



Take Back Your Health™ Outer Banks Retreat **Travel Information**

Travel Information to the Outer Banks, NC

Below we've included helpful tips for flying or driving to the Outer Banks, NC. If you're flying, you'll find lists of nearby airports, plus shuttle services. We've also including driving times from cities up and down the east coast, along with basic driving instructions. Please email us if we can be of any assistance: support@ClubTBYH.com

FLYING TO THE OUTER BANKS

The Outer Banks is easily accessible from Norfolk International Airport (82 miles north) or Raleigh Durham International Airport (192 miles west). You could also look into Richmond International Airport, although it is a little further. Below are a few airport shuttle options.

OBX Shuttle

268 Sea Oats Trail
Kitty Hawk, NC 27949
Phone: (252) 689-7433

OBX Shuttle providing ground transportation to and from the Outer Banks of North Carolina to and from all area International and Regional airports, bus and train stations. Door to door private party shuttle service. Car service available while you are vacationing on our beautiful beaches. Safe and reliable vehicles and professional chauffeurs.

Airport Connection Outer Banks

PO Box 1355
Kitty Hawk, NC 27949
Phone: 252-305-1111

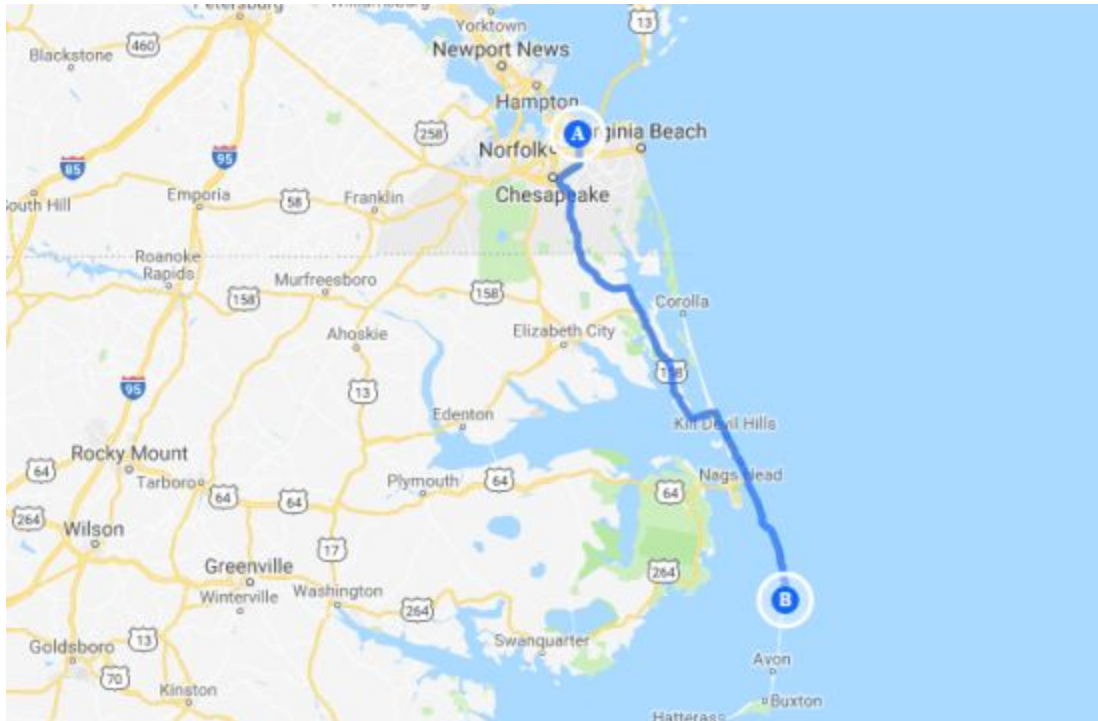
We provide door-to-door private car and airport shuttle service between Outer Banks and all nearby airports, bus terminals, train stations, and other points of interest. Wedding shuttle and sightseeing tours available. Our goal is to make your travel experience as affordable, reliable, and safe as possible. We will drive you happy!

