

False Cape State Park

Virginia Beach, Virginia

TRAIL GUIDE

VIRGINIA STATE PARKS ARE A TONIC FOR THE MIND, BODY AND SPIRIT. Museums, visitor centers and nearby historic sites make state parks cultural treasures.

The recreational opportunities in state parks are endless and easy to see – from swimming and boating to horseshoes and hiking, there's always something to do in a Virginia State Park.

WELCOME TO FALSE CAPE STATE PARK. To make your visit safe and more pleasant, we ask that you observe the following:

Take only pictures, leave only footprints.

PRESERVE – Help preserve your park. Please don't cut or mar any plants or trees. Collecting animal or plant life is allowed only for scientific purposes by permit from the Richmond headquarters. Please use lantern hangers where available.

DON'T FEED ANY WILD ANIMALS.

ALCOHOL – State law permits alcohol use only in private areas (inside your cabin or camping unit) or in areas designated on permits issued by the Virginia Department of Alcoholic Beverage Control.

PETS – Pets are allowed at False Cape State Park. However, pets are not permitted in Back Bay National Wildlife Refuge. Pets can only be brought into the park by boat or through the southern entrance at the North Carolina border.

LITTER – Please help us keep the park clean by carrying out your trash. Leave No Trace.

FIRE – Fires are prohibited at all times.

FISHING – Where fishing is permitted, valid Virginia fishing licenses are required. Specific licenses are required for saltwater and fresh water fishing.

PARK ACCESSIBILITY – We strive to make each park as barrier-free as possible. Universally accessible facilities are available throughout Virginia State Parks. A beach wheelchair is available at the Visitor Center.

CAMPING – Primitive camping is allowed by reserved permit only. Permits may be obtained by calling the Virginia State Parks Reservation Center at 1-800-933-PARK. Camping is limited to two tents per site; to four people per site on sites 1 to 9; and to six people per site on sites 10-12.

The maximum camping stay per park is 14 days in any 30-day period.

GAME MANAGEMENT PROGRAM – A special game management program is conducted in partnership with Back Bay National Wildlife Refuge. The park is closed to all other activities during game management programs which are usually held in late fall and mid-winter. Please check the park's website for more info.

SAFETY – Please be mindful of forecasted weather conditions. Ocean and bay conditions can change quickly. Be mindful of wave height, wind strength and tidal action.

It is 3.5 miles from the Back Bay National Wildlife Refuge visitor center to the False Cape State Park visitor center. It is an additional 6 miles to the North Carolina boundary. Calculate your round trip distances accordingly.

PLEASE BRING PLENTY OF WATER

Drinkable water is available ONLY at the Barbour Hill area.

Biting insects are numerous. Bring insect repellent. Be aware of the poisonous eastern cottonmouth snakes also known as the water moccasin.

EMERGENCY – For life threatening emergency, call 911. Emergency phone numbers are posted at contact stations, electronic information stations and other locations throughout the park.

INFORMATION – For more information on Virginia State Parks or to make a cabin or campsite reservation, call 800-933-PARK or visit www.virginiastateparks.gov. The Reservation Center is open Monday through Friday, 9 a.m. to 5 p.m. It is closed on all state holidays.

The Reservation Center Gift Shop is in Richmond at 9960 Mayland Drive and is open from 10 a.m. to 4 p.m. Payments may be dropped off during gift shop hours.

False Cape State Park's Gift Shop and Visitor Center is open to the public. Hours may vary seasonally. Please call the park for more information.

ELECTRONIC INFORMATION STATION – The information station, offers access to GPS-based trail information, interactive virtual tours, details on park amenities, printable guides and maps, program descriptions, schedules and more. It is located across from the Visitor Center.

PARK ACCESS – While some visitors access False Cape State Park by paddling through Back Bay or via the southern boundary with North Carolina, most visitors access False Cape State Park by hiking or biking through Back Bay National Wildlife Refuge. Some programs meet at Little Island City Park. Please be mindful of Back Bay National Wildlife Refuge and Little Island City Park fees and regulations. Our continued partnerships are dependent on visitor behavior.

