



VETERANS & ATHLETES UNITED

VAU Non-Accessible Retreats

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/>

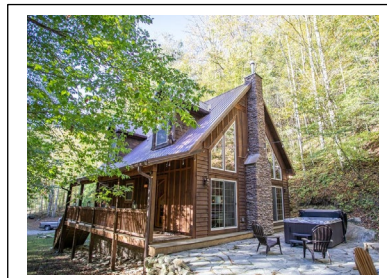
The retreats in this flyer are not individually listed on the application. Please check the "other" box on the application and name the property you have selected. Before submitting the application, ensure the dates you are requesting are available at that property. Most properties and activities must 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 Watuaga River with 2 bedrooms and 3 bathrooms
<https://blueridgerentals.com/Boone-NC-Cabin-Rentals/a-river-mist/>
2. Cabin at Banner Elk with 2 bedrooms and 2.5 bathrooms
<https://t.vrbo.io/al56lcFn38>
3. Cabin on the Watuaga 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/nka3KNI9K8>

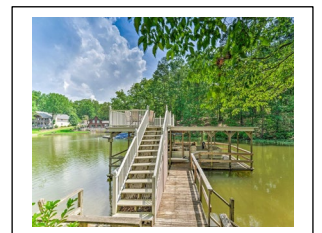
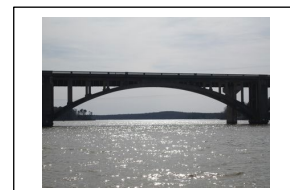


✚ Badin Lake, New London, North Carolina (Uwharrie River):

Kayak directions to the caves at <https://threeriverslandtrust.org/2014/the-narrows/> <https://paddling.com/paddle/trips/falls-reservoir-north-carolina/>

Activities include Uwharrie National Forest, Morrow Mountain State Park, Uwharrie River, Lake Forest Marina, NC Zoo, hiking

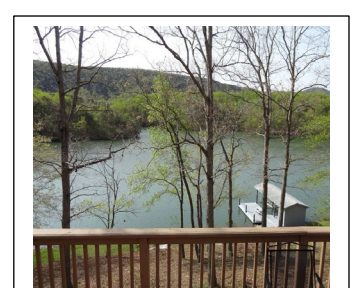
1. Cabin on Badin Lake with dock and 2 story boat slip; 3 bedrooms and 3 bathrooms
<https://t.vrbo.io/kveoIDfn38>
2. Lakefront house with 4 bedrooms and 2 baths
<https://t.vrbo.io/j6Dt3bin38>
3. Swift Island Lake waterfront home with 4 bedrooms and 2 baths
<https://t.vrbo.io/MSJ0Xnjin38>



✚ 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)
<https://www.vrbo.com/572160?adultsCount=1&noDates=true>
2. Historical log cabin with private beach, 2 bedrooms and 1 bath
<https://www.vrbo.com/1046526?adultsCount=1&noDates=true>



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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/ojwx7d5o38>
2. House with private beach access with 4 bedrooms and 3 bathrooms
<https://t.vrbo.io/FFkPnf3o38>
3. Beachfront cottage with 3 bedrooms and 1 bathroom
<https://t.vrbo.io/bWD5EZ1o38>
4. Waterfront house with 2 bedrooms and 2 bathrooms
<https://t.vrbo.io/wP6lWT0o38>
5. Oceanfront 4 bedroom, 1 bath duplex with private beach
<https://www.vrbo.com/7118290ha?adultsCount=1&noDates=true>



Outer Banks, North Carolina (Nags Head)

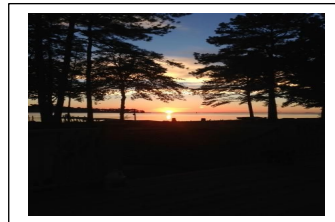
Activities include deep sea fishing, parasailing

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/4Fyjkbt38>
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/593085?adultsCount=1&noDates=true>



Other property websites for browsing:

<https://blueridgerentals.com/>

<https://www.uniquemountaincabins.com/>

www.glampinghub.com

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