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Celebrate National Plan for Vacation Day with Visit Hampton

Hampton, VA – The Virginia Tourism Corporation (VTC) and the Hampton Convention & Visitor Bureau remind travelers to begin planning their vacations on National Plan for Vacation Day, January 31, 2023.

[National Plan for Vacation Day](#), developed by the U.S. Travel Association, is a day to encourage Americans to plan their time off. Each year, millions of vacation days go unused. Research shows that there is an importance to taking time off to travel. Individuals who plan are more likely to use all their time off, take more vacation days at once and report greater levels of happiness at work and at home.

Hampton offers residents and visitors alike a bevy of fun and inspirational things to see and do. Whether you're coming from out of town or enjoying a relaxing staycation, Hampton's attractions, parks, restaurants, provide a world class experience. Vacationers can bask in miles of shoreline at Hampton's picturesque Buckroe Beach, immerse themselves in aeronautics at the Virginia Air & Space Science Center, and explore history at Fort Monroe National Monument.

"National Plan for Vacation Day is a great opportunity to make Hampton a part of your travel plans," said Mary Fugere, Director of the Hampton Convention & Visitor Bureau. "There are wonderful adventures in Hampton, whether you travel in a group or solo. From water recreation at Buckroe Beach and aboard the Hampton Queen harbor tour to culinary delights in Phoebus or Downtown; to exploring history while climbing atop Fort Monroe or playing on the aquatics challenge course at the Hampton Virginia Aquaplex, today is the day to plan for fun in Hampton."

"It is so important to take time when planning your year to include much-needed vacation days," said Rita McClenny, President and CEO of Virginia Tourism Corporation. "Time spent away from work is vital to our own well-being, so we hope that everyone uses this National Plan for Vacation Day as inspiration to schedule time and do what they love to explore in Virginia, whether it is spending time on the coast or scenic byway, and enjoy our beautiful state with friends and loved ones."

For more information on National Plan for Vacation Day, visit <https://www.ustravel.org/events/national-plan-vacation-day>

To start planning a trip to Virginia, visit virginia.org and to plan a trip in Hampton, head to visitHampton.com

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Partially bordered by the Hampton Roads harbor and Chesapeake Bay, Hampton, with the 344,000 sq. ft. Hampton Roads Convention Center and the award-winning Hampton Coliseum, is located in the center of Coastal Virginia and the Hampton Roads metropolitan area. Hampton is the site of America's first continuous English-speaking settlement, the site of the first arrival of Africans in English North America, and is home to such visitor attractions as the Virginia Air & Space Science Center, Fort Monroe National Monument, Hampton History Museum, Hampton University Museum, The American Theatre, among others.

About Virginia Tourism Corporation

Virginia is for Lovers is one of the most iconic and recognizable travel brands in the world. Using that powerful brand equity, Virginia Tourism Corporation (VTC) is charged with promoting the Commonwealth as a premier travel destination by showcasing all there is to love in a Virginia vacation. The dollars spent by travelers fuel the economy, provide jobs for Virginians, and improve communities across the state. Simply put, tourism helps make Virginia a great place to live, work, and visit. Learn more at virginia.org.