

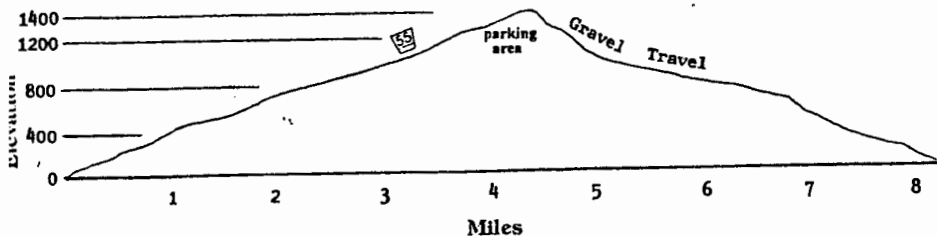
Cummins Vista Mountain Bike Loop

The Cummins Vista Mountain Bike Loop offers 10 miles of scenic touring with terrain to match all skill levels. The rider will be treated to commanding views of the Cummins Creek Wilderness and the Pacific Ocean.

Start at Cape Perpetua Interpretive Center and ride 4 miles uphill on Road 55. For a spectacular view of the coastline, take a left on Road 5553 and go to the Cape overlook. It's only one extra mile. At the Cummins Creek trailhead you will start a 4.5 mile descent on an old graveled trail and road. Signs mark the more difficult sections of the trail. The last 1.3 miles back to the Interpretive Center is on Highway 101. Riders use **extreme caution**, road shoulders are narrow and traffic volumes can be heavy.

For an alternate route and a shorter loop (6.25 miles), you can park at the Cummins Creek trailhead and ride up the trail 3.75 miles then turn and come back down a **very challenging** new section of trail that links back to the original trail.

At the end of your ride, stop in and enjoy the exhibits at the Interpretive Center. You will also find restrooms ~~and a phone~~. We hope you have an enjoyable bike ride in the Cape Perpetua Scenic Area.



Cyclist's Code of Conduct

- Extend common courtesy to all trail users. Realize that people judge all cyclists by your actions.
- Control your speed at all times and approach turns in anticipation that someone may be around the bend. Reckless driving and high downhill speeds are not appropriate. Slow down and use caution when passing others.
- Yield right of way to other trail users.
- Stay on designated roads and trails to avoid trampling vegetation and creating wheel ruts that can channel water and cause erosion.
- Observe signs prohibiting bicycle use. Bicycles are not allowed in the Wilderness area.
- Your cooperation and adherence to these guidelines will help develop a positive attitude toward all cyclists.

Cummins Vista Mountain Bike Loop



Cape Perpetua Scenic Area Siuslaw National Forest


Cape Perpetua
Cape Perpetua Interpretive Center
P.O. Box 274
Yacheta, Or 97149
USDA Forest Service
Siuslaw National Forest
Wildport Ranger District

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, and marital or family status. (Not all prohibited bases apply in all programs.) Persons with disabilities who require alternative means of communications of program information (Braille, large print, audio-tape, etc.) should contact the USDA Office of Communications at (800) 245-6340.

To file a complaint, write the Secretary of Agriculture, U.S. Department of Agriculture, Washington, DC 20250, or call (800) 245-6340 (voice) or (202) 726-1127 (TDD). USDA is an equal employment opportunity employer.

Phone: (541) 547-3289
Fax: (541) 547-4616
TDD: (541) 547-3251

SIU-09-98

Cape Perpetua Scenic Area's Biking Trail

