



Beach Vacation

Travel Journal

With Dr. Stephen P. Leatherman, Ph.D.

- Capture vacation memories
- Includes top 30 family-friendly beaches
- Special area for photos
- Four keepsake pouches

Journal Guide™



Virginia Beach

At this spectacular beach you have the choice of strolling along the shore in areas filled



with frolicking folks, or ambling in an area silent and secluded. What ever your choice, you will be intoxicated by the smell of the sea, the gentle wash of the waves, and the call of the

gulls. Framed by a three mile long boardwalk, Virginia Beach offers a wonderful view of the Old Cape Henry Lighthouse, built in 1791, and the Old Coast Guard Station, built in 1903. In the summer keep an eye on the ocean for rollicking dolphins.

Beach Trivia Facts

Ghost crabs appear on many beaches. You can spot their holes on the upper dry beach. They are fun to catch at night using a flashlight to spot them!



Date I visited _____

The weather was _____

The people with me were _____

The lighthouse looked _____

The water felt _____

On the boardwalk I _____

The nicest part of the beach was _____

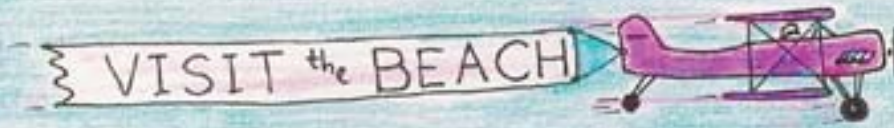
The best thing I did today was _____

Think about the words WAVES, SAND, BOARDWALK, WEATHER & OCEAN. On the lines below write a short phrase using all five words to describe Virginia Beach.

Playing the Poet

Make up the last line to the poem and write it on the bottom line.

Can you see any dolphins near?
I've been waiting for them to appear.
I've been spying to see a sport,



Beach Jumble

INSTRUCTIONS: Unscramble the words to find out the answer to the question.

veaws _____ ○ ○

lihpond _____ ○ _____ ○ _____

ripas _____ ○ ○

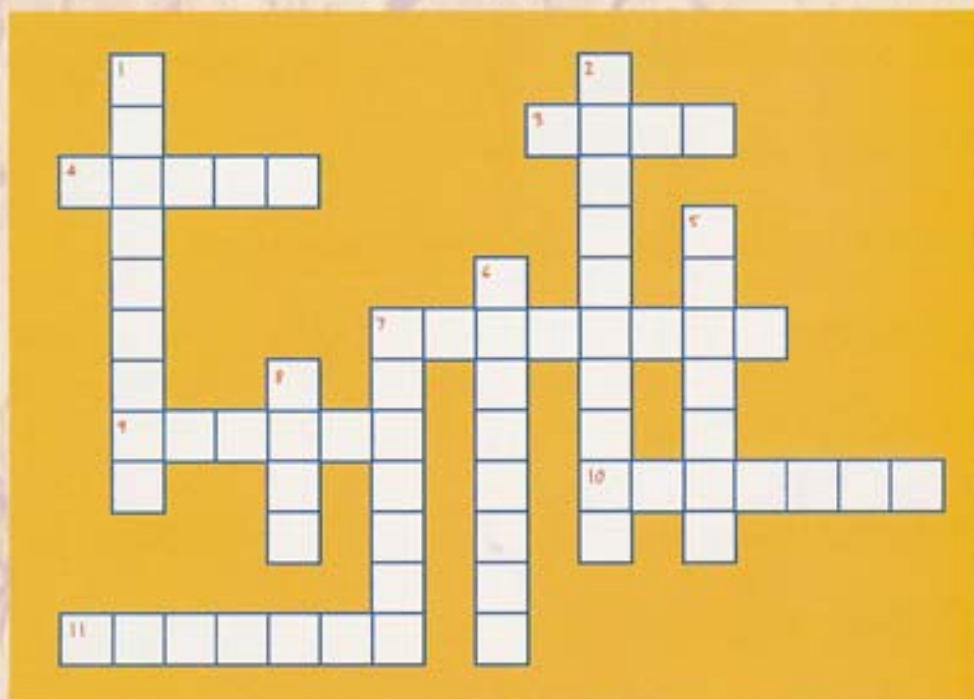
lipcane _____ ○ _____ ○ _____

You can't saddle up to the beach on this!

Beach Crossword

INSTRUCTIONS: Answer the questions using these words to fill in the spaces according to number.

<i>Pelican</i>	<i>Boardwalk</i>	<i>Dolphin</i>	<i>Seashell</i>
<i>Lighthouse</i>	<i>Tide</i>	<i>Lotion</i>	<i>Sunburn</i>
<i>Pier</i>	<i>Seagull</i>	<i>Waves</i>	<i>Sailboat</i>



Across

- It ebbs and flows
- You need these to surf
- These are fun to collect
- Keeps the sun from burning you
- You see this bird at every beach
- If you're lucky you will see them flip

Down

- A great place for food and fun
- At night the light shines bright here
- This bird can hold a lot of fish
- A breeze keeps this going
- Lotion prevents this
- A nice place to stand and fish

Answer on page 80 -

Lighthouse Maze

INSTRUCTIONS: Start from the top and find your way down to the bottom without getting trapped in a dead end.



Draw a Beach



Match Beach to its State

INSTRUCTIONS: Match the beach to its state.
An example is completed for you.



<i>Coast Guard Beach</i>	<i>New Jersey</i>
<i>Sand Beach</i>	<i>North Carolina</i>
<i>Copper Beach</i>	<i>Virginia</i>
<i>Rehoboth Beach</i>	<i>Washington</i>
<i>Assateague Island</i>	<i>Maine</i>
<i>Holden Beach</i>	<i>Texas</i>
<i>Cocoa Beach</i>	<i>California</i>
<i>Cannon Beach</i>	<i>South Carolina</i>
<i>Long Beach</i>	<i>Oregon</i>
<i>Cape May</i>	<i>New York</i>
<i>South Padre Island</i>	<i>Delaware</i>
<i>Kiawah Beach</i>	<i>Florida</i>
<i>Carpinteria City Beach</i>	<i>Massachusetts</i>

