

Chapter 1 : Where to Find the Best Classic Beach Towns in California

Miriam Drennan. Miriam Drennan is the author of Devotions for the Beach and the Days You Wish You Were There and Soar Above the Madness: Surviving Office Politics Without Losing Your Mind, Your Job, or Your Lunch.

I love exploring and learning about new places. So, here are some tips on how to plan the perfect beach vacation based on my recent winter escape to the beach in Cuba, where almost nothing was on the agenda. How to plan the perfect beach vacation? Keep it simple The simplicity of the do-nothing vacation should also be applied to the planning stage. It makes the arrangements really easy and provides good value. After reviewing the options and prices, I booked a package with Sunwing Vacations, a Canadian family-owned company that specializes in sun destinations. The Sunwing online bookings system sets up an account for you to access your travel documents, book your seats or add in any extras. It also allowed me and my friend to each enter our credit card information on our booking. No muss, no fuss – booking done in no time. These days, the traveling part of a trip can be a hassle. So, to help get the relaxation started right away, I took advantage of a couple of upgrades offered by Sunwing. With ElitePlus, there is no lineup to check your luggage and you get a seat with extra leg room, a real bonus for long-legged types like me. We also enjoyed a private car service to drive from the airport to the resort. It takes about 90 minutes to get to the Santa Maria beach resort area and, by taking a private car, we avoided the extra time it takes for a bus to stop at each resort to drop off passengers. We were surprised at what a difference these two things made. Unplug Unplugging is good for the mind, body and soul. According to a study from the University of Gothenburg in Sweden, staying constantly plugged in has been associated with stress, loss of sleep and depression. If, like me, you find it almost impossible to disconnect, Cuba might be the destination for you. Internet access, which is run by the government, is notoriously unreliable. However, the wifi was often unavailable or dropped frequently. If the wifi had been working better, I would not have had the discipline to avoid it. This way, I felt like I had the perfect excuse to be offline. Instead of TV, this was the must-see programming. Take it easy It can take some willpower to get down to the serious business of doing nothing. Psychologists say that beach vacations help to calm our minds. One study shows that looking at water, being around it or in it causes our brains to release happy chemicals such as dopamine, serotonin and oxytocin. I must confess, we did break up the agenda of beach nothingness with a fascinating Sunwing tour to several intriguing towns in the region, which I will write about separately. The resort also offered activities such as volleyball at the pool or sailboat rides. But as you can tell by now, the reason I take a vacation like this is to spend time on the beach and that was a real highlight. The Sanctuary is a separate part of the large Grand Memories resort which was recently refurbished and reopened as an adults only section. The sand was powdery fine and the waves were just right. A bar and a barbeque lunch cantina were nearby. It was everything I needed to fulfill my objective of achieving nothing. That week, I slept better than I had in a long time. One day, a staff member came by offering ice cream bars from a cooler. I had to have a chocolate covered ice cream bar. As I watched the ocean and savoured the treat under the warmth of the sun, I laughed as the ice cream began to drip, making my hands all sticky. Yup, this is happiness.

Chapter 2 : Baseball Tournaments | Perfect Game USA

Beach Stereotypes. Love 'em or hate 'em, we all know 'em. PLAY our NEW iPhone/Android GAME â€” blog.quintoapp.com Click HERE to subscribe to Dude Perfect!

