A person is walking on a gravel path in a forest. The person is wearing black pants and black and white sneakers. The path is made of light-colored gravel and is surrounded by green grass and trees. The text "Walking TRAILS" is overlaid on the image.

Walking TRAILS

The Guide to Suffolk's Walking Trails

Walking Safety Tips

- Avoid walking alone on trails. Walking with friends is recommended.
- Tell someone where you are going and when you expect to return.
- Stay on marked trails.
- Use sunscreen and insect repellent.
- Avoid poison ivy.
- Eating wild berries along the trail is not recommended.
- Turn back in bad weather.
- Carry a whistle. It's much more effective than yelling. Attach a whistle to your child's clothing.
- Carry plenty of drinking water. It isn't safe to drink from streams.
- Wear appropriate shoes for walking on paths.
- Check your clothing and body for ticks, at the end of your walk.
- Talk to children about what to do if they get lost.

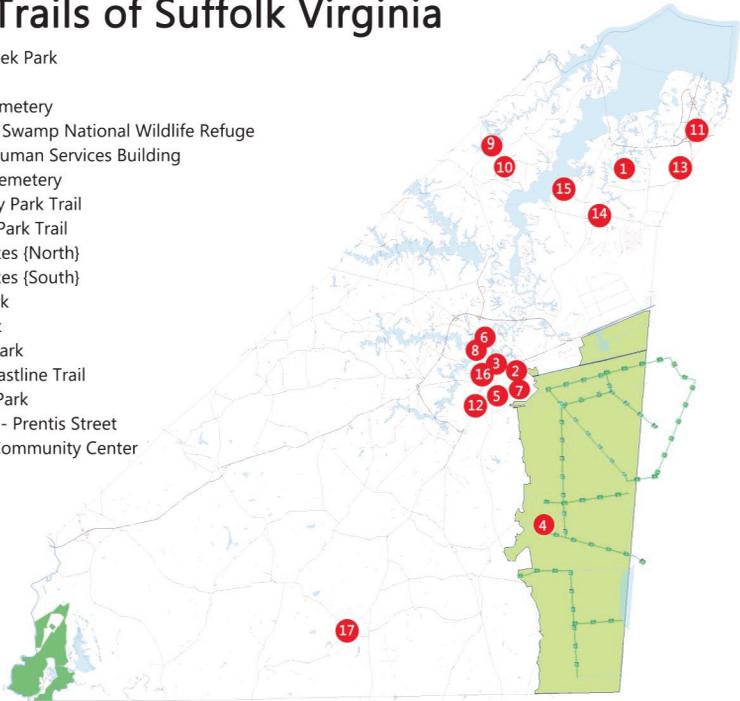
Suffolk

V I R G I N I A

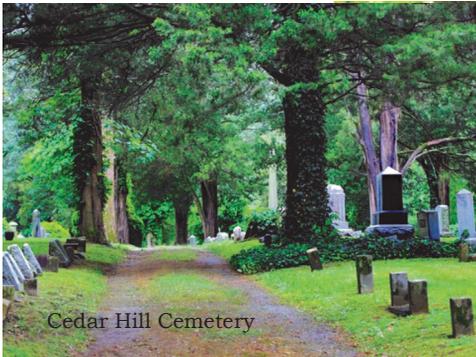
It's a good time to be in Suffolk

Walking Trails of Suffolk Virginia

1. Bennett's Creek Park
2. Cypress Park
3. Cedar Hill Cemetery
4. Great Dismal Swamp National Wildlife Refuge
5. Health and Human Services Building
6. Holly Lawn Cemetery
7. Lake Kennedy Park Trail
8. Lake Meade Park Trail
9. Lone Star Lakes (North)
10. Lone Star Lakes (South)
11. Magnolia Park
12. Planter's Park
13. Pughesville Park
14. Seaboard Coastline Trail
15. Sleepy Hole Park
16. Train Station - Prentiss Street
17. Whaleyville Community Center



All parks are open to the public Sunrise to Sunset daily.



