

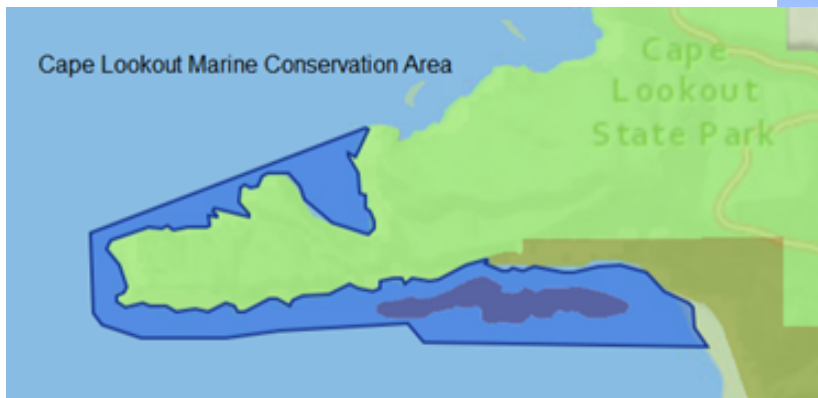


The Oregon Coast Rocks! Cape Lookout

Cape Lookout, photo by David B. Ledig/USFWS

Cape Lookout is one of the most beloved headlands on the Oregon coast, featuring beautiful trails through Sitka Spruce and sheer cliffs that drop 400 feet to the sea. What began as a volcanic lava flow has become essential habitat, alive with nesting bird colonies, fish, crabs, sea stars, kelp forests, and migrating gray whales.

Cape Lookout's breathtaking views, magnificent rock formations, and abundant marine life are a centerpiece for our community. Residents and tourists alike come to Cape Lookout to hike, fish, surf, observe wildlife, view the scenery, take photos, and enjoy the outdoors.



Cape Lookout cliffs, photo by Steve Griffiths

Much of the rocky habitat at Cape Lookout is now a Marine Conservation Area. This designation helps:



1. **Protect** migrating and nesting seabirds on cliffs facing both north and south. Colonies on the south cliffs are home to thousands of birds including murrelets and cormorants.

2. **Protect** seal haulouts (places where seals rest and reproduce) during the critical reproductive season.



3. **Monitor** and restore our kelp forests, which provide habitat for fish. Kelp helps mitigate climate change by storing carbon and provides food and habitat for marine creatures including gray whales and seabirds.

4. **Create** opportunities for visitors to learn more about the area's natural resources—and how to enjoy them safely and responsibly.

5. **Educate** boaters and drone enthusiasts about methods to avoid disturbing seabird nesting colonies, which can lead to nest failure.



6. **Preserve** Cape Lookout in its natural state for all of us to enjoy and appreciate—now and in the future.

Site specific management for the MCA relies on **stewardship** and **education** rather than regulatory restrictions to protect rocky habitat natural resources.



Get Involved:

- **Volunteer to be a rocky habitat steward**
- **Participate in our visitor interpretive programs**
- **Join a community science team to monitor rocky habitat**

Visit www.lincolncityaudubon.org to learn more about how you can participate!