



RECREATION, SPORTS & WELLNESS

AREA LEGEND

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S SANDBRIDGE BEACH

CB CHESAPEAKE BAY BEACH

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Virginia Beach

IS FAMOUS FOR
ITS BEAUTIFUL PARKS
Ranking 8th in the nation
IN THE 50 BEST PARKS IN THE U.S.

PARK SCORE 2012

Nature Tours

BACK BAY NATIONAL WILDLIFE REFUGE **S**

An approximately 9000-acre beach, woodland and marsh refuge for a wide variety of migratory birds, endangered species and other wildlife, including American Bald Eagles. Wildlife observation, photography, nature study areas. Fresh and saltwater fishing, canoe and kayak launch. Bike, hike or take the tram. Please call for schedule.

4005 Sandpiper Rd. (757) 301-7329
www.fws.gov/backbay
\$

CHESAPEAKE BAY CENTER **CB**

Informative visitor center features historical exhibits and displays, area attraction brochures and information on nature-based tourism activities in the area.

2500 Shore Dr. / First Landing State Park.
www.VisitVirginiaBeach.com

FALSE CAPE STATE PARK **S**

A pristine, ocean-to-brackish water bay habitat. Accessible only by boat, five-mile trip by bike or on foot through Back Bay National Wildlife Refuge or via tram on Back Bay (please call for schedule). Primitive camping is permitted.

4001 Sandpiper Rd. (757) 426-7128
www.VirginiaStateParks.gov

FIRST LANDING STATE PARK **CB**

Virginia's most visited state park is also famous as site of the landing of the first permanent English settlers in 1607. Today, the National Natural Landmark features 20 miles of hiking, a bike trail, boat ramp and picnic areas. The Trail center includes exhibits on the unique environmental features of the park. Campsites and cabins are available for rent.

2500 Shore Dr. (757) 412-2300
or (800) 933-7275
www.VirginiaStateParks.gov
\$

THE ADVENTURE PARK AT VIRGINIA AQUARIUM **R**

The Adventure Park is a joint venture between the Aquarium's non-profit foundation and the Outdoor Venture Group. Consisting of 13 different rope courses containing 170 platforms in the trees, zip lines over Owls Creek, plus another 40 platforms in an unique separate outdoor facility called "The Labyrinth". The park will boast a variety of challenge levels, from introductory through advanced for children, teens and adults.

801 General Booth Blvd.
(757) 385-4947
www.VirginiaBeachAdventurePark.com
\$





Guided Boat & Eco Tours

CAPT. JACKS PIRATE SHIP ADVENTURE ^R

There will be plenty of mischief and mayhem for little pirates and big ones featuring an interactive pirate review, food, beverages and dolphin sightings. The Lost Pearl will be docked at Inlet Station Marina on picturesque Rudee Inlet and will pillage and plunder the high seas of the Virginia Beach oceanfront May through October. Inlet Station Marina, 308 Mediterranean Ave., Rudee Inlet. (757) 305-9700 www.virginiabeachpirateship.com \$

DOLPHIN DISCOVERY: A VIRGINIA AQUARIUM SEA ADVENTURE ^R

Join the Aquarium for an ocean excursion to search for our local population of bottlenose dolphins in their natural habitat. Cruises are offered April through October. Sightings not guaranteed. (757) 385-FISH www.VirginiaAquarium.com \$

ECO IMAGES ^S

Discover the hidden treasures of Virginia Beach through nature walks, plant identification, wild food foraging workshops, medicine making, canoe trips and more. (757) 421-3929 www.ecoimages-us.com \$

OCEAN COLLECTIONS BOAT TRIP ^R

Delve beneath the surface of the ocean. Aquarium staff bring sea life on board during this 75-minute trip. Public cruises begin in July and run through August on Fridays. (757) 385-0300 Virginia Aquarium 717 General Booth Blvd. www.VirginiaAquarium.com \$

RUDEE TOURS ^R

Four exciting water cruises featuring sight-seeing and wildlife observation, including the chance to spy migrating whales and experience wet, wild fun. 200 Winston Salem Ave. (757) 425-3400 www.rudeerocket.com www.rudeetours.com \$

