

Epique Realty

Fall 2026 Edition

HAMPTON

The Hampton Roads City
Guide Collection

Curated by
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A Letter from Tiffany

Your insider's introduction to Hampton

KNOW BEFORE YOU GO

The history, flavor and fun facts that make Hampton feel familiar before you ever arrive.

LIVE LIKE A LOCAL

Where to eat, explore and celebrate, plus the roads and commutes that shape daily life.

MOVE WITH A PLAN

Housing styles, market insight and a Realtor who turns "someday" into a clear next step.



Whether you're moving across the country, across the water, or simply across town, finding the right place is about more than square footage. It's where you'll grab your morning coffee, how you'll spend your Saturdays, and who you'll call neighbors.

I created this guide to share the Hampton I know: the history, the flavor, the open spaces, and the practical details that make a move feel like coming home. When you're ready to see it for yourself, I'd love to show you around.

— Tiffany Mosby

Inside This Guide

Your map to living well in Hampton



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HOW TO USE THIS GUIDE

Every teal or gold button is clickable. Search homes, check your home's value, or book time with me in one tap.

Hampton at a Glance

Four centuries of history, surrounded by water



FOUNDED 1610, at the site of
Kecoughtan

SIZE About 136 square miles, 51 of them
land

POPULATION About 137,300 (U.S.
Census Bureau, 2025 estimate)

WATERFRONT Chesapeake Bay,
Hampton Roads, the Hampton and Back
rivers

Hampton calls itself the oldest
continuous English-speaking
settlement in America. Here, a stone
fort guards Old Point Comfort, NASA's
oldest field center tests the future, and
bay beaches sit minutes from a
walkable waterfront downtown.

TIFFANY'S TIP

Downtown, Phoebus, Buckroe, Fox Hill and the Coliseum area each have a different rhythm. Tell me how you want to live and I'll match you to the right part of Hampton.

BOOK A CALL WITH TIFFANY →

Four Centuries on the Water

From Kecoughtan to Freedom's Fortress to the space age

Long before English ships arrived, the Kecoughtan people lived along these shores.

1607 English colonists bound for Jamestown stop at Kecoughtan and name Point Comfort.

1610 The English settle at Kecoughtan, the beginning of today's Hampton.

1619 The first recorded Africans in English North America arrive at Point Comfort.

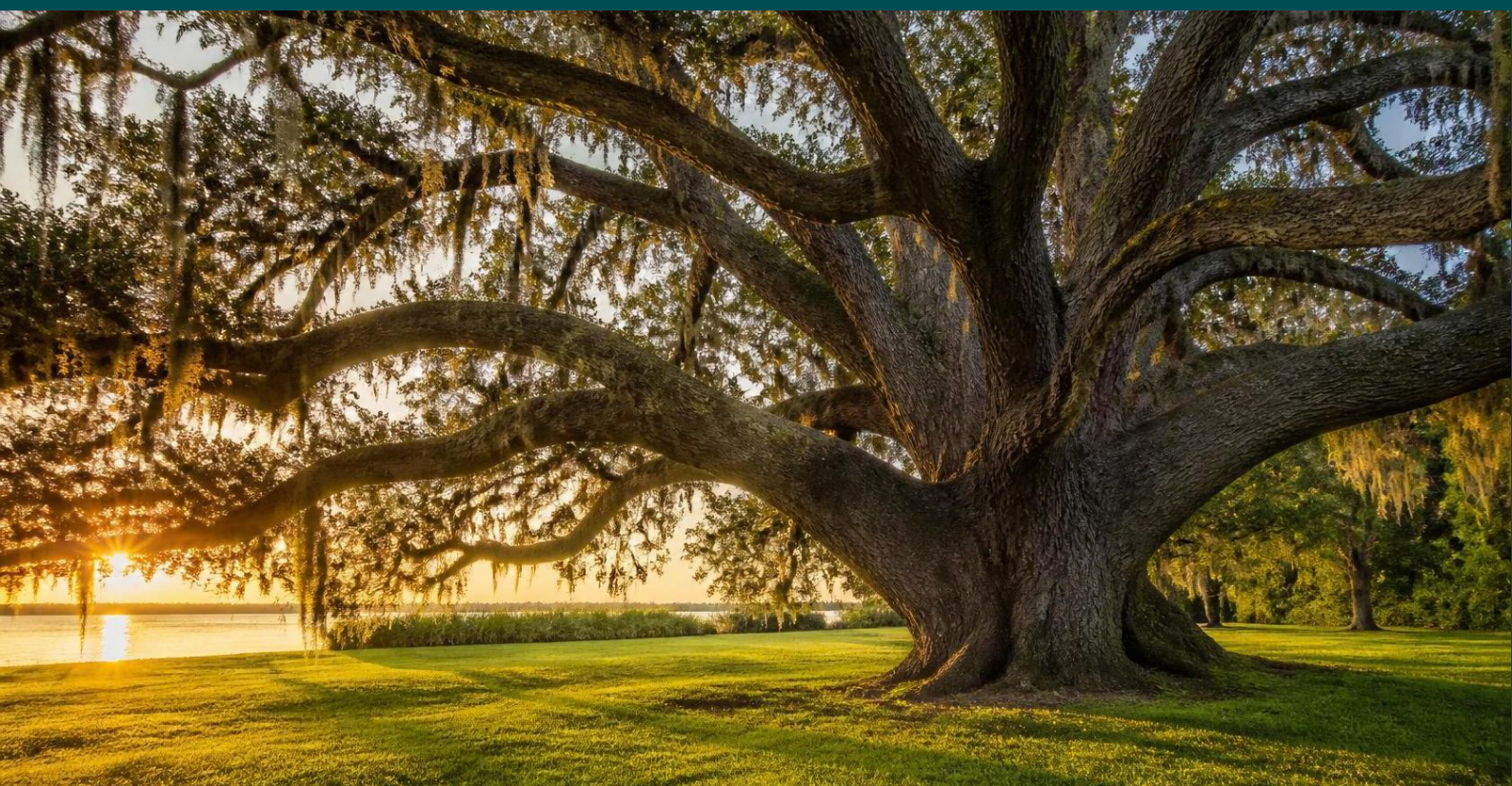
1834 Fort Monroe's stone walls are completed.

