

Camping Information Packet

False Cape State Park

Welcome!

False Cape State Park, which occupies the southern point of Virginia's coast, is an isolated paradise nestled between Back Bay National Wildlife Refuge and the outer banks of North Carolina. The Atlantic Ocean defines the eastern boundary of the park, while the freshwater system of Back Bay forms the western boundary.

Within the 4,321 acres of pristine wilderness, you can enjoy hiking or biking on over 15 miles of trails, fishing (Virginia fishing license needed), beach combing, birding, nature photography, wildlife observation and more!

In order to make sure your visit is a pleasant one, please read through this entire document carefully. Completing the camper's checklist will ensure you are prepared for your trip. Please observe all posted rules and regulations during your trip.

Top 10 Things to Know about Camping at False Cape:

1. Reservations are required. Call the State Park Reservation Center at 1-800-933-7275 to make a reservation. Same-day or walk-in reservations are not accepted.
2. You must print TWO copies of your camping reservation before you arrive. One for your car dashboard and one for your campsite marker.
3. Overnight parking is NOT allowed at Back Bay National Wildlife Refuge. You MUST park at Little Island City Park (3820 S Sandpiper Rd, Virginia Beach, VA 23456). Place one copy of your camping reservation on your car dashboard. If you do not, your car may be towed.
4. While there are no fees to enter False Cape State Park, parking fees apply at Little Island City Park.
5. Pets are not allowed in Back Bay National Wildlife Refuge. Pets can only be brought into the State Park by boat or from the North Carolina border.
6. Be prepared to walk or bike 6 – 8 miles from your parked car to your campsite. There is no public vehicle access to the park. The first mile of beach in Back Bay National Wildlife Refuge is closed to the public, use the paved entrance road for the first mile of your trip. You must be completely through the Refuge (the first 3.5 miles of your bike or hike) before sunset.

7. Drinking water is available at both Barbour Hill campgrounds and at the Visitor Center. Water that is fine for washing dishes but NOT safe for drinking is available at False Cape Landing campgrounds.
8. Fires and charcoal grills are not allowed. You may cook with small propane camp stoves.
9. There are no trashcans in the park; you must pack out all of your trash.
10. Day use areas of the park are closed 30 minutes after sunset to 30 minutes before sunrise. During this closure campers must remain in night use areas, which include campsites, bathrooms, and drinking water access locations.

Additional Details:

Park Access

There is no public vehicle access to False Cape State Park. Campers must park their car at Little Island Park (parking fees apply) and hike or bike through Back Bay National Wildlife Refuge. Plan to arrive early to ensure you find a parking spot at Little Island. The lot can fill up quickly, especially on weekends during the summer months. **Note: the first mile of beach in Back Bay National Wildlife Refuge is closed to the public, use the paved entrance road for the first mile of your trip.**

Campers entering by foot or bike may use the beach (starting after the first mile) or interior trails (called the West and East Dike) of Back Bay National Wildlife refuge during daylight hours. Traveling through the refuge after sunset is strictly prohibited. Only one Dike Trail is open at a time. There will be a sign at the start of the gravel refuge road directing you to the open trail. **The East and West Dike trails through the refuge are BOTH closed November 1- March 31.** During this closure, campers must use the beach (after the first mile) to access False Cape State Park. If you intend to hike or bike down the beach, plan your arrival time near low tide. Hard packed sand makes it easier to hike or bike.

If using a boat, kayak, or canoe, you may travel to False Cape via Back Bay. There is a launch for canoes and kayaks across the road from the parking lot at Little Island Park. False Cape State Park boat docks for overnight visitors are located at Barbour Hill and False Cape Landing. Boats may be docked overnight in False Cape at no cost. **Note: it is especially important to check the weather forecast if you are boating to the park. Back Bay is a tidal system, based on the direction and strength of the wind. If there is a strong North wind, the water level may be too low to access False Cape by water. Back Bay can also difficult to navigate, so a GPS device or waterways map is recommended.**

Campsites

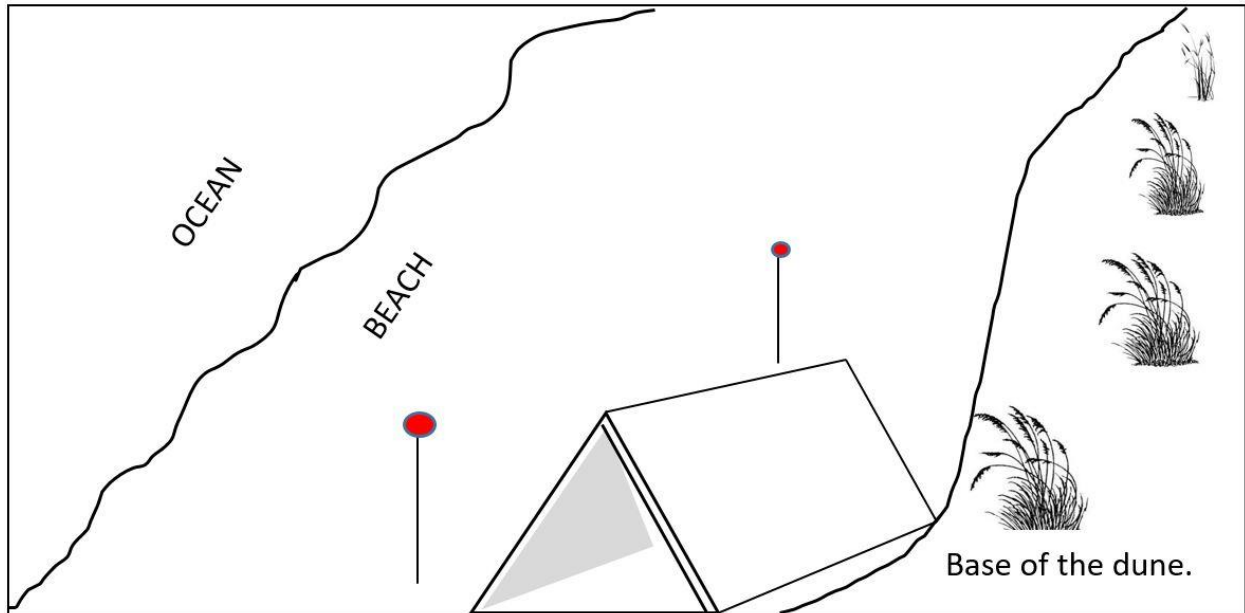
You must camp in the campsite listed on your reservation. Place the second copy of your reservation in the clip on your campsite marker. If you are interested in setting up your tent on the beach, please read the “Beach Camping” section below. There is no electricity at any campsite. Each campsite is equipped with a picnic table, an area marked off for tent set-up, and a “raccoon rack”. All food MUST be hung on this rack to keep it away from raccoons or other wildlife. **Do NOT feed wildlife. Do NOT leave food trash such as fruit peels on the ground at your campsite.** Human food (including fruit peels) will make animals sick and can cause aggressive food-seeking behaviors. There are two pit toilets located near each campground. **Do NOT throw trash into the pit toilet.** The toilets are not designed to break down garbage. There are no trash cans at False Cape, so please bring bags and pack out all of your trash. Fires and charcoal grills are NOT allowed at your campsite or on the beach, however small propane camp stoves are allowed for cooking food.

You do not need to check in at the visitor center when you arrive. A ranger will come by your campsite to check you in.

Beach Camping

If you have a campsite reservation at Barbour Hill Ocn (Ocean) or False Cape Landing Ocn, you have the option of setting up your tent in your designated campsite under the trees, OR in a designated area directly on the beach. If you choose to camp on the beach, please follow the guidelines below:

- No camping on top of the dunes.
- Set up your tent at the base of the dune line.
- Take two reflectors (provided by the park at the beach ramp signs) and place one at each side of your tent. Park employees often drive on the beach, the reflectors keep everyone safe.
- Beach camping is only permitted in the designated area.
- Return reflectors when you leave.
- If an extreme high tide event is expected (usually around a full or new moon), beach camping is prohibited and rangers will ask you to move your tent back to your designated site.



