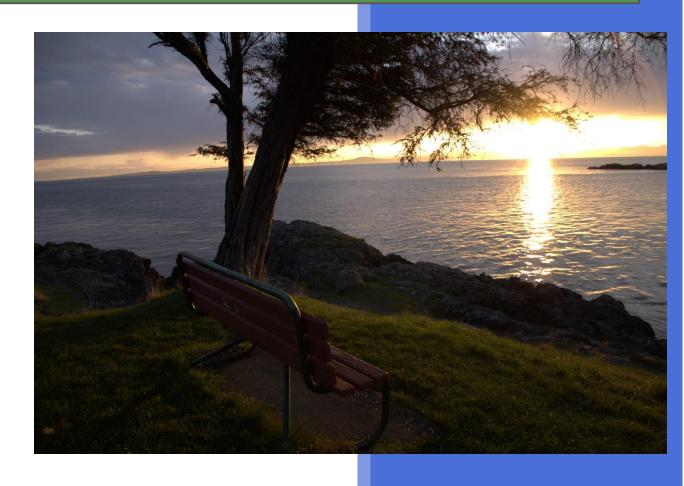
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A Disabled Hiker's Guide to the San Juan Islands



Syren Nagakyrie Disabled Hikers 7/12/2023

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Accessible Hiking in the San Juan Islands

The San Juan Islands are one of the most beautiful places I have had the privilege to visit. There are a variety of unique ecosystems, wildlife, and recreation opportunities. Travelers with disabilities can enjoy some of what the islands offer through this guide to accessible trails on San Juan, Orcas, and Lopez islands.

What is an accessible trail?

A fully wheelchair accessible trail is flat, paved or has a very firm surface, and at least three feet wide with no obstacles; such trails are accessible for people using any type of mobility device or aid. Unfortunately, there aren't any trails on the islands that meet these criteria. However, there are trails that are accessible for people who use powerchairs or all terrain manual chairs or have assistance to navigate the more difficult portions. People using mobility scooters or walkers may also need assistance. All the trails in this guide are generally accessible for people who walk with a cane, crutches, or hiking poles.

But accessibility means different things to different people, and only you can decide whether a trail is accessible for you. Some of the <u>factors to consider</u> include <u>trail surface</u>, slope or grade, obstacles like roots and rocks, and the type of adaptive equipment you are using. For example, a natural surface or dirt trail may be accessible if it is firm and dry. When considering the grade of a trail, it may be helpful to keep in mind that a wheelchair ramp is typically a 2-5% slope with a maximum 8% slope. Anything over 8% is likely to be difficult or inaccessible. Experienced wheelchair hikers may be able to navigate obstacles, but generally any obstacles over an inch and a half high will be inaccessible for wheel-users.

Another factor to consider are amenities including benches and picnic tables. I did not come across many benches on these hikes, but they are mentioned for the trails that do have them. You may want to consider bringing a collapsible chair if you need to rest while hiking. I have also included elements like tactile signage and audio exhibits when available.

Getting to the islands

Getting there is part of the adventure! The Washington State ferry system is the primary mode

of transportation to, from and in between the islands. Reduced passenger fares are available for people over the age of 65 or <u>people with a verified disability</u>. Reservations are highly recommended.

Most of the ferries have an elevator and a designated accessible area on the car deck. Tell the attendant when you arrive at the ferry dock that you need wheelchair access and they will direct you to appropriate parking. However, in my experience it is unlikely that there will be enough room on the car deck to get out of your vehicle and get to the elevator. The views from the ferry are a part of the experience, so if you are traveling with a companion you may want to consider having them take the car and you 'walk on' to the ferry. If that isn't possible, there are some views from the car deck depending on where you are parked. The car deck is a noisy place – there is a loud engine hum which may be overwhelming for people who experience sensory overload.

San Juan Island

San Juan National Historical Park – American Camp

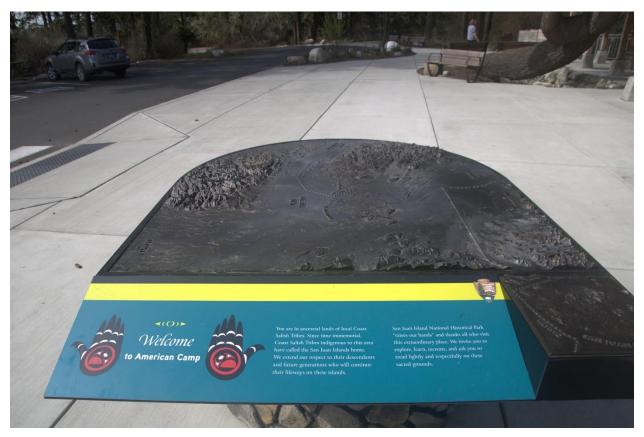
American Camp sits on a hill above the Salish Sea. There are incredible views of the water and many opportunities for birding and wildlife appreciation – including foxes that live in the prairie.