Cedar Hill Cemetery



Lone Star Lakes Park

Bennett's Creek Park

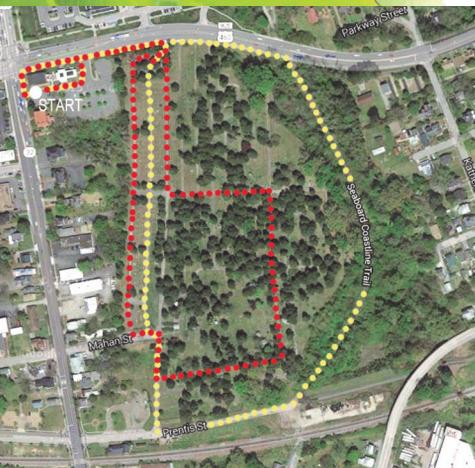
3000 Bennetts Creek Park Road • 1 mile



This 57-acre park is located along Bennett's Creek, which enters the Nansemond River. Filled with natural resources such as open space, waterfront and beautiful flora, it features a 1-mile natural surface, easy-walking trail that meanders through various sections of this beautiful park.

Cedar Hill Cemetery

524 North Main Street • 1 mile



This 37-acre, highly decorated cemetery located in downtown, is on the Historical Landmark list and has many confederate generals buried in it. This 1-mile, asphalt, loop trail makes for easy walking with some very minor inclines. It has beautiful trees and a serene setting.

Cypress Park

2001 Arizona Avenue • .32 miles

A quaint park that's tucked away near downtown and features a .32 mile concrete trail for easy walking, jogging or running. It's surrounded by a multitude of various trees and flora.



Health and Human Services Building

135 Hall Avenue • .2 miles per loop (building loop) / .33 miles (lake loop)

The “LEED Building” (Leadership in Energy and Environmental Design) is located in the Fairgrounds section of downtown. It features a beautifully landscaped looped, concrete paths for easy walking, and is surrounded by a variety of unique buildings in the surrounding area.



Holly Lawn Cemetery

1300 Holly Lawn Parkway • .5 miles per loop



This beautiful 35-acres of land is located in the business district and surrounded by natural landscapes. Holly Lawn Cemetery is adjacent to one of our premier parks, Lake Meade Park. The cemetery features an easy walking, asphalt surface with 2 loops equaling 1 mile.

Lake Kennedy Park Trail

1300 Blythewood Lane • .25 miles per loop



This asphalt looped trail was added this wonderful 20-acre park in 2017. It is accessible and conveniently located near parking, shelters, a playground and a basketball court.

Lake Meade Park Trail

201 Holly Lawn Parkway • 1 mile (red) / .3 Miles (yellow)/ .6 miles (green)

Beautiful landscaping and waterfront views set the tone for these easy, stone-dust trails. You can enjoy walking or biking along the trail through beautiful Lake Meade Park. It is located in the downtown business district, behind Kroger's on Main Street. The park includes a paved loop trail around the playground.



Lonestar Lakes Park

401 Kings Highway • North Trail • 4 miles per loop

Suffolk's best kept secret... this beautiful natural resource is 1063 acres with 11 freshwater lakes, one brackish lake, and two brackish creeks. The north trail features a 4-mile (round trip) natural surface for walking, biking and equestrians. It has easy to moderate walking trails.



Lonestar Lakes Park

401 Kings Highway • South Trail • 1 mile per loop



Tucked away on the scenic south end of the park are three natural-surface trails equaling close to one-mile per loop. They are built for casual and relaxing paces.

Magnolia Park

4600 Magnolia Drive • .25 miles



Magnolia Park is located on the north end of the city. It's tucked away in the Huntersville Community. This dog-leg shaped trail features a .25 paved asphalt path excellent for walking, jogging or running.

