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Road Map Travel Guide

Virginia Interstate Highway #64

| MILE | KM | ITEM | SUMMARY | MILE | KM |
|------|-------|---------|---|-------|-------|
| 1.0 | 1.6 | Exit 1 | State Highway #48, State Highway #198, Communities of Backbone, Virginia - Hematite, Virginia - Crows, Virginia - Iron Hill Springs, Virginia - Earlehurst, Virginia - Sweet Chalybeate, Virginia, George Washington National Forest, | 296.0 | 476.3 |
| 7.0 | 11.3 | Exit 7 | State Highway #199, Midland Trail, Communities of Boiling Spring, Virginia - Jordan Mines, Virginia, | 290.0 | 466.7 |
| 10.0 | 16.1 | Exit 10 | United States Highway #60, State Highway #159, Communities of Callaghan, Virginia - Moss Run, Virginia - Stonewall, Virginia - Westwood Place, Virginia, | 287.0 | 461.9 |
| 14.0 | 22.5 | Exit 14 | State Highway #154, South Durant Road, Communities of Covington, Virginia - Edgemont, Virginia - Parrish Court, Virginia - Oakwood Forest, Virginia - Clearwater Park, Virginia - Falling Spring, Virginia, | 283.0 | 455.4 |
| 16.0 | 25.7 | Exit 16 | United States Highway #220, Communities of Mallow, Virginia - Rivermont, Virginia - Harrington, Virginia - Valley View, Virginia - Surber, Virginia - Interval, Virginia, | 281.0 | 452.2 |
| 21.0 | 33.8 | Exit 21 | State Highway #696, Communities of Lowmoor, Virginia - Rich Patch Mines, Virginia - Hooks Mill, Virginia - Strom, Virginia - Parr, Virginia, | 276.0 | 444.2 |
| 24.0 | 38.6 | Exit 20 | United States Highway #60, United States Highway #220, Communities of Selma, Virginia - Clifton Forge, Virginia - Healing Springs, Virginia - Carlover, Virginia - Tinkertown, Virginia, Dabney S Lancaster Community College, Ingleside Park, Ingalls Field Airport, | 273.0 | 439.3 |
| 27.0 | 43.5 | Exit 27 | United States Highway #220, Douthat Road, Communities of Cliftdale Park, Virginia - Fairview Heights, Virginia - Iron Gate, Virginia - Glen Wilton, Virginia - Haden, Virginia - Gala, Virginia, Douthat State Park, Cliftdale Country Club, | 270.0 | 434.5 |
| 29.0 | 46.7 | Exit 29 | State Highway #42, State Highway 269, Communities of Nicelytown, Virginia - Griffith, Virginia - Copeland, Virginia, | 268.0 | 431.3 |
| 35.0 | 56.3 | Exit 35 | State Highway #269, Communities of Longdale Furnace, Virginia - Greyledge, Virginia, | 262.0 | 421.6 |
| 43.0 | 69.2 | Exit 43 | United States #60, Communities of California, Virginia - Denmark, Virginia - Millboro, Virginia - Hotchkiss, Virginia - Maple Grove, Virginia - Collierstown, Virginia - Effinger, Virginia - Oakdale, Virginia - Green Valley, Virginia, | 254.0 | 408.8 |
| 50.0 | 80.5 | Exit 50 | United States Highway #60, Fredricksburg Road, Communities of Fredericksburg, Virginia - Wilson Springs, Virginia - Bells Valley, Virginia, | 247.0 | 397.5 |
| 55.0 | 88.5 | Exit 55 | United States Highway #11, North Lee Highway, Communities of Lexington, Virginia - East Lexington, Virginia, Washington and Lee University, Virginia Military Institute, Morgan Park, Stonewall Jackson Hospital, Lexington Art Gallery, Bath Co Branch Library, | 242.0 | 389.4 |
| 56.0 | 90.1 | Exit 56 | Interstate Highway #81, Community of Riverside, Virginia, Rockbridge County Circuit Court, Rockbridge County District Court, Stonewall Jackson House, Vmi Museum, Lee Chapel, | 241.0 | 387.8 |
| 64.0 | 103.0 | Exit 64 | Interstate Highway #664, State Highway #415, Hampton Coliseum, Briarfield Park, Robinson Park, Anderson Park, City of Newport News, Virginia, Lincoln Park, Newport News City Hall, Newport News Drug Court, Newport News City Circuit Court, West Ave Library, Christopher Newport Park, | 233.0 | 375.0 |
