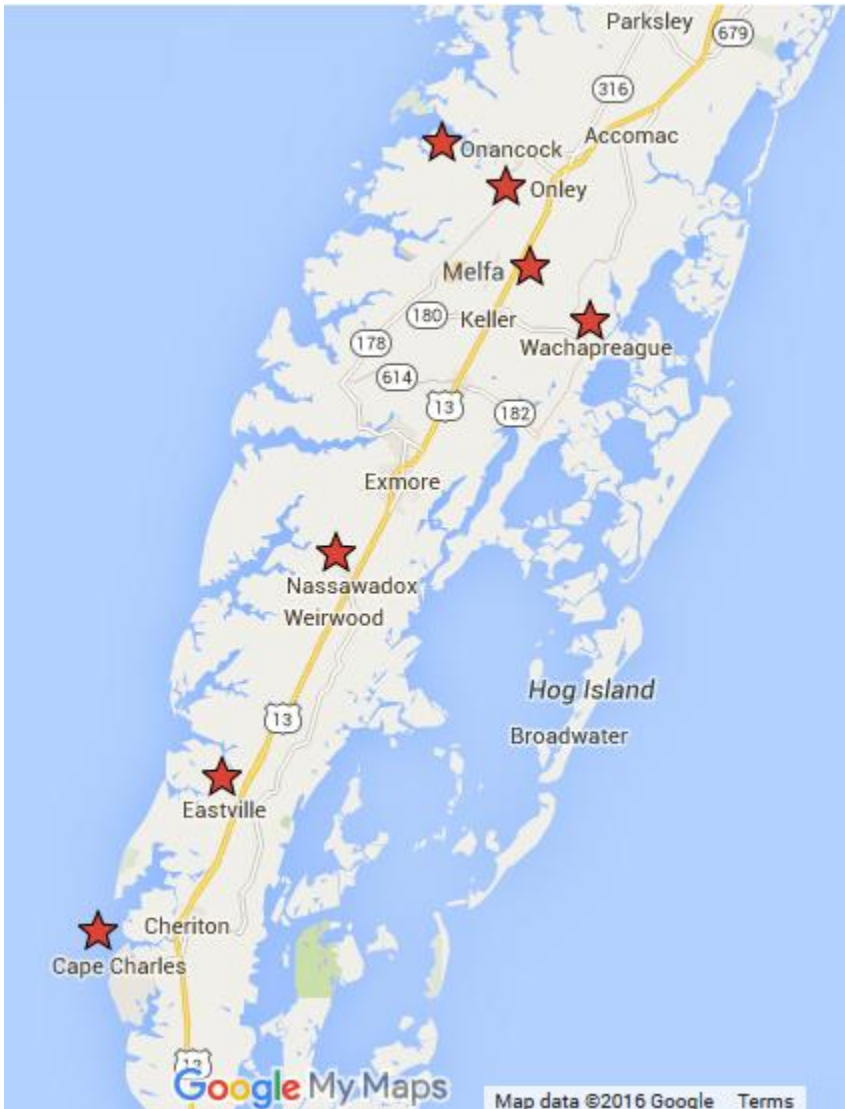


Seven Easy Walks on the Eastern Shore

Creating walking trails with signage on existing sidewalks or paths is an easy way for towns to encourage resident health as well as economic development when these walking trails lead walkers by stores for a little window shopping. In 2012 Eastern Shore Healthy Communities offered mini-grants to towns for walking trail signage to encourage physical activity. Seven towns submitted proposals.

Eastern Shore Healthy Communities is a partnership of organizations working together to do something no organization can do by themselves: create a healthier Eastern Shore. We know health comes long before you ever need to see a doctor or visit a hospital, so we create policies, systems and environments that encourage healthful eating, improved physical activity and create tobacco free environments.



This guide to Seven Easy Walks on the Eastern Shore was created by the Walkability Work Group of ESHC in 2016. To date, walkers' guides have been prepared for seven localities: [Cape Charles](#), [Eastville](#), [Nassawadox](#), [Wachapreague](#), [Melfa](#), [Onley](#), and [Onancock](#).

Please forward comments, suggestions, and corrections to kigerpg@evms.edu or e.fillebrown@gmail.com

Why Walk?

