

TILLAMOOK COUNTY WATER TRAIL



N E H A L E M

Welcome to the Nehalem

Stretching for 1 1 8 miles, the Nehalem River flows through dense forests before quietly meandering by green pastures and small towns on its way to the Pacific Ocean. The Nehalem segment of the Tillamook County Water Trail tracks much of this course, from the lower reaches of the Coast Range to the communities of Nehalem and Wheeler. Through this guidebook and map we invite you to experience the abundance and diversity of the Nehalem watershed, while following the same routes as those once used by the area's native populations. Few places in the world boast the peace and beauty of the Oregon Coast, so gather up your gear and head out for a trip on the beautiful Nehalem Water Trail.



Nehalem Spít & Bay

Tillamook County Water Trail - The Vision

The Tillamook County Water Trail encourages the quiet exploration and discovery of the ecological, historical, social, and cultural features of Tillamook County from the uplands to the ocean.

The Water Trail is a recreational and educational experience that promotes and celebrates the value of Tillamook County's waterways with direct benefit to the economic, social, and environmental well-being of the County.

The Water Trail enhances the identity of Tillamook County by establishing an alternative, low-impact way to enjoy and appreciate the wonders of all five Tillamook County estuaries.





Make safety your top priority to ensure that your paddling experience is a positive one. Before you set out, always consider the weather and water conditions where you intend to paddle; good weather and favorable tides and currents can make for a pleasant trip, but inclement conditions can create serious hazards. The water in Tillamook County is extremely cold, even in summer months. River flows change seasonally with rainfall. Tides, currents, wind, and weather should always be factored into your trip planning - check for current conditions before you hit the water.

There are many in-water hazards to consider; educate yourself about what these hazards are and learn their locations. Understand that new obstacles can arise at any time, such as log strainers left behind from winter floods. Wearing a PFD (personal flotation device) is critical. There's always a good chance of getting wet, so adequate protective clothing is also essential. Maintain some distance between your boat and objects in the river, and try to avoid areas congested with power boats, especially during busy fishing seasons. It is important not to overestimate your skill level. Pick activities that match your ability, and consider taking classes to improve your skills and knowledge.

Safety Information

American Canoe Association: www.americancanoe.org Oregon State Marine Board Equipment and Safety information: www.boatoregon.com/OSMB/BoatLaws/Requirements.shtml

Paddling Oregon Safely: www.boatoregon.com/OSMB/library/docs/PaddlingSafely.pdf

What is a Water Trail? A water trail is a path on a waterway connected through signs,

maps, and access points providing a scenic and educational experience for non-motorized recreational users.

Ríver <u>Etíquette</u>

Along your water trail travels you may come across people enjoying activities such as fishing, boating, or hunting. For many people, fishing is more than a recreational activity - it is a way of life. Pass these individuals, as well as any wildlife, as far to the right or left as possible. Common courtesy goes a long way on the water.

Leave No Trace

When enjoying the water trail remember to respect sensitive habitats. Do not alter your surroundings, and leave rocks, plants, and other natural objects as you find them. Secure your garbage to your boat so that it cannot blow into the water. Reserve restroom breaks for designated sites indicated on the water trail maps or by signs. Campsites along the river and bay have a wide range



of amenities - study your maps for these locations. Where campfires are permitted, use designated fire rings. Pack out all waste if proper receptacles are unavailable, and make your best effort to leave the area in the same or better condition than when you arrived.

Encountering Wildlife

Quietly view wildlife, giving a wide berth to the birds and animals you may encounter. A small pair of binoculars can stow easily on your boat and help you maintain a safe distance while viewing. Do not disturb stranded or wounded animals. Instead, contact the Wildlife Center of the North Coast at (503) 338-0331.

