



SURF AND SEASHORE SAFETY

National Park Service lifeguards cover North Ocean Beach (Maryland) and Toms Cove Beach (Virginia) in summer only. Assateague State Park also has lifeguards in summer.

Mats and floats, except U.S. Coast Guard-approved personal flotation devices, are prohibited at all lifeguarded beaches. Surf conditions are posted in multiple locations near the beach. Learn about rip currents (seaward currents) and their danger at www.ripcurrents.noaa.gov. Never swim alone.

Prevent overexposure to sunlight with sunscreen or protective clothing. Biting insects are abundant spring through autumn. Insect repellent and/or protective clothing are recommended.

ABOUT YOUR VISIT

ASSATEAGUE ISLAND NATIONAL SEASHORE is open year-round. Camping is allowed in designated areas only. Campers may not bring firewood from out of state. Firewood must be purchased locally. Assateague Island Visitor Center is open 9 am to 5 pm year-round except Thanksgiving Day and December 25. Here you can get information and see aquariums, a touch tank, exhibits, maps, and a film about the island's wild horses. You can register for camping and get permits for the Over Sand Vehicle (OSV) zone at the campground office on the island. Dates and hours vary for Toms Cove Visitor Center. Contact the park for information; phone and website at right.

CHINCOTEAGUE NATIONAL WILDLIFE REFUGE, managed by the U.S. Fish and Wildlife Service, is open year-round. The Herbert H. Bateman Educational and Administrative Center is open year-round except December 25 and January 1. Hours vary seasonally. Contact the refuge for information; phone and website at right.

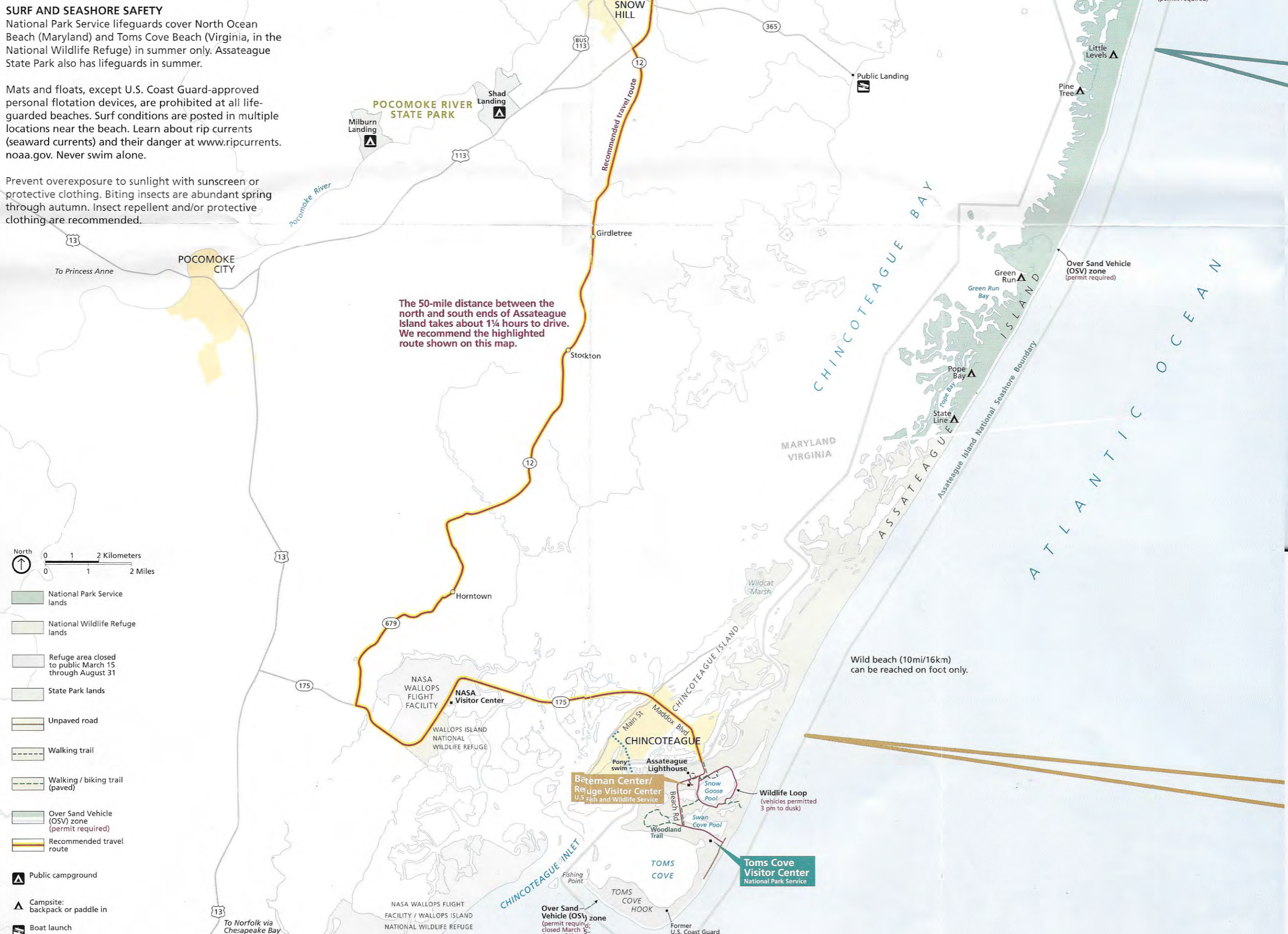
ASSATEAGUE STATE PARK'S beach and parking lot are open year-round, 9 am to sunset. Contact the park for camping information; phone and website at right.