| 87.0 | 140.0 | Exit 87 | Interstate Highway #81, United States Highway #250, City of Staunton, Virginia, Communities of Mary Gray, Virginia - Peyton, Virginia - Jolivue, Virginia - Brand, Virginia - Dogwood Hill, Virginia - Woodlee, Virginia - College Park, Virginia - West End, Virginia - Skymont, Virginia - Quicks Mill, Virginia - Plunkettsville, Virginia, White Swan Gallery, Woodrow Wilson Birthplace and Museum, Wilson Park, | 210.0 | 337.9 |
| 91.0 | 146.4 | Exit 91 | United States Highway #250, Tinkling Spring Road, Communities of Fisherville, Virginia - Barterbrook, Virginia - Barren Ridge, Virginia - Hermitage, Virginia - Damtown, Virginia - New Hope, Virginia - Kingsbury Manor, Virginia - Kidville, Virginia, | 206.0 | 331.5 |

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| 94.0 | 151.3 | Exit 94 | United States Highway #340, City of Waynesboro, Virginia, Communities of Ladd, Virginia - Westover Hills, Virginia - Stuarts Draft, Virginia - Wida, Virginia - Dooms, Virginia - Madrid, Virginia - Crimora, Virginia, Waynesboro Municipal Airport, | 203.0 | 326.7 |
| 96.0 | 154.5 | Exit 96 | United States Highway #250, United States Highway #340, Mt.Torry Road, City of Waynesboro, Virginia, Communities of Lyndhurst, Virginia - Oak Hill, Virginia - Lipscomb, Virginia - Sherando, Virginia, | 201.0 | 323.5 |
| 99.0 | 159.3 | Exit 99 | State Highway #610, Communities of Swannanoa, Virginia - Afton, Virginia - Durrett Town, Virginia - Greenfield, Virginia, Swannanoa Country Club, Shenandoah Nationa Park, | 198.0 | 318.6 |
| 107.0 | 172.2 | Exit 107 | United States Highway #250, White Hall Road, City of Greenwood, Virginia, Greenwood Community Center, Communities of Newtown, Virginia - Midway, Virginia - Brownsville, Virginia - Crozet, Virginia - Batesville, Virginia - Hears, Virginia, Mint Springs Valley Park, Beaver Creek Lake Park, Meadows Community Center, Claudius Crozet Park, | 190.0 | 305.8 |
| 114.0 | 183.5 | Exit 114 | United States Highway #250, Dick Woods Road, Communities of Ivy, Virginia - West Leigh, Virginia - Owensville, Virginia - Millington, Virginia - Free Union, Virginia, Ragges Mountain Natural Area, | 183.0 | 294.5 |
| 118.0 | 189.9 | Exit 118A | United States Highway #29, Communities of Farmington, Virginia - Edham Forest, Virginia - Bellair, Virginia - Canterbury, Virginia - Colthurst, Virginia - Hessain Hills, Virginia - Hydraulic, Virginia - Berkeley, Virginia - Westmoreland, Virginia, Fashion Square Mall, University of Virginia, | 179.0 | 288.1 |
| 118.0 | 189.9 | Exit 118B | United States Highway #29, Communities of Crossroads, Virginia - North Garden, Virginia - Wakefield, Virginia - Northfields, Virginia - Buckingham Circle, Virginia, University of Virginia, | 179.0 | 288.1 |
| 120.0 | 193.1 | Exit 120 | United States Highway #29, Old Lynchburg Road, Community of Arrowhead, Virginia, Walnut Creek Park, West Haven Recreation Center, Carver Center, Downtown Mall, McGuffy Art Center, Washington Park, Washington Park Recreation Center, Tonsler Park, Tonsler Park Community Center, | 177.0 | 284.8 |
| 121.0 | 194.7 | Exit 121A | State Highway #20, Community of Overton, Virginia, Community of Bungletown, Virginia, | 176.0 | 283.2 |
| 121.0 | 194.7 | Exit 121B | State Highway #20, Community of Simeon, Virginia, Community of Keene, Virginia, | 176.0 | 283.2 |
| 121.0 | 194.7 | Exit 121 | State Highway #20, City of Charlottesville, Virginia, Virginia Discovery Museum, Charlottesville City District Court, Sage Moon, Lewis and Clark Memorial, Windows Center, Garrett Square Center, Charlottesville Chamber of Commerce, City of Charlottesville, Jordan Park, South First Street Community Center, | 176.0 | 283.2 |