Birding: <u>www.oregoncoastbirding.com</u> Wildlife Rehab: <u>www.coastwildlife.org</u> (503)338-0331

Duck Hunting Regulations: www.dfw.state.or.us/resources/hunting/waterfowl/

Fishing Regulations: www.dfw.state.or.us/resources/fishing/

Shellfish Toxicity Alert: www.oregon.gov/ODA/FSD/shellfish_status.shtml

Oregon Wildlife Recreation Report: www.dfw.state.or.us/RR/



Eelgrass Bed Ga

Gareth Ferdun

Weather

Local Weather: http://weather.yahoo.com/forecast/USOR0239.html Wind Report: www.wrh.noaa.gov/pqr/buoys.php Water Flow Nehalem River: http://waterdata.usgs.gov/nwis/uv?14301000 Oregon Rivers: http://waterdata.usgs.gov/or/nwis/rt Tide Predictions: www.saltwatertides.com Tide tables provided at local markets. NOAA: www.wrh.noaa.gov/pqr/ Buoys: www.wrh.noaa.gov/pqr/ Buoys: www.wrh.noaa.gov/pqr/buoys.php Surf Report: www.oregonsurfcheck.com Garibaldi, OR Coast Guard Observations: (503)322-3234 Road Report: www.tripcheck.com

Chambers

Manzanita-Nehalem-Wheeler:

Instruction/Tours Retail/Rentals

Cape Falcon Kayak: www.capefalconkayak.com Columbia River Kayaking:

www.columbiariverkayaking.com Kayak Tillamook, LLC:

www.kayaktillamook.com/catalog/

Wheeler Marina Rentals: (503)368-5780 Wheeler on the Bay Lodge: (503)368-5858

Water Trails: www.seakayakermag.com

Transportation

Tillamook County Transportation District: www.tillamookbus.com



Help Stop the Spread of Invasives

Aquatic nuisance species are a serious threat to Oregon's waterways. Introduction of harmful non-native species can upset the delicate balance of the ecosystem. Aquatic nuisance species are most often spread between waterways by hitching a ride on boats and gear. Inspect, rinse, and air dry boats and gear after each use.

http://www.boatoregon.com/OSMB/Clean/ANS.shtml http://seagrant.oregonstate.edu/sgpubs/onlinepubs/g06006_highres.pdf

Exploring Our Watershed

The Nehalem River traverses thick forests and rock-lined gorges before settling into grassy meadows and the green estuary. The wildlife is as diverse as the terrain. Eagles, elk, salmon, seabirds, and songbirds

are regulars along the lower 30 mile stretch of the Nehalem.

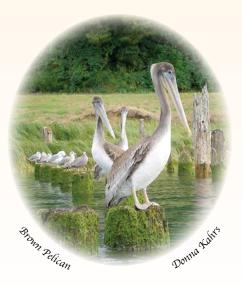
One With the River

Nothing connects you with nature like being on the water. As you drift quietly downriver there is a sense of harmony with your surroundings that can offer moments of pure magic. You might encounter river otters descending silty banks to enter the stream and hunt for fish, or you could spot an American Dipper bobbing in the riffles, searching for aquatic insects and calling out a long, melodious song. Cool river water tumbles over rocks, replenishing clear pools, meandering always towards the ocean. Gravel beds beckon



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salmon instinctively back from ocean migrations to their spawning grounds, as they have for millennia. Moss-draped fir, hemlock, cedar, spruce, and alder trees reach into misty clouds that provide plentiful rain to the Coast Range.



Paddling the Lowlands

As the uplands transition into the valleys you'll wind through thick green pastures filled with grazing cattle. Lush grasses grow in deep, rich soils deposited by the flooding of streams and rivers over thousands of years. The sleepy call of lowing cows - who outnumber people in our county - can be heard woven with the lilt of songbirds. This quiet, peaceful, rural landscape is the essence of Tillamook County to many people. Hear the breeze rustle through reeds along the river, and watch for Red-tailed Hawks, Bald Eagles, and Turkey Vultures soaring overhead.

What is an Estuary?

If you are paddling on the bay, in a marshy channel or slough, or in the tidal mouth of a river, you are in an estuary - where the freshwater of a river and the saltwater of the ocean meet. Teeming with life, estuaries are nurseries to numerous fish species, and some of the richest habitats on the planet. Crabs scurry on the bay floor where eelgrass beds sway in the current beneath your boat. Clams and oysters pump away, filtering algae, their major food source, from the water.

