

Unwind -----> Callao, VA

Chesapeake Bay

Relax and unwind! With water sports, enjoying regional food, retail therapy, craft beer, or a massage, Callao in Northumberland County has the best treatments to unwind!

BREAKFAST OPTIONS

Get an early start to a full day with a favorite of the locals...freshly made, delicious and hot cinnamon buns at **LeCakes by Design**, 179 Northumberland Hwy, Callao, VA. (804) 529-1026. www.lecakesbydesign.com and Facebook: LeCakes-by-Design-380144022358220

Or get your hot fluffy pancakes at **Thelma's Deli & Catering**, 129 Northumberland Hwy. (804) 580-1718.

Start your day with light fare--breakfast sandwich, bagels, croissants, crepes, or a hearty bacon and eggs breakfast, along with wide selection of premium specialty coffees and teas at **Café Callao**, 25 Sandy St., Callao (240) 620-3081. www.cafecallao.com

AM: GET OUTSIDE AND RELAX IN NATURE!

ON THE WATER: Experience first-hand how local seafood gets to your table with a **Waterman's Heritage Tour**, a hands-on encounter with oyster dredging, oyster tonging, and pulling crab pots. Or just relax with a **Charter Fishing expedition with Captain David Rowe** aboard the "Bay Quest," an authentic 43' Chesapeake Bay dead rise boat. Advance reservations required. 410 Church Lane, Lewisetta Marina, Lottsburg (804) 529-6725. www.bayquestfishing.com

If you have a boat, launch it at **Lodge Landing Public Boat Ramp** or go fishing or crabbing off the piers, located at the end of Lodge Road (State Road 712) off Harry Hogan Road in Callao, VA. (804) 580-8910.

Relax to the "song" in the gentle water flow, while viewing, up close, diverse waterfowl, birds and wildlife. Launch your kayaks or canoes for a 3.9-mile paddle on the **Lower Coan River Trail** from the **Lewisetta Marina** boat ramp, 369 Church Lane, Lottsburg, VA 22511. 804-529-7299. Or for a 4.9-mile paddle on the **Coan River Trail**, launch from **Rowes Landing Public Boat Ramp** at the end of Rowes Landing Road off Hwy. 360 in Heathsville, VA.

ON THE LAND: Feel the sun in your face and the breeze in your hair...head to the **Quinton Oaks Golf Club** for a relaxing round of golf at 262 Quinton Oaks Lane, Callao, VA, (804) 529-5376. Reserve your tee time www.quintonoaks.com

LUNCH IN CALLAO

The Flippin' Yellow Truck is a regular spot for locals, offering a variety of soups and sandwiches including seafood options. It has outdoor seating and is located at 129 Northumberland Hwy, next to the Callao Brewery. (804) 246-4525. Get takeout from **Fred's BBQ & Ribs** located next to the bakery at 179 Northumberland Hwy.

INSIDER TIP: Keep an eye out for buggies of the Amish who frequent Callao from their nearby farms.

PM: NATURE PRESERVE OR "THERAPY" SESSION

EXPERIENCE A NATURE PRESERVE

Visit **Tidal Marshland and Mud Flats**. If you have not seen tidal marshlands and mud flats, head to **Bush Mill Stream Natural Area Preserve**, Knights Run Road, Heathsville, VA. (804) 786-7951. With walking paths, boardwalks, and viewing platforms, this preserve is the home and resting area for an abundance of feeder fish, waterfowl, and wading birds, such as egrets, pelicans, cormorants, and the great blue heron.

INSIDER TIP: Bring binoculars if you can. www.dcr.virginia.gov/natural-heritage/natural-area-preserves/bushmill.

RELAXATION "THERAPIES"

SHOPPING THERAPY? Don't miss Callao's **Olde Crow and Crab** which offers an eclectic assortment of vintage, jewelry, antiques, artisan goods, boutique and gourmet items and gifts. 283 Northumberland Hwy. (804) 599-8236. Facebook: Olde-Crow-Crab-LLC-103687878097992. A short distance to the **Callao Community Trading Post flea market**, 129 Northumberland Hwy, (571) 233-1663. Callao-Community-Trading-Post-1569095566639240. Or visit **R.W.'s Sports**, 1434 Northumberland Hwy, for gifts, nautical decor and more. (804) 529-5634. www.rwsport.com

MASSAGE THERAPY - head to **Abilities Abound Physical Therapy and Wellness Center** for one of its many types of massage: deep tissue, Swedish, hot stone, reflexology, aroma therapy, and more. 765 Northumberland Hwy, Callao, VA, (804) 529- 5178. Call for appointment. www.abilitiesapwc.com

HAPPY HOUR

Head back to Callao for Happy Hour at the **Callao Brewing Company**, 129 Northumberland Hwy. Beside enjoying the locally made craft beer, be ready to add bingo to your beer, live music, or karaoke! Indoor and outdoor seating is available. (804) 529-1042. Facebook: Callao.Brewing.Co

DINNER

Pick up a pizza or other options across the street at **Nino's Pizza**, 58A Northumberland Hwy. (804) 529-7548. www.ninospizzacallao.com

Interested in Mexican food? **Los Portales** was voted the #1 Mexican Restaurant in Virginia Living Magazine in 2020. It offers indoor and outdoor dining at 803 Northumberland Hwy. (804) 529-9500. Facebook: Los-Portales-Express-Mexican-RestaurantCallao-560612377375174

Evening: **Westmoreland Players and Theater**, 16217 Richmond Road (US 360), Callao. (804)529-9345. Great performances in an intimate theater with stadium seating. Check the schedule and reserve tickets at www.westmorelandplayers.org.

STAR GAZING. As the locals say: "Hollywood has nothing on our stars!" Go star gazing at **Vir Mar Beach**, looking up at the Chesapeake Bay skies! Grab an ice cream at the **Callao Dairy Freeze**, 362 Northumberland Hwy, take your blankets or chairs and put your toes in the sand! Head east on Northumberland Hwy, proceed 10 miles and take a left on Hacks Neck Road (SR 644); go 3.7 miles and turn left onto Vir Mar Beach Road (SR 643) and follow to the end.



Discover ----> Heathsville, VA

Chesapeake Bay

Find hidden historical gems in Heathsville and surrounding villages! Wander through three centuries of time, while you shop, eat, and are entertained. Be prepared for a day of surprises in the historical heart of Northumberland County.

BREAKFAST OPTIONS

Start your day with breakfast platters, pancakes, omelets, and great sausage biscuits, too at the **360 Grill**, 15354 Northumberland Hwy, Burgess, VA 22432. (804) 453-3066. Facebook: 360 Grill

Lottsburg Cafe', affectionately known to the locals as "the tire store cafe" since it shares a building with Baughan's Tire & Automotive. Enjoy country style breakfasts, while you get your oil changed or your car inspected--bowl of grits with a poached or fried eggs, fresh biscuits and home fries! There are lots of other breakfast choices as well. Located at 2919 Walmsley Road, Lottsburg, VA 22435. (804) 529-5300. Facebook: Lottsburg Cafe

AM: STEP BACK IN TIME!

In Heathsville, visit **Rice's Hotel/Hughlett's Tavern**, an historical landmark that dates to the 1700's. The Tavern is home to four artisan guilds, the **Tavern Cafe'**, several artisan studios, and the **Tavern Gift Shoppe**. Walk around our grounds. The Tavern is the oldest structure in Heathsville. Open Thursday – Saturday, 10 am to 2 pm, the Tavern is located at 73 Monument Place, right behind the Old Courthouse in Heathsville, VA 22473. (804) 580-3377. www.rhhtfoundationinc.org. Facebook: Rice's Hotel/Hughlett's Tavern Foundation; Facebook: rhhtheritageartscenter; and Facebook: rhhttaverncafe

See Traditional Artisans at Work! While at the Tavern, chat with Blacksmiths, Woodworkers, Quilters, and Spinners & Weavers as they work. Follow the smoke to the Blacksmiths in the Forge behind the Tavern (Tuesday, Thursday, Saturday, 10 am – 12 noon, reliably, unless it's too hot or too cold!). The Quilters have a studio on the first floor in the Tavern, and the Spinners & Weavers' studio is upstairs. The Guilds offer classes, too.