1861 Fort Monroe becomes "Freedom's Fortress" as freedom seekers reach Union lines.

1868 Hampton Normal and Agricultural Institute, today's Hampton University, is founded.

1917 The laboratory that becomes NASA Langley Research Center opens.

1952 Hampton merges with Elizabeth City County and Phoebus.



Did You Know?

Fun facts to share at your first neighborhood cookout



The Hampton Carousel was built in 1920 for the Buckroe Beach amusement park. Restored, it now turns downtown with 48 hand-carved horses.

The Emancipation Oak at Hampton University shaded the first Southern reading of the Emancipation Proclamation in 1863.

NASA Langley, founded in 1917, is NASA's oldest field center. The first Mercury astronauts trained here.

The Hampton Cup Regatta, billed as North America's oldest continuously run hydroplane race, marked its 100th year in 2026.

LOCAL TIP

Fort Monroe is open to the public, no base pass needed. Start at the Visitor & Education Center, then walk the moat and the bayfront.

PLAN A HAMPTON TOUR DAY →

A Perfect Hampton Day

Sunrise to nightcap, the local way



MORNING

Coffee at Firehouse Coffee 1881, then walk Fort Monroe's moat, the Casemate Museum and the bayfront.

MIDDAY

Lunch at The Deadrise on Old Point Comfort Marina, then the Virginia Air & Space Science Center downtown.

AFTERNOON

Ride the 1920 Hampton Carousel, then stroll the Hampton River waterfront and the shops on Queens Way.

EVENING

Oysters at Fuller's Raw Bar in Phoebus, or dinner at Venture Kitchen & Bar downtown.

WANT THE PERSONALIZED VERSION?

Tell me what you love and I'll plan a tour day around the neighborhoods that match your lifestyle.