Parking: There is a paved parking lot with two accessible spots, one is van accessible.

Amenities: Accessible restrooms, water fountains, and water bottle filling stations. Benches and picnic tables are available at the visitor center.

Additional Features: The visitor center is wheelchair accessible and features exhibits on the history of the park. A tactile 3D map of the Salish Sea, San Juan Islands, and surrounding land is located outside of the visitor center. There is interpretive signage at the visitor center and along the trails, but none have tactile or alternative communication elements. Visitors can request golf cart shuttles during the summer.



Trails: The trails at American Camp are typically grass and gravel and are not fully wheelchair accessible. The historic buildings are also not accessible. However, visitors who can walk over uneven and sometimes steep terrain, or use all terrain adaptive equipment, may be able to hike portions of the trail system.



South Beach Trail

The South Beach trail starts just beyond the historic parade ground at American Camp. Take the gravel trail at the back right corner of the parking lot – there is a dog waste station here. The trail is about five feet wide with loose gravel. Continue past the white picket fence surrounding the parade ground and then go right onto the grass trail. At about .25 mile, the trail forks – continue towards the right. The trail is typically five feet wide double track (two worn paths divided by a slightly raised grassy section) which can be difficult to navigate with mobility aids. Continue hiking on a long 2-5% incline, increasing to 5-8% for about 30 feet as you reach the top of the hill.



At .34 mile, there is a trail intersection with an interpretive sign and a low flat rock that is suitable for sitting if you can get down that low. The South Beach trail continues straight ahead. From here, the trail is typically 3-5 feet wide, but the surface gets increasingly uneven and may be muddy in the wet season – watch out for holes created by the abundant population of rabbits. The trail descends the hill at a typical 2-5% grade, with a few sections at 5-8% grade.

At .68 mile the trail generally levels out. This is a great place to watch for foxes (always keep a distance of at least 75 feet!) and there are gorgeous views of the sea. It can also be a good turnaround spot, because in another 0.10 mile the trail descends steeply down the hill to South Beach, at a maximum grade of 15%. If you do continue, there are excellent views and a neat rock outcropping to explore.

The Redoubt

A short but steep gravel trail leads to an overlook of the prairie and ocean.

Grandma's Cove

The first 0.5 mile of the trail, beginning just past the Laundress House, is generally level, grass and gravel surface through the prairie with some nice views of the ocean and glacial erratics. The rest of the trail is not very accessible. The trail to the cove has some deep, loose gravel on a steep incline – it was very difficult to walk on and I lost my footing several times. Getting down to the cove requires navigating a steep climb with narrow, uneven footing.

South Beach

South Beach is the largest public beach on San Juan Island. There is parking at the end of Pickett's Lane off Cattle Point Rd with some picnic areas, but accessing the beach requires navigating drift logs which can create an impassable maze of obstacles.

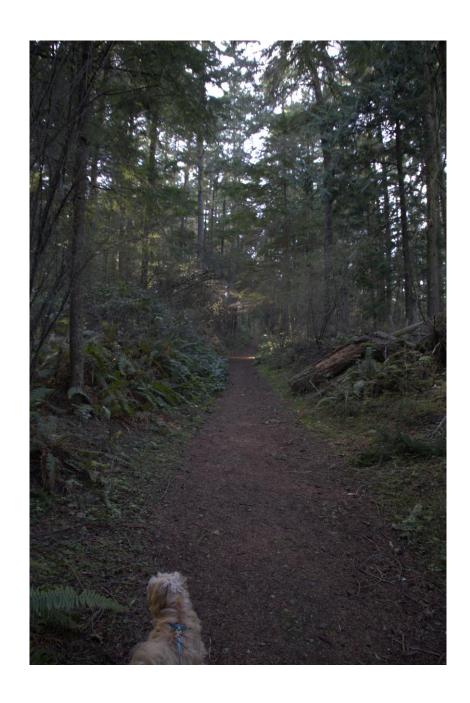


Jakle's Lagoon Nature Trail

Jakle's Lagoon Nature Trail is regarded as one of the most accessible trails on the island. It is generally five feet wide, and the typical surface is firm packed gravel and soil. However, there is a steep and challenging 10-12% grade that is 0.1 mile long at the beginning of the trail. There are additional short grades up to 12%. The gate that blocks vehicles has one foot of level clearance with large, exposed rocks on the side. I recommend it for people who walk with hiking poles and can manage a long incline and decline. There are no benches. But there is a nice cove that is relatively easy to access.

Parking: Narrow gravel parking lot with space for about 12 cars. No designated accessible parking.

Amenities: None.

