

64th Street

After getting off the Bald Cypress Trail, there are two options to get to the last stop on this self guided tour. You can either:

- A) Hike down the cape Henry trail. From the Trail Center, it will be a flat 5 mile hike, plus 5 miles to get back. Taking this trail will bring you to our 64th street entrance.
- B) Drive out of the park and make a right at the same traffic light you crossed to reached the trails and burial site. Keep driving straight for about 4.5 miles. make a right on 64th street to enter the park once again. Continue driving down a straight path until you reach the parking area at the very end of the road.

Once you have chosen your path and made it to 64th street, you have entered the tidal marsh of First Landing. This vital wetland absorbs water from the tides and rain and prevents flooding all over the park and the surrounding neighborhoods. Here you can relax on the Narrows beach, fish from the shores or the boat ramp, or hike along the sandy marsh. There is lots to do out here!

As a challenge activity, find the oyster gardening cages that First Landing staff maintains and record the location below!

Bonus Activities

Try some animal yoga poses to train your flexibility at First Landing State Park!



Butterfly



Squid



Blue Heron



Snail

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 10 differently colored leaves, some fungus, a snail, 3 spider webs, a tree without leaves, and 5 bugs?

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!



VOL. 2!

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

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 right of the Main Visitor Center located on the beach/campground side of the park (opposite side of Shore Drive from the Trail Center).

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:

Next you'll be heading across the street to view a piece of history

THE BURIAL SITE

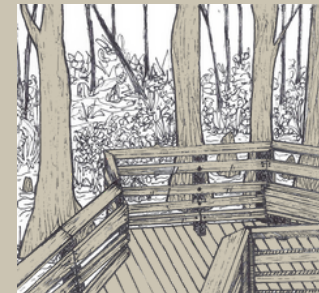
Moving on from the Bay, your next destination will take a slightly more solemn tone. Head across the street from the Visitor Center, crossing straight over Shore Drive. Once you have crossed over you can hike or drive all the way down the road, passing the contact station and stopping at the Trail Center parking lot. Head towards the "EXIT" signs, leading you to the the secondary lot. Head to the left of the lot, where you will see what looks like the entrance to a trail. Go that way, and you will reach the Chesapeake Tribe Burial Site. 64 members of the tribe are buried within the round fence line. Please observe this space with the upmost respect.



From here, we are going to travel to our most popular trail.

TRAIL EXPLORATION

After walking back toward 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!

The last stop on your journey will take you to a whole new ecosystem!