[PLAN MY HAMPTON TOUR DAY →](#)

Dine & Drink

LOCAL FAVORITES

The Deadrise – seafood at Fort Monroe

Surf Rider Bluewater – marina seafood

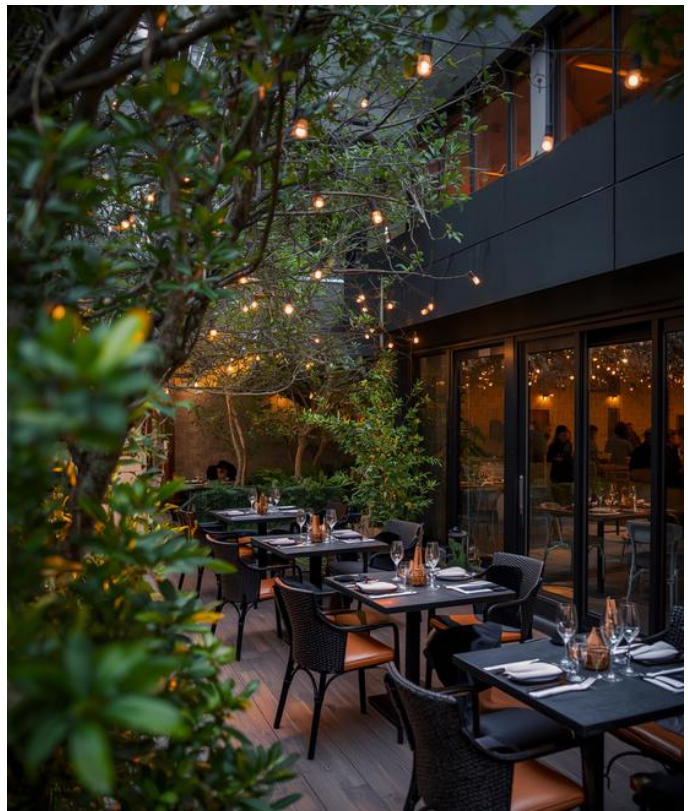
Fuller's Raw Bar – Phoebus oysters

The Grey Goose – Phoebus café

Venture Kitchen & Bar – Queens Way

Marker 20 – downtown bar & grill

County Grill – smokehouse barbecue



LOCAL TIP · Hampton Restaurant Week (March 1–15 in 2026) is a delicious way to sample the city.

Coffee, Sweets & Sips

COFFEE & CAFÉS

Firehouse Coffee 1881 – Fort Monroe

Buckroe Coffee Co. – local roaster

Sweet Beans – veteran-owned café

Drip 'n' Sip – coffee & tea

SWEETS

Scratch Bakery – Phoebus cupcakes

The Grey Goose – Phoebus bakery

SIPS

Oozlefinch – beers at Fort Monroe

Bull Island Brewing – downtown



LOCAL TIP · Scratch Bakery on East Mellen Street rotates 18 to 20 cupcake flavors daily.

The Great Outdoors

Grandview Nature Preserve – about 500 acres of marsh and a 2.5-mile bay beach
Sandy Bottom Nature Park – 456 acres, lakes, trails and a nature center
Buckroe Beach & Park – lifeguarded bay beach and fishing pier
Fort Monroe – Outlook Beach and a bayfront boardwalk
Bluebird Gap Farm – 60 acres and about 250 animals



Fort Monroe

A national monument since 2011

On Old Point Comfort, Fort Monroe's 565 acres hold the largest fort by area ever built in the United States, ringed by a moat. The Army served here for 188 years.

WHAT YOU'LL SEE

The moat and casemates, the Casemate Museum, the 1802 Old Point Comfort Lighthouse and Outlook Beach.

