





Portland to San Francisco

Trip Length: 13 Riding Days & 1 Rest Day

Start: Portland, OR

End: San Francisco, CA

Distance: 780 miles / 1,255 km

Difficulty: Challenging

Itinerary Summary

Travel through wine country, enchanted forests, rolling coastal roads, towering redwoods, and so much more. Starting in Oregon's bike capital, we leave Portland and start riding on quiet country roads. Cycling over coastal mountains, past sand dunes, and along the Oregon coast. Fishing villages like Newport, Bandon, and Florence are scattered along the way, offering the best in local cuisine. Once you cross into California, bike through rolling farmland, amongst mesmerizing Redwood forests, and along cliff side coastline. Visit the quaint towns of Arcata, Mendocino, and Point Reyes, and experience Northern California's famous fog. Finish your adventure climbing the coastal hills to the Golden Gate, for a spectacular entrance into the city by the bay.

A Note on Bike Touring

[More than just a bike tour](#)

Travel By Bike

We believe that the most powerful journeys are challenging, self-propelled, outdoor adventures. This is why we find bike touring to be one of the most fulfilling ways to travel in the beautiful outdoors. As a cyclist, you truly feel everything on the road. You are more vulnerable and open, allowing you to find connection with those you'd least expect. Your senses are enhanced, and you can take the time to reflect on everything you pass. Bike touring is more than getting from A to B by bike, it is about giving yourself time to explore everything in between.

Travel Local

As a bike tourist, you are making a huge impact on local economies wherever you ride. Comparing the impact of a road tripper to a bike tourer, you will spend on average 4x more time in any given town than someone in a motor vehicle. For each day you could drive your route, you will spend approximately 4.5 days biking that same span of road. This means that you are a huge force in the economic empowerment of the towns you bike through. While this may not seem obvious to some, it is making a huge difference to the small communities along your route. We ask you to keep this in mind when touring, so that you can be a bike touring ambassador to others on your journey, and make decisions that benefit the communities that host you.

Thank You for Greening Our Roads

Bicycle advocacy movements are popping up all around the country. Local communities are petitioning their counties to improve bike infrastructure and educate both drivers and cyclists on road safety. You are a testament to the increased demand for such programs, and just by biking along the coast, you are making a huge statement. On behalf of biking associations all around the country and from Best Coast Biking, thank you for being part of this movement. Now, back to the fun part, below you'll find details about your upcoming trip!

Day By Day

Arrival Day | Portland

Arrive into Portland and enjoy an evening in town. From local breweries to cyclist oriented music venues and exquisite Americana dining, there's lots to explore. Get yourself and your bike organized. Pack up and get ready to hit the road!

Portland - Siuslaw National Forest | 60 miles

Transfer on the MAX out to Hillsborough to start the day's ride. Today, we take it easy in the morning, enjoying farmland and vineyards. Carlton is our lunch spot on route, and the last quaint town before our first climb of the trip. At 60 miles, you've reached camp for the night.

Campground Information: Rocky Bend Recreation Site

Price: Free

Open: Year Round

Facilities: Environmental Campsite. Vaulted toilet, no potable water (river water available), picnic tables, fire rings.

Siuslaw National Forest - Beverly Beach | 68.4 miles

Wind through the rest of the Siuslaw National Forest before starting south on the 101. Today, we'll hit the coast, but still enjoy shaded forest roads on our ride. Stop in Neskowin, Otis, or Lincoln City for lunch, and enjoy some ocean breeze.

Campground Information: Beverly Beach State Park

Price: \$6 Hiker/Biker

Open: Year Round

Facilities: Hiker/biker site, toilets, hot showers, potable water, picnic tables, fire rings, firewood for sale, hiking trails, beach access.