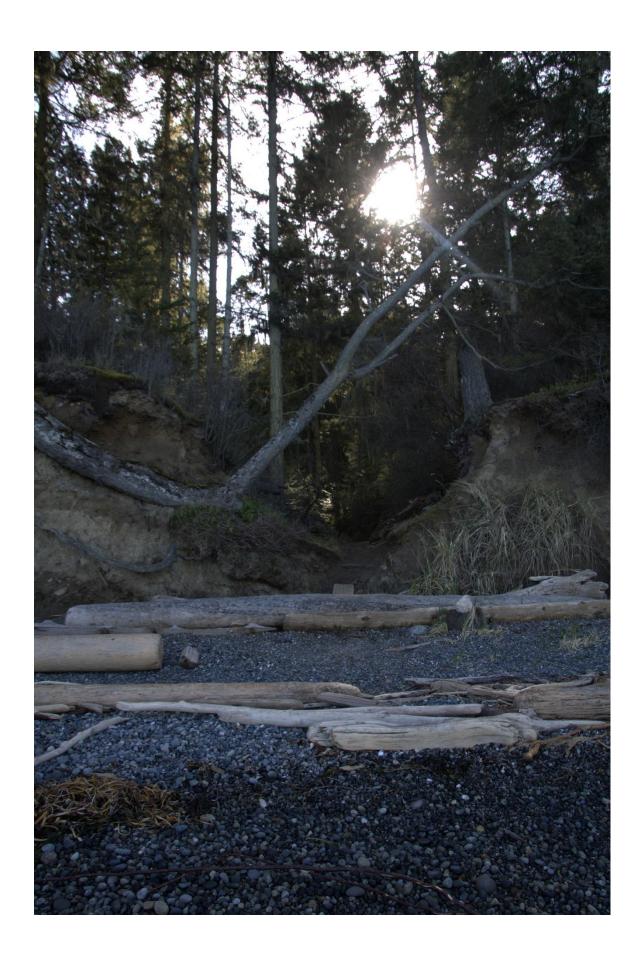


Trail: The trail travels through regenerating forest of Douglas fir, western redcedar and western hemlock; print interpretive signs describe the trees, plants, and animals that can be found here. It has a very classic Pacific Northwest forest feel. There is one short steep incline as you begin the hike, and then the long 10-12% decline. It generally levels out at 0.12 mile and continues through the forest with some roots and rocks in the trail. At 0.25 mile there is another short 12% incline, and shortly after you reach a trail intersection with a sign. Go left for Jakle's Lagoon.

The trail declines at 8-10% for a couple hundred feet and then there is another fork at the bottom. Go left to access a nice beach in a cove. When I was there, there was a short, but steep cut down the bank and then a wood plank across some driftwood that made it much easier to reach the beach.



I recommend making this your turn around point. If you head back to the main trail and go left towards Third Lagoon, there are some very nice trees but I couldn't find a good view of Jakle's Lagoon. The trail continues with lots of steep, rolling grades and exposed roots.



San Juan Island National Historical Park – English Camp



English Camp is in a sheltered cove along Garrison Bay and Westcott Bay on the northwest side of the island. There are many historic structures and a lovely trail that loops through the forest. Unfortunately, English Camp is currently not very accessible, but the park plans to make improvements. Access to the historic parade grounds is down a steep gravel trail and over thick grass and uneven ground. The trail system has a few steep and rocky sections. Visitors who use wheelchairs and mobility aids will likely have difficulty navigating the terrain. You may be able to request a golf cart shuttle during the summer.



Parking: There is a paved parking lot with two designated accessible spots. However, the parking lot is on a steep slope and the accessible spots do not meet current guidelines, so visitors using wheelchairs may have difficulty. The transition from the parking area to the trailhead has a two-inch threshold and exposed rocks in the surface.

Amenities: Vault toilets are located behind the parking area. No water is available. The old barracks serve as a seasonal visitor center, but the building can only be accessed by narrow stairs.

Parade Grounds

From the trailhead sign, go left and take the steep gravel trail, following signs for the parade grounds. The trail descends at a 20% grade on loose gravel for over 30 feet (I lost my footing) before reaching an interpretive sign and the wide grassy parade grounds. There is a garden, several historic buildings, and a house post flanked by two story poles. A few picnic tables are scattered around the grounds. A seasonal stream that flows through the grounds may leave the area wet and muddy.



Bell Point Loop

The Bell Point Trail is a nice hike for people who use canes, hiking poles, or are otherwise able to navigate some slightly uneven terrain and short grades. From the parade grounds, follow the shoreline to the right, crossing the seasonal stream. The trail begins at an interpretive sign at the forest edge. You are walking on an ancient shell mound and a culturally significant site for the Coast Salish tribes; the mound is over eight feet deep and thousands of years old.



The trail starts three feet wide and generally level with some rolling 5-8% grades. At .43 mile, optional steep stairs lead down to a dock that offers a nice view of the cove. The trail narrows to two feet and the surface becomes natural soil with some exposed rocks and roots up to three inches high. It occasionally hugs the edge of the hillside with a steep drop off on the left, but it is generally level with a few short, rolling grades up to 12%. The forest is a mix of Douglas fir, western redcedar and madrone, and there are glacial erratics (large boulders left by ice age glaciers) scattered along the hills.

At .9 mile, you reach the halfway point of the loop and the fork for Bell Point. Go left to Bell Point and a nice view of Westcott Bay, then return to the fork and go left to complete the loop. The trail continues generally three feet wide with some 8-12% grades for up to 30 feet. At 1.27 miles, there is a picnic table on the left overlooking the water and another fork in the trail. The Bell Point trail continues to the right. It gets a little rougher with some alternating cross slopes and divided double track, but it isn't steep. At 1.4 miles the trail enters a wetland and becomes compact pea gravel, and then at about 1.6 miles you reach an old road that travels along the back of the parade grounds. You have to cross over a potentially muddy area as you approach the road. A sign points right for the Bell Point trail; this leads back to the parade grounds and the start of the trail.

Alternatively, you can go left on the old road for another 0.2 mile, then go right following signs for English Camp parking. This takes you to a historic orchard and the Crook House. Continue past the house to the parking lot.

San Juan Islands National Monument

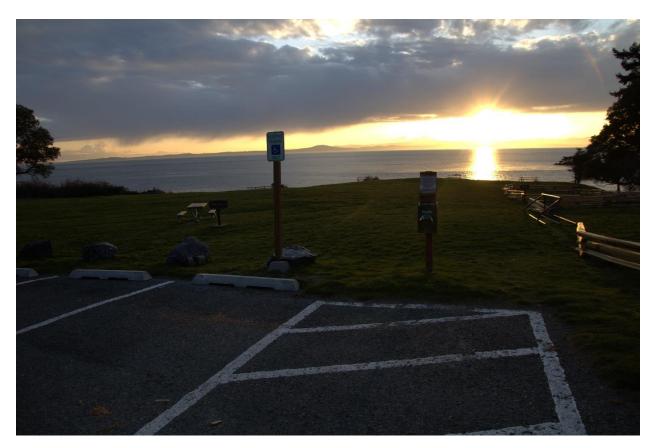
Cattle Point

The Cattle Point Interpretive Area has a small, paved parking lot with picnic tables. Trailhead parking is at a pullout along Cattle Point Rd, just before the interpretive area. Trails to the lighthouse and along the bluffs are not very accessible – they are steep, narrow and sandy. But it is a great place to watch for bald eagles – I saw several during my visit.



San Juan County Park

This small county park is a beautiful spot for sunset. There are picnic tables and benches on a generally level, grassy bluff overlooking Haro Strait.



Parking: The day use area has a small, paved parking lot with one van accessible spot facing west.

Amenities: Picnic tables, benches, camping



Trails: You can wander around the bluff as much as you are comfortable, but do not cross the split rail fencing that designates campsites. A steep staircase to the right of the parking area leads down to a rocky beach. At the left side of the picnic area, a narrow footpath follows the cliff side through the forest. There are a couple of benches with nice viewpoints. The path ends at a wide, grassy bluff above Smallpox Bay with large trees and exposed boulders. It is a really lovely spot.



Zylstra Lake Preserve

Zylstra Lake is a new preserve located just a couple of miles from Friday Harbor. It contains two lakes, wetland and riparian habitat, forest, and agricultural land and is a popular birding spot. The first portion of the year-round trail is reasonably accessible, and benches were recently installed.



Parking: A small gravel parking lot with approximately four spaces and no designated accessible parking.

Amenities: Portable toilet (not accessible), benches

Trail: The year-round trail starts at the far right side of the parking lot; there is about three feet of clearance between large rocks at the trailhead. There is an interpretive sign with a map. The trail begins as a 6–8 feet wide former roadbed – short grass grows over packed gravel with some large rocks. There are nice views of Zylstra Lake and the surrounding hills. The trail takes a 5% decline for the first 0.17 mile, then levels out, narrows to four feet, and transitions to gravel at 0.25 mile as you travel through a riparian zone surrounded by trees. At 0.3 mile the trail inclines at 5-8% then curves left and the surface becomes uneven soil and grass; people with mobility limitations may want to turn around here, as there are several more steep grades and narrow, uneven areas.



If you do continue, the trail goes uphill at 8-10% for about 0.10 mile, then declines at 10-12%. At 0.65 mile, foot boards traverse a wetland area – it is two narrow, unsteady planks and only suitable for people with good balance and mobility. At 0.88 mile the trail forks for the loop – I went left. The surface becomes uneven double track. At approximately 1.0 mile the seasonal trail forks off to the left – stay to the right. The trail loops through a sparse forest with some pine trees. The surface is generally pretty uneven and there are a couple of short grades up to 8%. At 1.35 miles it reconnects with the main trail and you go left to return to the parking lot.



