



FOR IMMEDIATE RELEASE

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Federation to Lead Kayak/Yoga Trip on White Oak River

OCEAN – Jones Island, in the mouth of the White Oak River, is the ideal destination for kayakers. The N. C. Coastal Federation and Second Wind Eco Tours of Swansboro will lead paddlers there on Thursday, August 2 from 1 p.m. to 4:30 p.m.

The trip will be escorted by Second Wind owner April Clark, yoga instructor Cheryl LeClair and federation development director Sally Steele. Kayakers will start out from Cedar Point Recreation Area in the Croatan National Forest and paddle to Jones Island, where LeClair will guide the group in a gentle yoga session. Paddlers will learn about the federation's work with Hammocks Beach State Park to preserve the island and to restore habitat surrounding the island.

"We've been running these trips with Second Wind Eco Tours for two years. They tend to fill quickly and attract such fun people," said Sally Steele. "The White Oak is a beautiful river and what could be better than a little yoga under the shade of the island's giant live oaks? Jones Island is a showcase for the federation's preservation, restoration and education programs, and we enjoy introducing it to paddlers."

Jones Island is an uninhabited 24-acre island dominated by loblolly pine and large live oak trees and is one of the state's few nesting sites for the eastern painted bunting. The federation acquired a major portion of the island in 2005 and donated it to Hammocks Beach State Park. The park and the federation are partnering to conduct environmental education and restoration programs on the island.

Depending on wind and tide, the paddle is usually a 20- to 30-minute trip to the island, suitable for beginning adult paddlers. The yoga instruction is suitable for all levels. Registration and a fee are required for the trip. Call Second Wind at 910-325-3600 for more information or to register.