

2010

*Index to Trails
in Southeast Virginia &
Northeast North Carolina*



Jim Sexton

Introduction

This booklet is an index to trails in Southeast Virginia & Northeast North Carolina. More information on these trails can be obtained by visiting the websites or by using the contact information provided in this booklet.

Pages 1 to 96 - Trail Locations

The following types of information are provided for each trail location:

Name - name of the trails or trail location.

Category - identifies whether the trails can be used for hiking, bicycling, mountain biking, or blueways (boating, canoeing, or kayaking).

Description - a very brief description of the trails or trail location.

Website - the website(s) where more information can be found on the trails. The 'Links' page on the Tidewater Appalachian Trail Club's Webpage can be used to obtain an updated listing of the Websites for the trails listed in this booklet; <http://www.tidewateratc.com/links.htm>

Location - descriptions on how to drive to these trails, and links to location maps that can be found on the trail websites.

Map/Guide - links to any maps, guides, brochures, fact sheets, etc., that provide more information on these trails.

Operating Hours - lists the operating hours posted for the trails or facilities at the time of publication of this booklet. Always check the websites provided in the "Website" sections of this booklet, or use the contact information provided, in order to verify the operating hours before visiting these trails.

Fees - lists any known fees for facilities, Always check the websites or use the contact information provided to obtain updated fee information.

Contact Information - phone numbers and/or email addresses where more information on the trails can be obtained.

Address - address of the managing organization for the trails.

Delorme Map: a reference to map coordinates contained in either the Delorme Virginia Atlas & Gazetteer - 7th ed.TM or the Delorme North Carolina Atlas & Gazetteer - 8th ed.TM

Continued on next page ...

Introduction
(continued)

Pages 97 - left intentionally blank to align Locator Maps with Keys

Pages 98 to 107 - Trail Locator Maps and Keys for:

Map 1 - Northern Neck and Middle Peninsula - Pages 98 & 99

Map 2 - Peninsula and Upper James River - Pages 100 & 101

Map 3 - Eastern Shore of Virginia - Pages 102 & 103

Map 4 - Southside Hampton Roads - Pages 104 & 105

Map 5 - Northeastern North Carolina - Pages 106 & 107

Please provide comments or corrections to vanctrails@gmail.com

Alligator River National Wildlife Refuge

Category: Hiking, Blueways

Description: The Alligator River National Wildlife refuge has 150,000 acres of wetland habitats. The habitat includes hiking and canoe/kayak trails. Guided canoe tours are available for a fee. The half-mile Creef Cut Wildlife Trails along the water's edge includes a boardwalk, overlooks, and a fishing pier. The Sandy Ridge Wildlife Trail is also a half-mile trail, and is an earthen path with a 2,300 foot boardwalk through a cypress swamp.

Website: <http://www.fws.gov/alligatorriver/>

Location: <http://www.fws.gov/alligatorriver/directions.html> From Norfolk and Currituck Area: Take US 168 south. US 168 becomes US 158 about 18 miles south of the NC/VA line. Continue on US 158 for about 23 miles. At this point you will cross the Wright Memorial Bridge across the Currituck Sound. After the bridge continue on US 158 through Kitty Hawk, Kill Devil Hills, and Nags Head. At the south end of Nags Head, US 158 will transition to US 64 west. Continue on US 64 across one small and one large bridge on to Roanoke Island. Continue on US 64 W Bypass across the Virginia Dare Memorial Bridge to Dare County Mainland. You will see a sign welcoming you onto the Alligator River National Wildlife Refuge.

Brochure: http://library.fws.gov/Refuges/alligator_river02.pdf

Map: http://www.fws.gov/southeast/pubs/All_river_tearsheet.pdf

Operating Hours: The Refuge is only open during daylight hours (from 1/2-hour before sunrise to 1/2-hour after sunset).

Contact Information: Phone: (252) 473-1131,
Email: alligatorriver@fws.gov

Address: Alligator River National Wildlife Refuge
PO Box 1969
Manteo, NC 27954

DeLorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 49, F-5 (Alligator River National Wildlife Refuge)

Assateague Island National Seashore

Category: Hiking, Blueways

Description: Assateague Island National Seashore has 48,000 acres which includes the barrier island and coastal waterways. Walk along sandy beaches and maritime forests, explore marshes and coastal bays. There are a variety of paved and unpaved trails for hiking and thirty-seven miles of beaches. Bicycle paths, canoeing, kayaking, swimming, surfing, shell collecting, crabbing, clamming, and surf fishing are also available.

Website: <http://www.nps.gov/asis/index.htm>

Location: Directions: <http://www.nps.gov/asis/planyourvisit/upload/parkmap.pdf>
There are two entrances to Assateague Island National Seashore. Assateague's north entrance is at the end of Route 611, eight miles south of Ocean City, MD. The south entrance is at the end of Route 175, two miles from Chincoteague, VA.

Map/Guide: Park map: <http://www.nps.gov/asis/planyourvisit/upload/parkmap.pdf>
Maryland District Trail Map: <http://www.nps.gov/asis/planyourvisit/upload/trailmapmd.pdf>
Virginia District Trail Map: <http://www.nps.gov/asis/planyourvisit/upload/VATrailmap2009a.pdf>
Backcountry Camping Map: <http://www.nps.gov/asis/planyourvisit/upload/backcountrymap2008.pdf>
Dunes Trail Guide: <http://www.nps.gov/asis/planyourvisit/upload/life-of-dunes.pdf>
Forest Trail Guide: <http://www.nps.gov/asis/planyourvisit/upload/life-of-forest.pdf>
Marsh Trail Guide: <http://www.nps.gov/asis/planyourvisit/upload/life-of-marsh.pdf>

Operating Hours: Maryland District - Open year round, 24 hours a day. Virginia District - Open January-February: 6 am - 6 pm. March-April: 6 am - 8 pm. May-September: 5 am - 10 pm. October: 6 am - 8 pm. November-December: 6am - 6 pm. Barrier Island Visitor Center - Maryland District. Open All Year 9:00 am - 5:00 pm. Closed on Thanksgiving and Christmas days. Tom's Cove Visitor Center - Virginia District. Open March - November: Open 7 days/week. December - February: Open Friday - Monday.

Contact Information: Maryland District Visitor Information - (410) 641-1441
National Seashore Camping - (410) 641-3030
Virginia District Visitor Information - (757) 336-6577

Address: Assateague Island National Seashore
Maryland District
7206 National Seashore Lane
Berlin, MD 21811
or
Assateague Island National Seashore
Virginia District
PO Box 38
8586 Beach Rd
Chincoteague, VA 23336

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 63, A-5 (Assateague Island)

Back Bay National Wildlife Refuge

Category: Hiking, Bicycling, Blueways

Description: The Back Bay National Wildlife Refuge is between the Back Bay and the Atlantic Ocean and consists of barrier beaches, and sand & gravel dikes between fresh water impoundments . A wide range of circuit hikes are possible; from 1 to 10 miles in length. Mountain bikes can also be used to ride along the dike roads, or for a trip farther south to False Cape State Park. Portions of the refuge are periodically closed due to bird migrations. Check the refuge website before visiting, entry fees apply. A Visitor Center includes wildlife exhibits and is located next to a boardwalk to the Atlantic Oceanfront. The Visitor Center also includes a pier from which canoes or kayaks may be launched into Back Bay.

Website: <http://www.fws.gov/backbay/>

Location: <http://www.fws.gov/backbay/directions.htm>

Back Bay NWR is located approximately 15 miles south of Virginia Beach, Virginia. From I-64, exit on I-264 East. Exit onto Birdneck Road (Exit 22). Turn right onto Birdneck Road. Proceed 3-4 miles and turn right onto General Booth Boulevard. Proceed 5 miles and turn left onto Princess Anne Road. Proceed south about a mile until you reach Sandbridge Road. Follow Sandbridge Road until you reach the community of Sandbridge. Make a right onto Sandpiper Road. Proceed south 4 miles to the Refuge entrance. The Visitor Contact Station is one mile from the main entrance.

Map/Guide: Refuge map: <http://www.fws.gov/backbay/refugemap.htm>

Trail map: <http://www.fws.gov/backbay/trailmap.htm>

Operating Hours: The Refuge is open daily from dawn to dusk. The Visitor Contact Station hours are 8:00 A.M. - 4:00 P.M. weekdays, 9:00 AM - 4:00 P.M. weekends. The Visitor Contact Station is closed Saturdays, December through March; closed holidays with the exception of Memorial Day, July 4 and Labor Day.

Fees: Driver, biker, jogger, and hiker entrance fee.

Contact Information: Phone: (757) 721-2412
Email: walter_tegge@fws.gov

Address: U.S. Fish and Wildlife Service
Back Bay National Wildlife Refuge
4005 Sandpiper Road
Virginia Beach, VA. 23456-4325

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, C-7 (Back Bay National Wildlife Refuge)

Beaverdam Park (Beaverdam Reservoir)

Category: Hiking, Mountain Biking, Blueways

Description: Beaverdam Park is Gloucester County's largest park with 1,340 acres which includes the 635-acre Beaverdam Reservoir. Activities available include; hiking, mountain biking, horseback riding, canoeing, kayaking, and fishing. There are no fees for trails in the park, but there are fees for the use of the boat ramp. There are several shoreline trails in the park including a 9.5 multiuse trail, a 3 mile hiking trail, and a 0.33 mile nature trail. Canoe and fishing boats can be rented at the Ranger Station next to the pier and boat ramp.

Website: <http://www.gloucesterva.info/pr/parks/welbvd.htm>

Location: Gloucester County, Virginia. There are two park entrances: the main entrance is at 8687 Roaring Springs Road, with another entrance at 9537 Fary's Mill Road. Take Route 17 North to the Coleman Bridge - remember there is a \$2 toll. Cross the bridge and continue on Route 17 North for about 13 miles you will see McDonalds and Wendy's on the right continue to the 2nd stoplight (the intersection of Belroi Road and Bypass North 17) then turn right onto Belroi Road, travel approximately 150 yards to a stop sign - turn right onto Main Street. Travel approximately 20 yards and turn left onto Roaring Springs Road - Beaverdam Park is at the end of this road - (approximately 2 to 2.5 miles).

Map/Guide: Trail Guide: <http://www.gloucesterva.info/pr/forms/Beaverdam%20Trail%20Guide%20&%20Map%20updated%2011%208%2005.pdf>

Operating Hours: Beaverdam Park is open 7 days a week year-round and only closes on Christmas Day and New Year's Day. Hours can be seen at; <http://www.gloucesterva.info/pr/parks/info.htm>

Fees: Boat Ramps: Annual Passes, Boat, \$60/year or Canoe, \$30/year. Daily Launch, Boat \$6 or Canoe \$3. Canoeing: Canoe rentals are available at the Ranger Station. Fees are \$4 per hour or \$10 per day. Main Entrance. Picnic Areas: There are 6 picnic areas at the Main Entrance to Beaverdam Park. These areas may be reserved for a fee of \$5 per day.

Contact Information: Phone: (804) 693-2107
Email: cmyers@gloucesterva.info

Address: Parks, Recreation and Tourism - Main Office
6467 Main Street - County Office Building One - First Floor
Gloucester, VA 23061

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, A-2 (Beaverdam Reservoir)

Belle Isle State Park

Category: Hiking, Bicycling, Blueways

Description: Belle Isle State Park is located in the Northern Neck of Virginia and consists of 733 acres along the beautiful Rappahannock River. It features tidal and non-tidal wetlands and forests. The park includes a campsite and trails for hiking, bicycling and equestrian activities. Canoes, kayaks, motorboats and bikes are available for rent. Check the park's website for admission and rental fees.

Website: http://www.dcr.virginia.gov/state_parks/bel.shtml

Location: Lancaster County on the Rappahannock River. From Warsaw, take State Lancaster County, Virginia. Take Route 3 East to SR 354. Turn right and follow for three miles. Turn right onto SR 683 at Somers to the park entrance. From Kilmarnock, take Route 3 West to Lively, then left on SR 201 for three miles, then right on SR 354 for three miles and left onto 683 to the park entrance.

Map/Guide: Trail Guide: http://www.dcr.virginia.gov/state_parks/documents/bellisle.pdf

Operating Hours: Day use, and 24 hours-a-day for camping.

Contact Information: Phone: (804) 462-5030
Email: belleisle@dcr.virginia.gov

Address: Belle Isle State Park,
1632 Belle Isle Rd.,
Lancaster, VA 22503

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 60, B-2 (Belle Isle State Park)

Bells Mill Park

Category: Hiking

Description: Bells Mill Park is located off of the Southern Branch of the Elizabeth River. Enjoy a hike along the park's 2.5 perimeter trail around a tidal marsh with native and migratory birds. Parking is available across the street in the west parking lot of the Civic Center.

Website: <http://www.chesapeake.va.us/services/depart/park-rec/bellsmillpark.shtml>

Location: Located off of Southern Branch of Elizabeth River. Take Battlefield Blvd. South exit off of I-64, cross Intercoastal Waterway and turn onto Albemarle Drive, park is approximately 1 mile down road on right.

Map/Guide: Birder's Guide for Bell Mill Park: http://www.chesapeake.va.us/services/depart/park-rec/pdf/bird_guide.pdf

Operating Hours: From dawn to dusk

Contact Information: Phone: (757) 382-6411

Address: Bells Mill Park
424 Albemarle Dr.
Chesapeake, VA

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, C-4 (Bells Mill)

Bennetts Creek Park

Category: Hiking, Blueways

Description: Bennetts Creek Park is a 50-acre park located in Suffolk, Virginia. It includes a nature trail, two boat ramps, covered shelters, and restrooms. Shoreline fishing is allowed in designated areas.

Website: <http://www.suffolk.va.us/parks/bc.html>

Location: Located on Bennett's Creek Park Road off of Shoulders Hill Road (Route 659) in the northern section of Suffolk, Virginia 23435. Take I-664 to Rt. 17 North (towards James River Bridge). At the 5th traffic light, take a left onto Shoulders Hill Road. At the first light, take a right onto Bennett's Creek Park Road. Go all the way to the end and take a left. Park is at the end of the road.

Operating Hours: The park is open from sunrise to sunset, and closed from sunset to sunrise (unless otherwise posted).

Contact Information: Phone: (757) 514-7250
Email: Friends of Bennett Creek - <http://www.fobc.org/>
- or - ParksEmail@city.suffolk.va.us

Address: Parks and Recreation
Suffolk Center for Cultural Arts
110 W. Finney Ave. (3rd Floor)
Suffolk, VA 23434

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, B-3 (Shoulders Hill Road)

Bethel Beach Natural Area Preserve

Category: Hiking

Description: The 105-acre Bethel Beach Natural Area Preserve located in Mathews County, Virginia, contains beaches, dunes and salt marshes. This area is an important habitat for the tiger beetles and also for tern nesting. A variety of birds can be viewed in the preserve. Parts of the preserve may be periodically closed, so check the preserve's website before visiting.

Website: http://dcr.state.va.us/natural_heritage/natural_area_preserves/bethel.shtml

Location: Mathews County, Virginia. From North Haven Beach, return to the intersection of Rt. 643/Rt. 645. Turn right on Rt. 643, travel 0.2 miles, and turn left on Knight Wood Avenue/Rt. 613. Proceed 1.5 miles and turn left on Rt. 611. Continue for 2.0 miles, turn left on Rt. 609, and follow it 2.0 miles to the end of the road.

Map/Guide: Virginia Natural Area Preserves: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: The preserve is open year-round. Dogs must be leashed while on the preserve.

Contact Information: Phone: (804) 225-2303

Address: Rebecca Wilson, Chesapeake Bay Region Steward,
Department of Conservation and Recreation,
Division of Natural Heritage
217 Governor Street
Richmond, VA 23219

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, A-4 (Bethel Beach Natural Area Preserve)

Bush Mill Stream Natural Area Preserve

Category: Hiking, Blueways

Description: The Bush Mill Stream Natural Area Preserve in Northumberland County consists of 103 acres located at the mouth of Bush Stream and the juncture with the Great Wicomico River. Tidal marshes and mud flats are found along steep forested shores. An abundance of waterfowl and other nesting birds are present. Some ancient live oaks can be found within the preserve. Access by foot or canoe. Facilities include well-marked trails, a boardwalk, and a wildlife viewing platform.

Website: http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/bushmill.shtml

Location: The preserve is in Northumberland County at the headwaters for the Great Wicomico River. From Kilmarnock, VA, go north on VA 200 towards Burgess. In Wicomico Church, turn left onto VA 609. Turn right onto VA 610, and then left onto VA 642. Follow VA 642 until you see the sign for Bush Mill Stream.

Map/Guide: Fact Sheet and Map: http://www.dcr.virginia.gov/natural_heritage/documents/pgbushmill.pdf

Operating Hours: Open during daylight hours.

Contact Information: Phone: (804) 225-2303

Address: Rebecca Wilson, Chesapeake Bay Region Steward,
Department of Conservation and Recreation,
Division of Natural Heritage
217 Governor Street
Richmond, VA 23219

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 60, B-3 (Bush Mill Stream Natural Area Preserve)

Caledon Natural Area

Category: Hiking

Description: The 2,579-acre Caledon Natural Area is located in King George County between Fairview Beach and Owens. This area is often visited to view some of the many bald eagles which nest along the bluffs of the Potomac River. This area includes one of the largest concentrations of bald eagles along the East Coast. Visitors can enjoy picnicking and hiking in the area. Hiking trails in the eagle area are closed April through September while the eagles are nesting their young. Limited tours of the eagle area are offered and reservations can be made at the Visitor Center. There are five hiking trails and restrooms that are open year-round.

Website: http://www.dcr.virginia.gov/state_parks/cal.shtml

Location: The area is 23 miles east of Fredericksburg on Route 218. From Fredericksburg, take 218 East for 23 miles. Caledon is on the left. Or you may take Rt. 3 east 18 miles to a left onto Rt. 206 for six miles, then turn left onto Rt. 218 and go about one mile; Caledon is on the right. From U.S. 301 (MD), turn right onto Rt. 206 for four miles to Rt. 218, then west about one mile.

Map/Guide: Brochure: http://www.dcr.virginia.gov/state_parks/documents/caledon.pdf

Operating Hours: Day use only.

Contact Information: Phone: (540) 663-3861
Email: caledon@dcr.virginia.gov

Address: Caledon Natural Area
11617 Caledon Rd.
King George, VA 22485

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 71, B-4 (Caledon Natural Area)

Cape Charles Coastal Habitat Natural Area Preserve

Category: Hiking

Description: Cape Charles Coastal Habitat Natural Area is on the bay side of the Eastern Shore of Virginia. This 29-acre site features coastal beaches, dunes, and maritime forests. Facilities include a boardwalk, which ends at a beach overlook.

Website: http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/capecharles.shtml

Location: Cape Charles, near the southern tip of the Eastern Shore of Virginia

Map/Guide: Virginia's Natural Area Preserve System: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: Daylight hours, for beach access contact the preserve.

Contact Information: Phone: (757) 787-5576

Address: Dot Field , Eastern Shore Region Steward
Department of Conservation and Recreation
Division of Natural Heritage
Wachapreague, VA 23480

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 51, B-5 (Cape Charles Coastal Habitat Natural Area Preserve)

Carrollton Nike Park (Isle of Wright)

Category: Hiking, Mountain Biking

Description: The 150-acre Carrollton Nike Park in Isle of Wright County includes a 2.5 mile wooded mountain bike trail, picnic areas, a fishing pier, nature trails, a recreation hall, and restrooms.

Website: <http://www.smithfield-virginia.com/recreation.html>

Location: Mapquest Directions: <http://www.mapquest.com/maps?address=13036+Nike+Park+Rd&zipcode=23314>

Located just outside Smithfield off of Route 32, 13036 Nike Park Road, Carrollton, Virginia

Operating Hours: Park hours are 8:00 a.m. to dusk

Contact Information: Phone: (757) 357-2291

Address: Carrollton Nike Park
13036 Nike Park Road
Carrollton, VA 23314-6100

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, A-2 (State Route 669/Nike Park Road)

Chesapeake Arboretum

Category: Hiking

Description: The 47-acre Chesapeake Arboretum includes trails that wander through 43 acres of mature hardwood forest. A farmhouse serves as the Arboretum Headquarters. The farmhouse is surrounded by a number of gardens, including antique rose gardens.

Website: <http://www.chesapeakearboretum.com/>

Location: Located at 624 Oak Grove Road, Chesapeake Virginia. From I-64 take Exit 290 a/b for Battlefield Blvd (RT 168) South for approx 2.25 miles to Gainsborough Square. Turn left at the light and continue .2 miles until the road ends. Turn left onto Oak Grove Road and another immediate left into the Arboretum parking lot.