VIRGINIA AQUARIUM PREMIUM EXPERIENCES ^R

Make your experience at the Virginia Aquarium even more unique. *Harbor Seal Splash* is an in-water, interactive opportunity that runs seasonally. *Seals Behind the Scenes* is an hour-long family experience with the harbor seals up-close. *Sea Turtles Behind the Scenes* offers a chance to learn about turtles and watch them being fed. Another choice is the *Above and Beyond Tour* where you can peer into the sea turtle habitat and walk over the top of the shark aquarium. (757) 385-FISH Virginia Aquarium 717 General Booth Blvd. www.VirginiaAquarium.com \$

WHALES & WILDLIFE: A VIRGINIA AQUARIUM SEA ADVENTURE ^R

Discover creatures of the sea and air through up-close encounters on a memorable ocean excursion that will exhilarate and educate. December through March. (757) 385-FISH Virginia Aquarium 717 General Booth Blvd. www.VirginiaAquarium.com \$



Fishing Charters

Private charters and group party boats are available from the following locations.

Our inshore waters are brimming all year with a variety of species, like Atlantic Mackerel, Flounder, Striped Bass, Tautog and more. Offshore, do battle with the fastest, biggest, most storied fish in the sea. June through September are prime months for Blue and White Marlin, Bluefin and Yellowfin Tuna, Dolphin and Wahoo.

DOCKSIDE SEAFOOD AND FISHING CENTER ^{CB}

3311 Shore Dr. (757) 481-4545
www.fishingvabeach.com
www.docksideva.com
\$

FISHERMAN'S WHARF MARINA ^R

524 Winston Salem Ave.
(757) 428-2111
\$

INLET STATION MARINA ^R

227 Mediterranean Ave.
(757) 422-2999
www.rudeesmarina.com
\$

LONG BAY POINTE MARINA ^{CB}

2109 W. Great Neck Rd.
(757) 321-4550
www.longbaypointemarina.com
\$

RUDEE TOURS ^R

200 Winston Salem Ave.
(757) 425-3400
www.rudeeinletcharters.com
\$

THE MARINA AT MARINA SHORES ^{CB}

2100 Marina Shores Dr.
(757) 496-7000
www.marinashoresmarina.com
\$

VIRGINIA BEACH FISHING CENTER ^R

200 Winston Salem Ave.
(757) 491-8000 or (800) 725-0509
www.virginiafishing.com
\$

Guided Kayak Tours

Over 120 miles of scenic waterways to explore. Local outfitters offer trips seasonally throughout the area.

^S **BACK BAY GETAWAYS**
(757) 721-4484 www.backbaygetaways.com

^R **CHESAPEAN OUTDOORS** (Fishing)
(757) 961-0447 www.chesapean.com

^{CB} **KAYAK NATURE TOURS, LTD.** (Fishing)
(757) 480-1999 or (888) 669-8368
www.kayaknaturetours.net

^R **OCEAN EAGLE KAYAK** (Fishing)
(757) 589-1766 www.oceaneaglekayak.com

^S **SURF & ADVENTURE COMPANY**
(757) 721-6210 www.surfandadventure.com

^I **WILD RIVER OUTFITTERS** (Fishing)
(757) 431-8566
www.wildriveroutfitters.com



VIRGINIA BEACH

SURF FISHING

PULLING ONE OF THESE TO HAND
WILL BE WORTH

THE
FIGHT

BLUEFISH • RED DRUM • SPOT
BLACK DRUM • CROAKER
SPECKLED TROUT • STRIPER

Surf Fishing

All you need is a pole and
a fishing license to angle
in freshwater or saltwater.

Licenses are available
from the Clerk of the
Circuit Court Office,
(757) 385-8822 or
(757) 385-8926,
or at select sporting
goods stores.

