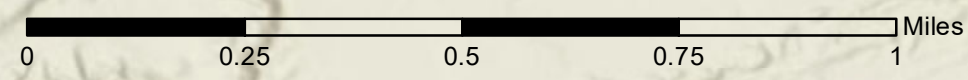


# First Landing State Park



### Trails

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

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

### Legend

	Beach Access		Parking		Boardwalk
	Boat Launch		Picnic Shelter		Main Roads
	Cabin Area		Playground		Park Roads
	Camp Store		Point of Interest		Bodies of Water
	Campground		Restroom		Park Boundary
	Contact Station		Scenic Viewpoint		Estuarine and Marine Wetland
	Fitness Trail		Showers/Bathhouse		Freshwater Forested Wetland
	Laundromat		Visitor Center		0-60 ft. above sea level
	Overlook		Yurt		Fort Story (no public access)
	Park Office/Visitor Center				

