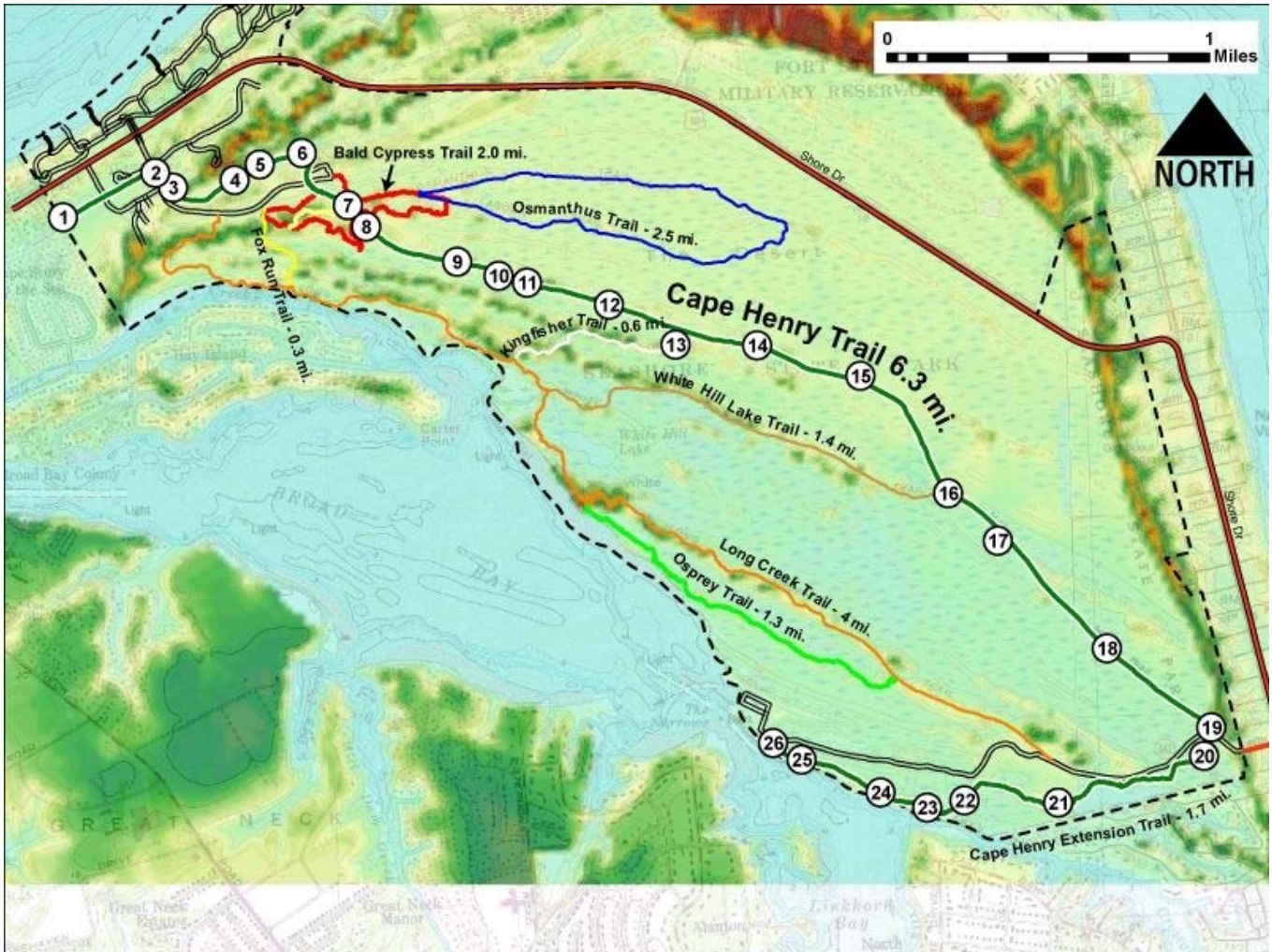


Printed from VirginiaOutdoors.net
First Landing State Park
Cape Henry Trail Map - Blaze Color: Dk. Green



1. GPS: Lat. 36° 54.865, Lon. -76° 3.345
Trail leaves Park (North End) and continues as City Trail
2. GPS: Lat. 36° 54.978, Lon. -76° 3.03
Trail crosses Park Road near Contact Station
3. GPS: Lat. 36° 54.937, Lon. -76° 2.972
Nansemond Dwelling near trail
4. GPS: Lat. 36° 54.953, Lon. -76° 2.763
Nansemond Dwelling near trail
5. GPS: Lat. 36° 54.993, Lon. -76° 2.678
On Trail
6. GPS: Lat. 36° 55.022, Lon. -76° 2.535
Nansemond Dwelling near trail
7. GPS: Lat. 36° 54.855, Lon. -76° 2.363
Intersection with Bald Cypress Trail and High Dune Trailhead (East)
8. GPS: Lat. 36° 54.832, Lon. -76° 2.335
Benches on Cape Henry Trail
9. GPS: Lat. 36° 54.717, Lon. -76° 2.022
0.5 mile marker
10. GPS: Lat. 36° 54.675, Lon. -76° 1.848
Bench on Cape Henry Trail
11. GPS: Lat. 36° 54.655, Lon. -76° 1.788
Bench on Cape Henry Trail
12. GPS: Lat. 36° 54.59, Lon. -76° 1.515
Bench on Cape Henry Trail and 1 mile marker
13. GPS: Lat. 36° 54.508, Lon. -76° 1.293
Intersection of Cape Henry Trail and Kingfisher Trailhead (East)
14. GPS: Lat. 36° 54.47, Lon. -76° 1.02
1.5 mile marker

15. GPS: Lat. 36° 54.38, Lon. -76° 0.675
Bench
16. GPS: Lat. 36° 54.057, Lon. -76° 0.39
Intersection of Cape Henry Trail and White Hill Lake Trailhead (East)
17. GPS: Lat. 36° 53.925, Lon. -76° 0.227
2.5 mile marker
18. GPS: Lat. 36° 53.627, Lon. -75° 59.87
3.0 mile marker
19. GPS: Lat. 36° 53.4, Lon. -75° 59.525
Bridge and intersection with 64th Street – Water Fountain
20. GPS: Lat. 36° 53.33, Lon. -75° 59.552
3.5 mile marker
21. GPS: Lat. 36° 53.213, Lon. -76° 0.047
4.0 mile marker near beach
22. GPS: Lat. 36° 53.227, Lon. -76° 0.362
Bridge
23. GPS: Lat. 36° 53.21, Lon. -76° 0.488
Bridge and 4.5 mile marker
24. GPS: Lat. 36° 53.255, Lon. -76° 0.643
Bench on trail and Overlook
25. GPS: Lat. 36° 53.348, Lon. -76° 0.908
Bench on trail
26. GPS: Lat. 36° 53.395, Lon. -76° 1.002
Cape Henry Trailhead (South) at The Narrows

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