INSIDER TIP! Visit on the third Saturday, April thru October, for the **Heathsville Farmers Market**, 9 am – 1 pm, held outside on the Tavern Green. All the guilds are on-site that day, demonstrating and selling their wares. Special on market day, the Tavern Cafe' makes glazed donuts hot out of the fryer. About 50 vendors at each market, with local produce, meat, baked goods, gourmet peanuts, fancy BBQ sauce, plants and flowers, and locally made handcrafts.

Take Home a Memory! Shop for locally made handcrafts in the **Tavern Gift Shoppe**, which consigns the wares of over 100 artists and artisans. Several artisans also have their studio on-site, including two jewelry makers, a weaver/spinner/tatter/knitter, a painter who takes furniture "roadkill" and gives it a whimsical new look, and sewer/woodburner who makes wine totes, earrings, decorative cook-spoons and more. Buy handcrafted pottery, baskets, wooden bowls, quilts, shawls, greeting cards, kitchen towels, and more. Each item is unique unto itself.

LUNCH

Eat Lunch at the **Tavern Cafe'**! Enjoy light luncheon fare made by the volunteers of the **Tavern Culinary Guild**. This includes homemade soups, salads, quiche, sandwiches and featured specials, plus sweet treats. The menu changes weekly, depending on what the volunteers want to make!

INSIDER TIP! The Tavern bakes all their own breads. Ask for the Almond Brioche - it is their signature bread.

PM: GET BACK TO THE LAND!

Tour the **Northern Neck Farm Museum**, 12705 Northumberland Hwy, Heathsville, VA 22473. (804) 761-5952, for a glimpse of our nation's rural farming past. View their collection of farm tractors and equipment. Learn how rural electrification changed life on the Northern Neck, and the essential role the farm wife played in the success of the family farm. Special children's activities are available for "Lil' Farmers." Check their events calendar. Open May – October. www.thefarmmuseum.org. Facebook: Northern Neck Farm Museum

INSIDER TIP! Check out the **Farm Museum's gift shop**, where they offer collectible miniature farm tractors for sale. The first in the series is the Allis Chalmers D-15 Hi-Crop. Other models will be added in the future.

Take a Walk through History! Pick up a walking map of **Historical Heathsville** at the Tavern. Get the back-story on the old **Northumberland Courthouse**, **Old Jail**, and local plantation homes as you wander.

HAPPY HOUR

Find Your Bliss at **Triple V Farms**: Vines, Vodka and Vinegar for a relaxed afternoon of wine and cocktails, and try the vinegar tasting bar as well! Tastings are free. Enjoy live music on Saturday afternoons and check the calendar for Sunday events, too. Gather around the fire pit on cool days and watch the sun go down. Located at 3138 Jessie duPont Memorial Highway, Heathsville, VA 22473. (804) 724-5765. Open Friday—Sunday. www.triplevfarms.com. Facebook: Triple V Farms

DINNER OPTIONS

Dine by the Water! At **Horn Harbor Restaurant** in Burgess, you can come by land or river for seafood, steak and house specialties. The restaurant has three separate covered seating dining areas overlooking the great Wicomico River. Located at 836 Horn Harbor Road, Burgess, VA 22432. 804-453-3351. www.hornharbor.com. Facebook: Horn Harbor Restaurant

Or enjoy quiet wooded views from your table at **Unique Experience Eatery** in Heathsville located at 8200 Northumberland Hwy. More than a restaurant, this venue was established by Zion Church at Lottsburg to create more local jobs in the community and to have a place where you can spend quality time with the people that matter the most. Enjoy seafood, ribs, chops and more. (804) 724-8078. www.uniqueexperienceeatery.com. Facebook: Unique Experience Eatery

Look up at the Sky! No big city lights in Northumberland County. Check out the stars above.



Explore -----> Reedville, VA

Head to Reedville, world known for its Menhaden fishing industry—a fish used in fertilizers, animal food and vitamins. Explore its 150-year history and the life of commercial fishermen.

BREAKFAST OPTIONS

For a quick breakfast on the go, start at **Little River Market** at 16335 Northumberland Hwy., Burgess VA 22432. 804-453-6076. Eggs, fresh biscuits with sausage, bacon, scrapple, or ham – fixed any way you like! Hot coffee too!

If you would like a sit-down experience, stop at the **360 Grill** at 15354 Northumberland Hwy., Burgess. 804-453-3066. Great breakfast platters, pancakes, omelets, etc. Their sausage biscuits are the best!

