

OREGON COAST JOURNEY · FREE GUIDE

North Coast Road-Trip Itinerary

Astoria to Pacific City — 3 perfect days
on Oregon's most iconic coast.

*A ready-to-drive plan: where to go, when, what to skip, and where to
eat — from the Columbia River down to Cape Kiwanda.*

YOURS FREE

Melinda · Oregon Coast Journey

Your Oregon Coast & Cruise Guide

oregoncoastjourney.com

START HERE

Your 3-day North Coast plan

The most famous stretch of the Oregon Coast, mapped so you don't miss a thing.

This itinerary runs **Astoria** → **Cannon Beach** → **Tillamook** → **Pacific City** — about 90 minutes from Portland to start, and easy to stretch or shorten. It hits the big icons (Haystack Rock, the Goonies town, Tillamook cheese) with enough breathing room to actually enjoy them.

HOW TO USE THIS

Follow it start to finish, or cherry-pick a day. Times are relaxed on purpose — the coast rewards slowing down. Book lodging in Cannon Beach or Seaside as your base.

The route

D1 Astoria — river town history & food

D2 Cannon Beach — Haystack Rock & the beach

D3 Tillamook & Pacific City — cheese, capes & dunes

+ Tips and a cruise idea

DAY 1

Day 1 · Astoria

Start where the river meets the sea.

- **Morning:** Climb (or drive) the **Astoria Column** for a 360° view of river, ocean, and mountains.
- **Midday:** Wander downtown and the Riverwalk; watch the sea lions bark on the docks. Great lunch and breweries here.
- **Afternoon:** The **Columbia River Maritime Museum** (excellent) or the **Goonies** film sites for movie fans.
- **Evening:** Fresh seafood dinner, then drive 20 minutes south to your Cannon Beach / Seaside base.

DETOUR WORTH IT

Fort Stevens State Park, just west of Astoria, has a beach shipwreck (the Peter Iredale), bunkers, and bike paths — an easy add-on if you have time.

Pack for the day

A [light rain jacket](#) and [binoculars for the sea lions](#) cover Astoria's changeable river weather — it can be bright or misty within the hour.

DAY 2

Day 2 · Cannon Beach

The postcard day.

- **Early morning:** Beat the crowds to **Haystack Rock** at low tide — tide pools full of starfish and anemones, puffins overhead in spring/summer.
- **Late morning:** Coffee and browsing in Cannon Beach's galleries and shops.
- **Afternoon:** A walk or drive through **Ecola State Park** for the classic elevated coastline view (you've seen it in films).
- **Evening:** Sunset on the beach by Haystack Rock, then dinner in town.

TIME THE TIDE

Haystack's tide pools only appear at low tide, and they're the highlight. Check the tide chart and aim for a minus tide in the morning. Tread gently and put creatures back.

Beach comfort

Cannon Beach is broad and breezy. A [pop-up windbreak](#) and [sand-free blanket](#) make a long beach morning far more pleasant.

DAY 3

Day 3 · Tillamook & Pacific City

Cheese, capes, and a giant dune to finish.

- **Morning:** Drive the scenic **Three Capes** route; stop at the **Tillamook Creamery** for cheese, ice cream, and the factory view.
- **Midday: Cape Kiwanda** at Pacific City — climb the big sand dune, watch the dory boats, and see Pacific City's own Haystack Rock.
- **Afternoon:** Lunch at the brewpub overlooking the beach, then a last barefoot walk.
- **Head home** relaxed, or continue south onto the Central Coast (see that itinerary).

MAKE IT SEAMLESS

Want this whole trip pinned to your exact dates — with lodging booked and reservations timed? That's what I do, free. Just tell me when you're going.

Ready to drive the North Coast?

A few easy next steps — and how I can help.

DREAMING OF A CRUISE, TOO?

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