The Nehalem Bay estuary is part of the Pacific Flyway, one of four major migratory routes in North America, and an outstanding area for birdwatching while paddling. Summer heralds the return of flocks of California Brown Pelicans. In winter, large groups of waterfowl such as buffleheads and widgeons are common. Great Blue Herons stalk their prey with patience, standing statue-like for long periods, then stabbing swiftly at a passing fish with speed and grace.

Approaching the Pacific

Near the western end of the bay, terns and gulls fly overhead and harbor seals sun themselves on sandy beaches or cruise the cool waters with ease. Enjoy being in the presence of these animals, but give them a wide berth, as with all of the creatures you encounter. The estuary is their home, where they come for rest and protection during long migrations, where they feed, sleep, give birth, raise their young, and live their lives.



Rivers are places that renew our spirit, connect us with our past, and link us directly with the flow and rhythm of the natural world. -Ted Turner

An Area Rich With History

Long before Europeans first arrived in the Nehalem region, Native Americans lived on its shores, fished its waters, and hunted its forests, following the same water trails that you explore today. Closely related to the Tillamook people to the south and Clatsop people to the north, the Nehalem people's villages historically fronted Nehalem Bay and other local waterways.

North Coast tribes were often referred to as the "Canoe Indians" for their canoe building and handling skills. Coniferous trees native to our region, especially the Western Red Cedar, were a valuable resource for traditional boat-building. Canoes were used for travel between villages, and for hunting and fishing.



Mohler Creamery



Salmon fishing, a way of life



During the late 19th and early 20th century, settlers from Portland and the Willamette Valley established the roads, towns, and institutions we utilize today. As with the Native Americans, the landscape shaped the culture for these people. Many immigrants built their lives around our natural resources - the same fish, trees, and fertile land that had provided the Nehalems sustenance for thousands of years. Booming timber, fishing, and dairy industries developed throughout Tillamook County and are still a vital component of the local economy today.

Current Challenges

Impacts of human activity on a watershed can compromise water quality and habitat for fish and other wildlife. The Nehalem region faces challenges today such as habitat loss, impaired water quality, rapidly spreading invasive species, and other threats.

Healthy Watersheds - You Can Help

Several groups in the area implement projects to restore the Nehalem watershed. Along your route, you are likely to find fencing installed by local dairymen to keep cattle out of streams, newly planted trees along river banks, restored and protected wetlands, and wood placed in the river for salmon habitat. These and other projects are undertaken by local landowners with technical and financial assistance from the following local organizations:



Nancy Gervais Daughter of the Chief of the Nehalems Seaside Museum and Historical Society

Bountiful resources allowed the Nehalems to thrive here. Important foods such as salmon, shellfish, seals, and edible plants came from the bay, the river, and its tributaries. Annual salmon migrations provided the Nehalems a dependable harvest of fish, and contributed to rich tribal symbolism regarding the renewal of life. The Coast Range provided game and berries and separated coastal and inland tribes.

The North Coast, prior to European contact, had one of the densest tribal populations in what is now the state of Oregon. Tribal residents commonly greeted settlers in the mid-1800's, ferrying them across the bay in their canoes. Diseases brought by white explorers decimated this population. Today, only a few descendents of the Nehalem tribe still reside here.

Tillamook Estuaries Partnership

The Tillamook Estuaries Partnership (TEP) is one of 28 designated National Estuary Projects. TEP collaborates with partners



on the commonly-held goals of improving water quality, restoring native salmonid populations, reducing the frequency

and impacts of flooding, and encouraging resource stewardship while promoting regional economic development.

Lower Nehalem Community Trust: www.nehalemtrust.org

Lower Nehalem Watershed Council: www.nehalemtel.net/~lnwcouncil/ Tillamook Estuaries Partnership: www.tbnep.org

Tillamook County Soil & Water Conservation District: (503)842-2240 Upper Nehalem Watershed Council: www.nehalem.org

Photo by Gareth Ferdun

Did you know...

