

# Ready, Set, Paddle!

**Day one** – Enjoy a hearty breakfast at Cracker Barrel Restaurant before heading out to one of the only two natural lakes in Virginia. Beginning at the historic Dismal Swamp Canal part of the Inter Coastal Water Way that George Washington built. From there follow the Feeder Ditch through the refuge to the spill way. From the spillway it is only a quarter mile to the great Lake Drummond.



Paddle north along the eastern shore of the Lake where you will see hundreds of Cypress trees growing just off shore. You return along the same course and have lunch at the spillway before paddling back out the Feeder Ditch. You are paddling for approximately 5 hours with several breaks and lunch. You will paddle 10 to 12 miles at a leisurely pace. Once back on shore, head back to your hotel to freshen up for dinner. Enjoy dinner at any of the wonderful restaurants around Chesapeake.

**Day two** – Stock up on protein and carbohydrates at a local favorite. The Broken Egg Bistro combines a mom-and-pop diner with upscale bistro food to create a relaxed family environment.

After breakfast head to the NC line towards Currituck. Hop onto the Currituck Sound ferry which will take you over to Knott's Island, North Carolina. The ferry trip is five miles long and takes 45 minutes. Once aboard, passengers are able to leave their vehicles and walk around to enjoy the beautiful view of Currituck Sound. Once on land head over to the eastern side of Knott's Island. Begin by paddling across Knott's Island Bay and exploring the marsh along the barrier peninsula where the waterway cuts inland, deep into the maritime forest. The forest is unique to this location and the wildlife is plentiful. Enjoy lunch on the barrier peninsula and then return to Knott's Island after weaving your way through the marshes. This is approximately an 8 hour trip. Board the Currituck ferry again and head back to Chesapeake. Enjoy dinner at Surf Rider Restaurant.



Seafood is a main feature of the menu, but one can also find hearty steaks and chicken dishes, too. On any given day, fresh fish is offered, most likely caught in local waters. Hand-breaded seafood and made-to-order crab cakes are favorites among the locals, and a delicious assortments of homemade soups and vegetables keep the table full.

We invite you to bring your group and take it all in – outdoor sports galore, easy access to the Atlantic Ocean, a vibrant musical and cultural scene, historic sites ripe for exploring, shopping ranging from fine to funky, and picturesque strolls in a green and beautifully preserved environment.

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