Beverly Beach - Jessie M. Honeyman | 60.3 miles

Stop in the ocean side town, Newport, to really start your morning. Great cafes, diners, and galleries are strewn throughout the streets. You'll pass several State Parks and Beaches on route this morning before entering Waldport and then Yachats, two lunch options. The afternoon is filled with incredible vista points along the coastal road, and at the end of the day, stop into Florence for your nightly supplies. The Old Town offers many dining options too. Camp is just south of town.

Campground Information: Jessie M. Honeyman Memorial State Park

Price: \$5 Hiker/Biker

Open: Year Round

Facilities: Hiker/Biker site, toilets, hot showers, potable water, picnic tables, fire rings, firewood for sale, hiking trails.

Jessie M. Honeyman - Bullards Beach | 69.9 miles

Today's ride features vistas of Clear Lake, Umpqua lighthouse, and the remains of a strong fishing industry in Oregon. We'll pass through small towns and escape to quieter roads. Anticipate a late lunch in North Bend, otherwise, pick up supplies in Reedsport or Winchester Bay to make lunch on route. Charleston is the last major town before we finish the day with an incredibly scenic climb and descent towards camp.

Campground Information: Bullards Beach State Park

Price: \$5 Hiker/Biker

Open: Year Round

Facilities: Hike/Biker site, toilets, hot showers, potable water, picnic tables, fire rings, firewood for sale, lockers with charging stations, hiking trails, access to Coquille River Lighthouse (open mid-May through September), sand dunes, and Bandon Marsh National Wildlife Refuge.

Bullards Beach - Gold Beach | 60.5 miles

We'll go through Bandon first thing this morning, stopping in perhaps for breakfast at one of the diners in town? Our ride continues South, staying on bike roads when possible, and getting in some beautiful coastal views. Port Orford is the only major town we pass through today, and the best lunch spot en route. In the afternoon, we ride along beautiful quiet roads with the ocean just under our wheels. Camp is slightly inland after crossing the bridge into Gold Beach. Head into town for supplies should you need.

Campground Information: Indian Creek RV Park, Gold Beach

Price: \$18 for 2, \$2 each additional camper (May 1st-October 31). \$25 (Nov. 1- April 30)

Open: Year Round

Facilities: Private camp site, toilets, hot showers, potable water, picnic tables, fire rings, firewood for sale, camp store, camp restaurant (great breakfast), camp-wide wifi, sauna, recreation room, horseshoe and croquet.

Gold Beach - Crescent City | 59.1 miles

After leaving Gold Beach, you'll see plenty of seaside views to start the day. If you have lunch supplies, consider stopping at Harris Beach for a picnic, or continue into Brookings for lunch along the wharf. After lunch, we'll head inland for riverside riding among rolling hills, and soon enter California. Crescent City is our stop for the night. You can choose to ride out to the one of two State Parks or rest easy in town at a local family run campsite.

Campground Information: 3 Options: Jedediah Smith Redwoods State Park, Orman Ranch, Mill Creek Del Norte State Park.

Jedediah Smith Redwoods State Park:

Price: \$5 Hiker/Biker

Open: Year Round

Facilities: Hiker/Biker Site, toilets, coin operated hot showers, potable water, picnic tables, fire rings, hiking trails, groceries/convenient store 1 mile away.

Orman Ranch

Price: \$16 for 2, \$20 for 3.

Open: May 1-End of Season (late October)

Facilities: toilets, coin operated hot shower, potable water.

Mill Creek Del Norte State Park:

Price: \$5 Hiker/Biker

Open: May 15 - September 30

Facilities: Hiker/Biker site, toilets, coin operated hot showers, potabel water, picnic tables, fire rings, hiking trails.

Crescent City - Eureka | 60 or 80 miles

This morning you can choose to shuttle up the hill to Klamath, or start your day with a strenuous, yet rewarding climb. Either way, there's lots to enjoy today. We'll enter redwood territory and elk prairies, meander on scenic roads, and find a bustling town square in Arcata. Lunch will likely be picnic en route, or you can stop in the small town of Orick to refuel. In the afternoon, you'll pass through Trinidad and Arcata, a small artsy community, before finishing at the private campsite in Eureka. Due to extremely limited camping options in the area, perhaps it's time for a real bed tonight? Between Arcata and Eureka, there are plenty of options.

