6. South Beach Ride - 8 mile r/t

This is an easy, family friendly ride that is mostly flat. It avoids the highway and busy intersections while taking you through sand dunes to the South Beach Jetty, winding its way under the Yaquina Bay bridge, and out to Idaho Point on King Slough. Begin the ride from any of the marked parking areas. Make a day of it and explore the beach, toss a crab ring from the South Beach pier, visit the Aquarium, or stop by the Hatfield Marine Science Center’s Visitor Center.
Follow the Oregon Coast Bike Route for a moderately challenging ride between Yaquina Bay Lighthouse (1871) and Yaquina Head Lighthouse (1872). This route takes the rider through the Nye Beach Historic District, offers stunning ocean views, and has enough elevation change to provide a good workout.

Easy to moderately challenging. Pack a picnic and enjoy time in any one of the nine city parks on this loop! From bird watching to skateboarding or whale watching to ball games, each park provides a special place for those who pass through. White dots indicate parks with public art.

Newport offers plenty of shopping opportunities, from department stores to small specialty shops, and this route will help you shop by bike. The most direct route is to travel on US 101 (gray line). The purple line shows alternate routes east and west of the highway, and the blue lines take you to the Nye Beach, Bayfront, and City Center districts. To access San Bayo Cir. from Frank Wade Park, ride through the park’s parking lot and follow the sidewalk that runs along the northern edge of the baseball field.

This challenging ride takes you through the historic Nye Beach and Bayfront districts and along the Bay before a long and winding climb up to Yaquina Heights and splendid views. Using John Nye Road (brown) instead of Benson will make for a slightly easier climb and extend the ride about two miles, with a little over 1/2 mile of travel on Highway 20. For a less aerobic workout, ride it in reverse, going up to Yaquina Heights via NE 3rd and down to the Bayfront on Benson.