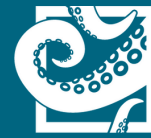


# Regatta Park



**PARKS &  
RECREATION**  
LINCOLN CITY

## Trailheads and Parking

This half-mile nature trail begins at the east side of Regatta Park. You wander through an old-growth forest and will find a 400-year-old grandfather Sitka spruce. It is a wonderful space for children and families, highlighted by a large play structure with unique designs and fun elements.

### Getting There:

The park is located off NE 14th St. Parking is available around the park perimeter and down by the lake front.

## Sitka Spruce Heritage Tree

A historic, ancient tree is tucked into the middle of this Open Space, and is well worth a visit. It is 400 years old, 212' tall (approximately 20 stories), and the trunk circumference, at 32.5' makes it very noticeable. In 2018, it was officially given the name Nuu-k'wii'daa'naa~-ye', which means "Our Ancestor" in the Siletz Dee-Ni language. The tree was also designated the 79th Oregon Heritage Tree in 2021.



## Trail Information

**Length:** 0.5 miles

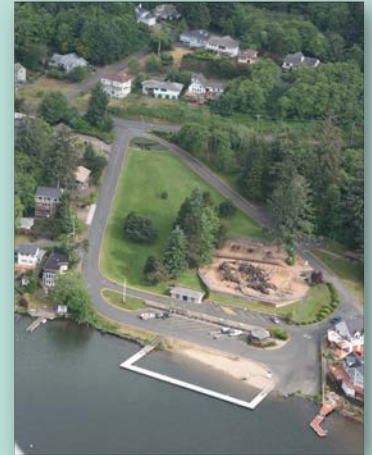
**Route Type:** Loop

**Dogs:** Welcome on a leash

**Difficulty:** Easy

**Additional Amenities:**

- Play Structure
- Covered Picnic Area
- Boat Ramp
- Fishing Dock
- Swimming Area
- Beach
- Views of Devils Lake
- Restrooms



## Downy Woodpecker

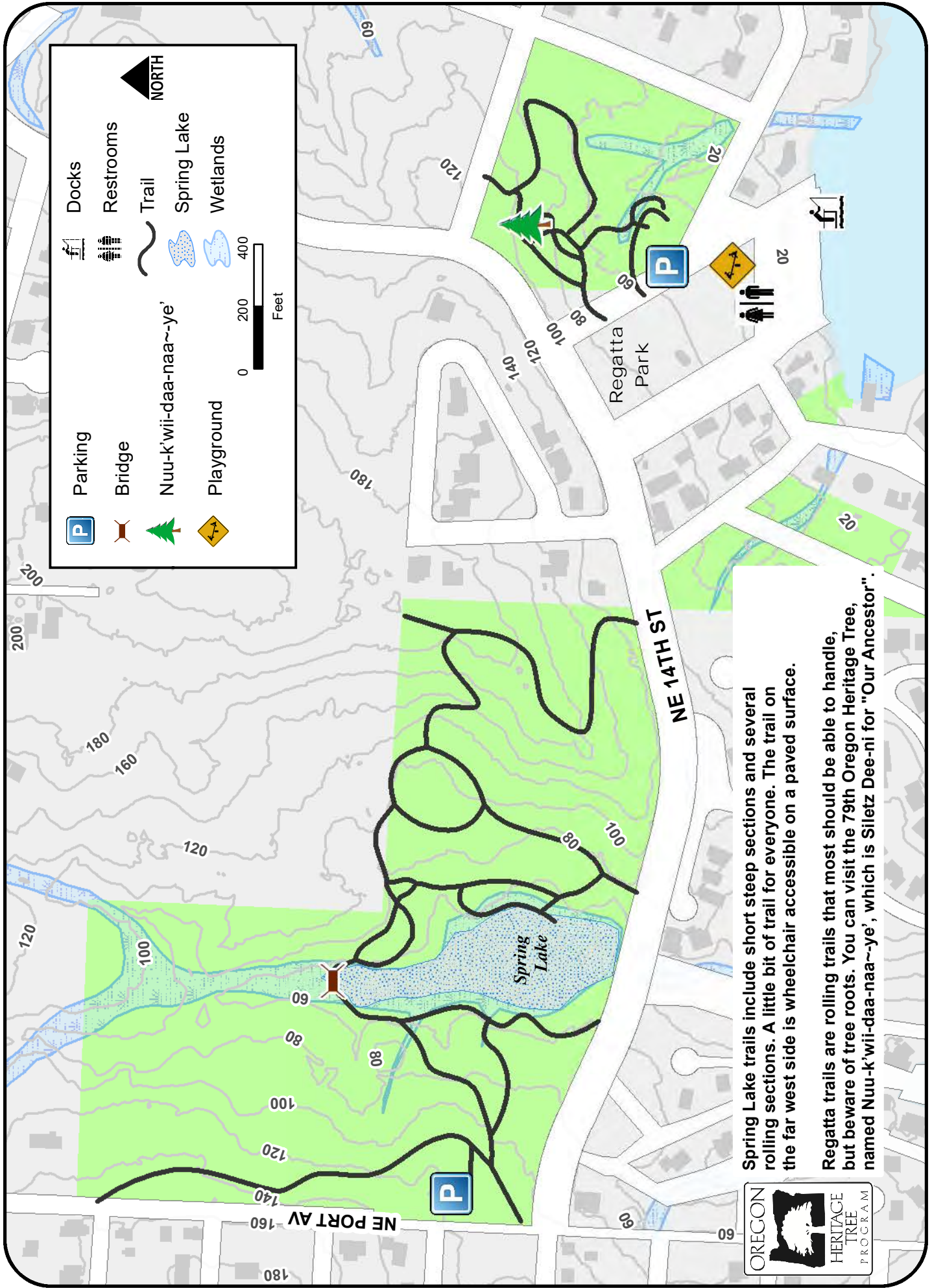
This cute, little woodpecker is fairly common around Lincoln City and can be spotted throughout the year. The Pacific downy has a darker underside than does its Eastern counterpart. Their small size (barely bigger than a chickadee) allows them to join with mixed-species flocks of birds, especially in winter. The male has a bright red patch on the back of its head.



## Rough-Skinned Newt

These newts tromp around the forest in slow motion, from stream to higher ground, flashing their orange undersides in a threat display, which includes pointing their chins at the sky, and curling up their tails. They exude a neurotoxin (tetrodotoxin) from their skin. The only predator that can eat them are appropriately adapted garter snakes.





Parking	Bridge	Nuu-k'wii-daa-naa~ye'	Playground
Docks	Restrooms	Trail	Spring Lake
			Wetlands

0 200 400 Feet

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 Nuu-k'wii-daa-naa~ye', which is Siletz Dee-ni for "Our Ancestor".

