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Virginia Takes Passions for Outdoor Adventure to New Heights  
*-Ecothusiast Dave Burden leads kayak trips to wineries and barrier islands to help travelers feed their life force-*

Media Only

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**RICHMOND, Va.** – Only a few people know what it means to paddle your glass off. Dave Burden of Virginia’s Eastern Shore is one of them. His passion for Virginia’s outdoors has inspired unique kayak trips to uninhabited barrier islands, authentic watermen cabins and yes, a winery. Burden is one of Virginia’s passionate “ecothusiasts” who are designing outdoor adventure trips to feed travelers’ life force.

Burden is the owner and creative force behind Southeast Expeditions, an outdoor outfitter in Cape Charles, the southern-most town on Virginia’s Eastern Shore. He and his trusty chocolate lab Chinook guide paddlers of all ages and skill levels on some of the most unique kayak tours in the country. Perhaps the most intriguing is the kayak trip to Chatham Vineyards, one of Virginia’s 130 wineries. This “paddle” winds through Church Creek to the back door of the winery, where kayakers enjoy a tasting before hitting the water again. Burden includes a light, wine lunch on a barrier island with this tour. Visitors can watch a video clip of Burden on [www.Virginia.org](http://www.Virginia.org) under [Portraits of Passion](#).

“Passion to me,” explains Burden, “is what you feel in the morning when you wake up and look out the window and realize that you’ve got a beautiful day to get outside and show people this amazing place we live.”

When Burden’s not leading kayakers through the Shore’s marshes and barrier islands, travelers might see him on his vintage skateboard, headed to the Cape Charles Coffee shop on the town’s main street. His passionate spirit and reverence for the natural environment make the Eastern Shore an exciting destination to feed your life force in Virginia.

Virginia will take travelers’ obsession for outdoor adventure to new heights – especially along the Appalachian Trail, with more miles in Virginia, 535.5 miles of trail, than any other state. Shoot white water rapids through the “Gorge” of The Breaks Interstate Park in Southwest Virginia or ride the curl at surf camp in Virginia Beach. Gear up for major bike trails that trace Virginia’s railroad heritage in Southwest and Southside Virginia.

Nature lovers will crow about the Virginia Birding & Wildlife Trail, where northern gannets, red-tailed hawks, pelicans, snowy egrets and bald eagles fly. Virginia is the first state with a statewide birding and wildlife trail system where ecothusiasts will find 400 species of bird, 250 species of fish and 150 species of land and marine animals.



## NEWS

From the majestic beauty and 500 miles of hiking trails of Shenandoah National Park to 34 award-winning state parks, Virginia beckons adventurers to explore nature's finest and live life to the fullest.

Ready to feed your life force? Go to [www.Virginia.org](http://www.Virginia.org) to watch Dave Burden of Southeast Expeditions and his dog Chinook paddle along the Eastern Shore and find more outdoor adventures in Virginia.

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Note to media:

The Virginia Travel Stories series is part of the [Live Passionately - Virginia is for Lovers campaign](#). The Virginia Tourism Corporation will highlight Virginians like Dave Burden who embody the spirit of Live Passionately. Live Passionately is less about a vacation and more about a lifestyle, with savvy travelers choosing to visit Virginia to live out their passions for wine, music, heritage, outdoor adventure and other fulfilling experiences that make Virginia one of the top destinations in the country.

Video and downloadable images of Dave Burden and this feature in Word and PDF format are available for media use at [www.vatravelstories.com](http://www.vatravelstories.com).