VAU is providing opportunities for families, couples and single veterans to participate in 3-7 day beach and mountain retreats throughout the mid-Atlantic region. These retreats are at no cost to the veteran (retreats include lodging, travel (driving), and activities). You are eligible to apply if you have received a Purple Heart or a VA disability rating of 70% or greater.

VAU Application:
https://reachcycles.wufoo.com/forms/m1kctdre0373efx/

The retreats in this flyer are not individually listed on the application. Please check the "other" box on the application and name the property you have selected. Before submitting the application, ensure the dates you are requesting are available at that property. Most properties and activities must be booked at least 6 weeks in advance. VRBO properties will require you to download an application in order to view the property and check availability.

Mountain Properties:

Boone, North Carolina:
Activities include Blue Ridge Parkway, Grandfather Mountain National Park, Blowing Rock Park, Doc’s Rocks, Gem mining for the kids, horseback riding, fishing, and ATV tours through mountain trails

1. Cabin on the Watauga River with 2 bedrooms and 3 bathrooms
   https://blueeridgerentals.com/Boone-NC-Cabin-Rentals/a-river-mist/
2. Cabin at Banner Elk with 2 bedrooms and 2.5 bathrooms
   https://t.vrbo.io/ai56IcFn38
3. Cabin on the Watauga River with 1 bedroom and 2 bathrooms
   https://t.vrbo.io/hk6oLxGn38
4. Rustic cabin on 10 acre next to a trout stocked creek with 2 bed &1 bath
   https://t.vrbo.io/8FrMYV68K8
5. Cabin on 21 acres next to a trout stocked stream with 1 bedroom and 3 bathrooms
   https://t.vrbo.io/kveolDfn38

Badin Lake, New London, North Carolina (Uwharrie River):
Activities include Uwharrie National Forest, Morrow Mountain State Park, Uwharrie River, Lake Forest Marina, NC Zoo, hiking

1. Cabin on Badin Lake with dock and 2 story boat slip; 3 bedrooms and 3 bathrooms
   https://t.vrbo.io/kveoD78k38
2. Lakefront house with 4 bedrooms and 2 baths
   https://t.vrbo.io/AD3686k8
3. Swift Island Lake waterfront home with 4 bedrooms and 2 baths
   https://t.vrbo.io/MSJ0Xkn38

Smith Mountain Lake, Virginia:
Activities include fishing, boating, hiking, wineries, riverboat cruises, Smith Mountain Lake State Park, marina

1. Six lakefront cabins in a row together for a possible larger, socially distant retreat (2 bedrooms with 1 bath)
2. Historical log cabin with private beach, 2 bedrooms and 1 bath
   https://www.vrbo.com/1046526?adultsCount=1&noDates=true

For questions, email veteransau@gmail.com
Oceanfront Beach Houses:

**Carolina Beach, North Carolina**
Activities include Fort Fisher Aquarium, deep sea fishing, Carolina Beach boardwalk, Pirate’s Cove Marina, fishing charters, dinner cruises,

1. Oceanfront house with 3 bedrooms and 2 bathrooms  
   https://t.vrbo.io/0x7d6o38

2. House with private beach access with 4 bedrooms and 3 bathrooms  
   https://t.vrbo.io/PPkPvhf3o38

3. Beachfront cottage with 3 bedrooms and 1 bathroom  
   https://t.vrbo.io/bWD5E71o38

4. Waterfront house with 2 bedrooms and 2 bathrooms  
   https://t.vrbo.io/wP8lW7o38

5. Oceanfront 4 bedroom, 1 bath duplex with private beach  
   https://www.vrbo.com/7118299ha?adultsCount=1&noDates=true

**Outer Banks, North Carolina (Nags Head)**
Activities include deep sea fishing, parasailing

1. Two adjacent beachfront properties allowing for a group socially distant retreat  
   3 bedrooms, 1 bathroom  
   https://t.vrbo.io/730y9Bvp38  
   https://t.vrbo.io/4Fyjkbtp38

2. South Nags Head Ocean Front house with 6 bedrooms and 3 bathrooms  
   https://t.vrbo.io/MNVGRwrp38

3. Oceanfront home with pool, hot tub, 5 bedrooms and 4 bathrooms  
   https://t.vrbo.io/5iuAMLpp38

4. 3 bedroom cottage on the beach  
   https://t.vrbo.io/WNOOcanp38

**Chesapeake Bay, Virginia**

1. Waterfront cottage on Finney’s Creek with 2 bedrooms and 2 bathrooms  
   https://www.vrbo.com/5913085?adultsCount=1&noDates=true

Other property websites for browsing:

https://blueridgerentals.com/
https://www.uniquemountaincabins.com/
www.glampinghub.com

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