| 124.0 | 199.5 | Exit 124 | United States Highway #250, Communities of Shadwell, Virginia - Key West, Virginia - Milton, Virginia - Eastham, Virginia - Keswick, Virginia - Stony Point, Virginia, Crow Center, Greenleaf Park, McIntire Park, Pen Park, | 173.0 | 278.4 |
| 129.0 | 207.6 | Exit 129 | Unites States Highway #250, State Highway #22, Black Cat Road, Communities of Keswick, Virginia - Union Mills, Virginia - Nahor, Virginia - Cunningham, Virginia - Crafton, Virginia - Rugby, Virginia - Kismont, Virginia - Kidds Store, Virginia, Glenmore Country Club, Lake Monticello Golf Course, Keswick Hall, | 168.0 | 270.4 |
| 136.0 | 218.9 | Exit 136 | United States Highway #15, Communities of Troy, Virginia - Wildwood, Virginia - Palmyra, Virginia - Rockaway, Virginia - Waldrop, Virginia - Carysbrook, Virginia - Dixie, Virginia - Gordonsville, Virginia, | 161.0 | 259.1 |
| 143.0 | 230.1 | Exit 143 | State Highway #208, Communities of Ferncliff, Virginia - Byrd Mill, Virginia - Kents Store, Virginia - Louisa, Virginia - Wilmington, Virginia, Louisa Country/Freeman Field, | 154.0 | 247.8 |
| 148.0 | 238.2 | Exit 148 | United States Highway #250, Shannon Hill Road, Communities of Shannon Hill, Virginia - Tabscott, Virginia - Caledonia, Virginia - Stage Junction, Virginia - Columbia, Virginia - Yanceyville, Virginia - Quail, Virginia - Pandelton, Virginia - Mineral, Virginia - Ribbon, Virginia - Cuckoo, Virginia, | 149.0 | 239.8 |

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| 152.0 | 244.6 | Exit 152 | United States Highway #250, Old Fredericksburg Road, Communities of Hadensville, Virginia - East Leake, Virginia - Enon, Virginia - South Anna, Virginia - Apple Grove, Virginia - Orchid, Virginia - Bula, Virginia - Georges Tavern, Virginia - Elk Hill, Virginia - Fife, Virginia, | 145.0 | 233.3 |
| 159.0 | 255.9 | Exit 159 | United States Highway #522, Communities of Gum Spring, Virginia - Shelfar, Virginia - Dongola, Virginia - Sandy Hook, Virginia - Locust Creek, Virginia - Jackson, Virginia - Perkinsville, Virginia, | 138.0 | 222.1 |
| 167.0 | 268.7 | Exit 167 | United States Highway #250, Oilville Road, Communities of Oilville, Virginia - Vontay, Virginia - Cardwell, Virginia - Lee, Virginia - Thorncliff, Virginia - Gouldin, Virginia - Montpelier, Virginia - Irwin, Virginia - Cedar Point, Virginia - Goochland, Virginia, | 130.0 | 209.2 |
| 173.0 | 278.4 | Exit 173 | State Highway #271, Ashland Road, Communities of Centerville, Virginia - Hickory Haven, Virginia - Johnsons Springs, Virginia - Hylas, Virginia - Rockville, Virginia - Casco, Virginia - Manakin Farms, Virginia - Boscobel, Virginia - Goodall, Virginia - Sabot, Virginia - Subletts, Virginia, | 124.0 | 199.5 |
| 175.0 | 281.6 | Exit 175 | State Highway #288, Communities of Farrington, Virginia - Vinita, Virginia - James River Estates, Virginia - Lanes Corner, Virginia, | 122.0 | 196.3 |
| 177.0 | 284.8 | Exit 177 | Interstate Highway #295, Communities of Short Pump, Virginia - Kenwood, Virginia - Elmont, Virginia, Gayton Centre Shopping Centre, | 120.0 | 193.1 |
| 178.0 | 286.4 | Exit 178B | United States Highway #250, Communities of Gayton, Virginia - Canterbury, Virginia - Tuckahoe Village, Virginia | 119.0 | 191.5 |
| 178.0 | 286.4 | Exit 178A | United States Highway #250, West Broad Street, Springfield Park, Community of Glen Allen, Virginia, Echo Lake, | 119.0 | 191.5 |
| 180.0 | 289.7 | Exit 180B | State Highway #157, Gaskins Road, Community of Longdale, Virginia, | 117.0 | 188.3 |
