

YOUR 72 HOUR NEWPORT ITINERARY

WEDNESDAY

You have arrived in Newport, a town where lighthouses, fishing boats, and local art all meet at the edge of the Pacific. Check into a harbor-view inn, a beachfront rental, or one of Newport's cozy historic motels. Find lodging options on page 44.

AFTERNOON

Stretch your legs with a stroll along the historic Bayfront. Stop by **Chelsea Rose Fresh Seafood** to see the daily catch, then head to **Port Dock One** to watch the sea lions bark, nap, and entertain for hours.

EVENING

Dine like a local at:

- **Clearwater Restaurant:** Order the Dungeness crab mac & cheese.
- **Local Ocean Seafoods:** Grab a table upstairs for a harbor view as fishing boats unload the day's catch. Pro tip: make a reservation.



📍 LOCAL OCEAN



📍 THE LOUIE

THURSDAY

MORNING

Start your day at **Yaquina Head Outstanding Natural Area**. Arrive early to beat the crowds and check the tide chart (see page 32). The tidepools are especially vibrant at low tide.

AFTERNOON

- Visit the **Oregon Coast Aquarium**, one of the top aquariums in the nation, where you can walk through a shark tunnel, meet tufted puffins, and see playful sea otters up close.
- Visit **Oregon Coast Glassworks**, where you can blow your own glass float, a modern take on Newport's fishing float history.

EVENING

- End the day with a bonfire and s'mores at **Nye Beach**.
- Catch a stunning sunset at the **Yaquina Bay Lighthouse**.

FRIDAY

MORNING

- Cozy up at **Café Stephanie** in Nye Beach with a homemade cinnamon roll or scone. Misty mornings, hot coffee, and warm pastries, need we say more?
- If fresh fruit and acai bowls are more your style, **Ultralife Café** is your new go-to. Take your smoothie or bowl and wander through Nye Beach's boutique shops.

AFTERNOON

Let's get you out on the water.

- Paddle alongside seals and sea lions with a guided kayak tour of the bay from the **Oregon Boating Foundation**. Tours last two hours and take you through Newport's working waterfront.
- Join **Marine Discovery Tours** for a whale-watching excursion. From gray whales to plankton, these popular tours showcase the coast from a whole new perspective.

EVENING

Enjoy a live performance at the **Newport Performing Arts Center**. From opera and plays to jazz concerts, the PAC is buzzing with talent year-round.

Newport is where rugged coastline meets quirky charm. Whether you are traveling with friends, family, or on your own, there is always more to discover beyond the usual sights. Follow along and make each day your own adventure.

P.S. We cannot fit everything into one itinerary. Visit discovernewport.com for even more insider tips.



📍 **PIRATES PLUNDER**

SATURDAY

MORNING

Explore **South Beach State Park** with a beach walk, or bring bikes and cruise the paved **Jetty Trail**.

AFTERNOON

- Shop local at the **Newport Farmers Market** (Saturdays only). *Insider tip:* don't miss the fresh berry hand pies.
- Take a short drive to **Seal Rock** for dramatic tidepools, striking basalt formations, and fewer crowds.
- Visit **Pirates Plunder** in the Aquarium Village where a treasure is to be found at every price point.

EVENING

Choose your vibe:

- **Upscale:** **Zurita** with creative tapas and locally sourced ingredients.
- **Casual:** **Nana's Irish Pub** with hearty food, pints, and live music.
- **Bar:** **Rogue's Sunset Bar** with craft beers, spirits, and a front-row view of the harbor.

SUNDAY

MORNING

- Sleep in, then browse **Nye Beach Book House**, a cozy used bookstore with beachtown charm or see what local exhibitions are at the **Newport Visual Arts Center**.
- Grab a breakfast burrito from **Nye Beach Café** before heading out.

BEFORE YOU LEAVE

- Pick up smoked salmon or crab to-go from **South Beach Fish Market**.
- Before you throw out your extra food, you can donate *non-perishable items* like canned goods, pasta, cereal, and baby food to the **Curiosity Cabinets Food Pantry** located at Newport Public Library.



📍 **ROGUE'S SUNSET BAR**

**START DREAMING ABOUT YOUR
NEXT TRIP BACK. IN NEWPORT,
THERE IS ALWAYS SOMETHING
NEW TO DISCOVER.**