Water

For much of the year (typically April – October), drinkable water is available at Barbour Hill Bay campground, Barbour Hill Ocean campground, and outside the Visitor Center. Campers should bring containers to transport this water to their campsite. False Cape Landing campsites have access to non-potable water for washing hands, dishes etc. **Do not drink the hand pump water at False Cape Landing, it has not been tested for contamination.** Campers staying at False Cape Landing should be sure to fill containers with drinking water as they pass through the Barbour Hill area. **It is 2.5 miles from the water spigots at Barbour Hill to the False Cape Landing campsites.**

During winter months (typically November-March), drinking water is only available at the Visitor Center. All other water spigots are winterized and turned off.

Day Use Closure

Day use areas of the park (most trails, beach outside of designated camping area) are closed from 30 minutes after sunset to 30 minutes before sunrise. During this closure period campers must remain in the night use areas, which include campsites, bathrooms, and drinking water access locations.

Park Hazards

Ticks and other biting insects are quite abundant at the park, particularly during warmer weather from June to September. We strongly encourage you to bring insect repellent. It is also

a good idea to check yourself daily for ticks to reduce the chance of contracting a tick-borne disease.

Venomous cottonmouth snakes, also known as water moccasins, are commonly seen in Back Bay National Wildlife Refuge and False Cape State Park. These water-loving snakes can be seen swimming or sunning themselves on or next to the trails. If you see a stick, make sure it is really a stick before walking or biking too close! All wildlife is protected at Back Bay and False Cape; do not pick up or handle any wildlife that you encounter during your trip.

The weather can change quickly at False Cape State Park. Be sure to check the weather forecast before your camping trip. Bring plenty of sunscreen. Camping may close during extreme weather events such as a tropical storm or hurricane. If severe weather is predicted, rangers may ask campers to shelter at the visitor center until the weather has passed.

Things to do at False Cape:

Once you make it to False Cape, what should you do? The possibilities are endless, but here are a few of our favorite things:

- Relax on the beach and stick your toes in the cold ocean water! Note: there are no lifeguards on duty at the beach. Swim at your own risk, be aware of rip currents.
- Walk across the entire barrier spit from Bay to Beach on the Barbour Hill Trail, False Cape Landing Trail, or Maple Leaf Trail. See the environment change right before your eyes from freshwater marsh to forest to sand dunes!
- Fish for freshwater species in Back Bay, or saltwater species on the beach. Note: valid Virginia fishing licenses required.
- Go shell collecting! The best shell deposits are typically found between False Cape Landing and the North Carolina border.
- Explore False Cape's historic past at the Wash Woods church and Cemetery site.
- Climb the stairs of the viewing platform on the Maritime trail for panoramic views.
- Go birdwatching at sunrise. False Cape State park is a birdwatching hotspot during spring and fall migration.
- Listen for owls calling at night as you enjoy stargazing away from city lights and traffic!

Camping Checklist (things to bring):

- Two (2) copies of your camping reservation confirmation (one for your car dashboard at Little Island Park and one for your campsite marker).
- A plan so you can be through Back Bay National Wildlife Refuge by dusk.
- Weather forecast for your trip (weather changes quickly here, check for updated forecast as often as possible).
- Weather appropriate clothes (e.g. winter gear or rain gear depending on the season).
- Containers to transport water from Barbour Hill area to your campsite.
- Sunscreen and bug repellent.
- Necessary tools and materials to repair bikes (if biking to campsites).
- Trash bags for packing out all garbage. There are no trashcans at the park.
- Sturdy shoes.
- Park map (print at home or pick one up from the visitor center when you arrive).
- Camera and/or binoculars.
- Field guides to identify plants and animals in the park.
- Cash/credit card to purchase ice cream, snacks, souvenirs, etc. at visitor center gift shop!
- Sense of adventure!

Additional Boating Checklist:

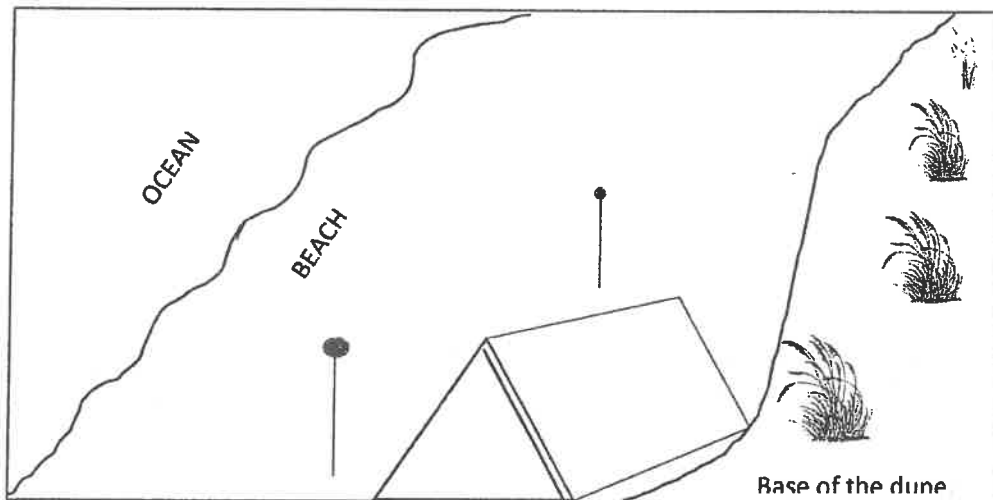
- Updated weather reports. Back Bay is a large shallow body of water subject to wind and large waves. Strong north winds may make it impossible to access False Cape by water.
- Create a float plan and leave it with someone you trust.
- Bring a map, a compass or a GPS unit to help navigate Back Bay. There are few landmarks and few places to make a landing in case of emergency.
- Boat docks for registered overnight visitors are provided at Barbour Hill and False Cape Landing at no cost.

We look forward to seeing you at the park!

Beach Camping Next ½ Mile

If you choose to camp directly on the beach, please follow the below procedures:

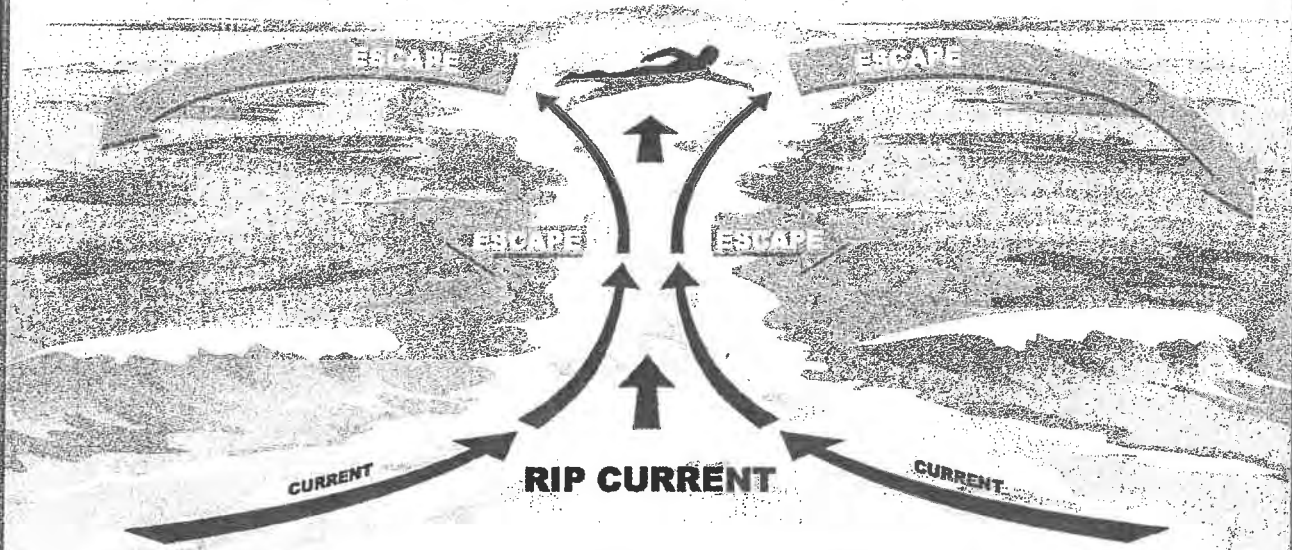
- **No Camping On Dunes**
- **Setup Your Tent at The Base of the Dune Line**
- **Take Two Reflectors and Place at Each Side of Your Tent**
- **Beach Camping Is Only Permitted the Next ½ Mile.**
- **Camping Permitted in Designated Area Only.**
- **Return Reflectors Here When Leaving**



Permits are required to camp.
You must make reservations in advance by calling
1-800-933-PARK (7275)

RIP CURRENTS

Break the Grip of the Rip!