Lime Kiln Point State Park



Lime Kiln Point is the most popular whale watching location on the island. You can view a historic lighthouse and lime kiln, listen for whales underwater, and have a picnic as you watch for birds and whales. It is accessible with caution, and the park plans to make additional improvements once funding allows.

Parking: The parking lot may be a little confusing – there is an upper and a lower area. The lower parking area is closer to the visitor center and whale watching area, the upper parking area is closer to the lime kiln trail. There is accessible parking at both.

Amenities: Accessible restrooms, accessible picnic table, seasonal visitor center and food concessions, audible exhibit



Whale watching trail:

As you approach the visitor center, there is a trail on the left with an accessibility symbol. This is the most accessible route to the whale watching overlooks, but it does not meet current guidelines for wheelchair accessibility. The trail is about three feet wide and surfaced in loose gravel. There are rocks for barriers along the edge, but no pull outs, so it may be difficult to navigate when the trail is busy. It curves somewhat sharply downhill on 2% grades with a couple of 2% cross-slopes. At 0.15 mile, the trail is pinched to less than 30" wide at a large rock protruding from the surface on the right side, with a 10% cross slope towards the rock. Wheelchair users will need to use extreme caution, as you can easily run into the rock. The park plans to re-route the trail around this barrier. The trail ends at an overlook with an accessible picnic table. There's about three feet of space to navigate around the table, but the rock wall is too high for viewing from a wheelchair. The park may install a raised platform to make it more accessible. There is another overlook to the right of the picnic table with some interpretive signs.



Lighthouse trail:

The trail to the lighthouse from the overlooks is rocky, narrow, steep, and busy – I don't recommend it to anyone with mobility, balance, or sensory concerns. The more accessible route starts from the right side of the visitor center. The path begins on pavement and then transitions to gravel with a 1.5 inch high lip at the transition point. The wide, compact gravel path continues at a steady 5% decline for approximately 100 feet, then becomes a steep 10-12% decline as you approach the lighthouse – wheelchair users will also need to use extreme caution here, as the decline ends abruptly at some large rocks. It may be a difficult path to walk for anyone with mobility limitations. You can only view the outside of the lighthouse from here. There is a large interpretive area with a hydrophone where you can listen for whale sounds.



Lime Kiln Overlook:

There is a trail to the lime kiln from the lighthouse, but the more accessible trail starts from the upper parking area. Go through the open gate marked authorized vehicles only (vehicles are not allowed) and make an immediate right at the Lime Kiln trail sign with an accessibility symbol. It is a gravel service road that is typically six feet wide. The trail takes a generally 5% incline for over 100 feet before leveling out briefly. It then becomes double track with about two feet of level path divided by a slightly raised area. Take a couple more short 8% inclines and at 0.2 mile you reach the overlook on the right. There is a neat view from above the lime kiln. Beyond this point the trail becomes steep, narrow and uneven so I recommend turning around.



Orcas Island



Crescent Beach Preserve

Crescent Beach Preserve includes over 2,000 feet of shoreline on Crescent Beach Rd, one of the few public beaches on Orcas Island. It is also one of the most accessible - access to the rocky beach is generally level from the road, though you do have to navigate some driftwood. There is also a nice trail through a forest and wetlands that connects the beach to Mt. Baker Rd and the surrounding neighborhood.

Parking: There are four parking areas. Three are along Crescent Beach Rd. Another parking area is on Mt. Baker Rd.; it is the best place to park and walk the trail to the beach. Each area is gravel and has room for 3-4 cars.

Amenities: Benches on the trail.



Preserve Trail:

The 0.7-mile-long trail is generally 3-4 feet wide and level with a few short grades up to 10%, but it is most accessible for people who walk with a cane or poles or experienced adaptive equipment hikers. There are several exposed roots and rocks up to 8 inches high. There are a few benches along the way. To reach the beach, you must cross Crescent Beach Rd., which can be very busy with fast moving traffic.



Obstruction Pass State Park

Obstruction Pass is a beautiful park with a nice mix of maple, Douglas fir, and western redcedar forest. There are a few backcountry camping spots, a beach, and views of the sound. Unfortunately, the trails are quite inaccessible. The Sound View trail is very faint and difficult to follow, and the surface can be challenging. The beach trail is very rocky with some steep sections and sharp drop offs – I found it quite difficult. Access to the beach requires going down steep stairs, which may have a high drop from the bottom step onto rocks or driftwood. The terrain likely prevents major accessibility improvements, so it is mentioned in this guide only as a caution.



Parking: Gravel parking lot with one paved accessible spot.

Amenities: Accessible vault toilet at the trailhead, vault toilet at the campground near the beach. No water.