Map/Guide: Trail Map: [http://www.chesapeakearboretum.com/images/Chesapeake Arboretum trail map.pdf](http://www.chesapeakearboretum.com/images/Chesapeake%20Arboretum%20trail%20map.pdf)

Location Map: <http://www.chesapeakearboretum.com/Abor-map-pg.html>

Operating Hours: Daylight hours

Contact Information: Phone: (757) 382-7060

Address: Chesapeake Arboretum
624 Oak Grove Rd,
Chesapeake, VA 23320-3726

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, C-5 (Oak Grove)

Chickahominy Riverfront Park

Category: Hiking, Blueways

Description: Chickahominy Riverfront Park is a 140-acre park located along the Chickahominy River. The park can be used to access the Virginia Capital Trail, the Chickahominy River, and Gordon Creek. Facilities include a boat ramp, fishing pier, picnic shelters and campsites. Canoes and kayaks can be rented at the park store. Check the park's website for camping fees and to see a map of the campground.

Website: <http://www.jccegov.com/recreation/parks/chickahominy-park.html>

Location: Driving directions to 1350 John Tyler Hwy, Williamsburg, VA 23188 - Take I-64 West, take exit 242A to merge onto VA-199 W toward Williamsburg/Jamestown, turn left at VA-5 W/John Tyler Memorial Highway, destination will be on the right.

Map/Guide: Map: http://www.jccegov.com/pdf/parksrecpdfs/2010documents/Park_with_Site_Numbers_2010%20no%20sewer%20no%2037.pdf

Operating Hours: Day use and overnight camping.

Fees: Camping

Contact Information: Phone: (757) 258-5020

Address: Chickahominy Riverfront Park
1350 John Tyler Highway
Williamsburg, VA 23185

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, C-7 (Just east of Chickahominy River on Rt. 5 - John Tyler Memorial Highway)

Chickahominy State Wildlife Management Area

Category: Hiking

Description: The Chickahominy State Wildlife Management Area in Charles City County consists of 5,217 acres of woodlands along the Chickahominy River. This area is managed for upland species including deer, turkey and nesting birds. Herons, osprey, and bald eagles can often be seen fishing from the bluffs overlooking the river. Hikers, horseback riders, and bicycle riders are welcome on all roads and trails unless otherwise posted. One should be mindful of all open hunting seasons.

Website: <http://www.dgif.virginia.gov/wmas/detail.asp?pid=1>

Location: The Chickahominy Wildlife Management Area is most readily approached from state route 5 eight miles east of Charles City Courthouse, at Rustic. Here, take route 623 north. The area may also be approached from U.S. Route 60 at Providence Forge by taking State Highway 155 south; then left onto route 614; left again on 615 and bear right onto 623. Consult the map link for greater detail.

Map/Guide: Map: <http://www.dgif.virginia.gov/wmas/maps/chickahominy.pdf>

Operating Hours: September - Closed on Monday, Tuesday-Saturday: 9 AM - 6:30 PM, Sunday: 1 PM - 6:30 PM, October to January - Closed on Monday, Tuesday-Saturday: 9 AM - 4:30 PM, Sunday: 1 PM - 4:30 PM, February to March - Closed on Monday, Tuesday-Saturday: 9 AM - 5:30 PM, Sunday: 1 PM - 5:30 PM

Contact Information: Phone: (804) 367-1000 (general information)
Email: dgifweb@dgif.virginia.gov

Address: VDGIF Region 1
3801 John Tyler Memorial Hwy
Charles City, VA 23030
Phone: (804) 829-6580
Hours: 8:15 AM - 5:00 PM, Monday through Friday

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, B-6 (Chickahominy State Wildlife Management Area)

Chilton Woods State Forest

Category: Hiking

Description: Chilton Woods is located on Virginia's Northern Neck in Lancaster County. This 397-acre tract consists of forestland, with large loblolly pine stands. These woods are used to demonstrate timber-growing techniques. Timber is still harvested on the property, but public access is allowed for hiking and bird watching. A small parking area holds about 5 cars. No trails exist in this forest.

Website: <http://www.dof.virginia.gov/stforest/index.htm>

Location: It is located in Lancaster County. On Virginia Highway 3, travel east from Warsaw approximately 15-20 miles. After entering Lancaster County, turn left onto Rt. 602 (Field Trial Road) and follow for approximately 1-2 miles. Pass the sign for Chilton Woods on your right, under the power line right-of-way, and drive into the gravel parking lot on the right.

Map/Guide: Virginia State Forests: <http://www.dof.virginia.gov/stforest/resources/pub-Va-State-Forests.pdf>

Map of State Forests: <http://www.dof.virginia.gov/stforest/state-forest-map.htm>

Virginia's Natural Area Preserves: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: Open during daylight hours

Contact Information: Telephone: (434) 977-6555

Address: Virginia Department of Forestry
900 Natural Resources Drive
Charlottesville, Virginia 22903

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 60, B-2 (Chilton Woods State Forest)

Chincoteague National Wildlife Refuge

Category: Hiking, Biking, Blueways

Description: Chincoteague National Wildlife Refuge includes several miles of trails for either hiking or biking. Canoes and kayaks can be launched and beached only in designated areas. Chincoteague National Wildlife Refuge includes more than 14,000 acres of beach, dunes, marsh, and maritime forest. Part of the refuge is located on Assateague Island in Virginia, 418 acres are located on the Maryland side of the island, 427 acres are found on Morris Island, and 546 acres comprise Wildcat Marsh on the northern tip of Chincoteague Island. The Wildlife Loop trail is a 3¼ mile and is a great place to view waterfowl. The Lighthouse Trail is a ¼ mile foot path through the woods to the historic Assateague Lighthouse. The Swan Cove Trail is ½ mile long and leads to the beach. The Black Duck Trail is about 1 mile long and provides access between the Wildlife Loop and the Woodland Trail. The Marsh Trail is a ½ mile looping trail along the Wildlife Loop. The 1½ mile Woodland Trail takes hikers and bikers through pine forest and includes an overlook where wild ponies can sometimes be viewed.

Website: <http://www.fws.gov/northeast/chinco/>

Location: <http://www.fws.gov/northeast/chinco/directions.htm> Take I-60 to Route 13 North, following signs to the Chesapeake Bay Bridge Tunnel. Travel Route 13 North to Route 175. Travel east on 175 to Chincoteague Island, go straight at the light at the foot of the drawbridge onto Maddox Blvd., and follow the signs to Assateague Island National Seashore and Chincoteague National Wildlife Refuge.

Map/Guide: Trail Map: <http://www.fws.gov/northeast/chinco/PDF/ChincoteagueTrailMap.pdf>

Brochure: <http://www.fws.gov/northeast/chinco/PDF/ChincoteagueNWRGeneralBrochure.pdf>

Fees: <http://www.fws.gov/northeast/chinco/fees.html>

Operating Hours: The refuge is open 7 days a week from:
5:00 A.M. - 10:00 P.M. from May through September.
6:00 A.M. - 6:00 P.M. from November through March.
6:00 A.M. - 8:00 P.M. the months of March, April and October.
The Visitor Center is open 7 days a week from:
9:00 A.M. - 4:00 P.M. Spring, Fall and *Winter
9:00 A.M. - 5:00 P.M. Summer
*Closed Christmas and New Year's Day

Contact Information: Phone: (757) 336-6122
Email: FW5RW_CNWR@fws.gov

Address: Chincoteague National Wildlife Refuge
P.O. Box 62
Chincoteague Island, VA 23336

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 63, A-5 (Chincoteague National Wildlife Refuge)

Chippokes Plantation State Park

Category: Hiking, Mountain Biking, Bicycling

Description: The Chippokes Plantation State Park is a 1,400-acre plantation, with another 200-acres of park. The plantation was an original part of the Jamestown Settlement. The park has various roads open to bicycling, two campgrounds, and several trails. The trails include; the 1-mile Lower Chippokes Creek Hiking Trail, the 0.9-mile James River Bike/Hike Trail, and the 1.3 mile College Run Bike/Hike Trail. The park also has four rental cabins.

Website: http://www.dcr.virginia.gov/state_parks/chi.shtml

Location: On the West Bank of the James River between Surry and Smithfield, Virginia in Surry County. From I-95 and I-295, take Route 10 towards Hopewell. Follow Route 10 East for approximately 40 miles to Surry. Turn left at the intersection of routes 10 and 31 (this continues on Route 10). Turn right at the stop light. Turn left at Route 634 (Alliance Road), and the park entrance is four miles on the left.

Map/Guide: Trail Map: http://www.dcr.virginia.gov/state_parks/documents/chippoke.pdf

Operating Hours: Historic area grounds: Available daily 9 a.m.-9 p.m., Mansion Conference Room: 9 a.m.-3 p.m. or 4 p.m.-10 p.m., Pool complex: This facility may be reserved before or after normal pool hours by calling the park, (757) 294-3625. Memorial Day-Labor Day: Mon-Thursday, 9 a.m. - noon or 6 p.m. - 9 p.m.

Contact Information: Phone: (757) 294-3625.
Email: chippokes@dcr.virginia.gov

Address: Chippokes Plantation State Park
695 Chippokes Park Rd.
Surry, VA 23883

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, C-7 (Chippokes Plantation State Park)

Chub Sandhill Natural Area Preserve

Category: Hiking

Description: The 599-acre Chub Sandhill Natural Area Preserve consist of a series of sand hills and wetlands along the Nottoway River. A small parking lot, a trail, and a river-side wildlife observation platform provides visitors the opportunity for viewing native vegetation and for bird watching.

Website: http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/chub.shtml

Location: Chub Sandhill Natural Area Preserve is located on the northeastern side of the Nottoway River where it is crossed by Route 631 in Sussex County. The preserve borders both sides of Route 631 for about one mile east of the Nottoway River. From Norfolk, take Route 58 west past Franklin to Business 58 into Courtland. Then take Route 35 north to Route 631. Turn left onto Route 631. Go about 2.4 miles to the parking area on the right.

Map/Guide: Guide and Map: http://www.dcr.virginia.gov/natural_heritage/documents/pgchub.pdf
Virginia Natural Area Preserves: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: Open during daylight hours.

Contact Information: Phone: (757) 925-2318

Address: Darren Loomis, SE Regional Steward
Department of Conservation and Recreation
Division of Natural Heritage
1548 Holland Road
Suffolk, VA 23434

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 33, B-4 (Chub Sandhill Natural Area Preserve)

Colonial Parkway

Category: Bicycling

Description: The Colonial Parkway is a 23-mile scenic highway that connects the Yorktown Battlefield, Colonial Williamsburg and Historic Jamestown. Bicyclists may use all paved roadways within the park, but should conform to all state laws for safety gear, travel in single file and stay on the right side of the road, and be aware that these roads include vehicular traffic.

Website: <http://www.nps.gov/colo/index.htm>

Location: Colonial National Historical Park is located near Interstate 64 (I-64). For Jamestown from Interstate 64 take exit 242A (Route 199 west). At the second stop light, S. Henry, turn right. Make another immediate right (50 feet). This will bring you to the Colonial Parkway. Turn right onto the parkway and follow it to its end. For Yorktown from Interstate 64 east take exit 242B (Route 199 east) and follow the signs to the Colonial Parkway. Follow the parkway to its end. From Interstate 64 west take exit 250B (Route 105 east/Fort Eustis Boulevard). Follow Fort Eustis Boulevard until you come to Route 17/George Washington Memorial Highway and turn left (North) onto Route 17. Follow the signs to the Yorktown Battlefield.

Map/Guide: Maps: <http://www.nps.gov/colo/planyourvisit/maps.htm>

Bicycling Information: <http://www.nps.gov/colo/planyourvisit/bicyclinginformation.htm>

Operating Hours: The Historic Jamestown Visitor Center and the Yorktown Battlefield Visitor Center are open daily from 9:00 a.m. to 5:00 p.m. All park grounds close at sunset. The Park is closed on Thanksgiving Day, December 25 and January 1.

Contact Information: Phone: (757) 898-2410

Address: Colonial National Historical Park
P.O. Box 210
Yorktown, VA 23690

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, C-2 (Colonial Parkway)

Craney Island Disposal Area

Category: Hiking

Description: The Craney Island Disposal Area is located on the north side of Portsmouth, Virginia and consists of approximately 2,500 acres of dredged material management area. The site is served by a perimeter road approximately 6 miles in length located near the shoreline. The site has a primary containment dike approximately 8 miles in length and two division dikes that divide the site into three sub-containment areas. The Project Office is located near the entry gate at 4599 River Shore Road, Portsmouth, Virginia. Recreational user facilities are limited to several unpaved visitor parking areas. There are no other facilities provided for visitors. Always call the Craney Island Project Office prior to visiting to check on closures (757) 484-1021.

Website: <http://www.nao.usace.army.mil/Projects/Craney/Facility%20Management/homepage.asp>

Location: Northern Portsmouth, Virginia. From Chesapeake: Take I-664 North to Exit 9B. Take Exit 9B and stay in left lane to merge with VA-164 East. Take Cedar Lane Exit. At Cedar Lane exit traffic light, turn left onto Cedar Lane. At the second traffic light, turn left onto River Shore Road. Follow River Shore Road 1.6 miles to 4599 River Shore Road. Stop at the intercom box on left side of entry drive and push call button. From Hampton/Newport News: Take I-664 South to Exit 9. Take Exit 9 and merge onto VA-164 East. Take Cedar Lane Exit. At the Cedar Lane exit traffic light, turn left onto River Shore Road. Follow River Shore Road 1.6 miles to 4599 River Shore Road. Stop at the intercom box on left side of entry drive and push call button.

Operating Hours: Open 7 a.m. to 3:30 p.m. Mondays through Thursdays only. Closed all Federal Holidays. Call before visiting, area is subject to periodic closures.

Contact Information: Karrin Frankie
Administrative Support
US Army Corps of Engineers
Phone: (757) 484-1021
Email: Karrin.W.Frankie@NAO02.USACE.ARMY.MIL

Address: Craney Island Disposal Area
U.S. Army Corps of Engineers
Portsmouth, VA 23703

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, A-4 (Craney Island Disposal Area)

Crawfords State Forest

Category: Hiking, Blueways

Description: The 258-acre Crawfords State Forest in New Kent County includes a mixture of bottomland hardwood, very large bald cypress, tupelo, and loblolly pine stands. The forest is used as a wildlife sanctuary, forestry and ecology demonstrations, and for hiking, and canoeing. A small grass parking lot along Rt. 60 leads into the state forest, this lot can hold approximately 5-6 vehicles.

Website: <http://www.dof.virginia.gov/stforest/index.htm#StateForestsList>

Location: <http://www.dof.virginia.gov/stforest/state-forest-map.htm>
Head west I-64, exit onto Croaker Rd/State Route 607, 0.6 mi, turn right at VA-30 N/ Rochambeau Drive, continue onto US-60 W/Richmond Rd., continue to follow US-60 W, make a U-turn, destination will be on the right; US-60 E/Pocahontas Trail

Map/Guide: Virginia State Forests: <http://www.dof.virginia.gov/stforest/resources/pub-Va-State-Forests.pdf>

State Forest Map: <http://www.dof.virginia.gov/stforest/state-forest-map.htm>

Virginia Natural Area Preserve System: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: Daylight hours.

Contact Information: Phone: (434) 977-6555

Address: Virginia Department of Forestry
900 Natural Resources Drive
Charlottesville, Virginia 22903

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, A-5 (Crawfords State Forest)

Cumberland Marsh Natural Area Preserve

Category: Hiking

Description: The Cumberland Marsh Natural Area Preserve is 1,094 acres and is located on the southern bank of the Pamunkey River in New Kent County, Virginia. This preserve is owned and operated by the Nature Conservancy. It consists of a mixture of freshwater tidal marsh and wooded uplands. Visitors can view a variety of bird species, including; bald eagles, herons, ospreys, great blue herons, egrets, ducks, and Canadian geese. Trails include the 2.5-mile Red Trail Loop, the 1.3-mile White Trail Loop, and the 0.75-mile Blue Trail. There is also a handicapped-accessible boardwalk and observation deck on the marsh. There are no restrooms.

Website: <http://www.nature.org/wherewework/northamerica/states/virginia/preserves/art1232.html>

Location: Located on the Southern bank of the Pamunkey River in New Kent County, Virginia. Take I-64 to Route 155 at New Kent/Providence Forge (exit #214). Go north on Route 155 to the intersection with Route 249, then turn right on 249. Pass through town of New Kent (look for post office on right), and continue through a short stretch of woods. Take first left after the post office onto Route 637 (follow the small sign for Cumberland Hospital for Children). A few hundred yards before the hospital, look to the left for a preserve sign. Turn left at sign; follow the gravel road to parking area at edge of field.

Map/Guide: Trail Map; http://www.nature.org/wherewework/northamerica/states/virginia/files/cumberland_marsh_trail_map.pdf
Virginia Natural Area Preserves: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: Open from dawn to dusk

Contact Information: Phone: (434) 295-6106
Email: bkittrell@tnc.org

Address: The Nature Conservancy
Virginia Field Office
490 Westfield Road
Charlottesville, VA 22901-1633

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 59, D-6 (Cumberland Marsh Natural Area Preserve)

Currituck National Wildlife Refuge

Category: Hiking

Description: The 4,100-acre Currituck National Wildlife Refuge is located on the Barrier Islands of the Outer Banks of North Carolina on the northern portion of Currituck Sound. The refuge includes beaches, dunes, maritime forests, shrub thickets, and marshes. Concentrations of sea birds, shorebirds, and raptors can be viewed, along with a variety of mammals, reptiles, and amphibians. This Refuge does not have any developed roads, trails, restrooms, or visitor centers, but hiking, wildlife observation, nature photography, and waterfowl hunting can be enjoyed on the refuge.

Website: <http://www.fws.gov/currituck/index.html>

Location: Currituck National Wildlife Refuge is located 3/4 of a mile north of Corolla, NC. NC Route 12 ends in Corolla. After the road ends proceed up the beach 3/4 of a mile to the first refuge tract. The 4,329-acre refuge is managed by the staff of Mackay Island National Wildlife Refuge. The refuge office is located 1 mile from the VA/NC state-line off highway 615 at Knotts Island, NC. Currituck NWR consists of several units. These units are separated by private residences, land owned by The Nature Conservancy, and the North Carolina National Estuarine Research Reserve. The Currituck Marsh Unit and the Station Landing Marsh Unit are surrounded by water and private property and are only accessible by boat. The northernmost unit, Tract 15, is accessible off of Ocean Pearl Road. The Monkey Island and Swan Island Units are accessible by driving north on NC Route 12 from Kitty Hawk, NC. The paved road ends in Corolla, NC, about three-quarters of a mile south of the Monkey Island Unit. Travel along the beachfront is required to reach these units. A 4-wheel drive vehicle is required for beach driving. All the refuge units are accessible by boat from the Currituck Sound.

Map/Guide: Fact Sheet: <http://www.fws.gov/southeast/pubs/facts/crrcon.pdf>

Operating Hours: The refuge is open daily, from sunrise to sunset, throughout the year.

Contact Information: Phone: 252-429-3100
Email: mike_hoff@fws.gov

Address: This refuge is managed by:
Mackay Island National Wildlife Refuge
P. O. Box 39
316 Marsh Causeway
Knotts Island, North Carolina 27950

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 27, C-5 (Currituck National Wildlife Refuge)

Dameron Marsh Natural Area Preserve

Category: Hiking, Blueways

Description: The 316-acre Dameron Marsh Natural Area Preserve contains pristine beach habitats and coastal marsh ecosystems. Public access to this preserve includes; a trail and boardwalk, a wildlife viewing platform, a canoe/kayak launch site, and a small parking area.

Website: http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/dameron.shtml

Location: From Kilmarnock, go north on VA 200 towards Burgess. Turn right onto VA 606. Turn left at the Shiloh schoolhouse onto VA 605. Turn right onto VA 606, and then left onto VA 693. Follow VA 693 into the preserve.

Map/Guide: Field Guide: http://www.dcr.virginia.gov/natural_heritage/documents/dmfieldguide.pdf

Operating Hours: Open during daylight hours.

Contact Information: Phone: (804) 225-2303

Address: Rebecca Wilson, Chesapeake Bay Region Steward,
Department of Conservation and Recreation,
Division of Natural Heritage
217 Governor Street
Richmond, VA 23219

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 60, B-4 (Dameron March Natural Area Preserve)

Deep Creek Lock Park

Category: Hiking, Blueways

Description: Deep Creek Lock Park is located at 300 Luray Street in Chesapeake, Virginia. This 25-acre site is wooded with a foot trail and pedestrian bridge/elevated walkway system which traverses a tidal inlet and marsh. Foot trails wind through woods. A canoe put-in area allows access to Deep Creek.

