

OUTDOOR AND ECO-ADVENTURE

4 DAYS / 3 NIGHTS

The coastal environment here rolls out a big welcome, and invites exploration like no other terrain. These adventures give you a new appreciation for nature's secrets.

Day 1 | Cape Henry Lighthouses

PM – Begin your adventure by exploring **First Landing State Park** and the **Cape Henry Lighthouses**. Your senses will come alive taking in the scenic view where the Chesapeake Bay and the Atlantic Ocean meet. Climb the lighthouse, then journey through the park and learn how to catch a crab in the bay. Have dinner at the **Lynnhaven Fish House** or **Bubba's** for some fresh catch of the day. If you have some left over energy, head back to **First Landing State Park** for a night owl hunt in the park.

Day 2 | Outdoor Adventure and Military Aviation

AM – Start your day right with a delicious breakfast at **Doc Taylor's**. Then embark on a kayak adventure in **Back Bay National Wildlife Refuge** with **Surf and Adventure Co.** Stick around for a guided tour and the **Eco-Wildlife Safari**. Don't forget your picnic lunch provided by **Black Angus Grille**.

PM – It's **SwingTime in the Skies** with a trip to the **Military Aviation Museum**. Enjoy a WWII period tour and meet Rosie the Riveter or a Mustang Fighter Pilot. Spend some free time on the boardwalk before heading to dinner at the oceanfront. **Rockefeller's**, **Waterman's Surfside Grille** or **Catch 31** — there are so many great restaurants, it's hard to choose.

Day 3 | Explore the Oceanfront by Bike

AM – Meet your guide with **Chesapean Outdoors** at **King Neptune's Statue** at 31st St. and Atlantic Ave. Bring your energy and quest for adventure — they'll supply the bikes and the tour.

PM – Grab lunch at **Rudee's** and head for the **Virginia Aquarium & Marine Science Center** for a **Marine Mystery**. Challenge yourself with an Aerial Adventure on the ropes course at **The Adventure Park**. Then it's time to choose your favorite: stand up paddleboard, hop in a kayak or hang ten with surf lessons. Or maybe you want to relax at the **Edgar Cayce's A.R.E. Spa** with a two-hour massage. Either way, it won't be an easy choice.



Day 4 | Chesapeake Bay Bridge Tunnel

AM – What will it be this morning – a dolphin cruise, sea kayaking or a relaxing morning on the beach? Before going home, visit one of the seven engineering wonders of the modern world, the **Chesapeake Bay Bridge-Tunnel** and enjoy lunch right in the middle of the Bay at the **Chesapeake Grill**. Don't forget to pick up a gift at **Virginia's Originals**.