

Oregon Coast Family Trip Planner

A Complete Guide to Exploring the Coast from Astoria to Brookings

Includes: Day-by-Day Itineraries, Packing Lists, and Kid-Friendly Activities

Planning your perfect family adventure just got easier.

- Day-by-Day Itineraries from Astoria to Brookings**
- Kid-Approved Activities at every stop**
- Easy Packing Lists so nothing gets left behind**
- Hidden Gems only locals know about**

Whether you're chasing sea lions, tasting cheese at Tillamook, or exploring tide pools, this guide helps you make the most of every moment, with no stress.

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Itinerary

Day-by-Day Itinerary

Day 1: Astoria

- Visit Lewis and Clark National Historical Park
- Climb the Astoria Column and fly balsa wood gliders
- Walk the Riverwalk Trail and see sea lions at the docks
- Explore the Columbia River Maritime Museum
- Lunch at Bowpicker Fish & Chips (served from a boat!)
- Ice cream treat at Frite & Scoop

Day 2: Tillamook

- Tour the Tillamook Creamery (free samples!)
- Visit Cape Meares Lighthouse and Octopus Tree
- Picnic at Oceanside Beach
- Hike the Cape Lookout Trail (family-friendly portions)
- Dinner at The Fish Peddler at Pacific Oyster
- Stay overnight at a cozy Oceanside rental

Day 3: Newport

- Explore the Oregon Coast Aquarium (interactive exhibits)
- Visit the Hatfield Marine Science Center
- Stroll the historic Newport Bayfront (watch sea lions)
- See Yaquina Head Lighthouse and tide pools
- Enjoy a chowder lunch at Mo's Seafood
- Dessert at Nye Beach Sweets

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- Evening beach walk at Agate Beach

Day 4: Florence to Coos Bay

- Start with Sea Lion Caves (world's largest sea cave)
- Ride ATVs or go sand sledding at Oregon Dunes
- Stop for lunch at Homegrown Public House in Florence
- Tour the historic Heceta Head Lighthouse
- Explore Shore Acres State Park gardens
- Dinner in Coos Bay at Shark Bites Café

Day 5: Brookings

- Morning at Harris Beach State Park: tide pooling & exploring
- Picnic lunch at Loeb State Park under the redwoods
- Visit the Chetco Point Park for panoramic views
- Ice cream stop at Slugs 'N Stones 'N Ice Cream Cones
- End your adventure with sunset at Whaleshead Beach

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Packing List

Family Packing Checklist

- Clothing: layers for all weather, rain jackets, hats, swimwear
- Footwear: hiking shoes, sandals, water shoes
- Beach Gear: towels, sunscreen, beach toys, umbrella
- Snacks and Water: reusable bottles, healthy snacks
- Entertainment: books, games, travel journal
- Essentials: first-aid kit, camera, chargers, ID and reservations

Kid-Friendly Activities

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- Astoria Column coloring challenge (draw what you see!)
- Cheese tasting passport at Tillamook Creamery
- Aquarium scavenger hunt in Newport
- Sandcastle contest at any beach
- Rock painting and tide pool ID games
- Junior Ranger booklets at state parks

Insider-Only Tips

Insider-Only Tips for the Oregon Coast

Astoria:

- Skip the big parking lots and take the Riverfront Trolley (\$1 per ride) for a fun way to explore.
- Climb the Astoria Column early morning or at sunset for the best views with fewer crowds.

Tillamook:

- Visit the Blue Heron French Cheese Company for free samples, petting zoo fun, and picnic spots.
- Buy fresh cheese curds in the morning at Tillamook Creamery before the crowds roll in.

Newport:

- Walk down the alley behind the shops on the Bayfront to spot hidden murals and feed the seals.
- Head to Don Davis Park for a peaceful, uncrowded beach access and great whale-watching.

Florence to Coos Bay:

- For quieter dune access, stop at the John Dellenback Trail-it's a hidden gem.
- Check out North Bend's boardwalk at sunset for amazing views with almost no tourists.

Brookings:

- Samuel H. Boardman Scenic Corridor has several short trails-Secret Beach is truly worth the short hike.
- Chat with rangers at Loeb State Park-they often offer free nature kits for kids!

Thanks for Letting Us Be Part of Your Family Adventure!

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From the towering sea cliffs of Astoria to the serene shores of Brookings, we hope this guide helped you create memories that will last a lifetime. Every picnic, tide pool, lighthouse climb, and scoop of ice cream is part of the story you're writing together.

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