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Living the Beach Life – Suggested Itinerary for a Virginia Beach, Va. Vacation

(Virginia Beach, Va., 2007) – In Virginia Beach, throw away the alarm clocks. Let the sparkling waters crashing on soft, sandy beaches and the sun’s warm rays serve as your wake-up call to “Live the Beach Life.” Enjoy coffee from your oceanfront balcony as you plan the day’s itinerary – loose planning of course, because there are no deadlines on a Virginia Beach vacation.



No matter which path you choose – strolling along pristine fairways, embarking an oceanfront adventure, stepping in the footsteps of the 1607 Jamestown Settlers or spending lazy days lounging on soft beaches – one thing is certain. When it’s all over, you’ll know what it is to live the Beach life. And with the region’s mild year-round climate, Virginia Beach is a popular getaway every season of the year.

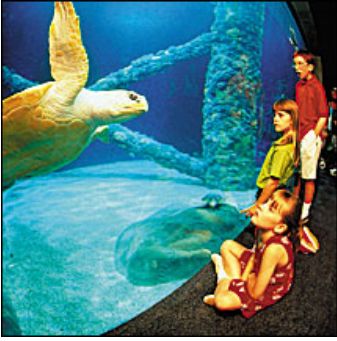
When planning your trip, note that Virginia Beach is centrally located on the East Coast in the southeastern corner of the state where Virginia meets the sea. The city is situated just 20 minutes from Norfolk International Airport, which hosts over 200 major flights daily, and 45 minutes from Newport News/Williamsburg International Airport. For visitors driving to Virginia Beach, the resort city is just 4 hours away from Washington, D.C., 8 hours from New York City and 2 hours from Richmond, Va. It is also accessible from the world-famous Chesapeake Bay-Bridge Tunnel, a 17-mile span connecting Virginia’s Eastern Shore with Virginia Beach.

Finding the perfect accommodation is never a problem in Virginia Beach. With nearly 11,000 hotel rooms – from quaint Inns to the luxurious new hotels – over 1,800 campsites and several hundred rental cottages to choose from, Virginia Beach offers a variety of choices.

For a vacation that enriches the mind as much as the soul, visit Virginia Beach. The following itinerary can help you plan your next Beach vacation.

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Day 1



Next visit the **Virginia Aquarium & Marine Science Center** where you will explore the oceanic world we share with our fellow sea creatures. Ranked among the Top 10 marine science and aquarium facilities in the U.S., the aquarium offers 700,000 gallons of aquariums and over 300 hands-on exhibits. Jump out of your seat while experiencing a 3D movie shown at the **Virginia Aquarium's IMAX Theater**. Enjoy a state-of-the-art sound system as you watch films ranging from educational pictures to

major Hollywood releases.

For a truly interactive animal experience, the **Harbor Seal Splash** at the Virginia Aquarium gives visitors the unique opportunity to step down onto submerged rocks in the seal tank, as the seals splash through the water with their trainer. Visitors also receive a behind-the-scenes tour of the Virginia Aquarium before they climb into the tank with the harbor seals - Peter, Piper, Phoca, Pongo, Hector and Norton.



If you enjoy golf, dare to square off with the devil. Renowned golf course architect Rees Jones had a devilish inspiration when he designed **Hell's Point Golf Club**, a 6,776-yard, par 72, 18-hole course with lakes, interesting fairway angles, challenging greens and 61 sculptured sandtraps. Virginia Beach is a premier East Coast destination for golfers year-round. The resort city features eight top-rated golf courses, designed by such world-famous course architects as Fred Couples, Jack Nicklaus, and the legendary Pete Dye. Also try **The Signature at West Neck**, designed by Arnold Palmer - a beautiful 7010-yard, par 72 Championship course featuring TifSport Bermuda tees and fairways and a smooth A-4 Bent Grass greens.

When evening rolls round, tempt your palette with freshest seafood from the Atlantic Ocean and Chesapeake Bay, succulent steaks, and sun-ripened produce from local farms. Virginia Beach offers nearly 300 restaurants to choose from.

Day 2

Begin your second day in the southern tip of Virginia Beach kayaking through **Back Bay National Wildlife Refuge**. Adjacent to **False Cape State Park**, the refuge and park combine to form 12,821 acres. Both contain numerous hiking and kayaking opportunities for unique viewing of wildlife through a variety of landscapes - beaches, dunes, woodland, farm fields, salt marsh, maritime forest and wooded swamps.



