

Three Sun-Soaked Days in Virginia Beach

Your complete itinerary to a long weekend on the East Coast

Located where the Atlantic meets the Chesapeake Bay, Virginia Beach spans multiple shorelines, with offerings for families, couples and group trips. From all-age attractions to outdoor parks, water activities and year-round events, Virginia Beach has all the makings of a classic East Coast getaway, only 20 miles from Norfolk International Airport. Whether you're renting a car or trying out the summer bus routes (like the Atlantic Avenue Trolley or the VB Wave Trolley), Virginia Beach has endless potential, so prepare to cover some ground (and sea).

Friday afternoon: Check out the Boardwalk

Check in to your Oceanfront hotel on the Virginia Beach Boardwalk, at the heart of coastal dining and nightlife. Staying on the Boardwalk means maximum walkability, easy beach access and pristine ocean views. Stretching from 2nd to 40th Streets, the Virginia Beach Boardwalk may just be the quintessential Virginia Beach experience. As you stroll its three bustling, colorful miles, you'll see soaring beachfront hotels, splurge-worthy shops, and enticing restaurants on one side and our world-famous beach on the other, with the iconic [King Neptune statue](#) that presides over all.

Friday evening: Catch of the day

After the day's adventures, you won't have to trek far for dinner. The whole family can enjoy fresh seafood at a choice of waterfront restaurants mere steps from your hotel. For a signature experience, order a local blue crab dish or go for the local catch of the day, like flounder or red snapper. If you're visiting during peak season, reserve ahead of time so you don't miss out on a table.

Friday night: I've got my Orange Crush

Now to walk it off. Roam the three mile (5km) long [Virginia Beach Boardwalk](#) lined with live music stages and street performers exclusively for summer footfall. It comes alive between sunset and 9pm, so time it right and linger with a refreshing 'Orange Crush' –the city's signature cocktail made with fresh-squeezed orange juice, vodka and triple sec – as you watch the sun sink beneath the waves.

Saturday morning: Park life

For a peaceful contrast to last night's bustling Oceanfront, [First Landing State Park](#) is the place to be. As it's the most-visited state park in Virginia, you'll want to arrive early to avoid

midday heat and crowds. Here you can hike, bike or kayak through serene cypress swamps. Reservations are recommended for kayak rentals during peak months.

Saturday afternoon: Fit for porpoise

Virginia Beach has one of the East Coast's most reliable seasonal dolphin populations – now is the time to enjoy it. Board a [dolphin-watching cruise](#) from Rudee Inlet for a chance to spot bottlenose dolphins in their natural habitat. If you'd prefer to make a splash yourself, you can also book ahead for parasailing, jet skiing, paddleboarding or kayaking.

Saturday evening: Get artsy

Bookend your day with an upscale feast at another waterfront diner. Modern seafood and craft cocktails are on tonight's menu. Once you've wined and dined, the adults can take a stroll through the [ViBe Creative District](#) where you can explore murals, galleries, artisan shops and local breweries at your own pace. A hub for artists and spirits, roasters and restaurants, workouts and wares, museums and more, the ViBe is where our creative businesses have set up shop to share their passion and inspire a sense of discovery in locals and visitors alike. Whether you're here for a few days or a few weeks, there's always something special going on. Weekly and monthly events like First Fridays, the Old Beach Farmers Market, Old Beach Art & Eco Market, VB Flea and Second Saturdays give a taste of the town and bring entertainment and community art projects you can enjoy.

Sunday morning: Age of Aquariums

Start your last day with a trip to the [Virginia Aquarium and Marine Science Center](#) with thousands of animals, amazing hands-on exhibits, and “gallons” of fun for everyone. Learn about animals from all over our blue planet, from the depths of the ocean to the rivers of the rainforest. In addition to the amazing year-round exhibits, you can include added adventures out on the ocean, explore behind-the-scenes, meet our experts, and come face-to-face with incredible animals.

Sunday afternoon: Laid-back lunching

Tie your trip to a close with a laid-back bayfront lunch. Oysters, crab dip and classic coastal fare await. Then relax at Chic's Beach, the family-friendly favorite with calmer bay waters, perfect for that final sandy stroll.

From water sports and ocean-fresh ingredients to boardwalks and crafted cocktails, Virginia Beach has all the hallmarks of an unforgettable weekend

away. Whether you're visiting in a couple, a group or with the whole family, you can easily mix and match this itinerary to suit your every need.

[*Start planning your trip to Virginia Beach today.*](#)