



# BACK BAY NATIONAL WILDLIFE REFUGE

## Contact Us

Back Bay National Wildlife Refuge  
Headquarters and Mailing Address  
1324 Sandbridge Road  
Virginia Beach, VA 23456

Visitor Center and Trails  
4005 Sandpiper Road  
Virginia Beach, VA 23456

757-301-7329 ext.3106  
[http://www.fws.gov/refuge/back\\_bay](http://www.fws.gov/refuge/back_bay)  
<http://www.facebook.com/backbaynwr>

Federal Relay Service  
for the deaf and hard-of-hearing  
1 800/877 8339

U.S. Fish & Wildlife Service  
1 800/344 WILD  
<http://www.fws.gov/>

Refuge regulations exist for your safety and for the welfare of wildlife. Visitors are expected to know and comply with all regulations. Please observe all posted signs when visiting the refuge. For further information see the Refuge Regulations page, found on the back of the trail map or the refuge website.

### Visitor Center Hours:

#### Memorial Day – Labor Day:

Tuesday – Friday 8:00-4:00  
Saturday – Sunday 9:00-4:00

#### Labor Day – Memorial Day:

Tuesday –Friday 8:00-4:00  
Saturday 9:00-4:00

Closed on federal holidays except Memorial Day, July 4<sup>th</sup> and Labor Day.

Outdoor trails are open daily, ½ hour before sunrise – ½ hour after sunset.



## VISITOR GUIDE

# PERMITTED

- **Visit the Visitor Center**

During open hours displays, brochures, and exhibits are accessible. Refuge staff and volunteers can answer visitor questions and comments.



- **Hike the foot trails**

Two boardwalk trails, the Seaside and Dune Trails, lead to the beach. The Raptor Trail and Kuralt Trail give views of Back Bay. Portions of the interior dikes are also open seasonally, providing hiking or biking access to False Cape State Park. The refuge beach is also open year-round as access to the state park.

- **Observe and photograph wildlife**

There are multiple viewing stations throughout the refuge that provide ideal opportunities for wildlife observation and photography.

- **Go fishing**

Surf and freshwater fishing are permitted in specific areas (D pool, fishing dock by the parking lot and the refuge beachfront). A Virginia fishing license is required for fresh and saltwater fishing.



- **Go boating**

Bring your kayaks, canoes and small boats that can be hand-carried to the Bay's edge for a beautiful paddle on Back Bay. Be mindful of the wind as an easy trip down the bay may be tough paddle back to the parking lot.

- **Go bicycling**

The East and West dikes are alternately open to bicyclists on a seasonal basis. Low-speed electronic bikes (e-bikes) are also allowed.

- **Go on a tram tour**

The refuge and False Cape State Park partner operate a seasonal open-air tram that provides visitors with a guided tour through the refuge and the state park.



## VOLUNTEER OR JOIN THE FRIENDS GROUP

Back Bay NWR hosts volunteers in many activities. By becoming a refuge volunteer, you too can contribute to conserving America's wildlife heritage. It is the best way to get involved with refuge activities and learn more about Back Bay. You can also join the Back Bay National Wildlife Refuge Society, which supports the wildlife refuge. More information can be found at [www.backbaynwr.org](http://www.backbaynwr.org).

# NOT PERMITTED

- **Pets are not allowed at any time of year (effective April 1, 2011)**  
(Not even in your vehicle)



- **The North Mile and all dune areas are closed to public access**

Migratory birds need undisturbed habitat to feed and rest. The North Mile is the only section of refuge beach completely closed to all activity for these animals. Foot traffic on dunes causes erosion and habitat loss.

- **Swimming, surfing and sunbathing are not permitted on the Refuge beach**

Wildlife related activities are permitted on the refuge, such as fishing and bird watching. Sandbridge Beach, north of the refuge, offers other forms of recreation that do not directly relate to wildlife.

- **The Dike Trails are closed seasonally to fulfill habitat management objectives**

Back Bay NWR was established for migratory waterfowl and other wildlife. The dike trails are closed to provide undisturbed habitat for wildlife during the sensitive winter migration season.

- **Do not stray off the marked trails or attempt to handle wildlife**

For your safety and that of the wildlife, stay on the trails at all times.

- **Commercial activities, such as commercial photography/filming and kayak tour operations require a Commercial Special Use Permit.**



Contact us for more information and to begin the Permit process.

- **The use of motorized and non-motorized aircraft, including drones and kites, is prohibited**

These aircraft can affect the aesthetic, natural beauty of the refuge for other visitors and interfere with birds and other wildlife. Additionally, U.S. Fish and Wildlife Service policy prohibits drones on refuge lands, except in certain, highly controlled situations.

- **Groups of ten or more must obtain an Authorization Letter before their visit**

Please contact us for more information.

- **No trailer or overnight parking**

There is only a limited amount of parking space and no launching facility for larger boats. Overnight campers at False Cape State Park may leave cars at Little Island City Park.

- **Public vehicle access on the refuge beach and impoundments is not permitted**

- **Open fires, including charcoal-burning grills, are prohibited**

- **The use of metal detectors is prohibited**

