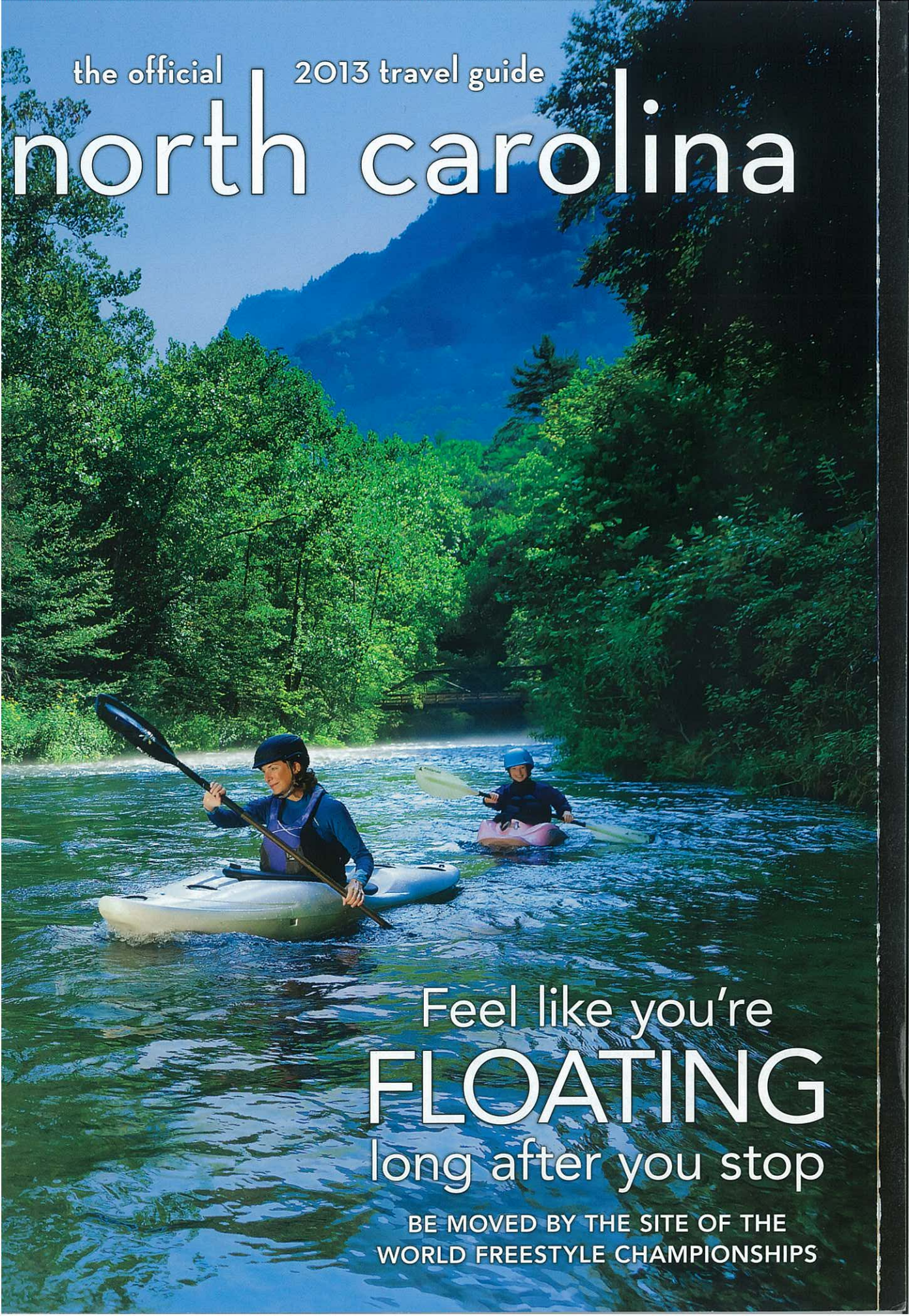


the official 2013 travel guide

north carolina



Feel like you're
FLOATING
long after you stop

BE MOVED BY THE SITE OF THE
WORLD FREESTYLE CHAMPIONSHIPS

north carolina
outdoor playground

Just add water for a
wet and wild adventure.



Kayaking on the
Nantahala River
(see p. 19)

north carolina
outdoor playground

Whether you want to test your mettle on a mountain slope, or paddle your way through paradise, North Carolina has it all.