Devotionals Daily August 23, He who observes the wind will not sow, And he who regards the clouds will not reap. As you do not know what is the way of the wind, Or how the bones grow in the womb of her who is with child, So you do not know the works of God who makes everything. Hmmmâ€¦ really, is there any other kind? Well, there was that time it rained. Or the time you tried a new beach house and got lost for two hours trying to find it. Or the time your toddler got an ear infection the first full day you were there. So how did you deal with the bumps in the road? Did you manage to make the most of the situation, or did you let it ruin your trip? There are those times we just want â€” even demand â€” perfection in order to execute our plans. Planning a quiet time. Planning, planning, waiting, waitingâ€¦ the moment has to be exactly right. And, to be fair, planning and preparation are important. The perfection is simply not gonna happen. Sometimes we have to simply act and trust God for the next step. If we make a wrong turn because we misunderstood the Holy Spirit, then we trust that the Father will correct our steps. If we make a wrong decision because we ignored Him, we confess our neglect and trust Him for the next step. And there are times He will wait until we act â€” because growing our trust is far more important than our knowing the end result. We belong to God: Trust God with His timing. Our time here on Earth is finite. And none of its days is perfect. As Your child and Your creation, I will never be a failure, regardless of what the world sees and thinks. Sometimes my own plans will fail, but in a way only known to You, they are still successful â€” because You remain sovereign. Let this truth give me wings and a willingness to take risks, take chances, and never fear failure. I am grateful and thankful to You always, in all situations. What a great gift it is to take refuge in You! How long are you going to wait and plan? Come share your thoughts with us on our blog. We want to hear from you! She currently lives in Nashville, Tennessee, where she enjoys gardening and playing with words. Drop her a line at www.

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Chapter 3 : 6 Ways to Get the Perfect Beach Body - wikiHow

When you plan the perfect beach day you must know that a beach day is certainly not complete without the perfect beach bag. From the actual tote, to sunscreen, beach reads, extra towels and more, you want to make sure you have everything accessible and organized to enjoy your day.

This post may contain affiliate links. Read my full disclosure policy here. Well, most of the time. Anyway, here is a list of my absolute favorite tips to guarantee you plan the perfect beach day! The water is pretty chilly tooâ€¦. Saturdays and Sundays can be terrible to find parking, or even a spot to spread out on the beach itself! Know Your Beach Spend some time deciding what you want out of your beach before you plan your trip. The Gulf is much warmer and more calm, and can be really fun to wade in or snorkel. Barrier islands will have much stronger currents and areas for shelling and watching wildlife, while manmade beaches will have super soft sand that might be preferable for families with kids. Some beaches have nice public restrooms with showers, while others have only portajohns or nothing at all. Parking can also be hit or miss, so bring some cash to park in a private lot if all the public parking is completely full. When packing a cooler or meal tote, smaller IS better. Pack Your Bag with All the Essentials When you plan the perfect beach day you must know that a beach day is certainly not complete without the perfect beach bag. I actually wrote an entire post on Organizing Junkie about what essentials you should include in your bag, and how to pack it in the most efficient way. You can read that here. Also, you may want to encourage children to only bring a few toys to the beach at a time. We want the beach to be a pleasant experience for everyone! Please share your stories in the comments so I and other readers can benefit! And one last thoughtâ€¦. How do you plan the perfect beach day? Plan your perfect beach vacay with these 6 essential tips. Pin it to a Travel board to reference for your next vacation! Some of the links in the post above are affiliate links. This means if you click on the link and purchase the item, I will receive an affiliate commission. Regardless, I only recommend products or services I use personally and believe will add value to my readers. What to Read Next

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Perfect For The Beach Some Like It Hot by New York Times bestselling author Lori Foster Family practitioner Cary Rupert wants Nora Chilton so badly he can barely keep a hold of his stethoscope.

Chapter 5 : The Perfect Title > Seasons: Beach

A Perfect View is a casual, colorful, beachfront home in the sought after Pier Park Area. With four bedrooms and 3 baths, this comfortable home is just the place for your family to enjoy the beaches and the convenience of restaurants, shopping, and entertainment that is within walking distance.

Chapter 6 : HOW TO PLAN THE PERFECT DO-NOTHING BEACH VACATION - Travel Bliss Now

Once in awhile, we all need to plan the perfect beach vacation so we can take time out and do nothing. I'm talking about a vacation where you celebrate the joy of idleness and revel in a love for loafing.

Chapter 7 : How to Plan the Perfect Beach Day for Your Vacation

We love Kailua and this property is in the perfect location in an upscale neighborhood with a quick walk to the beach and a few minute drive to downtown. The cottage has everything you need for a relaxing vacation, including a refreshing pool.

Chapter 8 : Which Beach Vacation Spots Are the Best Match for You? | Fodor's Travel 80 Degrees

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I had been doing some research on the perfect beach tote and I had decided upon a neoprene tote. But, I couldn't find one that I liked at a price point that I thought was affordable, they were all around the dollar mark.