Website: <http://www.chesapeake.va.us/services/depart/park-rec/deepcreeklockpark.shtml>

Location: http://www.chesapeake.va.us/services/depart/park-rec/pdf/map-dc_lock_park.pdf

Take Exit 296 off of I-64 for Route 17 Business South. Turn left onto Luray Street and continue to park.

Operating Hours: Daylight hours

Contact Information: Phone: (757) 382-6411
Email: prgeneral@cityofchesapeake.net

Address: PARKS & RECREATION DEPARTMENT
112 Mann Drive
Chesapeake, VA 23322-5214

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, C-4 (Deep Creek)

Dismal Swamp Canal Trail

Category: Hiking, Bicycling, Blueways

Description: The Dismal Swamp Canal Trail is a former section of Virginia State Rt. 17. It is now used as a multiuse trail for bicycling, walking, running, horseback riding, and boating. The north trailhead is located at the intersection of Dominion Blvd and Old Rt. 17 in Chesapeake, VA, and runs adjacent to the Dismal Swamp Canal, south for 8.3 miles. The Ballahack Rd./Great Dismal Swamp Boat Ramp provides easy access to launch a canoe or kayak.

Website: http://www.chesapeake.va.us/services/depart/park-rec/dismal_swamp_trail.shtml

Location: Location Map: http://www.chesapeake.va.us/services/depart/park-rec/pdf/dismal_swamp_canal_trail.pdf Take Exit I-64 to Exit 296 to Business Route 17 South. Use entrance off of Route 17 Business, 3.5 miles south of draw bridge. For Ballahack Road entrance, continue on Business Route 17 South, beyond mile marker 4.

Map/Guide: Trail Guide: <http://www.chesapeake.va.us/services/depart/park-rec/pdf/trail-map-DSCT.pdf> Trail Map: http://www.chesapeake.va.us/services/depart/park-rec/pdf/dismal_swamp_canal_trail.pdf

Operating Hours: Open sunrise to sunset.

Contact Information: Phone: (757) 382-6411
Email: dsct@cityofchesapeake.net

Address: Dismal Swamp Canal Trail
1200 Dismal Swamp Canal Trail
Chesapeake, VA 23322

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, D-4 (Ballahack Road)

Dismal Swamp State Park

Category: Hiking, Blueways, Bicycling

Description: The Dismal Swamp State Park is located just 3 miles south of the NC/VA border on US Hwy 17. The park includes 18 miles of hiking and mountain biking trails, and a 900 foot boardwalk. Facilities include a visitor center/exhibit hall, restrooms and a parking lot. A boat ramp near the parking area gives canoe or kayak access to the canal waters.

Website: <http://www.ncparks.gov/visit/parks/disw/main.php>

Location: North Carolina - Dismal Swamp State Park is located in Camden County on US Hwy 17 three miles south of the NC/VA border near milepost 274. Traveling north on US 17 from Elizabeth City, turn left into the NC DOT rest area. Follow the road around to the park entrance at the south end of the rest area. Traveling south on US 17 from the Hampton Roads area, turn right into the NC DOT rest area. Follow the road around to the park entrance at the south end of the rest area.

Map/Guide: Park map: <http://www.ncparks.gov/visit/parks/disw/pics/parkmap.pdf>

Brochure: <http://www.ncparks.gov/visit/parks/disw/pics/brochure.pdf>

Operating Hours:

8 a.m. – 6 p.m.	March through October
8 a.m. - 5 p.m.	November through February
	Closed Christmas Day
	Visitor Center Open 8 a.m. – 4:30 p.m. weekdays,
	9:30 a.m. - 4:30 p.m. Saturdays and Sundays.
	Trails close one-half hour before park closing time.

Contact Information:

Phone:	(757) 382-6411
Email:	dismal.swamp@ncdenr.gov

Address:

Dismal Swamp State Park
2294 US 17 North
South Mills, North Carolina 27976

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 25, B-8 (Dismal Swamp Canal)

Eastern Shore of Virginia National Wildlife Refuge

Category: Hiking, Blueways

Description: The Eastern Shore of Virginia National Wildlife Refuge is located at the southern end of the Eastern Shore of Virginia in Northampton County. Visitors can walk a 1/2 mile interpretive trail from the Visitor Center through a forest to a salt marsh overlook. Visitors can also walk from the Visitor Center on the 1/2-mile butterfly trail, this trail connects to the interpretive trail. The refuge includes a public boat launching site for canoes and kayaks. The Visitor Center includes exhibits, video programs, and restrooms.

Website: <http://www.fws.gov/northeast/easternshore/index.html>

Location: <http://www.fws.gov/northeast/easternshore/Driving.html>

The Eastern Shore of Virginia National Wildlife Refuge is located off Route 13 in Virginia just north of the Chesapeake Bay Bridge-Tunnel.

Map/Guide: Trails: http://www.fws.gov/northeast/easternshore/walking_trails.html

Operating Hours: Open from a half-hour before sunrise to a half-hour after sunset daily.

Contact Information: Phone: (757) 331-2760
Email: fw5rw_esvnwr@fws.gov

Address: Eastern Shore of Virginia National Wildlife Refuge
5003 Hallett Circle
Cape Charles, Virginia 23310

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 51, D-5 (Eastern Shore of Virginia National Wildlife Refuge)

False Cape State Park

Category: Hiking, Blueways, Bicycling

Description: False Cape State Park can be only be entered by foot, bicycle, or electric tram from the Back Bay National Wildlife Refuge, or by boat. The Refuge is closed to public access from 1 November to 1 March of each year. During this time, the park can only be accessed via a beach Terragator, or by boat. Overnight camping is allowed in the park with a permit. See the park's website for reservations and fees for camping or transportation. The entrance to the park is 4 miles via dirt roads through the Back Bay NWR. The Barbour Hill Contact Station is located 0.7 miles farther south of the park entrance.. The park includes hiking and bicycling trails. There are five trails covering 15.3 miles through maritime forests, swamps, marshes, and both bayside and ocean-side beaches.

Website: http://www.dcr.virginia.gov/state_parks/fal.shtml

Location: From Interstate 64, exit on to Indian River Road East. Go 13 miles, then turn left onto Newbridge Road, then right onto Sandbridge Road. Next, turn right onto Sandpiper Road to Little Island City Park. Parking fees required Memorial Day to Labor Day. Day use only parking also is available at Back Bay Wildlife Refuge.

Map/Guide: Guide: http://www.dcr.virginia.gov/state_parks/documents/falscape.pdf

Operating Hours: Day use and open for camping.

Fees: There is an \$8.00/night site fee for False Cape, good for up to 6 persons. An overnight camping permit is available by applying at First Landing State Park. There is an additional \$4.00/vehicle fee or \$2.00/person or family hiking or camping fee charged by the Refuge. The vehicle fee applies for daily parking (daylight only) or passenger discharge/pickup at the Refuge. Vehicles left at Little Island Recreational Area are subject to a one time fee of \$3.00 for as long as the car is parked. This fee applies between Memorial Day and Labor Day.

Contact Information: Phone: (757) 426-7128
email: falsecape@dcr.virginia.gov

Address: False Cape State Park
4001 Sandpiper Road
Virginia Beach, VA 23456

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, D-7 (False Cape State Park)

Fisherman Island National Wildlife Refuge

Category: Hiking

Description: The Fisherman Island National Wildlife Refuge is on the southern most barrier island that is separated from the Eastern Shore of Virginia and can only be accessed by visitors via scheduled guided tours, which are offered on Saturdays from October through mid-March, and during special events. Contact the refuge for tour schedules and reservations. The refuge is a haven and wintering area for migratory birds along the Atlantic Fly-Way. Raptors, shorebirds, herons, osprey, egrets, gulls, and terns can be frequently be viewed in the refuge. The beaches of this 1,000-acre refuge can be accessed via a gated road, which winds through the sand past the ruins of several old buildings that remain on the island from previous military installations. The refuge can be reached from Hampton Roads via the Chesapeake Bay Bridge Tunnel, for which a toll is charged.

Website: <http://www.fws.gov/refuges/profiles/index.cfm?id=51651>

Location: The Eastern Shore of Virginia and Fisherman Island National Wildlife Refuges are located off Route 13 in Virginia just north of the Chesapeake Bay Bridge-Tunnel.

Operating Hours: Public use is restricted to environmental education groups of ten or more accompanied by refuge personnel. Permit required. Guided tours are offered on Saturdays from October through mid-March and during special events. To schedule a tour, contact the Eastern Shore of Virginia refuge. Because of the critical nature of its habitats for wildlife, Fisherman Island is closed to the public. Boat landing, or walking on the beach is not allowed. Click here for information about our guided tours.

Fees: One way toll for Chesapeake Bay Bridge Tunnel.

Contact Information: Phone: (804) 331-2760
Email: fw5rw_esvnwr@fws.gov

Address: Managed by: Eastern Shore of Virginia NWR
5003 Hallett Circle
Cape Charles, Virginia 23310

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 51, D-5 (Fisherman Island National Wildlife Refuge)

First Landing State Park

Category: Hiking, Blueways, Bicycling

Description: First Landing State Park is located in Virginia Beach, Virginia. Facilities in the park include hiking, bicycling, and jogging trails, a camping area, rental cabins, and boat launch sites. Trails in the park include: the 6-mile Cape Henry Trail used for hiking, biking and jogging, the 5-mile Long Creek Trail, the 3-mile Osmanthus Trail, the 1.5-mile Bald Cypress Nature Trail, the 0.3-mile Fox Run Trail, the 0.5-mile High Dune Trail, the 0.6-mile Kingfisher Trail, the 1.4-mile White Hill Lake Trail, and the 1.2-mile Osprey Trail. These trails provide access to lagoons with trees draped with Spanish moss, maritime forests, meadows, marshes, swamps, beaches, and high sand dunes.

Website: http://www.dcr.virginia.gov/state_parks/fir.shtml

Location: From I-64, take Northampton Blvd.-U.S. 13 North (Exit 282). Go through eight lights, then turn right at the Shore Drive/U.S. 60 exit (last exit before the Chesapeake Bay Bridge Tunnel). Take a right on Shore Drive and go four and a half miles to the park entrance. To reach the Chesapeake Bay Center, park office, camping or cabins, turn left off U.S. Rt. 60 at the stoplight and check in at the contact station. For the Trail Center, picnic area and trails, turn right instead.

Map/Guide: Park Map: http://www.dcr.virginia.gov/state_parks/documents/1stland.pdf
Trail Guide North: http://www.dcr.virginia.gov/state_parks/documents/1stland2.pdf
Trail Guide South: http://www.dcr.virginia.gov/state_parks/documents/1stland3.pdf

Operating Hours: rails are open dawn to dusk for day use, overnight camping and rental cabins by permit.

Contact Information: Phone: (757) 412-2300
Email: firstlanding@dcr.virginia.gov

Address: First Landing State Park
and Natural Area
2500 Shore Drive
Virginia Beach, VA 23451

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, A-6 (First Landing State Park)

Fort Boykin Historic Park

Category: Hiking

Description: Fort Boykin Historic Park is situated on the bluffs of the James River, six miles west of Smithfield, Virginia. Construction on the fort was begun in 1623 to protect the colonists from the Indians and raiding Spaniards. The fort, was rebuilt during the Civil War by Confederate forces in the shape of a seven pointed star. It remains essentially intact today and represents military architecture of the Civil War era. Fort Boykin is part of the Virginia Birding and Wildlife Trail.

Website: http://www.co.isle-of-wight.va.us/index.php?option=com_content&task=view&id=671&Itemid=84

Location: From Smithfield, Virginia, head northwest on VA-10 BUS W/N Church St toward Thomas Street, continue to follow VA-10 BUS W, turn right at Blounts Corner Rd/ State Route 674, turn right at Morgarts Beach Rd/State Route 673, take slight left to stay on Morgarts Beach Rd/State Route 673, take slight right to stay on Morgarts Beach Rd/ State Route 673, continue onto Fort Boykin Trail/State Route 705, destination will be on the right.

Map/Guide: Map: http://www.smithfield-virginia.com/documents/FortBoykinDirectionalMapcropped_000.pdf

Operating Hours: Hours: Daily from 8:00 a.m.-dusk.

Fees: Free admission

Contact Information: Phone: (757) 357-0115
Email: mfurlo@isleofwightus.net

Address: Fort Boykin Historic Park
7410 Ft. Boykin Trail
Smithfield, VA 23430

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, D-1 (Rt. 673, near Mogarts Beach)

Fort Huger

Category: Hiking

Description: Historic Fort Huger is located off Rte. 10 in the northern portion of Isle of Wight County. It is 8 miles west of downtown Smithfield, Virginia. Visitors can take a self-guided walking tour through the new trails around the fort and see the cannon mounted along the edges. Fort Huger is listed on the National Register of Historic Places.

Website: <http://www.smithfield-virginia.com/attractions.html>

Location: Located 8 miles from downtown Smithfield, head north on Rt. 10 (Old Stagecoach Highway) from Smithfield, VA, pass Rushmere, take a right onto Fort Huger Drive, take a right onto Tylers Beach Rd (Rt. 676), take a left onto Woodmere Ave (State Route 2001) , take a left onto Sycamore Dr., turn right onto Talcott Terrace, the parking lot will be on the right.

Map/Guide: Directions: <http://www.smithfield-virginia.com/documents/DirectionstoFtHugerpdfaug2009.pdf>

Operating Hours: 8:00 am until dusk.

Fees: Free Admission

Contact Information: Phone: (757) 357-0115
Email: mfurlo@isleofwightus.net

Address: Historic Fort Huger
15080 Talcott Terrace
Smithfield, VA

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, D-1 (Rt. 676)

Freedom Park - James City County

Category: Hiking, Mountain Biking

Description: The 675-acre Freedom Park includes 1.8 miles of hiking trails and 15 miles of mountain biking trails that wind through historical sites, forests and along creeks and open meadows. This park is the site of an 18th-century graveyard and the Revolutionary War Battle of Spencer's Ordinary. The Williamsburg Botanical "Ellipse Garden" which feature more than 800 species of Virginia vegetation is also located in this park.

Website: <http://www.jccegov.com/recreation/parks/freedom-park.html>

Location: James City County - at the intersection of Centerville Rd. and Longhill Road.

Map/Guide: Trail Map: <http://www.jccegov.com/pdf/parksrecpdfs/parks-pdfs-new/parks/Freedom-Park-Mountain-Bike-Sign-Update.pdf>

Park Finder: <http://www.jccegov.com/recreation/parks/parks-facilities.html>

Operating Hours: The park is open daily from 7:00 a.m. to sunset.

Contact Information: Phone: (757) 259-5360

Address: Freedom Park
5535 Centerville Road
Williamsburg, VA 23188

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, B-7 (Centerville)

Fort Monroe

Category: Hiking, Bicycling

Description: A Military ID is needed in order to access Fort Monroe. The Sea Wall and Beach Hike is a 4-mile hike that affords beautiful views of the Hampton Roads waterfront and bay. A boardwalk or road continues almost the entire distance from the Chamberlain Hotel to the North end of the fort. At the 6th jetty, after 1.6 miles, the sea wall and beach are reserved for the Officer's Club; it is necessary to walk away from the beach and around the club before continuing. At the time of this publication; the Ramparts of the Fortress Trail, which continues for 1-mile around the entire top perimeter wall of the fort was closed. Fort Monroe is one of several posts selected to be closed by September 2011, it is planned to revert to civilian control at that time.

Website: <http://www.monroemwr.com/>

Location: Hampton, Virginia; at Southeastern end of the Peninsula. From North and West: Take I-64 East and exit at Exit 268 (Phoebus/Ft. Monroe), from Norfolk: Take I-64 West and exit at Exit 268 (Phoebus/Ft. Monroe), turn onto Mallory Street toward Buckroe Beach, at Mellon Street, turn right, continue on either Mellon Street or Mercury Boulevard. After you cross a bridge, you will arrive at the Fort Monroe gate. Continue through entrance gate along Ingalls Road to either the Casemate Museum or to the sea wall at the end of Ingalls Road.

Map/Guide: Facility Map: http://www.monroemwr.com/images/map_fm.pdf

Operating Hours: Daylight hours for hikers/bicyclers.

Contact Information: Phone: (757) 788-3205

Address: Department of the Army
Public Affairs Office
66 Ingalls Road, Building 27
Fort Monroe, VA 23651

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, D-4 (Casement Museum and Fort Monroe)

Gosnold's Hope Park

Category: Hiking, Blueways

Description: Gosnold's Hope Park is the second largest developed park in the city of Hampton, Virginia. It consists of 105 acres and offers campsites, a public boat ramp, a fitness trail, picnic shelters, and restrooms.

Website: http://www.hampton.gov/parks/parks_and_trails.html

Location: Directions: I 64 exit 263B onto Mercury Boulevard heading East. Take exit for King Street and make a left onto King Street. Follow King Street to Little Back River Road and take a right. The park is 3 miles on the left.

<http://www.hampton.gov/parks/map.html?src=images/gosnolds.jpg&alt=Gosnold%27s%20Hope%20Park%20Map>

Map/Guide: Fitness Trails: <http://www.hamptoncvb.com/go/visitors/outdoors-andamp-sports/fitness-trails#>

Operating Hours: The park is open daily year round from 7am to sunset.

Contact Information: Phone: (757) 850-5116

Address: Gosnold's Hope Park
901 E. Little Back River Road
Hampton, VA 23669

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, D-4 (Little Back River Road)

Grandview Natural Preserve

Category: Hiking, Blueways

Description: Grandview Nature Preserve is in the northeast corner of Hampton, Virginia. The Preserve covers over 475 acres. A 5-mile hike can be made by traveling 2-1/2 miles along the beachfront of the Chesapeake Bay and back. From the beach, there are views of the bay, pine forests, salt marshes, and tidal creeks. Various wildlife including deer, raccoons, hawks, and waterfowl may be seen. This is also a good location to look for shells on the beach. Follow the beach to Northend Point for views of the Back River. Canoes and kayaks can be launched from the beach. Canoeing and hiking programs are available at Grandview through Buckroe Beach Park, call (757) 850-5134 for details on current programs.

Website: http://www.hampton.gov/parks/parks_and_trails.html

Location: Directions: I-64 exit 263A onto Mercury Boulevard. Take left onto Foxhill Road. Follow to Beach Road and make a left. Follow to end and make a left onto State Park Drive. The Nature Preserve is straight ahead and limited parking is available along State Road Drive.

http://www.hampton.gov/parks/map.html?src=images/grandview_grundland.jpg&alt=Grandview%20Nature%20Preserve%20Map

Operating Hours: The Nature Preserve is open year round from sunrise to sunset daily.

Contact Information: Phone: (757) 850-5134

Address: Grandview Nature Preserve
State Park Drive
Hampton, VA 23664

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, D-4 (Grandview)

Great Dismal Swamp National Wildlife Refuge

Category: Hiking, Mountain Biking, Blueways

Description: The Great Dismal Swamp National Wildlife Refuge encompasses 111,000-acres of forested wetlands and the 3,100-acre Lake Drummond. Hike or bike through the refuge on spoil bank roads bordering the extensive ditch system. A boardwalk nature trail is also available. Canoeing or kayaking through the ditches or on Lake Drummond is also possible. The Washington Ditch Trail is a 4 1/2 mile route to Lake Drummond. Parking is available at both the Washington Ditch and Jericho Lane entrances to the refuge.

Website: <http://www.fws.gov/northeast/greatdismalswamp/>

Location: The Great Dismal Swamp National Wildlife Refuge is located in southeastern Virginia and northeastern North Carolina. See brochure for location map and directions.

Map/Guide: Brochure and Map: <http://www.fws.gov/northeast/greatdismalswamp/pdf/refugebrochure.pdf>

Operating Hours: Refuge trails are open everyday for hiking and biking from sunrise to sunset unless otherwise posted.

Contact Information: Phone: (757) 986-3705
Email: greatdismalswamp@fws.gov

Address: Great Dismal Swamp
3100 Desert Road
Suffolk, Virginia 23434

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, C-3 (Great Dismal Swamp National Wildlife Refuge)

Great Bridge Lock Park

Category: Hiking, Blueways

Description: The Great Bridge Lock Park is located along the Intracoastal Waterway just off Battlefield Blvd. in Chesapeake, Virginia. This 19-acre park includes a boat ramp, picnic shelters and a foot trail along the north shoreline and through the wooded western portion of the park. The park is located where the Albemarle and Chesapeake Canal, coming up from North Carolina, meets the Southern Branch of the Elizabeth River.

