

## **Bear Island, Hammocks Beach SP, Paddle Trip**

**When:** Saturday, July 17, 2010

**Where:** We will meet at the NC Wildlife ramp at Shell Rock Landing at **9:30 AM** and paddle to the West end of Bear Island.

**Trip Difficulty: Easy,** This trip is for most everyone. Only concern will be the first and last 100 yards crossing the ICW, which may be affected by wind, waves and power boat traffic. The distance is probably less than 2 miles each way but can be more strenuous if against the tide.

**Trip Details:** Members will meet at Shell Rock Landing and be ready to **launch at 9:30 AM**. We will paddle through the peaceful marsh canals to the West end of Bear Island. We will spend some time there giving members time to enjoy their favorite interests, such as sun bathing, shell collecting, swimming, walking the beach or surf kayaking. This is an excellent location to practice wet exits, self rescues, and rolling. There are no restrooms at Shell Rock Landing (stop at Burger King on the way) or the West end of Bear Island (there are sand dunes and the water however).

**Provisions Needed:** **PFD's must be worn**, plenty of water, sun screen, hat, lunch or snacks, towels, chairs, umbrellas or any other creature comforts you wish.

**Driving Directions:** To get to the NC Wildlife ramp at Shell Rock Landing:

From New Bern go South on US 17 to Maysville.

Turn left at the traffic light on to Hwy NC 58 and drive to Cedar Point.

Turn right on Hwy US 24, and drive through Swansboro to the traffic light at the Burger King (This is a good rest stop if needed),

Turn left at the light, this will be Queens Creek Road and follow it to the end.

Turn left on to Great Neck Landing Road and drive to Shell Rock Landing Road.

Turn right on to Shell Rock Landing Road and drive to the end, boat ramp will be on the right. Please park along the ICW.

**Trip Leader:** Ken Court, kenbcourt@embarqmail.com or 910-346-3146

***Note for non-members:** While club membership is not required to participate in this trip, non-members may be asked to complete a trip registration. Also, for safety, there may be a limit to the number of outside participants. Please, contact the trip coordinator/leader ahead of time, if you plan to join us on this paddle.*