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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Usa Beach Vacations

By John C. Banks

USA beach destinations can be an excellent choice for families that want a fun-filled and relaxing vacation. Beaches offer a wide range of activities to insure the entire family will find something enjoyable during their stay.

Beach Activities

A day at the beach can include, swimming, jogging, walking, volleyball, flying kites, building sand castles, shell collecting, sunbathing, napping, picnics and best of all, relaxing. Bring a beach umbrella, beach chair, towels, sunblock, eyewear, camera, water, snacks, binoculars, a novel and don't forget your bathing suit!

Boating and Fishing

Beach destinations often have a nice variety of boat cruises, including, nature cruises, scenic cruises, sunset cruises, , site-seeing, eco-tourism trips, kayaking adventures and fishing charters. The array of guided trips gives families a good choice of events, and there is something for everyone. For the more independent and experienced vacationer, boat and other watercraft rentals are another option.

When chartering a boat, it may be a good idea to consider the weather, traffic, and other factors, and plan ahead. Some boats can be chartered on short notice, while others may be booked up to a year in advance. Depending on the trip, season and vessel you might need sunblock, camera, insect repellent, water, snacks, a light jacket or even rain gear. Information on what to bring is typically available by contacting the captain beforehand.

On nature cruises you might encounter are any number of wildlife and waterfowl including deer, ducks, geese, herons, egrets, plovers and other shorebirds, whales, porpoises, otters, seals and more. Local guides know the best spots and are eager to guide visitors on trips that just cannot be viewed from land.

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Fishing guides might fish for flounder, trout, bluefish, croakers, spot, drum, striped bass, shark, sea bass, tautog, tuna, billfish, mahi–mahi, wahoo or other fish, depending on the season, boat and destination. Other trips will feature crabbing, shrimping, clamming, or just exploring.

Crabbing

Crabbing is an enjoyable family vacation activity. Catching blue crabs does not require much in the way of equipment or skill. Crabbing can be done from a boat, pier, near bridges or along the shoreline. Crabbers need only a line, weight, bait and dip net for the traditional rig, or an inexpensive crab trap, which eliminates the need for a dipping crabs up. A more basic rig is just twine, a sinker and whatever bait you can obtain, tied on the line. The line is then lowered into the water, and gently raised once a tug is felt.

Serious crabbing baits include fresh fish, eels, bull lips and other baits but the most basic bait, chicken necks, work just as well on a hand line. The traps are used in a similar fashion, except that the trap is

lifted sharply to close the doors suddenly and capture any crabs that are inside.

Crabs should be kept damp and cool and steamed as soon as possible. They are simple to cook, and can be steamed whole or chilled, then the backs removed and rinsed out before steaming. In either case, the crabs are sprinkled with crab seasoning and steamed until they are bright orange. Serve with melted butter and a cold refreshment! Crabmeat is also excellent in a variety of dishes and even freezes well for short periods.

Clamming

Clamming is a family activity everyone can enjoy on a beach vacation. Clams are easy to find, cook and handle. Locals catch clams by raking, wading, and signing. Some clamming areas can be reached on foot. Boaters can explore even more possibilities. You can also use a local guide to assist you on an enjoyable clamming trip.

Dining Out

After a day at the beach you can stop for a cool ice cream cone, have a nice dinner while watching the sunset, or visit a local niteclub.

Beach destinations are known for fresh seafood! You might find fish, lobsters, crabs, oysters, clams, mussels, scallops as the fresh catch, depending on your location. Local cuisine varies but almost every beach destination will have something for everyone.

Accommodations

Beach resorts usually offer a wide range of accommodations. Vacationers will find vacation rentals, condos, cottages, hotels, motels, inns, bed and breakfasts, camping facilities or other options.

Vacationers can sometimes get excellent rates and availability in the off season. During the peak seasons, rates are higher and accommodations are much harder to book. Visitors are advised to check for availability well in advance in most cases.

Festivals

Festivals are often an enjoyable activity during a beach vacation. Festivals usually combine, food, shopping and entertainment in one safe and easy to find location.

The Chincoteague Island Virginia Oyster Festival is a good example of a popular Festival. The event features Chincoteague Island's famous oysters. The festival promotes the oyster season, which includes the cooler months of fall, winter and spring. Food served includes oysters prepared in a variety of ways, clam fritters, steamed crabs, and other items. The Oyster Festival is held at Maddox Family Campground, on Maddox Blvd in Chincoteague Island, Virginia.

The author is a small business web designer, recreational angler and owner of several outdoor websites. See

<http://www.chincoteague-island.net>

for more information about this vacation resort. Also

visit

<http://www.daybreakfishing.com>

for more Maryland and Virginia fishing information.

The Perfect Beach Vacation For You

By Jolana Klobouk

What makes the perfect beach vacation? The most important thing in having the perfect beach vacation is to choose the right destination. Couples don't want to end up with screaming kids by the pool and families don't want to end up at a romantic resort designed for couples with no activities to keep the kids amused.

There are hundreds of places that you can select for your perfect beach holiday. You can choose from beaches in the United States, the Caribbean, or decide to go overseas to find additional tropical climates and idyllic beaches.

If you are searching to get away with a spouse or significant other for a romantic beach vacation, Maui may be one of the perfect beach locations. One of the many areas in Hawaii, Maui is one of the top romantic beaches in the world. Maui is also well known for honeymoons, and offers an abundance of incredible beaches with plenty of other things to do as well.

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Another well-known destination for a romantic beach vacation is the Virgin Islands. The Virgin Islands is the perfect destination to get away from it all and just spend time together to get to know each other all over again in paradise. Couples have been choosing these islands for many years for getaways and romantic vacations and honeymoons.

For a family beach vacation, there are lots of places that you and the kids will love. One of the favourite spots in the USA is California, as there are many additional things to interest the kids as well. There are over 1,000 miles of California beaches along the California coast and approximately 118 beach cities. In addition, there are oodles of attractions, including Sea World, Disneyland and the San Diego Zoo.

For the perfect beach vacation, select a location that will have activities that you and your traveling companions will enjoy. If you love surfing, pick a location with waves. Families with small children will prefer calmer waters. If you love going out at night, or collecting seashells or just doing nothing – there is a beach destination to accommodate you.

Once you have narrowed it down to a few perfect locations, look at the costs involved and pick one that fits into your budget. You will not enjoy yourself knowing you broke the bank but at the same time, pick a few things to splurge on to reward yourself and enjoy it.

No matter where you decide to go on your beach vacation, pick the spot that is best suited to who is going, what type of activities you enjoy and one that fits into your budget. A beach vacation can be a perfect vacation because whether you are traveling with that special someone, your family or friends, it will help you unwind, relax and have some fun. We can all use more of that!

Jolana Klobouk is a former travel agent who loves to travel and write about her experiences. She is currently the editor of

<http://www.best-family-beach-vacations.com>

and

<http://www.best-romantic-vacations.com>

– visit them for more great travel information.



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