Rip currents are powerful currents of water moving away from shore. They can sweep even the strongest swimmer out to sea.

IF CAUGHT IN A RIP CURRENT

- ◆ Don't fight the current
- ◆ Swim out of the current, then to shore
- ◆ If you can't escape, float or tread water
- ◆ If you need help, call or wave for assistance

SAFETY

- ◆ Know how to swim
- ◆ Never swim alone
- ◆ If in doubt, don't go out

More information about rip currents can be found at the following web sites:

www.ripcurrents.noaa.gov
www.usla.org



SHARK ALERT

Fatalities have been reported in Virginia/North Carolina waters. While the likelihood of encountering a shark is statistically low, the following precautions are recommended:

Avoid swimming at dusk, dawn or at night between the hours of 6 p.m. and 8 a.m., when sharks are more active and cannot see their natural prey as well.

Swim, dive, or surf with other people – never alone. Avoid swimming off boats offshore.

Avoid swimming between sandbars, near steep drop-offs, near channels, or at river mouths where sharks are frequently found.

Keep pets and domestic animals out of the water

Avoid swimming in waters that are murky or turbid, as the reduced visibility may cause a shark to confuse a swimmer with its natural food source.

Don't swim near people who are fishing or spear fishing, or near sewage outfalls.

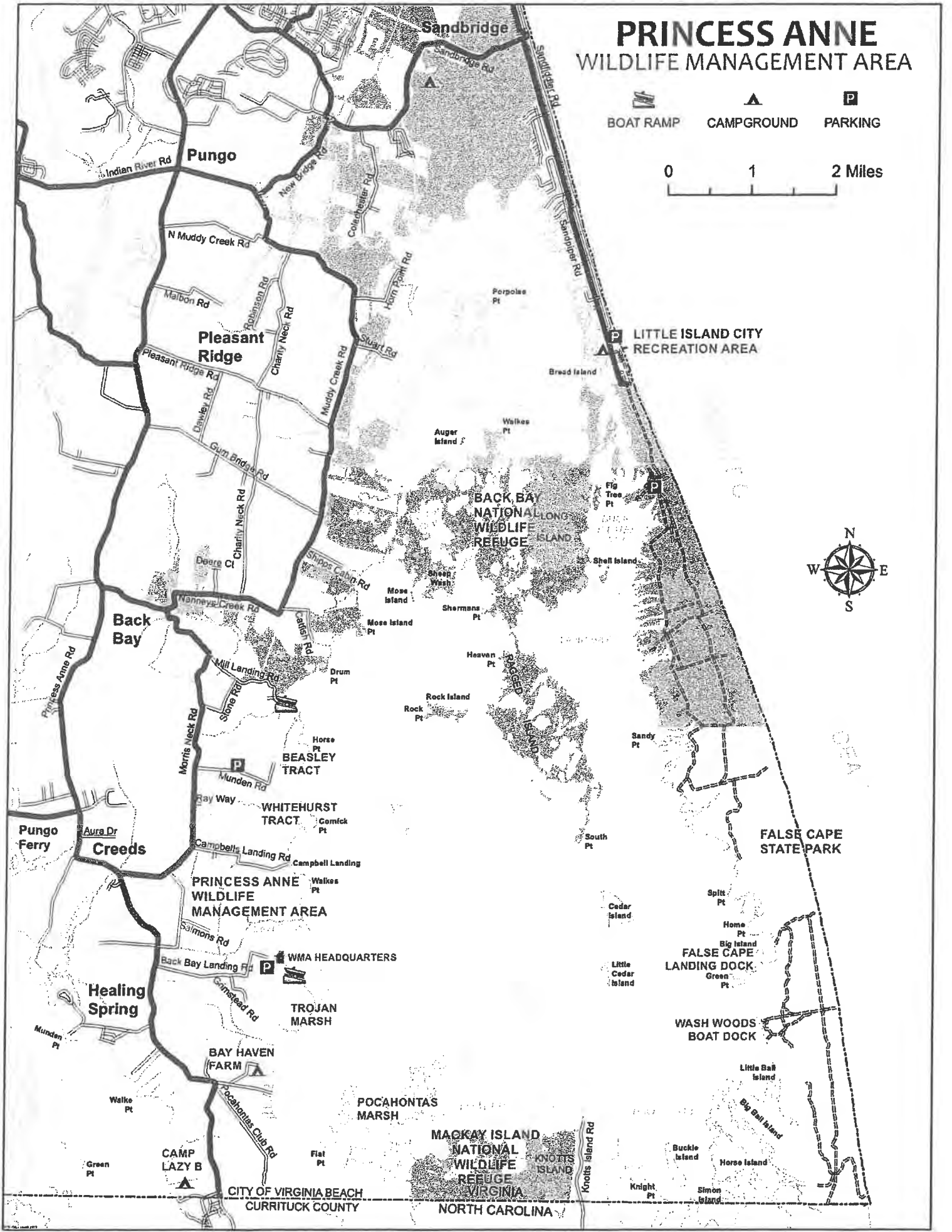
If schooling fish start to behave erratically or congregate in large numbers, leave the area.

If a shark is seen near a swimming area, calmly leave the water, notify park staff and allow the shark to pass by.