Campground Information: Redwood Coast Cabins and RV Resort

Price: \$16 Hiker/Biker

Open: Year Round

Facilities: Toilets, hot showers, potable water, picnic tables, fire rings, washing basin, coin operated laundry, hot tub, game room, small shop.

Eureka - Avenue of the Giants | 60.7 miles

After riding out of town, we'll ride along the 101 for a short distance. We'll break from the highway, and head into the rural back roads of Northern California, both in the hills and the valley farmlands. We'll pass the tiny town of Ferndale, known for it's Humboldt Creamery, and later, Rio Dell and Scotia, once two bustling forestry communities. Today's ride ends with a glorious ride through the famous Avenue of the Giants, biking among the majestic redwoods.

Campground Information: Burlington Redwood State Park

Price: \$5 Hiker/Biker

Open: Year Round

Facilities: Hiker/Biker site, toilets, coin operated hot showers, picnic tables, fire rings, washing basin.

Avenue of the Giants - Standish Hickey | 48 miles

Today's ride starts in the redwoods, and meanders on quiet roads for most of the morning. By lunchtime, we enter Garberville, in the heart of Humboldt County. We have a few short sections on the 101, but we take side roads into small communities for most of the day. Today's ride ends in the forest, riverside. Swimming is highly encouraged.

[Campground Information:](#) Standish Hickey State Recreation Area

Price: \$5 Hiker/Biker

Open: Year Round

Facilities: Hiker/Biker site, toilets, coin operated hot showers, picnic tables, fire rings, washing basin, charging outlets, river access, local convenient/grocery store, bike stand for maintenance.

Standish Hickey - Van Damme | 60.5 miles

Today we hit the California coast on the famous Highway 1! We'll begin with two big climbs out to the coast, and be instantly rewarded with stunning rocky ocean views. We'll pass through quaint towns like Westport, Fort Bragg, and Mendocino before arriving at our campsite for the night, Van Damme just south of Mendocino. A picnic lunch is a good option today, unless you can make it to Fort Bragg, and Mendocino is full of enticing cafes and dinner spots.

[Campground Information:](#) Van Damme State Park

Price

Open: May-November

Facilities: Hiker/Biker site, toilets, coin operated hot showers, potable water, picnic tables, hiking trails, kayak rentals.

Van Damme - Gualala | 47.6 miles

Riding between small towns, along rolling coastal roads just doesn't get old. We'll bike through the quaint villages of Point Arena and Anchor Bay, passing several beach access points along the way. Be sure to pick up dinner supplies in Gualala before you finish the day at your campsite just beyond town. Give yourself time to walk out on the park trail to enjoy the mangroves and the beach access!

[Campground Information:](#) Gualala Point Regional Park

Price: \$5 Hiker/Biker

Open: Year Round

Facilities: Hiker/Biker site, toilets, coin operated hot showers, picnic tables, potable water, fire rings, hiking trail.

Gualala – Bodega Bay | 45.7 miles

This morning, we'll bike one of the most incredible climbs of the journey. Cycling high above the ocean below, the views from this cliff-side road will leave you in a state of awe. Winding along the coast, we'll pass small communities like Jenner, where we

recommend you stop for some fresh seafood, before finishing the day just before Bodega Bay. Enjoy the dunes on your last night under the stars, and fuel up for the big ride tomorrow.

Campground Information: Bodega Dunes State Park

Price: \$5 Hiker/Biker

Open: Year Round

Facilities: Hiker/Biker site, toilets, coin operated hot showers (occasionally closed for water conservation efforts), potable water, picnic tables, fire rings, hiking trails, beach access.

