

# False Cape State Park

**NORTH**

## 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

0 0.25 0.5 0.75 1 Miles

Back Bay

## Legend

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



[www.virginiastateparks.gov](http://www.virginiastateparks.gov)

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