Welcome to the

King Range National Conservation Area

Every year, thousands of recreationists of all different experience levels visit the Lost Coast. It is essential to understand how to safely navigate the tides and learn about the factors that play into coastal safety.

This guide will introduce you to those hazards, and help you plan your hike around safe tide levels.



For more information, contact the King Range National Conservation Area at (707) 986-5400 or BLM_CA_Web_KR@blm.gov.

King Range Project Office
768 Shelter Cove Rd
Whitethorn, CA 95589

King Range National Conservation Area

LOST COAST TRAIL TIDE SAFETY

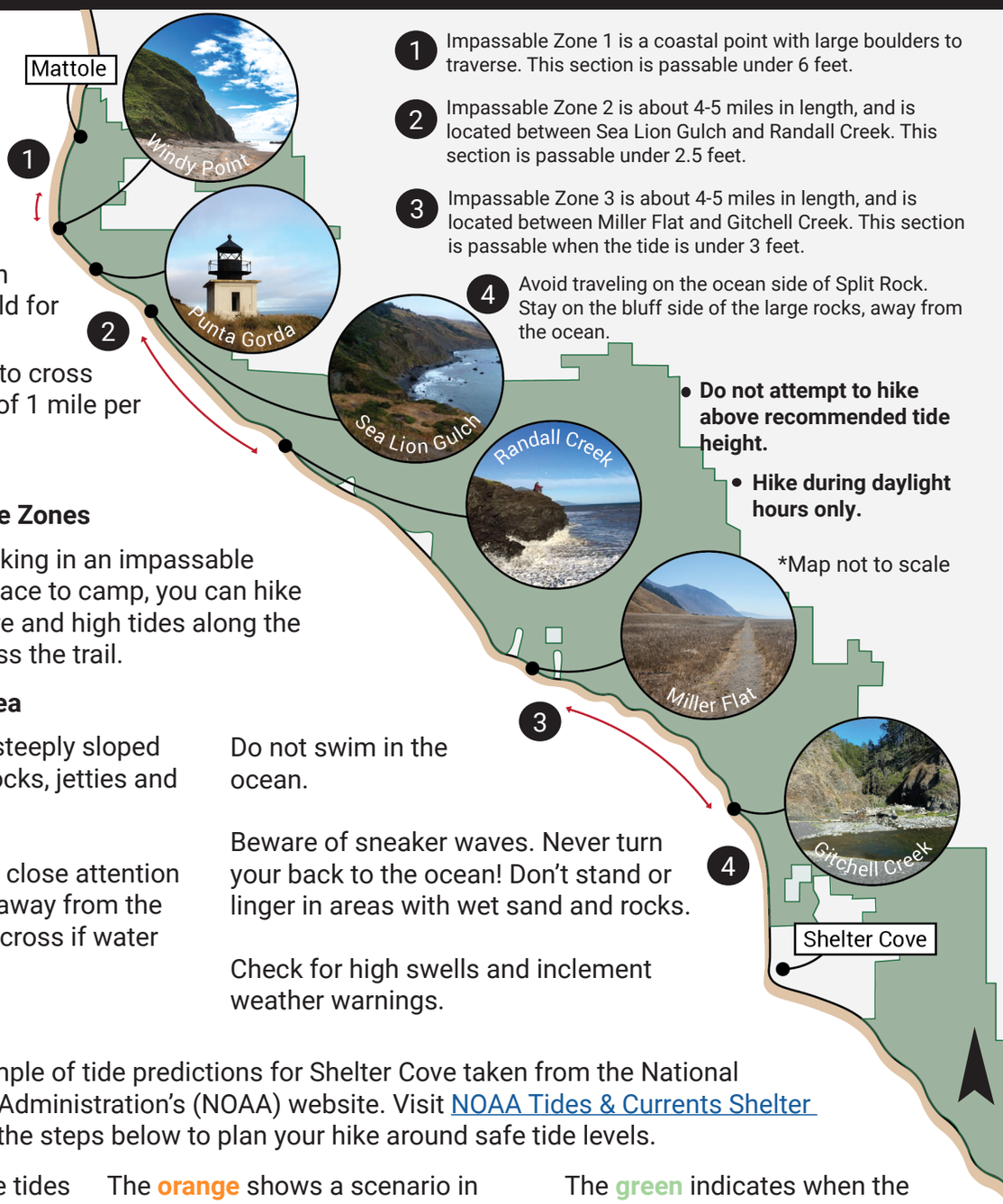


Navigating the Impassable Zones Along the Lost Coast Trail

Hiking in the Impassable Zones

Three sections of the Lost Coast Trail become impassable at high tide. Do **not** attempt to hike through impassable zones while the tide is higher than the recommended threshold for the zone.