Moran State Park

Cascade Lake

The 2.7 mile long Cascade Lake Trail loops around the lake with nice views of Mount Constitution, creeks, the lake, and some old growth western redcedar and Douglas fir. Though there is minimal elevation gain overall, the trail is fairly challenging with some steep sections, narrow footholds, and many areas of large rocks and roots in the trail. There are also a couple of turnstile gates that are difficult to navigate with mobility aids.

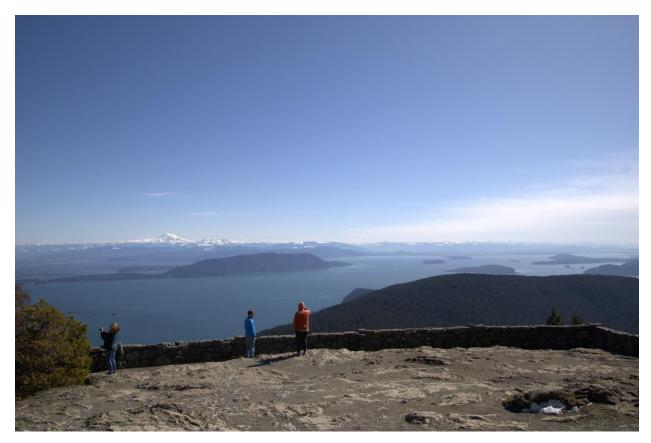


The most accessible portion is at the main day use area, where there are picnic tables beneath mature western redcedar. The firm, natural surface trail leads to a metal bridge over Moran Creek. You could continue for approximately 0.10 mile before there is an incline where you have to step up on roots, followed by a large root mat with roots rising up to six inches, and then a narrow turnstile.

Parking: Paved parking at small lots on either side of Olga Rd, just east of the park office.

Amenities: Accessible restrooms, picnic tables

Mount Constitution



Mount Constitution, the highest point in the San Juan Islands, offers panoramic views of the islands and the Salish Sea. On a clear day, you can see Mount Baker and the North Cascade Mountains. There are limited views from the parking area. For the best views, you must take a short but very steep gravel path up to the viewpoint, and then cross over an exposed rocky bluff to a level area at the edge, bordered by a low rock wall. A tower with 50 steep stone steps is another popular viewpoint.

Parking: There is a paved parking lot with two accessible parking spots. The road to the summit is very curvy.

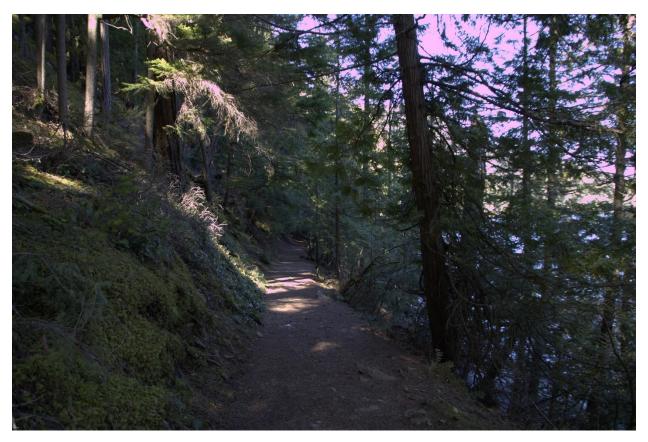
Amenities: Accessible restrooms, picnic tables, water fountain.

Additional features: A visitor center is open seasonally. There are exhibits outside of the visitor center with historical information about the area.



Mountain Lake

Mountain Lake was my favorite trail in Moran State Park. It would be the most accessible, but unfortunately a turnstile barrier at the trailhead with only two feet of clearance blocks access for anyone using a wheelchair or mobility aids. Hopefully the park will change this to allow better access.



If this is not a barrier for you, then the first mile of the 4-mile-long loop is the most accessible. It is generally level and 3-4 feet wide with a few rolling grades up to 8% and some low exposed roots and rocks. It follows the lake through a forest of Douglas fir and western redcedar. There are some steep unprotected drop offs to be aware of, and at 0.8 mile there is a dip in the trail where water may flow across in the wet months. You then reach a lovely grove of mature redcedar with nice views of the lake. I recommend this as a turn around spot, as the remainder of the trail gets more technical, with some steep slopes, washouts, and exposed rocks.