| 180.0 | 289.7 | Exit 180 | State Highway #157, Gaskins Road, Communities of Dorset Woods, Virginia - Droun Hill, Virginia - Lorraine, Virginia - Mooreland, Virginia, Deep Run Park, | 117.0 | 188.3 |
| 180.0 | 289.7 | Exit 180A | State Highway #157, Gaskins Road, Community of Biltmore, Virginia, Duncroft Castle Point Park, | 117.0 | 188.3 |
| 181.0 | 291.3 | Exit 181 | State Highway #73, City of Tuckahoe, Virginia, Communities of Westbriar, Virginia - Wedgewood, Virginia - Roslyn Hills, Virginia - Glenbrook Hills, Virginia - Mooreland Farms, Virginia - Boshier, Virginia, Regency Square, | 116.0 | 186.7 |
| 181.0 | 291.3 | Exit 181A | State Highway #73, Communities of Laurel Park, Virginia - Laurel, Virginia - Solomons Store, Virginia - Woodman Terrace, Virginia, Henrico Doctors Hospital, | 116.0 | 186.7 |
| 181.0 | 291.3 | Exit 181B | State Highway #73, Communities of Sweet Briar Park, Virginia - Boudar, Virginia - St. Josephs Villa, Virginia, Fountain Square, | 116.0 | 186.7 |
| 183.0 | 294.5 | Exit 183A | State Highway #356, Glenside Drive, Community of Boudar, Virginia, | 114.0 | 183.5 |
| 183.0 | 294.5 | Exit 183 | Communities of Crestview, Virginia - Westham, Virginia - River Road Hills, Virginia - Henrico Doctors Hospital, Cheswick Park, University of Richmond, Country Club of VA-Westhampton, | 114.0 | 183.5 |
| 183.0 | 294.5 | Exit 183B | State Highway #356, Community of Greendale, Virginia, | 114.0 | 183.5 |
| 183.0 | 294.5 | Exit 183C | United States Highway #250, State Highway #356, Bethlehem Road, | 114.0 | 183.5 |
| 185.0 | 297.7 | Exit 185 | United States Highway #33, Communities of Greendale, Virginia - Dumbarton, Virginia - Boudar, Virginia - Laurel, Virginia, | 112.0 | 180.2 |
| 185.0 | 297.7 | Exit 185A | United States Highway #33, Scaples Mill Road, Shops at Willow Lawn, | 112.0 | 180.2 |
| 185.0 | 297.7 | Exit 185B | United States Highway #33, Scaples Mill Road, St. Mary's Hospital, | 112.0 | 180.2 |
| 186.0 | 299.3 | Exit 186 | Interstate Highway #95, Interstate Highway #195, Communities of Lakeside, Virginia - Brook Hill, Virginia - Chamberlayne Farms, Virginia - Chamberlayne Heights, Virginia - Burnside Farms, Virginia - Ellerson, Virginia, Ellerson Industrial Park, Bon Secours Memorial Regional Medical Center, Joseph Bryan Park, | 111.0 | 178.6 |
| 187.0 | 300.9 | Exit 187 | Interstate Highway #95, Interstate Highway #195, State Highway #197, Communities of Parker Field, Virginia - Cloverland, Virginia - Fayette Park, Virginia - East Highland Park, Virginia, Vawter Street Park, Virginia Union University, | 110.0 | 177.0 |

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| 192.0 | 309.0 | Exit 192 | Interstate Highway #95, City of Richmond, Virginia, City of Mechanicsville, Virginia, Communities Glenwood Farms, Virginia - Mayfair Place, Virginia - Lynn Grove, Virginia - Springdale, Virginia - Central Gardens, Virginia - Windy Hill Estates, Virginia - Ellerson Mill, Virginia - Spring Meadows, Virginia, Richmond City Hall, Library of Virginia, Medical College of Virginia, Richmond History Center, St.Paul's Church, Chickahominy Bluffs-Battlefield Park, | 105.0 | 169.0 |
| 193.0 | 310.6 | Exit 193A | State Highway #33, Nine Mile Road, Community of Church Hill, Virginia, Jefferson Park, Great Ship Lock Park, | 104.0 | 167.4 |
| 193.0 | 310.6 | Exit 193B | State Highway #33, Nine Mile Road, Community of Windsor Place, Virginia, Libby Park, Libby Terrace Park, Richmond National Battlefield Park, Chimborazo Park, Community of Lower Rocketts, Virginia, | 104.0 | 167.4 |
