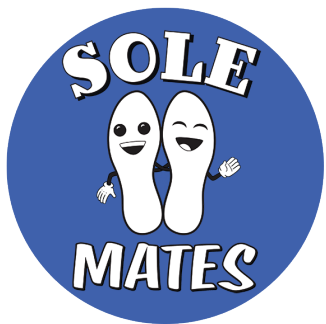




WALKING GUIDE

for Coos Bay & North Bend





In May of 2023, Coos Bay Public Library, Oregon Health & Science University (OHSU), and twenty members of the Coos Bay community formed the Sole Mates. This partnership began a two-year research study to learn the effects of walking as a group and engaging civically to improve public health and walkability in our community. The Sole Mates decided to use funds awarded by OHSU to create this free walking guide to inspire other community members to get outside, walk, and improve their health.

Our Mission: To promote walking by creating a resource that inspires safe physical activity.

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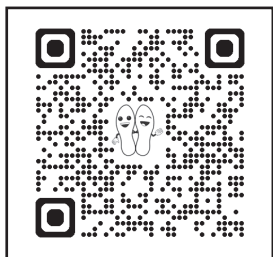
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1st Edition

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**Scan the QR code to download
this guide to your phone and
for any updated maps
or visit
www.coosbaylibrary.org/sole-mates**

Cover Photos: (upper left) Millicoma Marsh Trail), (upper right) Shore Acres State park,
(lower left) Ferry Road Park, (lower right) John Topits Park.

A WORD OF CAUTION!

All publicly owned trail systems and walking paths within the Cities of Coos Bay and North Bend, including, but not limited to those of Coos Bay, North Bend, Coos County Airport District, and the State of Oregon are intended for recreation purposes only. Any use other than for recreation is prohibited. Users of the parks do so at their own risk.

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Special Thanks

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Change Club Leader - Reference Librarian



**Oregon Health
Science University**
Research Study

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North Bend Senior Center
1470 Airport Ln,
North Bend, OR
www.NorthBendSeniorCenter.org



62706 Hwy 101 S, Coos Bay, OR
www.SouthCoastShopper.com

**Coos Bay Visitor
Information Center**
50 Central Ave, Coos Bay, OR
www.oregonsadventurecoast.com



Mike Will
CPR/First Aid/AED or BLS
www.info4hr.com

Southern Oregon Coast Charm Trail
info4hr.com/charmtrail.html



**Park Pack of
Coos Bay & North Bend**
Walking Group
Find on Facebook

Coos Bay Boardwalk



200 S Bayshore Dr, Coos Bay

Distance: 1 mile, walking south from entrance to end and back.

In the heart of downtown, along Hwy 101, sits the picturesque Coos Bay Boardwalk. A short stroll north leads to a view of working ships, a tugboat display, interpretive area, and a covered picnic area. The path leading south is accessible, level, and appropriate for all ages. Enjoy a panoramic view of the bay and downtown whether you want to take a stroll along the water's edge, rest on the benches facing the small marina, or fish at your leisure.



Mingus Park

230 N 10th St, Coos Bay



Distance: Full loop approx .60 of a mile.



Nestled west of Downtown Coos Bay is Mingus Park where visitors can walk around a pond and enjoy the scenery of fountains and waterfowl. Many benches surround the pond for rest or enjoyment. Follow the path to the Japanese Garden, bridge and bamboo forest. Use caution on the bridges when wet.



