



North Carolina Coastal Federation

Working Together for a Healthy Coast

FOR IMMEDIATE RELEASE

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North Carolina Coastal Federation and Second Wind Offer Kayak/Yoga Adventure

SWANSBORO -- The North Carolina Coastal Federation and Second Wind Eco Tours in Swansboro are again teaming up to offer their most popular excursions: a summer kayak and yoga trip on the White Oak River.

The trip is planned for Saturday, August 8, from 9 a.m. to 12 p.m.

Paddlers will launch from the Cedar Point Recreation Area in the Croatan National Forest, off N.C. 58 in Cedar Point. Depending on wind and tide, the paddle is usually a 20-30 minute trip suitable for beginning adult paddlers. The destination is Jones Island at the mouth of the White Oak River, which is a preserved island managed by Hammocks Beach State Park.

Once on the island, participants will learn about conservation and restoration projects coordinated by the park and the federation. Yoga instructor *Michelle Thornell* will lead the group in a gentle yoga session under the shade of the island's live oak trees. A swim from the island's beach will prepare paddlers for the trip back to the Wildlife Landing.

April Clark, owner of Second Wind Eco Tours, explained the benefit of teaming up with the federation. "Partnering with the federation enhances the paddle experience for kayakers," she said. "Providing education and advocacy to our trips adds value and is a smart way to


ensure we can use these waterways for years to come."

Federation members get a special rate of \$35 with kayak rental and \$20 if they bring their own kayak. The nonmember price is \$45 with kayak rental and \$30 without kayak.

Life jackets and paddles are provided with kayak rentals. Yoga mats are provided or bring your own. We recommend that you bring bottled water, a towel, a hat or visor, sun block, water shoes and sunglasses. Wear your bathing suit if you'd like to join in the swim.

Reservations are required.

Call Second Wind at 910-325-3600 or email info@secondwindcotours.com.

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