ACCESSIBILITY Visitor centers, restrooms, bookstores, and some trails are wheelchair-accessible. Service animals are welcome. Call each area for more specifics.

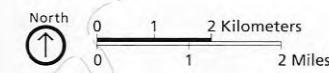
REGULATIONS Call or visit each area's website for regulations on firearms, pets, personal watercraft, and more.

Assateague Island National Seashore is one of over 390 parks in the National Park System. To learn more about national parks, visit www.nps.gov.

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The 50-mile distance between the north and south ends of Assateague Island takes about 1¼ hours to drive. We recommend the highlighted route shown on this map.



- National Park Service lands
- National Wildlife Refuge lands
- Refuge area closed to public March 15 through August 31
- State Park lands
- Unpaved road
- Walking trail
- Walking / biking trail (paved)
- Over Sand Vehicle (OSV) zone (permit required)
- Recommended travel route
- Public campground
- Camosite: backpack or paddle in
- Boat launch

- swimming
- surfing
- camping
- fishing
- crabbing
- boating

Assateague State Park

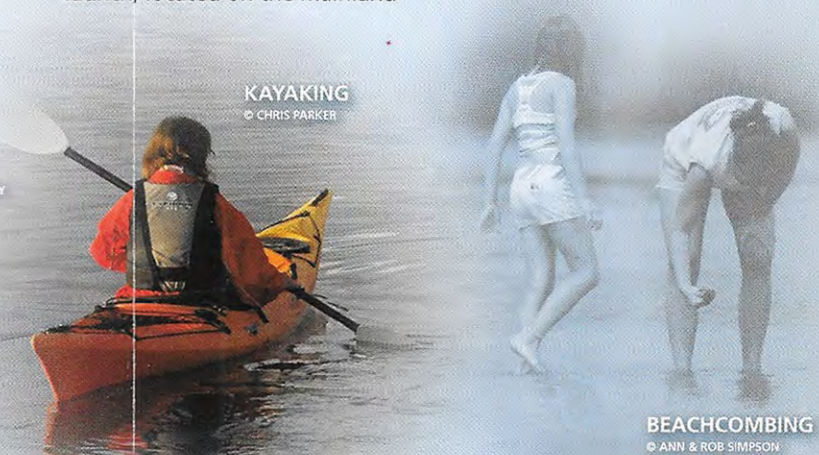
Maryland's only oceanfront state park has two miles of beach for swimming, surfing, and fishing. Lifeguarded areas are available Memorial Day through Labor Day. The campground is open late April through October. Campsites include fire rings, picnic tables, and bathhouses with

