

# MUST SEAS OUTDOOR RECREATION ITINERARY

With an abundance of outdoor activities, Norfolk is the perfect destination to enjoy some sunshine with friends and family. From biking to getting out on the water and golfing, Norfolk is filled with recreational fun for all ages!



## **BIKE NORFOLK**

Biking through Norfolk, VA has never been easier! With bike lanes, rentable bikes and bike repair stations through Downtown and the Elizabeth River Trail (ERT), you will find that Norfolk is super bikefriendly. It's easy to see that the city has a strong love for this mode of transportation.



## **ON THE WATER**

Norfolk is nestled where the Chesapeake Bay meets the Atlantic Ocean. It is home to the world's largest naval station, one of the East Coast's largest ports, and with rivers, creeks and beaches all around, it should come as no surprise that water is a large part of life in Norfolk. Kayaking, sailing, fishing, crabbing, swimming and harbor cruising are all activities in, on and around the water that are endless here!





### **GOLF COURSES**

Our mild weather and waterfront views make for the perfect day on the green. Offering both public and private experiences, Norfolk's golf courses are challenging and fun for golfers. With three different golf courses to choose from you will be sure to make a weekend out of it!

#### EXPLORE THE ELIZABETH RIVER TRAIL

The Elizabeth River Trail, also known as the ERT, is Norfolk's 10.5mile-long recreational pathway that takes you through multiple neighborhoods with different waterfront views. Starting out in our thriving downtown, the trail winds you through a few historic neighborhoods and campuses and ends in the neighborhood of Lochhaven. The ERT is trickled with workout stations, breweries and delicious restaurants along the way.



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