Captain Sinclair's Recreation Area is located on the Severn River in Gloucester County, Virginia. The 100 acre tract was donated to the Middle Peninsula Chesapeake Bay Public Access Authority. The reach of shoreline in front of the main house consists of a wide marsh that was actively eroding. The living project was designed to address this erosion as well as provide recreational access to the shoreline. This reach of coast has a fetch to the south of about 1 mile and the southeast of 1.5 miles which is low to medium energy exposure.

This living shoreline project consists of four sills with three windows and sand fill which were built to protect the existing eroding marsh as well as provide recreational access. The upper elevation of sand fill was set at +3.0 ft MLW, the top of the eroding peat scarp, and extends on a 10:1 slope to about mean tide level at the back of the proposed stone sills. Once established the project will provide an erosion-control marsh fringe.

This living shoreline project was designed, permitted, and bid for construction by the Shoreline Studies Program at the Virginia Institute of Marine Science. It was funded by a grant through the Middle Peninsula Planning District Commission from the National Fish and Wildlife Foundation. Construction of the project began in January 2016 and was completed in February 2016 by Coastline Design and Construction, Inc. of Gloucester. Grasses were planted by volunteers in April/May 2016. Approximately 3,200 ft² of low marsh (Spartina alterniflora) and about 2,500 ft² of high marsh (Spartina patens) was created.