



Trails

Trail Name	Mileage	Usage	Difficulty	Blaze Color
Bald Cypress Trail	1.8	H	■	■ Tomato
Cape Henry Trail	6.1	H,B	■	■ Dark Green
Cypress Swamp Trail	0.7	H	●	■ Olympic Blue
Fox Run Trail	0.3	H	●	■ Yellow
High Dune Trail	0.3	H	■	■ Lemon
Kingfisher Trail	0.6	H	●	■ White
Live Oak Trail	0.3	H,B	●	■ Purple
Long Creek Trail	4.0	H	■	■ Tangerine
Osmanthus Trail	2.5	H	■	■ Intense Blue
Osprey Trail	1.6	H	■	■ Lime
White Hill Lake Trail	1.4	H	■	■ Gold

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

Legend

■ Beach Access	■ Laundry Facilities	■ Restroom	■ Park Boundary
■ Boat Launch	■ Park Office/Visitor Center	■ Showers/Bathhouse	--- Boardwalk
■ Cabin Area	■ Overlook	■ Visitor Center	■ Bodies of Water
■ Camp Store	■ Parking	■ Yurt	■ Fort Story (no public access)
■ Campground	■ Picnic Shelter		
■ Contact Station	■ Playground		
■ Fitness Trail	■ Point of Interest		
		— Primary Road	
		— Secondary Road	
		— Park Road	

