



the Tides
Inn • Golf • Spa • Marina

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| 1 Chesapeake Club: breakfast, lunch & dinner daily | 14 1st Tee: Tides Inn Par-3 and Frisbee Golf |
| 2 Commodore's: open seasonally | 15 Crab Net Kids: ages 4-12 |
| 3 9th Green: last hole of Tides Inn Par 3 | 16 Swimming Pool |
| 4 Gazebo | 17 Tennis Courts (2 hard, 2 clay) |
| 5 Bikes | 18 Volleyball Court |
| 6 Croquet | 19 Fitness Center |
| 7 Activity Center | 20 Spa Appointments, ext. 4430 |
| 8 Marina Water Sports, Paddleboats, Kayaks | 21 Premier Sailing School, ext. 4360 |
| 9 Marina Dock | 22 Windsor House (rooms 601-607) |
| 10 Gift Shop | 23 Lancaster House (rooms 650-661) |
| 11 Putting Green: Tides Inn Par-3 | 24 Garden House (rooms 151-181, 251-281, 367-381) |
| 12 Windsor Activities Lawn | 25 Main Building (rooms 117-129, 200-229, 302-329) |
| 13 Terrace: Oyster Roast/S'mores, seasonally | |

THINGS TO DO AT & AROUND THE TIDES INN

Golf

Golden Eagle Golf Club

Carved out of the beautiful wooded landscape around a 50-acre lake, the championship course features exciting elevation changes and well-placed bunkers plus a driving range, clubhouse and complimentary golf clinics by the pros.

Golf Clinics

Just two miles from the resort, learn from the pros at the Golden Eagle during complimentary clinics ranging from putting to driving down the fairways.

Frisbee Golf

Discover the excitement of this fun-filled sport as you soar Frisbees across the greens and fairways of the Tides Inn's par-3 course, aiming for the elevated baskets.

More Championship Golf

For golfers who believe variety is the spice of life... after enjoying a round at the Golden Eagle, tee off at the Tartan Golf Club and King Carter Golf Club.

Shopping & Sightseeing

Virginia Wine Trail

Chesapeake peninsulas provide verdant land and a year-round temperate climate for vineyards and wineries including Athena, The Hague, Ingleside, and Vault Fields. Enjoy their warm hospitality and tastings along the way.

Kilmarnock

This colorful destination is a favorite choice for antique hunting, boutique shopping, and browsing in a variety of galleries, studios and specialty stores.

Steamboat Era Museum

The museum celebrates the steamboat era (1870-1925) of the Chesapeake Bay and its tributaries, focusing on diverse attractions like church camps, country stores, a tomato cannery and a floating theater.

Spa & Bicycling

Morning Bike Ride

Enjoy the resort's complimentary bikes for exploring historic Irvington. See the sights, stores, and the Steamboat Museum as you cruise through town. Stop by the Tides Inn's front desk for a map or ask about a guided tour.

Spa at the Tides Inn

Unwind at the Spa with a full range of massage, facial and body treatments inspired by the waterfront setting...like the relaxing Tides Of Change Massage, the anti-aging Tides of Change Facial, and more.

Yoga

Classes include a variety of styles, from Restorative to Power Yoga, held in various indoor and outdoor locations.

Water Fun

Introduction to Sailing

Take the Tides Inn water shuttle across Carters Creek to meet a Premier Sailing instructor, who'll teach you the basics of sailing before you board a sailboat to learn a few practical skills while enjoying time on the water.

Kayaks, Paddleboats & Canoes

Choose your favorite type of watercraft, then stop by the Tides Inn Marina office for a map of Carters Creek, information on seasonal guided tours, and a list of the wildlife you can see around the peninsula.

Marina Tour & Crabbing at the Dock

Learn about the different types of vessels in the Marina and the variety of nautical activities available to guests. Or meet at the dock to test out your crabbing skills and learn special techniques for catching Blue Crabs.

Cove Cruise

The best way to see Irvington is from the water. Enjoy a Carters Creek cruise, taking in the scenery, wildlife and gorgeous homes while learning about the history of the town and its impact on the crabbing industry.

For Children

Crab Net Kids

For kids age 4-12, the resort's Crab Net Kids program offers supervised activities designed to inspire young vacationers.

With themes like Waterworks, Messy Mania, Crime Solvers, Games Galore and Nocturnal Explorers, kids will be sure to enjoy their Tides Inn vacation.

Crab Net Kids is designed for group participation. Activities may vary due to season, weather conditions and number of participants. Please call 804.438.4458 for reservations and information.

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Irvington, Virginia | tidesinn.com
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