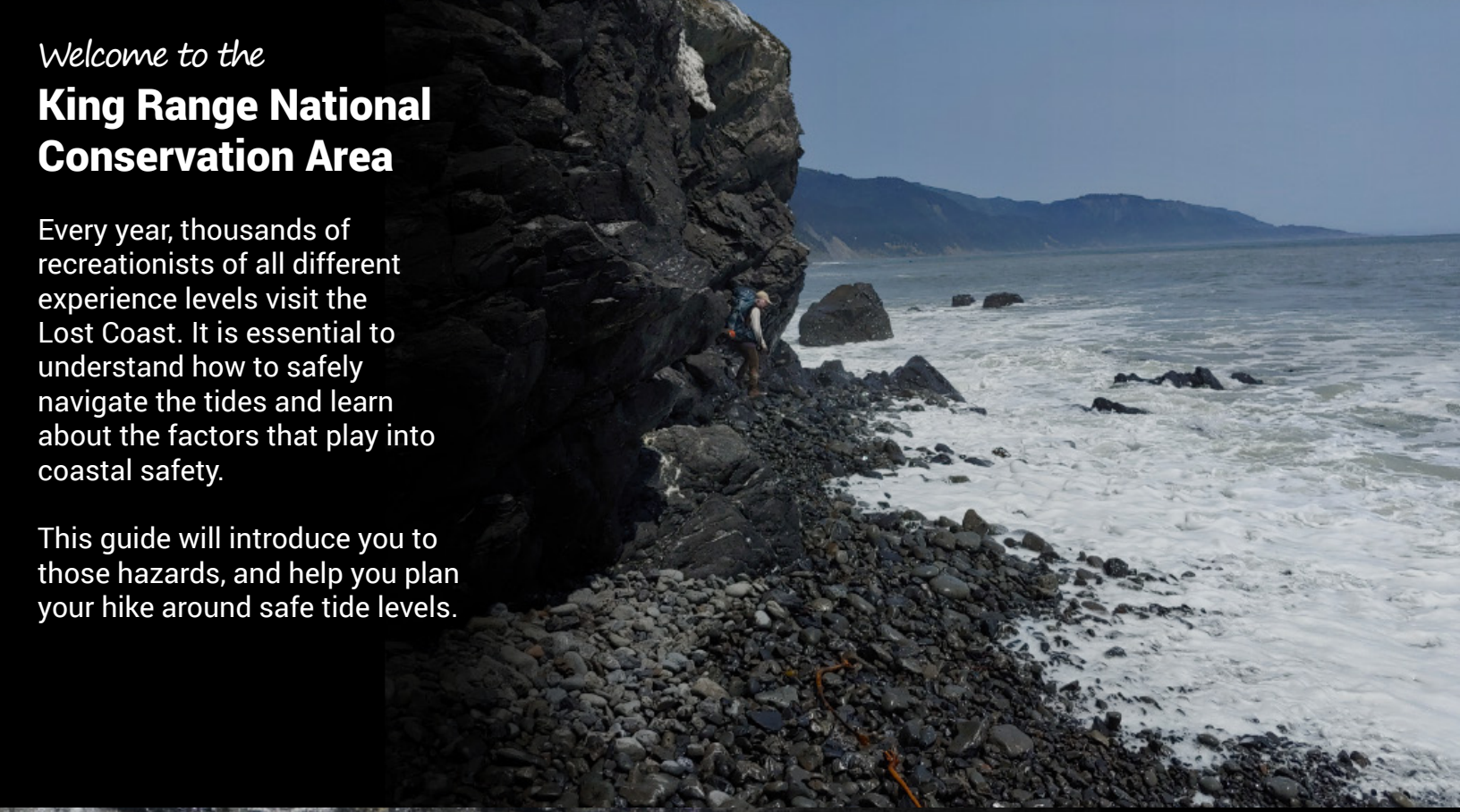


Welcome to the

# 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](mailto: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 three feet (3'), or recommended tide height in impassable zones. Refer to map on the right.

Give yourself enough time to cross safely, and note that rate of travel is typically 1 mile per hour.

## 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 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 outcroppings.

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.

