The Tower Beach Trail is for adventure seekers looking for a challenge during their breaks. This trail boasts beautiful scenery—as you wind down Pacific Spirit Park towards Tower Beach, you will trek through forests before coming to a stunning beach. Be forewarned, this trail is one that requires proper footwear, as you may have to climb over fallen trees or walk on slippery rocks.

**Directions**

Meet at the flagpole and descend the stairs at the Rose Garden. Cross and turn right on NW Marine Drive, continuing until you see the Trail 3 entrance on your left. Follow the stairs to the beach and follow the path on your left along the beach, watching for rocks and fallen trees. Continue until you see a staircase on the left (Trail 4). Follow the stairs to reach the Museum of Anthropology and continue back onto NW Marine Drive. Take a left, then right at the stairs to head back to the Rose Garden.

- 30 minutes (brisk) 45 mins (relaxed)
- Challenging
- Slippery rocks, fallen tree stumps and uneven terrain.
- Athletic or casual shoes, no business casual shoes
- No wheelchairs or strollers
- 2.4 km
- 4100 steps

Trail 3 (descending): 394 stair steps
Trail 4 (ascending): 410 stair steps

*This is a student-led collaboration with faculty and staff in the SEEDS Sustainability program.*