AM: GET OUTSIDE AND ENJOY THE DAY

Early riser? Drop over to **Pride of Virginia Seafood Products** at 900 Main Street (804-453-6191) before 9am and watch the fishing boats come in with fresh catch, oysters, crabs, and other seafood. This is where several local restaurants pick up the fresh fish for the day.

Explore the **Reedville Fishermen's Museum** at 504 Main Street to discover the rich history and culture of the lower Chesapeake Bay and the waters surrounding Reedville. For days and hours, see www.rfmuseum.org or call 804-453-6529.

The **Reedville Fishermen's Museum**, Thur. – Sat. 11-4, is filled with exhibits, displays, a hands-on room called KidzKorners, a unique gift shop, the Walker House (oldest home in Reedville), a working boat shop, a model (train) shop, the Herman Krentz pilot house, historic vessels, beautiful gardens, and lots more. During the summer the Museum hosts outdoor concerts, and cruises on the Elva C – free but require reservations. This is a truly magical maritime museum!

Take a **walking tour of Reedville** and explore Main Street. See “Millionaires Row,” beautiful Victorian homes built by wealthy Menhaden factory owners and boat captains, as well as smaller fishermen's cottages. Pick up a walking tour map at the Museum and head out for a short walk back in time.

LUNCH

For the best crab cakes around, head over to **Cockrell's Creek Seafood & Deli** at 567 Seaboard Drive, Reedville – 804-453-6326. Freshly caught crabs, and oysters, along with scallops, fresh shrimp salad, great burgers, and lots of terrific sides await you. You can stock up on food to go as well. Picnic tables along Cockrell's Creek with scenic views, dock space available if you got by boat. Open April to Thanksgiving.

Head over to **Fairport Marina's "Leadbellies" restaurant** for fresh seafood and fish, a full bar, and a screened in porch right off the dock. It is located at 252 Polly Cove Rd., Reedville – 804-453-5002. Seasonal.

Want some of the best ice cream on the Northern Neck? Stop by **Chitterchats Ice Cream Parlor** on Main Street for hand-packed ice cream, freshly made waffle cones, floats, shakes, and sundaes. They are at 846 Main Street – 804-453-3335. Seasonal.

PM: SHOPPING AND CRUISES!

Do you want to pick up a little something to remind you of your travels? Stop by **Forget Me Knot Shoppe** at 14 Main Street for unique gifts, a few antiques, and beautiful hand-crafted wreaths. Call 540-842-6565 for days and hours.

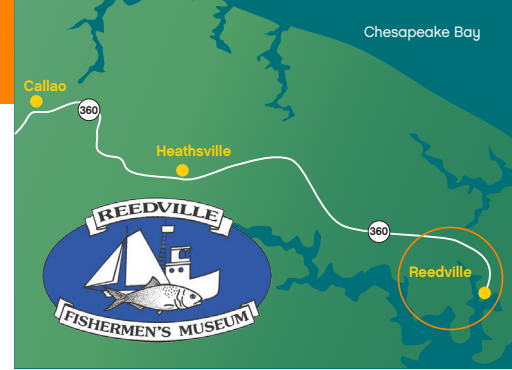
Looking for a unique gift? Stop at the **Museum Shop at the Reedville Fishermen's Museum** at 504 Main Street for kid's books and games; artwork; hand-crafted items; woodwork and more made by local artisans. Call 804-453-6529 or go to www.rfmuseum.org for days and hours.

Reminder...on the 2nd and 4th Friday of May-October, The **Reedville Fishermen's Museum** hosts visitors aboard the Elva C for a tour of **Cockrell's Creek**. Free but reservations are required. Call 804-453-6529.

DINNER OPTIONS

Casual dining with great views, try **Crazy Crab**. Drive over or bring your boat – there is plenty of dock space for diners. Terrific fresh fish and seafood, and choices for the landlubber as well! They are at the very end of the point at 902 Main Street, Reedville – 804-453-6789. Days and hours change seasonally.

If a nightly cocktail sensation is your desire, have drinks and dinner at **The Reedville Market** at 729 Main Street – 804-453-4666. Treat yourself to a wide variety of entries, great cocktails, and an enclosed porch for casual dining. Days and hours change seasonally.



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