warm showers. A small number of electric hookups are available. Reservations are recommended. Alcohol is prohibited in all areas of the state park. A park store is open seasonally, offering food and souvenirs. Pets are permitted, with restrictions, in designated areas. The marina/boat launch, located on the mainland

side of the Verrazano Bridge, is a popular fishing and crabbing spot and features seasonal kayak rentals. Visit the Nature Center in the campground for live animal exhibits, arts and crafts, and family fun. Entrance fees apply. Assateague State Park offers something for everyone.



Assateague State Park
7307 Stephen Decatur Hwy.
Berlin, MD 21811
410-641-2120
www.dnr.state.md.us/publiclands/eastern/assateague.asp



- padding
- hiking
- camping
- swimming
- clamming
- fishing

Assateague Island National Seashore

Explore the national seashore and discover the mysteries of a barrier island. Before traveling across the Verrazano Bridge to the Maryland end of the island, begin your visit at the Assateague Island Visitor Center. Watch a film about the wild horses. The visitor center also includes restrooms, a gift shop, exhibits, aquariums, and staff to provide information and orientation. Touch a sea

snail or horseshoe crab. Ask at the information desk for a Junior Ranger booklet and have some family fun. Enjoy the park roads by bike. Observe wild horses feeding in the salt marsh. During summer, visit the Beach Hut for supplies and beverages and swim at the lifeguarded North Ocean Beach. Camping is available year-round and reservations are encouraged April 15 through October 15. Expect rustic

conditions, vault toilets, and coldwater showers. Electric hookups are not provided. Pets are permitted in designated areas. Avid paddlers and hikers should not miss the backcountry camping experience. The Over Sand Vehicle (OSV) zone provides an adventurous getaway (permit required). Nature trails, beachcombing, and ranger-led programs will bring back childhood memories, while guided kayak tours and campfire programs will make new ones. Entrance fees apply.



Assateague Island National Seashore
7206 National Seashore La.
Berlin, MD 21811
410-641-1441
www.nps.gov/asis



- birding
- fishing
- swimming
- cycling
- beachcombing
- padding

Chincoteague National Wildlife Refuge

Originally established to protect migratory birds, the refuge today is a destination for birders, beachcombers, anglers, and outdoor enthusiasts. Careful management of freshwater pools and marshes provides ideal habitat and feeding areas for migratory waterfowl, shorebirds, and other wetland-dependent species. The refuge is a paradise for birders and photographers. Walk or bike

the trails to catch a glimpse of the rare Delmarva Peninsula fox squirrel or the Chincoteague "ponies." Drive the Wildlife Loop around Snow Goose Pool between 3 pm and dusk. Expect Toms Cove Hook to be closed during the nesting season of the threatened piping plover. Visit the Refuge-operated Herbert H. Bateman Educational and

Administrative Center and the National Seashore-operated Toms Cove Visitor Center for exhibits, programs, and assistance. There is no camping in the refuge, so check in the nearby community of Chincoteague. A lifeguarded beach is available Memorial Day to Labor Day. Pets are prohibited. Entrance fees apply.

Chincoteague National Wildlife Refuge
8231 Beach Rd.
Chincoteague, VA 23336
757-336-6122
chinco.fws.gov



PHOTOGRAPHER'S EDEN
© ANN & ROB SIMPSON

SNOW GEESE
© ANN & ROB SIMPSON

BARRIER ISLANDS ARE AMONG THE MOST DYNAMIC LANDFORMS ON EARTH. FROM OCEAN TO BAY, ASSATEAGUE ISLAND IS DEFINED BY CHANGE.