Walking is a natural way to get from one place to another, yet today's lifestyle has us riding in cars or sitting in front of computers. So get up, take a walk, and improve your health. Walking lowers risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. It may help you lose weight and will add years to your life. Also, when you walk you're more likely to see your neighbors, breathe fresh air, or learn about nature, history or your neighborhood. So walk your dog, grab a friend, or take your family on a walk. You'll look and feel so much better.

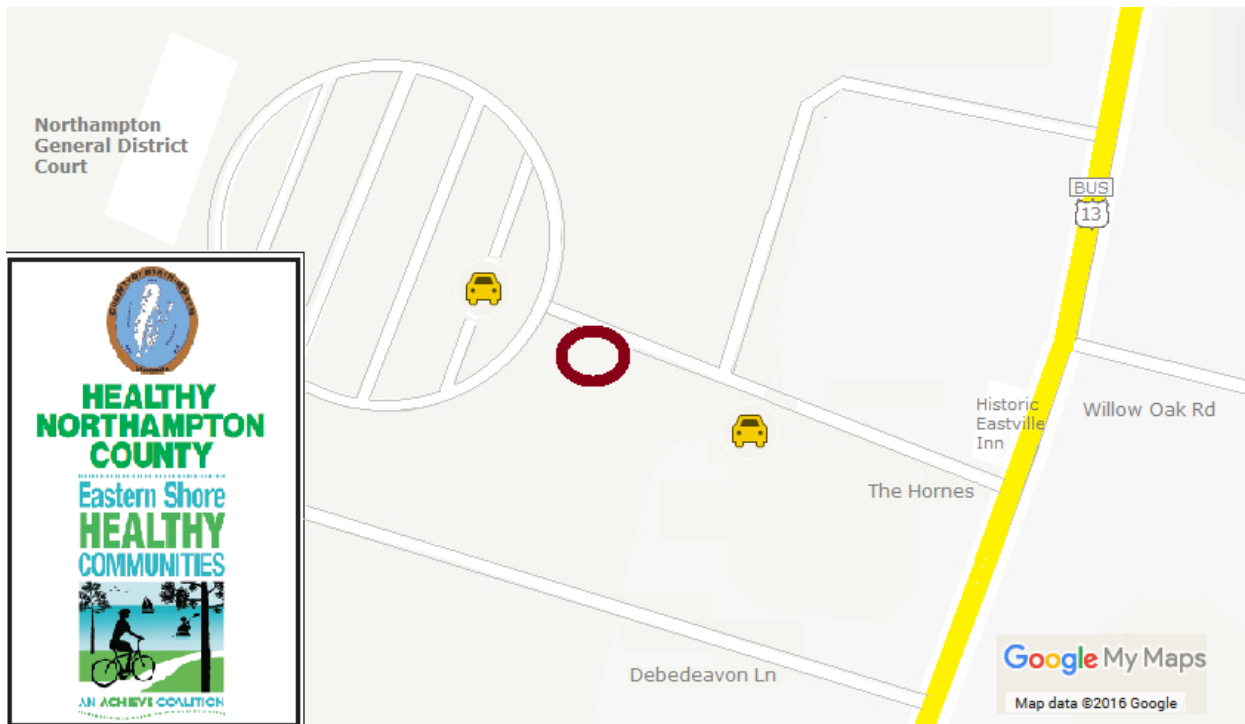
Cape Charles



A 1.44 mile walk through Victorian town streets and the town park, most of which is on town sidewalks. About 0.4 mile is along the Chesapeake Bay beachfront and about 0.3 mile is through the business district. Start at the Cape Charles Memorial Library at the corner of Mason Ave. and Pine St. Walk east through the business district to Peach St. (L). Continue walking north to the park, and follow the curved path back to Peach St. Continue to Washington Ave. (L) and walk west to Bay Ave. Cross Bay Ave. and turn left onto the beachfront sidewalk. Continue along the Chesapeake Bay beachfront to Mason Ave (L). Cross Bay Ave. and continue on Mason Ave. to the starting point.

From U.S. Rte. 13, take Rte. 184 (Stone Rd., becomes Randolph Ave) into Cape Charles. Turn left on Fig St. and right onto Mason Ave. Continue to corner of Pine St. (Cape Charles Memorial Library).