ALTERNATIVE ACCESS – (Fees may apply.)

TRAM ACCESS – Trams, operated in conjunction with Back Bay National Wildlife Refuge, are available on a varied schedule from March to October. Winter tram programs schedules can be found on the "Park Events" section of www.virginiastateparks.gov.

TERRAGATOR TRANSPORT – Special access using the Terragator beach transport vehicle is available. Private Terragator tours can be scheduled by calling the park at 757-426-7128 or through the Virginia State Parks Reservation Center at 1-800-933-PARK.

INTERPRETIVE PROGRAMS – Program schedules are available online by clicking the "Park Events" tab on www.virginiastateparks.gov. Transportation from Back Bay NWR or Little Island City Park to the park's interior is provided with some programs.

KAYAK PROGRAMS – Introductory and intermediate programs, including moonlight, evening, early bird and GPS-orienteeing guided paddling tours, are offered throughout the year. Reservations are required. Fees apply.

OUTDOOR EDUCATION PROGRAMS – A variety of orienteeing, plant identification, skills-building, wildlife, history, backyard survival and night programs are available throughout the year. Reservations are required. Fees apply.

SCHOOL/GROUP OUTREACH PROGRAMS – Guest lectures, programs and workshops at your site can be arranged to meet your educational objectives. Fees apply.

SCHOOL/GROUP FIELD TRIP PROGRAMS – Guided outdoor education based programs such as those related to watersheds, adaptation and migration can be scheduled by calling the park at 757-426-7128. Fees apply.

ENVIRONMENTAL EDUCATION CENTER – Overnight accommodations for education groups up to 26 people can be reserved by calling the park at 757-426-7128. Ranger-guided programs can be scheduled as part of your reservation for an additional fee.

False Cape State Park

(757) 426-7128

falsecape@dcr.virginia.gov

4001 Sandpiper Road

Virginia Beach, VA 23456



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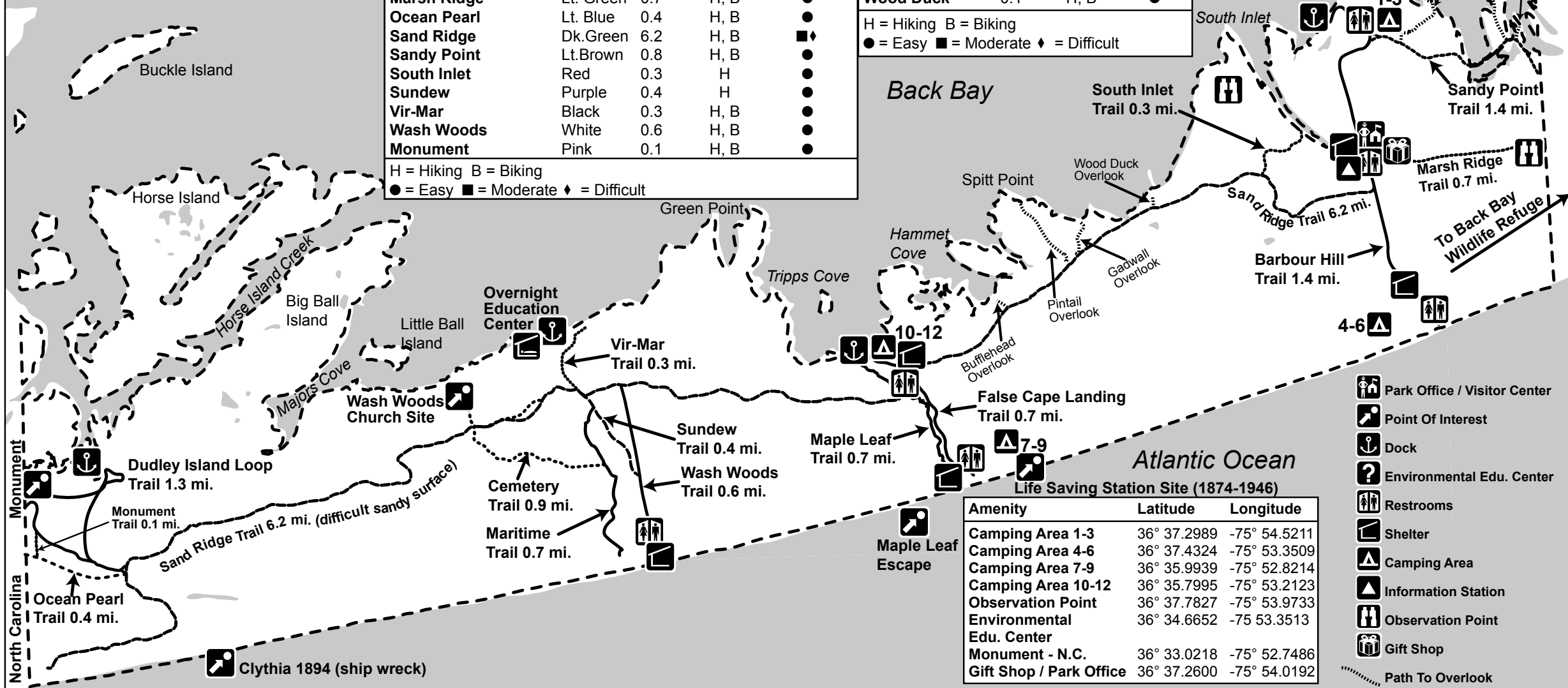
Little Cedar Island