Website: <http://www.cityofchesapeake.net/services/depart/park-rec/greatbridgelockpark.shtml>

Location: Located on the Albemarle & Chesapeake Canal in Chesapeake, Virginia, where the Albemarle and Chesapeake Canal, coming up from North Carolina, meets the Southern Branch of the Elizabeth River. From I-64, Take Exit 291B for Route 168 South, Take Exit 13B for Route South Business, turn left onto Route 190 (to Route 168 Business), turn right onto Route 168 South Business - Battlefield Blvd, follow Battlefield Blvd for 3/4 mile, turn right onto Locks Rd., From I-464 South, go to Route 168 South, then; take Exit 13B for Route South Business, turn left onto Route 190 (to Route 168 Business), turn right onto Route 168 South Business - Battlefield Blvd, follow Battlefield Blvd for 3/4 mile, turn right onto Locks Rd.

Map/Guide: Map: http://www.cityofchesapeake.net/services/depart/park-rec/pdf/map-great_bridge_lock.pdf

Operating Hours: Open during daylight hours.

Contact Information: Phone: (757) 382-6411
Email: prgeneral@cityofchesapeake.net

Address: Parks & Recreation Department
112 Mann Drive
Chesapeake, VA 23322-5214

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, C-5 (Great Bridge)

Greensprings Interpretive Trail - James City

Category: Hiking

Description: The Greensprings Interpretive Trail in James City County, Virginia, includes a 3.5-mile nature trail that loops through a landscape of beaver ponds, wetlands and forests, with over 600 feet of boardwalk. The trailhead provides convenient parking and access to the Virginia Capital Trail. This trail is part of the Virginia Birding Trail system.

Website: <http://www.jccegov.com/recreation/parks-trails/green-springs-trail.html>

Location: <http://www.jccegov.com/recreation/parks/parks-facilities.html>

Located at 3751 John Tyler Highway, Williamsburg, VA 23185, 1-1/2 miles from Jamestown Island. Parking is available during non-school hours at Jamestown High School tennis courts.

Map/Guide: Trail Map: <http://www.jccegov.com/pdf/parksrecpdfs/2010documents/Greensprings%20Greenway%20Hiking%20Trail%20no%20bikes%20and%20walkers.pdf>

Operating Hours: Open daily from 8:00 a.m. to sunset.

Contact Information: Phone: (757) 259-5360
Email: parks.rec@james-city.va.us

Address: Greensprings Greenway Interpretive Trail
3751 John Tyler Memorial Highway
Williamsburg, VA 23185

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, C-7 (John Tyler Memorial Highway)

Harwood's Mill Mountain Bike Trail

Category: Mountain Biking

Description: The Harwood's Mill Mountain Bike Trail is part of the Newport News Parks system located at the Harwood Mills Reservoir. Three single-track loops and connecting fire trails create approximately 5 miles of mountain biking trails. Access to these trails is located across from the Harwood's Mill Fishing Facility on Oriana Road in York County.

Website: http://www.nnparks.com/parks_nn.php

Location: Harwood Mills Reservoir. From Newport News: Take 1-64 to Exit 258 north on U. S. 17. Follow north for about four miles, turn left on Oriana Rd. Cross over Harwood's Mill Reservoir and immediately turn left into the parking area.

Map/Guide: Go to <http://www.gpstrailsources.com> for trail maps

Operating Hours: Open sunrise to sunset daily

Contact Information: Phone: (757) 926-1400

Address: Newport News Parks, Recreation and Tourism
700 Town Center Drive, Suite 320
Newport News, VA 23606

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, C-2 (Harwood Mills Dam)

Cape Hatteras National Seashore

Category: Hiking, Bicycling, Blueways, Mountain Biking

Description: The barrier islands that make up Cape Hatteras National Seashore include recreational opportunities for hiking, bicycling, camping, swimming, birding, shelling, kayaking/canoeing, windsurfing, fishing, off-road vehicle use, or visiting lighthouses. Nature trails in the National Seashore include: the Hammock Hills Nature Trail (Ocracoke Island), the Buxton Woods Nature Trail (Hatteras Island), and the Bodie Island Dike Trail (Bodie Island). The beach at Cape Hatteras National Seashore is basically a 72-mile-long hiking trail. There are Visitor Centers at Bodie Island, Hatteras Island, and Ocracoke Island. Camping is available at Oregon Inlet, Cape Point, Ocracoke, and Frisco.

Website: <http://www.nps.gov/caha/index.htm>

Location: The northern entrance of Cape Hatteras National Seashore is located at the junction of US-64 and NC-12 in Nags Head, NC. The Seashore's southern entrance is located on NC-12 just north of Ocracoke, NC (accessible by ferry only). From the Tidewater area; take I-64 or I-664 to Chesapeake, Va. From I-64, take Exit 291B to Route 168, the Chesapeake Expressway.* Once in North Carolina, Route 168 turns into US-158 East. Follow US-158 through Nags Head, NC to the junction of NC-12 South.
*Chesapeake Expressway is a toll-road which costs \$2.00 each way.

Map/Guide: Map: <http://data2.itc.nps.gov/parks/caha/ppMaps/CAHAMap1.pdf>

Operating Hours: Cape Hatteras National Seashore is open year round. The Bodie Island, Hatteras Island, and Ocracoke Island Visitor Centers are open and 9 a.m. to 6 p.m. daily the Friday before Memorial Day through Labor Day and from 9 a.m. to 5 p.m. the rest of the year (closed Christmas). The summer program schedule runs from the Friday before Memorial Day through Labor Day. The Cape Hatteras Lighthouse is open for climbing from the third Friday in April through Columbus Day (early October). National Park Service campgrounds at Oregon Inlet, Frisco, and Ocracoke are generally open Easter weekend through Columbus Day. The Cape Point Campground is generally open Memorial Day through Labor Day.

Fees: There is no entry fee for Cape Hatteras National Seashore. There are fees for camping, the marina, and the lighthouse.

Contact Information: Phone: (252) 473-2111

Address: Cape Hatteras National Seashore
1401 National Park Drive
Manteo, NC 27954

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 49 and 69 (Cape Hatteras National Seashore)

Hickory Hollow Natural Area Preserve

Category: Hiking

Description: The 254-acre Hickory Hollow Natural Area Preserve is located in Lancaster County, Virginia. The preserve has public parking and a series of trails that traversing softwood and hardwood forests, ravines, and swampland. The preserve is a refuge for migrating birds and is owned by the Northern Neck Audubon Society.

Website: http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/hickory.shtml

Location: From Kilmarnock, follow VA 3 towards Lancaster. Just before you reach Lancaster, turn right onto VA 604. The preserve is on your left.

Map/Guide: Virginia Natural Area Preserves: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: The preserve is open from sunrise to sunset.

Contact Information: Phone: (804) 25-2303

Address: Rebecca Wilson, Chesapeake Bay Region Steward,
Department of Conservation and Recreation,
Division of Natural Heritage
217 Governor Street
Richmond, VA 23219

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 60, B-3 (Hickory Hollow Natural Area Preserve)

Hoffler Creek Wildlife Preserve

Category: Hiking, Blueways

Description: The 142-acre Hoffler Creek Wildlife Preserve includes; a non-tidal lake, a tidal creek, meadows, salt marshes, and a forests of pines and hardwoods. There are several interpretive trails in the preserve; one which follows the perimeter of the lake, several that lead to the creeks, and some through the forests. The preserve includes a Visitor Center which offers interpretive programs. Kayaks can be rented out at the preserve, or you can bring you own and launch it from the pier on the creek.

Website: <http://www.hofflercreek.org/>

Location: Map: http://www.hofflercreek.org/assets/40_regionalmapincolor.pdf
Located in at 4510 Twin Pines Road, Portsmouth, Virginia in West Churchland, south of Craney Island. Call for directions or visit website. From Points East: Travel to Norfolk and take the tunnel of your choice to Portsmouth. Midtown Tunnel: Take Rt. 164 exit. Take Towne Point Rd. exit. Turn right onto Towne Point Rd. (The road name will change to Twin Pines Rd.). Follow Twin Pines Rd. for about 2 miles. Hoffler Creek is on the left at the intersection of Twin Pines Rd. and Woodside Lane. Downtown Tunnel: Take 1st exit after tunnel and turn right onto Effingham St. Turn left onto High St. & follow for 6 miles. Turn right onto Poplar Hill Rd. at shopping center. Go straight for approximately 3 miles. (The road name will change to Twin Pines Rd.). Hoffler Creek is on the left at the intersection of Twin Pines Rd. and Woodside Lane. From Points North, South, and West: Take 664 to Hampton or Chesapeake. Take Portsmouth/Rte. 17 (Exit 9B) onto Rt. 164. Take 1st exit to Towne Point Rd. Turn left on to Towne Point Rd. (The road name will change to Twin Pines Rd.). Hoffler Creek is on the left at the intersection of Twin Pines Rd. and Woodside Lane.

Map/Guide: Trail Map: <http://www.hofflercreek.org/trail/index.php>
Trail Guide: http://www.hofflercreek.org/assets/52_laketraillguide.pdf

Operating Hours: Open Saturdays and Sundays 10 a.m. to 4 p.m. otherwise open by appointment for groups of 8 or more.

Fees: Free Admission. Donations Appreciated.

Contact Information: Phone: (757) 686-8684
E-mail: hofflercreek@hofflercreek.org

Address: Hoffler Creek Wildlife Foundation & Preserve
4510 Twin Pines Rd.
Portsmouth, VA 23703

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, A-3 (Twin Pines)

Hog Island Wildlife Management Area

Category: Hiking, Mountain Biking

Description: The 3,908-acre Hog Island Wildlife Management Area consists of three tracts of land. Two tracts are in Surry County, Virginia, and one is in Isle of Wight County, Virginia. These tracts include impoundment systems with dikes, as well as upland meadows and forests. The flooded areas and the meadows provide native plant food for migratory birds. The management area includes 8 miles of paths and dike roads for hiking or bicycling, and great views of the James River from the riverfront beaches.

Website: <http://www.dgif.virginia.gov/wmas/detail.asp?pid=4>

Location: On the West Bank of the James River between Smithfield and Surry, Virginia. Adjacent to the Surry Nuclear Power Plant. The area is accessed from state Route 10, between the towns of Surry and Smithfield, north via Routes 650 or 617. State Route (S.R.) 10, North from Benn's Church. Turn right on S.R. 650 at Bacon's Castle and proceed past Surry Nuclear Power Plant to the Wildlife Management Area. Park in any designated parking area.

Map/Guide: Map: <http://www.dgif.virginia.gov/wmas/maps/hogisland.pdf>

Operating Hours: February 1 - August 31: open daily, sunrise to sunset. September: closed: Saturdays until 2:00 PM, open: Sunday through Friday. Sunrise until sunset. October 4 - January 31: open Sundays only, 8:00 AM until sunset. Managed hunts are in progress from September 1 until January 24.

Contact Information: Phone: (757) 357-5224

Address: Hog Island Wildlife Management Area
7938 Hog Island Rd.
Surry, VA 23883

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, C-1 (Hog Island State WMA)

Hughlett Point Natural Area Preserve

Category: Hiking

Description: The Hughlett Point Natural Area Preserve contains both tidal and non-tidal wetlands, as well as undeveloped beaches, dunes, and upland forests. The preserve is an important wintering area for migratory birds and is a habitat for bald eagles, osprey and northern harriers. The preserve includes a parking lot along the preserve boundary, a boardwalk, two hiking trails, and wildlife viewing platforms.

Website: http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/hughlett.shtml

Location: From Kilmarnock, go north on VA 200 towards Burgess. Turn right onto VA 606. Turn right at the Shiloh schoolhouse onto VA 605. Follow VA 605 to the preserve.

Map/Guide: Virginia Natural Area Preserves: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Guide and Map: http://www.dcr.virginia.gov/natural_heritage/documents/pgchub.pdf

Fact Sheet & Map: http://www.dcr.virginia.gov/natural_heritage/documents/pghughlett.pdf

Operating Hours: Parts of the preserve may be closed for wildlife management purposes, call before visiting.

Contact Information: Phone: (804) 225-2303

Address: Rebecca Wilson, Chesapeake Bay Region Steward,
Department of Conservation and Recreation,
Division of Natural Heritage
217 Governor Street
Richmond, VA 23219

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 60, B-4 (Hughlett Point Natural Area Preserve)

Indian River Park

Category: Hiking, Bicycling, Mountain Biking

Description: The 91-acre Indian River Park is located between Paramount and Rokeby Avenues in Chesapeake, Virginia. The park contains a series of trails for hiking or bicycling. The park includes mature hardwood and pine forest and a small creek along the boundary.

Website: <http://www.chesapeake.va.us/services/depart/park-rec/indianriverpark.shtml>

Location: http://www.chesapeake.va.us/services/depart/park-rec/pdf/map-indian_river_park.pdf Located between Paramount Ave and Rokeby Ave in Chesapeake, Virginia. Take Exit 289A off of I-64 for Greenbrier Pkwy North, take right onto Military Highway - Route 13 North, turn left onto Rokeby Ave.

Operating Hours: Daylight hours.

Contact Information: Phone: (757) 382-6411
Email: prgeneral@cityofchesapeake.net

Address: Parks & Recreation Department
112 Mann Drive
Chesapeake, VA 23322-5214

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, B-5 (Indian River Park)

James River National Wildlife Refuge

Category: Hiking

Description: The 4,200-acre James River National Wildlife Refuge located in Prince George County, Virginia, consists of forest and wetland habitats along the James River. This refuge is a breeding grounds for up to 2,000 migrating bald eagles each year, and opportunities exist as well to view other native and migratory birds, mammals, native plants, and amphibians. Reservations are required to visit the refuge, seventy-two (72) hours in advance of the proposed visit. Requests can be made by contacting Cyrus Brame, Outdoor Recreation Planner, at (804) 829-9020 or cyrus_brame@fws.gov

Website: <http://www.fws.gov/northeast/jamesriver>

Location: <http://www.fws.gov/northeast/jamesriver/driving.html>

From Richmond, take Interstate 295 south to Route 10. Take Route 10 south/east toward Hopewell. After passing through Hopewell, proceed another 8 miles to Route 639. Take a left and look for the Refuge entrance sign.

Map/Guide: Refuge map: [http://www.fws.gov/northeast/jamesriver/maps/James River NWR map.pdf](http://www.fws.gov/northeast/jamesriver/maps/James_River_NWR_map.pdf)

Fact sheet: [http://www.fws.gov/northeast/jamesriver/documents/James River 2010.pdf](http://www.fws.gov/northeast/jamesriver/documents/James_River_2010.pdf)

Operating Hours: By appointment only.

Contact Information: Phone: (804) 829-9020 or (804) 333-1470
Email: cyrus_brame@fws.gov

Address: James River National Wildlife Refuge
11116 Kimages Road
Charles City, VA 23030

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, C-5 (Rt. 639)

Jamestown Island

Category: Hiking, Bicycling

Description: Jamestown Island has one-way drives on either a three-mile or a five-mile scenic loop through the forests and swamps around Jamestown. These loop drives are open to hikers, bicyclers and motor vehicles. Follow the signs to the loop rides from the Historic Jamestown parking lot. An entrance fee to Jamestown Island is charged.

Website: <http://www.nps.gov/jame/index.htm>

Location: <http://www.nps.gov/jame/planyourvisit/directions.htm>

When traveling east or west on I-64 take exit 242A (Route 199 West). At the third stop-light, Jamestown Road, turn left. Follow Jamestown Road until you see the signs for Jamestown Settlement, a Virginia Living History Park and turn left. Follow the road around the Living History parking lot to the stop sign. Turn right onto the Colonial Parkway. About 100 yards down the road you will come to the entrance gate for Historic Jamestown. Follow the road about a mile to the Visitor Center parking lot.

Map/Guide: Maps: <http://www.nps.gov/jame/planyourvisit/maps.htm>

Operating Hours: Entrance Gate: 8:30 a.m.- 4:30 p.m. daily, Visitor Center: 9:00 a.m.- 5:00 p.m. daily, Closed Thanksgiving, Christmas Day and New Year's Day

Fees: \$10 - 7 Days
\$40 - 12 Months (Annual Pass)

Contact Information: Phone: Headquarters (757) 898-2400
Phone: Jamestown Visitor Center (757) 229-1733

Address: Colonial National Historical Park
P.O. Box 210
Yorktown, Virginia 23690

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, C-7 (Jamestown Island)

Jockey's Ridge State Park

Category: Hiking/Blueways

Description: Jockey's Ridge State Park located in Nags Head, North Carolina, contains the tallest sand dune on the Atlantic coast. You can also visit the tidal waters off the Roanoke Sound. Walk along the sand or take the one-mile self-guided Southside Nature Trail, or the 1.5 mile "Tracks in the Sand" Trail.

Website: <http://www.ncparks.gov/Visit/parks/jori/main.php>

Location: <http://www.ncparks.gov/Visit/parks/jori/directions.php>

Jockey's Ridge State Park is located in Dare County on the Outer Banks. The entrance to the park, Carolista Drive, is in the town of Nags Head at milepost 12 on the Highway 158 Bypass (South Croatan Highway). From I-95, exit onto US 64 east, which merges with US 264 east before Roanoke Island. Continue on US 64/US 264 to Bodie Island and turn north on US 158. The entrance to the park will be on the left after the town of Nags Head.

Map/Guide: Park map: <http://www.ncparks.gov/Visit/parks/jori/pics/parkmap.pdf>

Brochure: <http://www.ncparks.gov/Visit/parks/jori/pics/brochure.pdf>

Operating Hours:

- November - February, 8 a.m. - 6 p.m.
- March, April, May, September, October 8 a.m. - 8 p.m.
- June - August, 8 a.m. - 9 p.m.
- Closed Christmas Day
- Park Visitor Center Hours
- November - February, 9 a.m. - 5:00 p.m.
- March - October, 9 a.m. - 6:00 p.m.

Contact Information:

- Phone: (252) 441-7132
- Email: jockeys.ridge@ncmail.net

Address:

- Jockey's Ridge State Park
- PO Box 592
- Nags Head, NC 27959

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 49, B-7 (Jockey's Ridge State Park)

Kiptopeke State Park

Category: Hiking, Bicycling, Blueways

Description: Kiptopeke State Park is the only State Park on Virginia's Eastern Shore. This 375-acre park includes five hiking and biking trails, that cover 4 miles through beach-front and coastal wood habitats. The park also contains observation platforms, boardwalks, a campground, rental cabins, parking areas, and a fishing pier. Check the park website for fees.

Website: http://www.dcr.virginia.gov/state_parks/kip.shtml

Location: Located on the eastern shore of Virginia, this park offers recreational access to the Chesapeake Bay and the chance to explore a unique coastal habitat featuring a major flyway for migratory birds. Kiptopeke is three miles north of the Chesapeake Bay Bridge Tunnel on Route 13. Turn west on Route 704; the park entrance is within a half mile.

Map/Guide: Park Map: http://www.dcr.virginia.gov/state_parks/documents/kiptopek.pdf

Trail Guide: http://www.dcr.virginia.gov/state_parks/documents/kiptopektrl.pdf

Operating Hours: Open year round between 8 a.m. and 10 p.m., Camping from early March to early December.

Fees: See website.

Contact Information: Phone: (804) 331-2267
Email: kiptopeke@dcr.virginia.gov

Address: Kiptopeke State Park
3450 Kiptopeke Drive
Cape Charles, VA 23310

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 51, C5 (Kiptopeke State Park)

Little Creek Reservoir Park (York County)

Category: Hiking, Blueways

Description: Little Creek Reservoir Park in York County, Virginia, overlooks a 996-acre reservoir. This park has a concession facility, a nature trail, picnic shelters, a boat ramp, a fishing pier, and also rents canoes. You can also launch your own boats from the boat ramp (only electric trolling motors are permitted on the reservoir).

Website: <http://www.jccegov.com/recreation/parks/little-creek-reservoir.html>

Location: From Newport News, follow Interstate 64W. Exit onto Croaker Rd/State Route 607, Toano 1.5 mi turn right at US-60 W/VA-603 W/Richmond Rd., 1.7 mi., turn left at VA-603 W/Forge Rd/State Route 610

Operating Hours:

March to November:
Monday to Friday - 7:00 a.m. to sunset*
Saturday and Sunday, and weekends and holidays - 6:00 a.m. to sunset*
December to February:
Saturday and Sunday - 7:00 a.m. to 5:00 p.m.

Fees: Fees for boat launch, canoe, kayak, and boat rentals, pier fishing, and shelters.