PRINCESS ANNE WILDLIFE MANAGEMENT AREA

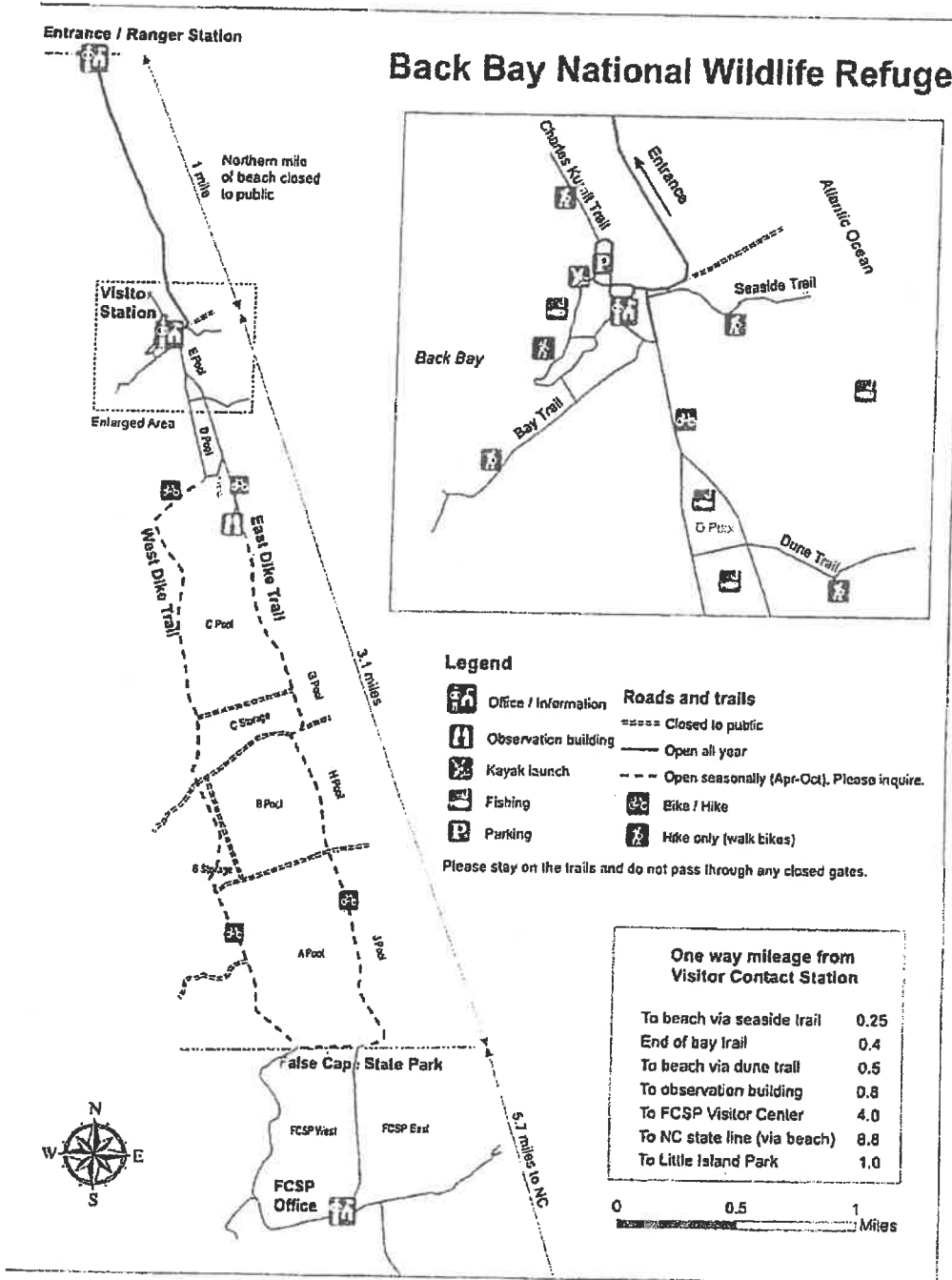
 BOAT RAMP
  CAMPGROUND
  PARKING

0 1 2 Miles

CITY OF VIRGINIA BEACH
CURRITUCK COUNTY
NORTH CAROLINA

Back Bay National Wildlife Refuge



Back Bay National Wildlife Refuge

1324 Sandbridge road

Virginia Beach, VA 23456

(757)301-7329

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

Visitor Regulations

Refuge regulations exist for your safety and for the protection of wildlife and the environment. The following partial list of refuge regulations. A complete listing can be obtained by phoning the refuge office. Please inquire if you are uncertain as to whether or not a particular activity is permitted.

Hours

The refuge is open during daylight hours only (1/2 hour before sunrise until 1/2 hour after sunset). Entry after sunset is prohibited.

The Visitor Contact Station is open 8 am - 4 pm on weekdays and 9 am - 4 pm on Saturday and Sunday with the following additional closings: Closed Sundays, November through March; Closed holidays except Memorial Day, July 4, and Labor Day.

Directions

Please visit our Directions page for directions to the refuge and the canoe / kayak launch site: [Directions Page](#)

Fees

An entrance fee is required to enter the refuge. Fees vary by access method (foot or vehicle). Daily, yearly and lifetime passes are available. Entrance fees are not charged November 1 through March 31. For more information on our entrance fees: [Entrance Fees](#)

Parking

Refuge parking is permitted for day-use only in the headquarters lot on a first-come, first served basis for people engaged in wildlife-dependent activities. Visitors may not park cars overnight. Parking of all types of trailers is prohibited. Overnight campers using False Cape State Park must park at Little Island City Park, north of the refuge boundary and must pay the entrance fee at the booth.

Restricted Activities

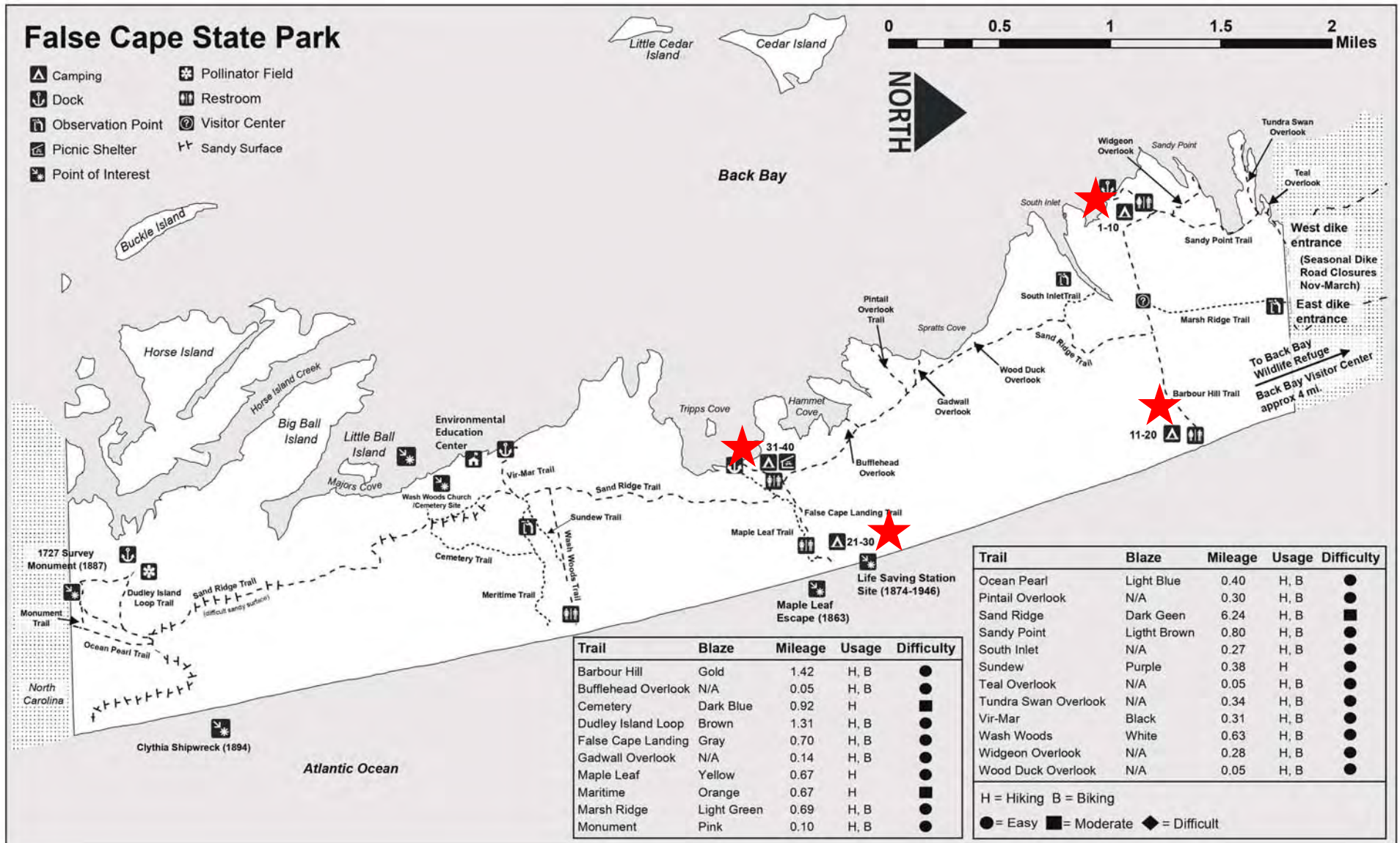
Swimming, sunbathing, surfing, and other non-wildlife-dependent activities are prohibited. Wildlife-dependent activities such as hiking, nature photography, fishing, wildlife observation, and environmental education are encouraged.