<https://www.coosbayor.gov/community/city-parks/mingus-park>

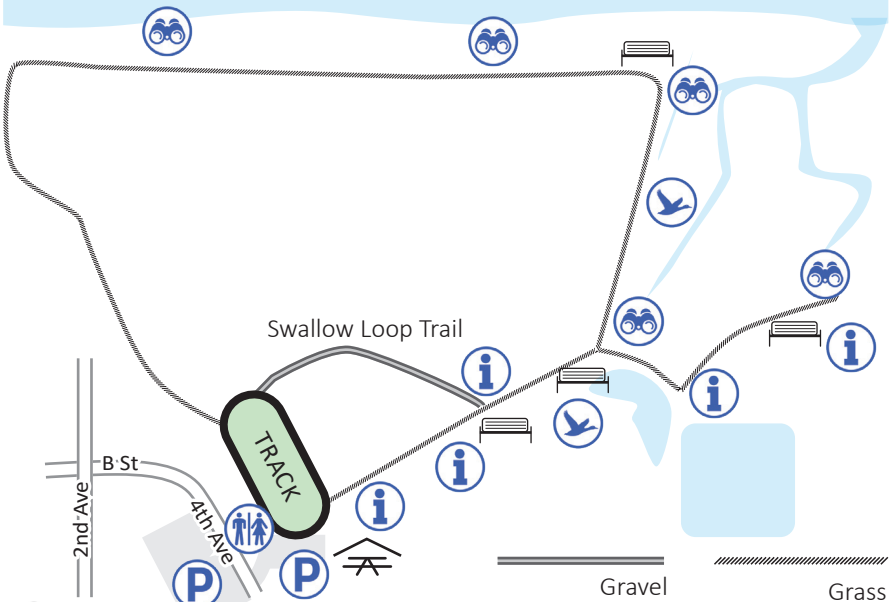
Millicoma Marsh Trail



298 4th Ave, Coos Bay - Eastside

Distance: 1.8 miles.

Embark on a peaceful trail located behind Millicoma School. A well-maintained, level path leads you through scenic views of fresh and saltwater wetlands, marsh, and the bay. Four-sided interpretative columns feature wildlife and tribal lore. Head east on the south side of the track to a grassy trail. For a brief walk take the short trail, Swallow Loop, or traverse further east past a pond and to a lookout of the salt marsh. Backtrack west and continue on the dike path north that will loop around back to the north end of the track. The track/field may be busy during school hours so please avoid disturbing students. This is a great trail for bird watching.



<https://tinyurl.com/2s754j9u>

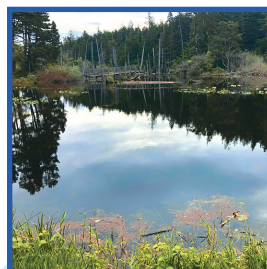
John Topits Lower Loop



355 Hull St, Coos Bay - Gates open from dawn to dusk

Distance: 1 mile walking west and following the loops back east.

John Topits was the generous donor of this 120 acre park to the City of Coos Bay. Year round recreation includes kayaking, fishing, hiking, biking, and nature watching. Trails are paved and there are various routes along the lake and back through the woods. The lower loops lead to Lower Empire Lake and are under the tall forest canopy of fir and spruce trees. Trails are mostly level, with some short elevations. Expect large puddles during the wet season.



Wooden Bridge



Red Trail- Inner Trails

Yellow Trail- Connecting Trails

Blue Trail- Outer Trails



See the full map with all trails here: <https://tinyurl.com/3ch7wtu2>

John Topits Upper Loop



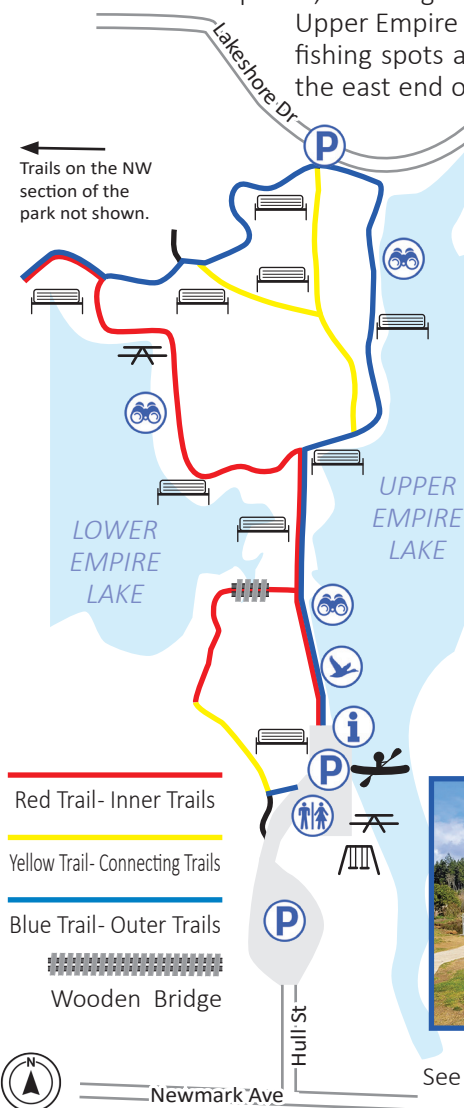
355 Hull St, Coos Bay - Gates open from dawn to dusk

