A narrow 70-mile peninsula located between the Atlantic Ocean and the Chesapeake Bay, Virginia’s Eastern Shore is a true getaway. With hundreds of miles of coastline – including 70 miles of undeveloped barrier islands, two National Wildlife Refuges, a National Seashore and six public beaches – outdoor and beach lovers alike will find their paradise on the Eastern Shore. Travelers will enjoy southern hospitality and excellent restaurants in the small coastal towns off Route 13, including Cape Charles, Wachapreague and Onancock. The region is also known for fresh seafood, locally grown produce and the world-renowned Chincoteague ponies.

VISIT CHINCOTEAGUE NATIONAL WILDLIFE REFUGE, on Assateague Island, for premiere bird and pony watching, windswept beaches, nature trails and lighthouses. Experience the excitement of the annual Pony Swim on Chincoteague Island as Saltwater Cowboys round up wild ponies for their annual sale. Bid on a pony of your own or pool your money with others to fund a “buyback” pony that will stay with the herd.

CHECK OUT THE BRAND-NEW Maui Jack’s waterpark on Chincoteague, then cool down with a brew from Black Narrows Brewing Company.

BOOK A SUNSET SAIL from Onancock wharf, or sign up for private sailing lessons Enjoy Onancock’s Main Street of galleries and boutiques, and be sure to have lunch at Janet’s. Don’t forget to try the old-fashioned donuts at Comely Bakery.

ENJOY SUNBATHING on beautiful Cape Charles Beach, take a selfie with the Cape Charles LOVEwork. Have an adult beverage at Cape Charles Brewing Company, Cape Charles Distillery or Buskey Cider, or dine in the vault at the Gingernut Pub, a converted 1900s bank.

BOOK A STAY at the pet-friendly Sunset Beach Resort near Cape Charles for pool, private beach and fresh seafood at the Sunset Grille. Paddle at Kiptopeke State Park and watch for migratory birds, including raptors like hawks and ospreys.

CHATHAM VINEYARDS AND SOUTHEAST EXPEDITIONS bring you Paddle Your Glass Off, a kayak-on-the-bay experience that includes a bottle of Chatham wine, gear and instructions.

BOOK AN ECO-TOUR out of the tiny towns of Wachapreague to see unspoiled wetlands, protected barrier islands, nesting and migratory birds and maybe even dolphins.

Who needs a drone when you can be in the air yourself? TAKE TO THE AIR with tandem hang gliding in Painter. It’s an unforgettable experience, and you could even take home a video.

MEET OUR WRITERS AND TRAILS EXPERTS Bill and Mary Burnham and spend a day or weekend getaway on the Seaside Water Trail along the protected barrier island. They’ll customize a trip for all abilities, whether for a few days or the full length of the 70-mile peninsula from Chincoteague to Kiptopeke, the longest undeveloped shoreline on the East Coast. Stay at the Holly Bluff Island Guesthouse, a charming 1920s fishing lodge for barrier island paddling. Relax on the private beach with full access to paddling or harvest oysters, clams and crabs to enjoy on the wrap-around deck while you enjoy birdwatching, sunrises and sunsets.

STOP IN KIPTOPEKE STATE PARK, first explored by Captain John Smith in 1608, which offers recreational access to the Bay as well as great spots to observe migratory bird habitats along the Atlantic Flyway. Stay in the park’s cabins, lodges or yurt, or bring your RV and tents for adventure. Outdoor lovers have over five miles of hiking and biking trails, plus playground and swimming beach for family fun. Seasonal and educational programs allow everyone to learn about natural history, birding and bay ecology.
Coastal Virginia/Eastern Shore

Welcome Center at New Church
Virginia Tourism Corporation
Across U.S. Rt. 13 North & Southbound
3100 Us 13, New Church
New Church, VA 23861
757-767-3400; visitvirginia.org

Cape Charles Museum & Welcome Center
314 Main St., Cape Charles 23310
757-331-1866; mcan.com
display/cape-charles-history
History of the town, railroad, and operational light station.