Bodega Bay - San Francisco | 68.5 miles

Our last day takes us through quaint towns like Valley Ford and Tomales (don't skip the bakery here!), and along the scenic Sonoma coastline. Enjoy lunch in Point Reyes Station or Stinson Beach, and enjoy one last afternoon of life outside the city. Our last major climb of the trip takes us winding up the side of Mt. Tamalpais, into the Marin Headlands and Sausalito, before crossing the iconic Golden Gate Bridge into San Francisco.

For more information on the National, State and Regional Parks in Oregon and California, we recommend you visit the following sites:

<https://www.nps.gov> | National Park Service official website. Detailed information on national parks (that often provide free camping with limited facilities) and campsites.

<http://oregonstateparks.org> | Oregon State Parks official website. Detailed information on campgrounds, recreation sites, and an array of activities.

<http://parks.ca.gov> | California State Parks official website. Information on campgrounds, recreation sites, and seasonal restrictions/notices.

<http://parks.sonomacounty.ca.gov> | Sonoma County Regional Parks official website. Detailed information on regional campsites and parks.

Equipment, Packing and Preparation

Bike Equipment: Touring bike, front and rear racks, waterproof panniers & handlebar bag with map case, pump, helmet, allen key, lock, bungee cords, pedals, 2 water bottles, bike lights, smartphone mount, spare parts and tools for small repairs and maintenance.

Camping Gear: Tent, sleeping pad, sleeping bag, tarp, cookware set, kitchen set, headlamp, first aid.

Route Design: Download or print your day-by-day route suggestions, essential tips, campsite options, places of interest, and dining recommendations along the way.

Accommodation Costs: We provide suggestions and details of the best campsites. They average \$5 per person per night. Should you want to stay indoors, there are several apps and websites that offer booking assistance for your trip.

Meals and Beverages: We outline our favorite cafes, restaurants, and grocery stores, so you can tailor your trip just as you like.

Emergency Services: 911 is always your first point of contact in an emergency situation. This document contains a list of hospitals and clinics along your route.

Travel Medical Insurance: It is recommended to have medical insurance (or travel medical insurance if coming from outside the USA) before embarking on your journey.

Personal Travel Expenses: Consider all costs to get to and from your trip with your gear.

What To Pack

Clothing, Personal Items, Toiletries & Electronics

Essential Clothing		✓	Recommended Clothing		✓
Bike shorts	2-3		Casual t-shirts	1-2	
Biking Jerseys	2-3		Shorts	1	
Rain jacket	1		Casual pants	1	
Down or fleece jacket	1		Sports bras	2	
Biking gloves	1		Warm hat	1	
Underwear	2-5		Warm gloves	1	
Socks	2-5		Biking cap	1	
Long sleeve layer	1-2		Pair waterproof booties	1	
Swimsuit	1		Pair cycling sleeves	1	
Pair biking shoes	1		Casual shoes	1	
Waterproof sandals	1		Organizing bags	2-3	
Long athletic pants	1				

Personal Items		✓	Toiletries		✓
Wallet			Toiletry Bag		
Government ID/Passport			Toothbrush/Toothpaste		
Keys			Soap		
Sunglasses			Shampoo/Conditioner		
Notebook and pen			Deodorant		
Book/e-reader			Sunscreen & lip sunscreen		
Eye Mask			Insect Repellent		
Ear Plugs			Hand sanitizer		
Luggage/Locker Lock			Mirror		
Quick dry towel			Razor		
Sleeping Bag			Tweezers		
			Tissue and wet wipes		

Electronics		✓			✓
Smartphone			Headphones		
Camera			Charging plugs		
External battery			Charging cables		