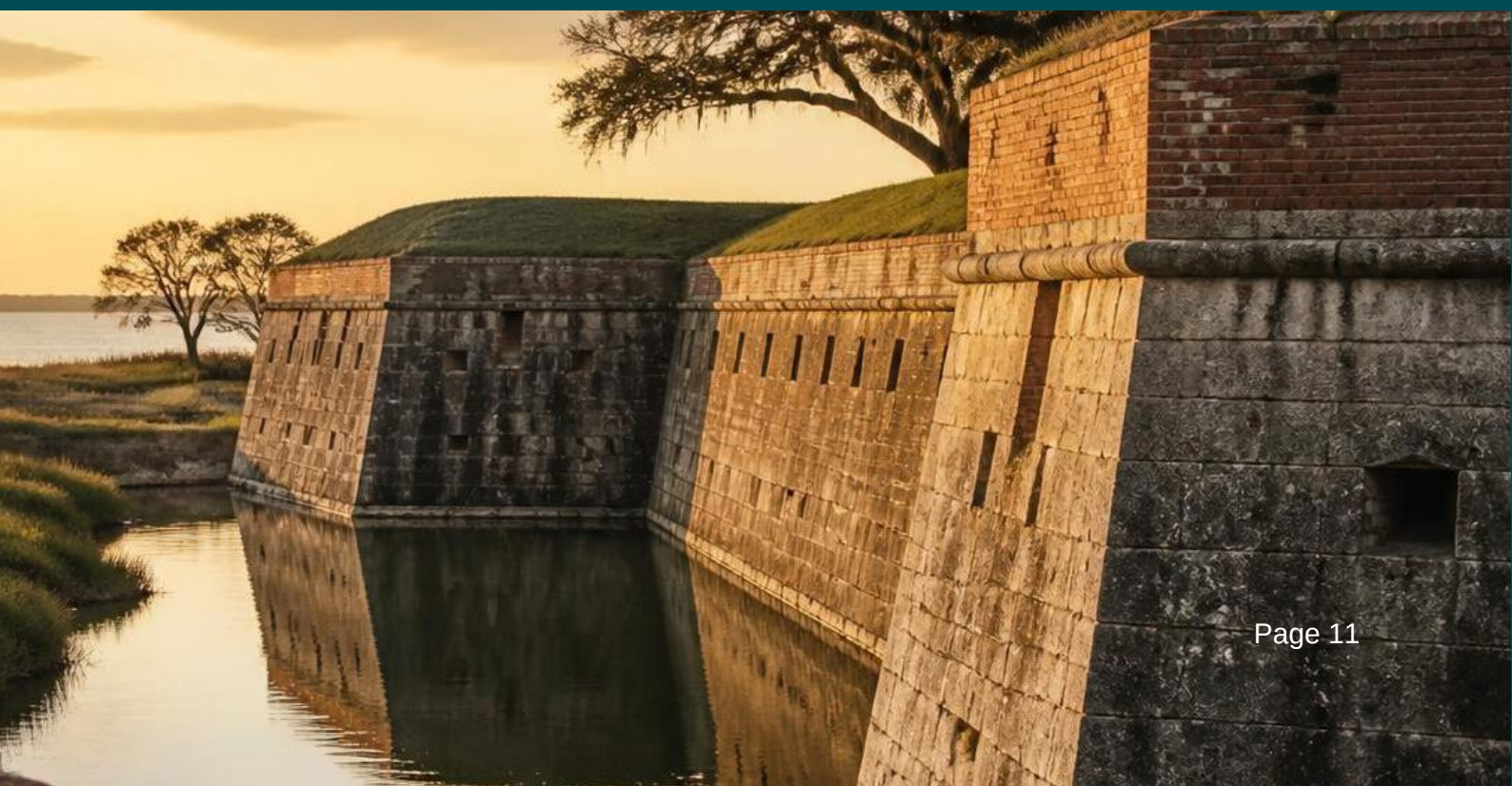
WHY IT MATTERS

The first recorded Africans in English North America arrived here in 1619. In 1861, it became "Freedom's Fortress."

HOW TO GO

Start at the Visitor & Education Center, open Tuesday through Sunday, 9:30 to 4:30.

LOCAL TIP Rangers suggest two to four hours. Bring a picnic for the bay.



Shop & Play

SHOP

Peninsula Town Center

Phoebus – Mellen Street shops

Downtown – Queens Way

PLAY

Virginia Air & Space Science Center

Hampton Carousel – since 1920

Hampton Coliseum – big concerts

FAMILY FUN

Bluebird Gap Farm – 250 animals

Buckroe Beach – pier & bay beach



LOCAL TIP · At the Air & Space Center, look for the Apollo 12 command module.

A Year in Hampton

Mark your calendar



MARCH Hampton Restaurant Week.

JUNE Blackbeard Pirate Festival on the downtown waterfront.

JUNE Hampton Jazz & Music Festival at the Hampton Coliseum.

SUMMER Free Groovin' by the Bay concerts at Buckroe Beach.

AUGUST African Landing Day at Fort Monroe.

LATE SUMMER Hampton Cup Regatta hydroplane races near Fort Monroe.

SEPTEMBER Crabtown Seafood Festival on the downtown waterfront.

DECEMBER Hampton Holly Days Parade downtown.

TIFFANY'S TIP

Dates shift every year, so check visithampton.com before you go. House hunting from out of town? Plan your tour weekend around a festival and see the city at its liveliest.

