

outdoor adventure

Coastal waters, beautiful parks and great fishing make Virginia Beach the ideal vacation for any outdoor lover. Home to one of the last great salt marsh habitats on the East Coast with hundreds of miles of inland waters, thousands of acres of parks and countless trails, and the largest estuary in the US in the Chesapeake Bay, this is much more than a seashore vacation. Whether you're on one of our beaches or deep within the canopied forest of our state parks, there's an open invitation to paddle, bike, hike, surf and swim your way to your best vacation yet.





coastal waters

With miles of beautiful coastline and meandering waterways, Virginia Beach is home to an aquatic playground of fun and adventure. Whether you float above the waves on a parasailing excursion, drop in on a surfing session, or ride the currents with a variety of boating activities, getting on the water is never a problem. So paddle, sail, cruise, swim, or walk out to our beautiful waters and start living the life, aquatic-style.

4 WAYS TO GET OUT ON the water



KAYAKING

Kayaking is one of the best ways to explore our waterways. Whether you have your own or opt to rent from a local outfitter, it's easy to get in a kayak and get going in Virginia Beach.

STAND-UP PADDLE BOARDING

Hop aboard a stand-up paddle board (SUP) and explore one of the last great salt marsh habitats on the East Coast. Rent equipment from a local outfitter, and let the adventure begin.





PARASAILING

For a completely new perspective, and spectacular views of the Virginia Beach Oceanfront, Rudee Inlet is a great place to take-off for parasailing tours. If you haven't experienced the serenity that comes with floating 1,000 feet above the water, there's no better time than now to try it!



SURFING

Considered by many to be the birthplace of East Coast surfing, the spirit of surfing runs deep in Virginia Beach. Whether you're a novice, a "grommet" or a seasoned pro, catching one of our swells is a must.

THERE'S NO OFFSEASON FOR FISHING IN VIRGINIA BEACH

Known as the "Rockfish Capital of the World," Virginia Beach and its neighboring waters are home to a multitude of freshwater, brackish and saltwater fishing opportunities. With the food rich Chesapeake Bay adjoining the Atlantic Ocean in Virginia Beach, a long list of fish are abundant throughout the year.



RED DRUM

March - Nov., Peak Season:
May - June, Aug. - Oct.
Found in the Chesapeake Bay.

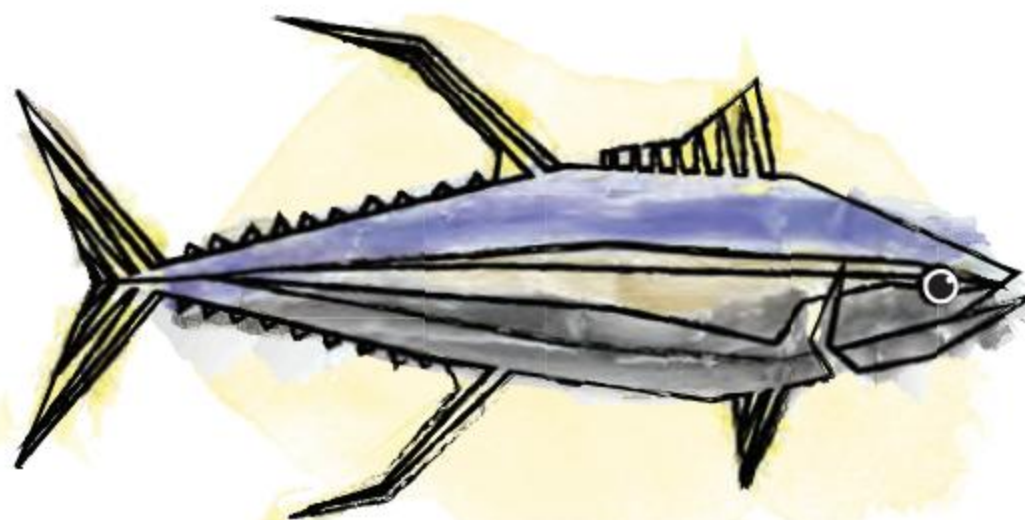
DOLPHIN

May - Oct.,
Peak Season: July - Sept.
Found in offshore ocean waters.



STRIPED BASS (ROCKFISH)

Jan. - Dec., Peak Season:
May - June & Sept. - Jan.
Found in all coastal inshore and Chesapeake Bay waters.