Contact Information: Phone: (757) 566-1702

Address: Little Creek Reservoir Park
180 Lakeview Drive (Off Forge Road)
Toano, VA 23168

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, B-7 (Little Creek Reservoir)

Lone Star Lakes

Category: Hiking/Blueways

Description: Lone Star Lakes park is located in the Chuckatuck section of Suffolk, Virginia. This 1,063-acre park has seven lakes, nature trails, picnic areas, a 4-mile horse trail for horseback riding, and fishing areas/piers. Boat rentals are not available, and only electric motors are permitted on the waterways.

Website: <http://www.suffolk.va.us/parks/lis.html>

Location: 1 Bob House Parkway, Suffolk. Take exit 9 off of I-664 South to merge onto US-17 N/Bridge Rd toward the James River Bridge, turn left at County Road 628/Crittenden Rd, turn right at VA-125, take the 1st right onto Bob House Pkwy

Operating Hours: Park is open sunrise to sunset, and closed sunset to sunrise (except for City activities).

Fees: Daily and annual permits are available at the Park Ranger Office.

Contact Information: Phone: (757)-255-4308
Email: ParksEmail@city.suffolk.va.us

Address: Parks and Recreation
Suffolk Center for Cultural Arts
110 W. Finney Ave. (3rd Floor)
Suffolk, VA 23434

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, B-2 (Lone Star Lakes)

Mackay Island National Wildlife Refuge

Category: Hiking, Blueways

Description: The 8,138-acre Mackay Island National Wildlife Refuge is located along the Atlantic Flyway in northeastern North Carolina and southeastern Virginia. Trails in the refuge include the 1/3-mile Great Marsh Trail, the 4-mile Mackay Island Trail, and the 6.5-mile Live Oak Point Trail. Mackay Island Road is also open for hiking or bicycling, but only up to the dike gate; from October 16th - March 14th. Check the website for trail closures during migratory waterfowl season. Boating is allowed on the waters of the refuge from March 15th to October 15th. An unimproved boat ramp for canoes and kayaks is available at the dike gate. Canoes and kayaks can also be launched from the Knotts Island Causeway on S.R. 615 from March 15th to October 15th.

Website: <http://www.fws.gov/mackayisland/>

Location: <http://www.fws.gov/mackayisland/largermap.html>

From the north (or by road) - To get to the refuge directly by highway, follow Princess Anne Road 11 miles south of Pungo, VA (near Chesapeake, VA). From the south- take the Knotts Island Ferry from Currituck Courthouse on US Highway 168 and follow SR 615 north. The refuge office is located on SR 615.

Map/Guide: Brochure: <http://www.fws.gov/southeast/pubs/mackayisland.pdf>

Operating Hours: The refuge is open during daylight hours seven days a week with the exception of the area near the refuge office which is open Monday through Friday from 7:30 a.m. to 4:00 p.m. Most of the refuge is closed to public access from October 16 through March 14 to reduce disturbance to wintering waterfowl. Mackay Island Road from NC 615 to Dike Gate, the Great Marsh Trail, The Kuralt Trail Overlook, and the March Causeway are open year round.

Contact Information: Phone: (919) 429-3100
Email: mike_hoff@fws.gov

Address: Mackay Island National Wildlife Refuge
P. O. Box 39
316 Marsh Causeway
Knotts Island, NC 27950

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 26, B-4 (Mackay Island National Wildlife Refuge)

Mathews Blueways Water Trail

Category: Blueways

Description: The Mathews Blueways Water Trail is located in Mathews County, Virginia. Five water trails form a giant loop around the county. There are 18 public launch sites along these trails. The trails include, the Piankatank River Trail - 11.8 to 18.5 miles, the Gwynns Island/Milford Haven Trail - 14.1 to 20.5 miles, the Winter & Horn Harbors Trail - 15.5 to 22.1 miles, the New Point Comfort Trail - 10.7 to 15.2 miles, and the East River Trail - 11.7 to 13.8 miles. It is recommended that only sea or touring kayaks be used to paddle these blueways, due to possible strong currents, high winds, waves, and surf.

Website: <http://www.mathewsblueways.org/intro.htm>

Location: Mathews County, Virginia
<http://www.mathewsblueways.org/images/VAMAP.GIF>

Map/Guide: Detailed Map: <http://www.mathewsblueways.org/images/MCOMAPAndTrails.jpg>

Contact Information: Phone: 804-725-4BAY phone
Phone: 877-725-4BAY toll free
E-mail: mcvic@visitmathews.com

Address: Mathews County Visitor & Information Center
239 Main Street
PO Box 1456
Mathews, VA 23109

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, A-4 (Mathews)

Mattamuskeet National Wildlife Refuge

Category: Hiking, Bicycling, Blueways

Description: The 50,000-acre Mattamuskeet National Wildlife Refuge is located in eastern North Carolina in Hyde County. It consist of marsh, timber and crop lands surrounding Lake Mattamuskeet, the largest natural lake in North Carolina. This lake is 16 miles long, and five to six miles wide. This refuge lies in the middle of the Atlantic Flyway. Mattamuskeet provides numerous opportunities for wildlife observation, fishing, hunting, nature photography, hiking, bicycling, boating, canoeing, kayaking, and environmental education.

Website: <http://www.fws.gov/mattamuskeet/>

Location:

The refuge is on the Albemarle - Pamlico peninsula in eastern North Carolina, approximately 8 miles east of Swan Quarter. From the East or West, take Hwy 264 to the intersection of Hwy 94N. The entrance to the Refuge is 1.7 mi. North on 94. Turn right off of 94 onto a gravel road. Travel 2.3 miles to the Refuge Headquarters. From the North, enter Hyde County via Hwy 45S & then East on Hwy 264 (& continue as above), or enter on Hwy 94S at Columbia, through Fairfield, turning left at the Refuge entrance (& continue as above).

Map/Guide: Brochure: <http://www.fws.gov/southeast/pubs/mtkgen.pdf>

Refuge map: <http://www.fws.gov/southeast/pubs/mtktear.pdf>

Operating Hours: Open March - November - see website for open house and hunt dates, Check website for road closures.

Contact Information: Phone: 252-926-4021
E-mail: mattamuskeet@fws.gov

Address: Mattamuskeet National Wildlife Refuge
38 Mattamuskeet Road
Swan Quarter, NC 27885

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 68, B-2 (Mattamuskeet National Wildlife Refuge)

Mattaponi & Pamunkey Rivers Trail

Category: Blueways

Description: The Mattaponi & Pamunkey Rivers Trail stretches from the York River upstream to Zoar on the Mattaponi River and above U.S. 360 on the Pamunkey River. Free electronic maps of these river trails, as well as maps for the York River, can be obtained from the Mattaponi & Pamunkey Rivers Associations (MPRA) website. Although these maps are now free in electronic format, MPRA also continues to sell the original printed waterproof versions of the original Lower Mattaponi & Pamunkey Rivers five-map set.

Website: <http://www.mpra.org/> -or -
<http://www.mpra.org/Projects/RiverTrail/CanoeTrail.html>

Location: Mattaponi and Pamunkey Rivers are located above the York River. See the link for the river maps for their location.

Map/Guide: River Maps: <http://www.mpra.org/Projects/RiverMaps/rivermaps.htm>

Contact Information: Email: mpra@mpra.org

Address: Mattaponi and Pamunkey Rivers Association
P.O. Box 157
Walkerton, VA 23177

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 59 (Mattaponi and Pamunkey Rivers)

Matteson Trail

Category: Hiking

Description: The Matteson Trail encircles the Hampton's Golf Course. This 3-mile nature/fitness trail begins and ends at the Sentara Health & Fitness Center.

Website: General Information: <http://www.hamptoncvb.com/go/visitors/outdoors-andamp-sports/fitness-trails#> or http://www.hampton.gov/parks/parks_and_trails.html

Location: Hampton, Virginia. Take Exit 262B off of I-64 W to merge onto VA-134 N/ Magruder Blvd, turn left after 1.1 miles at Butler Farm Rd, trail will be on the right.

Map/Guide: Map: <http://www.hampton.gov/parks/map.html?src=images/HamptonsGolf.jpg&alt=Matteson%20Trail%20Map>

Operating Hours: The trail is open from 7:00 a.m. until sunset and walking in pairs is encouraged.

Contact Information: Phone: (757) 766-9148
Email: parksrec@hampton.gov

Address: Matteson Trail
320 Butler Farm Road
Hampton, VA 23666

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, D-3 (Magruder Blvd)

Merchants Millpond State Park, NC

Category: Hiking, Blueways

Description: Merchants Millpond State Park is located in northeastern North Carolina in Gates County. There are nine miles of hiking trails in the park. You can also rent a canoe or bring your own canoe or kayak to explore the park's shallow waters. A boat ramp and pier are located near the parking area. Primitive camping is available with a permit and reservations can be accepted for group camping. Canoe rentals and camping permits are available at the canoe rental shop.

Website: <http://www.ncparks.gov/Visit/parks/memi/main.php>

Location: <http://www.ncparks.gov/Visit/parks/memi/directions.php>
Merchants Millpond is located in northeastern North Carolina in Gates County near the community of Gatesville. The park may be reached from US 158, NC 32 and NC 37. It is approximately 30 miles from the North Carolina cities of Ahoskie, Elizabeth City and Edenton and is also 30 miles from Suffolk, Virginia. From I-95, take US 158 east. Travel north on US 13/US 158 and turn right to follow US 158 east. Turn right on Millpond Road, go approximately 1/2 mile and turn in at the picnic area entrance. The Visitors Center will be on the right.

Map/Guide: Park map: <http://www.ncparks.gov/Visit/parks/memi/pics/parkmap.pdf>

Brochure: <http://www.ncparks.gov/Visit/parks/memi/pics/brochure.pdf>

Operating Hours: November - February, 8 a.m. - 6 p.m.
March and October, 8 a.m. - 8 p.m.
April, May, September, 8 a.m. - 8 p.m.
June - August, 8 a.m. - 9 p.m.
Closed Christmas Day & State Holidays
Park Office Hours: 8 a.m. - 4:30 p.m. weekdays

Fees: <http://www.ncparks.gov/Visit/parks/memi/facilities.php>

Contact Information: Phone: (252) 357-1191
Email: merchants.millpond@ncmail.net

Address: Merchants Millpond State Park
176 Millpond Road
Gatesville, NC 27938-9440

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 25, C-5
(Merchants Mill Pond State Park)

Mount Trashmore Park

Category: Hiking

Description: The 165-acre Mount Trashmore Park is located in Virginia Beach, Virginia. The park includes a parking area, two man-made hills, two lakes, restrooms, and multi-use trails. The main hill is 60 feet high and over 800 feet long and was created by compacting layers of trash (solid waste and clean soil). Fishing is allowed on Lake Windsor, but no private boats are allowed. The asphalt surfaced trails can be used for walking or jogging, they include: the 1.75-mile perimeter trail, the 1.45-mile Lake Trail, and the 1.3-mile Mountain Trail.

Website: <http://www.vbgov.com/>

Location: Take I-64 East and then I-264 East towards Virginia Beach. Take Exit 17A off of I-264 East onto S. Independence Blvd. Continue south on S. Independence Blvd. and then take a left onto Edwin Drive. Continue on Edwin Drive and turn right into the parking lot for Mount Trashmore.

Map/Guide: Brochure: http://www.vbgov.com/file_source/dept/parks/Projects-parks_and_landscape_services/facilities/Document/MountTrashmoreBrochure.pdf
Trail map: http://www.vbgov.com/file_source/dept/parks/Projects-programming-and-operations/Parks%20&%20Natural%20Areas/Document/mounttrashmore.pdf
Park map: [http://www.vbgov.com/file_source/dept/parks/Document/](http://www.vbgov.com/file_source/dept/parks/Document/PKS_MtTrashmore_map.pdf)
[PKS MtTrashmore map.pdf](http://www.vbgov.com/file_source/dept/parks/Document/PKS_MtTrashmore_map.pdf)

Operating Hours: 7:30 am - Posted Closing Time
(Skate Park: 8 am - ½ hour prior to posted closing time)

Contact Information: Phone: (757) 473-5237
Email: fun@VBgov.com

Address: Mount Trashmore Park
310 Edwin Drive
Virginia Beach, VA 23462

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, B-5 (Edwin Drive)

Nags Head Woods Ecological Preserve Trail

Category: Hiking

Description: The Nags Head Woods Ecological Preserve Trail on North Carolina's Outer Banks is located in Dare County. This 1,092-acre preserve includes hiking trails that are only open for foot traffic. Horses and bicycles are not allowed on these trails, but are allowed on the gravel roadways. Trails include; the 0.25-mile Center Trail at the Visitor Center, the 2.25-mile Sweetgum Swamp Trail, the 3.75-mile Blueberry Ridge Trail, the 0.5-mile Discovery Trail, the 1.5-mile Roanoke Trail, and the 1.6-mile Nags Head Town Trail.

Website: <http://www.nature.org/wherewework/northamerica/states/northcarolina/preserves/art5618.html>

Location: Take US 158 to the Town of Kill Devil Hills. Turn west near Mile Post 9.5 on Ocean Acres Drive: There is a stoplight with a McDonald's and Pigman's BBQ. Drive through a residential neighborhood for one mile; the road becomes gravel and narrows. The road will curve sharply to the right and you will see the white Nags Head Woods Preserve sign and parking area on the left. Walk up the boardwalk where trail maps and preserve guides are available at the outdoor information counter.

Map/Guide: Brochure: http://www.nature.org/wherewework/northamerica/states/northcarolina/files/tnc_nhw_trifold_brochure08_final.pdf
Trail Map: http://www.nature.org/wherewework/northamerica/states/northcarolina/files/tm_combo_printer_friendly.pdf

Operating Hours: This preserve is open to the public from dawn until dusk every day of the week.

Contact Information: Phone: (252) 441-2525

Address: Nags Head Woods Ecological Preserve
701 West Ocean Acres Drive
Kill Devil Hills, NC 27948

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 49, B-6 (Nags Head Woods)

New Quarter Park

Category: Hiking, Mountain Biking, Blueways, Bicycling

Description: The 545-acre New Quarter Park is located in York County, Virginia. It includes mature forests, meadows, ravines and tidal wetlands. The Park has nine hiking trails with scenic overlooks, a mountain bike trail, picnic areas, bicycling routes, and access to launch canoes or kayaks.

Website: <http://www.yorkcounty.gov/Default.aspx?tabid=4626>

Location: <http://www.yorkcounty.gov/LinkClick.aspx?fileticket=C8c57%2fJs%2fa0%3d&tabid=4626>

From Interstate 64, take Exit 242A (Route 199 West/Jamestown Exit). Take the Route 143 exit off of Route 199 (the first exit), turn right onto Route 143 and follow it until you come to the first stoplight, which is the Penniman Road intersection. Turn right onto Penniman Road (Magruder Elementary School is on the left) and take the first left turn onto Hubbard Lane. Stay on Hubbard Lane for about a mile until you go under an overpass just past Cobble Creek subdivision. After the overpass, make an immediate right turn onto Lakeshead Drive. Follow this road until you reach the park entrance.

Map/Guide: Brochure: <http://www.yorkcounty.gov/LinkClick.aspx?fileticket=rccBVAM2wtw%3d&tabid=4626>

Hiking map: <http://www.yorkcounty.gov/LinkClick.aspx?fileticket=L4kxKyzB7%2fc%3d&tabid=4626>

Mountain Biking map: <http://www.yorkcounty.gov/LinkClick.aspx?fileticket=Aao1rYh12Hs%3d&tabid=4626>

Operating Hours: May through October - Daily 8:00 a.m. until Dusk, November through April - Friday 10:00 am - Dusk / Saturday & Sunday 8:00 am - Dusk

Contact Information: Phone: (757) 890-5840
Email: parksandrec@yorkcounty.gov

Address: New Quarter Park
1000 Lakeshead Dr.
York County, VA 23690-0532

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, B-1 (Closest reference point is 'Porta Bello')

New Point Comfort Natural Area Preserve

Category: Hiking

Description: New Point Comfort Natural Area Preserve is located along the Atlantic Flyway for migrating birds on an isolated point of land jutting into the Chesapeake Bay. This preserve is owned and managed by The Nature Conservancy. Facilities in the preserve include, nature trail through the forested wetlands to the edge of the marsh, plus a short boardwalk and a marsh overlook.

Website: http://dcr.state.va.us/natural_heritage/natural_area_preserves/newpoint.shtml

Location: Matthews County, Virginia. From Gloucester, Take Rte. 14 east. to the Village of Bavon. Turn left on Rt. 600 and follow it for 1.0 miles, turn right at a small Nature Conservancy sign, and continue for 0.2 miles to the right to the parking area and boardwalk.

Map/Guide: Virginia Natural Area Preserves: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: For visitation information, please contact the Virginia Chapter of The Nature Conservancy (TNC) at (434) 295-6106.

Contact Information: Phone: (434) 295-6106 for The Nature Conservancy or
Phone: (804) 225-2303 for Virginia Dept. of Conservation

Address: Rebecca Wilson, Chesapeake Bay Region Steward,
Department of Conservation and Recreation,
Division of Natural Heritage
Richmond, VA 23219-2094

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, B-4 (New Point Comfort Natural Area Preserve)

Newport News Park

Category: Hiking, Bicycling, Blueways, Mountain Biking

Description: The 8,000-acre Newport News Park in Newport News, Virginia includes; numerous trails for hiking and bicycling, boat ramps, fishing piers, observation platforms, a visitor's center, picnic shelters and picnic areas, a store, and a public campground. Trails in the park include; the 2.75-mile White Oak Nature Trail, the 0.75-mile Lakeside Nature Trail, a 12-acre Arboretum, the 5.5-mile Bike/Jog/Hike Trail, and the 4.5 mile Bridle Trail.

Website: http://www.nnparks.com/parks_nn.php

Location: http://www.nnparks.com/map_parks.pdf

Exit I-64 at Yorktown exit, Exit 250. Turn left (North-West) onto State Route (S.R.) 143, Jefferson Ave. Travel 0.5-miles and turn right into park. Park Headquarters and Tourist Information Center is at the entrance. The Interpretive Center is about 1-mile in, on the right. The Campground office is 0.5-miles further North on S.R. 143 (Jefferson Ave.).

Map/Guide: Park Map: <http://www.nnparks.com/nnparkmap.pdf>

Operating Hours: Park is open sunrise to sunset daily, year-round. Park Headquarters and Tourist Information Office is open 8 a.m. to 5 p.m. daily. Interpretive Center with natural history and Civil War exhibits open times vary with season. Campground office is open from 8 a.m. to 10 p.m. (reduced hours in Winter).

Fees: Fees for boat and canoe launching and rentals, bike rentals, and camping.

Contact Information: Phone: (757) 886-7912

Address: Newport News Park
13564 Jefferson Avenue
Newport News, VA 23603

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, C-2 (Newport News Res)

Noland Trail

Category: Hiking, Blueways

Description: The Noland Trail is located in Newport News, Virginia, and is approximately 5-miles long, it includes 14 major bridges which allow the hikers to walk all the way around Lake Maury. Overlooks are located at key vistas around Lake Maury, and the James River can be viewed from the Lion Bridge. Bicycles are not allowed on the trails. Boat and canoe rentals are available on Lake Maury.

Website: <http://www.mariner.org/visitor-information/park-lake>

Location: Newport News, Virginia. Take Exit 258A off of I-64 and go south for 2.5 miles on J. Clyde Morris Blvd., cross Warwick Blvd., then turn left onto Museum Dr. Park on the right side of road, across from Mariner's Museum.

Map/Guide: Brochure: <http://www.mariner.org/sites/default/files/themarinersmuseumpark.pdf>

Operating Hours: The Park opens at 6:30 AM, closing times vary by season. Call (757) 596-2222 for closing times. Gates are locked each evening, so check closing times and plan your visit accordingly.

Contact Information: Phone: (757) 596-2222 - Museum Admissions & Visitor Information
Phone: (757) 591-7722 - Noland Trail & Lake Maury
Email: facilitiesmanagement@MarinersMuseum.org

Address: The Mariner's Museum
100 Museum Drive
Newport News, VA 23606

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, D-2 (Lake Maury)

Norfolk Botanical Gardens

Category: Hiking

Description: The 155-acre Norfolk Botanical Gardens in Norfolk, Virginia contain over 12-miles of walkways which wind through forests and dozens of specialty gardens. The Gardens include a visitor center/exhibit hall, gift shop, café, picnic areas, parking lots, and restrooms. Boat rides and trackless tram rides are available in season. Bicycles are allowed at certain times of the year for a fee.

Website: <http://www.norfolkbotanicalgarden.org/home>

Location: Next to Norfolk International Airport, take Exit 279 off of I-64, turn left on Azalea Garden Road from Norview Avenue. The Garden entrance is on the right.