Page 3 – Living the Virginia Beach Life

Choose one of the many guided kayaking tours – dolphin watching, sunrise, sunset and eco-tours – to catch glimpses of the pristine nature surrounding you. Don't forget to bring your camera!



To complete a day in the water, experience surfing with former professional champions who are passing on their love of the ocean. Virginia Beach is the perfect destination to learn how to hang ten! Master the techniques of paddling, catching waves, standing up and surfing – all in a safe environment. The various outfitters – including Quiksilver and Billabong Surf camps – offer individual instruction, 2-hour classes, 1-day, 3-day and 5-day camps.

Before settling in for the evening, why not enjoy some free entertainment along the Virginia Beach resort strip? During summer months, **BeachEvents** provides live entertainment including strolling street performers, live bands, costumed characters and musicians.

Day 3

The great blue is calling you to go on a deep sea fishing trip in Virginia Beach, the “Striped Bass Capital of the World.” The city is located where the Atlantic Ocean meets the Chesapeake Bay, and consequently, anglers are hauling in the mightiest of tuna, flounder, amberjack, wahoo, mackerel, red drum, tautog and much more. With two inlets, the Rudee and Lynnhaven inlets, visitors can embark on half-day and full-day inshore and offshore charters to chase everything from marlin to mahi. Virginia Beach also offers four fishing piers offering tackle rental and bait. With warm, Atlantic waters, there is no off-season in Virginia Beach for sport fishing.



Day 4



For a change in scenery, hiking opportunities abound in Virginia Beach's state parks. **First Landing State Park** contains more than 19 miles of interpretive hiking trails through beach, back dunes, upland forest, tidal marsh and cypress swamp. Grab your binoculars and check out **The Seashore-to-Cypress Loop**, part of the initial Coastal Phase of the statewide Virginia Birding and Wildlife Trail.

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Page 4 - Living the Virginia Beach Life

The Seashore-to-Cypress loop contains 12 viewing sites teeming with flocks of migrant shorebirds, songbirds and raptors. Popular stops include the Chesapeake Bay-Bridge Tunnel, First Landing State Park, Back Bay National Wildlife Refuge, False Cape State Park and the Virginia Aquarium.

Right down the street from First Landing State Park on Ft. Story military base, are the **New and Old Cape Henry Lighthouses** and the **Cape Henry Cross**. The Old Cape Henry Lighthouse was the first public building authorized by the federal government and the first lighthouse on the Chesapeake Bay in the 1700's. The Cape Henry Cross is a national landmark, where the Jamestown settlers first landed in the New World in 1607. The first permanent English settlers from the London Company set up a cross on the newly named Cape Henry shore to affirm England's claim to the site. These settlers later traveled up the James River to Jamestown. Virginia Beach is commemorating the 400th anniversary this year, with a variety of events including an exhibit of Magna Carta and a Reenactment of the First Landing. Next, experience one of Virginia Beach's historic homes, such as the **Francis Land House**, an 18th-century plantation home featuring period rooms, special exhibits and gardens.



Day 5

While you are in Virginia Beach, take advantage of the region's exciting attractions. **Colonial Williamsburg**, **Busch Gardens Williamsburg** and **Water Country USA** are only an hour's drive. Step back in time and discover life in 18th-century America in Colonial Williamsburg. From there, drive over to Busch Gardens Williamsburg, an action-packed, European-themed adventure park with 17th-century charm and 21st-



century technology. Or come splishin' and splashing at Water Country USA, the Mid-Atlantic's largest family water-play park!

Day 6

On your last day, relax. Spend a day lounging on the beach. Take a bike ride along the 3-mile boardwalk, also perfect for walking, skating and people-watching! Unwind and let your tensions go during a massage at **The Association for Research and Enlightenment's** (ARE) day spa. The ARE has been recognized for holistic healing since it was founded in 1931 by Edgar Cayce, the father of holistic medicine and a noted psychic.

Finally, make reservations for dinner aboard **Virginia’s Jewel**, a luxury charter yacht. The two-hour trip cruises you to the **Chesapeake Bay** to take in the sights. The last thing you’ll want to do is take a sunset walk on the beach. Remember to tell friends how to truly live the Beach life.

Virginia Beach entices visitors to “Live the Life” every season of the year! Located in the southeastern corner of the state, Virginia Beach is four hours southeast of D.C. by car and within a day’s drive from Quebec. For visitor information, call 1-800-VA-BEACH (800/822-3224) or visit the Web site www.vbfun.com for online trip planning. For media information and digital images, click on www.vbpressroom.com.

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