While at First Landing/Seashore

Located in northern Virginia Beach, First Landing/Seashore is within minutes of a host of recreational, cultural and historical offerings. The many shops and stores of Virginia Beach offer a variety of shopping experiences. In addition, be sure to check our campstore for needed supplies and souvenirs of your trip to First Landing/Seashore. While in the First Landing/Seashore Visitor Center, ask about the other state parks in the area including Kiptopeke State Park on the Eastern Shore, False Cape State Park near Sandbridge, York River State Park near Williamsburg and Chippokes State Park near Surry.

Frequent Visitors Save Money

Annual passes for parking and boat launching offer the frequent visitor greater savings. Stop by the park office for details.

Please Reduce Your Impact on First Landing/Seashore State Park...

Explore our natural area at your leisure, but please stay on the trails to protect the fragile environment. Take part in interpretive programs throughout the park. Schedules are posted at the campground contact station, campstore and visitor center. Interpretive books are on sale at the visitor center. Bicycles are permitted on the Cape Henry Trail only.

Overnight Rules

- Complete reservation information can be found in the Reservation and Fees Guide available at the park office.
- Overnight visitors must inform park staff of the names of visitors expected to arrive at the campsite or cabin area. Visitors will not be admitted to camping and cabin areas unless so identified. Visitors are permitted only between 8 a.m. and 10 p.m.
- The public use or display of alcoholic beverages is prohibited. Public intoxication and/or disorderly conduct will not be tolerated.
- Pets are allowed in state park campgrounds and cabins. A fee wil be charged per pet/night.

Camping

- Camping is allowed only in designated campgrounds and only after following the proper check-in procedure.
- Registration for a state park campsite must be completed by a member of the camping party 18 years of age or older. This person accepts responsibility for the remainder of the camping party.
- Camping equipment must be set up near site markers. To reduce damage to the dunes and plants, do not set up tents in dune areas.
- Only one camping unit (tent, camper or motor home) is permitted per site. An additional small sleeping tent is allowed for members of the immediate family. Please do not ditch around tents. Maximum overnight occupancy is six persons per site. A screened enclosure around the picnic table is permitted in addition to the main camping unit. Please do not move picnic tables beyond your campsite.
- Vehicles must be registered in the campground contact station. Only one vehicle may park on each campsite and must be parked off roads and close to site markers. Park additional vehicles in designated lots, located near the contact station and in Campground B. Do not park in dune areas. A daily parking fee will be charged for each visitor vehicle. Visitors must park in designated parking lots.
- State park campgrounds are intended for the use of the traveling public and not for extended or seasonal camping. The maximum camping stay per park is 14 nights per 30-day period. When your stay is over, please check out at the campground contact station.
- Check-out time is 3 p.m. No camping units, vehicles or personal property may be left or allowed to remain on site after the termination of the permitted camping period.
- Campground quiet hours observed from 10 p.m. to 8 a.m.
- Open air fires are permitted in designated fire grills only. Gathering of downed or dead wood from the park is prohibited. Firewood must be brought in or can be purchased at the campstore.
- Laundry sinks are to be used only for washing clothes. Coin-operated laundromat is available near the campstore.
- Lanterns are permitted. Do not drive nails into trees or hang lanterns next to fragile tree bark. Please also be considerate of your neighbors—light and sound carry a long way.
- All trash should be placed in the dumpsters. On-site trash collection is not provided. Do not feed the animals, for your protection and theirs.

Cabins

- State park cabins are rented on a weekly basis. The weekly reservation period runs from Monday at 3 p.m. to the following Monday at 10 a.m. Maximum cabin rental is two consecutive weeks. Those cabins not reserved on a weekly basis may be rented at a nightly rate for a minimum of two nights and may be reserved beginning 3 p.m. on the Friday prior to the weekly reservation period.
- Up to 2 additional beds are available for a nightly charge,not to exceed 6 people per cabin.
- Two vehicles per cabin are permitted and must be parked in the designated parking spaces. Additional vehicles must be parked in the designated parking lots near the contact station and in campground B.

Join us in the parks – DCR's Volunteer Program

DCR offers diverse opportunities for volunteers in most state parks and natural areas throughout the state. Inquire at the park office for details.

Virginia State Parks Reservation Center

To receive more information on Virginia State Parks or to make a cabin or campsite reservation, call **1-800-933-PARK** (or in the Richmond calling area 225-3867).

For more information, contact:
First Landing/Seashore State Park and Natural Area
2500 Shore Drive
Virginia Beach, Virginia 23451
757/481-2131
or

DCR
Department of Conservation & Recreation
CONSERVING VIRGINIA'S NATURAL AND RECREATIONAL RESOURCES

203 Governor St., Suite 302
Richmond, Virginia 23219
804/786-1712

VIRGINIA
STATE PARKS

First Landing/Seashore State Park & Natural Area Trail Guide

Virginia Beach, Virginia

Virginia State Parks provide "A Natural Legacy"of outdoor activities and programs. They are an important part of DCR's efforts to promote a strong conservation ethic. These efforts ensure that the best of Virginia's natural resources will be protected and available for future generations.

Welcome to First Landing/Seashore State Park and Natural Area. It's bayside camping, vacation cabins and unique natural area have long made First Landing/Seashore Virginia's most popular state park. To make your visit a safer and more pleasant one, we ask that you observe the following regulations. Additional information can also be found on the reverse side.

Help preserve the dunes. Please use dune crossovers. Fragile dune plants are destroyed when trampled underfoot

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. Collection of firewood, whether downed or dead is prohibited.