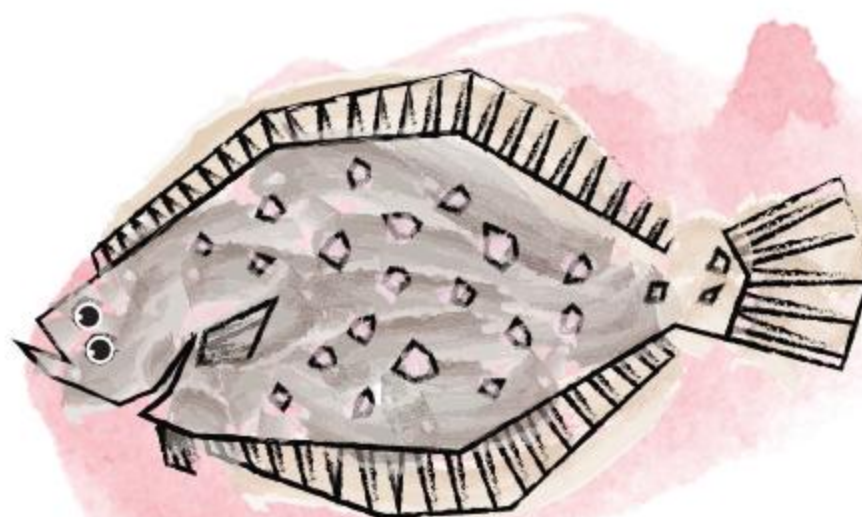


YELLOWFIN TUNA

May - Nov., Peak Season: June - Oct.
Found in offshore ocean waters.

FLOUNDER

March - Nov., Peak Season:
April - Oct.
Found in the Chesapeake Bay and Rudee Inlet.



SPECIES	LOCATION	SEASONS
AMBERJACK	Ocean waters over and around wrecks & underwater obstructions; Chesapeake Light Tower	June – October
BLACK SEA BASS	Ocean waters; lower Chesapeake Bay	April – December
BLUEFISH	Offshore and coastal waters; Chesapeake Bay; Eastern Shore barrier island surf	Middle April – July; October – December
BLUELINE TILEFISH	Offshore ocean waters	January – December
COBIA	Lower Chesapeake Bay, along coastal beaches; Chesapeake Bay Bridge Tunnel; Chesapeake Light Tower	May – September
CROAKER	Chesapeake Bay, tributary rivers of the Bay, coastal ocean waters, inlets	March – November
BLACK DRUM	Chesapeake Bay; 2nd & 3rd Islands of Chesapeake Bay Bridge Tunnel	May – September
KINGFISH	Surf zone of coastal waters from Sandbridge to Assateague Island; ocean piers; lower portion of the Chesapeake Bay, including lower bay piers	May – October
MACKEREL, ATLANTIC	Coastal and offshore ocean waters, from 5-35 miles offshore	Mid-February – mid-April
MACKEREL, KING	Coastal and offshore ocean waters, particularly around wrecks and other “structure”; mouth of the Chesapeake Bay and off ocean inlets	June – October
MACKEREL, SPANISH	Coastal ocean waters, particularly off inlets, along tidelines, and over coastal wrecks; lower Chesapeake Bay	June – October
BLUE MARLIN	Offshore ocean waters	June – October
WHITE MARLIN	Offshore ocean waters	June – October
SAILFISH	Offshore ocean waters	June – October
SHARKS	Offshore and coastal ocean waters, particularly around and over obstructions; Eastern Shore seaside coastal waters and inlets	June – October
SHEEPSHEAD	Chesapeake Bay Bridge Tunnel; wrecks in nearshore coastal waters and lower Chesapeake Bay	May – October
SPADEFISH	Coastal ocean waters and the lower Chesapeake Bay; Fish consistently found at the Cell, Plantation Light, York Spit Light, Tiger wreck, 4A-buoy, Chesapeake Light Tower, and Chesapeake Bay Bridge Tunnel	May – September
SPOT	Chesapeake Bay and Bay tributary rivers, coastal ocean waters, inlets – all inshore coastal waters	June – October
WORDFISH	Offshore ocean waters	April – October
TAUTOG	Wrecks and reefs in ocean waters off the coast and in lower Chesapeake Bay; along Chesapeake Bay Bridge Tunnel	January – December
TROUT, SPECKLED	Spring: Rudee Inlet with lures. Fall: Lynnhaven Inlet, Rudee Inlet	April – Middle December
TUNA, BIGEYE	Offshore ocean waters June – October; peak late June – July	June – October
TUNA, BLUEFIN	Offshore ocean waters, especially the Southeast Lumps, the Fingers, 26 Mile Hill, 20 Fathom Finger; off Chicoteague	June – September
TUNNY, LITTLE	Offshore and coastal ocean waters; occasionally in lower Chesapeake Bay	May – November
WAHOO	Offshore ocean waters	June – October