Distance: 1 mile, walking north to loop around down south.

John Topits Park is located between the community college to the east and Lakeshore Drive to the north. A kayak launch and shallow beach make entering the water easy. A constructed bank and benches invite visitors to rest or fish for various fish species, including the annually stocked trout. Follow the

Upper Empire Lake to the northern loops for more fishing spots along the bank and to walk towards the east end of the Lower Empire Lake. This path

is more exposed to sunlight and the forest consists of young pine trees, rhododendrons and evergreen huckleberries.



See the full map with all trails here:
<https://tinyurl.com/3ch7wtu2>



Cape Arago Trails/Shore Acres



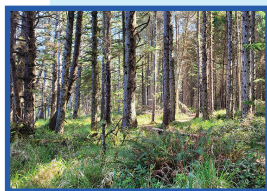
43°19'25.2"N 124°22'54.9"W

Distance: Over a mile for a full loop.

Various trails will lead in and out of Shore Acres State Park, once a large estate of the timber baron Louis J. Simpson. Entry into the main entrance requires a day use pass. The observation building is a welcome feature on wet and windy days to safely view thundering and towering waves during high surfs and King Tides. For the more daring there are closer paths to the cliff edges that will thrill the senses with the power of the ocean, but stay behind barricades and fences. Take a more calm and serene walk through the botanical garden. The trails leading north out the park will lead you through the old tennis courts, and old gate pillars to the estate. Keep heading north on the trails and you'll spot the Cape Arago Lighthouse.