- 1% of the earth's water is suitable for drinking.
- Tides are caused by the attractive forces of the moon and sun.
- Colder water slows a salmon's metabolism, allowing it to gain weight and grow larger, and reduces the chance of disease.
- Some wetland plants have the ability to remove pollutants from water.

Preparing for Your Trip



- Wear your PFD (personal flotation device).
- Carry proper safety equipment.
- Preparation, knowledge and skill building is critical to safe paddling.
- Paddle with a companion.
- Scout for river and water hazards.
- Never grab a stationary object while moving on swift water.
- Stay clear of a motorboat's path.
- Position your boat perpendicular to an approaching wake.
- Wear a helmet and prepare for whitewater above Roy Creek.
- Dress adequately for the water temperature; understand hypothermia.

Considerations about Conditions:

If you are paddling below Roy Creek on the Nehalem's mainstem or below Aldervale on the North Fork, consult tide charts when scheduling your trip. Wind becomes a big factor, especially during the afternoon hours. Each year, many people underestimate the power and danger of conditions on the water and are not adequately prepared. Do not be one of these people!

Items you may want to consider bringing along on your trip:

- **PFD** (personal flotation device)
- 🗆 Helmet
- Extra paddle
- □ Non-cotton clothes
- Drinking water/food
- First aid kit
- □ This map/compass/GPS
- Flashlight

- □ Rope
- □ Bilge pump
- Pocket knife
- □ Sunscreen
- Dry bag
- □ Whistle
- Cell phone (coverage is often unreliable)

Day Trips

Lake Lytle County Boat Ramp Family Friendly - small shallow lake (no map included)

Perfect for first-time or family paddles. 6.6 miles south of Nehalem Bay, turn left on 12th Avenue in Rockaway Beach. Put in at the boat ramp. An immediate right under the bridge takes you



through a quiet slough to Crescent Lake (no motorized vessels). These small lakes are generally placid and shallow. The calm waters are great for practicing skills.



Aldervale County Boat Ramp to Nehalem Docks 5.5 miles; 4 hours; Beginner - Intermediate (Map: Nehalem North Fork Miles 0 - 4)

A scenic flat-water experience awaits you on this North Fork trip. Traveling north on Hwy. 101 in Nehalem, pass through the yellow light (do not turn left). Follow this road 4.7 miles. On the right (south),

Great Blue Heron

you will see what looks like a private drive. Turn right here and drive past the house to the access area and launch ramp. Plan ahead there are no public restrooms at Aldervale, and all property along the river is private (no facilities) until the Nehalem City Docks. Around mile 3, watch for a spruce swamp that is accessible via a slough at high tide. You'll float past several quiet creeks and sloughs that provide opportunities to explore before reaching the North Fork's confluence with the mainstem. Stay to the right of Deer Island to reach the Nehalem City Docks where you can enjoy lunch and a restroom break.

Respect Private Property

Although the river is a public resource, the banks and gravel bars adjoining the water are private unless otherwise defined in this guidebook. If you are unsure if the land is private or public, please stay off out of consideration to private landowners. Public access is marked within this guidebook or by a Tillamook County Water Trail sign.

Nehalem Paddles



Nehalem City Docks to Wheeler 1.5 miles; 2 hours; Beginner - Intermediate (Map: Nehalem Bay Miles 0 - 8)

Experience the transition from freshwater into estuarine habitat on this short trip. Although the direct route is only 1.5 miles, you can circumnavigate and explore a variety of nearby islands if you want to see more of the area. As you pass the County Boat Ramp (restrooms available) heading south, Bott's Marsh is on the left, just before you enter the town of Wheeler. At high tide this is an extraordinary salt

marsh used by school groups as an on-the-water classroom. You can get a glimpse of a bald eagle nest on the west side of the river. Be aware of the potentially quick-changing wind and tide conditions in the river channel.

