

A woman with blonde hair, wearing a blue long-sleeved shirt and a blue and white striped apron, is sitting on a red stool at a curved bar. She is smiling and looking towards the camera. The bar has a stainless steel top and a blue base. In the background, there are tables with red chairs and a red booth. The ceiling has exposed wooden beams and pendant lights. The text "Mc" is written in a large, white, brush-stroke font at the top, and "NORTH CAROLINA" is written in a smaller, white, sans-serif font below it.

McSM

NORTH CAROLINA

FIRSTS THAT LAST

Take a delicious journey
with James Beard Outstanding
Chef Ashley Christensen
and friends.



COAST

Miles of sand and water have a way of putting life's problems in perspective. Explore the coast on boat, board or bike, keeping a gentle pace that minimizes effort and maximizes the sense of escape.



Hungry Town Tours,
Beaufort

COASTAL CALM

On the Crystal Coast, **Cape Lookout National Seashore's** blissfully undeveloped barrier islands can be reached only by boat or ferry and offer few amenities, so pack food and water and stay awhile. Climb up the historic lighthouse (summers only, Wednesday–Sunday), watch for wild horses, hunt for seashells and walk remote beaches.

Nearly surrounded by water, Beaufort has seen 300 years of seafaring history. Hop on a retro-chic Huffie bike from **Hungry Town Tours** and explore the village's historic district. The one-speed cruisers are for leisurely riding, not spin class, in keeping with Beaufort's laid-back pace.

On the Outer Banks, travel to Duck and visit the waterfront **Aqua Spa**. Treat yourself to a peppermint body scrub and a stress-stripping Sticks and Stone Massage—bamboo rolling followed by stone spine placement.

STORYBOOK SETTINGS

The **Kindred Spirit Mailbox** is a public box at Sunset Beach holding journal entries penned by visitors. It inspired the work of New Bern-based novelist Nicholas Sparks. New Bern's self-guided Walk to Remember tour hits the **Masonic Theatre** and **Alfred Cunningham Bridge** from Sparks' *The Notebook*, plus **Union Point Park** from *A Bend in the Road*.

SURF AND PADDLE

WRIGHTSVILLE BEACH

Protected by sandy barrier islands and salt marshes, Wrightsville boasts a consistent shore break and warm waters—ideal for new surfers. Learn basic wave-riding at **WB Surf Camp** and get an awesome core workout in the process. Take SUP fitness and kayak classes too.

OUTER BANKS

Kitty Hawk Kites offers kayak tours through the maze of canals, creeks and salt marshes at **Cape Hatteras National Seashore**. Paddle out to a spot that's perfect for watching sunsets over the water.

INNER BANKS

Power paddle (up to 200 miles) on the **Tar-Pamlico River Water Trail**. Listen for barred owls and watch for bald eagles, then pull your paddles out of the water and camp at screened-in camping platforms. **Inner Banks Outfitters** in Washington rents equipment.



YOGA PAIRINGS

At **Pineapple Studios** in Wilmington, the Yin and Spin workshop pairs a flow yoga class and a private lesson on the potter's wheel. Draw a breath in the sand at **Salty Dog Yoga and Surf**, with vinyasa (or eclectic mix) yoga on Carolina Beach. The sand shifts and sinks with every move, adding a challenge to classic poses.