PLAN MY TOUR WEEKEND →

Getting Around

Roads, crossings & commutes



MAJOR ROUTES

I-64, I-664, Mercury Blvd, LaSalle Ave, Magruder Blvd, Big Bethel Rd and Settlers Landing Rd

AIRPORTS

Newport News/Williamsburg International (PHF) and Norfolk International (ORF)

THE CROSSINGS

The I-64 Hampton Roads Bridge-Tunnel links Hampton to Norfolk; its expansion is expected to wrap up in 2027. The I-664 Monitor-Merrimac Memorial Bridge-Tunnel crosses to the Southside.

TIFFANY'S TIP

"Water shapes every commute in Hampton Roads, and tunnel traffic can change your drive. Tell me where you work and I'll map your commute before you fall in love with a house."

HEADED HERE ON ORDERS?

Turn the page for approximate drive times to bases, shipyards and airports. Then let's match your commute to the right part of Hampton.

SEARCH HAMPTON HOMES →

Commutes & Military Life

How far is everything from Downtown Hampton?



BASES & SHIPYARDS

JBLE–Langley (Langley AFB) 10–15 min
NASA Langley Research Center 15 min
Newport News Shipbuilding 15–20 min
Naval Station Norfolk 20–30 min
JBLE–Eustis (Fort Eustis) 25–30 min
NWS Yorktown 25–30 min
Norfolk Naval Shipyard 30–40 min

AIRPORTS

Newport News (PHF) 15–20 min
Norfolk International (ORF) 25–35 min

MILITARY FAMILIES

Hampton is home to Langley Air Force Base, part of Joint Base Langley–Eustis, and the Hampton VA Medical Center. Ask me about BAH, PCS timelines and my free PCS guide.

MAJOR EMPLOYERS

JBLE, NASA Langley, Hampton University and Howmet Aerospace, with Newport News Shipbuilding next door.

TIFFANY'S TIP

Times are approximate off-peak drives from Downtown Hampton. Rush hour and tunnel traffic can double them, so test-drive your commute before you buy. I'll map it with you.

BOOK A RELOCATION CALL →

Where to Live

Housing styles from the river to the bay



DOWNTOWN Condos, apartments and townhomes near the Hampton River waterfront.

PHOEBUS Late-Victorian and early-1900s homes and cottages near Mellen Street.

WYTHE & KECOUGHTAN Established early-1900s neighborhoods, including homes along Chesapeake Avenue's waterfront.

BUCKROE BEACH Beach cottages, bayfront homes, townhomes and condos.

FOX HILL & GRANDVIEW Waterfront and water-access homes near Back River and the bay.

COLISEUM & NORTH HAMPTON Apartments, townhomes, ranches and newer single-family homes.

"I don't rank neighborhoods. I give you the facts and the tour." — Tiffany

EXPLORE THE NEIGHBORHOODS

Turn the page for a closer look at Downtown, Phoebus, Buckroe and Fox Hill.

SEARCH HAMPTON HOMES →

Downtown & Phoebus

Neighborhood spotlight: river views and historic main streets



DOWNTOWN

A walkable waterfront on the Hampton River, home to the Air & Space Science Center, the Hampton Carousel and the shops and restaurants of Queens Way.

HOUSING STYLES

Condos, apartments and townhomes, with older single-family homes nearby.

PHOEBUS

A historic district near Fort Monroe, centered on Mellen and Mallory streets, with cafés, shops and local restaurants.

HOUSING STYLES

Late-Victorian and early-1900s homes, cottages and bungalows.

[SEARCH DOWNTOWN & PHOEBUS HOMES →](#)

Neighborhood notes describe housing styles and amenities only. Ask me for official resources on schools, zoning and more so you can research what matters to you.

Buckroe & Fox Hill

Neighborhood spotlight: life on the Chesapeake Bay



BUCKROE BEACH

A bayfront neighborhood north of Fort Monroe, with a public beach, fishing pier, boardwalk and summer concerts in the park.

HOUSING STYLES

Beach cottages, bayfront homes, townhomes and condos.

FOX HILL & GRANDVIEW

A historically maritime corner of Hampton along Back River and the bay, next to Grandview Nature Preserve.

HOUSING STYLES

Waterfront and water-access homes, plus established single-family streets.

[SEARCH HAMPTON HOMES →](#)

Neighborhood notes describe housing styles and amenities only. Ask me for official resources on schools, zoning and more so you can research what matters to you.