| 195.0 | 313.8 | Exit 195 | State Highway #33, South Laburnum Avenue, Communities of Lawndale Farms, Virginia - Virginia Heights, Virginia - Robinwood, Virginia - Eastover Gardens, Virginia - Heckler Village, Virginia - Manbur, Virginia - Glenwood Farms, Virginia - Mayfair Place, Virginia - Capitol View, Virginia, | 102.0 | 164.1 |
| 197.0 | 317.0 | Exit 197A | State Highway #156, Communities of Highland Springs, Virginia - Fair Oaks, Virginia, Highland Springs Golf Course, Highland Springs Recreation Area, | 100.0 | 160.9 |
| 197.0 | 317.0 | Exit 197B | State Highway #156, Communities of Sanburne Park, Virginia - Lewis Gardens, Virginia - Sandston, Virginia, Richmond International Airport, | 100.0 | 160.9 |
| 200.0 | 321.9 | Exit 200 | Interstate Highway #295, Communities of White Oak Swamp, Virginia - Seven Pines, Virginia - Old Cold Harbor, Virginia - Holts Corner, Virginia - Cold Harbor Farms, Virginia - Simpkins Corner, Virginia - Gaines Mill, Virginia - Old Cold Harbor, Virginia - Varina Grove, Virginia - Fort Harrison, Virginia - Deep Bottom, Virginia, | 97.0 | 156.1 |
| 205.0 | 329.9 | Exit 205 | State Highway #249, State Highway #33, SCommunities of Bradley Acres, Virginia - Orapax Farms, Virginia - Currituck Farms, Virginia - Elko, Virginia - Glendale, Virginia - Wayside, Virginia - Granville, Virginia - Bernetts, Virginia - Montpelier, Virginia - Liggans Corner, Virginia - Westwood, Virginia - Appersons Store, Virginia - Glimpses Corner, Virginia - Farmers Shop Corner, Virginia, Brookwoods Golf Club, | 92.0 | 148.1 |
| 211.0 | 339.6 | Exit 211 | State Highway #106, Communities of Browns Corner, Virginia - Tallysville, Virginia - Woodhaven Shores, Virginia - Quinton, Virginia - Roxbury, Virginia - Poplar Grove, Virginia - Nance, Virginia - Mountcastle, Virginia - Ednas Mill, Virginia - Tunstall, Virginia - Putneys Mill, Virginia - Montague Landing, Virginia - Elsing Green, Virginia, New Kent County Airport, | 86.0 | 138.4 |
| 214.0 | 344.4 | Exit 214 | State Highway #155, Communities of Carps Corner, Virginia - Providence Forge, Virginia - Holly Landing, Virginia - Oldhouse Landing, Virginia - Winns Landing, Virginia - Sandybottom, Virginia - Roaches Corner, Virginia - Ruthville, Virginia - New Kent, Virginia - Poplar Grove, Virginia, Royal New Kent Golf Club, The Golf Club of Brickshire, | 83.0 | 133.6 |
| 220.0 | 354.0 | Exit 220 | State Highway #33, Communities of Slaterville, Virginia - West Point, Virginia - Romancoke, Virginia - Lanexa, Virginia - Brookshire, Virginia - Mattaponi, Virginia - Osborn Landing, Virginia - Hockley, Virginia - Clancie, Virginia - Elsom, Virginia - Plum Point, Virginia - Eltham, Virginia, | 77.0 | 123.9 |
| 227.0 | 365.3 | Exit 227 | State Highway #30, Old Stage Road, Communities of Barhamsville, Virginia - Diascund, Virginia - Kings Corner, Virginia - Holly Forks, Virginia, Stonehouse Golf Course, | 70.0 | 112.6 |
| 231.0 | 371.7 | Exit 231A | State Highway #607, Richmond Road, Communities of Norge, Virginia - Toana, Virginia - Warren Mill, Virginia, Little Creek Reservoir, | 66.0 | 106.2 |
| 231.0 | 371.7 | Exit 231B | State Highway #607, Croaker Road, Communities of Croaker, Virginia - Christensons Corner, Virginia, Kiskiack Golf Club, York River State Park, | 66.0 | 106.2 |
| 234.0 | 376.6 | Exit 234 | State Highway #646, State Highway #199, Communities of Burkes Corner, Virginia - Ewell, Virginia - Lightfoot, Virginia - Schenck Estates, Virginia - Centerville, Virginia, Williamburg Outlet Mall, | 63.0 | 101.4 |
| 234.0 | 376.6 | Exit 234A | State Highway #646, State Highway #199, Community of Oaktree, Virginia, Community of Christensons Corner, Virginia, | 63.0 | 101.4 |

