



2026

TrailLink Unlimited



Guides



**Sand Ridge
Trail**
Virginia



Sand Ridge Trail

Virginia

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The Sand Ridge Trail traverses False Cape State Park's for 6.2 miles across the park's impressive sand dunes. The trail crosses several trails that will take trail users to the beach, the park visitor center, the Environmental Education Center, and a few backcountry beach camping opportunities.

At the southern end of the trail, trail users can connect to the beach town of Carova in North Carolina.

Sections of the trail can be sandy and difficult to bike on, although biking is allowed.



Sand Ridge Trail

Virginia

States: Virginia

Counties: Virginia Beach

Length: 6.2miles

Trail end points: Dudley Island Loop Trail to
Barbour Hill Trail

Trail surfaces: Dirt,Grass,Sand

Trail category: Greenway/Non-RT

Trail activities: Mountain Biking,Walking

Parking & Trail Access

Trail users can park at the Back Bay Wildlife Refuge Visitor Center at the north end of the trail.