Nehalem Bay County Boat Ramp to Nehalem Bay State Park mileage varies; 2-4 hours;

Beginner - Intermediate (Map: Nehalem Bay Miles 0 - 8)

The ramp is located on Hwy. 101 between Nehalem and Wheeler. Paddling on Nehalem Bay can vary depending upon your route, weather conditions, the tides, or a combination of these factors. Refer to tide charts when planning your trip;



Least Sandpiper

much of the bay turns to mudflats during low tide. The upper bay is dotted and woven with numerous islands and sloughs. Kayak exploration and wildlife watching opportunities abound. Elk herds frequent the islands in spring and summer, and the area is a refuge for many species of birds. Winds tend to rise mid-day and can create choppy, challenging waters.



Roy Creek County Boat Ramp to Nehalem City Docks 6.5 miles; 3-5 hours; Beginner - Intermediate (Map: Nehalem Bay Miles 0 - 8)

This stretch of the river is a perfect flat-water trip. You'll begin your paddle by passing through a scenic gorge. Plan to encounter minor riffles for the first two

miles. In preparation, check river flow levels, and be ready to portage during low summer flows. Long stretches of flat water await you where the river slows and passes through dairy fields. Continuous paddling may be required before reaching the confluence with the North Fork; the vistas of Onion Peak and the surrounding Coast Range mountains are worth the effort. It is likely that you will spot numerous birds and perhaps a wandering harbor seal searching for fish.

Nehalem Camp to Roy Creek County Boat Ramp 6.5 miles; 4 hours; Beginner - Intermediate Whitewater (Map: Nehalem Camp to Roy Creek County Boat Ramp Miles 8 - 14)

This lovely, potentially challenging 4-hour paddle provides the thrill of some minor 'whitewater'. The route is primarily flat water interspersed with some Class II rapids. Start at Nehalem Camp, around milepost 6 on Foss Road. Walk across the railroad tracks on a short path to reach the river; stay left at the path's fork. A steep forest canyon surrounds the river as you make your way towards Roy Creek. The



beauty says "Oregon" with lush greenery, jewel-blue waters, and craggy rock formations. Before your trip, check river flow conditions (300 cfs or above is best); in summer, low flows can require portage through some areas. There is no restroom at Nehalem Camp, or along the river, until Roy Creek County Boat Ramp.

Henry Rierson Spruce Run Campground to Nehalem Falls Campground 14 miles; Time varies; Intermediate - Advanced Whitewater; (Map: Miles 14 - 30) This 14-mile run can be broken into two sections by an overnight stop at Morrison Eddy Campground, 6.5 miles downstream from Henry Rierson Spruce Run Campground. The first 7 miles of this stretch are easy going;

Class II rapids occasionally divide stretches of flat water. Morrison Eddy (Foss Rd. MP 7) provides a nice take-out point with primitive camping before the river's gradient increase. After the confluence of the Salmonberry River is