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| 234.0 | 376.6 | Exit 234B | State Highway #646, State Highway #199, Community of Skimino, Virginia, | 63.0 | 101.4 |
| 238.0 | 383.0 | Exit 238 | State Highway #143, Communities of Forest Hill Park, Virginia - Plantation Heights, Virginia - Parkway Estates, Virginia - Queens Lake, Virginia - Skipwith Farms, Virginia - Greensprings, Virginia - Williamsburg, Virginia, The College of William and Mary, Waller Mill Park, Camp Peary Naval Reservation, Kiwanis Municipal Park, James City/Williamsburg Community Center, | 59.0 | 94.9 |
| 242.0 | 389.4 | Exit 242A | State Highway #199, Communities of James Terrace, Virginia - Walnut Hills, Virginia - Canterbury Hills, Virginia - Druid Hills, Virginia - Winston Terrace, Virginia - Kings Point, Virginia - Birchwood Park, Virginia - Hollybrook, Virginia - First Colony, Virginia, Williamsburg-Jamestown Airport, | 55.0 | 88.5 |
| 242.0 | 389.4 | Exit 242B | State Highway #199, Communities of Charleston Heights, Virginia - Middletowne Farms, Virginia - York Terrace, Virginia, Cheatham Annex Naval Supply Center, United States Naval Weapon Station, Colonial National Historic Park, | 55.0 | 88.5 |
| 243.0 | 391.1 | Exit 243A | United States Highway #60, State Highway #143, Community of Grove, Virginia, Colonial National Historic Park, | 54.0 | 86.9 |
| 243.0 | 391.1 | Exit 243B | United States Highway #60, State Highway #143, Communities of Charles Corner, Virginia - Sawmill Corner, Virginia - Shilsons Corner, Virginia, | 54.0 | 86.9 |
| 247.0 | 397.5 | Exit 247 | State Highway #238, Communities of Blacksmith Corner, Virginia - Rochambeau Village, Virginia - Lackey, Virginia, James River Community Center, Newport News Park, Charles Brown Park, United States Naval Weapon Station, Colonial National Historic Park, | 50.0 | 80.5 |
| 250.0 | 402.3 | Exit 250A | State Highway #105, Communities of Marlbank, Virginia - Battle Park, Virginia - Harris Grove, Virginia - Goodwin Neck Estates, Virginia - Dandy, Virginia, Fort Eustis Military Reservation, Pines Golf Course, Newport News Park, | 47.0 | 75.6 |
| 250.0 | 402.3 | Exit 250B | State Highway #105, Communities of Holly Hills, Virginia - Acree Acres, Virginia - Hornsbyville, Virginia - Seaford Shores, Virginia - Evergreen Shores, Virginia, Deer Run Golf Course, | 47.0 | 75.6 |
| 255.0 | 410.4 | Exit 255 | State Highway #143, Community of Kentucky Farms, Virginia, Potter's Field, | 42.0 | 67.6 |
| 255.0 | 410.4 | Exit 255A | State Highway #143, Jefferson Avenue, Newport News/Williamsburg International Airport, Fort Eustis Militarrr Reservation, | 42.0 | 67.6 |
| 255.0 | 410.4 | Exit 255B | State Highway #143, Jefferson Avenue, Patrick Henry Mall, Mary Imaculate Hospital, Nicewood Park, | 42.0 | 67.6 |
| 256.0 | 412.0 | Exit 256A | State Highway #171, Oyster Point Road, Victory Boulevard, Communities of Moores, Virginia - Powhatan Place, Virginia, | 41.0 | 66.0 |
| 256.0 | 412.0 | Exit 256B | State Highway #171, Oyster Point Road, Victory Boulevard, Communities of Tabb, Virginia - Poquoson, Virginia, Poquoson Public Library, | 41.0 | 66.0 |
| 258.0 | 415.2 | Exit 258A | United States Highway #17, Communities of Mill Farms, Virginia - Poor Farm, Virginia - Dare, Virginia - Holly Hills, Virginia, Newport News Park, Riverside Regional Medical Center, Christopher Newport University, | 39.0 | 62.8 |
| 258.0 | 415.2 | Exit 258B | United States Highway #17, Harpersville Road, Communities of Piney Point Estates, Virginia - Lakeside Homes, Virginia - Grafton, Virginia - Teardrop Park, Mariner's Museum Park, Beechlake Park, Big Bethel Recreation Area, | 39.0 | 62.8 |
