Nurse logs (downed wood) play a key role in the health of a forest ecosystem. Fallen trees provide habitat for salamanders, mice, grouse and many other creatures. The downed trees also create natural dams, hiding places, runways for small animals and create niches for seedlings when the competition for ground space is high (as seen in this photo). These logs also absorb large amounts of water, which helps maintain moisture during dry months.

For More Information
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**CAUTION**
Use extra caution when driving on single-lane gravel roads in the forest. Drive slowly and watch for truck traffic. Be prepared for changing trail and weather conditions, steep terrain and loose rock.
**Trailhead Access**

The Peninsula Trail is located approximately 9.0 miles east of Tillamook on the Trask River. To find the trailhead, travel 2.5 miles east of Tillamook on Hwy 6 and turn south on Olson Road, where a sign directs you to the Trask River. After 0.3 mile, continue south through the intersection where Trask River Road begins. After 1.5 miles, Trask River Road veers to the left (east), just before a bridge over the river. Travel upriver to the 7.5 mile point on Trask River Road and look for the roadside hiking trail sign and parking area to the south.

**About the Trail**

The Peninsula Trail is open to hiking only and offers a nice, short climb through a mature forest. The trail provides great views of the Trask River and abundant wildflowers in the spring. To find the trail, begin directly behind the Department of Forestry sign in the parking area. The best route is to follow the loop to the right and climb up the rock “stairs.” Look for openings, which provide views of the river before reaching the top of the peninsula.

The upper trail winds through a thick forest consisting of many native berries, fungi, and large Sitka spruce trees. After climbing down a set of stairs, the trail begins to loop around. Here you will find an area for picnicking, with tables and fire pits, and a short stroll leads to a sandy beach. To return to the day-use parking area, follow the loop along the lower trail that parallels the river. Along the way enjoy the towering old-growth trees and many signs of wildlife.