The rhythms of tides and seasons shape the island. The smallest gust of wind or gentlest of waves moves sand in a ceaseless rearrangement of island terrain. While summer waves and longshore currents may build a wide beach, most of the year sand is scoured from the shore and moved southward leaving a narrow, steep shoreline. Storms can create inlets or fill them in. They can cut away dunes and wash sand across the island. The retreating dunes mark the island's westward movement. New habitats are created—old ones are reinvented. Plants and animals shift and adapt in counterpoint to these changes. On Assateague Island, nature's rhythmic processes are a brilliant display.

Natural zones shaped and reshaped by wind, wave, and current characterize Assateague Island. Distinct plant and animal communities have adapted to each zone. This north-facing view depicts these habitats, left to right, from bay to ocean.

ARTWORK: NPS / MICHAEL HAMPSHIRE

COASTAL BAYS Young fish find refuge from predators. Seahorses and pipefish, vulnerable in open water, depend on grasses for anchorage and safe haven. Mud-loving creatures cluster around roots. These are the secret gardens of the coastal bays.

SALT MARSH Once considered worthless, salt marshes are incredibly valuable areas. They are complex ecosystems defined by the constant ebb and flow of salt water. Tides transport nutrients into the marsh and detritus (decaying plants and animals) out

into the bay. Scavengers, like snails, amphipods, and fiddler crabs, feed on detritus. They in turn are food for high tide visitors to the salt marsh like fish and crabs. When the tide is out, a banquet is exposed in the mudflats where birds feast on the small creatures that inhabit this transitional area. Few plants can thrive in a salt marsh. Cordgrass, salt meadow hay, and saltwort are among those that can. These plants create shelter for willet and rail and hunting grounds for Northern harrier and raccoon. Horses can often be seen grazing on marsh grasses.

MARITIME FOREST The forest edge is bordered by a shrub thicket on both bay and ocean sides. This is another transition area between distinct communities. Greenbrier, highbush blueberry, and bayberry thrive here. Trees, stunted and sculpted by salt-laden winds, mingle with shrubs and vines. Guarded by this thicket, the maritime forest is sheltered from much of the wind and provides habitat for some of Assateague's other residents. While loblolly pine is the dominant tree, southern wax myrtle, American holly, and red cedar survive in the shaded understorey. The forest is home to

white-tailed and sika deer, raccoons, and birds like the yellow-rumped warbler and Eastern towhee. Predators like great horned owls and red fox hunt small mammals, birds, and reptiles in the woodland.

DUNES AND UPPER BEACH The dunes and upper beach are always in motion. Windblown sand and salt dictate the plant and animal life of this stark environment. Less salt-tolerant plants like beach heather and seaside goldenrod hide on the leeward side of dunes, sheltering the small but fierce dune wolf spider as it hunts its insect prey. Plants trap sand, elevate dunes, and

form a malleable barrier against the assault of wind and water. Where overwash does occur, piping plovers and other birds find prized nesting habitat. The primary beach front dunes are dominated by American beach grass, with its extensive root system and ability to tolerate relentless exposure to the elements. Many creatures visit the beach, but ghost crabs enjoy a great view from oceanfront burrows.

OCEAN So visually compelling are the surf and ocean that it is easy to forget how much happens beneath the surface. Mole crabs, coquina clams, and small invertebrates thrive in the inter-

tidal zone where crashing waves deliver food and render all homes temporary. Shorebirds dance away from the surf while attempting to dine on creatures concealed in the sand.

The ocean food web starts with phytoplankton. Most other marine life is dependent upon these tiny plants for survival. The oceans support more than half the species on earth, yet 95 percent of these waters remains unexplored, offering endless possibilities for discovery.

