



Here you truly can escape. Here you can relax, breathe deeply, slow down and be surrounded by simple, uncluttered luxury. Here you can play, stroll, sip tea while reading a good book, enjoy spectacular sunsets, feast on superb cuisine, or soak up sunshine softened by gentle ocean breezes.

The Sanderling Resort and Spa was designed to live in harmony with our natural, untamed surroundings. No wonder it has become known for the peace and serenity it grants each guest. No matter the season, it won't take you long to understand why we think the Sanderling is the perfect place to be.

*Known for the  
peace & serenity  
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each guest.*



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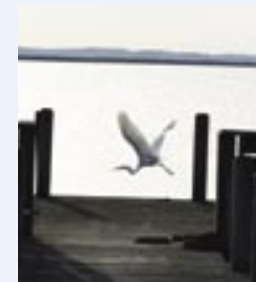


*The Sanderling*



The perfect place to be.

• Resort •



the perfect place...  
*to be.*



### ~ the perfect room ~

Our guest rooms have undergone complete makeovers, taking casual luxury to new heights. Each room captures the timeless hues, textures and casualness of our barrier island. Each has its own sitting area and comes with a flat-screen TV, comfortable King-sized pillow-top bed and a spacious tiled and granite bathroom. All rooms have wireless internet access.

### ~ villas ~

Perfect for families and groups, our villas overlook the Atlantic Ocean and Currituck Sound. Three, four and five bedroom villas are available. All villas have full kitchens and laundry facilities.



### {soundside activities} ~ the Sanderling Spa ~

Many of our guests feel that a visit to the Sanderling Spa is an essential part of their stay. Overlooking Currituck Sound, the spa offers a wide range of services, from massages to manicures to Pilates and yoga. Please call ahead for a reservation. You'll not want to miss out on the perfect place to be pampered.

### ~ dining ~

The Left Bank, which has won many awards, including the coveted AAA Four Diamond rating, offers imaginative French-inspired contemporary American cuisine. Not to mention spectacular views of Currituck Sound. For more casual dining there is the Lifesaving Station Restaurant, honored by *Wine Spectator* magazine with its Award of Excellence for 1998-2004.

### ~ golf and tennis ~

Guests can enjoy playing privileges at The Currituck Club, a scenic Rees Jones course, recently awarded a spot on *Golf Magazine's* "Top 10 You Can Play." In addition to several outdoor tennis courts, guests can also book times (and lessons) at the indoor Pine Island Racquet Club and Fitness Center.

### ~ nature trail ~

A three-mile nature trail starts at the Sanderling Resort and weaves through the Audubon Nature Preserve alongside Currituck Sound. Our seasonal Eco-Center can arrange nature walks, bird watching, guided kayak tours and sunset tours of the sound. Soundside, there is also fishing and windsailing.

### ~ pools ~

Adjacent to the Sanderling Spa is our indoor pool, open daily from 7 am to 7 pm. Movable skylights allow the pool area to be open to cooling breezes when weather permits. Or, between Memorial Day and Labor Day you can enjoy our outdoor pool, just a short stroll away.

### ~ fitness centers ~

Should you desire to break into a sweat while visiting the Sanderling, we offer two fitness centers. An intimate workout room is located on the ground floor of the South Inn. You can also enjoy our new fitness center at the Pine Island Racquet Club and Fitness Center, located a short three-mile drive north of the resort. Here you'll find a complete assortment of cardiovascular machines, free weights and Cybex resistance weight machines.