<https://tinyurl.com/4ezwrrf6>



**CAPE
ARAGO
STATE PARK**



Airport Heights Park

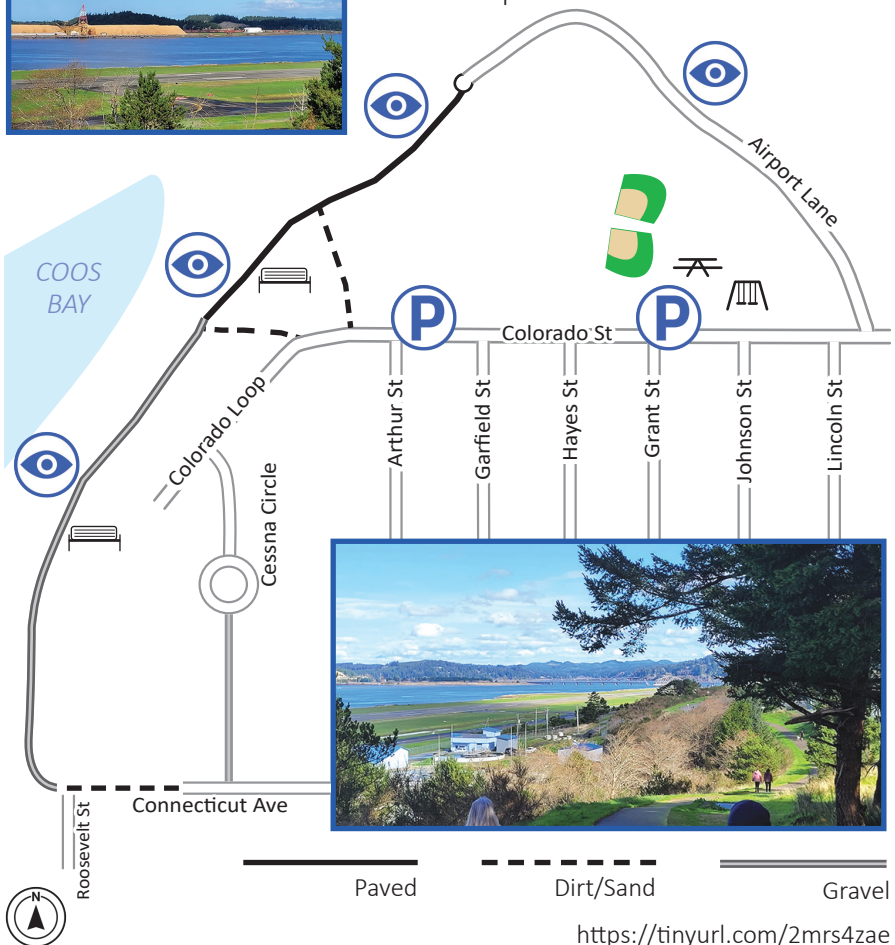
2998 Colorado Ave, North Bend



Distance: 1.7 miles.

Located in the Coos County Airport District, this park offers dedicated sports area and a children's play area. Head west on the sidewalk from the playground area to the sandy trails along Colorado St. For a more lengthy route you can cross the road to Cessna Circle and continue south along a gravel path to Connecticut Ave and another gravel trail that will curve back north to a paved path with stunning views of the North Spit across the bay. The paved trail is parallel to the airport runway so you can watch airport

traffic. The trail ends at the end of Airport Lane and you can continue to walk the road back to the park. No restrooms available.



<https://tinyurl.com/2mrs4zae>

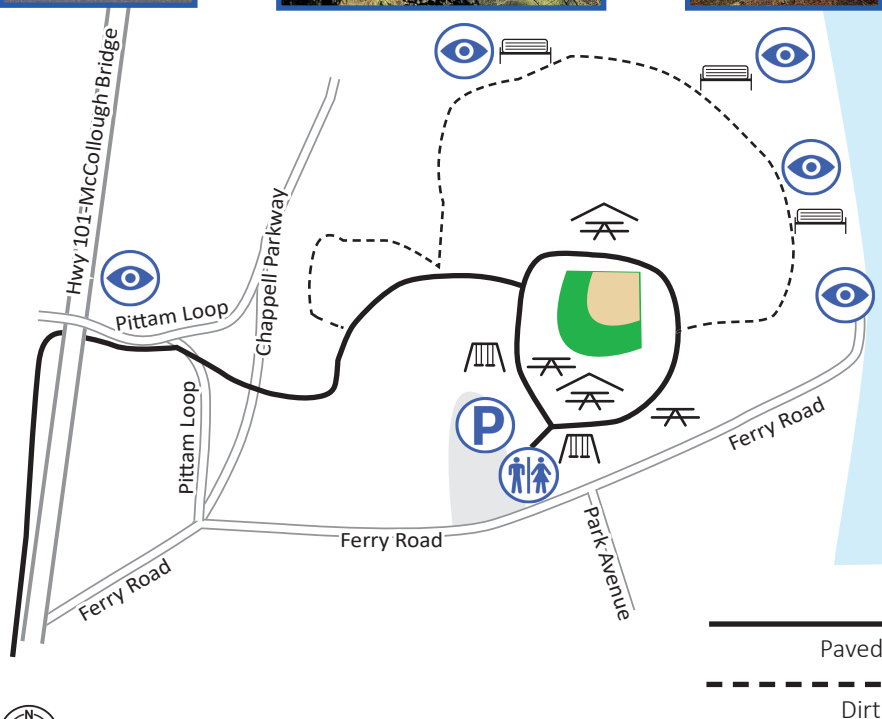
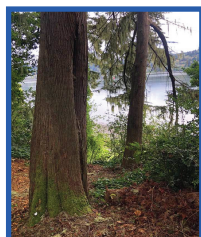
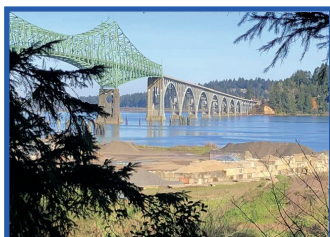
Ferry Road Park



496 Park Ave, North Bend

Distance: Up to a mile.

