



Catch A Wave: Adrenaline Junkie

Day 1: Blast off!

Hampton, the "First to the Sea, First to the Stars" is the birthplace of NASA, and celebrates the space exploration at the **Virginia Air & Space Center**. Visit hands-on exhibits and a premiere interactive aviation gallery. Then head to the **Hampton History Museum** to learn more about Hamptons Maritime history. Dinner will be at one of Hampton's finest restaurant.

Day 2: Go for the gold!

Begin your day with a visit to the **Virginia Sports Hall of Fame** where you will take part in the action from shooting hoops to driving a NASCAR simulator. You will also visit the **Lightship Museum** and the **Portsmouth Naval Shipyard**. Both explore the role played by those who lived in Portsmouth. Following lunch and shopping time on your own in Olde Towne Portsmouth you will head over to Norfolk to sail aboard the **American Rover**. Tonight you will enjoy dinner at a local brewery followed by a performance at the **Sandler Center for the Performing Arts**.

Day 3: Hold your breath!

Begin today at the **Virginia Aquarium** with over 700,000 gallons of aquarium and 300 hands on exhibits. With sharks, sea turtles, sting rays and 3 touch tanks this is a thrilling experience. You will also enjoy a sealife movie in their **3D IMAX** theater. Next, hop aboard for a **dolphin or whale watching cruise**. Following the cruise, climb to the top of the **Cape Henry Lighthouse** and visit the Old Coast Guard Station to learn about the maritime heroes. Enjoy a seaside meal tonight on the Virginia Beach oceanfront.

Day 4: Get your sea legs!

This morning you will find the "power of the sea" at **Nauticus and the USS Wisconsin**. Nauticus features more than 150 exhibits including computer and video interactives, giant screen films, exotic aquaria, touch pools and shark petting. Following lunch you will head to Newport News for a visit to the **Virginia Living Museum**. This museum showcases wildlife of Virginia and the Chesapeake Bay. Your final stop will be at the **Mariners' Museum** where you can actually climb aboard a full size replica of the USS Monitor.

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