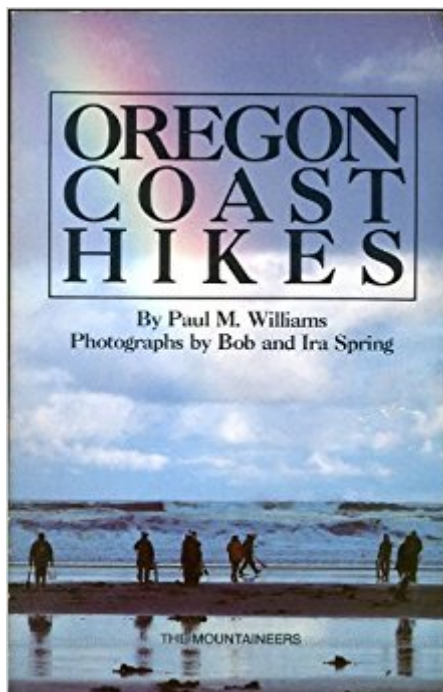


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# Oregon Coast Hikes



## Synopsis

The 350-mile length of the Oregon coast offers broad, sandy beaches, rugged headlands, eroded seastacks, teeming tidal pools, and some of the most famous marine views in the country. Add in incredibly diverse marine and plant life, silent lighthouses, wrecked ships, old forts and other bits of history and it's no wonder the Oregon coast is a year-round paradise for hikers. This guidebook gives complete details, maps and photos on 65 trips along the coast ranging from short jaunts to overnight backpacks, for hikers young and old, for the most athletic as well as the strolling collector of wave-dropped treasures. While some trips are along well populated stretches of beach, others (particularly in the remote southern section) challenge the hiker with rocky, wave-bashed cliffs where the nearest road is miles inland. Author Paul M. Williams has been hiking the Oregon coast regularly for many years, winter and summer. An active climber and longtime Mountain Rescue volunteer, he writes from the viewpoint of enjoying hiking by doing it safely.

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