Chesapeake Bay Bridge-Tunnel
3000 Ladybird, P.O. Box 33
Cape Charles 23310
757-331-2960
www.cbbt.com
An engineering marvel spanning the Chesapeake Bay (toll road).

Kiptopeke State Park
16404 Courthouse Rd., Eastville 23347
757-331-2677; 800-365-PARK
www.dcr.state.va.us
Camping.

CHINCOTEAGUE

Chincoteague Chamber of Commerce & Certified Visitor Center
673 Main St., Chincoteague 23336
757-336-4116; chincoteaguecvb.com
Chincoteague and Assateague islands offer beaches, wildlife and much more.

Chincoteague National Wildlife Refuge
4816 Beach Rd., Chincoteague Island 23336
757-336-6577
www.fws.gov/refuge/chincoteague
Unspoiled beaches, ocean swimming. 7295 Young St., Machipongo 23405
757-678-5550; barrierislandscenter.com
Preserves history of those who once called this deserted islands home.

Eastville Courthouse
1660 Louisiana Rd., Eastville 23347
757-665-2744
www.eastvilletourism.org
Contains the above-mentioned courthouse on the West Virginia avenue, dating from 1822.

Museum of Chincoteague Island
1250 Melville Rd., Chincoteague 23336
757-336-4117; chincoteaguecvb.com
Local history, light house, ships, depots, & bones of Mary. 840 S.

EASTVILLE

Eastville Courthouse
1660 Louisiana Rd., Eastville 23347
757-665-2744
www.eastvilletourism.org
Contains the above-mentioned courthouse on the West Virginia avenue, dating from 1822.

KELLER/PAINTER

Blue Crow Antiques Mall
13234 Main Rdg., Tangier Island 23360
757-824-0380
www.bluecrowmall.com
2000 square feet! 200 unique shops under one roof.

HACKS NECK

Mason Beach Fruit Farm
21151 North Beach Rd., Machipongo 23405
757-442-7287; masonbeachfruitfarm.com
Pick your own fruit in a beautiful park-like setting.

MELFA

Virginia Birding & Wildlife Trail
164 North Main St., Melville 23407
www.visitsouthsideva.com/melville_trail
Shop at designated areas along the 10-mile-long peninsula.

WALLOPS ISLAND

CHINCOTEAGUE BAY FIELD STATION
16215 Main Ridge Rd., Tangier Island 23360
757-824-0292; wallops.gov
Exhibits, programs and events featuring NASA’s Wallops Flight Facility.

KASA WALLOPS FLIGHT FACILITY VICTOR T CENTER
16215 Main Ridge Rd., Tangier Island 23360
www.kaf.wallops.nasa.gov
Call the Visitor Center for a guided walk around Wallops Island.

FAIRFAX

Stay Amazing at Our Beachfront Hotel
2913 Main St., Chincoteague 23336
757-336-0433
fairfieldchincoteague.com

SPONSOR

MobiVIA
Chincoteague Chamber of Commerce & Certified Visitor Center
757-337-5631
virginiastateparks.gov

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VisitCIVA.com
Chincoteague Island Vacation Rentals
www.visitsouthsideva.com/visitciva

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Accomack County Visitors Center
6127 Main St., Chincoteague Island 23336
757-336-6122; fws.gov/refuge/eastern_shore_of_virginia
Beach Rd., Chincoteague Island 23336
Chincoteague National Wildlife Refuge, 8231 Beach Rd., Chincoteague 23336
757-336-6161; chincoteaguechamber.com
Beaches, wildlife and wild ponies.

SOUTH BAY

1-888-732-5771; nature.org
2157 Arlington Chase Rd., Cape Charles 23310
757-442-3049; 800-628-6860; nature.org
THE NATURE CONSERVANCY
2157 Arlington Chase Rd., Cape Charles 23310
757-442-3049; 800-628-6860; nature.org
Deserted islands home.

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