



NEWS RELEASE

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5 Ways to Slow Down on the Tillamook Coast This Season

A seasonal invitation to reconnect with nature, community and a quieter pace

TILLAMOOK, Ore., 07 MAY 2026 — Travelers looking to slow down this spring will find space to do so on the Tillamook Coast, where quiet beaches, coastal forests and small communities offer a more intentional way to experience the coast.

As interest in “slow travel” continues to grow, the Tillamook Coast offers space for unhurried experiences rooted in nature, community and place. Here are five ways to embrace a slower rhythm this spring:

1. Walk the shoreline at low tide

With fewer crowds and wide-open beaches, spring is an ideal time for long coastal walks. Explore tidepools, watch for seabirds and take in the steady rhythm of the ocean at places like Manzanita, Oceanside, Pacific City and Nehalem Bay.

2. Wander through coastal forests and trails

Spring brings fresh growth to the Tillamook Coast’s forests. Trails at Cape Lookout, Sitka Sedge State Natural Area, Kilchis Point Reserve and the Neahkahnie Mountain South Trail offer quiet paths beneath moss-covered trees, with opportunities to pause, listen and reconnect with nature.

3. Spend time in small coastal towns

Communities like Manzanita, Wheeler, Rockaway Beach and Tillamook invite a slower kind of exploration. Browse local shops, enjoy a warm meal, or simply take in the view of a working bay or river. These moments offer a deeper connection to the people and places that shape the coast.

4. Savor local flavors, one stop at a time

Spring is a time of transition in the region’s food scene, with fresh ingredients and seasonal menus emerging along the North Coast Food Trail. Whether it’s a quiet breakfast, a seafood lunch or a stop at a local creamery, the experience is best enjoyed without rushing. Explore more at www.northcoastfoodtrail.com.

5. Pause for wellness and reflection

Some of the most meaningful moments on the Tillamook Coast are the quietest. Visitors can find space for reflection along a peaceful beach, beside a lake, or near a quiet estuary—taking time to rest, breathe and reconnect with the natural surroundings.

“Spring on the Tillamook Coast is a time to slow down and reconnect—with nature, with community, and with ourselves,” said Dan Haag, interim executive director. “It’s not about doing more, but about experiencing more of what matters.”

Visitors planning overnight stays this season should note that Cape Lookout State Park campground is scheduled to close for construction this summer. A range of camping and lodging options are available throughout Tillamook County, including Nehalem Bay State Park, Tillamook County campgrounds and private lodging partners. Plan ahead at www.tillamookcoast.com/plan-your-trip/lodgings.

The Tillamook Coast Visitors Association encourages visitors to travel with care by following [Tillamook Coast’s Leave No Trace](#) principles and respecting the natural and cultural resources that make the Tillamook Coast unique.

To explore more seasonal ideas and plan a spring visit, go to www.tillamookcoast.com

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About Visit Tillamook Coast

Tillamook Coast Visitors Association (dba Visit Tillamook Coast) is a destination management organization committed to sustainable tourism principles of community, stewardship and economic vitality. We support the Tillamook Coast through initiatives guided by those principles, including outdoor recreation, accessibility, culinary/agritourism, cultural heritage/arts, community development, natural resources and public safety. For more information, visit www.tillamookcoast.com.