Eastville (Northampton County Complex)



Not a walking trail *per se*, this site consists of a 10-station Fit-Trail® outdoor exercise system. The site includes instruction signs covering how to use each piece of equipment. The exercise area is suitable for either the

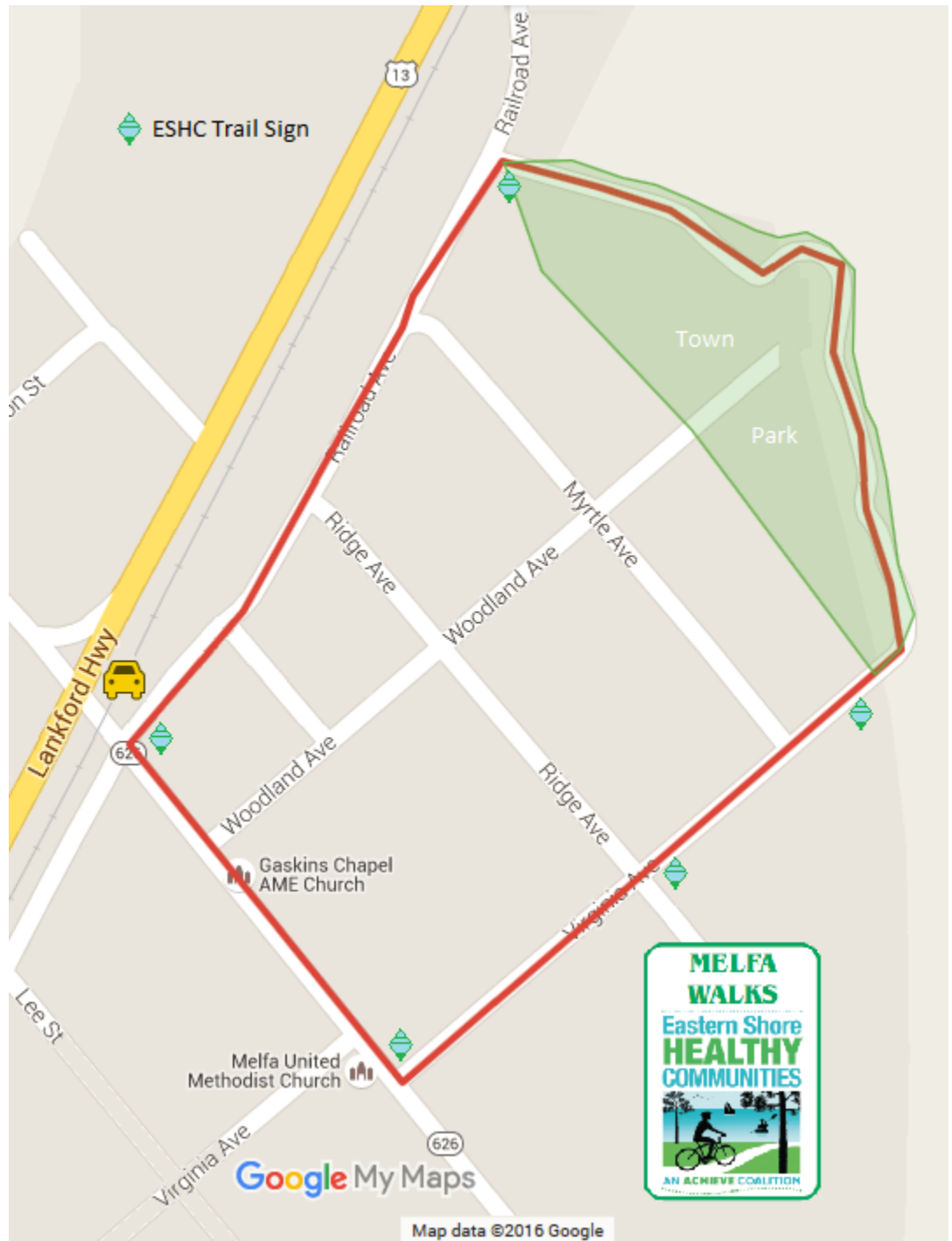
novice or the conditioned athlete. Casual walking is available in the vicinity of the County Complex in the historic village of Eastville.

From U.S. Rte. 13, take Bus. Rte. 13 into Eastville. Turn west at The Hornes (Eastville Inn on corner). Exercise area is about 100 yards on the south side of the street.

Melfa

A 0.86 mile, easy stroll through a quiet railroad town and Melfa Town Park. Walk Main St. to Virginia Ave. (L), to Melfa Park trail (L), through park to Railroad Ave. (L) to Main St. Main St. portion on sidewalks. Remaining walk on town streets or asphalt surface path in park.

Turn east off U.S. Route 13 at Main St. (Rte. 626), and park across from Vance's Furniture & Appliances. Start at corner of Railroad Ave. and Main St. (Rte. 626).

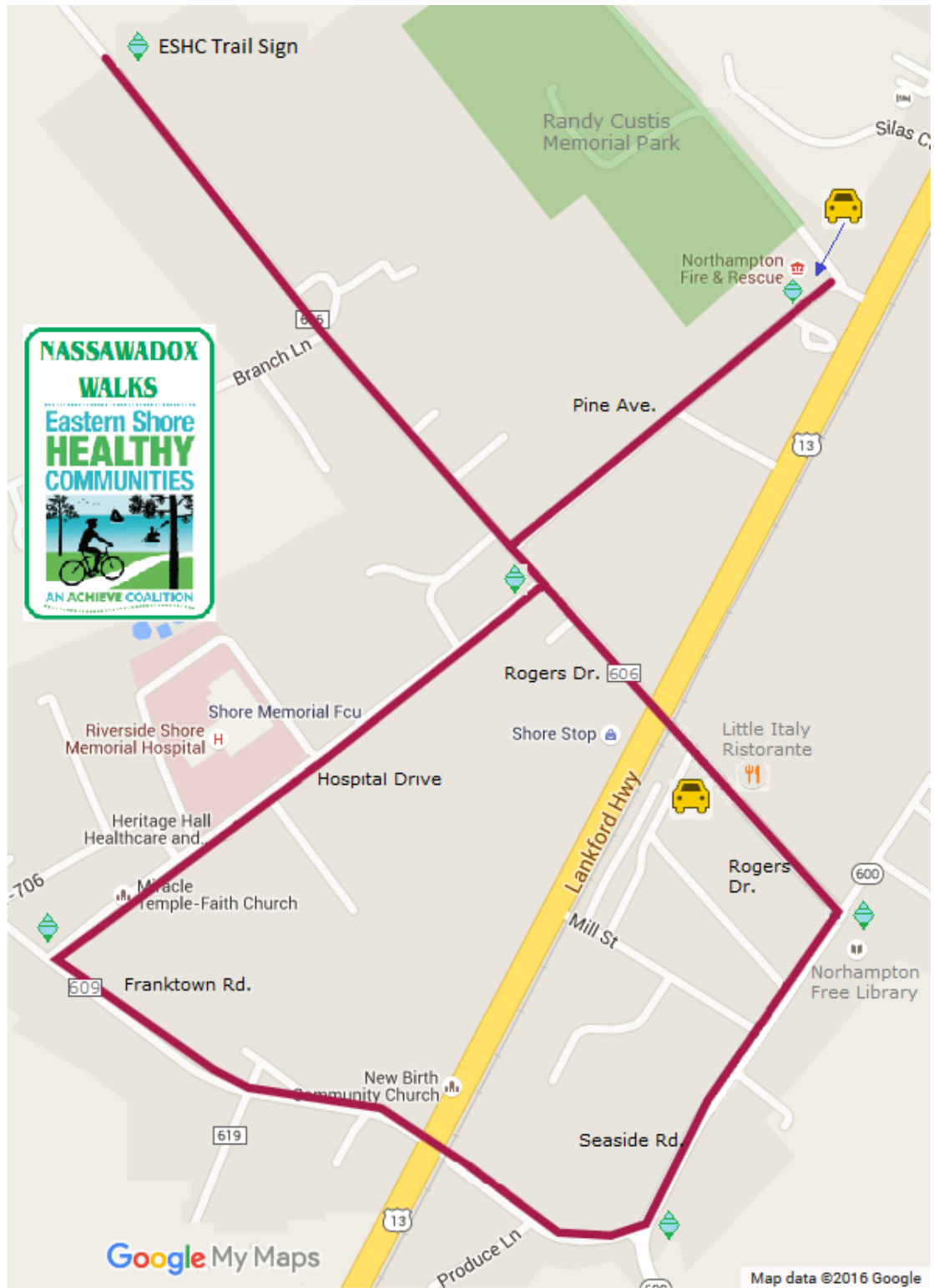


Nassawadox

A 1.61 mile loop, with two extensions, one to the west end of the sidewalk on Rogers Drive (0.5 mile) and the other on Pine Avenue to the athletic fields of the Randy Custis Memorial Park (0.36 mile).

To walk the loop, park in the lot on the east side of U.S. Rte. 13 on Rogers Drive across from Little Italy Ristorante or at the Northampton Free Library near the corner of Rogers Drive and Seaside Road (Rte. 600). Be aware that the loop crosses U.S Rte. 13 twice, at the traffic light on Rogers Drive and at Franktown Road. From either parking lot, walk Rogers Drive west to the traffic light. Cross the highway and proceed to Hospital Ave. (L) to Franktown Road (L) to Rte. 13 (**CAUTION:** Highway traffic does not stop!). After crossing the highway, continue on Franktown Road (narrow, no sidewalk) to Seaside Road (L) and walk north to Rogers Drive.

For the extensions, parking is available on the north side of the Northampton Fire and Rescue building. Both extensions pass residences and have narrow sidewalks.



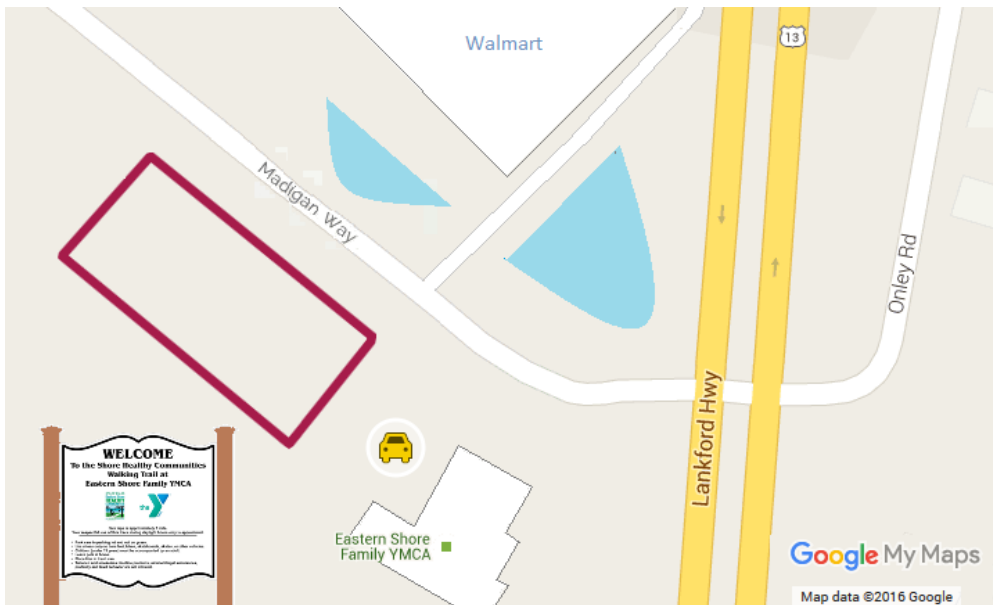
Onancock

A loop of about 0.8 mile in length, almost entirely on town sidewalks, with extensions to Historic Onancock School (0.25 mile) and the Onancock Nature Trail (0.34 mile). From the parking lot behind the Town Offices (corner North and King Streets) walk west on King to wharf, then east on Market to North (L) to King (L) to parking lot. OR Skip North Street and continue on Market Street to College Avenue (R). From Historic Onancock School parking lot, follow nature trail loop back to College.



From U.S. Rte. 13, take Rte. 179 (Market St.) into Onancock. Turn right at North St. and left onto King St. Town parking lot will be on your right.

Onley (YMCA track)



A 1000 foot (0.19 mile), level track surrounding an athletic field. This walk is easy; five and a quarter circuits equals a mile.

From U.S. Rte. 13, take Madigan Way (south of Walmart) and park behind the YMCA building.

Wachapreague

A 1.63 mile loop around the historic seaside town, with an optional extension of .51 mile north of town on Bunting Point Rd. Starting at the Town Park (Main St. and Atlantic Ave.), walk north to Liberty St. (L) to Brooklyn Ave. (R). Continue on Brooklyn to Richardson (L). At Church St., continue loop (L) or follow optional extension (R) to turning circle. Continue south on Church St. to Main St. and cross to Pearl St. Continue on Pearl St. to South St. (R) to Park St. (L) to Bayview Ave. (L). Walk to Atlantic Ave. (L) and follow to the starting point.

From U.S. Rte. 13, take Rte. 180 (Wachapreague Rd., becomes Main St.) into Wachapreague. At Atlantic Ave., turn right or left, then park.

