

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 permitted in enclosed areas or on a leash no longer than 6 feet. Please clean up after your pet. Pets may not be left unattended at any time.

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.

FIRE – Help prevent wildfires. Fires must be confined to grills, camp stoves or designated fire rings. Fires must be attended at all times and extinguished when left. Firewood is generally available for purchase at the park. Campers (or guests) may collect only down and dead firewood. We enforce all seasonal and emergency bans against open fires.

POLLUTION – Help reduce pollution. Dump stations, laundry sinks and slop sinks, where available, are for the proper disposal of wastewater. Please, no boat, RV or car washing.

SWIMMING – Where available, swimming areas are generally open Memorial Day weekend through Labor Day weekend, weather permitting. Swim or wade only in designated swimming areas and during designated times. Children in swimming areas must wear sealed plastic pants over diapers. Disposable swim pants are recommended and available for purchase at the parks.

FISHING – Where fishing is permitted, valid Virginia fishing licenses are required. Specific licenses are required for saltwater and trout-water fishing. Please call the park in advance for specifics.

GUESTS – Your guests are our guests. For everyone's safety and security, please register all visitors with the park office. Visitors will not be admitted to camping and cabin areas unless so identified. Visitors are permitted only between 6 a.m. and 10 p.m.

QUIET HOURS – Quiet hours are between 10 p.m. and 6 a.m. The use of generators is prohibited during quiet hours.

CHECK-IN/OUT POLICY

Camping:	Check-in 4 p.m.	Check-out 3 p.m.
Cabins:	Check-in 3 p.m.	Check-out 10 a.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.

If you decide to leave the park before the end of your overnight stay, you may be entitled to a refund based on how much of your stay has already been used and any fees due. Once you check in for your cabin or camping stay, that night is considered used. If you are camping, we take what you paid, subtract the fees for the nights used and then subtract one additional night. The balance is due as a refund. This means if you have only a two-night stay, you will not receive a refund if you leave one night early. If you are in a cabin or lodge, the policy is different. First, we always keep at least the first two nights' fees. Second, we keep \$20 per night for a cabin (\$50 per night for a lodge) for each night you didn't stay and subtract that from the fee for any unused nights beyond the two-night minimum. If you started out with a week stay, you received a discount when you made the reservation. If you don't end up staying the entire week, your fee will be recalculated at the higher, nightly fee rate. This means that if you have a week stay and leave one night early, you are not entitled to a refund.

CAMPING – Camping is allowed only in designated campgrounds and only after following the proper check-in procedure described in the *Reservation and Fees Guide* available at the park office.

Campsite occupancy is for a maximum of six people or the number of people residing in a single household. All camping units, equipment and vehicles must be placed within the perimeter of the designated campsite without

infringing on adjoining campsites or vegetation. Where high-impact areas are designated, all camping units, equipment and vehicles must be within the defined borders of the high-impact area.

Park in designated areas only.

PARKING – Only two motor vehicles, as well as the camping unit, are permitted on a campsite without incurring additional fees. Cabin guests are allowed two vehicles for a one or two-bedroom cabin, three vehicles for a three-bedroom cabin and six vehicles for a six-bedroom cabin per day without an additional parking fee charge. Additional vehicles must pay the prevailing parking fee for each day that the vehicle is parked in the park. The number of vehicles allowed to park at the cabin varies according to site design and other factors. All vehicles must park in designated parking areas, either at the cabin or in the designated overflow parking area. Primitive and hike-in sites may have park specific parking restrictions.

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

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

EMERGENCY – Emergency phone numbers are posted at contact stations, electronic information stations and other locations throughout the park. For more information visit www.virginiastateparks.gov, the Electronic Information Station or contact the park office,

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.

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.

This information is general and may not apply to all parks. For park specific information please visit our website at www.virginiastateparks.gov or call our reservation center at 1-800-933-PARK.

False Cape State Park Trails with Blaze Color Code and Mileage

False Cape Interior TrailGreen	- 7.2
Barbour Hill Interpretive TrailPurple	- 2.4
Barbour Hill TrailGold	- 1.4
South Inlet TrailRed	- .2
False Cape Landing TrailGray	- .7
Ocean Bay TrailYellow	- .7
Wash Woods TrailWhite	- .8
Wash Woods Interpretive TrailOrange	- .7
Cemetery TrailBlue	- .6
Dudley Island TrailBrown	- .4
Monument TrailBlack	- .2

 **Bicycle Trail** - - - - -

 **Boat Dock**

 **Campsites**

 **Contact Station**

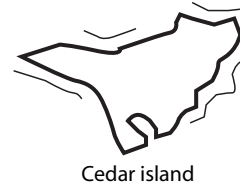
 **Hiking Trail** - - - - -

 **Overlook**

 **Restroom**

 **Soft Sand**

 Little Cedar Island

 Cedar Island

False Cape State Park
4001 Sandpiper Road
Virginia Beach, VA 23456
(757) 426-7128