Pets

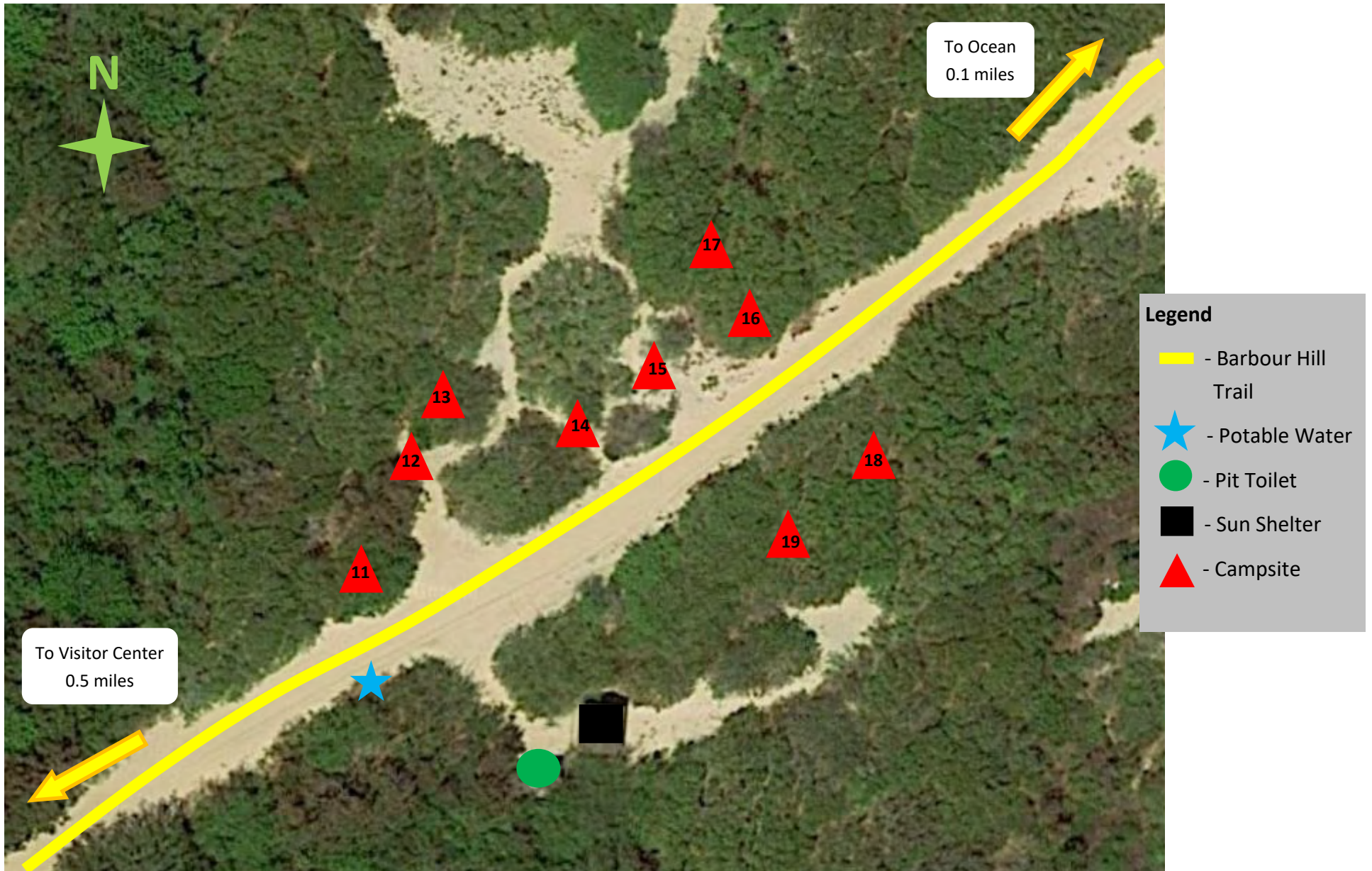
Pets are not allowed on the refuge at any time.