Give yourself enough time to cross safely and plan for a pace of 1 mile per hour.



1. Impassable Zone 1 is a coastal point with large boulders to traverse. This section is passable under 6 feet.
2. Impassable Zone 2 is about 4-5 miles in length, and is located between Sea Lion Gulch and Randall Creek. This section is passable under 2.5 feet.
3. Impassable Zone 3 is about 4-5 miles in length, and is located between Miller Flat and Gitchell Creek. This section is passable when the tide is under 3 feet.
4. Avoid traveling on the ocean side of Split Rock. Stay on the bluff side of the large rocks, away from the ocean.

- **Do not attempt to hike above recommended tide height.**
- **Hike during daylight hours only.**

*Map not to scale

Camping in the Impassable Zones

If you need a break from hiking in an impassable zone or are looking for a place to camp, you can hike up and away from the shore and high tides along the the several creeks that cross the trail.

How to Stay Safe by the Sea

Stay away from cliffs and steeply sloped beaches. Avoid climbing rocks, jetties and outcropings.

When crossing creeks, pay close attention to the ocean. Cross as far away from the waves as possible. Do not cross if water level is above the knee.

Do not swim in the ocean.

Beware of sneaker waves. Never turn your back to the ocean! Don't stand or linger in areas with wet sand and rocks.

Check for high swells and inclement weather warnings.

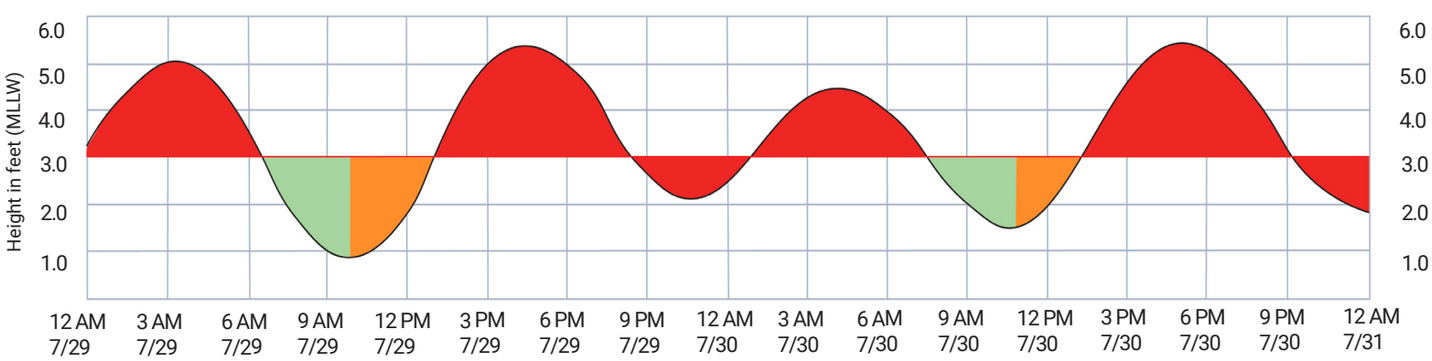
How to Read A Tide Table

Below you will see an example of tide predictions for Shelter Cove taken from the National Oceanic and Atmospheric Administration's (NOAA) website. Visit NOAA Tides & Currents Shelter Cove webpage and follow the steps below to plan your hike around safe tide levels.

The **red** indicates when the tides are higher than three feet. This is **not** a good time to hike in the impassable zones. The tide must be under three feet the entire time you are hiking in an impassable zone.

The **orange** shows a scenario in which the tides are under three feet, but do not allow enough time to pass through a full impassable zone before the tides become deeper than three feet.

The **green** indicates when the tide levels are receeding below three feet with enough time and daylight to safely hike through an impassable zone. Hike during daylight hours only.



Step 1: Search tide predictions for 9418024 Shelter Cove, CA.

Step 2: Enter your anticipated entry and ending date.

Step 3: Set threshold direction to less than or equal to (>=), and the threshold value to 2.5 feet.

Step 4: Update to "Plot Daily." This will produce a tide table for the dates you entered in Step 2.