Pier Fishing

Virginia Beach's fishing piers are gathering places perfect for dropping a line and frequented by a variety of fish. Catch Striper, Spot, Croaker, Bluefish, Cobia, Red Drum, Black Drum and more. No fishing license required here, but free registration is required. 1-800-723-2728 | www.mrc.virginia.gov/fip

LITTLE ISLAND PARK FISHING PIER ^S

3820 S. Sandpiper Rd. (757) 426-7200
www.sandbridgepier.com
\$

LYNNHAVEN FISHING PIER ^{CB}

2350 Starfish Rd. (757) 481-7071
www.lynnhavenpier.blogspot.com
\$

SEAGULL FISHING PIER ^{CB}

Chesapeake Bay Bridge Tunnel
(757) 331-2960
www.cbbt.com
\$

VIRGINIA BEACH FISHING PIER ^R

15th St.
(757) 428-2333
www.vabeachfishingpier.com
\$

Boat Rentals

LIGHTHOUSE INFLATABLES ^{CB}

The Narrows at First Landing State Park
(757) 465-2216 or (877) 814-9390
www.lighthouseinflatables.com

RUDEE INLET JET SKI RENTALS ^R

300 Winston Salem Ave.
(757) 428-4614
www.virginiabeachjetski.com
\$

Boat Ramps

BUBBA'S MARINA AND THE SHELLFISH CO. ^{CB}

3323 Shore Dr. (757) 481-3513
www.bubbasseafoodrestaurant.com
\$

MUNDEN POINT PARK ^I

2001 Pefley Ln. (757) 426-5296
\$

FIRST LANDING STATE PARK ^{CB}

64th St. (757) 412-2300
www.VirginiaStateParks.gov
\$

OWL CREEK BOAT RAMP ^R

717 General Booth Blvd.
(757) 385-1100

LYNNHAVEN BOAT RAMP & BEACH FACILITY ^{CB}

3576 Piedmont Cir. (757) 460-7590
\$



RUDEE INLET

A favorite destination for those who love the water, Rudee Inlet is home to charter boats, sight-seeing cruises, wildlife observation tours and sporting craft launching on a daily basis. This harbor on the southern end of the Resort Area is lined with restaurants serving fresh local seafood and great spots for enjoying the view. www.visitrudeeinlet.com



Surf Lessons

17TH STREET SURF SHOP ^R

(757) 422-6105

\$

SETH BROUDY'S SCHOOL OF SURF ^{CB}

(757) 286-7384

www.sethbroudyschoolofsurf.com

\$

SURF & ADVENTURE COMPANY ^S

(757) 721-6120

www.surfandadventure.com

\$

WAVE RIDING VEHICLES ^R

(757) 422-8823

www.waveridingvehicles.com

\$

Water Sports

BEACH ECO TOURS ^R

3233 Pacific Ave.

(757) 754-8382

www.beachecotours.com

\$

TULA ADVENTURE SPORTS ^{CB}

2100 Marina Shores Dr.

(757) 502-8852

www.tulasports.com

\$

RUDEE INLET JET SKI RENTALS ^R

300 Winston Salem Ave.

(757) 428-4614

www.virginiabeachjetski.com

\$

Fishing Tournaments

Jun Virginia Beach Invitational Marlin Tournament
(757) 491-8000

Virginia Beach Tuna Tournament
(757) 222-2983 | www.vbtuna.com

Aug 13th Annual "Nine, Women, Fishing"
Ladies Only Charity Billfish Tournament
(757) 200-9463 | www.cbwc.org

Virginia Beach Billfish Tournament
(757) 652-8409 | www.vbbt.com

Dec Mid-Atlantic Rockfish Shootout
(757) 319-5146 | www.midatlanticrockfishshootout.com

Year Virginia Saltwater Fishing Tournament
Round (757) 491-5160 | www.mrc.virginia.gov



Golf & Tennis

BAY CREEK

Palmer Course and
Nicklaus Course.
1 Clubhouse Way, Cape Charles
(757) 331-8620
www.baycreekresort.com

BOW CREEK MUNICIPAL GOLF COURSE 1

5917 yard, 70 par course.
3425 Clubhouse Rd. (757) 431-3763
www.golfvb.com

CYPRESS POINT GOLF CLUB 1

6612 yard, 72 par course.
5340 Club Head Rd. (757) 490-6300
www.cypresspointgolf.com

HELL'S POINT GOLF COURSE S

6776 yard, 72 par course.
2700 Atwoodtown Rd.
(757) 721-3400
www.hellspoint.com

HERON RIDGE GOLF COURSE 1

7017 yard, 72 par course.
2973 Heron Ridge Dr.
(757) 426-3800
www.heronridge.com

HONEY BEE GOLF CLUB 1

6075 yard, 70 par course.
2500 South Independence Blvd.
(757) 471-2768
www.hamptonroadsgolf.com

