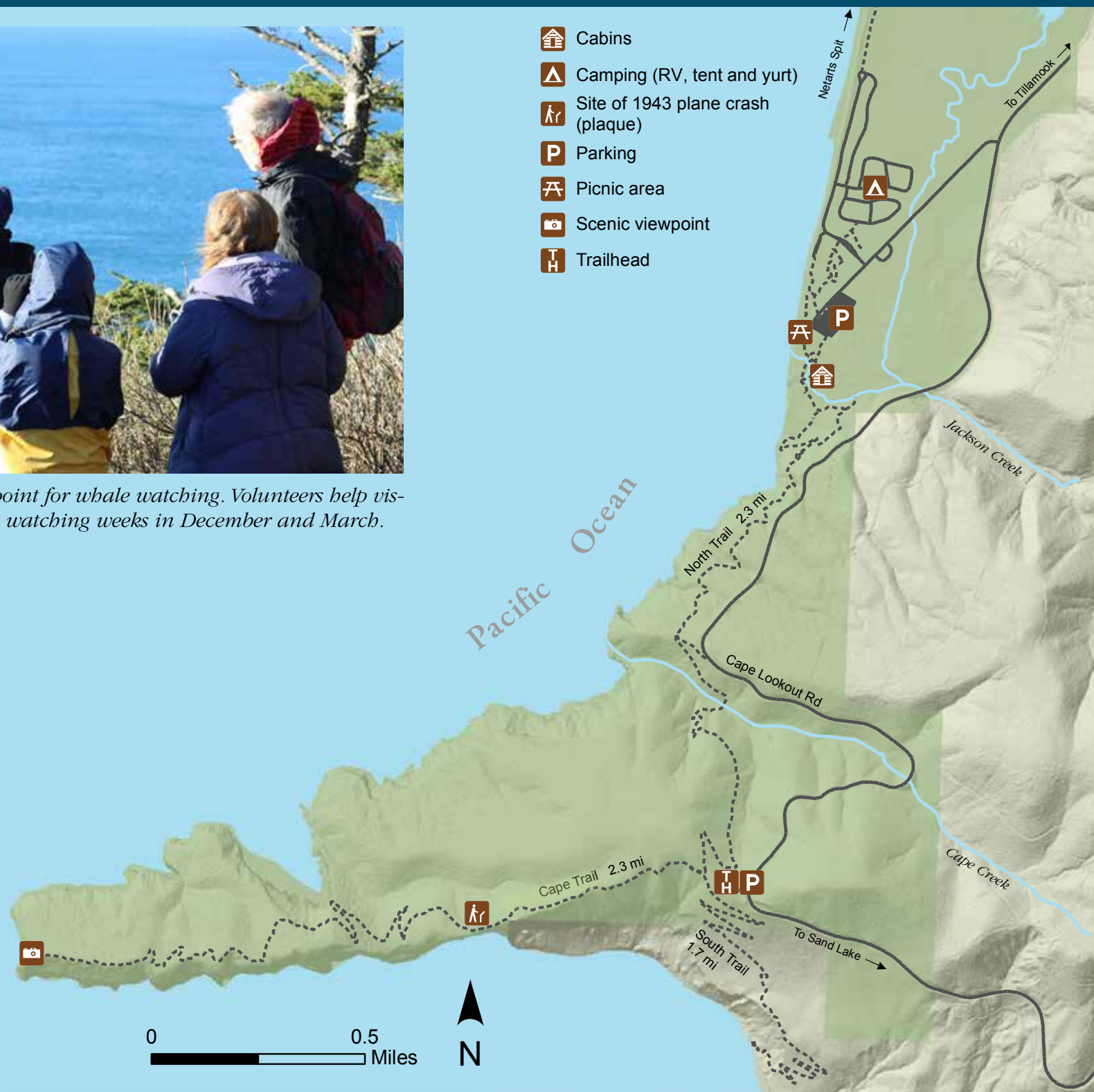
### Cape Lookout Viewpoint

#### 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



More than eight miles of hiking and walking trails wind through a lush old growth forest at Cape Lookout State Park.

Enjoy views of the ocean and shore peeking through Sitka spruce and hemlocks as you hike 2.4 miles along the **Cape Trail** to the viewpoint at the cape's tip. On a clear day, you can see south 39 miles to Cape Foulweather and north 42 miles to Tillamook Head. The trail is mostly flat, but muddy and rocky in places.

Looking for more? Two segments of the **Oregon Coast Trail**—the North Trail and the South Trail—offer additional hiking through the forest above the ocean. Or, explore miles of ocean beaches along the Netarts Spit, north of the campground.

For a short, family-friendly stroll, try the park's **Nature Trail**, which begins near the registration booth.



All information or fees subject to change without notice. This brochure is available in alternative formats upon request. Call 1-800-551-6949. Oregon Relay for the hearing impaired: dial 711.