explore our parks

Whether you're into invigorating hikes, adventurous trails or scenic routes, Va Beach's state parks, wildlife refuges and miles of protected beaches are sure to have you craving the great outdoors. At First Landing State Park, you can hike through seven distinct ecosystems. In fact, this registered Natural Landmark was the site of the settlers' first landing in 1607 and has since become Virginia's most visited state park.

Walk along 1.25 miles of beachfront and stop to take in the beauty of dunes, tidal marsh and the maritime forest; or follow 19 miles of interpretive hiking, running and biking trails through protected habitats, including one of the most endangered habitat types in the world, the maritime forest community. Along each trail within the 2,888-acre park, you'll encounter a different scene, from freshwater ponds and Spanish moss to stunning views of the Chesapeake Bay.

Farther south in Sandbridge Beach, the **Back Bay National Wildlife Refuge** provides incredible scenic hikes along several trails through dunes, woodland, marshes and ocean beaches. Given its remote location, the park has become a haven for loggerhead sea turtles, peregrine falcons and bald eagles, all of which you'll have the opportunity to encounter as you explore the 9,108-acre refuge—a local favorite! Feeling extra adventurous? Hike through the refuge to reach **False Cape State Park**, accessible only by foot or by boat. Featuring six miles of pristine beaches, False Cape is a wildlife watcher's delight and a destination for more than 300 species of birds, including a snow geese population of 10,000.

Photo taken at False Cape State Park





golfing

Whether you're looking to drive, chip, putt or ride around in the golf cart holding the cooler, Virginia Beach has what you need to make sure your game stays on par. With more than 198 holes of golf from which to choose, Virginia Beach has something for every handicap, including courses and holes designed by some of the legends of the game. Here is where to find some of the best golfing in Virginia Beach.

GOLF COURSES

The City of Virginia Beach offers five public golf courses, all of which are leased and privately operated and managed, including **Red Wing Lake, Bow Creek, Kempsville Greens, Stumpy Lake**, and **Virginia Beach National**. Virginia Beach National, designed by golf greats Pete Dye and Curtis Strange, is a former Tournament Players Club (TPC) course that is now available for anyone to play. Another premier venue, **The Signature at West Neck**, is an Arnold Palmer Signature design and offers a challenging and beautiful championship course, perfect for a day chasing the little white ball.

TOPGOLF

For those who spend more time in the hazards than on the green, swing into your day with brunch and a couple rounds of **Topgolf**. If you've never been to a Topgolf, you definitely need to give this game a try. No matter how high your handicap is, Topgolf has a variety of games that are enjoyable for any skill level. We like going early. The rounds are cheaper before noon, the crowds are smaller, and their brunch is killer. The chicken and waffle sliders and a couple of classic mimosas are enough to power us through a round or two. While you are technically outside, Topgolf is completely covered and open for business rain or shine, making it the perfect option when your usual round of 18 gets rain-checked.

MINI GOLF

If putting around is more your speed, look no further than the Oceanfront District, which has many miniature golf options that everyone in your group will enjoy. Whether you prefer to play golf among the waterfalls and palm trees of **Shipwreck Golf** and **Pirates Paradise Mini Golf**, on a safari at **Jungle Golf Virginia Beach**, or even test your luck in one of our blacklight indoor mini golf options, we have you covered.



6 PLACES TO CAMP

IN

Virginia Beach

1 FIRST LANDING STATE PARK

Features 200 campsites, including sites for tents and RVs, as well as cabins.

2 FALSE CAPE STATE PARK

Offers primitive camping right on the beach. Can only be reached by hiking, biking, small boats, and the park's tram service

3 VIRGINIA BEACH KOA CAMPGROUND

Quick Drive from the Virginia Beach Oceanfront. Includes sites for tents, RVs, and both deluxe and rustic cabin options

4 NORTH LANDING BEACH RV RESORT & COTTAGES

Located near the North Carolina border. Offers high-end camping resort amenities and 150 RV sites, as well as tent camping sites and cottage rentals.

