



Aviation, Adventure and A.R.E. Catch A Wave: Bizzarro Baby

- Take a Tram ride through the **Back Bay Natural Wildlife Refuge** for a barrier island habitat that's home to graceful water birds and woodland creatures.
- Visit the **Association for Research and Enlightenment (A.R.E.)** where you will learn about the serenity of the body, mind and spirit. You can even visit their Day Spa for some much needed pampering.
- Experience "Space Freeze" at the **Virginia Air and Space Center**
- Navigate your way through the new and improved **Mariners' Museum** and **Monitor Center** in Newport News
- Sail the Elizabeth River aboard the **American Rover Tall Ship**
- Explore the **Naval Shipyard Museum** and climb aboard the **Lightship** in Portsmouth



www.catchawave.travel

888-283-3141