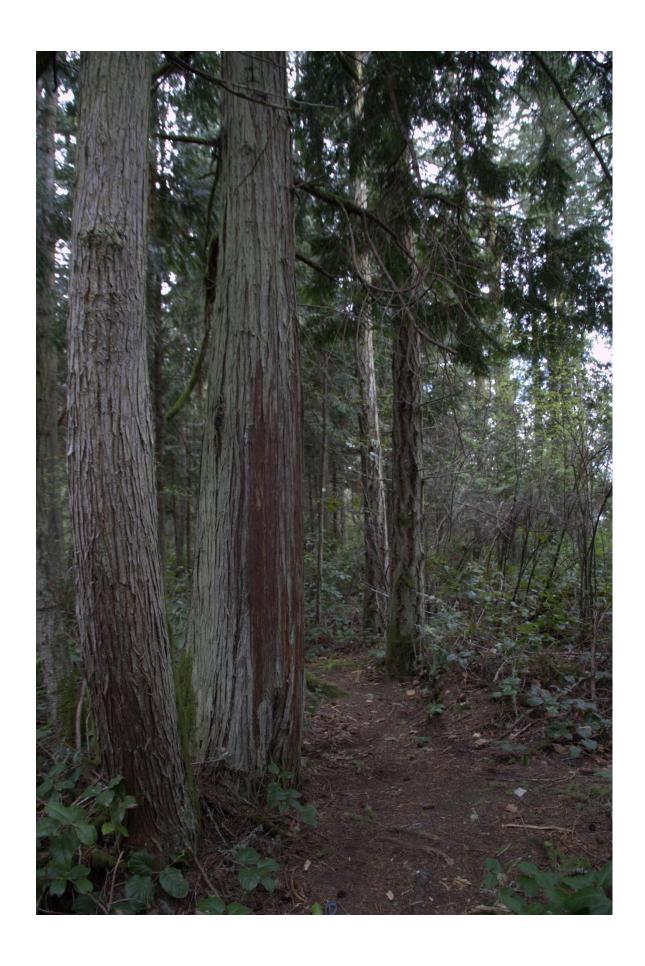
Parking: There is parking for about 7 cars by the lake. If this is full, you have to park down a slight hill on the left in a gravel parking lot. To reach the trailhead, go left at the road and follow it to the boat launch. There is also one accessible parking spot at the boat launch, but it is a tight space to park and partially blocks access to the trail, which begins just in front of it.

Amenities: Vault toilet at the trailhead.

Lopez Island

Odlin County Park

This park, located not far from the ferry, offers easy access to a sandy beach, a few day use picnic tables, and camping. There are a couple of short trails, but they are rustic and narrow. The Sunset Trail is the widest at generally two feet wide and the most level. Supposedly you can connect to Odlin South, a new natural area, but after much wandering I could not find an easy route.



To access the beach, you can walk down the boat ramp or go through the day use and camping area to a signed grassy path that was clear of driftwood. The beach is all sand and may have a steep cross slope, making it somewhat difficult to walk on.



Parking: the paved day use parking area has one accessible parking spot.

Amenities: picnic tables, accessible vault toilet

Fisherman Bay Preserve Spit



Fisherman Bay Preserve is a nice spot for birding, picnicking, and wildflowers in spring. There is an old orchard and homestead site, and a restoration project to support the endangered Island Marbled Butterfly. Interpretive signs provide information on the history of Coast Salish reef nets, the coastal wetlands, and the plants and wildlife that live here.

You can view the bay and wetlands and from the headlands. The trails are a mix of compacted grass and gravel, and generally level with a few short grades of 2-5% but be careful of occasional holes. It should be accessible for most people who use walkers, canes, hiking poles, or adaptive wheelchairs, but may be difficult in a standard wheelchair.

The trail down to the spit declines at 8% for about 20 feet and then has twelve shallow steps up to 3 inches high. Pass through a wooden barrier with 3 feet of clearance and follow the sandy path to the shoreline. When I was there, the path and beach access were cleared of driftwood, so it was easy to get to the shore. The beach is sandy with rocks closer to the tideline.



Parking: Gravel parking lot with one paved accessible space.

Amenities: Accessible vault toilet, benches

Otis Perkins County Park

Located on the spit in Fisherman Bay (on the way to the Preserve), this park provides access to one of the longest stretches of shoreline on Lopez Island. The sea side of the spit features nearly a mile of shoreline. The bay side is salt marsh and a prime birding location. Access to the beach is level and fairly easy, though there may be driftwood.

Parking: small gravel day use area at the beginning of the spit on Bayshore Rd. There are also a couple of pullouts on either side of the road.

Amenities: None.

Watmough Bay



Watmough Bay is on the southeast side of Lopez Island. The bay is tucked in between Chadwick Hill to the north and Watmough Head to the south, creating a peaceful cove on the sea. I really enjoyed my visit here and was surprised by how accessible the trail to the shoreline is.



The trail starts at the edge of parking area; three vertical poles block vehicles but there is at least three feet of clearance between them. The trail is 4-5 feet wide, flat, and surfaced in compacted gravel. It travels 0.25 mile through a forest at the edge of wetlands, with great views of the rocky cliffs on the other side. Access to the shore is level but requires navigating some drift logs – there was a clear footpath when I was there, but the shore is somewhat deep gravel and sand. You can view the water from the end of the trail.