KEMPSVILLE GREENS GOLF COURSE 1

5819 yard, 70 par course.
4840 Princess Anne Rd.
(757) 474-8441
www.golfvb.com

OWL'S CREEK GOLF CENTER R

3779 yard, 62 par course.
411 S. Birdneck Rd.
(757) 428-2800
www.hamptonroadsgolf.com

OWL CREEK TENNIS CENTER R

928 S. Birdneck Rd.
(757) 385-2695
www.owlcreektenniscenter.com

RED WING LAKE GOLF COURSE R

7124 yard, 72 par course.
1144 Prosperity Rd. (757) 437-2037
www.golfvb.com

THE SIGNATURE AT WEST NECK 1

6910 yard, 72 par course.
3100 Arnold Palmer Dr. (757) 721-2900
www.signaturesatwestneck.com

STUMPY LAKE GOLF COURSE 1

6846 yard, 72 par course.
4797 Indian River Rd.
(757) 467-6119
www.hamptonroadsgolf.com

VIRGINIA BEACH NATIONAL GOLF CLUB 1

7197 yard, 72 par
championship course.
2500 Tournament Dr.
(757) 563-9440
www.vbnational.com

VIRGINIA BEACH TENNIS & COUNTRY CLUB 1

1950 Thomas Bishop Ln.
(757) 481-7545
www.vbtcc.com

TopGolf

Get ready to enjoy the game of golf without expensive green or club fees. TopGolf's state-of-the-art golf entertainment complex uses clever microchipped golf balls to measure your accuracy and distance while you score big points. No matter the age or experience level, supercharged fun paired with quality food and beverage will make TopGolf your new favorite hangout. Don't let the name deceive you – this first come, first served venue appeals to not only avid golfers, but also to sports enthusiasts and fun seekers

5444 Greenwich Rd.
www.topgolf.com/us/virginia-beach/
\$

Spas

For a full listing of spa & wellness options, visit www.VisitVirginiaBeach.com

Pamper yourself with time that's all your own, doing what you really deserve. Where waters nourish the soul and every breeze lifts your spirits, your spa experience promises total rejuvenation.

A.R.E. HEALTH CENTER AND SPA [®]

Relocated to the main & 2nd floors of the newly-renovated historic Edgar Cayce Hospital Building, the Spa offers ocean views along with healthful services to clients from around the world. Therapies include holistic spa packages, the signature Cayce/Reilly[®] massage, facials, colon hydrotherapy, acupressure, hypnotherapy, cedar cabinet steams and your choice of over 20 fabulous therapies! Expand your spa experience with our café, stone labyrinth walk, meditation garden, and visitor center.

215 67th St. (757) 457-7202
www.arehealth.org

\$

FLOWERING ALMOND SPA ¹

Carried on an exotic, Far Eastern breeze, the delicate fragrance of the Flowering Almond is an alluring overture to the blissful, relaxing delight that awaits. Here mind, body and spirit find harmony, and soothing luxury touches the soul.

5641 Indian River Rd.
(757) 366-5790
www.foundersinn.com

\$

THE BEST BODY CO. [®]

We offer a full range of salon services, day spa treatments and a wellness clinic to make sure you feel and look your best from inside out.

700 19th St. (757) 428-2639
www.thebestbodyco.com

\$

SPA BY THE BEACH [®]

Treat yourself to full-service rest and relaxation. From a number of massage offerings to aromatherapy and cellulite reduction, Spa By The Beach has everything you need to unwind.

1385 Laskin Rd, Ste B (757) 761-9317
www.thespabythebeach.com

\$

SUMATRA SALON & SPA AT TOWN CENTER ^{TC}

Conveniently located in the Virginia Beach Town Center, a premiere choice for all your nail, skin care, beauty, grooming and relaxation needs. Professional, friendly, caring staff provide an enchanting experience.

232 Central Park Ave.
(757) 456-9900
www.sumatrasalon.com

\$

Yoga & Fitness

Whether you're tracking steps, counting reps or mastering a new position, your active lifestyle is right at home in Virginia Beach. There's no better incentive to get moving than having the ocean right here for encouragement.

