



Virginia Beach's Natural Appeal Stretches Beyond its Sandy Seashore

Virginia Beach, Va. – July 27, 2021 – If you love the great outdoors, look no further than Virginia Beach for your next escape. The destination has 35 miles of beaches, 293 parks and park facilities, 29 miles of scenic waterways and 300 miles of bikeways and trails. These spaces provide a refuge from everyday stress where fresh air and sunshine reign supreme. From self-guided bike tours to family-friendly hikes and everything in between, there are so many ways to have fun and enjoy Virginia Beach's expansive natural spaces.

Virginia Beach's mild climate delivers year-round appeal, so its [Get Outdoors Pass](#) complements a visit during any season. The new digital mobile pass offers discounts to attractions, tour operators, rentals and more from the destination, including many of the highlights featured below:

BACK BAY WILDLIFE REFUGE & FIRST LANDING STATE PARK

South of the resort area and nestled between the Atlantic Ocean and Back Bay lies a 9,250-acre freshwater habitat home to a bevy of wildlife. [Back Bay National Wildlife Refuge](#) is accessible by marsh trails, bicycle, canoe/kayak and a seasonal guided tram service. Protecting critical habitats for threatened and endangered species such as loggerhead sea turtles, it also is a destination segment on the Atlantic Flyway welcoming tundra swans, geese, ducks and more during the winter months.

Fronting the Chesapeake Bay, [First Landing State Park](#) commemorates the 1607 arrival of the first English settlers in America. It is the commonwealth's most-visited state park and features nearly 20 miles of hiking and biking trails to explore the unique coastal habitat that spans 2,888 acres. Guided kayak excursions traverse marshes, bays and lagoons, and visitors can embrace the maritime forest community with a stay in one of 20 climate-controlled cabins or 200+ tent and RV campsites.

BIRTHPLACE OF EAST COAST SURFING

James M. Jordan, Jr. and his massive Hawaiian surfboard launched Virginia Beach as a [surf destination](#) in 1912, laying the pipeline for legions of waveriders who followed in his wake. Today, riders of all experience levels still seek out Virginia Beach's swell and compete annually in the [East Coast Surfing Championship](#), the world's second longest continuously-running surf competition. Shop for gear at one of the city's premier surf shops or shape your own board, book a lesson or camp to learn how to catch waves or build on your board skills.

CAVALIER HOTEL'S HONEYBEE MEET & GREET SESSIONS

The [Historic Cavalier Hotel & Beach Club](#) has hosted ten US Presidents and scores of celebrities, but you don't have to be a VIP to meet and learn about its most popular residents at a weekly mixer. Hosted by the property's chief engineer and beekeeper, the complimentary Honeybee Meet & Greet sessions sweeten any hotel stay with fun facts (don't swat a bee, whistle at them and they'll think you're a bird/predator) and fresh honey sampling. Offered May through September, and registration is required.

GROMMET ISLAND ADVENTURE PARK

EveryBODY can enjoy a beach day at [Grommet Island Adventure Park](#). Built specifically to accommodate wheelchair patrons, the oceanfront park features 15,000 s.f. of play area accessible by polymer decking. Raised sand tables, a hand-operated sand scoop, a sensory board and sway boat are complemented by sculptural features that put kids “on” a surfboard or “among” a pod of dolphins, guaranteeing a perfect beach day.

MOORE TO SEE PHOTO EXPEDITIONS

Purveyors of private ecotours exploring Virginia Beach’s biodiverse waterways, [Moore to See Photo Expeditions](#) showcase the beauty of the less-visited natural areas of the destination led by a Virginia Certified Ecotour Guide. With private tours ranging from 1-6 guests, explore the secluded beauty of freshwater marshes, maritime forests, pocosins, swamps and more while seeing native birds and animals along the way. For a dining experience like no other, the Picnic on the River, River Crab Feast and Birds & Brunch expeditions all culminate with culinary treats on a secluded dock surrounded by nature.

PLEASURE HOUSE OYSTER TOURS

The Lynnhaven River oyster is a native Virginia Beach delicacy renowned for its size and salty flavor. Nurtured back from the brink of extinction, it’s featured (in-season) on many of the city’s top restaurants’ menus. Harvest and slurp your own with a [Pleasure House Oysters](#) farm boat tour that balances entertainment and education on a waterfront tableau.

MOUNT TRASHMORE

Turning trash into treasure is the perfect description for [Mount Trashmore](#), a Virginia Beach landfill world-renowned for its transformation from a 640,000-ton pile of garbage into an environmental wonder by compacting layers of solid waste and clean soil. Now part of a 165-acre park, this outdoor gem was one of the first of its kind in the nation and towers 60 feet high and 800 feet long. The city park also features a second mountain, two lakes, a pair of playgrounds, a skate park and vert ramp plus a myriad of multi-use paths.

MILITARY HISTORY BOAT TOURS

Step aboard a sightseeing tour highlighted by military education and appreciation. Captained by a former SEAL guide in an authentic military craft, [Patriotic Excursions’](#) small boat trips share Virginia Beach’s rich military history and showcase efforts that keep our nation safe.

WATCH OUR WINTER WILDLIFE

Virginia Beach’s mild climate appeals to humans and wildlife alike. Humpback whales migrate to our “warm” winter waters and often put on a spectacular show for seagoing boat trippers armed with binoculars and cameras. Hop aboard a [Whale Watching Boat Trip](#) out of Rudee Inlet to look for these majestic mammals while they holiday along our coastline.

The annual [Winter Wildlife Festival](#) (Jan. 28 – 30, 2022) celebrates all the native and visiting winter species with a Birding Challenge, photo contest, wildfowl identification workshops, refuge tram tours, children’s activities and more.

ELLEN REID'S SOUNDWALK

Explore Pleasure House Point Natural Area's trails with the added enhancement of [SOUNDWALK](#), a new work of public art guided by the listener as they venture through the park's landscape. The GPS-enabled cinematic score was created by Pulitzer Prize-winning composer and sound artist Ellen Reid. The experience is triggered by musical cells crafted to harmonize with the park's landscape and attractions as visitors explore the natural environment, making every trek a unique experience tailored specifically to the surroundings.

PICK YOUR OWN HOMEGROWN PRODUCE

Just a short drive from the beach, [16 pick-your-own farms](#) beckon with buckets of sweet strawberries, poppable blueberries and juicy peaches from spring through summer. Fall visitors delight in choosing crisp apples and decorative pumpkins before trekking through a corn maze, and holiday travelers can even choose their own Christmas tree.

To develop your Virginia Beach outdoor-themed itinerary, visit www.visitvirginiabeach.com for information on all these adventures and more.

About Virginia Beach

Virginia Beach, one of Virginia's most populous cities, resides where the Chesapeake Bay meets the Atlantic Ocean. The city is home to 35 miles of sandy beaches, a flourishing culinary and craft beer scene, rich history, a variety of arts and entertainment and family-friendly attractions that keep visitors entertained year-round. For more Virginia Beach information, including new attractions and experiences, or to plan your next trip, visit www.visitvirginiabeach.com.

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