The Hampton Market

A snapshot of where things stand

\$300K

Median sale price, up about 3.4% from a year ago

28 days

Typical time on market

Hampton offers a wide range, from downtown condos and Victorian homes in Phoebus to bayfront cottages in Buckroe and waterfront homes in Fox Hill, so "the market" can look very different street to street. Pricing depends on location, water access, lot size, age and condition. I'll pull the latest numbers for the exact areas and home types you're considering.

[GET TODAY'S MARKET SNAPSHOT →](#)

[WHAT'S MY HOME WORTH? →](#)



Source: Redfin, Hampton city data for the three months ending August 2026 (median sale price \$299,802). Figures are estimates, change monthly and are not a guarantee of value. Contact Tiffany for current REIN MLS data.

New Resident Checklist

Your first 60 days in Hampton



WITHIN 30 DAYS

- ☐ Title and register your vehicle with Virginia DMV
- ☐ Set up water with Newport News Waterworks, which also bills Hampton sewer and trash
- ☐ Start electric service (usually Dominion Energy)
- ☐ Set up natural gas, if your home has it
- ☐ Confirm your trash & recycling day

WITHIN 60 DAYS

- ☐ Get your Virginia driver's license
- ☐ Register to vote
- ☐ Get a Hampton Public Library card
- ☐ Enroll with Hampton City Schools, if needed

MILITARY FAMILIES Rules can differ for service members. Check the Virginia DMV military page.

MOVING SOON?

I keep a list of trusted local pros, from movers and inspectors to lenders and contractors. Just ask.

[BOOK A CALL WITH TIFFANY →](#)

Your Move in 5 Steps

How buying or selling in Hampton works with me

1 START WITH A PLAN

A free call to talk timing, budget, must-haves and, for military families, PCS dates and BAH.

2 GET READY

Buyers: get pre-approved. Sellers: see your home's value and a prep checklist.

3 SEARCH OR LIST

Tour homes in person or virtually, or launch your listing with a marketing plan built for it.

4 NEGOTIATE

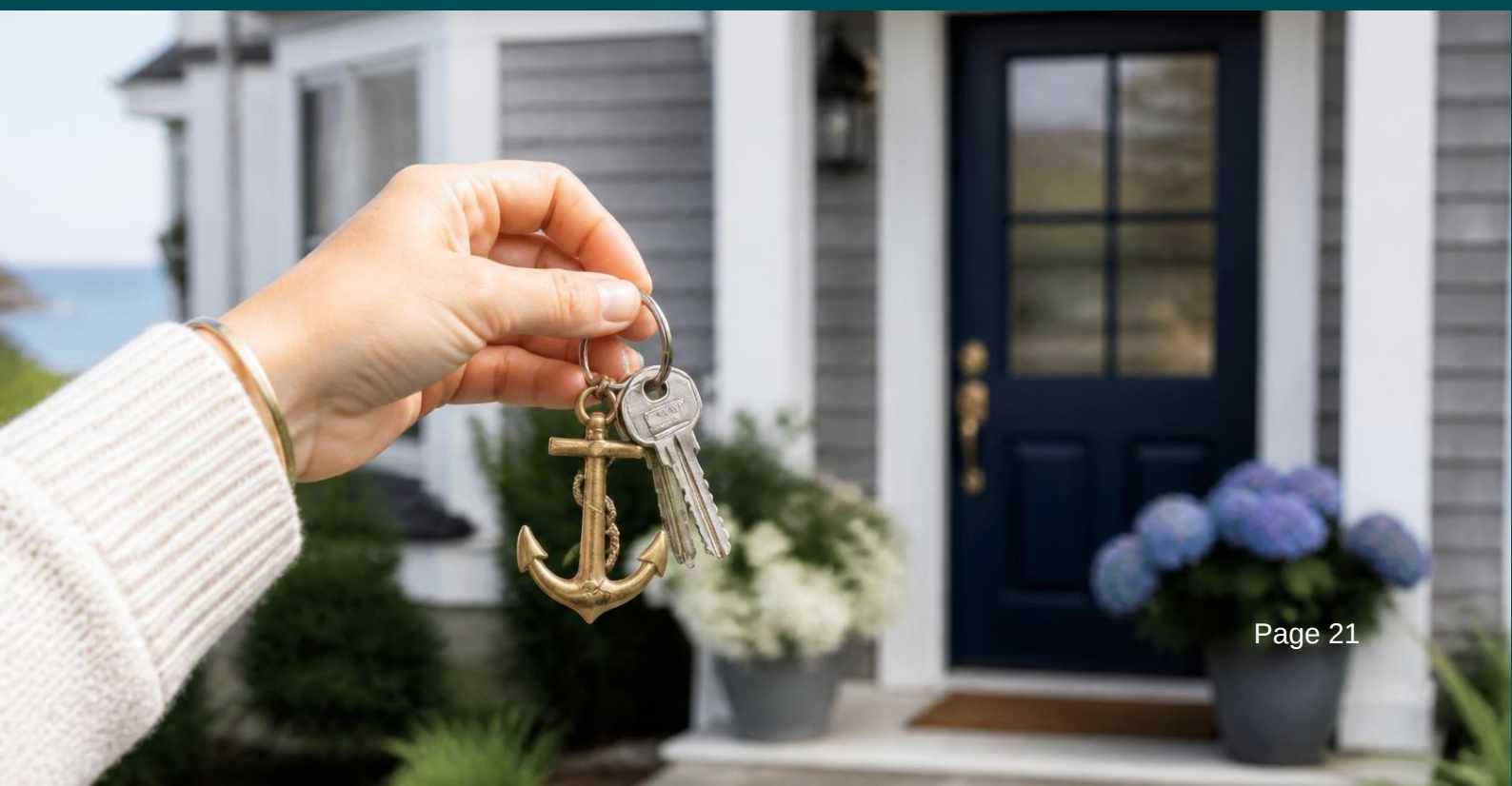
Offers, inspections, appraisal and repairs. I handle the back-and-forth and keep you informed.