Map/Guide: Map: <http://www.norfolkbotanicalgarden.org/plan-your-visit/garden-map>

Operating Hours: 9 am - 5 pm: October 16 - March
9 am - 7 pm: April - October 15
Closed on Thanksgiving, Christmas and New Year's Day.

Fees: Members - Free
Adults - \$9
Seniors and Military - \$8
Children & Youth (3-18) - \$7
Toddlers (2 and under) - Free with Parent or Guardian

Contact Information: Phone: (757) 441-5830

Address: Norfolk Botanical Garden
6700 Azalea Garden Road
Norfolk, Virginia 23518

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, A-5 (Norfolk Botanical Gardens)

North Landing River Natural Area

Category: Hiking

Description: North Landing River Natural Area is Virginia's largest natural area preserve. It is almost entirely comprised of wetland communities. Facilities include parking, a boardwalk trail to the Alton's Creek canoe launch, a canoe trail with interpretive guide and map, wildlife viewing platform, and interpretive signs. Notice: This Preserve is now closed due to increased illegal activity and DCR's lack of funding to support an Operations Steward to oversee this area.

Website: http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/northlanding.shtml

Location: From I-64, take Route 168 south for 9 miles, turn left on Hickory Road and turn right on Centerville Turnpike, Turn right almost immediately and turn left on Head of River Road. Go 6.5 miles until the road forks and bear left. Go 0.2 mile until the road ends at Blackwater Road. Turn left and go 0.6 mile to the preserve entrance on right. Go 0.7 miles to end of gravel road to parking lot and trailhead.

Map/Guide: Virginia Natural Area Preserves: http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: The Preserve is currently closed due to increased illegal activity and DCR's lack of funding to support an Operations Steward to oversee this area. Check website for openings.

Contact Information: Phone: (757) 925-2318 or (804) 786-7951

Address: Virginia Department of Conservation and Recreation
Division of Natural Heritage
217 Governor Street
Richmond, VA 23219

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, C-6 (North Landing River)

Northwest River Park

Category: Hiking, Blueways

Description: The 763-acre Northwest River Park is located on the banks of the Northwest River in Southeastern Chesapeake, Virginia. Hiking, fishing, canoeing/kayaking, camping, and cabin rentals are available. Trails include; the 2.0-mile Molly Mitchell Trail, the 1.0-mile Otter Point Trail, the 2.5-mile Indian Creek Trail, the 0.75-mile Deer Island Trail, and the 600-foot Fragrance Trail. Visitors can paddle along the inland lake or venture onto the scenic Northwest River.

Website: <http://www.chesapeake.va.us/services/depart/park-rec/nwrp/index.shtml>

Location: http://www.chesapeake.va.us/services/depart/infotech/gis/maps-pdf/Facilities/nw_riv_park.pdf

From Norfolk take I-464 south. At end of I-464 stay to left take Rt. 168 south. Take exit 8B, Hillcrest Pkwy East (last exit before toll). Turn right onto Battlefield Blvd. Turn left on Indian Creek Rd. Park is approx. 4 mi on right

Map/Guide: Trail Map: <http://www.chesapeake.va.us/services/depart/park-rec/pdf/trail-map.pdf>

Operating Hours: Park open all year round. Trails open daily, sunrise to sunset. Interpretive programs, open to the public (some with fee) all year.

Fees: Camping, some interpretive programs, and boats.

Contact Information: Phone: (757) 421-7151/3145

Address: Northwest River Park
1733 Indian Creek Road
Chesapeake, VA 23322

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, D-5 (Indian Creek Road)

Oak Grove Lake Park

Category: Hiking, Bicycling

Description: Oak Grove Lake Park is located at 409 Bryon Street, just off of Volvo Parkway in Chesapeake, Virginia. The park includes a hardwood forest, wetlands, and a 1.5 mile circular multi-use fitness trail that runs around the perimeter of the 65-acre lake . The trail may be used for walking, jogging, or bicycling.

Website: <http://www.chesapeake.va.us/services/depart/park-rec/oakgrovepark.shtml>

Location: Map: http://www.chesapeake.va.us/services/depart/park-rec/pdf/map-oak_grove_lake.pdf

Take I-64, take Exit 290B for Battlefield Blvd. South, Route 168 Business, turn right onto Volvo Parkway, turn right onto Bryon St.

Operating Hours: Daylight hours.

Contact Information: Phone: (757) 382-6411
Email: prgeneral@cityofchesapeake.net

Address: Parks & Recreation Department
112 Mann Drive
Chesapeake, VA 23322-5214

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, B-5 (Volvo Pkwy)

Ocean View Beach

Category: Hiking

Description: Ocean View Beach - you can hike up to 12-mile of beach along the waterfront with excellent views of the Chesapeake Bay.

1. Willoughby Spit: Follow the beach West past the Sarah Constance Shrine and the fishing piers. On a clear day the Hampton Roads Bridge Tunnel and the Peninsula are visible, as well as ships on their way to and from world ports. The water is clean and there are, from time to time, many shells. Many homes along the beach are very old and have interesting architectural features.

2. Little Creek: Proceed East on this wide beach. One may have to walk over two rock bulkheads at high tide 0.5-mile West of Little Creek, near 25th Ave. Continue until reaching the cement plant, climb the sloping concrete hill to a short road leading onto the jetty. Sailboats and sea-going ships of all kinds pass by. The Chesapeake Bay Bridge Tunnel can be seen on a clear day.

Ocean View Beach Park, Sarah Constance, and Community Beach have restrooms and showers. Public parking lots are located at Ocean View Beach Park, Sarah Constance Beach, and the Community Beach.

Website: <http://www.norfolk.gov/rpos/beaches.asp>

Location: Norfolk, Virginia. Willoughby Spit to Little Creek area. Take I-64 to Granby Street exit, and then turn left on Granby Street, to Ocean View Avenue. Turn right (east on Ocean View Ave.) and proceed to Ocean View Community Beach Park, on the left (North) side of the street between Norfolk Ave. and Chesapeake Blvd.

Map/Guide: Beach Access Ways - <http://www.norfolk.gov/rpos/AccessWays.asp>

Operating Hours: Access via Sarah Constance Shrine and Ocean View Community Beach Parks, open sunrise to sunset year round.

Contact Information: Phone: (757) 441-2400

Address: Community Beach Park
700 E. Ocean View Avenue
Norfolk, VA. 23510
Between Norfolk Avenue and Chesapeake Boulevard

Sarah Constant Beach Park
300 W. Ocean View Avenue
Norfolk, VA. 23510
Between 4th View Street and Mason Creek Road

Ocean View Beach Park
100 W. Ocean View Avenue
Norfolk, VA. 23510
Between 1st View Street and Duffy's Lane

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, A-5 (Ocean View)

Pea Island National Wildlife Refuge

Category: Hiking, Blueways

Description: The Pea Island National Wildlife Refuge is located on the Outer Banks of North Carolina, just above the Cape Hatteras National Seashore. It consists of 5,834-acres of land and 25,700-acres of boundary waters. The refuge has two hiking trails - the 1/2-mile North Pond Wildlife Trail, and the Salt Flats Trail. There is no boating on the refuge ponds, but visitors are welcome to paddle in the Atlantic Ocean and in Pamlico Sound. A boat ramp is located at New Inlet (about 6 miles south of Oregon Inlet) and it can be used to launch canoes, kayaks, and other shallow-draft boats.

Website: <http://www.fws.gov/PeaIsland/>

Location: Located 10 miles south of Nags Head, North Carolina on NC 12.

http://www.fws.gov/southeast/pubs/Pea_tearsheet.pdf

From Norfolk and Currituck Area: Take US 168 south. US 168 becomes US 158 about 18 miles south of the NC/VA line. Continue on US 158 for about 23 miles. At this point you will cross the Wright Memorial Bridge across the Currituck Sound. After the bridge continue on US 158 through Kitty Hawk, Kill Devil Hills, and Nags Head. At the south end of Nags Head, you will see signs for Hatteras Island, Cape Hatteras National Seashore, and NC 12 south. You will make a left at a traffic light onto NC 12 south. Almost immediately you will pass through another traffic light and will now be on NC 12 south. Follow NC 12 south for approximately 8 miles. Cross the Herbert C. Bonner Bridge across Oregon Inlet. On the south side of the bridge you will see the refuge entrance sign on your right. Approximately 4 miles south on the right is the Visitor's Center and an informational kiosk providing information on trails and visitor opportunities.

Map/Guide: Map: http://www.fws.gov/southeast/pubs/Pea_tearsheet.pdf

Brochure: <http://library.fws.gov/Refuges/peaisland02.pdf>

Operating Hours: The Refuge is open during daylight hours only (from 1/2-hour before sunrise to 1/2-hour after sunset). Visitor Center: Open 9:00 am to 5:00 pm daily during the warmer months and week-ends. 9:00 am to 4:00 pm all year.

Contact Information: Office Phone: (252) 987-1118
Visitor Center: (252) 987-2394

Address: Pea Island National Wildlife Refuge
P. O. Box 1969
Manteo, NC 27954

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 49, E-8 (Pea Island National Wildlife Refuge)

Pettigrew State Park

Category: Hiking, Blueways, Bicycling

Description: Pettigrew State Park is located in Tyrrell and Washington Counties, North Carolina, and includes more than 1,300 acres of land around Lake Phelps, and more than 4,000 acres along the Scuppernong River, with an additional 16,600 acres of water. Trails include the 1.3-mile Bee Tree Trail, the 3-mile Moccasin Trail, the 4.2-mile Morotoc Trail, and the 0.34-mile Cemetery Trail. Bicycles are allowed on most parts of the park trails. The park also includes a campground, picnic areas, restrooms with showers, and boat launching and docking facilities.

Website: <http://www.ncparks.gov/visit/parks/pett/main.php>

Location: <http://www.ncparks.gov/visit/parks/pett/pics/maptowdir.pdf>

Pettigrew State Park is located in Washington and Tyrrell counties of North Carolina, seven miles south of Creswell off US 64. From US 64, take exit 558 to Creswell. Turn left at Main Street and go two miles (the road becomes Spruill's Bridge Road). Turn right on Thirty Foot Canal Road for five miles. Turn left on Lake Shore Road and the park office is on the right.

Map/Guide: Park map: <http://www.ncparks.gov/visit/parks/pett/pics/parkmap.pdf>

Brochure: <http://www.ncparks.gov/visit/parks/pett/pics/brochure.pdf>

Operating Hours:

Park Hours

November - February, 8 a.m. - 6 p.m.

March, April, May, September, October 8 a.m. - 8 p.m.

June - August, 8 a.m. - 9 p.m.

Closed Christmas Day & State Holidays

Park Office Hours

8 a.m. - 4 p.m. weekdays

Contact Information:

Office Phone: (252) 797-4475

Email: pettigrew@ncmail.net

Address:

Pettigrew State Park
2252 Lake Shore Road
Creswell, NC 27928

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 47, D-8 (Pettigrew State Park)

Pocosin Lakes National Wildlife Refuge

Category: Hiking, Blueways

Description: The 110,106-acre Pocosin Lakes National Wildlife Refuge is located in the Hyde, Tyrrell, and Washington Counties of North Carolina. 170 miles of unimproved roads all across the refuge are closed to vehicles, but open for walking, bicycling, or for wildlife observation and photography. There is also the Scuppernong River Interpretive Boardwalk located behind the visitor center in Columbia. Boating is allowed on the waters of the Pungo Unit and in New Lake from March 1st to November 1st, all other waters are open year round.

Website: <http://www.fws.gov/pocosinlakes/index.html>

Location: <http://www.fws.gov/pocosinlakes/directions.html>

The refuge is located six miles south of Columbia, NC off Highway 94 on the east and 18 miles south of Plymouth, NC on Highway 45 on the west. The refuge headquarters and Walter B. Jones, Sr. Center for the Sounds is located on the south side of Highway 64 on the Scuppernong River in Columbia, NC.

Map/Guide: Map: http://www.fws.gov/southeast/pubs/pocosin_map.pdf

Brochure: http://www.fws.gov/southeast/pubs/PocosinLakes_gen.pdf

Operating Hours: The refuge is open for authorized public use activities during daylight hours only (30 minutes before sunrise to 30 minutes after sunset).

Contact Information: Phone: (252) 796-3004
Email: pocosinlakes@fws.gov

Address: Pocosin Lakes National Wildlife Refuge
PO Box 329 (mailing),
205 South Ludington Dr
Columbia, NC 27925

Delorme Map: North Carolina Atlas & Gazetteer - 8th ed., 2008 - Page 47, D-6 (Pocosin Lakes National Wildlife Refuge)

Point Walk

Category: Hiking

Description: The Point Walk located in Gloucester Point, Virginia, is an interpretive walk along the York River where you can learn all about the history of Gloucester and Gloucester Point.

Website: <http://www.co.gloucester.va.us/pr/parks/rw.htm>

Location: Gloucester, Virginia. From the Peninsula, take Interstate 64 West to the Fort Eustis/Yorktown Route 17 exit, take Route 105 - Fort Eustis Boulevard toward Yorktown, turn left onto Route 17 North - George Washington Memorial Highway, cross the Coleman Bridge - remember there is a \$2 toll, after crossing the bridge turn Right at the First Stoplight - Lafayette Heights Drive, travel about 30 yards and turn Right at the stop sign onto Greate Road. The Park is at the end of Greate Road.

Contact Information: Phone: (804) 642-9474
Email: csmith@gloucesterva.info

Address: Gloucester Point Beach Park
1255 Greate Rd.
Gloucester Point, VA 23061

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, C-2 (Gloucester Point)

Portsmouth City Park

Category: Blueways

Description: Portsmouth City Park offers a 3-pier boat ramp, sailboat launch area, and small watercraft beach, restrooms, and shelters with picnic tables and grills.

Website: <http://www.portsmouthva.gov/parksandrec/parks.aspx>

Location: Take I-664 S, Merge onto VA-337 E/Portsmouth Blvd. via Exit 11B toward Portsmouth 3.76 miles, Turn Left onto City Park Ave.

Operating Hours: Portsmouth City Park is open year round from dawn to dusk.

Contact Information: Phone: (757) 465-2937

Address: Portsmouth City Park
7 CPL. J.L. Williams Avenue
Portsmouth, VA 23701-1567

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, B-4 (City Park)

Powhatan Creek Park & Blueway (York County)

Category: Blueways

Description: Powhatan Creek Park & Blueway (York County) - includes a one-acre facility that is part of the Chesapeake Gateways Network and provides access to the James River at Jamestown Island, including scenic views of Historic Jamestown. This facility includes a small non-motorized boat/canoe kayak launch with parking for 20 vehicles, along with and five observation/fishing piers.

Website: <http://www.jccegov.com/recreation/parks/powhatan-creek.html>

Location: Williamsburg, VA - head west from Norfolk on I-64 towards Richmond, take exit 242A to merge onto VA-199 W toward Williamsburg/Jamestown, take left onto VA-31 (Jamestown Road), destination will be on the right.

Operating Hours: Open daily from sunrise to sunset.

Contact Information: Phone: (757) 259-5360

Address: Powhatan Creek Park
1831 Jamestown Road
Williamsburg, VA 23185

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, C-7 (Jamestown Road)

Presquile National Wildlife Refuge

Category: Hiking

Description: The 1,329-acre Presquile National Wildlife Refuge along the James River is located approximately 20 miles south of Richmond, Virginia. The Refuge is a nesting and roosting area for bald eagles, and is primarily hardwood swamp, with a fringe of marsh and upland fields. The refuge may be visited, but only with advanced reservations. Groups are preferred. Visits may include interpretive programs for schools, scouts and other organizations, or wildlife observation and photography opportunities.

Website: <http://www.fws.gov/northeast/presquile/>

Location: <http://www.fws.gov/northeast/presquile/driving.html>

Presquile National Wildlife Refuge (NWR) is located approximately 20 miles south of Richmond, Virginia.

Map/Guide: Trail Map: <http://www.fws.gov/northeast/presquile/maps/Presquile%20Trail%20Map.pdf>

Operating Hours: The refuge may be visited, but only with advanced reservations. Groups are preferred. Visits may include interpretive programs for schools, scouts and other organizations, or wildlife observation and photography opportunities. To schedule a visit, please contact Cyrus Brame, Outdoor Recreation Planner, at (804) 829-9020 or cyrus_brame@fws.gov

Contact Information: Phone: (804) 829-9020
Email: cyrus_brame@fws.gov

Address: Presquile National Wildlife Refuge
11116 Kimages Road
Charles City, VA 23030

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 48, B-3 (Presquile National Wildlife Refuge)

Ragged Island Wildlife Management Area

Category: Hiking, Blueways

Description: The 1,475-acre Ragged Island Wildlife Management Area consists of ponds, brackish water marshes with finger islands of loblolly pine, and several tidal creeks. A 0.3-mile interpretive loop trail begins at the parking lot. This trail joins an elevated 0.2-mile boardwalk, which follows a creek and ends at an observation platform overlooking the James River. From the overlook, the riverbank can be followed back towards the James River Bridge to the parking lot. The tidal creeks can be canoed or kayaked at high tide or on an incoming tide.

Website: <http://www.dgif.virginia.gov/wmas/detail.asp?pid=9>

Location: This Wildlife Management Area is located on South bank of James River Adjacent to the James River Bridge and across from Newport News, Virginia. Trail-head and canoe launch begin at parking lot at South end of the James River Bridge, on the South side of U.S. Route 17.

Map/Guide: <http://www.dgif.virginia.gov/wmas/maps/raggedisland.pdf>

Operating Hours: Temporarily closed. The hiking trail and board walk at the Ragged Island Wildlife Management Area will be closed until further notice. Due to the recent storm events of November 12-14, 2009 structural damage was incurred to the board walk and the gravel hiking path was washed away. The remainder of the Management Area remains open for hunting, fishing, trapping, canoeing, etc. If you have questions, please call the regional office at: (804) 829-6580. (Posted November 18, 2009)

Fees: None

Contact Information: Phone: (804) 829-6580
Email: dgifweb@dgif.virginia.gov

Address: Virginia Department of Game
and Inland Fisheries
3801 John Tyler Memorial Hwy
Charles City, VA 23030

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, A-2 (Ragged Island)

Rappahannock River Valley National Wildlife Refuge

Category: Hiking, Blueways

Description: The 20,000-acre Rappahannock River Valley National Wildlife Refuge (NWR) consist of several tracts along the Rappahannock River:

- Wilna Tract Open every day, sunrise to sunset
- Hutchinson Tract Open every day, sunrise to sunset
- Tayloe Tract Advanced reservations required, please call (804) 333-1470
- Laurel Grove Tract Advanced reservations required, please call (804) 333-1470
- Port Royal Tract Advanced reservations required, please call (804) 333-1470

The Wilna Tract and the Hutchinson Tract are open for wildlife observation and photography daily, sunrise to sunset. Access for canoes and kayaks is available at Wilna Pond. All other Refuge units are open for wildlife observation and photography by advanced reservation only. To schedule a visit, please call (804) 333-1470. Check with the refuge for trial closures due to active bald eagle nesting.

Website: <http://www.fws.gov/northeast/rappahannock/index.html>

Location: Driving directions: <http://www.fws.gov/northeast/rappahannock/driving.html>

Map/Guide: Brochure and map: http://www.fws.gov/northeast/rappahannock/documents/RPP_General_Brochure_Aug_2008.pdf

Operating Hours:

- Wilna tract - Open every day, sunrise to sunset
- Hutchinson tract - Open every day, sunrise to sunset
- Tayloe tract - Advanced reservations required, please call (804) 333-1470
- Laurel Grove tract - Advanced reservations required, please call (804) 333-1470
- Port Royal unit - Advanced reservations required, please call (804) 333-1470

The refuge headquarters is located on the Wilna tract and is open 8:00 a.m. - 4:30 p.m., Monday-Friday, except Federal Holidays.

Contact Information: Phone: (804) 333-1470
Email: fw5rw_evrnwr@fws.gov

Address: Rappahannock River Valley National Wildlife Refuge
P.O. Box 1030
336 Wilna Road
Warsaw, VA 22572

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 59, 70, & 71 (Rappahannock River)

Sandy Point State Forest

Category: Hiking, Mountain Biking, Blueways

Description: The 2,043-acre Sandy Point State Forest is located in King William County, Virginia, approximately 13 miles southeast of Central Garage off Route 30 at the end of Route 641. There are 11.5 miles of roads and 3 miles of forest trails that are open for walking, hiking, horseback riding, and mountain biking. There are 180 acres of tidal wetland and 288 acres of non-tidal wetland in the forest. The forest has approximately four-miles of frontage on the Mattaponi River. Canoeing and kayaking are permitted on the river and on the five miles of perennial streams.

