



# Virginia

## parks for kids



### Buddy Bison's Fact Bites

- The Virginia State flower is not really a flower, but the blossom of the dogwood tree, which is also the state tree.
- Jamestown was the first English settlement in the U.S. It was also the first capital of Virginia.
- The first Thanksgiving in North America was held in Virginia in 1619.
- Wild Ponies have roamed freely on Assateague Island for centuries.
- About 1/2 of all the people in the United States live within a 500 mile radius of the Capital of Virginia, Richmond.
- Eight United States Presidents were born in Virginia: George Washington, Thomas Jefferson, James Madison, James Monroe, William Harrison, John Tyler, Zachary Taylor, and Woodrow Wilson.



### 4. Douthat State Park

Go fishing or swimming, hike the Blue Suck Falls Trail, camp overnight, take in the view from Tuscarora Overlook, look for white tailed deer, rent a boat and paddle around, build a sandcastle or take a picnic.

### 5. False Cape State Park

Go fishing or swimming, build a sandcastle, camp overnight, ride your bike, hike the Barbour Hill Interpretive Trail or take in the view of Back Bay from False Cape Landing.

### 6. First Landing State Park

Hike the Cape Henry Trail to the replica of the Chesapeake Indian Village, ride your bike, relax at the beach, go for a picnic or camp overnight.

### 7. Westmoreland

Camp overnight, bird watch, go for a swim, hike the Meadows Nature Trail, check out the fossils at the Visitor Center or go for a picnic.

### 8. Hungry Mother State Park

Go swimming, paddle a boat around the lake, hike around the lake, visit a playground or build a sandcastle.

### 1. Assateague Island National Seashore

Camp overnight, become a junior ranger, ride your bike, rent a canoe or kayak and paddle in the ocean, go shelling, surf-fishing, swimming or learn how to surf.

### 2. Shenandoah National Park

Take in the Appalachians from one of the 75 overlooks along the Skyline drive, look out for the Eastern Tiger Swallowtail Butterfly, bird watch, go fishing, camp overnight or take a hike.

### 3. Grayson Highlands State Park

Cross-country ski, go fishing, take in the view from the Buzzard Rock Overlook, camp overnight, learn about pioneer life at the Virgil J. Cox Visitor Center or hike the Twin Pinnacles Trail.