1. **Assateague Island National Seashore**
   Camp overnight, become a junior ranger, ride your bike, rent a canoe or kayak and paddle in the ocean, go shelling, surf-fishing, swimming or learn how to surf.

2. **Shenandoah National Park**
   Take in the Appalachians from one of the 75 overlooks along the Skyline drive, look out for the Eastern Tiger Swallowtail Butterfly, bird watch, go fishing, camp overnight or take a hike.

3. **Grayson Highlands State Park**
   Cross-country ski, go fishing, take in the view from the Buzzard Rock Overlook, camp overnight, learn about pioneer life at the Virgil J. Cox Visitor Center or hike the Twin Pinnacles Trail.

4. **Douthat State Park**
   Go fishing or swimming, hike the Blue Suck Falls Trail, camp overnight, take in the view from Tuscarora Overlook, look for white tailed deer, rent a boat and paddle around, build a sandcastle or take a picnic.

5. **False Cape State Park**
   Go fishing or swimming, build a sandcastle, camp overnight, ride your bike, hike the Barbour Hill Interpretive Trail or take in the view of Back Bay from False Cape Landing.

6. **First Landing State Park**
   Hike the Cape Henry Trail to the replica of the Chesapeake Indian Village, ride your bike, relax at the beach, go for a picnic or camp overnight.

7. **Westmoreland**
   Camp overnight, bird watch, go for a swim, hike the Meadows Nature Trail, check out the fossils at the Visitor Center or go for a picnic.

8. **Hungry Mother State Park**
   Go swimming, paddle a boat around the lake, hike around the lake, visit a playground or build a sandcastle.