Website: <http://www.dof.virginia.gov/stforest/index-spsf.htm>

Location: Located in King William County, approximately 13 miles southeast of Central Garage off Route 30 at the end of Route 641.

Map/Guide: State Forests Brochure: <http://www.dof.virginia.gov/stforest/resources/pub-Va-State-Forests.pdf>

Forests Map: <http://www.dof.virginia.gov/stforest/state-forest-map.htm> http://www.dcr.virginia.gov/natural_heritage/documents/napbook4web.pdf

Operating Hours: Dawn to dusk.

Contact Information: Phone: (434) 977-6555

Address: Virginia Department of Forestry
900 Natural Resources Drive
Charlottesville, Virginia 22903

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 59, C-6 (Sandy Point State Forest)

Savage Neck Dunes Natural Area Preserve

Category: Hiking

Description: The 298-acre Savage Neck Dunes Natural Area Preserve on the Eastern Shore of Virginia, includes Chesapeake Bay beaches, dunes, and maritime forest communities. There is a parking lot at the entrance to the preserve and a 0.75-mile hiking trail that goes through some of the highest dunes on the Eastern Shore.

Website: http://www.dcr.virginia.gov/natural_heritage/natural_area_preserves/savage.shtml

Location: Northhampton County on Virginia's Eastern Shore, 3 miles north of the town of Cape Charles. Follow US 13 north of the Chesapeake Bay Bridge-Tunnel, take Business Route 13 into Eastville, turn left onto Savage Neck Drive (Route 634). The preserve parking area will be 4.3 miles up this road on the right.

Map/Guide: Factsheet and Map: http://www.dcr.virginia.gov/natural_heritage/documents/pgsavage.pdf

Operating Hours: Daylight hours. Please call before visiting during deer season.

Contact Information: Phone: (757) 787-5576

Address: Dot Field, Eastern Shore Region Steward
Division of Natural Heritage
Wachapreague, VA 23219

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 51, B-5 (Savage Neck Drive)

Sandy Bottom Nature Park

Category: Hiking, Bicycling, Blueways

Description: Sandy Bottom Nature Park is a 456-acre park that includes an environmental education and wildlife management facility. Activities in the park include; hiking bicycling, camping, canoeing, kayaking, picnicking, and fishing. Boat or bicycles can be rented at the Environmental Education Facility. Trails in the park include: the 3.3-mile Trillium Trail, the 5.5-mile Otey Shelton Trail, the 0.22-mile Whispering Pine Trail, the 0.99 Wetlands Trail, the 0.34-mile Big Beech Trail, the 0.46-mile Red Fox Trail, the 0.12-mile Black Cherry Trail, the 1.0-mile Fallen Oak Trail, the 0.2-mile Osprey Point Trail, the 0.75-mile Wood Duck Trail, and the 0.74-mile Lake Trail.

Website: <http://www.hampton.gov/sandybottom/index.html>

Location: <http://www.hampton.gov/sandybottom/about.html#directions>

Located at the corner of Hampton Roads Center Parkway (West) and Big Bethel Road (600). If coming from I-64, exit 261A will bring you directly to Big Bethel Road. Cross it, and our new entrance will be on your right (recommended). Turn right on Big Bethel, and you will see our original entrance on your left.

Map/Guide: Map: [http://www.hampton.gov/sandybottom/iframe.html?](http://www.hampton.gov/sandybottom/iframe.html?linkfrom=main&bc=Park%20Map&link=pdf/sandy_bottom_map.pdf)

[linkfrom=main&bc=Park%20Map&link=pdf/sandy_bottom_map.pdf](http://www.hampton.gov/sandybottom/iframe.html?linkfrom=main&bc=Park%20Map&link=pdf/sandy_bottom_map.pdf)

Brochure: http://www.hampton.gov/sandybottom/iframe.html?linkfrom=main&bc=Park%20Brochure&link=pdf/sbnp_brochure.pdf

Operating Hours: Sunrise to Sunset

Fees: No fee for hiking. Fees for campsites, boats, pavilions, and classrooms.

Contact Information:

Phone: (757) 825-4657

Email: call311@hampton.gov

Address:

Sandy Bottom Nature Park

1255 Big Bethel Road

Hampton, VA 23666

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, D-3 (Hampton Roads Center Parkway and Big Bethel Road)

Sleepy Hole Park

Category: Hiking, Blueways

Description: Sleepy Hole Park is a 66-acre park located at 4700 Sleepy Hole Road, in Suffolk, Virginia. The park offers a variety of hiking trails, camping, boating, and picnic areas. There are fees for camping, picnic shelters and paddle boat rentals. The trail entrances are across the road from the picnic shelters #22 and #24. The trails are easy to follow, but not well marked. There are many spur trails from heavy use.

Website: <http://www.suffolk.va.us/parks/sh.html>

Location: Suffolk, Virginia. Drive north on U.S. Route 17 past Churchland for 5 miles; turn left on Rt. 627 for 2.7-miles; turn right on Rt. 629 and follow signs, pass Sleepy Hole Golf Course, to the park.

Operating Hours: Open sunrise to sunset, unless otherwise posted.

Fees: Camping, paddle boats, picnic shelters.

Contact Information: Phone: (757) 514-7250
Email: ParksEmail@city.suffolk.va.us

Address: Portsmouth Sleepy Hole Park
4700 Sleepy Hole Road
Suffolk, VA 23435

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, B-2 (Sleepy Hole)

Upper County Park - James City

Category: Hiking, Mountain Biking

Description: The 91-acre Upper County Park in James City County, Virginia include facilities for picnics, swimming , multiuse trails, and a 3.5-mile mountain bike trail. Admission to the park is free, but there is a nominal charge to swim or rent the picnic shelters.

Website: <http://www.jccegov.com/recreation/parks/upper-county.html>

Location: From Newport News take I-64 West 52.5 mi, take exit 227 for VA-30 toward W Point/Toano 0.4 mi, turn left at VA-30 S/Old Stage Rd 0.4 mi, take the 1st right onto Old Stage Rd/State Route 746 0.3 mi, turn right at Leisure Rd., destination will be on the right

Map/Guide: Trail Map: <http://www.jccegov.com/pdf/parksrecpdfs/2010documents/Upper%20County%20Trails%20-%20Updated%2011-09.pdf>

Operating Hours: The park is open daily from 8:00 a.m. to sunset.

Contact Information: Phone: (757) 566-1451 (summer only)
Phone: (757) 259-5360 (year-round)

Address: Upper County Park
180 Leisure Road
Toano, VA 23168

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 49, A-7 (Rt. 746)

Virginia Eastern Shore Water Trails

Category: Blueways

Description: Virginia Eastern Shore Water Trails - there are two loop water trails are under development on Virginia's Eastern Shore: the Onancock Creek Loop Trail and the Saxis Water Trail Loop. On the Onancock Creek Loop Trail, paddlers can launch a canoe or kayak from the town of Onancock's public dock and enjoy a 14 mile roundtrip to the mouth of the Bay and Parker's Marsh. The Saxis Water Trail Loop is located in the Saxis Wildlife Management Area (WMA), which contains more than 5,800 acres of marshland and creeks bounded by the Pocomoke Sound and salt and freshwater creeks.

Website: <http://www.baygateways.net/general.cfm?id=147>

Location: Onancock Creek Loop Trail: Onancock is accessible from US route 13 on the lower Eastern Shore. From US13 proceed west on route 179 to Onancock. In town, 179 turns to Market Street. Proceed through town on Market Street to the public dock at Onancock Creek. Saxis Water Trail Loop: Saxis Wildlife Management Area is accessible from US route 13 on the lower Eastern Shore. From US13 in Temperanceville, proceed west on Saxis Road (route 695) until it ends to the WMA.

Operating Hours: Boat ramps along both developing water trails are open during daylight hours. Some areas of Saxis WMA are seasonally restricted.

Fees: Onancock public dock charges \$5 for launching powerboats; canoes and kayaks are free of charge.

Contact Information: Phone: (757) 787-2786
E-mail: marian.huber@va.usda.gov

Address: Virginia Eastern Shore Water Trails
Onancock Creek Loop Trail
Onancock Wharf - Market St.
Onancock, VA 23417

Delorme Map: DeLorme - Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 62, C-2 (Onancock)

Virginia Beach Waterway Access Sites

Category: Blueways

Description: Virginia Beach Waterway Access Sites - the City of Virginia Beach maintains several waterway access points, sites include:

1. Back Bay
2. Broad Bay
3. Elizabeth River
4. Lynnhaven River
5. Hutton Circle Launch (C/K)
6. North Bay
7. North Landing River & Its Tributaries
8. West Neck Creek
9. Rudee Inlet
10. Lake Smith

Check the Virginia Beach website for a listing of updated sites and information.

Website: <http://www.vbgov.com>

Location: Various - see website.

Map/Guide: Virginia Beach Waterway Access Sites: http://www.vbgov.com/file_source/dept/parks/Document/DD_waterways.pdf

Operating Hours: Daylight hours.

Contact Information: Phone: (757) 385-0400
Email: fun@VBgov.com

Address: Parks & Natural Areas
2289 Lynnhaven Parkway
Virginia Beach, VA 23456

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35

Virginia Beach Ocean Front

Category: Hiking, Blueways, Bicycling

Description: The Virginia Beach Ocean Front includes Up to 10-miles of moderate walking on the beach from Rudee Inlet to Fort Story at 89th Street. This area includes a 3-mile boardwalk in the commercial area, and a bicycle trail parallels the boardwalk from Rudee Inlet to 40th Street. Kayaks can be launched from access points along the beach.

Website: <http://www.vbfun.com>

Location: Virginia Beach, Virginia. All roads lead to Virginia Beach. When approaching from the west, the easiest routes are Interstate 64, U.S. 460 or U.S. 58. From the north and south, convenient routes are Interstates 85 or 95, U.S. 17 and U.S. 13 (crossing the world-famous Chesapeake Bay-Bridge Tunnel, a 17-mile span connecting Virginia's Eastern Shore with Virginia Beach). These routes intersect with Interstate 64, which connects with the Virginia Beach-Norfolk Expressway, Interstate 264, and leads directly to the Virginia Beach oceanfront.

Map/Guide: Virginia Beach Boardwalk: http://www.vbfun.com/visitors/downloads/vacGuide10/vb_maps_10.pdf

Vacation Guide: http://www.vbfun.com/visitors/downloads/vacGuide10/vb_vacation_guide_10.pdf

Contact Information: Phone: (800) VA-BEACH (822-3224)
Email: vabvc@vbgov.com

Address: Visitors Information Center
City of Virginia Beach
2100 Park Avenue
Virginia Beach, VA 23451

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, B-7 (Virginia Beach)

Voorhees Nature Preserve

Category: Hiking

Description: The Voorhees Nature Preserve has trails that offer scenic views of the Rappahannock River, which is home to bald eagles and many other birds. There are four miles of wooded trails for self-guided walks. A trail map and brochure are available at the adjacent Westmoreland Berry Farm store. The bald eagle nesting areas are off limits during nesting season (mid-November to mid-July).

Website: <http://www.nature.org/wherewework/northamerica/states/virginia/preserves/art1245.html>

Location: Northeast bank of Rappahannock River, about 45 minutes east of Fredericksburg. From Fredericksburg: Take Route 3 east into King George County. Watch for the Route 301 intersection. Beyond this intersection, continue for 7 miles on Route 3. Just after Westmoreland County line, look for Westmoreland Berry Farm sign. Turn right onto Route 634, following signs for berry farm. Park in lot at the farm.

Map/Guide: Trail map: http://www.nature.org/wherewework/northamerica/states/virginia/files/voorhees_trail_map.pdf

Operating Hours: Open daily dawn to dusk

Contact Information: Phones: for preserve information; contact the Virginia office at (434) 295-6106, or for the Westmoreland Berry Farm; call (804) 224-9171

Address: The Nature Conservancy
Virginia Field Office
490 Westfield Road
Charlottesville, VA 22901-1633

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 71, C-5 (Route 634)

Wahrani Nature Trails

Category: Hiking, Mountain Biking

Description: Wahrani Nature Trails - the Chesapeake Forest Products opened this trail area in 1973 to help develop public appreciation for the natural environment. These trails were opened to mountain bicycles in 2007 to make this facility a multi-use trail for bikers, walkers and joggers. Trails are currently marked by colored blazes on trees along the trails.

Website: <http://www.co.new-kent.va.us/parks/facilities/index.php>

Location: From Williamsburg, take I-64 west, take Exit 220, towards West Point, travel 4 miles, trail entrance will be on right hand side of road, almost opposite Parham Landing Road.

Map/Guide: Trail Map: <http://www.co.new-kent.va.us/parks/facilities/wahrani%20trail%20map.pdf>

Park Facilities: <http://www.co.new-kent.va.us/parks/facilities/08wsparks.pdf>

Contact Information: Phone: (804) 966-8502
Email: jrstanger@co.newkent.state.va.us

Address: New Kent Parks and Recreation
P.O. Box 50
New Kent, VA 23124

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 59, D-7 (Just southwest of Eltham on Route 33 & 30)

Waller Mill Park

Category: Hiking, Mountain Biking, Blueways

Description: Waller Mill Park contains some 2,700 acres surrounding the 286-acre Waller Mill Reservoir. The park is open for hiking, mountain biking, picnicking, fishing, boating, pedal boating, canoeing and kayaking. Private boats, canoes, and kayaks can be launched (fee charged) from the boat docks. Pedal boats, rowboats, and canoes can be rented. Trails follow portions of the shoreline and wander through hilly forested areas. Trails include; the 2.8-mile Lookout Tower Trail, the 1.5-mile Bayberry Nature Trail, the 4.5 Dogwood Trail, which is a single-track mountain bike trail, a 1-mile Fitness Trail, and a 1-mile Senior Walking Course.

Website: <http://www.williamsburgva.gov/Index.aspx?page=477>

Location: Located in Williamsburg, VA, on Airport Road (Rt. 645) between I-64 and Rt. 60 West

Map/Guide: Brochure: <http://www.williamsburgva.gov/Modules/ShowDocument.aspx?documentid=316>

Operating Hours: April 19 - August 29 - 7:00 a.m. - 8:00 p.m.
August 30 - October 10 - 7:00 a.m. - 7:30 p.m.
October 11 - November 6 - 8:00 a.m. - 6:30 p.m.
November 7 - December 31 - 8:00 a.m. - 5:00 p.m.
Scheduled Closings: Jan 1, Nov 25, and Dec 24 & 25

Fees: Boat launching, boat rentals

Contact Information: Phone: (757) 259-3778
Email: parksandrecreation@williamsburgva.gov

Address: City of Williamsburg, Parks and Recreation Department
202 Quarterpath Road
Williamsburg, VA 23185

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, B-1 (Waller Mill Reservoir)

Westmoreland State Park

Category: Hiking, Mountain Biking, Blueways

Description: The 1,311-acre Westmoreland State Park lies within Westmoreland County, Virginia. The park extends about one and a half miles along the Potomac River. The park includes opportunities for hiking, mountain bicycling, camping, cabins, fishing, boating and swimming. There are seven hiking trails that cover eight miles and two mountain bicycling trails that cover 2.6 miles.

Website: http://www.dcr.virginia.gov/state_parks/wes.shtml

Location: From Tidewater, take 17 north to Tappahannock. At the second light, past Lowery's Restaurant, turn right onto 360 east to Warsaw. Turn left onto Rt. 3 west at the third stop light. Stay on this road until about six miles past Montross. Turn right into the park's entrance on Rt. 347.

Map/Guide: Trail Guide: http://www.dcr.virginia.gov/state_parks/documents/westmore.pdf

Operating Hours: Day use and overnight camping.

Contact Information: Phone: (804) 493-8821;
Email: westmoreland@dcr.virginia.gov

Address: Westmoreland State Park
1650 State Park Road
Montross, VA 22520-9717

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 71, C-7 (Westmoreland State Park)

Weyanoke Wildlife Sanctuary

Category: Hiking

Description: The Weyanoke Wildlife Sanctuary is a 7 acre site which is cared for and preserved by volunteers from the Cape Henry Audubon Society, Master Gardeners, and the local community. This Sanctuary features wooded trails with native plants in woodland and meadow gardens. Many of the native plants are labeled for identification. Clearly marked paths wind to the various gardens and habitats. There is also an overlook with a view of tidal creek wetlands.

Website: <http://www.chasnorfolk.org/weyanokesanctuary.html>

Location: The Sanctuary is located at 1501 Armistead Bridge Rd. in the West Ghent section of Norfolk, VA. From Hampton Blvd., turn west onto Gates Avenue, go right at Armistead Bridge Rd. to the Sanctuary gate. Parking is to the right and ahead.

Operating Hours: The Sanctuary is open Saturdays and Sundays, from 9 AM to 6 PM. and to 4 PM during the Winter. If a group wishes to visit the Sanctuary at another time, this can be arranged by calling Susan Hubbard at 757-625-1907.

Contact Information: Phone: Tiffany Plomgren (757) 440-7760

Address: Cape Henry Audubon Society
P.O. Box 1533
Norfolk, VA 23501

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 35, B-4 (West Ghent)

Windsor Castle Park

Category: Hiking, Blueways, Mountain Biking

Description: Windsor Castle Park is located in the heart of downtown Smithfield, Virginia, it is a 209.8 acre riverside park which features a woodland trail system, picnic and open area space, kayak/ canoe launch, fishing pier, a mountain bike path, scenic overlooks and the Windsor Castle Historic Site. The park located at 301 Jericho Road and is owned by the Town of Smithfield.

Website: <http://windsorcastlepark.org/>

Location: The park located at 301 Jericho Road is owned by the Town of Smithfield.

<http://windsorcastlepark.org/page/directions/>

The main entrance and parking facility is located on Jericho Road off Cedar Street. However, access from downtown is available at the end of South Mason Street. Parking for this entrance is the downtown area and the shared parking lot at Trinity United Methodist Church. A third entrance is possible from the Smithfield Station parking lot. As a courtesy to Smithfield Station regular users of the trails are encouraged to use the main parking lot on Jericho Road.

Map/Guide: Park Map: <http://windsorcastlepark.org/page/park-map/>

Operating Hours: Dawn to dusk.

Contact Information: Phone: (757) 365-4200

Address: Windsor Castle Park
301 Jericho Road
Smithfield, VA 23430

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 34, A-1 (Jericho Road)

York River State Park

Category: Hiking, Mountain Biking, Blueways

Description: York River State Park is located on the York River in James City County, Virginia. The park includes many trails that are old farm roads, some of which offer views down small creeks and overlook the York River. Picnic areas and shelters are available. The 1.3-mile Backbone Trail ends on bluff providing nice view of the York River. The 0.6-mile Backbone Bridle Path Trail provides a backbone connecting other trails so that hiking can be extended. The 6-mile Marl Ravine Trail is a single-track mountain bike trail.

Website: http://www.dcr.virginia.gov/state_parks/yor.shtml

Location: From I-64, take the Croaker Exit (231B). Travel north on Rt. 607 for 1.0 miles, then right on Rt. 606 for about 1.5 miles, and turn left onto York River Road. Take York River Road approximately 2 miles to Day Use area and parking lots.

Map/Guide: Park Map: http://www.dcr.virginia.gov/state_parks/documents/yorkrivr.pdf
Friends of York River State Park: <http://www.friendsofyorkriverstatepark.org/>

Operating Hours: Park is open from 8 a.m. to dusk all year. Restrooms are closed from approximately December 1st through mid-March. Visitor Center with exhibits, viewing scopes and information open 10 a.m. to 6 p.m. (weekends only April through Memorial Day, daily Memorial Day through Labor Day, and weekends only Labor Day through last weekend in October).

Fees: Parking fees weekends only Memorial Day to Labor Day; interpretive canoe trips.

Contact Information: Phone: (757) 566-3036
Email: yorkriver@dcr.virginia.gov

Address: York River State Park
5526 Riverview Road
Williamsburg, VA 23185

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, A-1 (York River State Park)

Yorktown Battlefield & Colonial National Historical Park

Category: Hiking, Bicycling

Description: Walk or bicycle along the roads in the Yorktown Battlefield & Colonial National Historical Park, or walk across the battlefields. A 7-mile Battlefield Tour Road, which takes about one hour, will give you a first-hand look at where the events of the siege took place. See both original and reconstructed earthworks and siege lines built and used by troops of both sides. Stand on the very site where the allied troops took British Redoubts 9 and 10 during a surprise night attack on October 14th, a decisive event which helped turn the tide toward an Allied victory. Overlook Surrender Field, where the British troops laid down their arms, surrendering 8,300 troops and effectively ending the American Revolution. A second, 9-mile Encampment Tour Road, which takes about one-half hour, reveals the locations of the allied encampments during the siege, including Washington's Headquarters. A trail connects to the Newport News park trail system for additional biking, hiking, and jogging.