5 HOLIDAY TRAV-L-PARK

Features over 700 hundred traditional camping sites, RV space, and 44 rustic cabins. Includes 18-hole miniature golf course, swimming pools, and dog park.

6 NORTH BAYSHORE CAMPGROUND

Quick drive from Sandbridge Beach and surrounded by the Back Bay National Wildlife Refuge. Includes sites for tents, RVs, as well as both cabin and pop-up rentals. Enjoy a boat ramp to Back Bay with rentals of canoes, kayaks and rowboats.



Four HIKING TRAILS to explore

Whether you're into invigorating hikes, adventurous trails or breathtakingly scenic routes, our state parks, wildlife refuges and miles of beaches are all ready to be explored.

BALD CYPRESS TRAIL

For a scenic hike through the enchanting cypress swamps, Bald Cypress Trail offers a 1.6-mile loop, including several boardwalks and platforms overlooking the low wetlands. This trail features an abundance of wildflowers throughout, and is ideal for all experience levels. Dogs are also able to use this trail while on a leash. The trailhead is located at the park's trail center, accessed through the south entrance off of Shore Drive, which is the main hub for accessing the nine interpretive trails running through First Landing's seven distinct ecosystems.

CAPE HENRY TRAIL

This six-mile trail is the longest within First Landing State Park, stretching from the park's northern border to southernmost entrance off of Atlantic Avenue. Accessible to both hikers and bicyclists, and running parallel to Shore Drive, the Cape Henry Trail passes through an old-style beach neighborhood where salt boxes sit comfortably next to contemporary renovations. The flat trail, shaded in places by pine and live oak trees, is perfect for avid bird watchers; you'll see osprey and egrets, and maybe even an elusive eagle. The trail heads through the park, past the beaches of the secluded narrows, and connects at the northern tip of the Virginia Beach Boardwalk.

PLEASURE HOUSE POINT NATURAL AREA

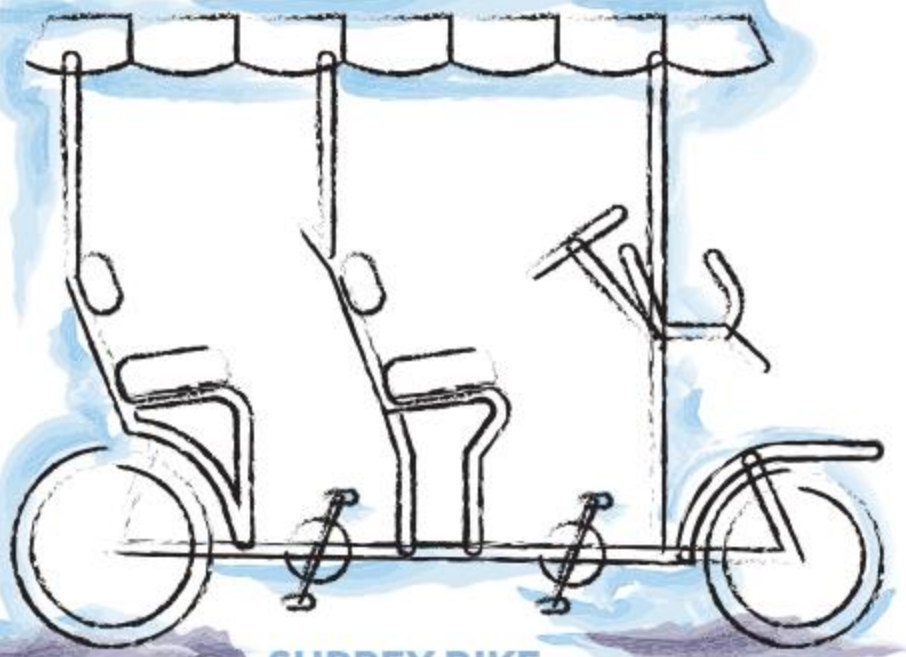
With over 118 acres of pristine maritime forests, marshland and beaches, the Pleasure House Point Natural Area includes three sandy trails that are a must for visiting hikers. Each soft trail can be easily completed by hikers of all skill levels in an hour or two. The natural area's location between the Lynnhaven River and the mouth of the Chesapeake Bay, make this natural sanctuary a beautiful place to spend the day.

