

WANDER LOVE

VIRGINIA IS FOR LOVERS

Breath of Fresh Air Trail

Bike and Hike



1. Southern Tip Bike and Hike Trail at ESVANWR

Address: 32205 Seaside Road Cape Charles, VA 23310

This 5-mile paved trail is not only beautiful and easy to find, but it's also a lot of fun. The paved trail runs parallel to Route 13 and leads directly to the Shore's newest farmer's market, the Peal Market, or to the educational Eastern Shore of Virginia National Wildlife Refuge Visitor's Center, Butterfly Trail, and the Marsh Overlook.

2. Magothy Bay Natural Area Preserve

Address: 35540 Kiptopeke Drive Cape Charles, VA 23310

This 445-acre preserve is comprised of woodlands, wetlands, and saltmarshes. There are two walking trails, one that leads through a restored migratory songbird habitat and another that leads through a coastal pine forest to a view of the saltmarsh overlooking the Atlantic's Magothy Bay.

3. Kiptopeke State Park

Address: 3540 Kiptopeke Drive Cape Charles, VA 23310

Kiptopeke is home to the infamous concrete ships, a gorgeous beach, a playground, a fishing pier, a yurt, observational points, and eight scenic trails. Named after various birds, the trails signify the many species that fly through the area.

4. Seaside Walkway (near the Northampton County landfill)

Address: 20371 Seaside Road Cape Charles, VA 23310, enter from the North gate.

The Seaside Walkway boardwalk, a hidden gem in Northampton County, is just north of Oyster and leads directly to beautiful seaside views. Walk through maritime forestry to a scenic overlook perfect for birding or relaxing.

5. Brownsville Nature Preserve

Address: 11332 Brownsville Road Nassawadox, VA 23413

This gorgeous nature preserve is another awesome hidden gem on Virginia's Eastern Shore. With large, well-maintained trails that lead to quiet seaside views, this is a must-see experience! It's not uncommon to spot deer, fox, raccoons, blue herons, bald eagles, wild turkeys, and more while exploring this historic farm.

6. Onancock Native Plant Nature Trail

Address: 6 College Avenue Onancock, VA 23417

Located behind Historic Onancock School, this scenic trail takes you around the edges of Onancock Creek and leads directly to a playground. Standing on the overlook, it's common to see herons wading through the marsh.

7. Mutton Hunk Fen State Natural Area Preserve

Address: 28583 Baker Road Parksley, VA 23421

This 516-acre natural area preserve is one the Shore's best kept secrets. Bounded by the Atlantic Ocean's Gargathy Bay on the east and Whites Creek to the north, this preserve is a globally rare sea-level fen community (one of only four in the state of Virginia!)

8. Wildlife Loop at CNWR

Address: 8231 Beach Road Chincoteague, VA 23336

The Wildlife Loop at Chincoteague National Wildlife Refuge is a 3.25 mile loop that takes you around a marshy area called Snow Goose Pool. Perfect for biking, photography, bird watching, or just enjoying the beauty of the area, this trail is paved.

9. Woodland Trail at CNWR

Address: 8231 Beach Road Chincoteague, VA 23336

Walk along the island's pine forest to Assateague Point on the Woodland Trail. Make it to the end of the trail to an overlook for a view of the wild Chincoteague Ponies or take a leisurely pace and look for woodpeckers among the trees.



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