DRIVING TO THE OUTER BANKS

The Outer Banks are easily accessible by car from up and down the east coast. See driving directions below. Driving Distances are as follows:

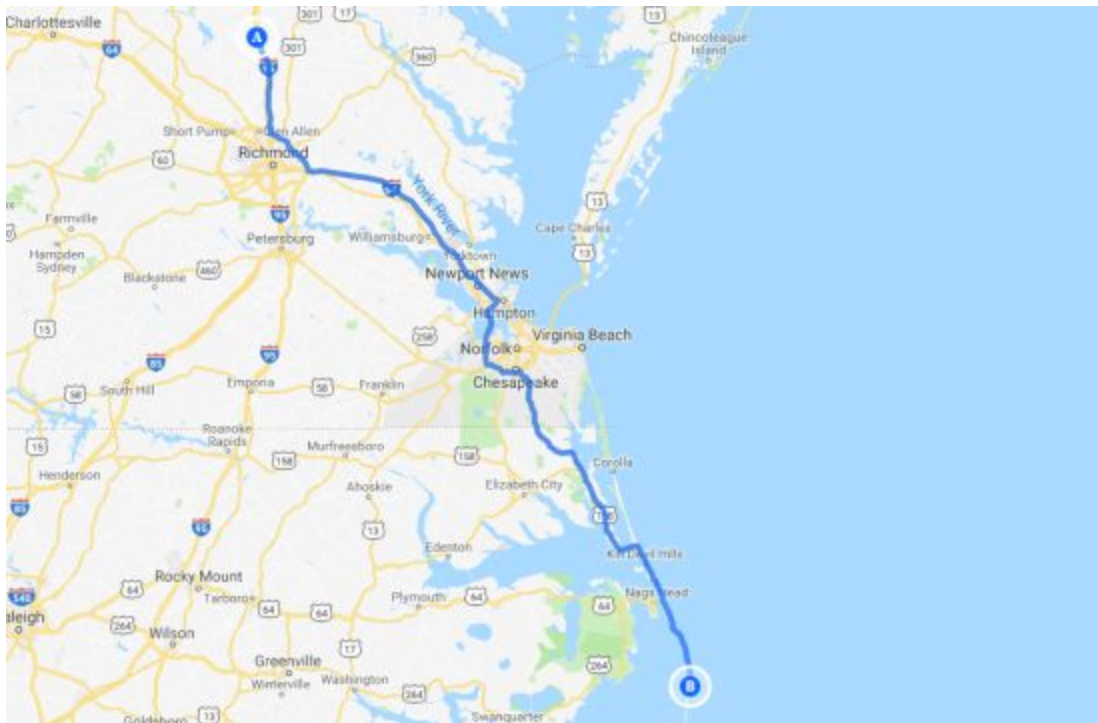
City/State	Approximate Mileage
Asheville, NC	460 mi.
Atlanta, GA	607 mi.
Baltimore, MD	315 mi.
Boston, MA	717 mi.
Charleston, SC	450 mi.
Charlotte, NC	359 mi.
Cincinnati, OH	739 mi.
Cleveland, OH	632 mi.
Columbus, OH	670 mi.

Fayetteville, NC	242 mi.
Greensboro, NC	282 mi.
Greenville, NC	150 mi.
Jacksonville, FL	624 mi.
Montreal, Quebec	780 mi.
Myrtle Beach, SC	321 mi.
Nashville, TN	732 mi.
Newark, NJ	482 mi.
New York City, NY	503 mi.
Norfolk, VA	90 mi.
Philadelphia, PA	413 mi.
Pittsburgh, PA	505 mi.
Raleigh, NC	192 mi.
Richmond, VA	169 mi.
Rocky Mount, NC	154 mi.
Savannah, GA	492 mi.
Toronto, Ontario	827 mi.
Washington, DC	269 mi.

From Norfolk International Airport

1. Start out going Southwest.
2. Turn RIGHT toward I-64/Airport Exit.
3. Turn LEFT onto NORVIEW AVE.
4. Merge onto I-64/HAMPTON ROADS BELT toward VA BEACH/CHESAPEAKE.
5. Merge onto I-464 S/US-17 S/MARTIN LUTHER KING JR MEMORIAL HWY via EXIT 291B toward VA-104 S/ELIZABETH CITY/US-17 S/DOMINION BLVD/VA-168 S.
6. Merge onto VA-168 S via the exit on the LEFT toward NAGS HEAD/MANTEO (Portions toll). VA-168 S becomes US-158 S.

