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.

PARK ACCESS - The park is accessible only by foot, bicycle, beach transport, tram or boat. There is no vehicular access allowed for the public at any time. Back Bay National Wildlife Refuge's interior trails are open for hiking and biking April 1 through Oct. 31 and an entrance fee is collected daily.

The refuge trails are closed Nov. 1 through March 31. Access to the park at this time is restricted to hiking or biking along the beach or by boat.

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. 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 - While pets are allowed in the park, they cannot be transported through Back Bay National Wildlife Refuge. If you are visiting with your pet, you may arrive by boat or from the south side of the park. Pets must be on a leash no longer than 6 feet. Please clean up after your pet.

DRONES AND OTHER AIRCRAFT - Drones, other unmanned aerial vehicles, including remote control aircraft, and aircraft in general may not be flown in state parks pursuant to 4VAC5-30-400.

LITTER - Please help us keep the park clean by placing litter and recyclables in the proper receptacles and recycle centers or carrying out your trash. The releasing of balloons is not allowed. Decorative balloons must be deflated and disposed of as trash.

FIRE - Open fires of any kind are prohibited at all times.

SWIMMING - Swimming is available in the bay and ocean. Please be aware these are unguarded locations.

FISHING - A valid Virginia saltwater or freshwater fishing license is required depending on where you fish in the park.

CAMPING - Reservations are required. Primitive camping is allowed at designated sites only. Permits may be obtained by calling the Virginia State Parks Customer Service Center at 800-933-PARK. The maximum camping stay per park is 14 days in any 30 day period.

Campsite occupancy is a maximum of six people or the number of people in a single household. Two camping units are allowed per campsite. All camping units and equipment must be placed within the perimeter of the designated campsite without infringing on adjoining campsites or vegetation.

QUIET HOURS - Quiet hours are between 10 p.m. and 6 a.m. The use of generators is prohibited at all times.

CHECK-IN AND CHECK-OUT POLICY

Camping:	**Check-in 4 p.m.**	**Check-out 1 p.m.**

In many cases, campers may be accommodated prior to the official check-in. Please remember that only those 18 or older may register. The registrant is responsible for all occupants of the campsite or cabin. Feel free to arrive early and enjoy park amenities prior to check-in.

Overnight guests are encouraged to be familiar with the early departure policy since it impacts any refund due. The policy and frequently asked questions are here: **www.dcr.virginia.gov/state-parks/faq**.

PARK ACCESSIBILITY - We strive to make each park as barrier-free as possible. Universally accessible facilities are available throughout Virginia State Parks.

EMERGENCY - Call 911. Emergency phone numbers are posted on all park map kiosks 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 Customer Service Center is open Monday through Friday, 9 a.m. to 5 p.m. It is closed on all state holidays.

TRAIL INFORMATION

DIFFICULTY SCALE

EASY ● - From .5 to 1 mile; grades are short, typically fewer than 100 feet and less than 10 percent of the trail length; easily accomplished by all users, including the elderly and those with physical or mental disabilities, with little risk of injury or fatigue.

MODERATE ■ - From 1 to 5 miles; steepness and grade lengths vary; at least 60 percent of the length is fairly flat; healthy people can accomplish the trail with little risk of injury or fatigue.

DIFFICULT ◆ - Trail length is greater than 5 miles; more than 70 percent of the trail is on a grade; experienced hikers only or groups of three to five people recommended; there is a risk of overexertion or injury to those not conditioned.

Virginia State Parks

False Cape State Park

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.

4001 Sandpiper Road
Virginia Beach, Virginia 23456
757-426-7128
falsecape@dcr.virginia.gov

WWW.VIRGINIASTATEPARKS.GOV
800-933-PARK

False Cape State Park

- Camping
- Dock
- Observation Point
- Picnic Shelter
- Point of Interest
- Pollinator Field
- Restroom
- Visitor Center
- Sandy Surface

Trail	Blaze	Mileage	Usage	Difficulty
Barbour Hill	Gold	1.42	H, B	●
Bufflehead Overlook	N/A	0.05	H, B	●
Cemetery	Dark Blue	0.92	H	■
Dudley Island Loop	Brown	1.31	H, B	●
False Cape Landing	Gray	0.70	H, B	●
Gadwall Overlook	N/A	0.14	H, B	●
Maple Leaf	Yellow	0.67	H	●
Maritime	Orange	0.67	H	■
Marsh Ridge	Light Green	0.69	H, B	●
Monument	Pink	0.10	H, B	●

Trail	Blaze	Mileage	Usage	Difficulty
Ocean Pearl	Light Blue	0.40	H, B	●
Pintail Overlook	N/A	0.30	H, B	●
Sand Ridge	Dark Geen	6.24	H, B	■
Sandy Point	Ligtht Brown	0.80	H, B	●
South Inlet	N/A	0.27	H, B	●
Sundew	Purple	0.38	H	●
Teal Overlook	N/A	0.05	H, B	●
Tundra Swan Overlook	N/A	0.34	H, B	●
Vir-Mar	Black	0.31	H, B	●
Wash Woods	White	0.63	H, B	●
Widgeon Overlook	N/A	0.28	H, B	●
Wood Duck Overlook	N/A	0.05	H, B	●

H = Hiking B = Biking

● = Easy ■ = Moderate ◆ = Difficult