A Hang Gliding

Take wing where the Wright brothers launched modern aviation on the Outer Banks more than a century ago. Start at the Kitty Hawk Kites hang gliding training center at Jockey's Ridge State Park. Instructors talk you through piloting a glider, running into a sea breeze, soaring briefly and then landing "either gracefully or awkwardly" on soft sand dunes.



[CLICK HERE TO FIND MORE OUTDOOR FUN.](#)

PREVIOUS SPREAD
2013 World Freestyle Kayaking Championships

Watch **top-rated whitewater paddlers** compete on the churning Nantahala River during the International Canoe Federation's World Freestyle Kayaking Championships, Sept. 2-8 near Bryson City. Seeing skilled kayakers spin, flip and cartwheel might inspire you to try the splashy sport. The Nantahala is open most days to the public and is suitable for paddlers of all ability levels.

THE APPALACHIAN MOUNTAINS, THE HIGHEST MOUNTAINS EAST OF THE ROCKIES, ARE THE PERFECT PLACE FOR A DAY ON THE SLOPES.

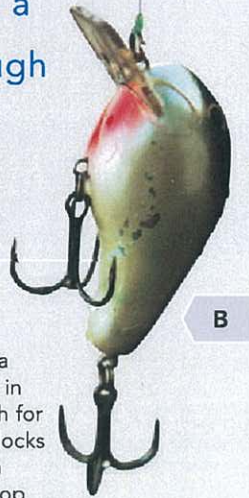


B Fishing

Variety makes North Carolina **paradise for anglers**. Wade in mountain streams and search for trout. Cast from boats and docks on Piedmont lakes to haul in catfish, carp and walleye. Drop anchor in coastal sounds to net flounder, amberjack and cobia. Or take a charter vessel heading 15 to 60 miles offshore to wrestle with sharks, tuna and giant billfish.

c Skiing/Snowboarding

Snow sports dominate western North Carolina in the winter. Full-scale resorts and day-use areas offer **downhill skiing, snowboarding and snow tubing**, each enhancing what nature drops by adding machine-made snow. There are also cross-country skiing trails, snowshoeing routes, ice-skating rinks and sledding hills, so bundle up and get outside!



B

C

north carolina
outdoor
playground



D

D Sliding Rock

Wear old shorts and sneakers when you take the plunge at Sliding Rock, where **60 slanted feet of slippery-wet rock** ends at a deep pool of mountain water in Pisgah National Forest. Nature's creek-fed water slide north of Brevard stays around 55 degrees in summer, creating a popular spot to cool off.

I Rock Climbing

Rock climbers relish the state's diverse options. Some go bouldering with little more than mats to fall on at Grandmother Mountain, Blowing Rock and Lost Cove. Others favor "friction" climbing, scrambling across steep, almost featureless granite slabs at Stone Mountain State Park. More pack ropes, harnesses, rappelling devices and other gear to aid **climbing on sheer cliffs** throughout the Tar Heel State.

J Windsurfing

Any body of water touched by steady breezes draws windsurfing fans and their graceful **combination of sailing and surfing**. Pamlico, Albemarle, Roanoke and Croatan sounds – separated from the Atlantic Ocean by the Outer Banks – provide some of the state's best windsurfing opportunities.



E

F

F Kiteboarding

Kiteboarding combines aspects of windsurfing, wakeboarding, kite flying and gymnastics into the **latest extreme sport**. Boarders catch wind in large, controllable kites, skip along the water's surface, launch from waves and execute jaw-dropping aerial maneuvers. Nearly a dozen kiteboarding shops and schools dot North Carolina's coast.



E Ziplining

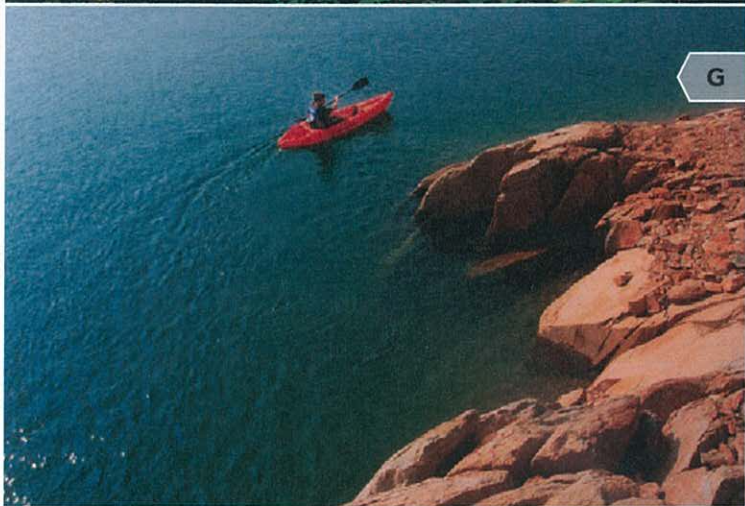
Strap into a waist harness attached to an overhead cable and glide swiftly through the treetops at **zipline tours** scattered across the state. Each course involves multiple gravity-powered "zips" between raised platforms, swooshing over scenic valleys, waterfalls, streams and forests.

