

Stroll through the trails along Rt. 13 and enjoy the shops and scenery along the way!

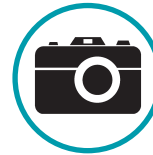


Keep a diary of your completed walks:

Trail	Date
Parksley	
Onancock	
Onley	
Melfa	
Wachapreague	
Nassawadox	
Eastville	
Cape Charles	

Post photos and comments about your walks at:

[eshealthycommunities.org](http://eshealthycommunities.org)



Join us on:



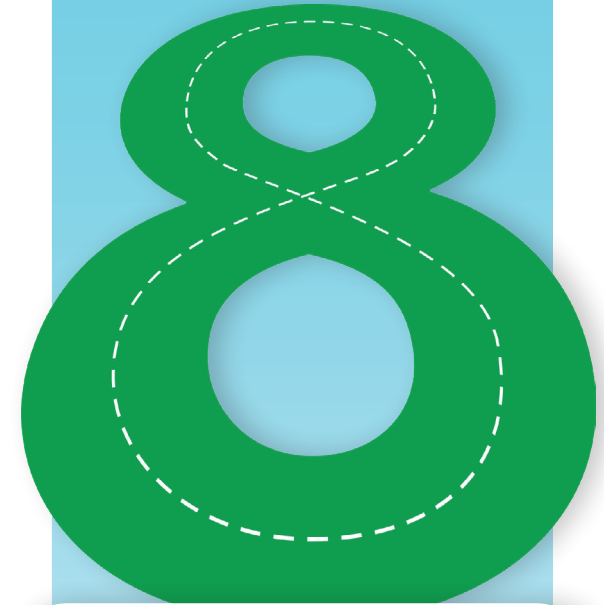
Eastern Shore Healthy Communities



@wellbeing\_eshc



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# Easy Walks

Explore Eastern Shore trails in:

- 1 Parksley
- 2 Onancock
- 3 Onley
- 4 Melfa
- 5 Wachapreague
- 6 Nassawadox
- 7 Eastville
- 8 Cape Charles

