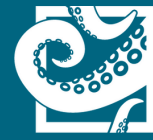


Spring Lake



**PARKS &
RECREATION**
LINCOLN CITY

Trailheads and Parking

This 1.5-mile moderate trail is a short distance from Regatta Grounds on NE 14th St. Spring Lake Trail takes you wandering through the wooded area surrounding Spring Lake. There is even a small bridge on the lake's far side.

The trail on the far west side is wheelchair accessible on a paved surface.

Getting There:

To access this area, from Hwy 101, turn east on NE 14th St. Follow the road to NE Port Ave. and turn left. A parking lot is clearly visible on the right.

Limited parking is also available along NE 14th St. in front of the lake.

Oyster Mushroom

This mushroom is common in Lincoln City's forests in late summer and fall. It has a pearly white color, and grows in cascading formations on dead trees throughout the Open Spaces.



Chicken-of-the-Woods

Chicken of the Woods can be found in our coastal forest during the fall. It grows on both living and dead trees. With its bright orange colors, it is easily spotted. It gets its name from the fact that some people think it tastes like chicken. . (Please don't pick the mushrooms!)

Trail Information

Length: Up to 1.5 miles

Route Type: Loop

Dogs: Welcome on a leash

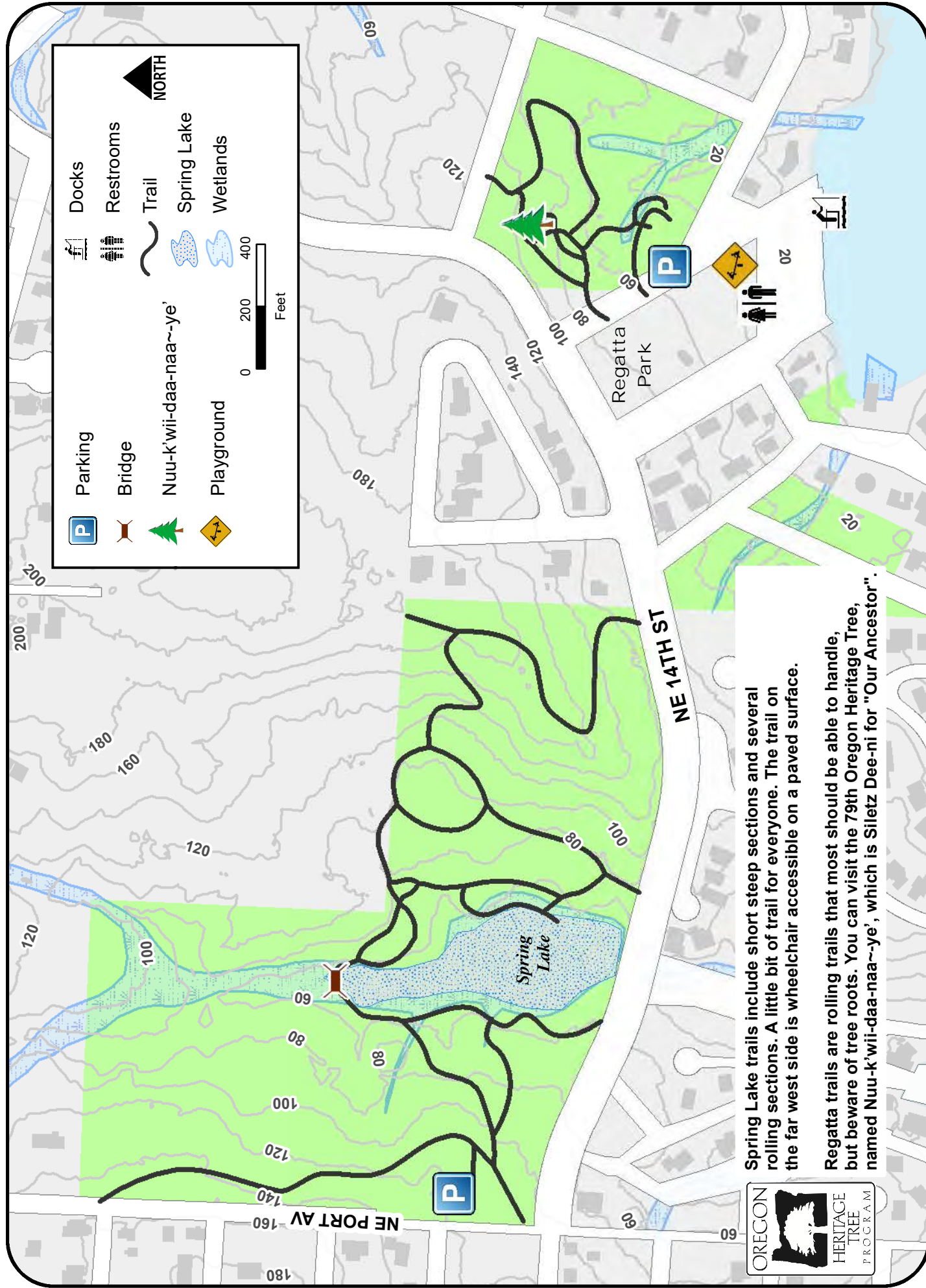
Difficulty: Moderate



Great Blue Heron

We are lucky to live in a place where beautiful great blue herons can be found year-round! It is a stately and graceful bird, both in flight and when wading in the shallows. Its long neck extends out lightning fast to strike at prey including fish, reptiles, and even small mammals both in the water and on the shore. The distinctive shaggy chest feathers are combed to create "powder down" (tiny feather particles) that the heron uses in grooming to clean mud and gunk off its feathers.





Spring Lake trails include short steep sections and several rolling sections. A little bit of trail for everyone. The trail on the far west side is wheelchair accessible on a paved surface.

Regatta trails are rolling trails that most should be able to handle, but beware of tree roots. You can visit the 79th Oregon Heritage Tree, named Nuuk'wii-daa-naa~ye', which is Siletz Dee-ni for "Our Ancestor".