

**Contact:**

Barbara Golden, Communications Manager

904-669-8142 (cell)

[BGolden@FloridasHistoricCoast.com](mailto:BGolden@FloridasHistoricCoast.com)



**ST. AUGUSTINE  
PONTE VEDRA**  
FLORIDA'S HISTORIC COAST®

## Florida's Historic Coast Offers History, Relaxation, and Fun for Retirees

### *European charm meets modern amenities in St. Augustine, Ponte Vedra and The Beaches*

St. Augustine, Fla. (August 20, 2025) – Florida's Historic Coast offers a mix of scenic spaces, historic sites, and activities for adults who are ready to enjoy their retirement. Whether seeking relaxation or adventure, it's time to explore St. Augustine, Ponte Vedra and The Beaches.

According to a recent study performed by Christina Haga, PhD and reported in [Retiringwisely.com](https://www.retiringwisely.com)'s practical guide to retirement travel, showed that "travel may be a vital resource for sustaining health and well-being, especially for retirees".

Florida's Historic Coast offers a wealth of healthful and engaging activities tailored for seniors seeking both relaxation and enrichment. Here you can enjoy a sip of water from [Ponce de Leon's Fountain of Youth Archaeological Park](#). Explore some of the cultural and historic attractions like the [St. Augustine Lighthouse & Maritime Museum](#), a fully functional lighthouse that also features a nautical museum stocked with artifacts discovered by the Lighthouse Archaeological Maritime Program (LAMP) or the [Lincolnvillemuseum and Cultural Center](#) to discover the rich African American heritage of the region.

Located on St. Augustine's Bayfront, the [Castillo de San Marcos National Monument](#) is part of the National Park System and offers historical tours, weapons demonstrations, and special programming.

Keeping fit during travel is equally important, at Ponte Vedra Beach golfers can experience playing like a pro at [The Stadium Course](#) at [TPC Sawgrass](#). Kayaking the bioluminescent waters of the [Guana Tolomato Matanzas National Estuarine Research Reserve](#) with [GeoTrippin Adventure Company](#) is a once-in-a-lifetime adventure.

Find balance on Florida's Historic Coast with rest and relaxation. Enjoy golf, tennis, pickleball, swimming, and full-service spa services at [Ponte Vedra Inn & Club](#) and [Hammock Beach Golf Resort & Spa](#). [St. Augustine Sailing](#) has a fleet of luxury sailing vessels where passengers can experience the soothing sound of water lapping against the hull. Anglers can cast a line with [Brian Walker Fishing Charters](#) while birders can spot hawks, hummingbirds, and phoebes at the [St. Johns Botanical Garden and Nature Preserve](#).

It is well known that music has the unique ability to pump us up or calm us down. A benefit of travel to Florida's Historic Coast is the abundance of great music and exceptional venues to enjoy it. The [St. Augustine Amphitheatre](#) hosts entertainers like Counting Crows, Brad Paisley, Jon Batiste, and Alison Krauss, and the newly renovated [Ponte Vedra Concert Hall](#) is host to performances by Sister Hazel, Melissa Etheridge, and Steep Canyon Rangers.

Florida's Historic Coast offers high-quality, conveniently located medical care, providing peace of mind for retirement travelers seeking both relaxation and reliable health support. UF Health St. Johns, an acute care facility, has been serving Florida's Historic Coast since 1889. The nearby Mayo Clinic Hospital of Jacksonville and Baptist Medical Center South are both renowned for patient care.

And there is no shortage of facilities to indulge in self-care on Florida's Historic Coast. There are plenty of [spas and studios](#) to keep visitors to Florida's Historic Coast like [Pilates Yoga Loft](#) that offers classes to build strength and flexibility at historic sites and at the beach, while [Andy Rouse Massage & Bodywork](#) helps soothe aches and pains at their studio.

Florida's Historic Coast has [lodging](#) for a range of budgets. From four-diamond resorts to cozy beach retreats, travelers can save with mid-week deals and special incentives throughout the year. Visitors with limited mobility or disabilities will find that [ongoing efforts](#) and projects ensure seamless, [accessible](#), and unhindered use.

The intuitive and easy-to-use AI-powered [Know-It-All Assistant](#) makes travel planning effortless, suggesting customized itineraries tailored to traveler preferences.

**Located midway between Daytona Beach and Jacksonville**, Florida's Historic Coast includes historic St. Augustine, the outstanding golf and seaside elegance of Ponte Vedra, the rural beauty of Hastings, Elkton, St. Johns, and 42 miles of pristine Atlantic beaches. Visitor Information Centers are located at 10 Castillo Drive, St. Augustine; 200 Solana Rd. Suite B, Ponte Vedra Beach; and at the St. Johns County Beach Pier Park, 350 A1A Beach Blvd., St. Augustine Beach. For advance travel information, call 1.800.653.2489 or go to the Visitors and Convention Bureau website at [www.FloridasHistoricCoast.com](http://www.FloridasHistoricCoast.com). Check us out on social media Instagram [@FloridasHistoricCoast](#); [@ViajaStAugustine](#), [Facebook.com/OfficialStAugustine](https://Facebook.com/OfficialStAugustine), and [Facebook.com/ViajaStAugustine](https://Facebook.com/ViajaStAugustine) and Twitter [@FIHistoricCoast](#)

###