False Cape State Park

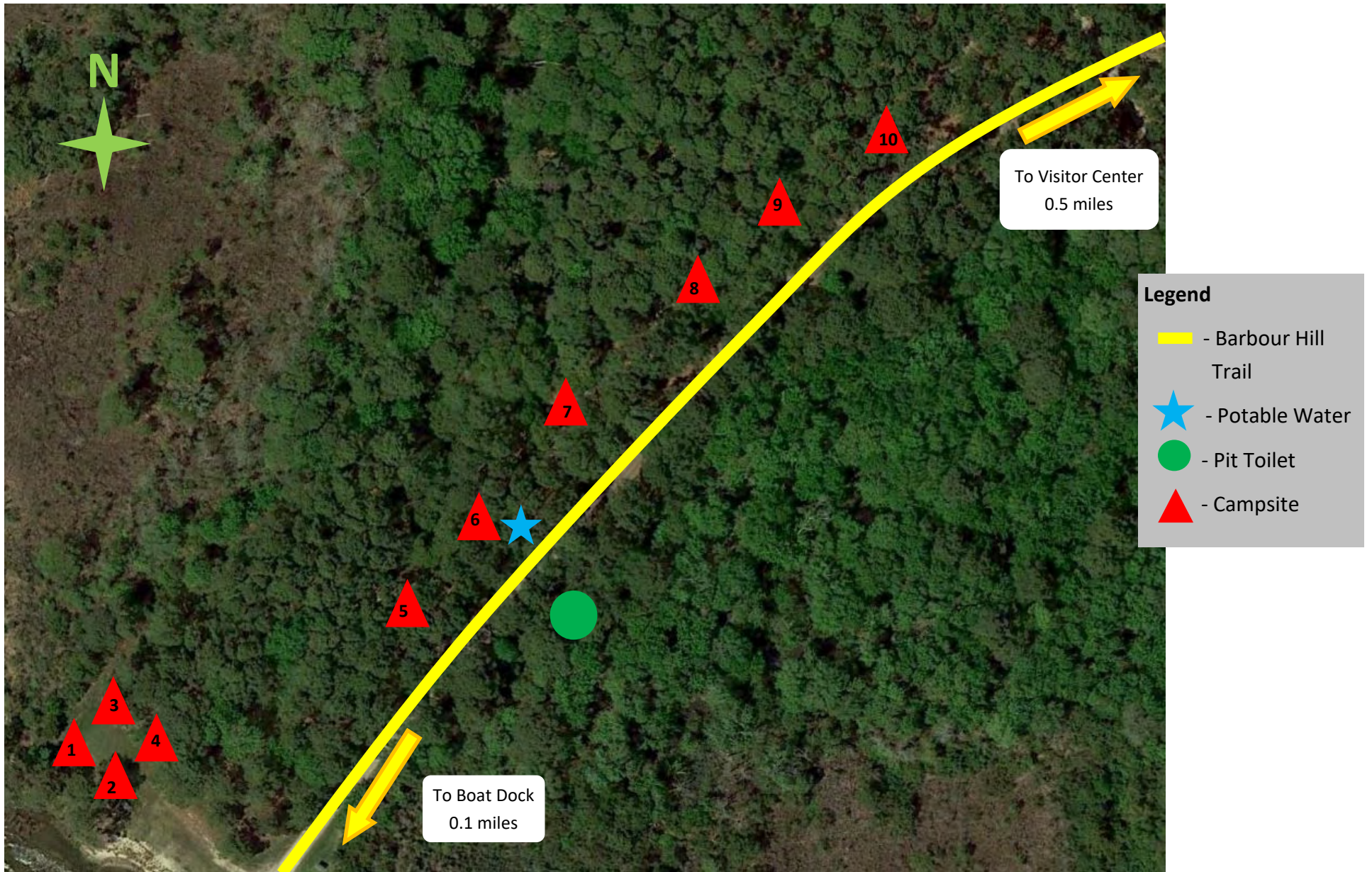
Campsite Overview



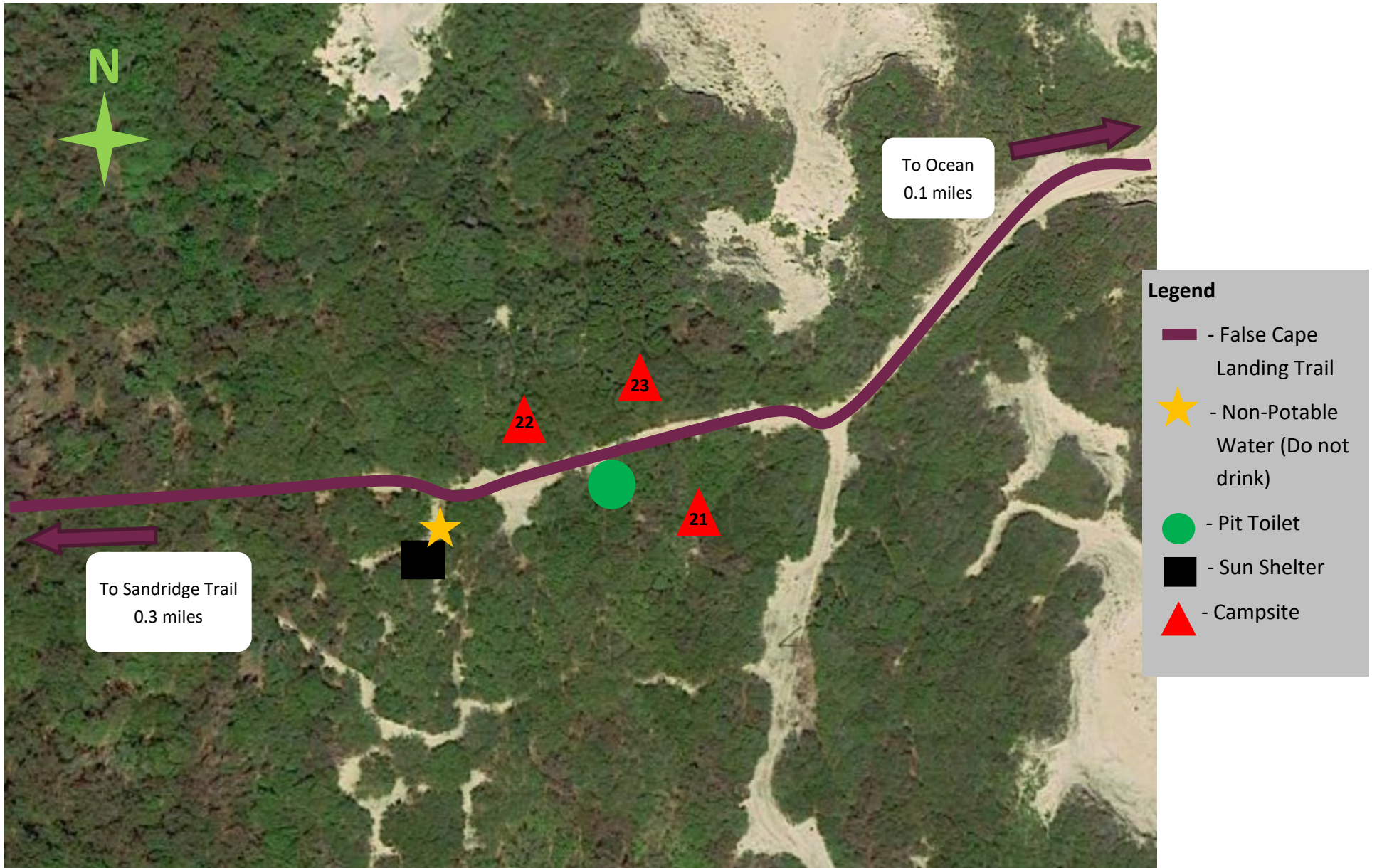
Barbour Hill Ocean Campsites



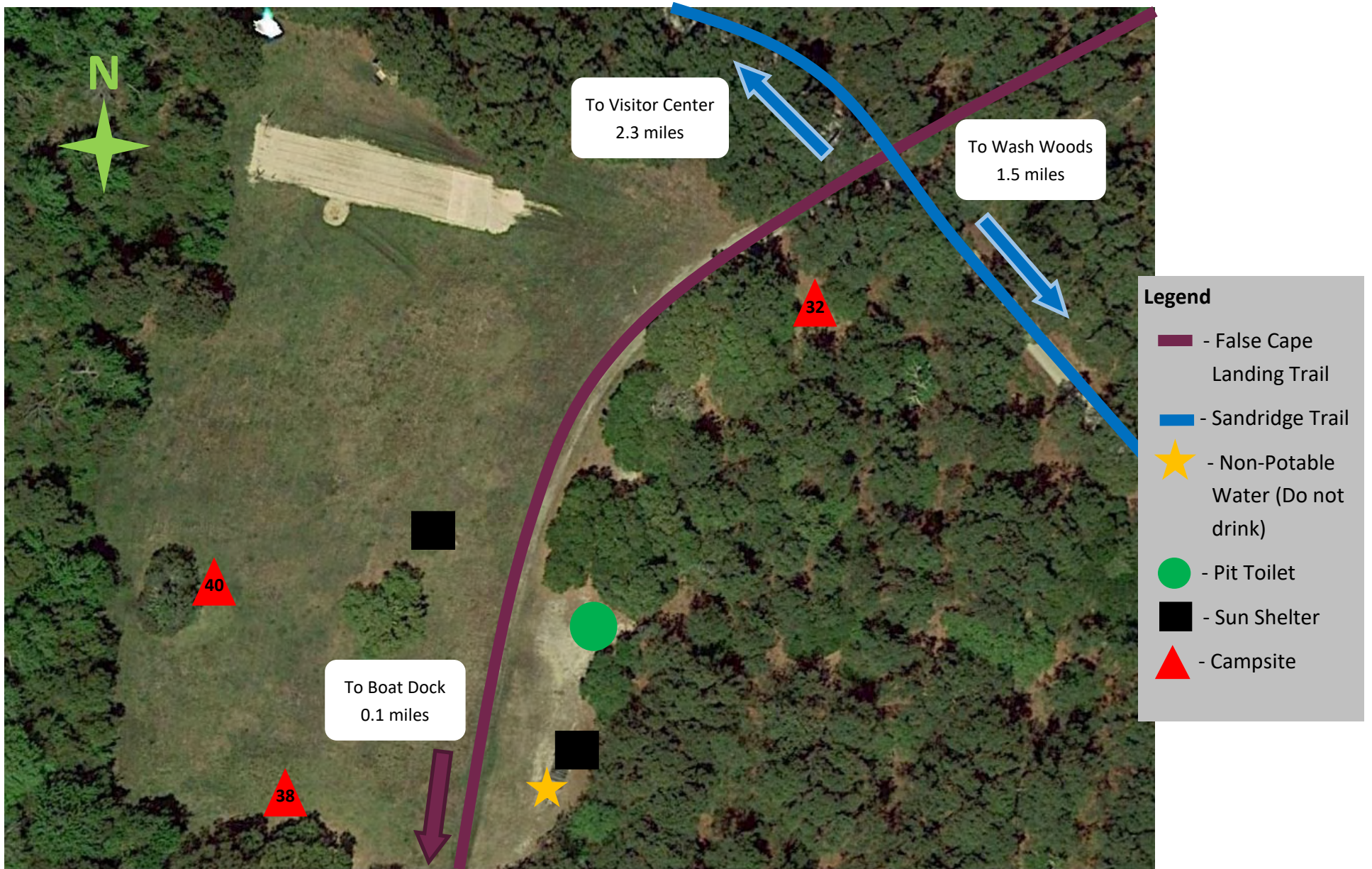
Barbour Hill Bay Campsites



False Cape Landing Ocean Campsites

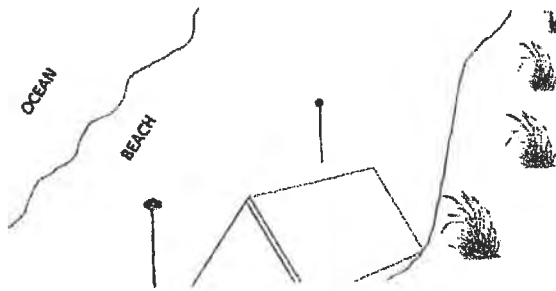


False Cape Landing Bay Campsites



Primitive Camping

There are twenty-six primitive campsites at False Cape State Park, with sites located near Back Bay and the Atlantic Ocean. Campers with reservations for the ocean sites may camp directly on the beach in front of the dunes in designated areas (see illustration for proper placement of tent). Only 4 campers are allowed per site with the exception of sites 32, 38 & 40 which can accommodate 6 campers with only 2 tents per site. Camping is limited to a maximum of 14 nights per 30-day period.



Each campsite except beach sites have picnic tables and access to a pit toilet. There is no electricity. Open fires and charcoal grills are prohibited, camp stoves may be used for cooking. No trash cans are available. All trash must be carried out.

Water

Drinkable water is available in the Barbour Hill area, but visitors should bring containers for drinking or to transport water to their destination. False Cape Landing campsites have access to non-potable water for washing hands, dishes, etc.. **Do not drink the hand pump water**—it has not been tested for contaminants.

Campers entering the park by foot or bike must travel either down the beach or on the interior trails through the Refuge. Please be aware the north mile on the beach in the Refuge is closed to all access. Refuge entrance fees are in effect April 1-Oct 31. The fee is \$5.00 per vehicle or \$2.00 per hiker/biker or family. Visitors may be on Refuge property during daylight hours only, campers must plan their trip accordingly and abide by all refuge regulations.

Interior trails through Back Bay National Wildlife Refuge are closed for wildlife management from November 1 through March 31. During this time, hikers and bikers must reach the park by the beach or boat. Plan to travel the beach near low-tide for easiest access. When accessing the park by canoe or kayak, campers may launch from Little Island City Park. Boat docks for overnight visitors are provided at Barbour Hill and False Cape Landing at no-cost. Boaters should check the local boating report to ensure safe travel, as Back Bay winds can be dangerous.

Camping Permits

Permits are required to camp.

You must make reservations in advance by calling
1-800-933-PARK (7275)



Parking

Overnight parking is provided at Little Island City Park in Sandbridge. (Overnight parking at Back Bay National Wildlife Refuge is prohibited). Campers must display a copy of their camping permit in their windshield. Parking fees apply from Memorial Day to Labor Day.