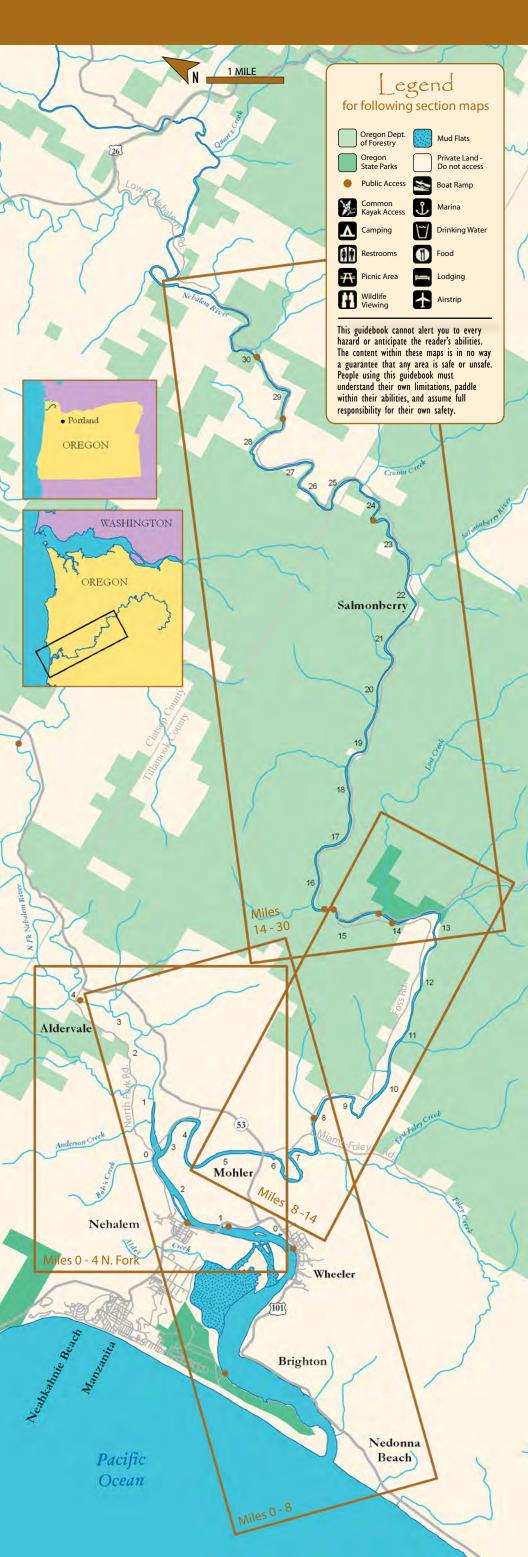


the "Salmonberry Drop", a large Class IV rapid requiring mastered boat skills. Lake out at Nehalem Falls Campground, BEFORE Nehalem Falls, a Class IV rapid that only advanced boaters should run (see river classifications later in this guidebook).

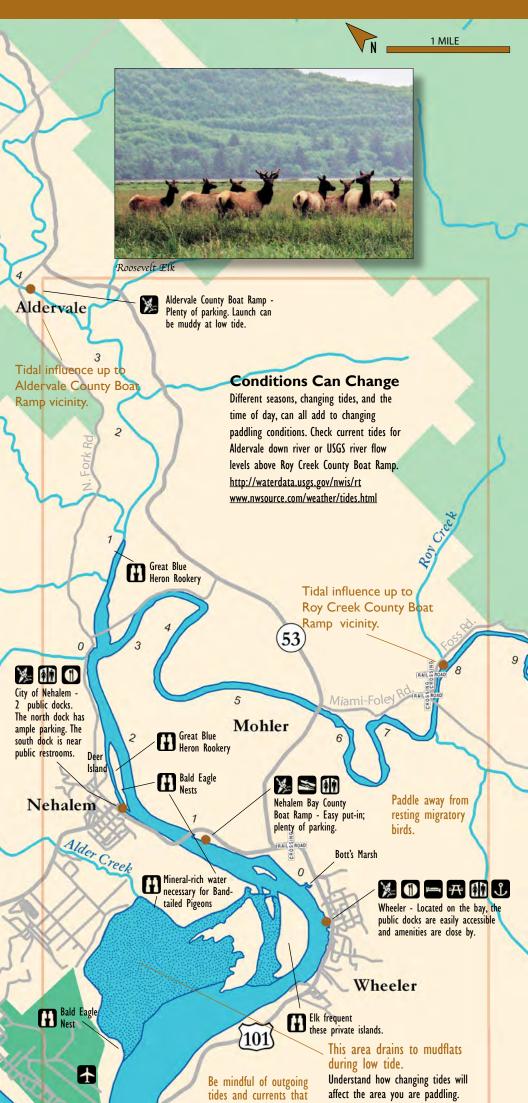
Photo by Lorí Díllon

The paddle from Henry Rierson Spruce Run Campground to Nehalem Falls Campground is for experienced whitewater boaters. You can locate more detailed whitewater information about this stretch in <u>Soggy Sneakers: A Paddler's Guide to Oregon's Rivers</u> by Pete Giordano and the Willamette Kayak and Canoe Club.