Start & Finish Cities: The Rundown

Portland

Things to do

- Outdoor Adventures: Take a hike through Forest Park, Stroll through the Portland Japanese Garden, bike across all of Portland's bridges or take a day trip biking along the Willamette River to Sauvie Island.
- Famous Portland: Hit downtown and visit Portland's famous Powell's City of Books, relax for the evening at the Laurelhurst Theater to a classic film on the big screen
- Foodie Explorer: Enjoy the various weekend farmers markets all around the city, sip on Portland's own Stumptown Coffee or Coava Coffee, try one of the city's many local breweries or endeavor to do a neighborhood brewery tour. Some of our favorites include: ExNovo Brewing, Base Camp & Commons Brewery.
- Get Weird: check Portland's peculiar side by visiting the Freakybuttrue Peculiarium or Ping Pong's Pint Sized Puppet Museum (both free)

Our drinking & dining recommendations

- Brunch: Arguably Portland's most important meal. Lines are part of the experience here, so give yourself plenty of time. Our favorites include: Screen Door, Sweedeedee, Olympia Provisions, Verde Cocina & Mother's Bistro and Bar.
- Lunch: Delis, food carts, and light bites abound. Our favorites include: Elephant Delicatessen, Boxer Ramen & Third Avenue Food Cart Pod.
- Dinner: Fuel up for the first day's ride at one of these delicious spots: Stammtisch (German style gastro pub), Higgins Restaurant & Bar, Veritable Quandary (VQ), Grassa (for pasta lovers), Clyde Common.
- Liquid Dinner: Check out some of these local gems. Pepe le Moko, Angelface, The Secret Society, Le Happy & The Tannery.

For more on things to do & see in Portland, visit: www.travelportland.com

San Francisco

Things to do

- Outdoor Adventures: Explore Golden Gate Park (closed to traffic every Sunday), hike through Land's End or down to Baker Beach from the Presidio, stroll the length of Ocean Beach or get in the water.
- Famous San Francisco: Gather items for a picnic lunch, and people watch at Dolores Park or Alamo Square (get a photo of the Painted Ladies here); walk the length of the Embarcadero and visit the Ferry Building, the Exploratorium, Pier 39, Cannery Row, and Ghirardelli Square; take a mural tour through the Mission

District and get a sense for the city's politico-art culture; get your culture fix at the SFMOMA, De Young Museum, and the Legion of Honor; step into China Town or North Beach for some instant world travel; catch some live music at a famous venue like The Fillmore, Great American Music Hall, The Independent or one of the smaller venues in the Mission.

- Bay Area Excursions: Head across the bay, and visit Oakland's Uptown neighborhood or Jack London Square. Bars, music venues, and dining options will keep you busy all evening; surf? Head down to Pacifica for the Bay's surf Mecca; take a day trip on the water and visit Angel Island and Alcatraz; catch a home game from one of the Bay's sport teams.

Our drinking & dining recommendations

- Brunch: After riding 780 miles, you're allowed to indulge. Our favorite spots include: Maven, The Corner Store, Ella's, Zazie, Starbelly, Sabrosa, Boxing Room, State Bird Provisions, Tartine Bakery & Foreign Cinema.
- Lunch: SF has some of the best tacos and Mexican cuisine around. See for yourself: Taqueria Vallarta (low key & delicious), Cholita Linda, Lolo, Nopalito, food carts abound in the Mission.
- Dinner: With more than something for everybody, here's a short list of our top picks: Foreign Cinema, El Techo (rooftop), Gracias Madre (vegan), Marlowe, Scotland Yard, Nopa, Liholiho Yacht Club & Tadich Grill.
- Liquid Dinner: It's time to celebrate your journey. For something casual, try Biergarten or Speakeasy Tap Room. For something with a bit more ambiance, check out Trick Dog, The Hideout, Bourbon and Branch (reservation only Speakeasy), or Yield (biodynamic & organic wine bar).