Pets on Leashes Only

Pets are prohibited through Back Bay National Wildlife Refuge. Pets are allowed in False Cape but must be transported to the park by boat.

Caution

Ticks and other biting insects are numerous and insect repellent is a must. Be aware of the poisonous eastern cottonmouth snake.

Low Impact Camping

Help to reduce human impact. Pack out all trash. Stay on designated trails. Stay off the dunes. Do not feed the wildlife.

Fishing

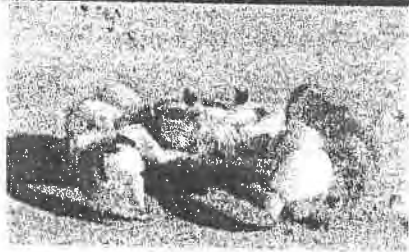
Where fishing is permitted, valid Virginia fishing licenses are required. Specific licenses are required for saltwater and fresh water fishing.

Park Access

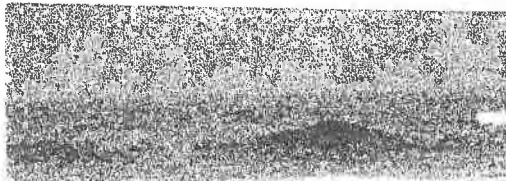
There is no vehicular access to the park. The park can only be accessed by hiking or biking approximately five miles from Little Island City Park in Sandbridge through Back Bay National Wildlife Refuge, or by small boat, canoe or kayak via Back Bay.

Enjoy your visit
at False Cape State Park

About the Park . . .



False Cape State Park, which occupies the southern point of Virginia's coast, is an isolated paradise nestled between Back Bay National Wildlife Refuge and the outer banks of North Carolina. The eastern boundary of the park is defined by the Atlantic Ocean, while Back Bay contours the western boundary.



Virginia's Outer Banks

Camper's Checklist

Reservations are required to camp and must be made at least one day in advance. False Cape State Park does not take walk-ins or same day reservations. Call 1-800-933-PARK to make your reservation. The reservation center is CLOSED Saturday, Sunday and all State Holidays.

Time your arrival so you will be through Back Bay National Wildlife Refuge before dusk. It is unlawful to be in the Refuge after dark. Check-in at 4PM is not required. Rangers will check you in at your site.

Park at Little Island City Park at 3750 Sandpiper Road. Display a copy of your permit/confirmation letter in your windshield and bring a copy with you. This means you will need to print two copies. Parking Fees apply at Little Island City Park from Memorial Day to Labor Day. Parking is PROHIBITED at Back Bay National Wildlife Refuge for campers.

Camp at the site designated on your permit. Hang your food on the "Raccoon Racks" provided near the site to prevent raccoons and other wildlife from eating your food.

EMERGENCY PHONE NUMBERS

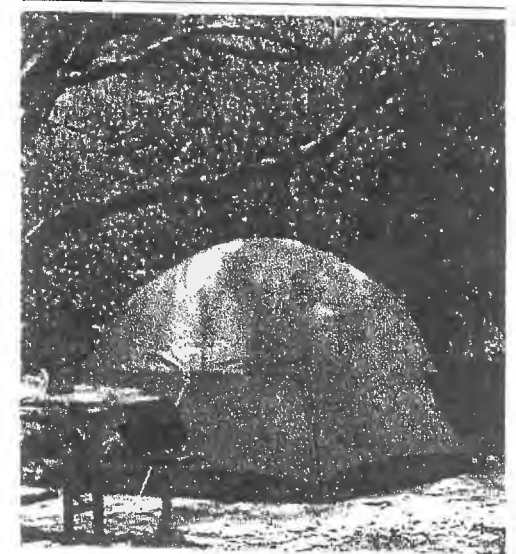
EMERGENCY	911
Asst. Park Manager	757-406-0287
Chief Ranger	757-567-4957



Virginia Department of Conservation & Recreation

Guidelines and Regulations

PRIMITIVE CAMPING AT FALSE CAPE STATE PARK



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

Tel: 757-426-7128
Fax: 757-426-0055
www.dcr.virginia.gov

WELCOME TO FALSE CAPE STATE PARK.

To make your visit safe and more pleasant, we ask that you observe the following:

Take only pictures, leave only footprints.

PARK ACCESS - The park is accessible only by foot, bicycle, beach transport, tram or boat. There is no vehicular access allowed for the public at any time. Back Bay National Wildlife Refuge's interior trails are open for hiking and biking April 1 through Oct. 31 and an entrance fee is collected daily.

The refuge trails are closed Nov. 1 through March 31. Access to the park at this time is restricted to hiking or biking along the beach or by boat.

PRESERVE - Help preserve your park. Please don't cut or mar any plants or trees. Collecting animal or plant life is allowed only for scientific purposes by permit from the Richmond headquarters. Don't feed any wild animals.

ALCOHOL - State law permits alcohol use only in private areas (inside your cabin or camping unit) or in areas designated on permits issued by the Virginia Department of Alcoholic Beverage Control.

PETS - While pets are allowed in the park, they cannot be transported through Back Bay National Wildlife Refuge. If you are visiting with your pet, you may arrive by boat or from the south side of the park. Pets must be on a leash no longer than 6 feet. Please clean up after your pet.

DRONES AND OTHER AIRCRAFT - Drones, other unmanned aerial vehicles, including remote control aircraft, and aircraft in general may not be flown in state parks pursuant to 4VAC5-30-400.

LITTER - Please help us keep the park clean by placing litter and recyclables in the proper receptacles and recycle centers or carrying out your trash. The releasing of balloons is not allowed. Decorative balloons must be deflated and disposed of as trash.

FIRE - Open fires of any kind are prohibited at all times.

SWIMMING - Swimming is available in the bay and ocean. Please be aware these are unguarded locations.

FISHING - A valid Virginia saltwater or freshwater fishing license is required depending on where you fish in the park.

CAMPING - Reservations are required. Primitive camping is allowed at designated sites only. Permits may be obtained by calling the Virginia State Parks Customer Service Center at 800-933-PARK. The maximum camping stay per park is 14 days in any 30 day period.

Campsite occupancy is a maximum of six people or the number of people in a single household. Two camping

units are allowed per campsite. All camping units and equipment must be placed within the perimeter of the designated campsite without infringing on adjoining campsites or vegetation.

QUIET HOURS - Quiet hours are between 10 p.m. and 6 a.m. The use of generators is prohibited at all times.

CHECK-IN AND CHECK-OUT POLICY

Camping:	Check-in 4 p.m.	Check-out 1 p.m.
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In many cases, campers may be accommodated prior to the official check-in. Please remember that only those 18 or older may register. The registrant is responsible for all occupants of the campsite or cabin. Feel free to arrive early and enjoy park amenities prior to check-in.

Overnight guests are encouraged to be familiar with the early departure policy since it impacts any refund due. The policy and frequently asked questions are here: www.dcr.virginia.gov/state-parks/faq.

PARK ACCESSIBILITY - We strive to make each park as barrier-free as possible. Universally accessible facilities are available throughout Virginia State Parks.

EMERGENCY - Call 911. Emergency phone numbers are posted on all park map kiosks and other locations throughout the park.

INFORMATION - For more information on Virginia State Parks or to make a cabin or campsite reservation, call 800-933-PARK or visit www.virginiastateparks.gov. The Customer Service Center is open Monday through Friday, 9 a.m. to 5 p.m. It is closed on all state holidays.

TRAIL INFORMATION DIFFICULTY SCALE

EASY ● - From .5 to 1 mile; grades are short, typically fewer than 100 feet and less than 10 percent of the trail length; easily accomplished by all users, including the elderly and those with physical or mental disabilities, with little risk of injury or fatigue.

MODERATE ■ - From 1 to 5 miles; steepness and grade lengths vary; at least 60 percent of the length is fairly flat; healthy people can accomplish the trail with little risk of injury or fatigue.

DIFFICULT ◆ - Trail length is greater than 5 miles; more than 70 percent of the trail is on a grade; experienced hikers only or groups of three to five people recommended; there is a risk of overexertion or injury to those not conditioned.

Virginia State Parks

False Cape State Park

TRAIL GUIDE

VIRGINIA STATE PARKS ARE A TONIC FOR THE MIND, BODY AND SPIRIT.

Museums, visitor centers and nearby historic sites make state parks cultural treasures.