STUMPY LAKE LOOP

Totalling 1.5 miles in length, the Stumpy Lake Loop overlooks the beautiful Stumpy Lake, and is perfect for hiking, walking, trail running and nature trips. The Stumpy Lake Natural Area is located along the south central City boundary with Chesapeake, and features a 278-acre lake with a raised overlook, 174-acre golf course, with more than 970 acres of undeveloped, forested land surrounding the lake and 1.65 miles of soft shared-use trails.

CYCLE YOUR WAY Through THE CITY

Virginia Beach has over 200 miles of bikeways and trails, not counting trails in our 230+ parks and natural areas. Here's our advice for the best location for your favored bike.



SURREY BIKE

Location: Oceanfront

Tip: With a dedicated bike lane alongside the boardwalk, surreys are meant to be shared with your closest family and friends.



ROAD BIKE

Location: Inland/Surrounding Areas

Tip: Don't try this alone: friendly Saturday group rides are a must with rides for all paces. Take some cash for a post-ride coffee shop party.



BEACH CRUISER

Location: Inland/Red Mill

Tip: Using sidewalks, dine around daytime by bike through Red Mill Commons or head to New Realm Brewery.



FAT TIRE BIKE

Location: False Cape State Park

Tip: Low tide is the best for riding on compact sand.



MOUNTAIN OR CYCLOCROSS BIKE

Location: First Landing State Park

Tip: Be on alert for soft sand, occasional tree roots and friendly hikers and runners on Cape Henry Trail. Share the trail!

TIME TRIAL BIKE

Location: Pungo

Tip: A 50-mile, flat bike loop on country roads is perfect for interval training. Test your small gear climbing skills on Pungo Ferry Bridge... if you dare.



Top 10 PLACES FOR SUNRISE & SUNSET PHOTOS

To see the sun rise over the Atlantic Ocean and set over the Chesapeake Bay, in the same day, is an experience that is uniquely Virginia Beach. Whether you are using a camera or camera phone, you're guaranteed to get the perfect sunrise and sunset shots at these places.



SUNRISE

A sunrise in Virginia Beach is a sight you won't soon forget. With the world still sound asleep, the show is about to begin—and you have a front-row seat.

Sandbridge Beaches

Watch through the dancing sea oats on the dunes of Sandbridge, as the waking sun glistens on the morning surf. Whether you take in the daybreak on the Little Island Pier, on the beaches of the Back Bay Wildlife Refuge, or relaxing on the deck of your vacation rental, you really can't go wrong here.

King Neptune Statue

For the quintessential Virginia Beach shot, we love getting King Neptune himself in the foreground with the colors of the sunrise peeking out from behind him.

Virginia Beach Fishing Pier

Like King Neptune, the Virginia Beach Fishing Pier is a local icon that makes for a great sunrise photo. Whether you actually take your shot on the pier, or you get the silhouette of the pier from further down the beach, this always makes for a great picture.

Oceanfront Hotels

Although you can always get a great shot by standing on the beach or boardwalk, the perspective that comes with our oceanfront hotel balconies will bring it to the next level - literally.

Croatan Beach

What sets Croatan Beach apart from the others is that this beach is a favorite of our local surfers, who often head out before the sun comes up waves.



SUNSET

After a busy day, you can't beat a walk along the water's edge at sunset. While the sun rises over the Atlantic Ocean, the angle of the Chesapeake Bay Beach sets you up perfectly to enjoy the sun setting over the water.

Chic's Beach

Whether taking an evening stroll or setting up a beach chair to take in the show, this is the easiest spot to capture that unforgettable sunset shot in Virginia Beach.

Chesapeake Bay

Get the perfect shot of the last light of day by dropping a paddle board or kayak into the water and floating right up to it. Be sure to capture the Chesapeake Bay Bridge Tunnel in the background for a classic Va Beach touch.

Rudee Inlet

With the bridge in the foreground and the boats of the marina against the sunset in the background, this is one of our favorite marina sunset shots.

Broad Bay

At favorite local eateries like the Back Deck, Bubba's, and Chick's Oyster Bar, you can enjoy a sunset with a side of fresh seafood and delicious drinks while sitting out over the water in the Chesapeake Bay District.

The Narrows

The tapering waterway bordering First Landing State Park, known to Virginia Beach locals as The Narrows, is one of our favorite hidden spots to snap a beautiful shot over the water.