



2026

TrailLink Unlimited 

Guides



**Cape Henry  
Trail**  
*Virginia*



## Cape Henry Trail

Virginia

*The Cape Henry Trail runs through First Landing State Park in Virginia Beach for 7.5 miles. The trail runs through the city offering*



The Cape Henry Trail runs through First Landing State Park in Virginia Beach for 7.5 miles. The trail runs through the city offering access to local restaurants and shops while also meandering the State Park.

### About the Route

The northern endpoint of the Cape Henry Trail sits at Jade Street along a former railroad corridor built to connect the isolated Cape Henry to Norfolk. The asphalt portion of the trail is ADA-accessible, but use caution as it crosses several local roads before reaching the First Landing State Park entrance at Kendall Street in 1.5 miles.

After continuing for about 1 mile on paved terrain, the trail meets a local road leading to the Trail Center on the

left, across from the VA 343 intersection. Wheelchair-accessible parking, picnic tables, drinking fountains, restrooms, and bike racks are available at the Trail Center. Returning to the Cape Henry Trail, the surface shifts to mostly dirt and sand.

In less than a quarter mile, the trail reaches a viewing bridge overlooking the bald cypress swamps. After passing the lookout, the trail contains more bumps and uneven surfaces while still staying at a level grade. Throughout the trail, the conditions are bumpy in certain areas. Tree roots and small depressions could pose problems for smaller-tired bikes and wheelchairs, particularly in muddy conditions after a rainy day. The terrain conditions stay consistent for the next 3.5 miles.

Within the state park, trail users can experience a variety of ecosystem transitions, from maritime forests to bald cypress swamps and salt marshes. Spread out along the trail are benches and HealthTrek exercise systems that go beyond monkey bars and a pull-up station.

Nearing the southern end of the Cape Henry Trail, the route passes the First Landing State Park 64th Street entrance, which connects to a residential neighborhood with parking options. Past the entrance, the terrain turns sandy with a narrower path, which may prove difficult for bikes and wheelchairs. Ecosystems such as salt marshes and sandy shorelines present opportunities for fishing and osprey sightings. The Cape Henry Trail reaches its southern endpoints at the 64th Street Narrows, which offers additional parking, restrooms, and a boat ramp.

### Connections

As the Cape Henry Trail crosses VA 279, the trail intersects with the [Great Neck Road/London Bridge Road Trail](#).

### Trail History



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**States:** Virginia

**Counties:** Virginia Beach

Length: 7.5miles

**Trail end points:** Jade St south of Shore Dr/US 60 to 64th St in First Landing State Park

**Trail surfaces:** Asphalt, Boardwalk, Crushed Stone, Dirt, Gravel, Sand

**Trail category:** Rail-Trail

**Trail activities:** Bike, Fishing, Mountain Biking, Inline Skating, Walking, Wheelchair Accessible

## Parking & Trail Access

The Cape Henry Trail runs between Jade St south of Shore Dr/ US 60 and 64th St in First Landing State Park, with parking available at the southern endpoint.

Parking is also available at:

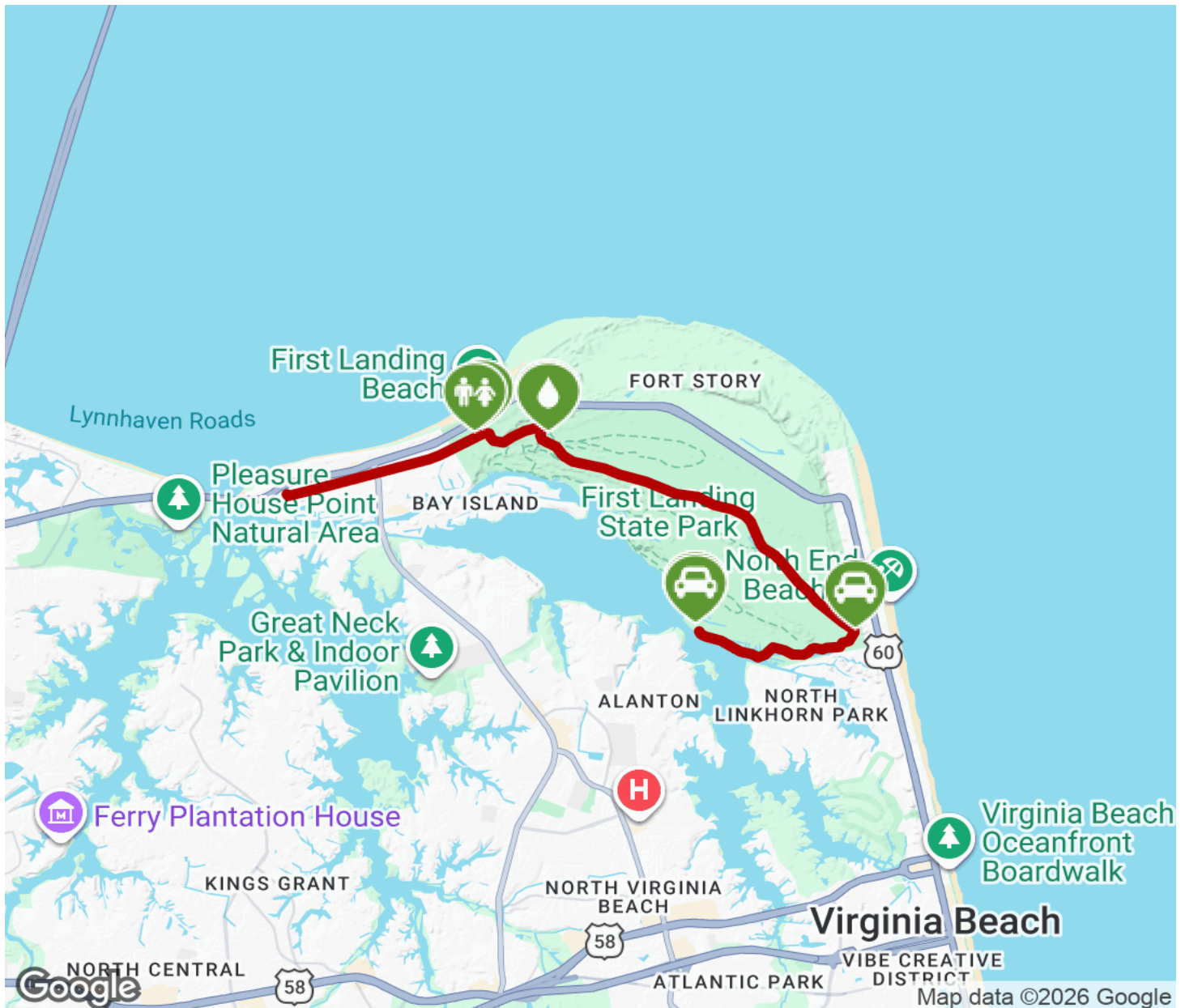
- Conversation Ct, First Landing State Park
- Trail Center, 2500 Shore Dr (First Landing State Park)

Please see the [TrailLink Map](#) for all parking options and detailed directions.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

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