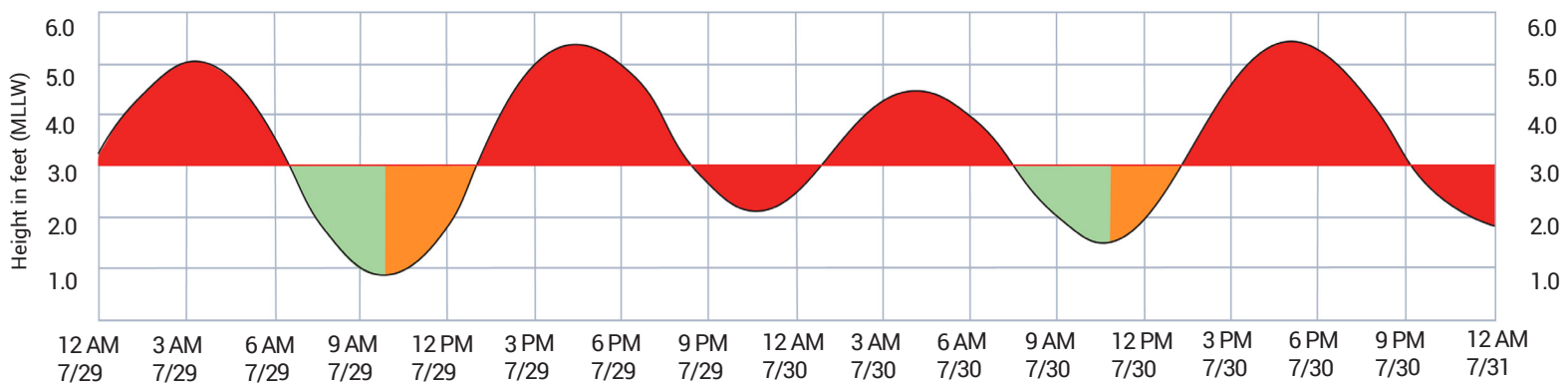
## How to Read A Tide Table

Below you will see an example of tide predictions for Shelter Cove taken from the National Oceanic and Atmospheric Administration's (NOAA) website. Visit [tidesandcurrents.noaa.gov/noaa\\_tidepredictions.html?id=9418024](https://tidesandcurrents.noaa.gov/noaa_tidepredictions.html?id=9418024) 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 receding 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 3 feet.

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

Options for  
9418024 SHELTER COVE, CA

From: Jul 29 2021

To: Jul 30 2021

Units

Feet

Timezone

LST/LDT

Datum

MLLW

12 Hour/24 Hour Clock

12 Hour

Date Interval

High/Low

Threshold Direction

>=

Threshold Value

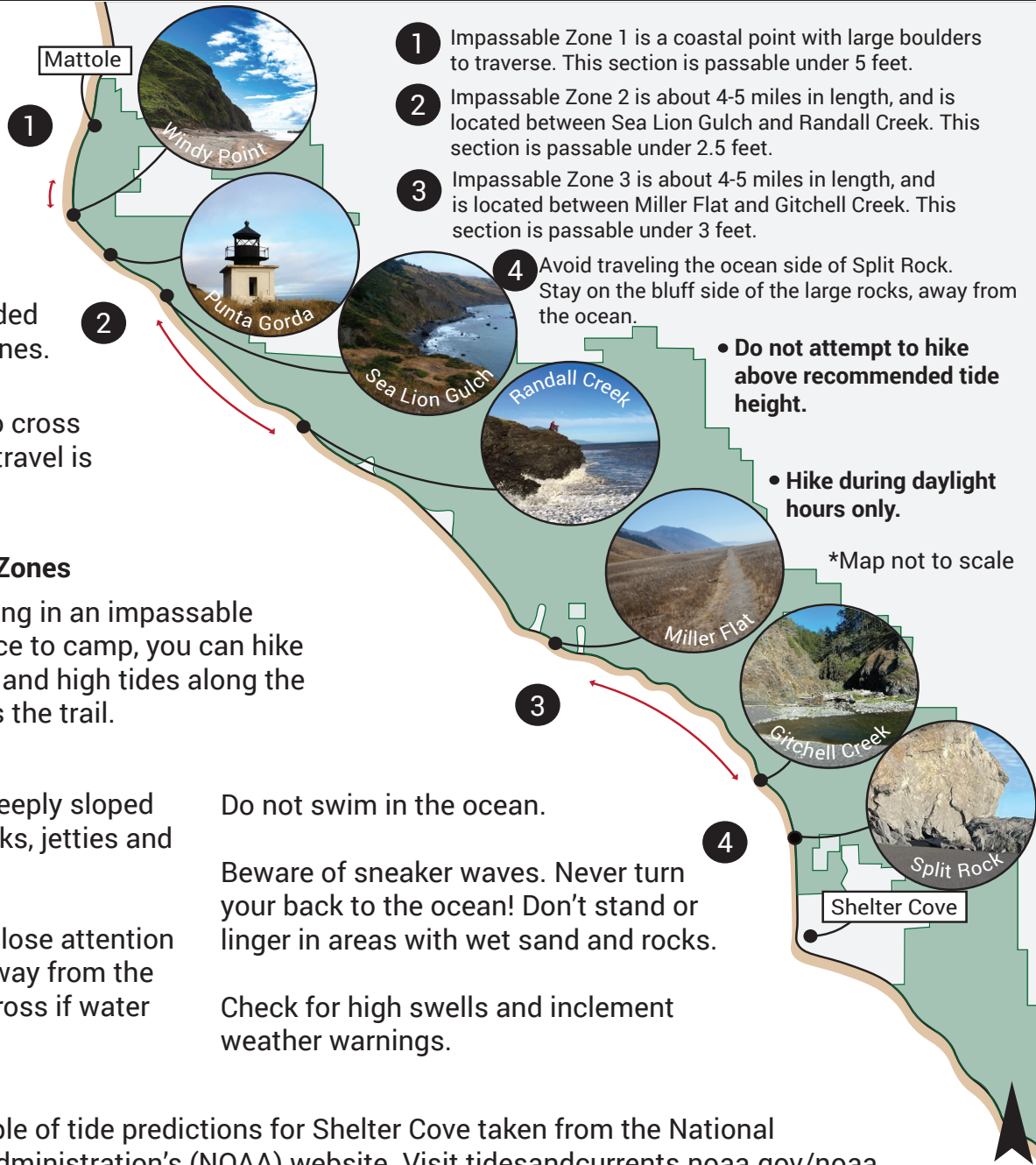
3

Update

Plot Daily

Plot Calendar

Data Only



**1** Impassable Zone 1 is a coastal point with large boulders to traverse. This section is passable under 5 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 under 3 feet.

**4** Avoid traveling 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.

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.