

Culinary & Agriculture

4 Days/ 3 Nights

Virginia Beach celebrates the gifts of land and sea with foodie adventures that get to the heart of the "eat local" movement.



Day 1 | Whet Your Appetite

PM - Upon arrival in Virginia Beach, take your adventurous spirit to the Boardwalk where you will experience the sights, sounds and fresh smell of the ocean. Cozy outdoor cafés line the coast. Start your culinary journey right with a **Boardwalk Food Tour** or an oyster tasting at **Rockafeller's**.

Day 2 | Farm to Table and Craft Brews

AM - Rise early and enjoy the beautiful ocean sunrise. Whet your appetite with the oceanfront's fluffiest pancakes at **Pocahontas Pancake House & Waffle Shop**. Then head to the **Farmers Market** to meet your guide who will take you to the southern part of Virginia Beach for the **Farm to Table** adventure. Learn some Virginia Beach history, meet the farmers, pick juicy Pungo strawberries and taste the local produce of the season.

PM - Enjoy a behind-the-scenes **Craft Beer Tour** and visit top local breweries. Then check out the **Funny Bone Comedy Club** or take in a performance at the **Sandler Center for the Performing Arts** or **Zeiders American Dream Theater**.



Day 3 | Holistic Health and Healing

AM - Wake up with a "Ray Ray" special at **Doc Taylor's**, then head to **Edgar Cayce's Association for Research and Enlightenment** for lessons on **Holistic Health and Healing**. Discover ways to eat for a healthier lifestyle while enjoying tastes of health food that may surprise you.

PM - Work your appetite back up, and get your exercise by climbing one of our historic **Cape Henry Lighthouses**. Next head to **Surf and Adventure Co.** and kayak your way through the **Back Bay National Wildlife Refuge** on a sunset dinner tour ending with an authentic **Chesapeake Bay Blue Crab Feast** at **Blue Pete's Restaurant**.



Day 4 | Marine Mysteries

AM - Depart for the **Virginia Aquarium & Marine Science Center** to experience a **Marine Mystery** adventure and discover more about the Virginia Beach marine environment.