| 261.0 | 420.0 | Exit 261A | State Highway #600, Big Bethel Road, Sandy Bottom Nature Park, Thomas Nelson Community College, Ivy Farms Park, | 36.0 | 57.9 |
| 261.0 | 420.0 | Exit 261B | State Highway #600, Big Bethel Road, The Hamptons Golf Course, Langeley Air Force Base, MacHen School Neighborhood Park, Eaglewood Golf Course, | 36.0 | 57.9 |
| 262.0 | 421.6 | Exit 262B | State Highway #34, Magruder Boulevard, Langeley Air Force Base, | 35.0 | 56.3 |
| 263.0 | 423.2 | Exit 263A | United States Highway #258, State Highway #134, Tucker-Capps School Park, Newmarket Fair, Huntington Park, | 34.0 | 54.7 |
| 263.0 | 423.2 | Exit 263B | United States Highway #258, State Highway #134, Coliseum Mall, Aberdeen School Neighborhood Park, | 34.0 | 54.7 |
| 265.0 | 426.5 | Exit 265A | State Highway #134, State Highway #167, Darling Memorial Stadium, James Eason Memorial Park, Sentara Careplex Hospital, Armstrong School Neighborhood Park, | 32.0 | 51.5 |

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| 265.0 | 426.5 | Exit 265B | State Highway #134, State Highway #167, Yh Thomas Park, Air Power Park, Hampton Air Power Park and Museum, Langeley Air Force Base, | 32.0 | 51.5 |
| 265.0 | 426.5 | Exit 265C | State Highway #134, State Highway #167, City of Hampton, Virginia, Old Hampton Community Center, Hampton History Museum, Hampton Visitor Center, St.John's Church, | 32.0 | 51.5 |
| 267.0 | 429.7 | Exit 267 | United States Highway #60, State Highway #143, Woodlands Golf Course, Ridgeway Park, Hampton University, Cary School Neighborhood Park, Grandview Natural Preserve, | 30.0 | 48.3 |
| 268.0 | 431.3 | Exit 268 | State Highway #169, Franklin Boulevard, Fort Monroe, Buckroe Park, Jane Bryan's School Park, | 29.0 | 46.7 |
| 272.0 | 437.7 | Exit 272 | United States Highway #60, State Highway #168, Willoughby Bay Marina, Willoughby Harbor Marina, | 25.0 | 40.2 |
| 273.0 | 439.3 | Exit 273 | United States Highway #60, State Highway #168, #4th View Street, Sarah Constant Beach Park, Ocean View Beach Park, Pretlow Library, | 24.0 | 38.6 |
| 274.0 | 440.9 | Exit 274 | United States Highway #460, Ocean View Golf Course, Community Beach Park, | 23.0 | 37.0 |
| 276.0 | 444.2 | Exit 276 | Interstate Highway #564, United States Highway #460, Sewells Point Golf Course, Titustown Recreation Center, Fleet Park, | 21.0 | 33.8 |
| 276.0 | 444.2 | Exit 276A | Interstate Highway #564, State Highway #165, Little Creek Amphibious Base, Northside Park, | 21.0 | 33.8 |
| 276.0 | 444.2 | Exit 276C | State Highway #165, City Beach Park, Tarralton Community Park, | 21.0 | 33.8 |
| 277.0 | 445.8 | Exit 277A | State Highway #168, Bon Secours-Depaul Medical Center, Boone Memorial Library, Old Dominion University, Powhatan Field, Sentara Norfolk General Hospital, Children's Hospital-King's Daughter, | 20.0 | 32.2 |
| 277.0 | 445.8 | Exit 277B | State Highway #168, Lakewood Park, Barraud Park, Huntersville Park, City of Norfolk, Virginia, Norfolk City Hall, Chrysler Hall, MacArthur Memorial Museum, Norfolk Public Library, MacArthur Shopping Center, Downtown Plaza, Scope Arena, Hampdenroads Chamber of Commerce, Willoughby-Baylor House, | 20.0 | 32.2 |
| 278.0 | 447.4 | Exit 278 | State Highway #194, Chesapeake Boulevard, Sewells Point Road, Norfolk International Airport, Norfolk Botanical Garden, | 19.0 | 30.6 |
| 279.0 | 449.0 | Exit 279 | State Highway #247, State Highway #194, Norview Avenue, Barraud Park, | 18.0 | 29.0 |
| 279.0 | 449.0 | Exit 279B | State Highway #247, State Highway #165, Norview Avenue, | 18.0 | 29.0 |