For more on things to do & see in San Francisco, visit: www.sanfrancisco.travel

Safety and Health

Staying Healthy on the Road

Hydrating

Staying hydrated is key to a successful bike trip. Make sure you are staying well hydrated throughout each day, despite cool temperatures. Remember to drink a bottle every 1 to 1.5 hours to make sure your body and energy stay in top shape. We also strongly recommend you keep electrolyte packs or tablets with you for when you need a little help to recover from a hot day or difficult climb. These can be found at most bike shops and sports stores. Should you ever run out of water and you are not near a potable water source, there are iodine tablets in your first aid kit to purify stream or river water.

Stretching

Make sure to take a little time every afternoon to stretch out your legs, back, and shoulders. Biking long distances can take a toll on your joints if you're not in the habit of biking long distances on a regular basis, and stretching can help you avoid swelling, joint pain, and injury.

Eating

You will burn a lot of energy bike touring. Make sure you are taking in enough calories throughout the day to maintain balanced energy levels to avoid fatigue and weakness. Depending on your body and the difficulty of the day's ride, you'll need to eat three proper meals a day, and snack on healthy sources of energy to feel strong and energized. Keep a few snack bars, nuts, and/or fruit handy at all times so you can have easy access to energy when you need it most. Dehydrated meals are also a great option for a quick easy meal on the go. Keep your meals balanced, and make sure you consume enough carbohydrates in your system throughout the day.

Hygiene

Most campsites along the route will have shower access to campers, so you can stay clean and fresh on your trip. As you will have limited clothing with you on your journey, we suggest you wash or rinse your bike clothing each day while you shower so that it is relatively clean for the following ride. You can alternate two sets of bike attire to ensure that clothing is dry before you wear it again. Bike shorts especially should be clean to avoid bacterial infection, and dry to avoid rash and chafing. Some cyclists like to keep baby powder or shammy butter with them to keep the groin area dry and comfortable during long distance rides. We suggest you bring any ointments or products you are used to using to help you avoid irritation.

Road Etiquette

Riding With Others

Riding with friends, or meeting other cyclists on your ride is part of the fun. However, it is important to follow a few safety protocols to avoid common accidents.

- Ride side by side only in quiet areas where cars have ample time to reduce their speed and go around you.
- When passing another rider, let them know! (“*On your left!*”) And always pass on the left.
- When stopping to take a photo, make sure anyone behind you knows you’re going to stop and pull off as far to the right as possible.

Visibility

It’s extremely important to be visible on the road. This means being aware of changing light when entering forests or near dusk, and making yourself seen when you might camouflage into the shadows on the road. Keep your lights handy for when you think cars might have a hard time seeing you, and take the time to stop in order to turn them on.

Road Shoulder

Sometimes, the route has a great bike lane (or path) that gives cyclists ample space to ride. Other times, the shoulder becomes much smaller or even disappears. It is extremely important that you give yourself enough space to feel confident and well balanced regardless of shoulder width. If you ride too close to the white line when there is no shoulder, you risk losing your balance or riding off the road. If you ride to the left of the white line, cars will wait to go around you. If you try to ride as far to the right as possible, cars will try to squeeze by. You are much safer riding left of the white line when the shoulder is too narrow than trying to stay close to it.

General Safety

Helmets

As a participant on our trip, you must wear your helmet while riding at all times. At orientation, please make sure the helmet fits you properly and comfortably. If you would prefer to bring your own helmet, we encourage you to do so.

Pedals

We provide flat pedals to all of our riders. If you have your own pedals that you're used to (clip in or other), we encourage you to bring them to orientation so we can install them on your bike. Having the right pedals is the first step to being well balanced. Please do not bring clip in pedals that you have never used, as it is common to fall when you're learning to clip in and out.

[Hospitals & Clinics En Route](#)

Oregon

Portland

Hospital: Oregon Health and Science University | 3181 SW Sam Jackson Park Rd. Portland, OR. Tel: (503) 494-8311 Web: ohsu.edu | 24 hr.

