



**From Norfolk, VA area (approximately 1½ hours):** Heading north from Norfolk/Virginia Beach, take I-64 exit 282 (Northampton Boulevard/Chesapeake Bay Bridge/Tunnel). Cross the Chesapeake Bay Bridge/Tunnel and proceed on Route 13 (Lankford Highway) approximately 30 miles to Exmore. Pass the Roses department store and turn left at Occohannock Neck Road (Highway 183). Travel nine miles until you reach the Camp Silver Beach sign. Turn right onto Downing Beach Drive and go .04 miles to YMCA Lane on your right.

**From Salisbury, MD area (approximately 1 hour, 45 minutes):** Heading south from Salisbury, MD area, proceed approximately 55 miles on Route 13 (Lankford Highway) to Exmore, Virginia. Turn right at Occohannock Neck Road (Highway 183). Travel nine miles until you reach the Camp Silver Beach sign. Turn right onto Downing Beach drive and go .04 miles to YMCA lane on your right.

**YMCA Conference & Retreat Center  
at Silver Beach**

6272 YMCA Lane  
P.O. Box 69  
Jamesville, VA 23398  
**Phone:** (757) 442-4634

**Distance to Silver Beach in hours, from:**

Richmond: 3 hours  
DC/Northern, VA: 4½ hours  
Annapolis, MD: 3½ hours