



boomer
getaway

60 is the new 40

A 4-day, 3-night adventure. Age is just a number when you combine relaxation with an active lifestyle: golf, bird watching, sailing, history, fishing, dancing and more.

Day 1 | Start with a breath of fresh air.

PM: A walk on the Boardwalk sets the stage for your time here, with the ocean swells and salt air providing instant attitude adjustment. Enjoy great coastal cuisine at **Catch 31**, where fresh fish and seafood are flown in from docks, boats and farms around the world.

Day 2 | Enjoy the water and the greens.

AM: Spend the morning fishing the surf or ocean kayaking alongside dolphins. Or fit in a round of golf at one of our challenging courses.

PM: Lunch during a luxury cruise on the **Virginia's Jewel** as you tour natural areas, landmarks and the city's beautiful waterfront neighborhoods. Or spend the afternoon touring the **Christian Broadcasting Network** and view a taping of "The 700 Club" with Pat Robertson. Evening offers a **Little Theatre of Virginia Beach** production or a laughfest at **The Funny Bone**. Savor a multi-sensory experience at **Otani**, for a sizzling evening of flames, comedy and knife-flashing banter as your chef prepares Japanese cuisine at your Hibachi-style table.

Day 3 | Nature calls.

AM: Drive the **Virginia Birding and Wildlife Trail**, from Seashore-to-Cypress Loop, for prime viewing of migrating shorebirds and abundant wildlife. You'll reach the **Chesapeake Bay-Bridge Tunnel**, an engineering wonder of the world. Stop at **First Landing State Park**, where the first permanent English settlers stepped on the continent.

PM: **Back Bay National Wildlife Refuge** is home to river otters, white-tailed deer, mink, red fox and turtles. End the day with a world-class music or stage show at **Sandler Center for the Performing Arts**, and dinner at one of **Town Center's** culinary choices.

Day 4 | Greet the dolphins.

AM: Time for one more unforgettable experience – a Dolphin Cruise or Whale Watching trip from The **Virginia Aquarium**. These two-hour excursions put you in their natural habitat, offshore where dolphins splash in the warmer months, and whales' migration path follows in the coolest weather. Back on shore, a fine meal by the Chesapeake Bay can be found at **Lynnhaven Fish House** or **Hot Tuna Bar and Grill**.