Cedar Island



Trail	Blaze	Mileage	Usage	Difficulty	Overlook	Mileage	Usage	Difficulty
Barbour Hill	Gold	1.4	H, B	●	Bufflehead	0.1	H, B	●
Cemetery	Dk.Blue	0.9	H	■	Gadwall	0.1	H, B	●
Dudley Island Loop	Brown	1.3	H, B	●	Pintail	0.3	H, B	●
False Cape Landing	Gray	0.7	H, B	●	Teal	0.1	H, B	●
Maple Leaf	Yellow	0.7	H	●	Tundra Swan	0.3	H, B	●
Maritime	Orange	0.7	H	■	Widgeon	0.3	H, B	●
Marsh Ridge	Lt. Green	0.7	H, B	●	Wood Duck	0.1	H, B	●
Ocean Pearl	Lt. Blue	0.4	H, B	●				
Sand Ridge	Dk.Green	6.2	H, B	■♦				
Sandy Point	Lt.Brown	0.8	H, B	●				
South Inlet	Red	0.3	H	●				
Sundew	Purple	0.4	H	●				
Vir-Mar	Black	0.3	H, B	●				
Wash Woods	White	0.6	H, B	●				
Monument	Pink	0.1	H, B	●				

H = Hiking B = Biking
 ● = Easy ■ = Moderate ♦ = Difficult



Amenity	Latitude	Longitude
Camping Area 1-3	36° 37.2989	-75° 54.5211
Camping Area 4-6	36° 37.4324	-75° 53.3509
Camping Area 7-9	36° 35.9939	-75° 52.8214
Camping Area 10-12	36° 35.7995	-75° 53.2123
Observation Point Environmental	36° 37.7827	-75° 53.9733
Edu. Center	36° 34.6652	-75 53.3513
Monument - N.C.	36° 33.0218	-75° 52.7486
Gift Shop / Park Office	36° 37.2600	-75° 54.0192

- Park Office / Visitor Center
- Point Of Interest
- Dock
- Environmental Edu. Center
- Restrooms
- Shelter
- Camping Area
- Information Station
- Observation Point
- Gift Shop
- Path To Overlook