

NORTH CAROLINA

# PATH

PARKS AND TRAILS FOR HEALTH

2023 Trail Days Across NC

## Trail Days at Hammocks Beach State Park

Sunday, September 17th

9am - 3pm

Monday, September 18th

9am - 3pm

1572 State Rd 1511, Swansboro, NC 28584

**Free Event - no registration required**

Celebrate North Carolina's Year of the Trail and Pick Your Own PATH at Hammocks Beach State Park! Canoes, Kayaks, Stand-Up Paddleboards...how will you explore? Curious about paddling and have questions about how to start? Come ask a ranger and try paddling with no cost. Accompany a ranger on guided paddles on the park's paddle trail (various distances and difficulty levels provided) or hop inside one of NC State Parks Big Canoes and paddle as a team. Paddles are weather dependent.



Plenty of dry land activities, too! Area paddling partners will be in attendance to provide resources throughout the event, including White Oak River Keepers and the US Coast Guard Auxiliary. Learn more about the work of the NC African American Heritage Commission and Black Folks Camp Too. NC Aquarium at Pine Knoll Shores and Hammocks Beach State Park will be providing educational activities for all ages. Park Rangers will also showcase their adaptive paddling options that allow everyone to enjoy the water.

Visit us on the web for details!

[pathnc.com](https://pathnc.com)

