

VIRGINIA BEACH BIKEWAYS & TRAILS

Miles of Fun!



LEGEND

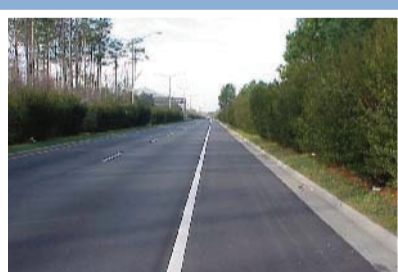
Trail Destinations

- Point of Interest
- Park or Recreation Area

Types of Trails

- On Road Facility
- Asphalt Shared Use (Shared Use Facility)
- Off Road Path (Shared Use Facility)
- Widened Sidewalk (Shared Use Facility)
- Scenic Byway
- Parking

On Road Facility



A lightly traveled road or a road with a paved shoulder. Cyclists must follow the same rules as motor vehicles on the road.

Asphalt Shared Use Facility



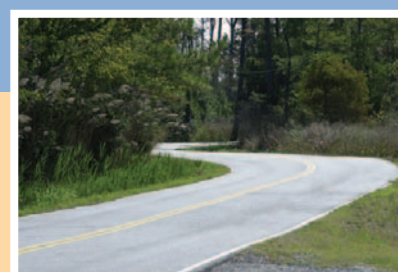
Asphalt paths separated from vehicular traffic.

Off Road Path



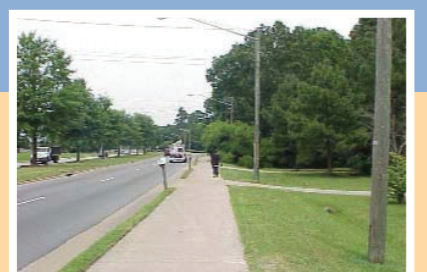
An earthen trail located in a park or other natural area.

Scenic Byway



Scenic roads with historic, cultural, and/or natural qualities. Cyclists must follow the same rules as motor vehicles on the road.

Widened Sidewalk



Concrete sidewalks typically widened to 8 feet.

NORTH CAROLINA

FREEWHEELIN BIKE SHOP
486-4116

Now in Loehmann's Plaza
4000 Va. Beach Blvd. #173 Va. Beach, Va. 23452
www.freewheelinbikes.com

Experience the Fun!
Virginia Beach Parks and Recreation
celebrating 50 years • 1956 - 2006

This map was developed by Virginia Beach Parks and Recreation.
phone: (757) 385-1100
e-mail: fun@VBgov.com
web: www.VBgov.com/parks

June 2006

VIRGINIA BEACH BIKEWAYS & TRAILS

Miles of Fun!

Pathways to health are right beneath your feet.

Bike, hike, ride, walk, jog or drive your way to health on one of our many trail systems and scenic by-ways. Relaxing sights, sounds and smells await you as you reward your body and mind by being active and aware. Feel refreshed and renewed as you partake in a spirited jog down the boardwalk or stroll leisurely with your family down a shady neighborhood street or multipurpose trail. Take a fresh look at the countryside as you drive away stress on scenic byways. Take an energizing bicycle ride to a nearby park or store. By keeping active, you can protect yourself from things like high blood pressure, diabetes, and obesity! Keep your body, mind and spirit at peak performance. Take a healthy step: explore Virginia Beach and its many miles of fun!

Healthy Tips

- Keep hydrated, make sure to consume at least 6-8 glasses of water daily.
- Be physically active at least 30 minutes a day, 4 days a week.
- Be aware of heat stroke symptoms: high body temperature (above 103°F); red, hot, dry skin (no sweat); rapid strong pulse; headache, dizziness, confusion, or unconsciousness. If symptoms are present, call 911 for immediate medical attention.
- Wear sunscreen of at least SPF 30. Make sure when they are approaching, pass on the left, and maintain safe speeds.
- **Be Respectful:** Respect other users regardless of their mode of travel, speed or skill. Pedestrians have right-of-way on sidewalks and trails. Bicyclists should always alert pedestrians when they are approaching, pass on the left, and maintain safe speeds.
- **City Ordinance:** By City Ordinance, bicycles and electric power-assisted bicycles may be ridden on any City sidewalk except Atlantic Avenue between Rudee Inlet and 42nd Street from April 15 through September 30.
- **Wear Protective Helmets:** Prevent head injuries and make sure everyone wears a helmet when bike riding. It is the law for those under 14 years of age. In addition, everyone should wear the recommended safety gear for their chosen activity especially bicyclists, rollerbladers, and skateboarders. This may include wristbands, knee and elbow pads.
- **Be Aware:** Travel in a consistent and predictable manner. Look behind you before changing position along the trail. Be vigilant of the people around you and your surroundings.
- **Practice Safe Cycling:** When riding on roads, remember to follow the rules of the road. Ride single file with traffic and as far to the right as possible. Use bike lanes if present. Use hand signals before changing lanes and check to your rear. For safety install rear and wheel reflectors.
- **Prevent Litter:** Help keep the trails clean and neat for others to enjoy. For more information on Adopt A Trail programs, contact the Clean Community Commission at (757) 427-4461.

Benefits of exercise

- Maintain a healthy weight
- Reduce risk for cardiovascular disease!
- Lower blood pressure!
- Increase the amount of healthy cholesterol in your blood!
- Decrease health care costs!
- Improve mental health!
- Reduce stress!
- Slow the aging process!
- Create healthy habits for a lifetime!

