



## The River Chicks

### The Unplanned Vacation

Greetings! With our mini vacation just weeks behind us, we had no idea what a treat we were in for today. Along for this paddle were: Reta and Wendy. For years, Wendy has tried to get the group to paddle up to Newbold-White House (NBWH), but for one reason or another we never made it. Wendy asked if I

wanted to do a quick run up to NBWH on Saturday morning just for exercise, and of course I said “yes.” Well, some where between Friday evening and Saturday morning we decided to bring our swim clothes and a lunch.

Once again, we headed out bright and early the morning of Saturday, August 2, 2008. We put-in at the municipal dock at about 8:10am and it was already 80 degrees. Wendy was in her *sweet red boat* so she went off the pier and I just straddled my boat and we were off. The put-in here is of ease; highly recommended for beginners. The water was extremely warm. From the municipal dock up to NBWH is a 3-mile paddle, paddling into the wind. We have found that the water is really flat in the morning and the winds are not high, so in open ocean paddles such as this it is better to leave early. Also, there is less motorized activity.

Well, everything was going our way today. The view of the ocean was beautiful. Plenty of respite spots along the coast if needed. As far a bird activity, the ospreys were plenteous. They were really circling overhead and getting meals for their young. We saw several HUGE nests. One looked liked a two-story townhouse for birds. Although, we didn't see many fish jumping they had to be there because the osprey had something (we think fish) in their claws when we saw them. At some point we came upon Perquimans Parks & Recreation and the beachfront there is not bad, but also not accessible from land. NOTE: Sending comments and recommendations to the Trailblazers about this site. Kudos to those responsible for the mile markers on the trail! Definitely an asset and visible.

It took us approximately an hour to paddle up, but it was well worth the trip. Wendy had always told me that this was a great getaway beachfront for paddling and boy was she right! I could not believe my eyes. We docked on the sandy beach and just popped right out the kayaks. The river was clean, flat, not buggy at all, and the water temperature was warm. I could not get out of my boat fast enough to start our “unplanned vacation!” There is quite a bit of vegetation here so it would be good to have Ellen go up with us to see what can be removed and what could stay. According to Wendy, and the history of this fascinating little beach—now known as “Jewlair Resort”—the month of August in the only time you can take advantage of it to swim. The rest of the year the currents are to strong and the wind patterns aren't quite right. I

do not swim in the river because everyone I have ever seen was nasty. Well, it was payday for Reta. We went out at least 500 feet from the beach and the water still about 3 ½ feet. We had a ball!

We swam, and swam, and swam again. Wendy insisted that I taste the figs that were growing in the garden at NBWH so we headed up the path. This is a pretty long path that grass has grown over so it was sort of an obstacle, but we made it. Wendy partook of the figs and really seemed to enjoy them. However, (you know me) they were not cold and hadn't been washed so I could not enjoy them. The walk back was just as long and hot so the excitement of the beach awaiting us was rewarding. It would be really great if this path was accessible from land, but as it is right now it is not and it too far to walk a boat down.

Well, we swam some more and then ate lunch on the pier. Oh yeah! I forgot to mention the beautiful pier. Nice scenic view. About this time a sailboat was off in the distance and it looked cool. After lunch we swam again. We really enjoyed ourselves and hated to leave, but at 11:10am we were headed back to shore. The paddle back was fab! The wind was at our backs so it was easy going and we were back in an hour with one pit stop along the way.

If you have never done this paddle I *highly* recommend it during the month of August. You will absolutely love it!

**Recommendations for this trip:** 1) Bring plenty of water and maybe Gatorade; 2) You definitely need to wear sun block. The sun is directly on you because it is a wide open paddle; 3) If you are going to swim it is highly recommended that you wear crocks or something along these lines because there are some (not many) sticks at the bottom off the river. This way you will have full protection for your tootsies; 4) Pack a nice lunch with protein; not a salad; and 5) Bring a towel and small umbrella if you can, but be sure not to overload your boat.

To the River Chicks that we have not seen in a while we miss you. We hope to see you on the August paddle. Until then find a river near you and happy paddling.

*Reta*