Oregon Coast Intertidal Tide Pool Access Matrix and Minus-Tide Safety Checklist

> **Companion Reference Sheet for:** Oregon Tide Pools: Choose a Shore by Low-Tide Access
> Save this PDF to your phone or print a copy for field reference. Verify local conditions and manufacturer specs before use.

Key Takeaways

Question	Planning point
Are tide pools better at low or high tide?	Low tide exposes more of the intertidal area, but route access and the time needed to return matter as much as the predicted height.
Which Oregon beach has the best tide pools?	There is no single best shore for every group. Compare the tide window, beach access, terrain, and how your group will reach the pools.
What should I check on a tide chart?	Use a prediction for your chosen shore and visit date, then note both the low water time and predicted height.
How can I find Oregon tide-pooling destinations?	Browse our [Oregon tide-pool destinations] and compare their access descriptions with your tide plan.
What if the pools are unsafe to reach?	Stay on sand or a firm viewing path, or change to another shore with a safer approach.
How do I compare destinations?	Use the same measures for each shore: one-way approach distance, walking time, surface, stairs, rock crossings, and viewing options.

Choose a low tide that fits your route

Oregon tide-pool access comparison

Destination	Approach distance, meters	Estimated walk, minutes	Surface	Stairs or steep sections	Rock crossings	Firm path or sand viewing options
Cannon Beach			Expansive sandy shore			Sandy shore
Neskowin Beach			Beach approach			Beach viewing; Ghost Forest visible at low tide
Oceanside Beach			Tunnel through Maxwell Point to a secluded cove			Beach and cove access at low tide
Yachats Beach			Volcanic rocky shoreline			Scenic 804 Trail follows the shore

Use this step-by-step field checklist

Oregon's shoreline is 362 miles long, according to the Oregon Parks and Recreation Department. A clear plan helps you choose a shore that fits your group and the conditions on the day.

☐ **Select a shore and find its tide prediction for your visit date.** Write down the predicted low tide time and height for that specific location.

☐ **Compare the low tide with the route to the pools.** Record the approach distance, walking time, stairs or steep sections, surface, and any rock crossing.

☐ **Check surf and weather conditions.** Identify a safe return route and set a turn-back time that leaves enough room to return before the tide rises over the route.

☐ **Pack for the shore and your group.** Bring shoes with secure grip, water, weather-appropriate layers, and a small first-aid kit. For children, agree on a staying distance from the water and an adult-led return plan.

☐ **Reassess at the beach entrance.** If waves, footing, or the route differ from the plan, do not proceed to exposed rocks; use the beach or a firm path as your backup.

See also: Best Surf Boards.

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