G Kayaking

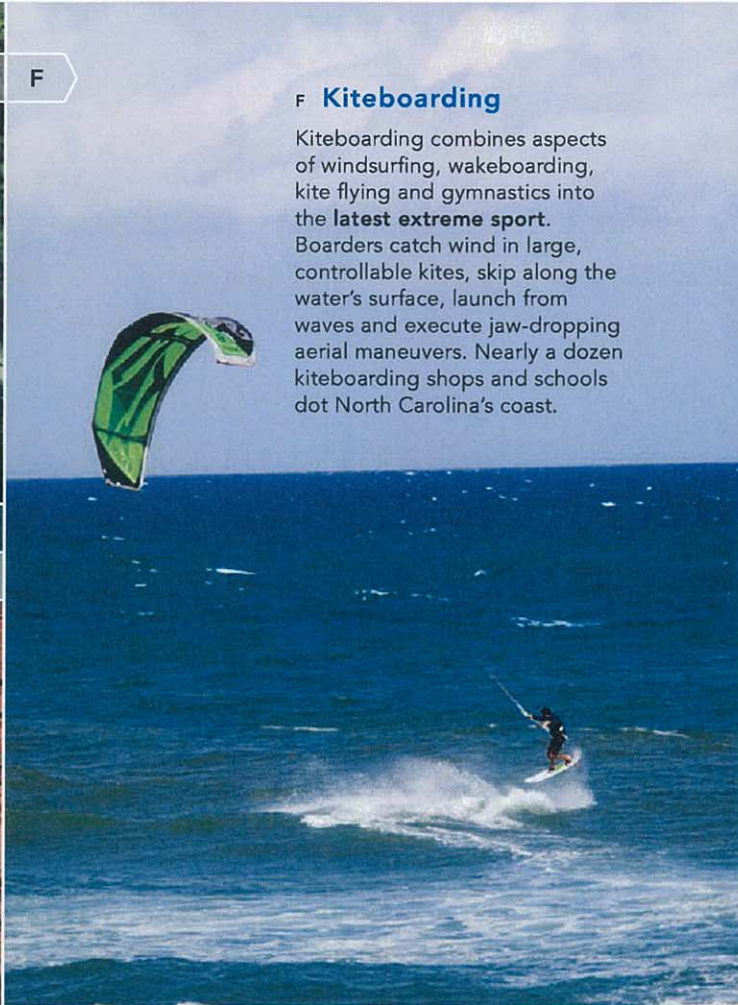
Paddling a kayak is a great way to enjoy some of the state's many outdoor playgrounds. Poke around on foggy morning fingers of mirror-flat lakes. Bob through rapids on tumbling mountain streams. Prefer to stand? Try paddleboarding and ride tides to explore shallow trails meandering through coastal marshes.

H The Dragon

Smooth roads twisting through gorgeous scenery attract motorcyclists, and North Carolina boasts them in abundance. One popular route traces US Highway 129 north of Robbinsville in the Nantahala National Forest, where a stretch at Deal's Gap dubbed "The Dragon" features **318 curves in just 11 miles**. The nearby Cherohala Skyway sweeps through more high country for another alluring ride. And the Diamondback features 190 curves in 12 miles near the Blue Ridge Parkway.



G



From the mountains to the sea, North Carolina offers a beautiful backdrop for outdoor adventures.

THE NORTH CAROLINA COAST IS HARD TO BEAT FOR WINDSURFING. LESSONS ARE OFFERED AT MANY PLACES ALONG THE COAST, AND EQUIPMENT RENTALS ARE AVAILABLE FOR ANY LEVEL OF EXPERTISE.



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