From the North

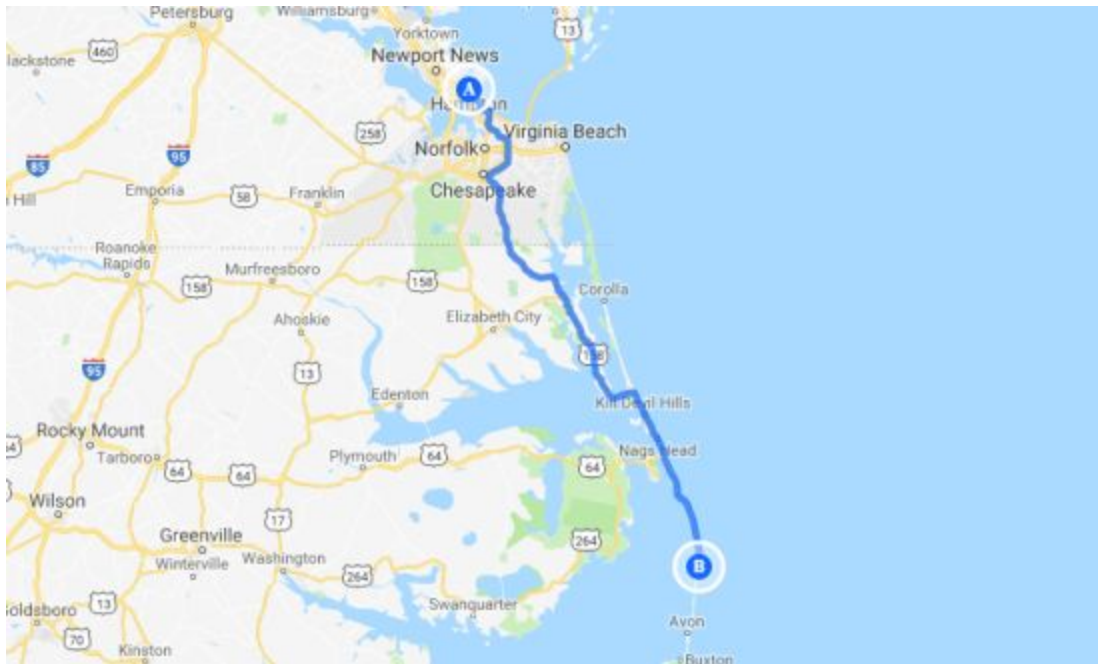


1. Follow I-95 South to Richmond, Va.
2. Take I-64 East toward Norfolk/Virginia Beach, Va.
3. Take I-64 or I-664 to Chesapeake, Va.
4. From I-64, take Exit 291B to Route 168, the Chesapeake Expressway. *Once in North Carolina, Route 168 turns into US-158 East. (Avoiding Toll Charges on Route 168 (Chesapeake Expressway), take exit 8B off of Route 168 South (Hillcrest Parkway Exit), turn right at second traffic light (near Wawa) on to Battlefield Blvd. (Route 168 South Business).
5. Follow this road to The Outer Banks. *Chesapeake Expressway is a toll-road with new rates that took effect May 1, 2011. EZPass and SmartTag accepted.

A map of Virginia showing the location of the Chesapeake Bay Bridge-Tunnel. A blue line indicates the route from Point A (near Newport News) to Point B (near Virginia Beach). The map includes major cities like Norfolk, Chesapeake, and Virginia Beach, as well as highways like I-95 and I-64.