This is a multi-use day use park with two playgrounds, disc golf course, flush toilets, small pavillion, and large pavillion available by reservation. Be mindful of active disc golfer players as they throw discs over paths to reach the disc golf cage. Trek through the forest trails through various berry bushes, as you stroll along for the best view of the Historic McCullough Bridge. A paved trail will lead you around the park and its features to the crossing at Chappel Parkway towards the underside of the bridge. Continue along the path parallel to the highway going south where it ends at the Pittam Loop exit to Highway 101. Reverse your steps back to return to the park and parking lot.



<https://www.northbendoregon.us/facilityview.aspx?fid=24>

Wellness Resources

WALKING MAPS:



Coos Bay Visitor Information Center

50 Central Ave, Coos Bay 541-269-0215

www.oregonsadventurecoast.com



North Bend Visitor Center

745 California Ave, North Bend 541-756-4613

www.northbendoregon.us/pview.aspx?id=21063&catid=25



Coos Bay & North Bend Downtown Walking Maps

www.oregonsadventurecoast.com/img/walking-map-cbnb.pdf



North Bend Self-Guided Walking Tours to Historical Points of Interest

www.oregonsadventurecoast.com/tripideas/historic-walking-tour-of-north-bend



Sawmill & Tribal Trail

www.oregonsadventurecoast.com/img/SawmillTribalTrail_BROCHURE-sm.pdf



South Slough Reserve Trails

www.oregon.gov/dsl/ss/Pages/visiting.aspx



WALKING GROUPS

Park Pack of Coos Bay & North Bend

Find on Facebook Group

Call/Text 541-252-9400

South Coast Striders

www.coostrails.com

Find on Facebook Group

Hikerbabes Community: Oregon Coast Chapter

www.hikerbabescommunity.com

Find on Facebook Group

Hike it Baby Coos

www.weareoutgrown.org

Find on Facebook Group

Enjoy these Resources Provided by the Coos Bay Library!

Fresh Produce from the Community Fridge
Stocked every week!

State Park Activity Backpacks
Whales, Tidepools, Rockhounding, Birds, Trees,
Wildlife, & Marine Mammals

Wellness Resources

ACTIVITIES

North Bend Senior Center

Tai Chi, Chair Yoga, Zumba Strength
Training, Dancing
1470 Airport Lane, North Bend
northbendseniorcenter.org

Coos Bay Library

Community Yoga
Check Calendar For Days and Times
www.coosbaylibrary.org/events

South Coast Shopper

Health & Wellness Section
Published every 2nd Thursday of the month:
www.southcoastshopper.com/e-edition
Out Our Back Door Weekly Column
- Explore The Coast
www.southcoastshopper.com/out-our-back-door

South Slough Reserve

Group Walks, Kayaking, Birdwatching & More
www.southsloughestuary.org



Notes

LEGEND



Information/Map



Parking



Pets Allowed



Point of Interest



Restrooms



Stroller Accessible



Viewpoint



Wheelchair Accessible



Birdwatching



Fee Area

Path Terrain



Paved



Wooden Bridge



Gravel



Dirt



Grass



Railroad

Structures



Bench



Picnic Table



Playground



Kayak Launch

SAFETY TIPS

Wear appropriate footwear and clothing. Bring sunscreen, mosquito repellent, and drinking water. Equip a walking stick if needed for stability. Dress for the weather and anticipate it to change. Pay attention to your footing, especially for a first time trek to a new trail. Leave no trace and take any trash or dog waste with you.