

Eco-Adventure

Ecotourism is more popular than ever, and visitors to Panama City Beach have a surprising number of opportunities to take part in ecologically responsible, fun-filled outings. Fishing, hiking, biking, nature photography, swimming, tubing, canoeing, kayaking, boating and bird-watching are just some of the activities you can enjoy here. Bracketed by state parks, and hosting miles of on and off-road bike trails in protected conservation areas, Panama City Beach also offers award winning beaches and chances to encounter nature both above and below the surface of the water. Here is a sample itinerary to help get your vacation planning started.

Day 1:

- **Arrive** at your Panama City Beach accommodations
- **Explore St. Andrew's State Park:** Trip Advisor named St. Andrews State Park the #2 beach in the nation, but whether you're interested in sunbathing on the beach, snorkeling along the jetties, canoeing, kayaking or hiking through the forest, there's something for everyone here! Fishing from the pier or the jetties is popular, and a boat ramp provides access to St. Andrew Bay and the Gulf of Mexico. Nature trails wind through a rich diversity of coastal plant communities providing an excellent opportunity for bird-watching - You might even spot a deer! The 700-acre island is home to deer, turtles, pelicans, sandpipers, gulls and piping and snowy plovers, and in the surrounding waters you'll spot colorful fish, dolphins, sea turtles and other aquatic life.
- **Dinner at Schooners:** Enjoy live music, an oceanfront view of a beautiful sunset, and fresh seafood while dining at Schooners. You'll love the ceremonial blasting of the cannon at sunset.

Day 2:

- **Breakfast at Andy's Flour Power Café & Bakery:** Open only for breakfast and lunch, this Panama City Beach favorite uses the freshest ingredients for their flaky pastries, muffins, and omelets.
- **Exploring the Panama City Beach Conservation Park:** You'll find 12 looping trails ranging from 0.6 to 11 miles for walking, biking, wildlife and bird watching. The county's desire to protect and balance our natural resources while providing outdoor recreational opportunities is the driving force in establishing the Panama City Beach Conservation Park. This 2,900-acre tract of West Bay Ecosystem is being restored using reclaimed water to return a natural water balance to these wetlands.
- **Lunch at Finns Island Style Grub:** Specializing in fish tacos, burritos, quesadillas, wraps and ceviches, all fresh & homemade!
- **Island Time Sunset Cruise:** End your day in the perfect way! Enjoy a 2 hour relaxing and fun-filled sailing cruise. First you'll cruise and sight see through the calm waters of Grand Lagoon, past the marinas, state park, and beautiful homes. Then you'll take a leisurely sail across the beautiful emerald waters of the Gulf of Mexico and there you'll see a beautiful sunset over the picturesque background of the beautiful waters. And while dolphins are usually plentiful, it is a

special treat to see them jump out of the water while chasing fish or a baby dolphin briskly swimming by its mom. The whole cruise is enjoyable with fun music playing throughout and the entertaining crew keeping the fun going after the sun goes down with dancing and games.

- **Dinner at The Grand Marlin:** With sunsets overlooking Grand Lagoon, The Grand Marlin of Panama City Beach offers a tranquil, relaxed atmosphere, paired with the area's best selection of fresh seafood highlighted by delectable, daily specials from the kitchen of award-winning Chef Gregg McCarthy.

Day 3:

- **Breakfast at Thomas' Donuts & Snack Shop:** Thomas' Donuts and Snack Shop is a family owned and beachfront donut shop that's been in business since 1971. Famous for their donuts, Thomas' Donuts also offers breakfast biscuits, muffins, sandwiches and kolaches.
- **Explore Camp Helen State Park:** Camp Helen State Park is a hidden gem on the western border of Panama City Beach It sits between the Gulf of Mexico and Lake Powell – one of the largest coastal dune lakes in the state of Florida. Natural areas range from coastal dunes and salt marshes along the Gulf to freshwater wetlands and scrub oak forests along the lake. Fishing areas are available for both freshwater and saltwater enthusiasts at this Florida state park. Other activities include swimming, beachcombing and hiking.
- **Depart Panama City Beach**