

# False Cape State Park

## False Cape Interior Trail Map - Blaze Color: Green



1. GPS: Lat. 36° 37.844, Lon. 75° 53.972  
Main Entry and North trailhead for Interior Trail
2. GPS: Lat. 36° 37.78, Lon. 75° 53.97  
Bird Lookout Tower
3. GPS: Lat. 36° 37.696, Lon. 75° 53.977  
Bird Lookout Shelter
4. GPS: Lat. 36° 37.295, Lon. 75° 53.856  
Intersection of Barbour Hill Trail and False Cape Interior Trail
5. GPS: Lat. 36° 37.07, Lon. 75° 53.718  
Sharp turn in trail
6. GPS: Lat. 36° 36.957, Lon. 75° 53.911  
Intersection with South Inlet Trailhead
7. GPS: Lat. 36° 36.593, Lon. 75° 53.845  
Duck Blind #4
8. GPS: Lat. 36° 36.598, Lon. 75° 53.802  
Intersection with Duck Blind #4 Access Trail
9. GPS: Lat. 36° 36.561, Lon. 75° 53.78  
View of Spratt's Cove
10. GPS: Lat. 36° 36.366, Lon. 75° 53.749  
Duck Blind #3
11. GPS: Lat. 36° 36.346, Lon. 75° 53.629  
Intersection with Duck Blind #3 Access Trail
12. GPS: Lat. 36° 36.197, Lon. 75° 53.786  
Duck Blind #2
13. GPS: Lat. 36° 36.319, Lon. 75° 53.597  
Intersection with Duck Blind #2 Access Trail
14. GPS: Lat. 36° 36.095, Lon. 75° 53.452  
Duck Blind #1

15. GPS: Lat. 36° 36.127, Lon. 75° 53.42  
Intersection with Duck Blind #1 Access Trail
16. GPS: Lat. 36° 35.827, Lon. 75° 53.165  
Intersection of False Cape Landing and Interior Trails
17. GPS: Lat. 36° 35.798, Lon. 75° 53.102  
Intersection of Ocean Bay and Interior Trails
18. GPS: Lat. 36° 34.901, Lon. 75° 53.162  
Intersection of Interior Trail and Trailhead for Wash Woods Trail to East
19. GPS: Lat. 36° 34.767, Lon. 75° 53.334  
Intersection of Interior Trail and Trailhead for Wash Woods Interpretive Trail to East
20. GPS: Lat. 36° 34.712, Lon. 75° 53.162  
Transition from Hard Gravel (North) to Soft Sand (South)
21. GPS: Lat. 36° 34.432, Lon. 75° 53.017  
Intersection of Cemetery and Interior Trail
22. GPS: Lat. 36° 33.335, Lon. 75° 52.514  
Intersection of Interior Trail and trailhead for Dudley Island and Monument Trails
23. GPS: Lat. 36° 33.095, Lon. 75° 52.114  
Beach Trailhead adjacent to VA/NC Border – former location of False Cape Lifesaving Station
24. GPS: Lat. 36° 33.021, Lon. 75° 52.688  
Border Gate

This project made possible in part by a grant from:

