

# ***Wachapreague Local Information***

Welcome to Wachapreague! This document will help orient you to the local area, including information on the nearest [restaurants](#), [grocery stores](#), [pharmacies](#), [post office](#), and [hospitals](#). Get out, explore the [attractions](#), enjoy free WiFi at a local [coffee shop](#), take in the beautiful surroundings and savor some of the best food the Eastern Shore has to offer. Please note that hours and availability of some restaurants and attractions may change seasonally with little notice, so consider calling ahead when making plans.

Enjoy your stay!



Photo courtesy of ESVNWR

## *Attractions and Hot Spots*

*(Adapted from <http://www.esvtourism.org/>)*

### **Wachapreague, VA**

*You're already here!*

Known as the "Little City by the Sea" and "Flounder Capital of the World," this town shines with small town friendliness. Marinas provide an active charter fishing fleet, bait and tackle shop, and boat and kayak rentals to explore the pristine barrier islands. If eating fresh seafood with amazing water views is your thing, stop in for a mouth-watering meal at the [Island House Restaurant](#).

### **Melfa, VA**

*Approx. 4.5 miles (11 minutes) northwest of VIMS*

Along US-13 check out the visitors center at the Eastern Shore Chamber of Commerce (757-787-2460). At the [Accomack County Airport](#) (757-787-4600) take in a bird's eye view of our beautiful coastlines with an aerial tour. Inside the Accomack Airport Park, [Blue Crab Bay Company](#) offers award-winning regional specialty foods and gifts.

### **Onancock, VA**

*Approx. 10 miles (20 minutes) northwest of VIMS*

Voted "Coolest Small Town in America" by Budget Travel Magazine, this charmer, chartered in 1680, displays its esteemed history at [Ker Place](#), a circa 1800 Federal style house museum. The small town sophisticate boasts the most [restaurants](#) on the peninsula ranging from gourmet dining at the [Charlotte Hotel and Restaurant](#) to hearty Irish fare at the [Blarney Stone Pub](#). Enjoy some live theater at the [North Street Playhouse](#), or go [shopping](#) for art, antiques, and garden and home furnishings. The wharf provides safe harbor for fishing charters and kayaking tours.

**Exmore, VA & Willis Wharf***Approx. 12 miles (17 minutes) southwest of VIMS*

Enjoy the little downtown which includes the cozy [Shore Good Bakery](#), antique shops and the retro [Exmore Diner](#). (Legend has it Elvis once rested his blue suede shoes on a stool there.) On the waterside find Willis Wharf, a secluded seaside village and aquaculture capital for raising clams and oysters.

**Parksley, VA***Approx. 15 miles (22 minutes) north of VIMS*

Norman Rockwell would have loved this vestige of small town America. The meticulously restored railroad station, home to the charming [Eastern Shore Railway Museum](#), is situated in the 1885 town square surrounded by quaint shops and a pair of restaurants.

**Nassawadox, VA***Approx. 17 miles (21 minutes) southwest of VIMS*

Along US-13 N is the [Little Italy Ristorante](#) (a local favorite) and its gallery gift shop. On the west side find the [Great Machipongo Clam Shack](#) seafood and live music venue. The local [Rayfield's Pharmacy](#) is noted for its fun gift selection.

**Machipongo, VA***Approx. 22 miles (26 minutes) southwest of VIMS*

Just south of Machipongo is the [Barrier Islands Center](#), which tells through relics and guided tours the fascinating tales of those who once called these shifting sands home (757-678-5550). Just off US-13 N is the [Machipongo Trading Company](#), known for its sandwiches and locally roasted coffee. Nearby, on the scenic banks of Church Creek, [Chatham Vineyards](#) offers a variety of [tours and tastings](#) (757-678-5588).

## *Food / Drink*

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**[Island House Restaurant and Marina](#)***Approx. 0.3 miles (2 minutes) south of VIMS*

17 Atlantic Ave  
Wachapreague, VA 23480  
(757) 787-4242  
*Seafood, Burgers, American*

**[Tammy and Johnny's](#)***Approx. 8 miles (11 minutes) northwest of VIMS*

27352 Lankford Hwy  
Melfa, VA 23410  
(757) 787-1122  
*Fried Chicken, Barbeque, Burgers*

**[Don Valerio's](#)***Approx. 8 miles (15 minutes) north of VIMS*

25224 Lankford Hwy  
Onley, VA 23418  
(757) 789-5226  
*Mexican, Salads, Soups*

**[Sage Diner](#)***Approx. 8.5 miles (16 minutes) north of VIMS*

25558 Lankford Hwy  
Onley, VA 23418  
(757) 787-9341  
*Breakfast, Brunch, Sandwiches*

**[Market Street Grill](#)***Approx. 9 miles (17 minutes) north of VIMS*

151 Market St  
Onancock, VA 23417  
(757) 789-5060  
*Traditional American, Italian, Greek*

**El Maguey Mexican Restaurant**

2638 Lankford Hwy  
Exmore, VA 23350  
(757) 442-2900

*Mexican*

*Approx. 12 miles (16 minutes) southwest of VIMS*

**Exmore Diner**

4264 Main St  
Exmore, VA 23350  
(757) 442-2313

*Classic American Diner Food, Breakfast*

*Approx. 14 miles (20 minutes) southwest of VIMS*

*Groceries*

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**Food Lion**

25102 Lankford Hwy  
Onley, VA 23418  
(757) 787-7546

*Full Selection of Groceries*

*Approx. 9 miles (15 minutes) north of VIMS*

**Walmart Supercenter**

26036 Lankford Hwy  
Onley, VA 23418  
(757) 302-4089

*Groceries, Electronics, Apparel, Pharmacy, Photo Center, Financial Services*

*Approx. 9.5 miles (14 minutes) north of VIMS*

**Food Lion**

4092 Lankford Hwy  
Exmore, VA 23350  
(757) 442-6803

*Full Selection of Groceries*

*Approx. 13 miles (19 minutes) southwest of VIMS*

*Coffee / Tea / Wi-Fi*

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**Book Bin**

25304 Lankford Hwy  
Onley, VA 23418  
(757) 787-7866

*Coffee, Tea, Hot Chocolate, Smoothies, Wi-Fi*

*Approx. 8 miles (14 minutes) north of VIMS*

**Machipongo Trading Company**

13037 Lankford Hwy  
Machipongo, VA 23405  
(757) 678-0005

*Breakfast, Lunch, Coffee, Wi-Fi, Locally-Made Ice Cream, Gifts*

*Approx. 22 miles (29 minutes) southwest of VIMS*

## *Pharmaceuticals / Light Groceries / Convenience Items*

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### **Rite Aid**

25096 Lankford Hwy  
Onley, VA 23418  
(757) 787-7154

*Pharmacy, Snacks/Light Groceries, Photo Processing*

*Approx. 8 miles (16 minutes) north of VIMS*

### **Rite Aid**

4053 Lankford Hwy  
Exmore, VA 23350  
(757) 442-8542

*Pharmacy, Snacks/Light Groceries, Photo Processing*

*Approx. 13 miles (19 minutes) southwest of VIMS*

## *Mail Services*

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### **U.S. Post Office**

19 Main St  
Wachapreague, VA 23480  
(757) 787-1330

*Mailing Supplies and Services, Money Orders*

*Approx. 0.5 miles (2 minutes) southwest of VIMS*

## *Medical Care*

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### **Onley Community Health Center**

20306 Badger Ln  
Onley, VA 23417  
(757) 787-7374

*Outpatient Medical and Dental Care*

*Mon-Fri 7:30 am – 6:30 pm, Sat 8:00 am – 1:00 pm*

Directions: Head W on Atlantic Ave/Liberty St toward Brooklyn Ave. At the T intersection, turn R onto Church St. Take the next L onto Rt. 624, then continue straight onto Rt. 605/Drummondtown Rd. After about 2.5 mi, turn L onto Rt. 789/Locustville Rd. Go about 3.2 miles, into Onley, then turn L onto Coastal Blvd/Business US-13. Cross US-13, and continue straight onto Rt. 609. Take the next R onto Badger Ln. After less than a half mile, the health center will be on your left.

*Approx. 8 miles (15 minutes) north of VIMS*

### **Riverside Shore Memorial Hospital**

9507 Hospital Ave  
Nassawadox, VA 23413  
(757) 414-8000 or (800) 834-7035

*Emergency Room, Diagnosis, Inpatient/Outpatient Care*

*ER Hours: Mon-Sun 24 hours a day*

Directions: Head W on Atlantic Ave/Liberty St toward Brooklyn Ave. At the T intersection, turn R onto Church St. Take the next L onto Rt. 624. Go for just over a half mile, then take a sharp L to stay on Rt. 624 heading S. Continue straight onto Rt. 821. At the T, turn R onto VA 180W/Wachapreague Rd. Go about 3.5 miles, then turn L onto US-13 S. Drive about 12 miles (past Painter and Exmore, and into Nassawadox), then turn R onto Rogers Dr. Take the first main road to the left onto T-681. After less than a quarter mile, the hospital will be on your right.

*Approx. 17 miles (23 minutes) southwest of VIMS*