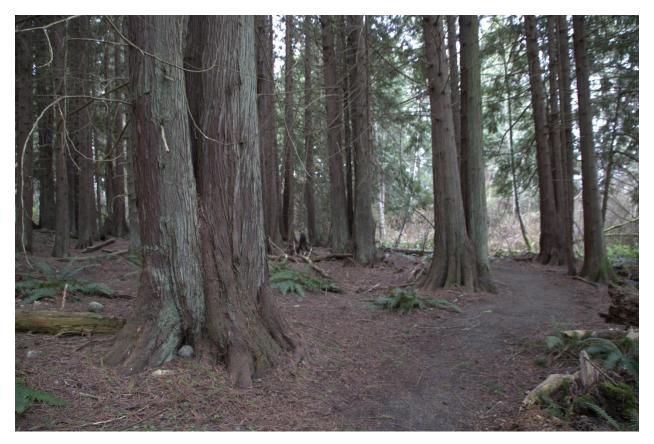
Parking: The dirt and gravel parking area may be muddy in the wet season. There are no designated parking spots.

Amenities: Vault toilet at the trailhead.



Hummel Lake Preserve

Hummel Lake is an 80 acre freshwater lake, the largest lake on Lopez Island. There is a dock on the lake for fishing and birding, and a few benches and picnic tables. There are two trails – one leads through a small area of large western redcedar and grassy fields, and the other through second growth forest to Port Stanley Rd.



The trail to the lake is about 0.2 mile long. It is generally accessible for people with limited mobility but is not wheelchair accessible. From the parking area, head back towards the road and go right, behind the vault toilet. The trail starts three feet wide, compact gravel and dirt surface, declining at 5-8% through the forest area. It then transitions to grass and gravel and narrows to about two feet wide, continuing on a slight decline. The transition to the dock is eroded with a three inch lip onto the boardwalk. The boardwalk and dock have edge guards.



The forest trail that connects to Port Stanley Rd is generally a narrow footpath with lots of exposed roots and several short, steep sections. There are some beautiful, large western redcedars if you decide to try it.

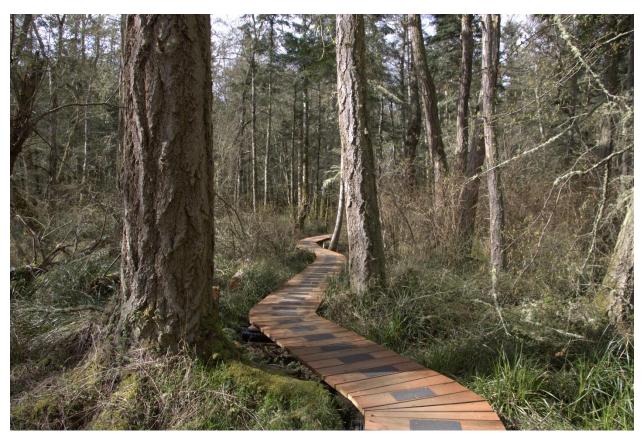
Parking: Gravel parking lot with space for five cars. No designated accessible parking.

Amenities: Vault toilet, picnic tables, benches



Shark Reef Sanctuary

Shark Reef Sanctuary is a unique place, but it is not accessible and included here only as a caution. A boardwalk was recently installed at the beginning of the trail, but it is narrow and several inches high with no edge guards. The rest of the trail through the forest is narrow, eroded, and has several steep sections. Continuing along the bluff for the best views requires walking over exposed rocks. I don't recommend it for people with mobility limitations.





Spencer Spit State Park



Spencer Spit encloses a lagoon and is a popular spot for fishing, crabbing, birding, picnicking, and kayaking. The gravel trail down to the spit is only 0.10 mile, but it is steep – it loses over 50 feet in elevation and has a maximum 12% grade. Once you are on the spit, it is entirely flat and would be accessible to people with all terrain wheelchairs or using a walker, cane, or poles. The spit is a mix of grass and gravel and is sandy at the end. There is a replica wooden lodge with interpretive signs and picnic tables.



Parking: The main parking lot is paved and there is one accessible parking spot near the restrooms. There is a limited access disabled parking spot at the spit. It is blocked by a gate behind the ranger station and you may have to request access. You then drive down a gravel service road and park in a gravel parking area.

Amenities: Restrooms, picnic tables, camping

Bio

Syren Nagakyrie is the founder of <u>Disabled Hikers</u>, a nonprofit organization building disability community and justice in the outdoors. Syren is also the author of *The Disabled Hiker's Guide to Western Washington and Oregon* (2022, Falcon Guides) and the forthcoming *Disabled Hiker's Guide to Northern California* (2024, Falcon Guides), as well as many other trail guides and travel itineraries for people with disabilities.