Clinic: Portland Urgent Care | 4160 NE Sandy Blvd. Portland, OR. Tel: (503) 249-9000. Web: www.oregonclinic.com | M-F: 8 a.m. - 8 p.m. Sat & Sun: 8 a.m. - 5 p.m.

Clinic: OHSU Walk In Clinic | 4313 SE Division St. Portland, OR. Tel: (503) 418-1500. Web: www.ohsu.edu | M-F: 8 a.m. - 8 p.m. Sat: 9 a.m. - 3 p.m. Sun: Closed.

Lincoln City

Hospital: Samaritan North Lincoln Hospital | 3043 NE 28th St. Lincoln City, OR. Tel: (541) 994-3661. Web: www.samhealth.org | 24 hr.

Clinic: Samaritan Costal Clinic | 285 NW U.S. 101, Lincoln City, OR. Tel: (541) 996-7480. Web: www.samhealth.org | M-F: 8 a.m. - 8 p.m. Sat & Sun: 9 a.m.- 6 p.m.

Newport

Hospital: Samaritan Pacific Communities Hospital | 930 SW Abbey St. Newport, OR. Tel: (541) 265-2244. Web: www.samhealth.org | 24 hr.

Clinic: Samaritan Pacific Walk-In Clinic | 930 SW Abbey St. Newport, OR. Tel: (541) 574-4860. Web: www.samhealth.org | M-F: 9 a.m. – 6:30 p.m. Sat: 10 a.m. – 4 p.m. Sun: Closed.

Florence

Hospital: Peace Health Peace Harbor Medical Center | 400 9th St. Florence, OR. Tel: (541) 997-8412. Web: www.peacehealth.org | 24 hr.

Clinic: Peace Health Medical Group | 380 9th St. Florence, OR. Tel: (541) 997-7134. Web: www.peacehealth.org | M-F: 6:45 a.m. - 6:30 p.m. Sat: 7:30 a.m. – 5:30 p.m. Sun: Closed.

Reedsport

Hospital: Lower Umpuqua Hospital | 600 Ranch Rd. Reedsport, OR. Tel: (541) 271-2171. Web: www.lowerumpuquahospital.org | 24 hr.

Clinic: Reedsport Medical Clinic | 385 Ranch Rd. Reedsport, OR. Tel: (541) 271-2119. Web: www.lowerumpuquahospital.org | M-F: 8 a.m. – 5 p.m.

North Bend/Coos Bay

Hospital: Bay Area Hospital | 1775 Thompson Rd. Coos Bay, OR. Tel: (541) 269-8111. Web: www.bayareahospital.org | 24 hrs.

Clinic: North Bend Medical Center | 1900 Woodland Dr. Coos Bay, Or. Tel: (541) 267-5151. Web: www.nbmconline.com | M-F: 7 a.m. – 7 p.m. Sat: 10 a.m. – 3 p.m. Sun: Closed.

Bandon

Hospital: Southern Coos Hospital and Health Center | 900 11th St. SE, Bandon, OR. Tel: (541) 347-2426. Web: www.southerncoos.org | 24 hr.

Clinic: North Bend Medical Center | 110 10th St. SE, Bandon, OR. Tel: (541) 347-2313. Web: www.nbmconline.com | M-F 7 a.m. – 7 p.m. Sat: 10 a.m. – 3 p.m. Sun: Closed.

Port Orford

Clinic: Curry Family Medical | 525 Madrona St., Port Orford, OR. Tel: (541) 332-3861. Web: www.curryhealthnetwork.com | M-Th: 8:30 a.m. – 5 p.m. F-Sun: Closed.

Gold Beach

Hospital: Curry General Hospital | 94244 4th St. Gold Beach, OR. Tel: (541) 247-3000. Web: www.curryhealthnetwork.com | 24 hr.

