

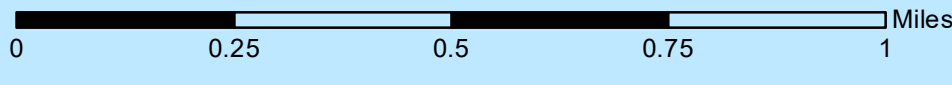
False Cape State Park



Trails

Trail Name	Mileage	Usage	Difficulty	Blaze Color
Barbour Hill Trail	1.4	H,B	●	Gold
Cemetery Trail	0.9	H	■	Dark Blue
Dudley Island Loop Trail	1.3	H,B	●	Brown
False Cape Landing Trail	0.7	H,B	●	Gray
Maple Leaf Trail	0.7	H	●	Yellow
Maritime Trail	0.7	H	■	Orange
Marsh Ridge Trail	0.7	H,B	●	Light Green
Monument Trail	0.1	H,B	●	Pink
Ocean Pearl Trail	0.4	H,B	●	Light Blue
Sand Ridge Trail	6.2	H,B	◆	Dark Green
Sandy Point Trail	0.8	H,B	●	Light Brown
South Inlet Trail	0.3	H	●	Red
Sundew Trail	0.4	H	●	Purple
Vir-Mar Trail	0.3	H,B	●	Black
Wash Woods Trail	0.6	H,B	●	White

H = Hiking, B = Biking
● = Easy, ■ = Moderate, ◆ = Difficult



Legend

	Boat Dock		BBNWR Roads (closed to vehicles)
	Campsites		BBNWR Roads (open to vehicles)
	Contact Station		Main Roads
	Overlook		Bodies of Water
	Parking		Park Boundary
	Point of Interest		Back Bay National Wildlife Refuge (BBNWR)
	Pollinator Habitat		Estuarine and Marine Wetland
	Restroom		Freshwater Forested Wetland
	Scenic Viewpoint		0-10 ft. above sea level
	Shelter		10-20 ft. above sea level
	Visitor Center		20-30 ft. above sea level

www.virginiastateparks.gov
1-800-933-7275