HOT HOUSE YOGA

Hot House is dedicated to the highest quality, absolute best in customer service and comfort, amazing amenities and a truly relaxing environment. A sequencing of 25-30 static postures done in a room heated to 95°F for 90 minutes. A total body workout that is great for the beginner, intermediate, and advanced practitioner.

1952 Laskin Rd., Ste 507.
(757) 428-0099
www.hothouseyogi.com
\$

HOT YOGA STUDIO

All of the programs offered are presented with precise, success-oriented methods of instruction that will assure the highest quality experience. Classes provide a physical workout while centering the mind and balancing the emotions.

2734 Virginia Beach Blvd.
(757) 486-5002
www.hotyogavabeach.com
\$

INLET FITNESS CENTER

Offers yoga, day spa, fitness rooms, and massage.

2101 West Great Neck Rd.
(757) 412-0600

2336 Elson Green Ave., Ste 106.
(757) 689-2446
www.inletfitness.com
\$

JIM WHITE FITNESS

Let our personal trainers, registered dietitians/DTRs and one-of-a-kind studios help you get really, truly fit.

1577 Laskin Rd., Ste 105.
(757) 422-4728

2861 Lynnhaven Dr.
(757) 412-0019
www.jimwhitefit.com
\$

PRINCESS ANNE ATHLETIC COMPLEX

We built it, and they came. Now you can take in a game at this stellar complex, featuring eight lighted tournament-quality softball fields, seven multi-purpose playing fields and two full-service concession stands. Local athletics and elite travel leagues keep competition level high so there's usually someone on deck to bat their way to glory, score a touchdown or kick one in the net for the team.

4001 Dam Neck Rd.
(757) 385-0478
www.vbgov.com
\$

WAREING'S GYM

The only full-service gym within walking distance of resort oceanfront, offering a variety of the latest functional training equipment, including kettlebells, TRX, bands, balls, and bumper plates to help you get the most out of your workout. More than 50 weekly yoga, Pilates, Zumba, and fitness classes with intensities to suit any fitness level.

700 19th St.
(757) 491-0700
www.wareingsgym.com
\$

VIRGINIA BEACH FIELD HOUSE

Indoor play is on at this state-of-the-art facility offering league play, youth programs, camps, parties and special events. Soccer, flag football, volleyball, basketball, baseball, softball, lacrosse, field hockey, dodgeball, kickball, whiffleball – the competition is always tons of fun here. There's even a Fun Zone where kids under 54" tall can climb, play and slide with parental supervision.

2020 Landstown Centre Way
(757) 427-3955
www.beachfieldhouse.com
\$

VIRGINIA BEACH SPORTSPLEX

Welcome to stadium-level excitement. The Virginia Beach Sportsplex features multi-level, grandstand style seating overlooking competition-quality turf fields, grass athletic fields and a training center. Whether you're here to catch a soccer, football, field hockey or lacrosse match, or participate in a 5K, mud run or other event, you can celebrate at the Plex Café, offering box lunches, team parties and picnic services.

2044 Landstown Centre Way
(757) 427-2990
www.thevirginiabeachsportsplex.com
\$



Running Events

DATE	EVENT	FOR INFORMATION
FEB	Polar Plunge 5K	(757) 962-1575 www.polarplunge.com
MAR	Yeungling Shamrock Marathon and Half Marathon	(757) 412-1056 www.shamrockmarathon.com
JULY	Allen Stone Memorial Run/Swim/Run	www.allenstonememorial.com
AUG	Surfer's Healing 5K	www.surfershealingvb.org
AUG	Coastal Edge East Coast Surfing Championship 5K	www.surfecsc.com
SEPT	Rock 'n' Roll Half Marathon	(858) 450-6510 www.runrockroll.com
SEPT	Neptune 8K, 5K Run	(757) 498-0215 www.neptunefestival.com
OCT	Komen Tidewater Race for the Cure 5K	(757) 490-7794 www.komentidewater.org
OCT	Anthem Wicked 10K	(757) 412-1056 www.wicked10k.com
NOV	Race for Breath 5K	(608) 828-8823 www.freetobreathe.org
DEC	Great Outdoor Provision Co. Surf-n-Santa 5 Miler presented by Bon Secours In Motion	(757) 412-1056 www.surfnsanta5miler.com



Back To Nature

EXPLORE OUR PARKS

Outdoor adventure is always close by in Virginia Beach's state parks, with thousands of acres of protected forest, marsh and shoreline to explore. From guided tours to primitive campsites, ocean's edge to coastal forest, experience nature's best at Back Bay National Wildlife Refuge, False Cape State Park and First Landing State Park.



or paddleboard, the feeling of being one with the water is addictive.

