



## Explore Norfolk

[norfolk.gov/](http://norfolk.gov/)

Welcome to Norfolk, Virginia: part of Hampton Roads and home to Norfolk Naval Station, the largest naval base in the world. Get ready to map it, explore it, and make a difference!

GUIDELINES: Visit Norfolk. Complete the number of activities for your grade level according to the grid below.

	DISCOVER	CONNECT	TAKE ACTION	ANY ACTIVITY UNDER ANY KEY	TOTAL NUMBER OF ACTIVITIES
Girl Scout Daisy	1	1	1	0	3
Girl Scout Brownie	1	1	1	1	4
Girl Scout Junior	1	1	1	2	5
Girl Scout Cadette	1	1	1	3	6
Girl Scout Senior	1	1	1	4	7
Girl Scout Ambassador	1	1	1	5	8

### DISCOVER

- **Find Norfolk on a map of Virginia.** What do you notice about where it is and what's nearby? Look up how many people live in Norfolk and when the city began.
- **Explore Norfolk's history.** Pick a few important events that happened here. Why did they matter? What changed because of them? How do we see their impact today?
- **Meet the Mermaid!** Norfolk's symbol is the mermaid. Find out why the city chose it, who started it, and how long the mermaid has been a symbol.
- **Norfolk & the Military.** Norfolk is famous for its strong military community. Find out how many naval bases are in Norfolk, how many active-duty members serve here, and how many ships Norfolk Naval Station supports.
- **The USS Wisconsin.** Learn the story of one of the largest U.S. Navy battleships. When was she commissioned? Who was captain at the time? What big moments did she experience?

### CONNECT

- **Walk the Cannonball Trail.** Travel through 400 years of history along the Elizabeth River and Downtown Norfolk. Hunt for plaques, cobblestone streets, and even a Revolutionary War-era cannonball stuck in the wall of St. Paul's Episcopal Church!  
Info: <https://www.visitnorfolk.com/attraction/the-cannonball-trail/>
- **Visit the MacArthur Memorial.** Discover the life of General Douglas MacArthur and honor Americans who served in the Civil War, WWI, WWII, and the Korean War.  
Info: <https://www.macarthurmemorial.org/> 757-441-2965
- **See the Pagoda & Oriental Garden.** Climb to the top for awesome views of the garden, the USS Wisconsin, and sunsets over the Elizabeth River.  
Info: <https://www.pagodagarden.org/>

- **Ride the Tide (light rail)!** Cruise along the 7.4-mile route and check out local attractions and retail shops at 11 stops between Eastern Virginia Medical School and Newtown Road. Hop off for food, shopping, and to check out Norfolk State University and Tidewater Community College's Norfolk campus.  
Info: <https://gohrt.com/routes/light-rail/>
- **Explore Nauticus & the USS Wisconsin.** Dive into sea science, ships, and the economy. Explore a real battleship!  
Info: <https://nauticus.org/> 757-664-1000.
- **Cheer for a Game!** Catch a Norfolk Tides baseball game or an Admirals hockey game.  
Schedules: <https://www.milb.com/norfolk> and <https://norfolkadmirals.com/>
- **Tour Norfolk Naval Station.** See carriers, destroyers, frigates, and amphibious ships up close. Tours are led by Navy personnel.  
Info: <https://navalstationbustours.com/> <https://www.navalbasecruises.com/> 757-444-7955.

## TAKE ACTION

- **Make a Memory Book.** Take photos during your visit. Create a scrapbook or digital album and share it with your troop or family.
- **Teach Others.** Create a presentation about Norfolk. Include things such as how it started and its role in the Revolutionary War and Civil War. Use slides or a tri-fold board and present it to your class, troop, or family.
- **Volunteer Locally.** Find an organization (military or community-related) and give your time to help others.
- **Help at the Library (ages 13+).** Check out volunteering with Norfolk Public Library and download an application: <https://norfolkpl.org/volunteering/>