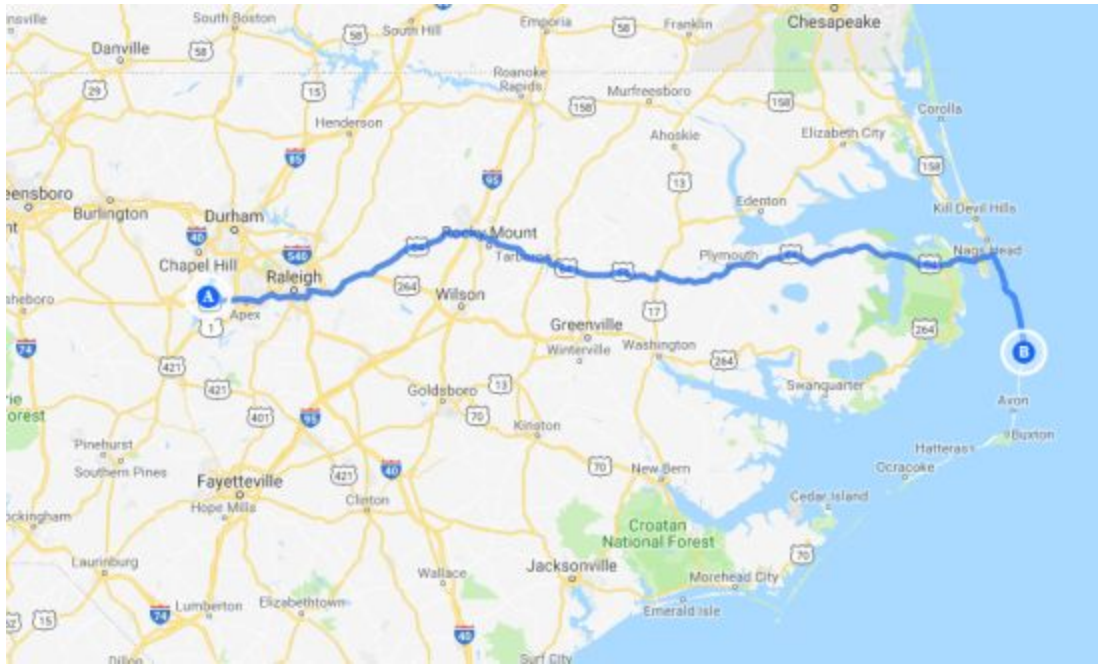
1. From Virginia's Eastern Shore across the Chesapeake Bay Bridge Tunnel (Route 13), follow Route 13, Northampton Boulevard, to I-64 East (to Chesapeake), take Exit 291B to Route 168, the Chesapeake Expressway.
*Once in North Carolina, Route 168 turns into US-158 East. Follow this road to The Outer Banks. *Chesapeake Expressway is a toll-road with new rates that took effect May 1, 2011. EZPass and SmartTag accepted.
2. For up-to-date road construction and traffic congestion while traveling in Virginia, visit 511virginia.org

A Scenic Drive From North



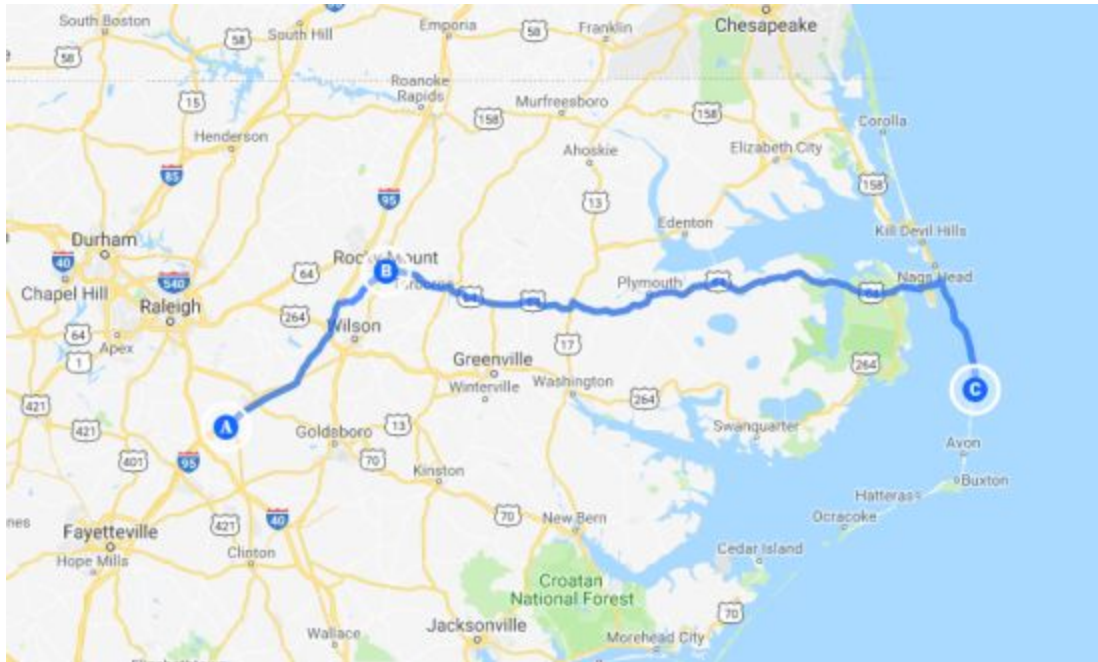
1. Get off I-64 at Hampton, Va.
2. Go South on I-664 through Monitor-Merrimack Memorial Bridge-Tunnel.
3. Take I-64 toward Norfolk/Virginia Beach; then go south on US-17 at Deep Creek, Va. to South Mills, NC.
4. Follow NC-343 south to US-158 South to The Outer Banks.

