

A group of people are kayaking on a river. The foreground shows a woman in a blue life vest and white shorts, smiling and paddling a green kayak. Other kayakers are visible in the background, also in green kayaks and blue life vests. The river is surrounded by dense green foliage, and the water is slightly rippled. The overall scene is bright and natural. The text 'relax in nature' is overlaid in white, with decorative white flourishes on the right side.

relax in
nature

RELAX IN NATURE A 3-DAY, 2-NIGHT GETAWAY.

TAKE ADVANTAGE OF NATURE'S CALMING INFLUENCE WITH A RELAXED GETAWAY CENTERED ON KAYAKING, HIKING AND EXPLORING THE BEACH AND ITS UNIQUE COASTAL ENVIRONMENT.

Day 1 | Explore a new habitat.

PM: Find your way to a Sandbridge cottage rental, where the only things between you and the ocean are soft sand and gentle dunes. Hike or take a tram through **Back Bay National Wildlife Refuge** for a barrier island habitat that's home to graceful water birds and woodland creatures. Or explore the shoreline's secrets with a nature expert from **Wild River Outfitters**. Discover local flavor at **Blue Pete's**. The Paddle Feast is an only-at-the-beach experience.

Day 2 | Open water and quiet forests.

AM: Experience one of nature's most endearing creatures up close and personal with a Dolphin Cruise from the **Virginia Aquarium & Marine Science Center**. Back at the Aquarium, learn more about their world, and walk the Salt Marsh trails that surround the facility. For lunch, look out on the Bay from your table at **Tradewinds Restaurant**.

PM: Spend the afternoon under the deep canopy of **First Landing State Park's** forested areas. Explore the area by bike, or hike its trails. Interactive nature programs are available at the Chesapeake Bay Center. Visit the nearby **First Landing Cross** site, marking the spot where the first permanent English settlers landed in 1607. Look out over the ocean as you end your day with a spectacular meal at **Surf Club Ocean Grille**.

Day 3 | Paddle in peace.

AM: Rise early for coffee and a beautiful Atlantic sunrise. Then enjoy a satisfying breakfast of fresh produce stand fruit at the cottage before a kayak adventure with **Surf & Adventure Company**. Paddle quiet inland waterways to a calm and rested state of mind, then make the most of it with a visit to the Day Spa at the **Association for Research and Enlightenment (A.R.E.)**. Enjoy a meal at **Aldo's** at Hilltop Shopping Center, followed by boutique shopping.

