



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.



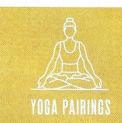
water and stay awhile. Climb up the historic lighthouse (summers only, Wednesday-Sunday), watch for wild horses, hunt for seashells and walk remote beaches.

Nearly surrounded by water, Beaufort has seen 300 years of seafaring history. Hop on a retro-chic Huffy 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 Massagebamboo 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.