Clinic: Curry Medical Practice | 94244 4th St. Gold Beach, OR. Tel: (541) 247-3510. Web: www.curryhealthnetwork.com | By Appointment Only

Brookings

Urgent Care: Curry Medical Center | 500 5th St. Brookings, OR. Tel: (541) 412-2000. Web: www.curryhealthnetwork.com | M-Sat: 8 a.m. – 8 p.m. Sun: Closed.

Clinic: Curry Medical Center | 500 5th St. Brookings, OR. Tel: (541) 412-2000. Web: www.curryhealthnetwork.com | M-F: 8 a.m. – 6 p.m. Sat & Sun: Closed.

California

Crescent City

Hospital: Sutter Coast Hospital | 800 East Washington Blvd. Crescent City, CA. Tel: (707) 464-8511. Web: www.suttercoast.org | 24 hr.

Clinic: Del Norte Community Health Center | 550 East Washington Blvd. Crescent City, CA. Tel: (707) 465-6925. Web: www.opendoorhealth.com | M-Sat 7:30 a.m. – 6:30 p.m. Sun: Closed.

Arcata

Hospital: Mad River Community Hospital | 3800 Janes Rd. Arcata, CA. Tel: (707) 822-3621. Web: www.madriverhospital.com | 24 hr.

Clinic: North Country Clinic | 785 18th St. Arcata, CA. Tel: (707) 822-2481. Web: www.opendoorhealth.com | M-F: 8 a.m. – 5 p.m. Sat & Sun: Closed.

Eureka

Hospital: St. Joseph Hospital | 2700 Dolbeer St. Eureka, CA. Tel: (707) 445-8121. Web: www.stjoehumboldt.org | 24 hr.

Clinic: Eureka Community Health & Wellness Center | 2200 Tydd St. Eureka, CA. Tel: (707) 441-1624. Web: www.opendoorhealth.com | M-F: 8 a.m. – 5 p.m. Extended Hours: M-Th: 5 p.m. – 8 p.m. Sat: 9 a.m. – 1 p.m. Sun: Closed.

Garberville

Hospital: Jerold Phelps Community Hospital | 733 Cedar St. Garberville, CA. Tel: (707) 923-3921. Web: www.shchd.org | 24 hr.

Clinic: Redwoods Rural Health Center | 101 West Coast Rd. Redway, CA. Tel: (707) 923-2783. Web: www.rrhc.org | M-F 8 a.m. – 5:30 p.m. Sat & Sun: Closed.

Fort Bragg

Hospital: Mendocino Coast District Hospital | 700 River Dr. Fort Bragg, CA. Tel: (707) 961-1234. Web: www.mcdh.org | 24 hr.

Clinic: Mendocino Coast Clinics | 205 South St. Fort Bragg, CA. Tel: (707) 964-1251. Web: www.mendocinocoastclinics.org | M-F: 8 a.m. – 6 p.m. Sat & Sun: Closed. 24-hr On Call Provider Tel: (707) 961-1251.

Gualala

Urgent Care: Gualala Medical Center | 46900 Ocean Dr. Gualala, CA. Tel: (707) 884-4005. Web: www.rcms-healthcare.org | M-F: 8 a.m. – 6 p.m. Sat & Sun: Closed.

Point Reyes

Urgent Care: Coastal Health Alliance | 3 6th St. Point Reyes, CA. Tel: (415) 663-8666. Web: www.coastalhealth.dreamhosters.com | M-Sat: 9 a.m. – 5 p.m. Sun: Closed. 24-hr On Call Coverage.

San Francisco

Hospital: UCSF Emergency Department | 505 Parnassus Ave. San Francisco, CA. Tel: (415) 353-1037. Web: www.ucsfhealth.org | 24 hr.

Clinic: Golden Gate Urgent Care | 2395 Lombard St. San Francisco, CA. Tel: (415) 796-2242. Web: www.goldengateurgentcare.com | M-F: 7 a.m. -10 p.m. Sat & Sun: 8 a.m. – 6 p.m.