

	We Have	We Need
Balance due \$250		
Registration \$ 50		
Release		



C/O Bob & Lisa Venner
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Virginia Beach VA 23456

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Hello Campers,

We are looking for you on the Monday of your week at about 8:45 AM!

GETTING READY TO GO

We hope you're as excited about spending a week with us as we are. Below are listed a few details you'll need to be aware of to make your week more enjoyable. A sample itinerary is provided on the reverse side of this sheet.

RENDEZVOUS – Every morning and every afternoon, we meet at THE VIRGINIA BEACH VISITORS' CENTER, across Route 264 from the Virginia Beach Pavilion (at the East end of Route 264, between the East and West-bound lanes). You will hardly exit the expressway! At the traffic light at the East end of Route 264, on Parks Avenue, take a left, take the next left into the parking lot of the VIRGINIA BEACH VISITORS' CENTER. You are there! We depart at 9 AM (you need to be there at 8:45 AM) and return at 4 PM, every day. We "aim" for 4 PM, please don't be late!
PARKING – Please park ONLY in designated parking spaces, not in the "drive area" circling the building. The management of the center feels strongly about blocking the free flow of traffic "around" the building. Thanks.

LUNCH: You need to pack a lunch! (For example, I usually pack one chicken liver and onion sandwich (on pumpernickel toast), 14 pieces of cubed watermelon and four dill-pickled earthworms (for desert). A "heavy" lunch makes for a long afternoon. Pack fruit!

SNACK – We will provide a light snack, usually fresh fruit.

WATER – MUST BRING A WATER BOTTLE! (A "used" Gatorade or other, 500 mL water bottle is perfect (not too big). Put it in the freezer overnight for cold water.) We will refill your small, easily carried bottle as many times as you want, but YOU NEED A WATER BOTTLE!

CLOTHES - Wear shorts or bathing suit, tee shirt and a **HAT!** Girls, wear your bathing suit under a pair of shorts with a tee shirt on top, plus **HAT!**

Shoes -you will need to walk in knee-deep water without cutting your feet on rocks, stumps, oyster shells or whatever debris. 1st choice – WELL BROKEN-IN (NOT NEW) "walking sandals" (straps around the heel - no "flip flops".) AND tennis shoes.

Bring an extra tee shirt and a towel – we will not spend time "changing clothes" every time you get wet (and **we WILL get wet frequently!**)

Rain gear – inexpensive, K Mart/Target type, poncho works great

SUNSCREEN & INSECT REPELLENT – essential, but you choose the brand and apply it to yourself

BACKPACK – to carry all of the above –having all your "stuff" in one bag is convenient and efficient.

SMILES – MANDATORY & ESSENTIAL!

If you need anything or have any questions, please do not hesitate to contact us at: 721 9668, FAX 757 721 9668 or <http://discoverva.com> or rvenner@discoverva.com

Thanks again,

Bob Venner

Sample Weekly Itinerary

Departure 9 AM

Return 4 PM

Each week offers kids, 6 and older, a different combination of **FUN** outdoor activities, but every week, all campers will have the opportunity to learn valuable skills and gain a sense of their niche in the environment through experiencing the sheer joy of being in and learning about the natural world. At **Discover Virginia**, small groups of campers are guided by a experienced leaders through a variety of interesting, valuable, and **FUN** outdoor activities.

MONDAY – Kayaking & Crabbing at First Landing State Park

We start the week at First Landing State Park (the “Narrows”) with KAYAKING and crabbing and seine netting. Then we move to the Shore Drive side of the park for a picnic lunch followed by a visit to the Visitor’s Center and a short hike through the forest. We will end the day swimming in the bay.

TUESDAY – Kayaking and Fishing in southern Virginia Beach

We will spend Tuesdays in the southern parts of our city, kayaking and fishing before lunch. After lunch, we will complete an “Orienteering” activity followed by a swim at end the day.

WEDNESDAY– West Neck Creek & Northwest River Park – We head down into “Old Princess Anne County” and travel to West Neck Creek. We’ll kayak on the secluded creek and fish on its banks (always catch fish!). Then we head to Northwest River Park for a picnic and hike through the forest along the beautiful Northwest River.

THURSDAY – False Cape State Park & Back Bay National Wildlife Refuge

Wednesday mornings will start with a ride into remote False Cape State Park, followed by a “discovery tour” of the park, its beaches, the beautiful dunes and Back Bay. We will have a picnic in the Park, followed by a hands on examination of the “rebounding” life in Back Bay itself. We finish the day with another short swim, just to cool (and “wash”) off.

FRIDAY – Knott’s Island and Mackay’s Island

On Friday mornings we will head all the way down to Knott’s Island for some peach or apple picking, followed by a visit to some secret spots on Mackay’s Island. We will picnic on the banks of the North Landing River, followed by blueberry (and blackberries if we are lucky) picking. We end the week with another short swim.

BAD WEATHER – We improvise! *We must reserve the right to substitute and rearrange activities.*

Pictures are posted on our Web Site at: <http://discoverva.com> , so you can view, review and share with your friends all year! We sincerely thank you for helping to make DVA successful. If you haven’t registered, REMEMBER, THERE IS STILL TIME! Always, please feel free to contact us at any time with your questions and don’t forget you can register from our Web Site at: <http://discoverva.com> or by mail. You can reach us by phone at: 721 9668 (phone and FAX) or

email at: rvenner@discoverva.com