From The West



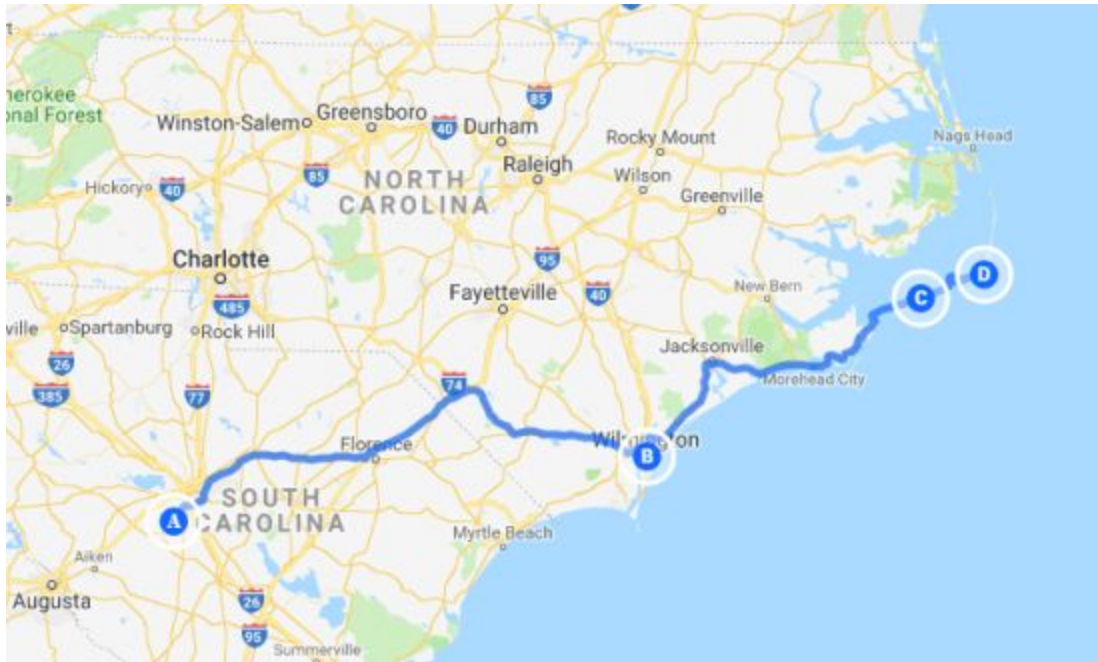
1. Via I-95 or I-85 into North Carolina. Take US-64 East toward Rocky Mount.
2. Follow US-64 East through Williamston and Plymouth, NC.
3. From Plymouth, NC keep going east to Roanoke Island and The Outer Banks.

From The South



1. Take I-95 to Rocky Mount, NC.
2. Take US-64 East toward Rocky Mount.
3. Follow US-64 east through Williamston and Plymouth, NC.
4. From Plymouth, NC keep going east to Roanoke Island and The Outer Banks.

A Scenic Drive From South



1. Take US-17N from South Carolina to Wilmington, NC.
2. From US-17N take State Route 24 east until it runs into US-70 (before Morehead City, NC).
3. Follow US-70 North from Morehead City to State Route 12 and the Cedar Island Ferry.
4. Take the toll ferry to Ocracoke Island.
5. Then take State Route 12 north to the Hatteras Island Ferry.