



## HILTON HEAD ISLAND-BLUFFTON CHAMBER OF COMMERCE

### VACATION FITNESS

*A Vacation for Those Who Just Can't Relax*

Hilton Head Island is stocked full of fitness activities for land and sea lovers alike. Ideally situated on the Intracoastal Waterway, a 1,200-mile stretch of well-marked channels and passages running along the Eastern Seaboard from New England to Florida, the Island's share of this spectacular seascape is marked by white sandy beaches, tree-shaded land, open seas and miles of small inlets and channels, bordered by wide-open savannahs of salt marsh. The temperate climate and Gulfstream-warmed waters enable travelers of many interests to explore the Island's beautiful waterways and take advantage of a fabulous array of both land and watersports year-round.

#### **Cycle Island**

Visitors can keep the cars parked during their stay on Hilton Head Island! One of the most popular activities while visiting is cycling. With miles of both paved and dirt paths covering the Island, there isn't a place visitors can't go with their bikes, including the 12 miles of sandy beaches.

Cycling is not limited to the sand and trails on Hilton Head Island. Water bikes, also known as aquatrikes, are available for rent at many of the public and private beaches. Visitors can feel the unique sensation of riding atop waves as they pedal across the surface of the Atlantic Ocean.

The Island also boasts a multitude of rental companies offering bikes of all shapes and sizes, including attachable children's tandem bikes, kiddie carts, carriages and children's seats. Some rental companies even offer online advance ordering so that bikes and accessories are ready for pick-up upon arrival.

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For visitors who don't stray far from the gym, Hilton Head Island is the perfect vacation spot. Many of the Island hotels, resorts and villa rentals offer state-of-the-art fitness equipment or access to the nearest gym.

For the sports enthusiasts, some of the most enjoyable competition can be found on the fairways, beaches, baseball diamonds, waterways and tennis courts in the Hilton Head Island area. The possibilities for play range from kayaking, to beach volleyball, to playing the finest fairways in

America. And for sports with a more competitive edge, try a triathlon, a marathon, a soccer game or a tennis tournament. Other sports that can be played locally include basketball, beach cricket, billiards, bocce ball, bowling, croquet, equestrian, frisbee golf, gymnastics, lacrosse, racquetball, rugby, soccer, softball, swimming and ultimate frisbee.

### **Sail Away**

At all of the Island's nine public marinas, visitors will find first-class facilities providing a variety of boat rentals, from a sporty Sunfish to a sleek 70-foot yacht, in addition to dockage, wet and dry storage, launch facilities, supplies and fuel. Several of the marinas also provide fresh water, telephones, cable television hook-up, shower facilities, fitness centers, saunas and laundry rooms.

Visitors also can book excursion tours such as dolphin-watching cruises, shopping/lunch cruises to Savannah, sightseeing trips, group fishing, sailing charters and overnight sails at any of Hilton Head Island's major marinas. Both private and group sailing instruction is offered for children and adults of all skill levels.

Canoe and kayak rentals and instruction are available for those who want to explore the Island's creeks, marshes and inlets along Calibogue Sound. Outside Hilton Head offers a year-round kayaking school led by an expert staff of ACA Certified instructors, as well as guided tours and day and overnight trips to destinations such as Cumberland and Pritchards Islands. Lucky kayakers might even catch a glimpse of a bottle nose dolphin during their ocean outing.

### **Go Fish**

In the warm ocean waters around Hilton Head Island, anglers can catch snapper, grouper, kingfish, cobia, bluefish, spot tail bass, swordfish and shark, while flounder, sea trout and croakers are found inshore. A license is needed for both saltwater and freshwater fishing in South Carolina. The following is a list of license prices:

- Annual Resident License                    \$10
- Resident 14-day License                    \$5
- Annual Non-resident License                \$35

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- Non-resident 14-day License                \$11
- Shrimp Baiting License                      \$25

You can obtain a license at many local sporting goods stores, bait and tackle shops or major retailers. Call 1-888-434-7427 for more details or to obtain a license by phone.

Crabbing, which requires minimal equipment, is an inexpensive activity that the whole family can enjoy. Found in shallow waters, crabs are easy to catch from docks, boats or banks.

### **Fly High, Dive Deep**

Active visitors can enjoy recreational activities both above and below the water's surface. Those with an adventurous spirit can check out spectacular views of the Island from high above the water while parasailing, and those who want to explore the mysteries of the ocean can dive or snorkel with the Island Scuba Club. Waterskiing, jetskiing, windsurfing and surfing also are available for wind and water enthusiasts.

For more information about boating, fishing and other watersports available on the Island, please contact the Hilton Head Island-Bluffton Chamber of Commerce at (800) 523-3373 or visit us at [www.hiltonheadisland.org](http://www.hiltonheadisland.org).

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