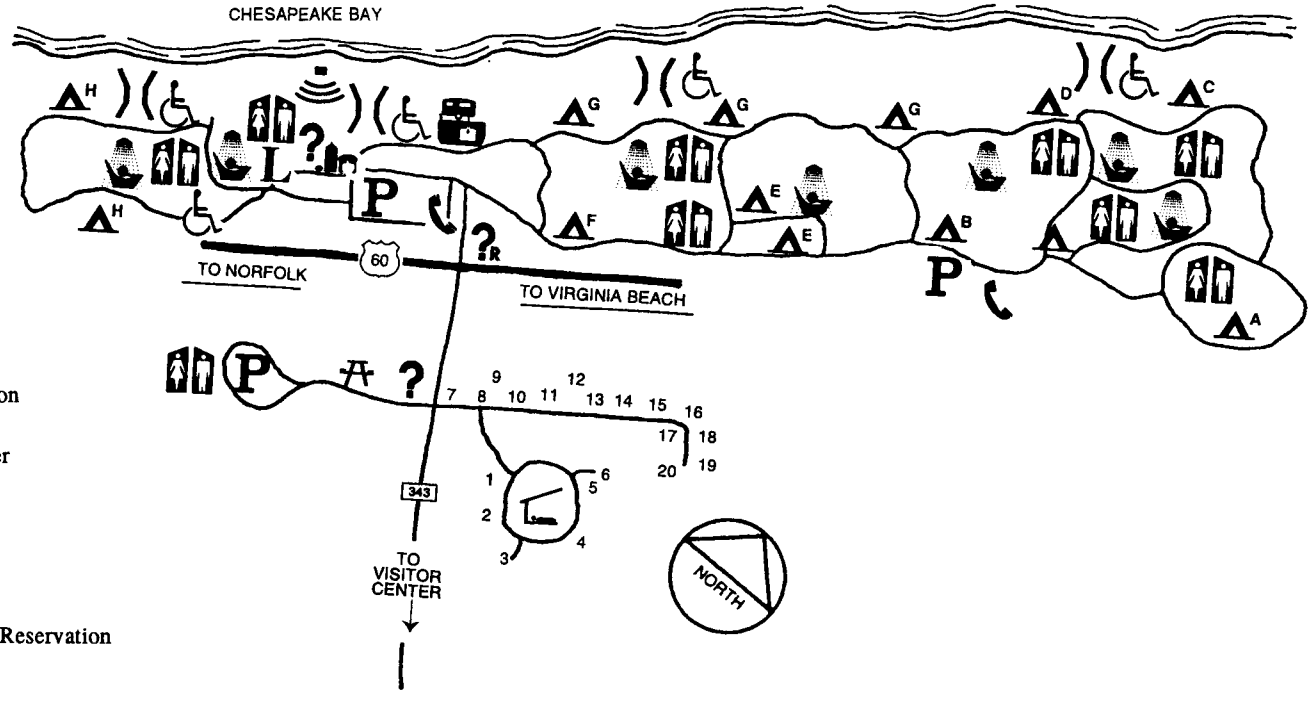
Please help us keep the park clean by placing litter in the park's trash dumpsters.

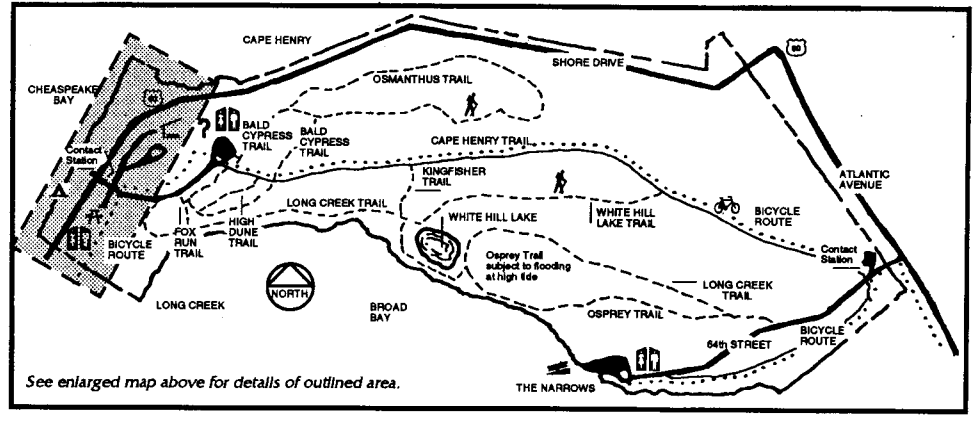
Pets are permitted in all state parks, but they must be kept in an enclosed area, or on a leash, not to exceed 6 feet, at all times.

Color coding and mileage for the trails at First Landing/Seashore State Park.

Miles	Trail	Color
1.5	Bald Cypress	Red
3.1	Osmanthus	Blue
6.0	Cape Henry	Dark Green
0.25	High Dune	Light Yellow
0.6	King Fisher	White
1.4	White Hill Lake	Gold
0.3	Fox Run	Yellow
5.0	Long Creek	Orange
1.2	Osprey	Green

Amphitheater
Bicycle Trail
Boat Ramp
Cabins
Campground
Campstore
Dumping Station
Dune Crossover
Hiking Trail
Information
Information & Reservation Center
Handicap Accessible
Laundromat
Parking
Picnic Area
Public Phone
Restrooms
Shower





7/96 150M