

FOR IMMEDIATE RELEASE

**ENJOY IDYLIC MID-ATLANTIC
2008 GIRLFRIENDS WEEKEND AT TIDES INN**

*Two-Day Getaway For You and Your Friends
Features Waterfront Luxury Accommodations,
Daily Spa Treatments, Delicious Treats & Wine*

IRVINGTON, VA (March 4, 2008) - Want to reconnect with one or more of your best girlfriends? Book a 2008 Girlfriends Weekend at the waterfront Tides Inn on Chesapeake Bay, easily accessible from virtually any city along the East Coast, and you can indulge in two days of laughing, relaxation and recreation that may become a favorite annual retreat.

You'll enjoy your choice of daily spa treatments and an array of delicious meals and wine, and take home a fun keepsake of the weekend. You may also select from the resort's many outdoor activities, including golf, tennis, biking or even a private sailing lesson from the region's top sailing school.

The 2008 Girlfriends Weekend at the Tides Inn includes:

- Deluxe waterfront accommodations for two nights
- Full breakfast each morning
- Signature wine and specialty item food delivered to your room each day
- \$100 Spa credit per person daily
- Access to all of the resort's recreational activities
- Price begins at \$249 per person, per night based on double occupancy; subject to availability, from March 4 - December 30, 2008

About Tides Inn

The intimate 106-room Tides Inn, set on its own waterfront peninsula in the charming town of Irvington on Virginia's Northern Neck, has been a Chesapeake Bay tradition for 60 years. A preferred mid-Atlantic getaway for couples, families and small groups, the resort features luxury accommodations furnished in British colonial style. Additional amenities include the resort's signature fine dining restaurant, the Chesapeake Club, serving seasonal regional Chesapeake Bay cuisine; a full service spa; cruises aboard the historic yacht, *Miss Ann*; 60-slip marina that accommodates boats up to 125 feet; a professional sailing school and an array of outdoor recreation, including championship golf at the renowned Golden Eagle Golf Club, tennis, croquet and volleyball. For more information, please visit www.tidesinn.com.

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