ON THE SHORE

The unique coastal environment in Virginia Beach is a shared treasure and yours to explore thanks to an abundance of public parks. Sandbridge, Back Bay National Wildlife Refuge and False Cape State Park provide access to acres of marshland, forests, wildlife habitats and pristine beaches, with numerous trails you can hike or bike to remote locations. Along the Chesapeake Bay, First Landing State Park is a popular spot for nature walks, bike rides, camping and more – 19 miles of trails lead you through dense forests to cypress-filled lagoons and marshes.

IN THE TREES

Nature lends itself for high-flying adventure on the grounds of the Virginia Aquarium. Test your skills on the rope courses, platforms and ziplines high in the trees of The Adventure Park, where a variety of skill level challenges make the experience a blast for all ages. With safety instruction and gear provided, including double-clipped-on harness technology keeping climbers continuously connected to a safety cable, you'll be working your way through thirteen self-guided treetop trails with 170 crossings on your way to bragging rights.

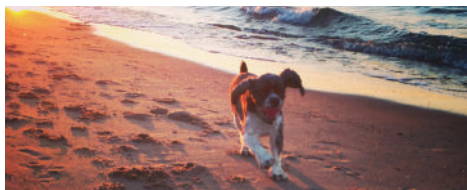
With 35 miles of ocean and bay beaches, more than 121 navigable miles of waterways and over 130,000 acres of natural area throughout Virginia Beach, nature's wonder is all around you. It's easy to explore the elements here, with outfitters and guided excursions to lead the way.

ON THE WATER

Don't be deceived by Virginia Beach's calm waters – there are plenty of thrills to be had here.

On an ocean-going wildlife excursion, you can regularly catch sight of dolphins, birds and other aquatic life, including the occasional sea turtles or rays. In winter months, you have a chance to spy the thrill of a lifetime as humpback, fin and minke whales migrate through our waters. You can even paddle out off the beach for ocean kayaking with dolphins. Local outfitters will point you to the scores of inland waterways of area parks and wildlife refuges and provide the gear and instruction you need. Whether you surf, kayak

Coastal Pets



The entire family is welcome here, no matter how furry. From pet-friendly accommodations to year-round hiking in First Landing State Park or Back Bay National Wildlife Refuge, to frolicking in our off-leash dog parks, Virginia Beach makes your best friend a guest of honor. Between Labor Day and Memorial Day public beaches and the boardwalk welcome pups on a leash any time. During summer months, safety restrictions guide you and your pet to the best times and places to enjoy the beach together. For details, search "pet lovers" at VisitVirginiaBeach.com.

Crab Picking

There's an art to coaxing fine, tender crabmeat onto your plate.



1. Remove the Apron. 2. Pull off the top shell.
3. Remove the Gills. 4. Enjoy the meat.

10 SUPER DUPER EXCITING Bucket List IDEAS

1. **ZIP THROUGH THE TREES**
At The Adventure Park at Virginia Aquarium
2. **TAKE A TOP-OF-THE-WORLD SELFIE**
From the top of the Cape Henry Lighthouse
3. **SEAL IT WITH A KISS**
Fall in love on an Aquarium Seal Splash
4. **TAKE YOUR FIRST SLURP**
Of Waterman's famous Orange Crush
5. **SHARE THE WATER WITH DOLPHINS**
On an ocean kayaking excursion
6. **HANG TEN**
Let an expert teach you the ways of the surf
7. **PICK YOUR CRAB - AND EAT IT, TOO!**
Feast on the Chesapeake Bay's finest
8. **BUILD A CASTLE**
Build big and dare the tide to roll in
9. **TAKE FLIGHT**
Imagination soars at the Virginia Military Aviation Museum
10. **SAIL TO THE TOP**
Hold on for a parasailing adventure