Welcome to Virginia’s Barrier Islands
Your Guide to What’s Open for Recreation & What’s Closed to Protect Nesting Birds

U.S. Fish and Wildlife Service

Assateague Island, VA
Day Use Only
Toms Cove Hook closes annually from March 15 - September 1.
Please enjoy the dry & wet sand at the recreational beach. When walking away from this area please keep to the water's edge at all times. The overwash and Over Sand Vehicle zone may close based on bird nesting activity. Do not enter posted bird nesting areas.

Portions of Metompkin & Cedar Islands*
Day Use Only
Open Year Round
Please keep to the water’s edge at all times and avoid posted bird nesting areas.

Assawoman Island
Day Use Only
Closed annually March 15 - September 15.

Fisherman & Skidmore Islands
Closed to Public Access Year Round

Who Owns Virginia’s Barrier Islands?

U.S. Fish and Wildlife Service: Refuges
Chincoteague NWR: Call (757) 336 – 6122
www.fws.gov/refuge/Chincoteague
Eastern Shore of Virginia & Fisherman Island NWR: Call (757) 331 – 2760
www.fws.gov/refuge/Eastern_Shore_of_Virginia
www.fws.gov/refuge/fisherman_island

The Nature Conservancy
Call (757) 442 – 3049
www.nature.org/vcr

Dept. of Game and Inland Fisheries
Call (804) 829 – 6580
www.dgif.virginia.gov

Dept. of Conservation and Recreation
Call (757) 787 – 5989
www.dcr.virginia.gov/natureal_heritage

National Aeronautics and Space Administration
Wallops Flight Facility: Call (757) 824 – 1720
sites.wff.nasa.gov/code250

Boating Access & Seaside Water Trail
Public Access Sites
Seaside Heritage Program Canoe/Kayak Water Trail

The Nature Conservancy
VA Coast Reserve
Access and permitted activities vary per location.
The Nature Conservancy manages multiple properties through the VA Coast Reserve (see map). These include Metompkin, Cedar, Parramore, Rogue, Sandy, Hog, Revels, Cobb, Little Cobb, Ship Shoal, Godwin, Myrtle, Mink and Smith Islands.

Virginia Department of Conservation & Recreation
Wreck Island Natural Area Preserve
Day Use Only
Closed April 15 – August 31.
Please enjoy the dry & wet sand of the beach, though swimming is discouraged.

Department of Game & Inland Fisheries
Mockhorn Island Wildlife Management Area
Please enjoy the dry & wet sand of the beach. Primitive camping is allowed.

National Aeronautics & Space Administration
Wallops Island
Closed to Public Access Year Round

Access and regulations can change over the year. Please check the website for the location you wish to visit for the most up to date information.

*The Nature Conservancy owns and manages the majority of Metompkin and Cedar Islands as a portion of their Virginia Coast Reserve. Parts of Cedar Island are also privately owned. Please refer to www.nature.org/vcr to help plan your visit and obey all posted closures and regulations.