

THE OVERLOOK

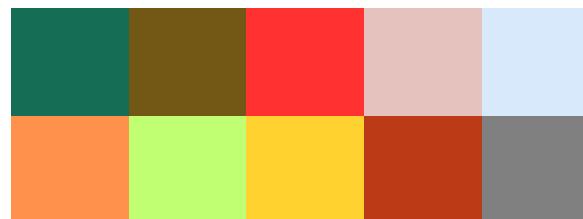
Walk around to the back of the Main Visitor Center, where you will find the courtyard. On the left, you will find The Cape gift shop and snack bar. If you want a souvenir, stop inside and see the merchandise available. Behind The Cape, you can find the amphitheater – our next stop! Climb the ramp attached to the amphitheater up to the top of the hill. The benches on top of the hill will be the final destination on your self-guided adventure around First Landing. Take some time to take in the view. As you observe the overlook, take some time to draw what you see below:

BONUS ACTIVITIES

Test your reflexes with a challenge! Find a sizeable bundle of small, straight twigs. Hold your hand parallel to the ground, palms facing down. Place one twig on the top of your hand. Now, using only that hand, you must quickly get the twig from the top of your hand to your palm. Reset and try again with two twigs, then three, etc. the challenge ends when a twig drops to the ground!

Complete a FLSP scavenger hunt. Travel to the picnic shelter, located to the right of the contact station on the trail side of the park, or at the end of the Live Oak trail. Can you find a tree on top of a hill, a stick shaped like the letter Y, a perfect leaf with no holes, a squirrel, and 10 pinecones?

Go on a color hunt around First Landing! While exploring the park, try to find these colors in nature, then mark them off as you go!



SELF-GUIDED TOUR OF FIRST LANDING STATE PARK

PICK UP THIS BROCHURE TO SEE THE PARK IN A WHOLE NEW WAY.

PUT ON YOUR EXPLORING SHOES, GRAB SOMETHING TO WRITE WITH, AND HAVE FUN!



START YOUR ADVENTURE HERE

Start your adventure at the Trail Center, located across the street from our Main Visitor Center. If you are walking from the beach side, take the Live Oak Trail to cross the road, and then find the Cape Henry Trail to take you right to the building. If you're in a car, you can drive right up the Trail Center by following Cypress Swamp Drive to the parking lot at the end of the road. The Trail Center serves the park as a hub of information.

Here you can find directions, trail recommendations, and even our native pollinator garden. Inside, you can find our natural and historical museum as well! The museum will teach you about the park's different ecosystems and some historical figures as well. Take some time to explore the Trail Center, and grab a snack too. From here, we are going to travel to our most popular trail.



After checking out the Trail Center, head behind the building to find the Bald Cypress trailhead (red blaze color). There's plenty to see on the Bald Cypress Trail. As you walk the trail, look out for these features:



The Bald Cypress Trail has plenty of scenic overlooks to stop and see.



A fallen sweetgum tree that has re-rooted itself to continue to grow provides a clear example of how life always finds a way.



There are many different animals you may find along the trail, count how many you see and write the number below!

RIDE THE WAVES

The next stop on our journey is the First Landing Beach. Contrary to what many people think, the shoreline at FLSP is not the Atlantic Ocean, it is the Chesapeake Bay. Our park has 1.5 miles of shoreline to explore! To visit this spot, head to the Main Visitor Center located on the beach/campground side of the park (opposite side of Shore Drive from the Trail Center).

Walk in and explore the Visitor Center. Inside you will find our Contact Rangers, history museum, Virginia Beach tourism desk, and our Bay Lab (check it out, if it's open!).

After exploring the Visitor Center, head outside the front door, and make a left to find the boardwalk that takes you right onto the beach. As you walk along the boardwalk, you will find binoculars to observe the bay from a distance. If you watch patiently, you might see a pod of dolphins swimming across the bay, only about 10-30 feet from shore.

Take a walk on the beach. As you walk there are plenty of cool things to see and find. Record what you see here:

To finish off your tour of First Landing, head back to the Main Visitor Center.