Website: <http://www.nps.gov/york/index.htm>

Location: Colonial National Historical Park is located a short distance from Interstate 64 (I-64). Eastbound from the Richmond area via I-64, exit 242B for Yorktown, to the Colonial Parkway. Follow the parkway to its end. West bound Interstate 64 from the Virginia Beach/Norfolk/Hampton area for Yorktown should take Route 105 East (Fort Eustis Boulevard east), exit 250B to Route 17 (George Washington Memorial Highway). Turn left (North) onto Route 17. Follow the signs to the Yorktown Battlefield.

Map/Guide: Map: <http://www.nps.gov/PWR/customcf/apps/maps/showmap.cfm?alphacode=york&parkname=Yorktown%20Battlefield>

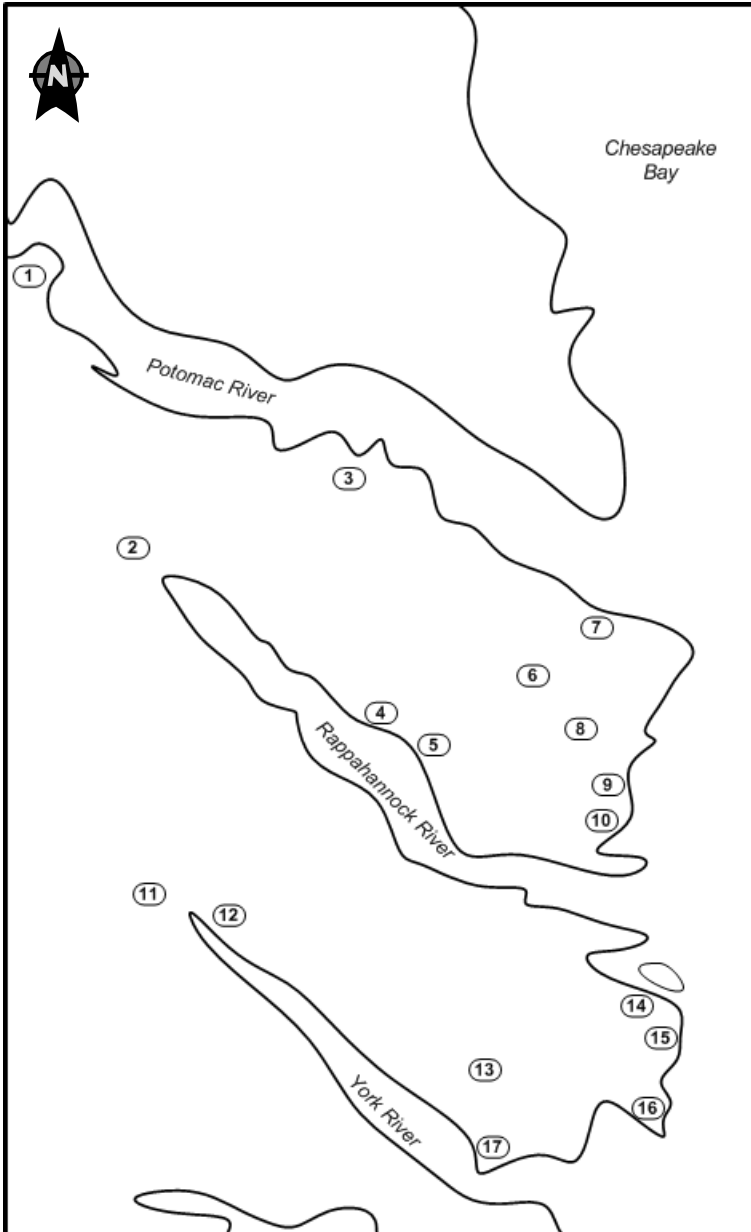
Operating Hours: All park grounds are closed at sunset. Yorktown Visitor Center is open daily from 9:00 a.m. to 5:00 p.m.; and is closed Thanksgiving, Christmas, and New Years Day.

Contact Information: Phone: (757) 898-2410

Address: Colonial National Historical Park
P.O. Box 210
Yorktown, VA 23690

Delorme Map: Virginia Atlas & Gazetteer - 7th ed., 2009 - Page 50, C-2 (Yorktown Battlefield)

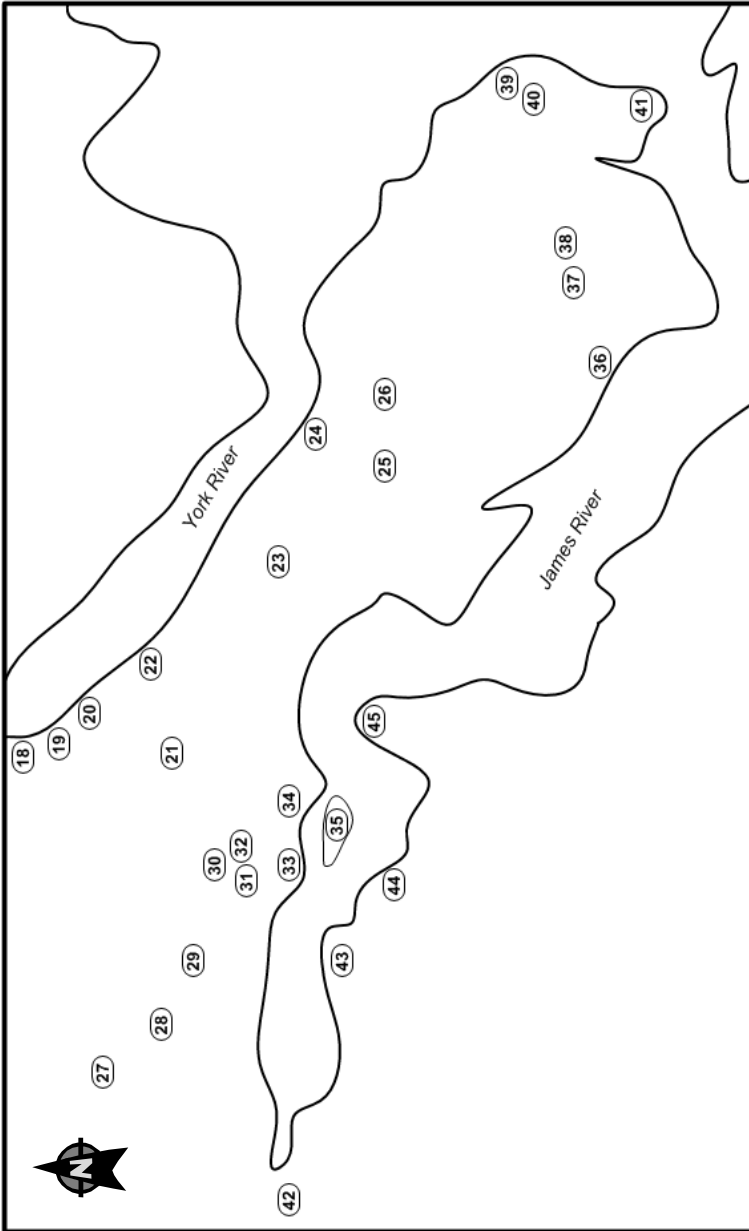
(This page left intentionally blank)



Map 1
Northern Neck and Middle Peninsula

Map 1 - Key
Northern Neck and Middle Peninsula

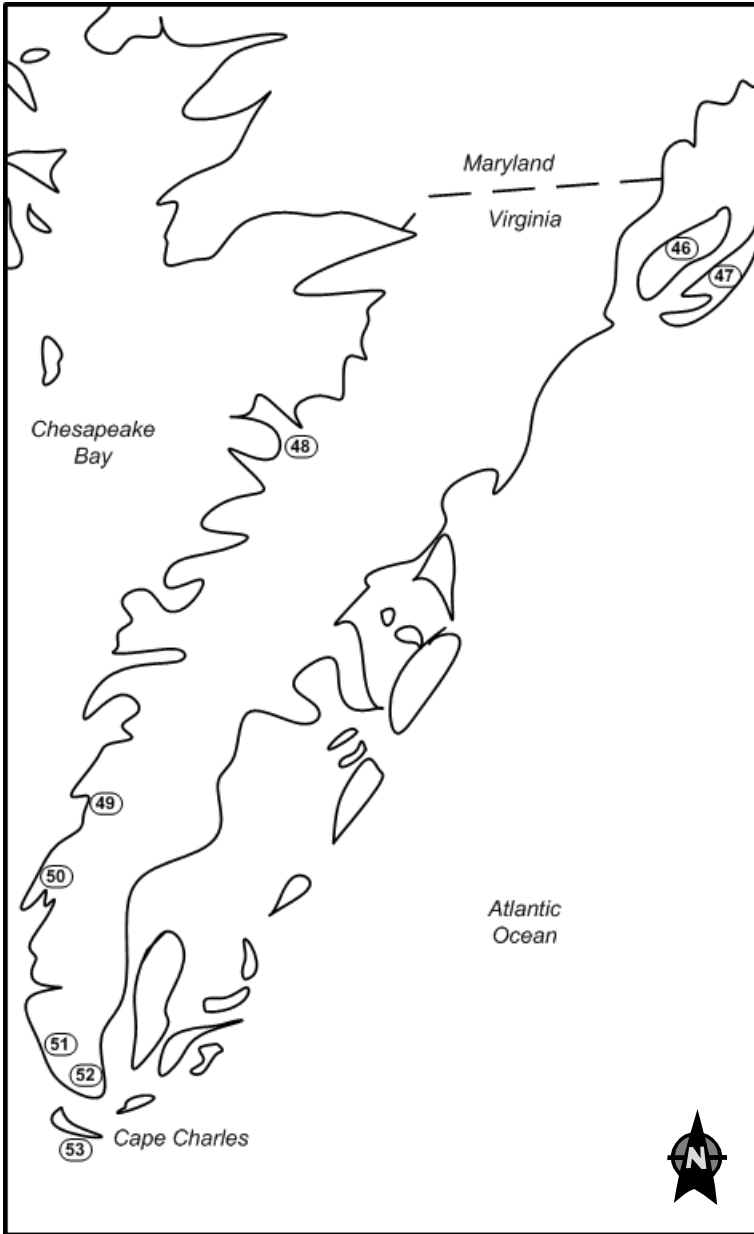
Item #	Trail Location
1	Caledon Natural Area
2	Voorhees Nature Preserve
3	Westmoreland State Park
4	Rappahannock River Valley National Wildlife Refuge
5	Belle Isle State Park
6	Chilton Woods State Forest
7	Bush Mill Stream Natural Area Preserve
8	Hickory Hollow Natural Area Preserve
9	Dameron March Natural Area Preserve
10	Hughlett Point Natural Area Preserve
11	Sandy Point State Forest
12	Mattaponi & Pamunkey Rivers Trail
13	Beaverdam Park (Beaverdam Reservoir)
14	Mathews Blueways Water Trail
15	Bethel Beach Natural Area Preserve
16	New Point Comfort Natural Area Preserve
17	Point Walk



Map 2
Peninsula and Upper James River

**Map 2 - Key
Peninsula and Upper James River**

Item #	Trail Location
18	Cumberland Marsh Natural Area Preserve
19	Wahrani Nature Trails
20	York River State Park
21	Waller Mill Park
22	New Quarter Park
23	Colonial Parkway
24	Yorktown Battlefield & Colonial National Historical Park
25	Newport News Park
26	Harwood's Mill Mountain Bike Trail
27	Crawfords State Forest
28	Upper County Park - James City
29	Chickahominy State Wildlife Management
30	Little Creek Reservoir Park (York County)
31	Chickahominy Riverfront Park
32	Freedom Park - James City County
33	Greensprings Interpretive Trail - James City
34	Powatan Creek Park & Blueway (York County)
35	Jamestown Island
36	Noland Trail
37	Sandy Bottom Nature Park
38	Matteson Trail
39	Grandview Natural Preserve
40	Gosnold's Hope Park
41	Fort Monroe
42	Presquile National Wildlife Refuge
43	James River National Wildlife Refuge
44	Chippokes Plantation State Park
45	Hog Island Wildlife Management Area

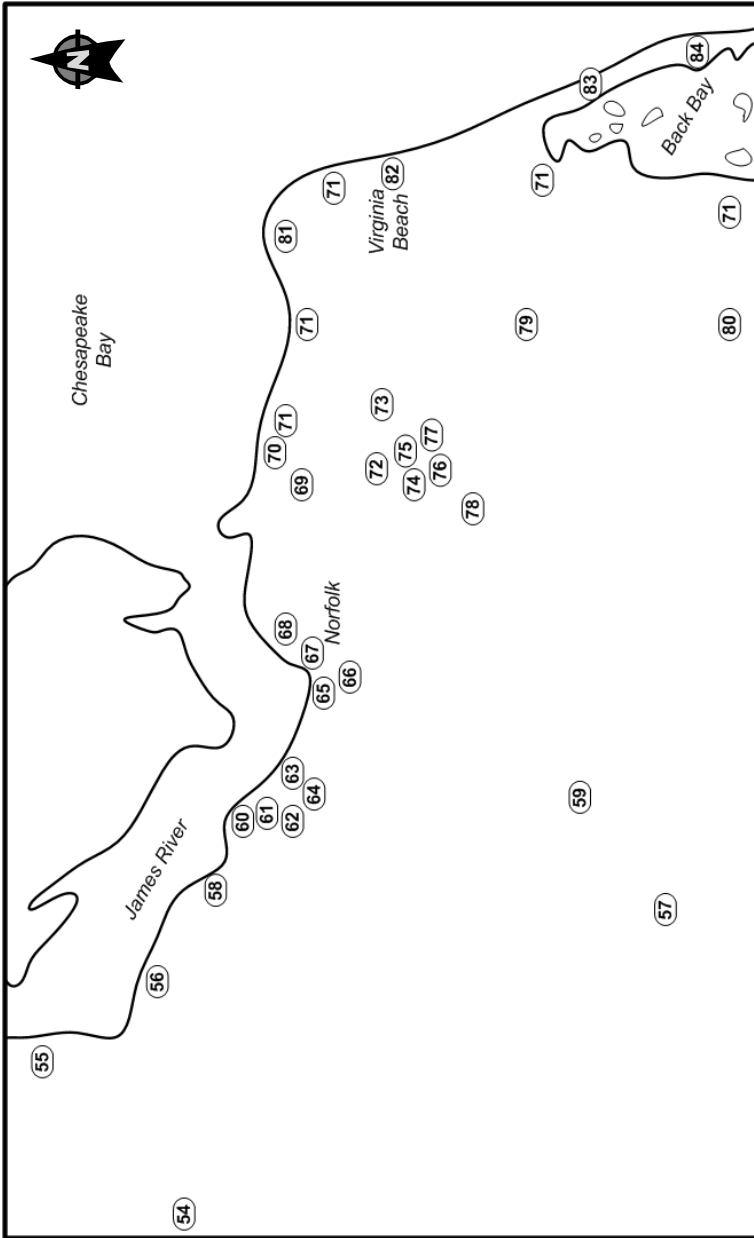


Map 3
Eastern Shore of Virginia

Map 3 - Key
Eastern Shore of Virginia

Item # Trail Location

- 46 Chincoteague National Wildlife Refuge
- 47 Assateague Island National Seashore
- 48 Virginia Eastern Shore Water Trails
- 49 Savage Neck Dunes Natural Area Preserve
- 50 Cape Charles Coastal Habitat Natural Area Preserve
- 51 Kiptopeke State Park
- 52 Eastern Shore of Virginia National Wildlife Refuge
- 53 Fisherman Island National Wildlife Refuge

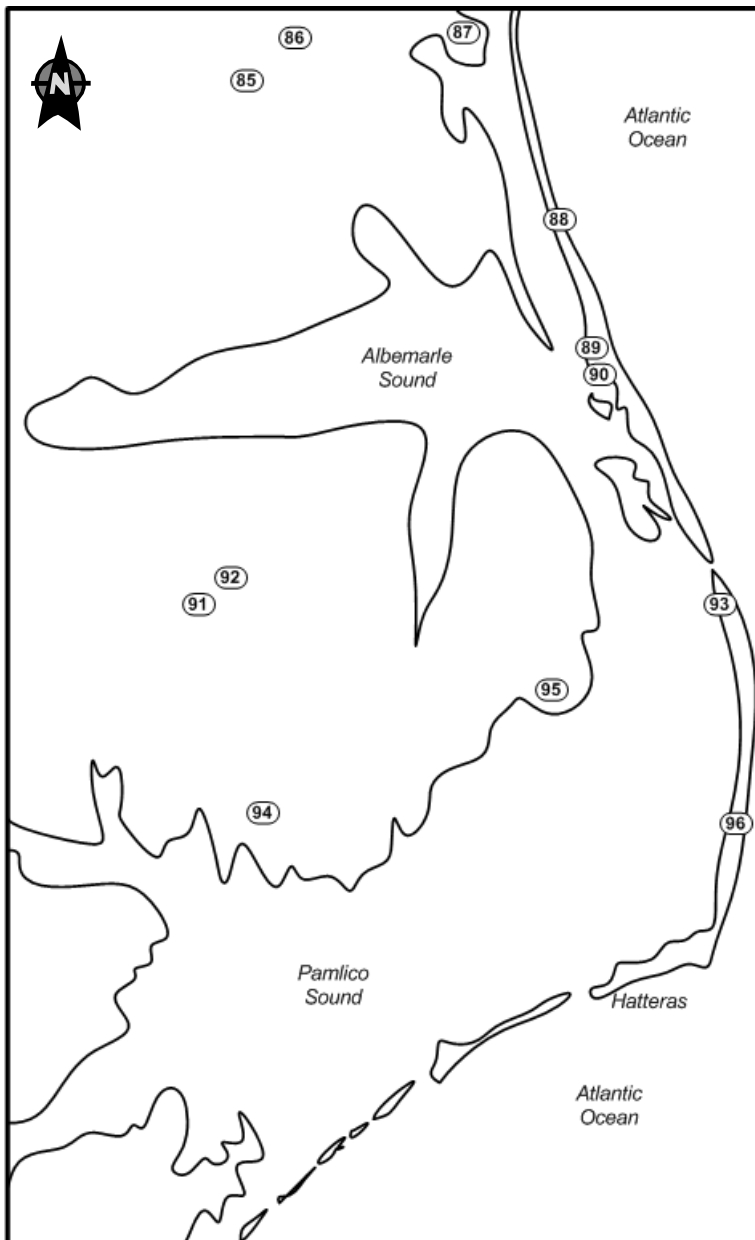


Map 4
Southside Hampton Roads

Map 4 - Key
Southside Hampton Roads

Item #Trail Location

- 54 Chub Sandhill Natural Area Preserve
- 55 Fort Huger
- 56 Fort Boykin Historic Park
- 57 Dismal Swamp Canal Trail
- 58 Windsor Castle Park
- 59 Deep Creek Lock Park
- 60 Ragged Island Wildlife Management Area
- 61 Carrollton Nike Park (Isle of Wright)
- 62 Lone Star Lakes
- 63 Sleepy Hole Park
- 64 Bennetts Creek Park
- 65 Hoffer Creek Wildlife Preserve
- 66 Portsmouth City Park
- 67 Craney Island Disposal Area
- 68 Weyanoke Wildlife Sanctuary
- 69 Norfolk Botanical Gardens
- 70 Ocean View Beach
- 71 Virginia Beach Waterway Access Sites
- 72 Indian River Park
- 73 Mount Trashmore Park
- 74 Bells Mill Park
- 75 Oak Grove Lake Park
- 76 Great Bridge Lock Park
- 77 Chesapeake Arboretum
- 78 Great Dismal Swamp National Wildlife
- 79 North Landing River Natural Area
- 80 Northwest River Park
- 81 First Landing State Park
- 82 Virginia Beach Ocean Front
- 83 Back Bay National Wildlife Refuge
- 84 False Cape State Park



Map 5
Northeastern North Carolina

**Map 5 - Key
Northeastern North Carolina**

Item #	Trail Location
85	Merchants Mill Pond State Park, NC
86	Dismal Swamp State Park
87	Mackay Island National Wildlife Refuge
88	Currituck National Wildlife Refuge
89	Nags Head Woods Ecological Preserve Trail
90	Jockey's Ridge State Park
91	Pocosin Lakes National Wildlife Refuge
92	Pettigrew State Park
93	Pea Island National Wildlife Refuge
94	Mattamuskeet National Wildlife Refuge
95	Alligator River National Wildlife Refuge
96	Cape Hatteras National Seashore