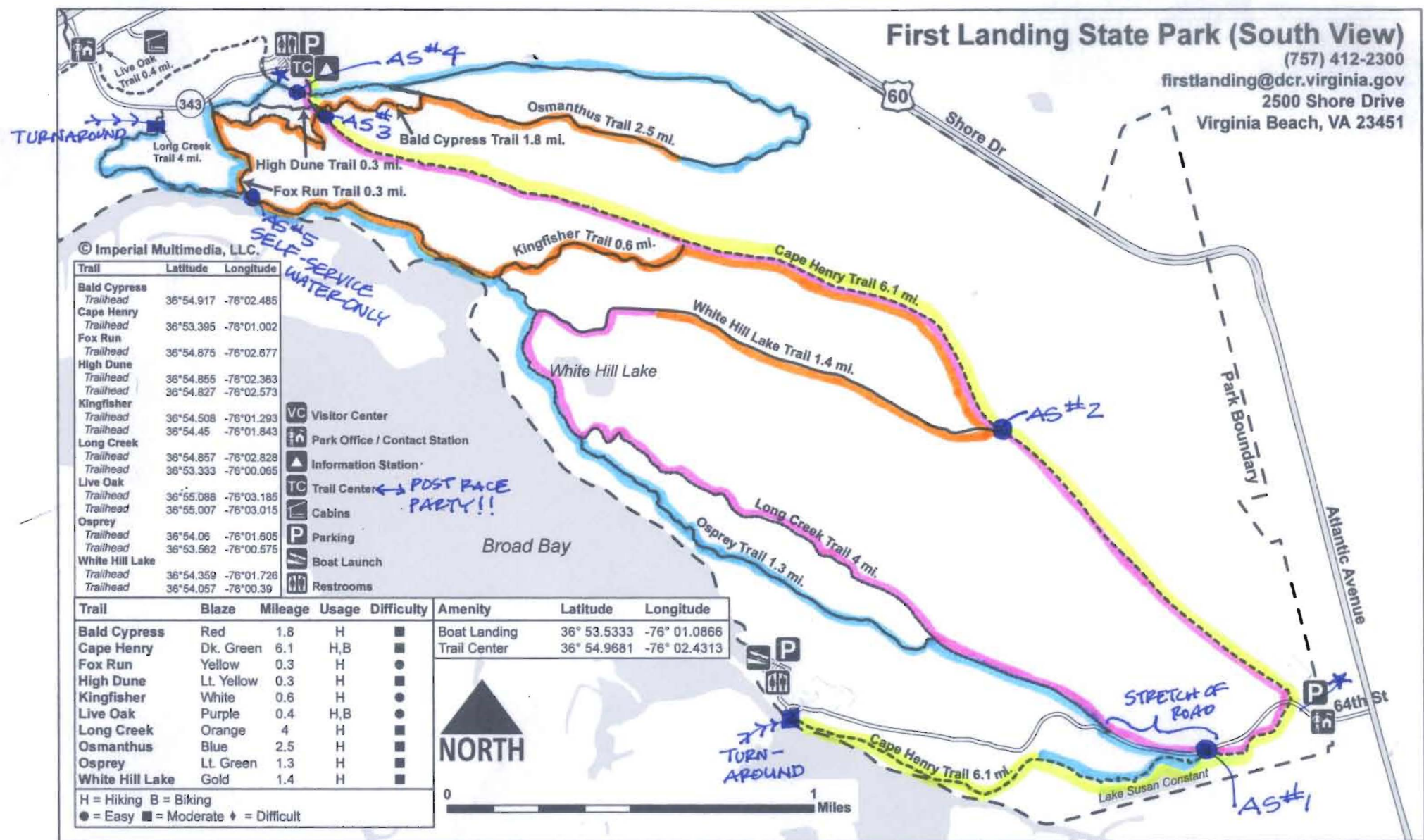


PINK TO ORANGE TO BLUE TO YELLOW = 25 MILES  
 (50-MILERS DO TWO LOOPS)

### First Landing State Park (South View)

(757) 412-2300  
 firstlanding@dc.virginia.gov  
 2500 Shore Drive  
 Virginia Beach, VA 23451



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Trail	Latitude	Longitude
Bald Cypress Trailhead	36°54.917	-76°02.485
Cape Henry Trailhead	36°53.395	-76°01.002
Fox Run Trailhead	36°54.875	-76°02.877
High Dune Trailhead	36°54.855	-76°02.383
High Dune Trailhead	36°54.827	-76°02.573
Kingfisher Trailhead	36°54.508	-76°01.293
Kingfisher Trailhead	36°54.45	-76°01.843
Long Creek Trailhead	36°54.857	-76°02.828
Long Creek Trailhead	36°53.333	-76°00.065
Live Oak Trailhead	36°55.088	-76°03.185
Live Oak Trailhead	36°55.007	-76°03.015
Osprey Trailhead	36°54.06	-76°01.605
Osprey Trailhead	36°53.582	-76°00.575
White Hill Lake Trailhead	36°54.359	-76°01.726
White Hill Lake Trailhead	36°54.057	-76°00.39

- VC Visitor Center
- OS Park Office / Contact Station
- IS Information Station
- TC Trail Center
- CA Cabins
- P Parking
- BL Boat Launch
- RR Restrooms

Trail	Blaze	Mileage	Usage	Difficulty	Amenity	Latitude	Longitude
Bald Cypress	Red	1.8	H	■	Boat Landing	36° 53.5333	-76° 01.0866
Cape Henry	Dk. Green	6.1	H,B	●	Trail Center	36° 54.9681	-76° 02.4313
Fox Run	Yellow	0.3	H	●			
High Dune	Lt. Yellow	0.3	H	●			
Kingfisher	White	0.6	H	●			
Live Oak	Purple	0.4	H,B	●			
Long Creek	Orange	4	H	■			
Osmanthus	Blue	2.5	H	■			
Osprey	Lt. Green	1.3	H	■			
White Hill Lake	Gold	1.4	H	■			

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



→ AID STATION #3 IS ALSO DROP BAG LOCATION FOR 50-MILE RUNNERS.

- AID STATIONS (AS)
- ★ = BATHROOMS
- = TURN AROUND POINT