Calories burned every 30 minutes (150 lb. person)

Bicycling	6 mph: 120 calories	12 mph: 250 calories
Walking	20 min. mile: 120 calories	370 calories
Jogging	9 min. mile: 370 calories	290 calories
Running	5 min. mile: 600 calories	400 calories
Backpacking	8 min. mile: 400 calories	300 calories

Please Remember

Be Safe: Wear bright clothing during the day and light colored clothing at night with reflective patches or strips that make you easier to see.

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Trail Destinations

Places to Go... Things to See

Owl Creek Boat Ramp
General Booth Blvd; 437-2038 (TTY: 711 Virginia Relay)

Owl Creek Municipal Tennis Center
928 S. Birchneck Road; 385-2695 (TTY: 711 Virginia Relay)

Princess Anne Area Library
1444 Nimmo Parkway; 306-5879

Princess Anne District Park
3475 Princess Anne Rd; 427-2963 (TTY: 711 Virginia Relay)

Princess Anne Recreation Center
1400 Ferrell Parkway; 426-0022 (TTY: 711 Virginia Relay)

Red Wing District Park
1398 General Booth Blvd.; 437-2038 (TTY: 711 Virginia Relay)

Stumpy Lake Golf Course
4797 E. Indian River Road; 467-6119

Stumpy Lake Natural Area
East Indian River Road; 385-1100 (TTY: 711 Virginia Relay)

near Stumpy Lake Golf Course

Tidewater Community College
1700 College Crescent; 822-1000

US National Field Hockey Training Center
2181 Landstown Rd; 427-2106

Verizon Wireless Virginia Beach Amphitheater
3550 Cellar Door Way; 368-3000

Virginia Beach Farmers Market
Local fresh and seasonal produce

Virginia Beach Higher Education Center
3640 Dam Neck Road; 385-4395

Virginia Beach Sportsplex
2181 Landstown Road; 427-2990

Virginia Aquatum & Marine Science Center
425-FISH (3474); Group reservations: 437-6000

Visitors Information Center
2100 Parks Ave; 437-4919

West Neck Creek Natural Area
North Landing Road; 385-1100 (TTY: 711 Virginia Relay)

across from the Virginia Beach Municipal Center

64th Street Boat Launch & Beach
part of First Landing State Park
2500 Shore Drive; 412-2300

Back Bay National Wildlife Refuge
4005 Sandpiper Road; 721-2412

Bayville Farms District Park
4132 First Court Road; 460-7569 (TTY: 711 Virginia Relay)

Bayside Recreation Center
4500 First Court Road; 460-7540 (TTY: 711 Virginia Relay)

Cape Henry Lighthouse
191 steps to the top
583 Atlantic Avenue; Fort Story; 422-9421
picture ID required to get on base

City View District Park
2073 Kempsville Road; 479-0106 (TTY: 711 Virginia Relay)

Shelter reservations: 385-2550

Contemporary Art Center of Virginia
2200 Parks Ave; 425-0000

False Cape State Park
4001 Sandpiper Road; 426-7128

First Landing State Park
2500 Shore Drive; 412-2300

Little Island District Park
3820 Sandpiper Road; 426-0013 (TTY: 711 Virginia Relay)

Shelter reservations: 385-2550

Lynnhaven Mall
701 Lynnhaven Parkway; 340-9340

Mount Trashmore District Park
310 Edwin Drive; 473-5237 (TTY: 711 Virginia Relay)

Shelter reservations: 385-2550

Munden Point District Park
2001 Felley Lane; 426-5296 (TTY: 711 Virginia Relay)

Shelter reservations: 385-2550

North Landing River Natural Area Preserve
Blackwater Road; limited access by arrangement with DCR Steward (757) 925-2318

Oceanfront Boardwalk
1st Street to 40th Street; 437-4800

West Neck Creek Natural Area

A large variety of native plant life and wildlife make this area an interesting educational walk in the woods. The multi-use trail system is designed to accommodate bikers, hikers, joggers, equestrians, and walkers. In addition, a small section of the trail system has been paved, making it accessible to wheelchairs and strollers.

West Neck Creek Natural Area is a wooded 178-acre site that has been kept in its natural state with the exception of a series of multi-use trails eventually totaling 4 miles.

First Landing

First Landing State Park is the state's most popular state park with more than one million visitors each year. More than 19 miles of hiking trails wind through the natural area. Guided kayak ecological tours allow exploration of the marshes and bays. The visitor center exhibits explain much about this coastal environment. Due to the fragile sand dune area in the park, bikes are only permitted on the Cape Henry Trail.

False Cape

One of the few undeveloped areas along the Atlantic coast, False Cape State Park boasts a huge migratory bird population and a variety of wildlife, plants and trees. The park is only accessible by foot, bicycle, beach transporter, tram or boat. Tram transportation through Back Bay National Wildlife Refuge is available April through October; reservations should be made by calling (757) 498-2473. Between November 1 and March 31, access to the park is restricted to the beach or through the park's beach transporter, the Terra Gator. Call 1-(800) 933-PARK for Terra Gator reservations. Tram or Terra Gator transportation is not available to campers.

Back Bay

Back Bay National Wildlife Refuge was established in 1938 to provide habitat for migrating and wintering waterfowl, particularly greater snow geese. The refuge contains more than 8,000 acres, situated on and around a thin strip of coastline typical of barrier islands found along the Atlantic and Gulf coasts. Habitats include beach, dunes, woodland, farm fields and marsh. The refuge continues to be an important link in the chain of national wildlife refuges located along the Atlantic Flyway. Walking/biking trails are seasonally closed or may be rerouted, depending on wildlife use. Follow trail signs or contact the refuge for details.