| 281.0 | 452.2 | Exit 281 | State Highway #165, North Military Highway, Norfolk International Airport, Norfolk Botanical Garden, Little Creek Amphibious Base, | 16.0 | 25.7 |
| 281.0 | 452.2 | Exit 281A | State Highway #165, State Highway #166, North Military Highway, Robinhood Road, | 16.0 | 25.7 |
| 282.0 | 453.8 | Exit 282 | United States Highway #13, State Highway #166, Virginia Wesleyan College, Cypress Point Country Club, Seashore State Park, Pleasure House Point, Bayville District Park, | 15.0 | 24.1 |
| 284.0 | 457.0 | Exit 284A | Interstate Highway #264, State Highway #165, Military Circle Mall, Elizabeth River Wayside State Park, Norfolk State University, City of Norfolk, Virginia, Norfolk City Hall, Hampdenroads Chamber of Commerce, | 13.0 | 20.9 |
| 284.0 | 457.0 | Exit 284B | Interstate Highway #264, State Highway #165, Sentara Leigh Hospital, Pembroke Mall, Mount Trashmore Park, Great American Outlet Mall, Oceana Naval Air Station, Lynnhaven Mall, Plaza Park, | 13.0 | 20.9 |
| 286.0 | 460.3 | Exit 286A | State Highway #407, State Highway #409, Kempsville Recreation Center, Kempsville Greens Golf Course, Tidewater Community College-Virginia Beach, Woodstock Cove Park, Level Green Neighborhood Park, | 11.0 | 17.7 |
| 286.0 | 460.3 | Exit 286B | State Highway #407, State Highway #409, Woodstock Community Park, Regent University, Princess Anne Park, Kempsriver Crossing Shopping Center, Salem Woods Neighborhood Park, | 11.0 | 17.7 |
| 289.0 | 465.1 | Exit 289B | United States Highway #13, Greenbrier Parkway, Crossways at Greenbrier, Chesapeake City Park, | 8.0 | 12.9 |
| 289.0 | 465.1 | Exit 289A | United States Highway #13, Greenbrier Parkway, Greenbrier Mall, Greenbrier Country Club, | 8.0 | 12.9 |
| 289.0 | 465.1 | Exit 289B-A | United States Highway #13, Greenbrier Parkway, Indian River Park, | 8.0 | 12.9 |
| 290.0 | 466.7 | Exit 290A | State Highway #168, Chesapeake Crossing, Cascade Park, Cascade Boulevard Park, | 7.0 | 11.3 |
| 290.0 | 466.7 | Exit 290B | State Highway #168, Chesapeake General Hospital, | 7.0 | 11.3 |

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| 291.0 | 468.3 | Exit 291A | Interstate Highway #464, State Highway 168, City of Portsmouth, Virginia, Lakeside Park, Elizabeth River Landing and Park, | 6.0 | 9.7 |
| 291.0 | 468.3 | Exit 291B | Interstate Highway #464, State Highway 168, City of Chesapeake, Virginia, Chesapeake Central Library, Chesapeake Planetarium, Chesapeake City Hall, Great Bridge Shopping Center, | 6.0 | 9.7 |
| 291.0 | 468.3 | Exit 291B-A | Interstate Highway #464, United States Highway #17, State Highway #190, Great Bridge Locks Park, St.Julian Naval Port, | 6.0 | 9.7 |
| 292.0 | 469.9 | Exit 292 | United States Highway #17, State Highway #190, State Highway #104, Tidewater Community College, Chesapeake Campus, Community of Newtown, Virginia, Community of Prentiss Park, Virginia, | 5.0 | 8.0 |
| 296.0 | 476.3 | Exit 296A | United States Highway #17, Communities of Academy Park, Virginia - Loxley Place, Virginia - Victory Park, Virginia, | 1.0 | 1.6 |
| 296.0 | 476.3 | Exit 296B | United States Highway #17, Communities of Cradock, Virginia - Williams Court, Virginia - Highland Biltmore, Virginia - Gosport, Virginia, | 1.0 | 1.6 |
| 296.0 | 476.3 | Exit 296 | United States Highway #17, Deep Creek Rocks Park, Chesapeake Regional Airport, | 1.0 | 1.6 |
| 297.0 | 478.0 | Exit 297 | Interstate Highway #264, United States Highway #460, United States Highway #13, Communities of Cavalier Manor, Virginia - Oregon Acres, Virginia - Alexander Corner, Virginia - Wonderland Forest, Virginia - Baileytown, Virginia - Portsmouth Heights, Virginia, Hampton Roads Executive Airport, | 0.0 | 0.0 |