63400-8232 (08-18)

**Cape Lookout State Park**  
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Tillamook, OR 97141  
Park Office: 503-842-4981  
Information: 800-551-6949



[www.oregonstateparks.org](http://www.oregonstateparks.org)

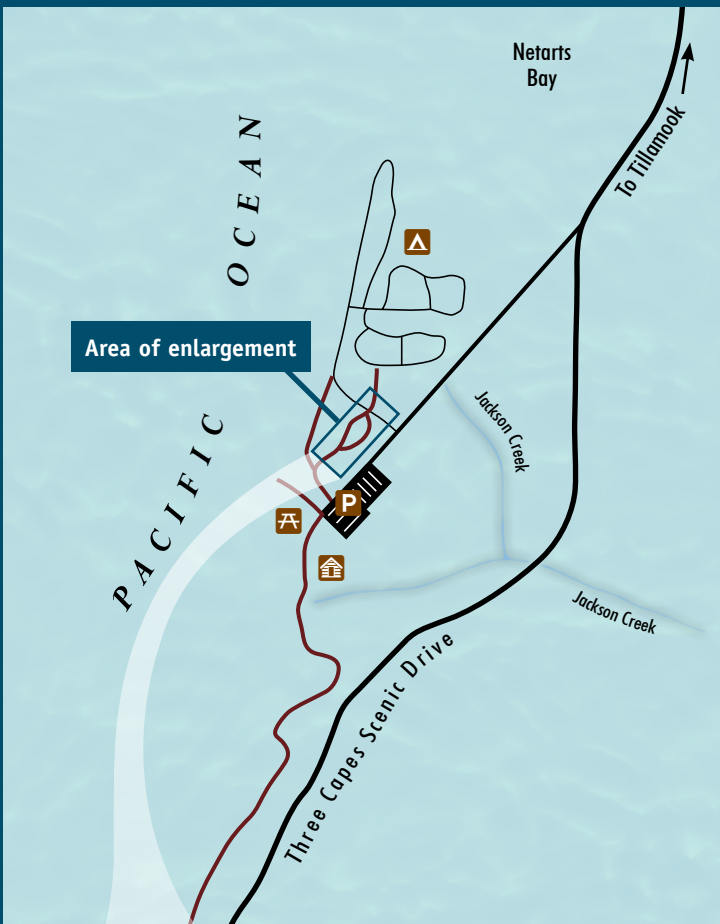


**Cape Lookout State Park**



**Trail Guide**

# Cape Lookout State Park Nature Trail



## Black Twin Berry

Photo Courtesy: Dr. Charles A. Brun, WSU

This plant has been known by many different names including bearberry, crowberry and inkberry. Black Twin Berry is a type of Honeysuckle that grows well in moist forests along creeks and the edges of dunes. The berry is very bitter and considered poisonous. Native Americans used it for paint, to induce vomiting, and as a black hair dye depending on the tribe and region.



## Tree Rings

The age of a tree can be determined by counting the growth rings as 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 weather conditions in a given year are favorable and thinner in times of poor growing conditions like a drought year. Can you determine the good growth years on this log?



## Slough Sedge

This plant is a sign of the change in the water table here at Cape Lookout. It is the most common sedge in urban marshes, but also grows well in shallowly flooded forests and coastal swamps.



## Changing Face of Cape Lookout

As you look west from here you can see the group camp and Pacific Ocean. Twenty years ago you would have only had glimpses of the group camp and the sand dune protecting it from the ocean. Erosion has removed the old dune and the forest is now predominantly marshland flooded during the winter.



## Sitka Spruce

A common tree along the Pacific Coast from California to Alaska, Sitka spruce is mostly found growing within 10 miles of the ocean. It was extensively used to build early aircraft because of its strength-to-weight ratio, but was a poor choice for home construction due to its low resistance to decay.



## False Lily of the Valley

Also known as Wild Lily of the Valley, is an herb related to ginger. False Lily of the Valley prefers to grow on the floor of Douglas fir, western hemlock and western red cedar forest. The berry is not considered edible. This plant spreads rapidly over moist forest floors.



## Fern Ball

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



## Springboard Notch

This western red cedar stump has a springboard notch cut into its side. A plank was put in the notch to give loggers a place to stand while using a two man crosscut saw to down this large tree.



## Natural Grafting

The two trees here began their growth at about the same time, using the same fallen log for nutrients as they grew. The roots of the two grew together over time and formed the root bridge you see today.



## Western Red Cedar

Native Americans of the Pacific Northwest utilized these trees for many things including homes, canoes, rope, clothing, and fishing nets. Today cedar is frequently used for shingles, siding, and fencing due to its resistance to rot.



## Cedar and Spruce Compete

These two trees began growing at about the same time. However, 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.



Photo Courtesy: Dr. Charles A. Brun, WSU

## 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, they also make excellent browse for deer and elk.



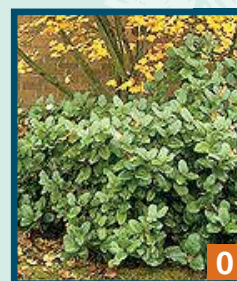
## Skunk Cabbage

Skunk Cabbage is easily recognized by its large shiny leaves that are one to three feet long. The flowers have a pleasant fragrance, but they are usually overpowered by the skunk-like aroma of the stems and leaves. Native Americans used the roots for food, preparing them much like mashed potatoes.



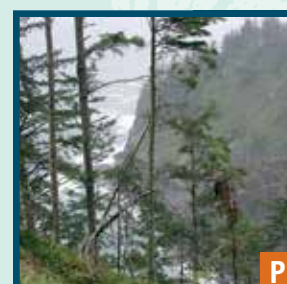
## Nurse Log

This old log is a natural seed bed for young plants. In most forests on the Oregon Coast tree seedlings and other plants utilize the moisture and nutrients in decaying logs for growth.



## Salal

The leaves of the Salal are dark and leathery on top and pale underneath. It is the most common shrub found in forests west of the Cascade Mountains. The berry is an important food source for wildlife ranging from small birds to black bears. People generally find the berries rather bland in flavor.



## Western Hemlock

Can reach heights of 200 feet and grows along the west coast from San Francisco to Alaska. Hemlock has been used in home construction recently, but is highly vulnerable to decay.