

# By JONATHAN WILLIAMS

COAST WEEKEND EDITOR

ational Outdoors Day is the perfect opportunity to make good on plans to hit the trail or beach. The annual event, happening on June 8, is to encourage people to get outdoors and have fun. Here are eight places and events to consider on the North Coast when making plans to get outside this weekend.

## **The Fort to Sea Trail**

The 6.5-mile (13.5 mile down and back) Fort to Sea Trail from Fort Clatsop to Sunset Beach that Lewis and Clark once walked during the winter of 1805-06 features spectacular views that are especially beautiful in the summer.

Journey through vast swaths of Sitka spruces, over streams and ferns and open fields to golden grass and shimmering sand at Sunset Beach.

# **Ecola State Park**

Located in Cannon Beach, Ecola State Park offers stunning views of the Pacific Ocean, Haystack Rock, an abandoned lighthouse and

#### miles of beach.

Enjoy a hike on one of the park's trails or catch some rays on Indian Beach and explore the tidepools and view wildlife.

Hikes at the park include the 2.5 mile historical Clatsop Loop Trail as well as an 8-mile segment of the Oregon Coast Trail.

## **Oswald West State Park**

Just 10 miles south of Cannon Beach off of U.S. Highway 101, this park features remarkable views and tranquil scenery.

It features many trails and you can also hike to Cape Falcon and Neah-Kah-Nie Mountain from the park.

Short Sand Beach at the park offers views



The Sandcastle Contest in Cannon Beach draws master and amateur sand sculptors.

of Cape Falcon Marine Reserve, a protected ocean and marine habitat.

# **55th Annual Sandcastle Contest**

The oldest competition of its kind in the Pacific Northwest, the Cannon Beach Sandcastle Contest on Saturday, June 8, offers professionals, amateurs and families the chance to sculpt the best sandcastle. Those on Masters division teams even compete for cash prizes.

Whether spectating or competing, the Sandcastle Contest is the perfect time to hit the beach and witness creativity and fun unfold. The contest starts at 9:30 a.m. and judging begins at 2:30 p.m. Live music starts at 7 p.m. and a bonfire runs from 8-10 p.m.

### **Cape Disappointment State Park**

Located on the coast of Ilwaco, Wash., Cape Disappointment State Park offers gorgeous views of the coast, lighthouses, Columbia River and the Pacific Ocean.

On Saturday, June 8, at 7 p.m. blues and jazz artists Ben Hunter and Joe Seamons kick off the Waikiki Beach Summer Concerts series

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