

Virginia Beach Parks

Virginia Beach offers something for everyone with over 4,000 acres of city and state parks and national refuges, as well as 120 miles of waterways. Take full advantage of our year-round mild climate as you get back to the elements and discover a new way to experience Mother Nature - by foot, bike, kayak or boat!



First Landing State Park

2500 Shore Drive Virginia Beach

757-412-2300

2,888-acre park that fronts the Chesapeake Bay with miles of hiking and biking trails, a boat launch, and 1.25 miles of sandy beach on the Chesapeake Bay.



Mount Trashmore Park

310 Edwin Drive Virginia Beach

757-385-2995

Encompasses 165 acres and is comprised of two man-made mountains, two lakes, two playgrounds, a skatepark and vert ramp, and multi-use paths.



Back Bay National Wildlife Refuge

4005 Sandpiper Road Virginia Beach

757-301-7329

9,108-acre refuge that is made up of barrier islands, dunes, beach woodland, freshwater marshes, maritime forests, ponds and ocean beaches.



False Cape State Park

4001 Sandpiper Road, Virginia Beach

757-426-7128

This 4,321-acre area is a mile-wide barrier spit between Back Bay and the Atlantic Ocean, in the extreme southeast corner of Virginia Beach. It has 6 miles of unspoiled beaches, 12 primitive campsites, and 9 miles of hiking/biking trails.