The recreational opportunities in state parks are endless and easy to see – from swimming and boating to horseshoes and hiking, there's always something to do in a Virginia State Park.

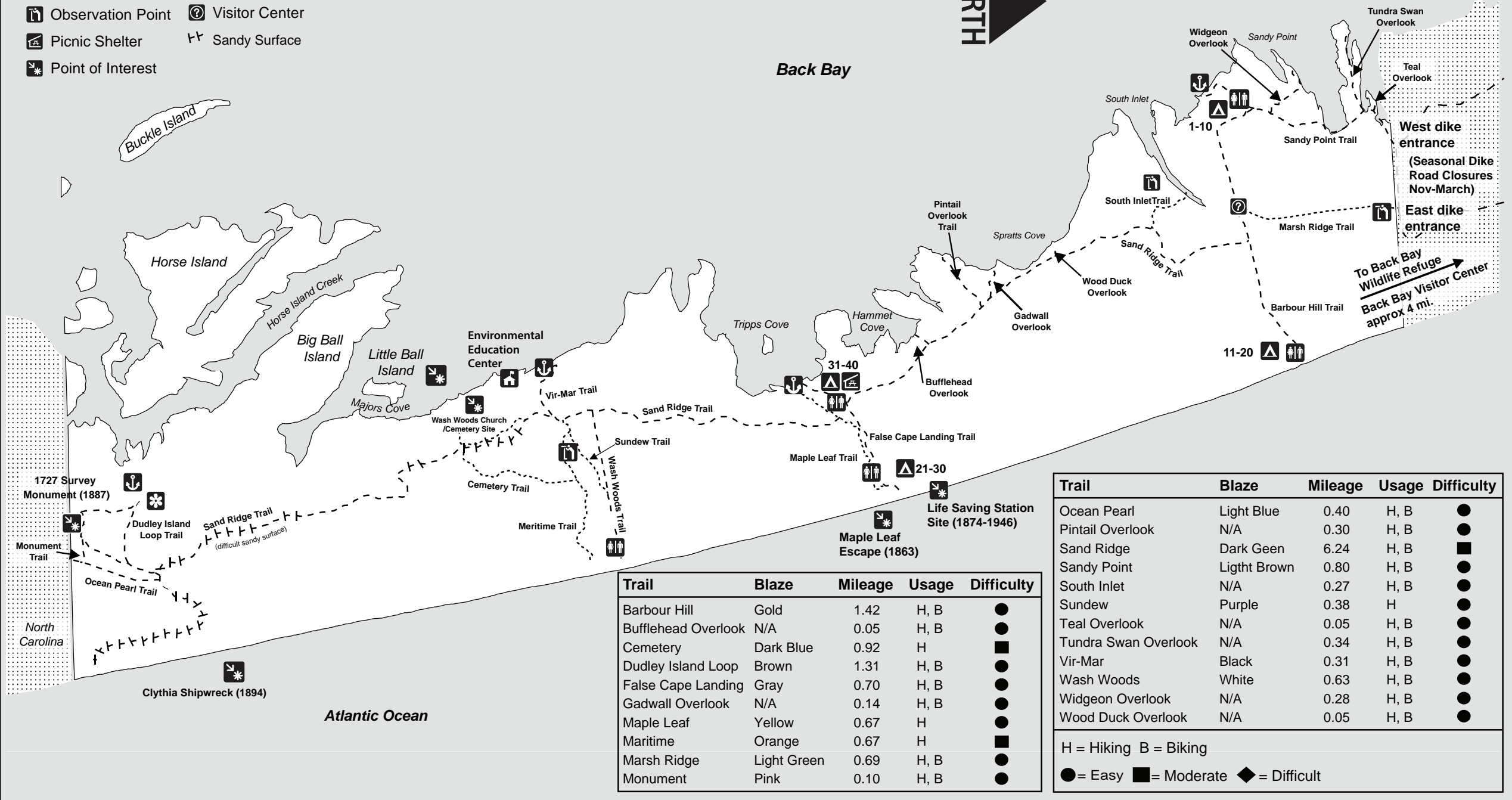
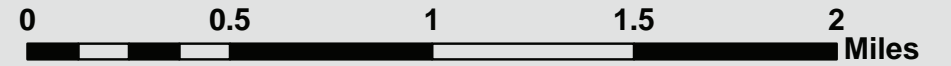
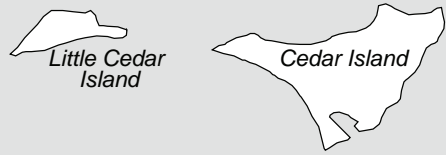
4001 Sandpiper Road
Virginia Beach, Virginia 23456
757-426-7128
falsecape@dcr.virginia.gov



WWW.VIRGINIASTATEPARKS.GOV
800-933-PARK

False Cape State Park

- Camping
- Pollinator Field
- Dock
- Restroom
- Observation Point
- Visitor Center
- Picnic Shelter
- Sandy Surface
- Point of Interest



Trail	Blaze	Mileage	Usage	Difficulty
Barbour Hill	Gold	1.42	H, B	●
Bufflehead Overlook	N/A	0.05	H, B	●
Cemetery	Dark Blue	0.92	H	■
Dudley Island Loop	Brown	1.31	H, B	●
False Cape Landing	Gray	0.70	H, B	●
Gadwall Overlook	N/A	0.14	H, B	●
Maple Leaf	Yellow	0.67	H	●
Maritime	Orange	0.67	H	■
Marsh Ridge	Light Green	0.69	H, B	●
Monument	Pink	0.10	H, B	●

Trail	Blaze	Mileage	Usage	Difficulty
Ocean Pearl	Light Blue	0.40	H, B	●
Pintail Overlook	N/A	0.30	H, B	●
Sand Ridge	Dark Green	6.24	H, B	■
Sandy Point	Light Brown	0.80	H, B	●
South Inlet	N/A	0.27	H, B	●
Sundew	Purple	0.38	H	●
Teal Overlook	N/A	0.05	H, B	●
Tundra Swan Overlook	N/A	0.34	H, B	●
Vir-Mar	Black	0.31	H, B	●
Wash Woods	White	0.63	H, B	●
Widgeon Overlook	N/A	0.28	H, B	●
Wood Duck Overlook	N/A	0.05	H, B	●

H = Hiking B = Biking
 ● = Easy ■ = Moderate ◆ = Difficult

False Cape State Park

Camping Information

Before you Camp:

- **Reservations are required.** Camping is not permitted without proper reservation documentation.
- Same day & walk-in reservations are not accepted.
- Reservations must be made one-day in advance by calling 1-800-933-PARK.
- Make sure you have plenty of water. It is approximately 6.2 miles to the Barbour Hill campsites, and 8.2 miles to the False Cape Landing campsites.
- You MUST be through Back Bay National Wildlife Refuge by dusk. **It is unlawful to be in BBNWR after dark. Violators shall be prosecuted for Trespassing.**

Once You Enter False Cape State Park:

- Display your camping permit on your site marker.
- Practice low impact camping; no fires are permitted, and there are no trash cans available, you must pack out your trash when you leave.
- To make your camping experience a pleasure please follow all park rules.

EMERGENCY PHONE NUMBERS

Park Manager (757) 406-0287
 Chief Ranger (757) 567-4957
 Park Ranger (757)4 08-4683



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Parking Information for False Cape State Park Campers

- Parking is only permitted at Little Island City Park, 3750 Sandpiper Road.
- **Parking is never permitted at Back Bay National Wildlife Refuge.**
- Parking Fees apply.
- All Parking Fees must be paid by 8am daily.

General Information on Paying the Daily Parking Fee at Little Island City Park

Daily Parking: \$5 (Service Fees May Apply)

Pay In Advance:

Paying in advance is permitted through the *ParkWhiz* App. If you choose to pay in advance, please ensure that you enter in your vehicle information that will be parking and complete all required fields. This information is required to ensure that you do not receive a parking citation.

Weekly Passes: Can be purchased at the Fee Booth at Sandbridge Market Fee Booth

Parking Payment Options:

- **Parking Lot Meters**
**The meters do not accept payments before 7am*
- **Parking Signage:** QR Code
- **App:** ParkWhiz

*Daily Parking Fees are required for ALL campers.

Little Island Zone: 10037



False Cape State Park
4001 Sandpiper Road
Virginia Beach, VA 23456
www.virginiastateparks.gov

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