Planters Park

515 York Street • .25 miles

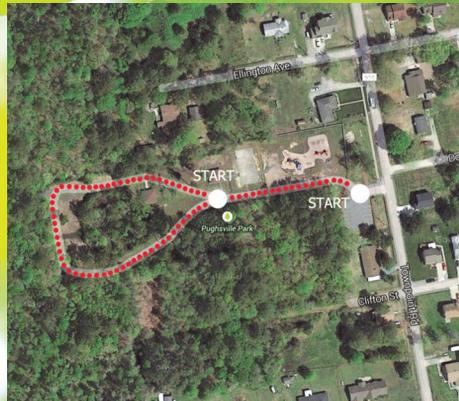
Located on Carolina Road, minutes away from downtown, this is a 1/4-mile loop trail, fully paved for easy walking, jogging or running.



Pughsville Park

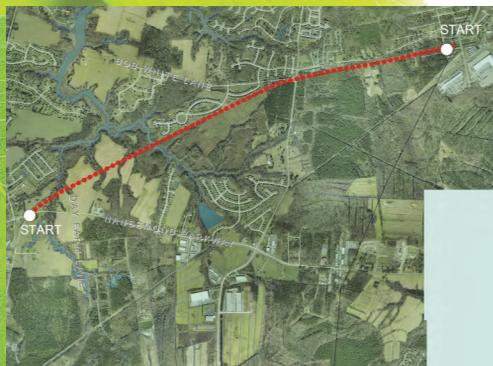
5041 Townpoint Road • .33 miles

Located in the northern end of the city, this lollipop shaped trail features an asphalt surface for easy walking, jogging or running. Six loops equal one mile or three loops per mile if you include the connector.



Suffolk Seaboard Coastline Trail

3160 Kings Highway | 4845 Townpoint Road • 3.5 miles one way



This 10-foot wide, 3.5 mile (one way), fully paved trail features beautiful views from Historic Driver Village to Towne Point Road. Built specifically for walking and biking, the trail has gradual contours for easy to moderate walking.

Sleepy Hole Park

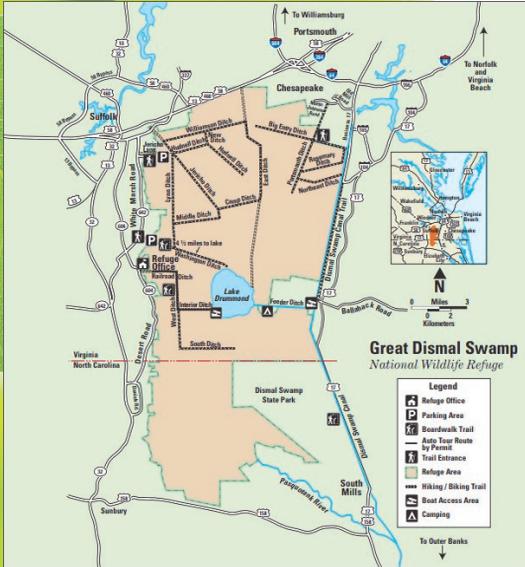
4616 Sleepy Hole Road • .5 miles (Upper) / .33 miles (Lower)



Sleepy Hole Park located in the Chuckatuck section of the city, is a 74-acre park that sits on the Nansemond River. There are two asphalt/gravel surface trail loops with some varying contours, creating easy to moderate walking. The upper park loop is .5 miles, and has scenic waterfront views. The lower loop is .33 miles.

Great Dismal Swamp National Wildlife Refuge

3100 Desert Road • 9 miles (757) 986-3705
www.fws.gov/refuge/Great_Dismal_Swamp



Just 15 minutes from downtown Suffolk and centrally located in the Great Dismal Swamp National Wildlife Refuge, the Washington Ditch entrance is our visitor's favorite walking and biking refuge. The historic Washington Ditch trail is a scenic 4 ½ mile natural surface trail ending at the Lake Drummond pier. Also available from the parking area is the ¾ mile elevated Washington Boardwalk trail. The boardwalk loops deep into the forest habitat giving opportunities for glimpses of local wildlife.