5 CLOSE & SETTLE IN

Keys in hand, plus my list of trusted local pros for everything after.

BOOK STEP ONE: A FREE CALL →

SEE WHAT YOUR HOME IS WORTH →



Meet Tiffany

Military Trusted | Relocation Tested | Coast to Coast

TIFFANY MOSBY

Realtor | Team Leader, Epique Realty

I help families buy, sell and relocate across Hampton Roads with confidence. A move is one of life's biggest decisions, so I stay responsive, anticipate challenges and use deep local knowledge to save you time and money.

Virginia is home. Florida is my happy place. If I'm not showing homes in Hampton Roads, I'm probably on I-95 headed south, and my team and I are still answering every call and email along the way. (Seriously. Call me.)



What Clients Say

Real stories from families I've helped move



"If me and my family could give MORE than 5 stars we would. Finding a good realtor is important."

— Sasha J., bought in Virginia Beach

"Tiffany was a pleasure to deal with. She worked tirelessly to help us find our dream house."

— Zillow reviewer, bought in Chesapeake

"Tiffany went above and beyond to help us in the process of selling our home."

— Zillow reviewer, sold in Virginia Beach

"She was a delight to work with, very professional and knew her stuff!"

— Dominique R., bought in Chesapeake

★★★★★ 5.0 on Zillow (6 reviews). Excerpts shown from verified Zillow reviews.

YOUR STORY COULD BE NEXT

Whether you're PCSing in, upsizing, downsizing or buying your first home, I'd love to help you write your Hampton chapter.

BOOK A CALL WITH TIFFANY →

How I Can Help

Whatever brings you to Hampton, I've got you covered



BUYING Search every Hampton listing and get a custom tour plan built around your commute and lifestyle.

SELLING Know your number. Request a free, no-pressure home valuation.

PLANNING Run the numbers with my mortgage calculator before you tour.

RELOCATION & MILITARY PCS Moving on orders? I handle virtual tours, VA-savvy offers and remote closings. Ask for my Hampton Roads PCS Guide.

MARKET UPDATES Get a Hampton market snapshot anytime.

LET'S TALK Book a time that works for you.

[SEARCH HOMES →](#)[HOME VALUE →](#)[MORTGAGE CALC →](#)[BOOK A CALL →](#)

Call or text 757-755-5625 · tiffanymosbyrealtor@gmail.com · tiffanymosby.com

Let's Find Your Place in Hampton



Ready to see it in person? I'll build a custom Hampton tour day around the areas, homes and lifestyle you're looking for.

[BOOK A PRIVATE HAMPTON TOUR →](#)



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