The Nehalem



Nehalem Bay Miles 0-8



can increase in strength as you get closer to the ocean. For tides:

www.saltwatertides.com

Dungeness Crab

Tide Tables are available at most local markets.

Brighton

Nehalem Bay State Park - \$3 day use fee to launch at the boat ramp. Access is easy, with amenities close by.





Pacific Harbor Seals

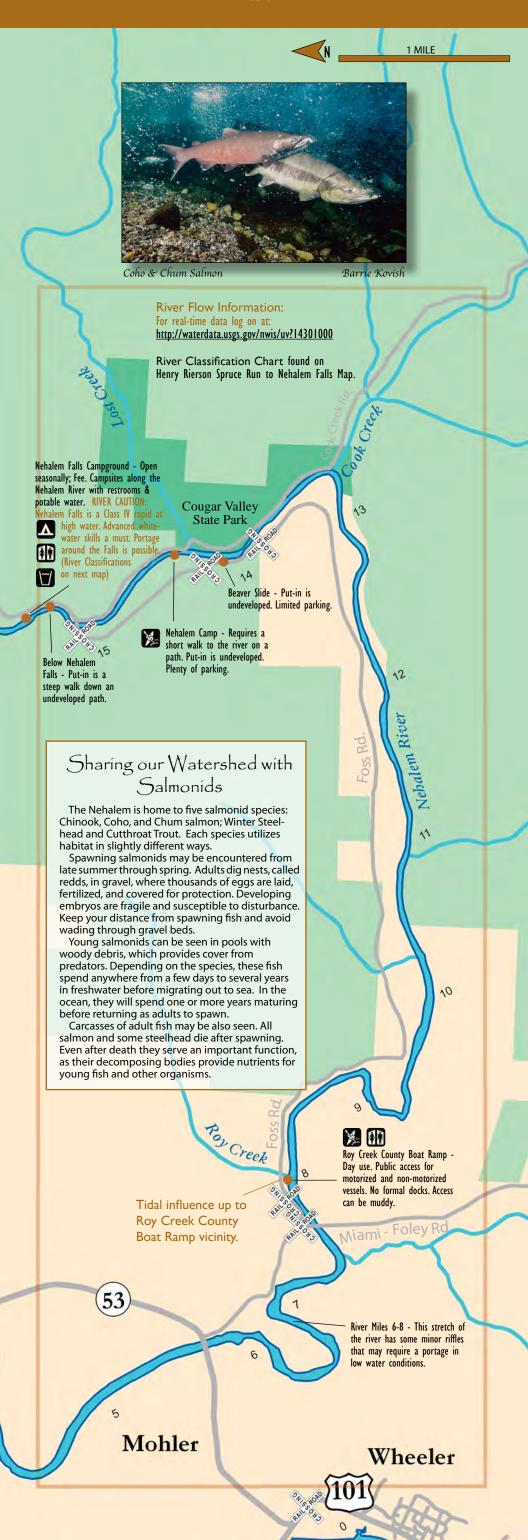
Donna Kahrs

Nehalem Jetty

Pacific Ocean

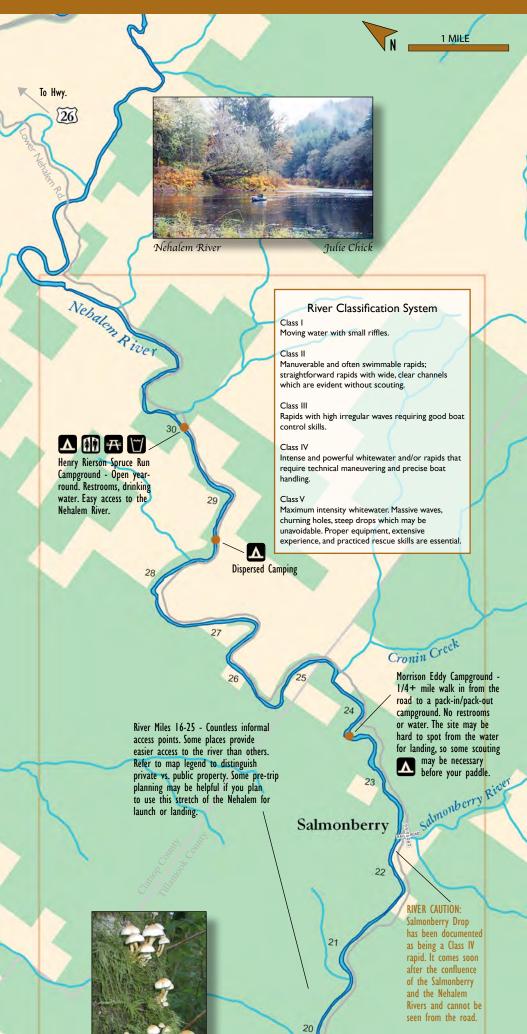
Nedonna Beach

Nehalem Camp to Roy Creek Miles 8 - 14

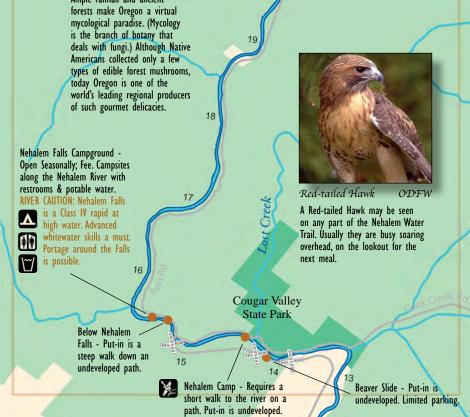


Henry Rierson Spruce Run Campground to Nehalem Falls Campground

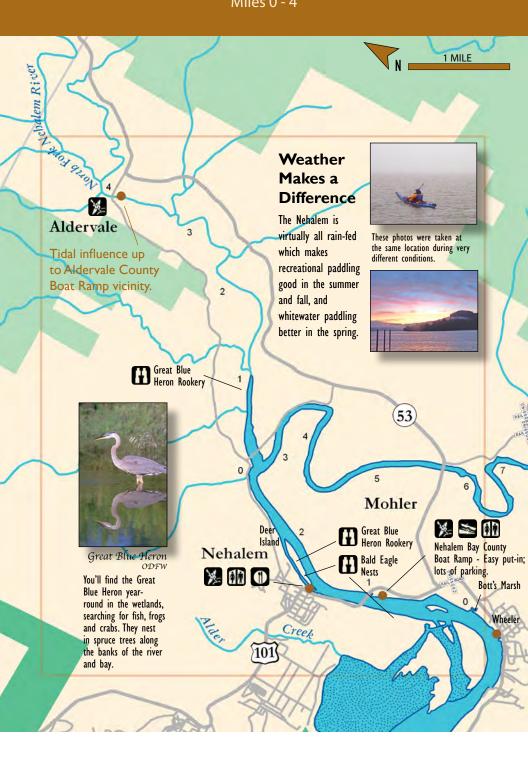
Miles 14 - 30



Ample rainfall and ancient



Nehalem North Fork - Aldervale Miles 0-4



The Tillamook Estuaries Partnership has worked in collaboration with countless volunteers through committee meetings, fundraising, on-the-water events, and outreach efforts.

We wish to thank the University of Oregon's RARE (Resource Assistance for Rural Environments) program, and each and every participant in this project, for your ongoing, enthusiastic participation.



Thank you to our sponsors for their generous contributions to the Nehalem Water Trail guidebook, a segment of the Tillamook County Water Trail.



A special thank you to Jim "Salty Dog" Mundell for his support and inspiration.

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The Tillamook County Water Trail is a multi-year project. Future guidebook maps for the trail will encompass estuaries and watersheds throughout Tillamook County. Donations to keep this project moving forward are always appreciated. For information about additional maps in this series or to make a donation contact the Tillamook Estuaries Partnership at (503) 322-2222.



A river is more than an amenity it is a treasure.

Oliver Wendell Holmes