



The
Haw River
Canoe & Kayak Co.

Reconnect with nature, have fun paddling.

THE HAW RIVER PADDLER

August 2009

"A lake is the landscape's most beautiful and expressive feature. It is earth's eye: looking into which the beholder measures the depth of his own nature."

*Henry David Thoreau
Walden, 1854*

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Something New This August

Something new for August, how about a paddle just for women? Ladies, escape the stress of busy schedules and take time to enjoy a beautiful evening paddling on the Haw River. Your female guides will take a "women's only" group along a quiet stretch of river so that you may experience rejuvenation through moving on the water and watching wildlife.

As the egrets and great blue herons settle on the banks for their evening rest, find your own sense of restfulness by completing the trip and then visiting Benjamin Vineyards & Winery for a glass of wine, a delicious dessert from the Saxapahaw General Store, and a relaxing chair massage. This trip was designed by women, for women in the hope that each of us will take the time to take care of ourselves.

For more information and/or to register for this trip on August 22nd, call our office at 336/260-6465, send us an e-mail at info@hawrivercanoe.com or register online at register@hawrivercanoe.com.

What Makes Paddle Dinners So Much Fun?

There is a recipe for fun on the river that we first experimented with over four years ago. We started out with one local vineyard & winery. Since then, the experiment has grown to two vineyards & wineries, one brewery and one restaurant with live music.

The recipe goes like this. Take strangers and friends and put them in boats on the Haw River. Add a pinch of solitude, a little wildness and a lot of nature and add it to their experience. Take a 2-3 hour paddle leaving the stresses of life behind. After the paddle, take the ingredients (or should I say guests) to a local vineyard & winery and present a 5-6 course catered meal together with wine pairings for each course. How could you not have a wonderful time? You meet new friends or re-establish close bonds with old friends, have a nature-based outdoor adventure, break bread together and have a little wine. That is definitely a recipe for fun.

Schedule of Courses & Trips – August & September

If you are interested in a paddle course or a guided trip, you can find a schedule of activities on our website www.hawrivercanoe.com on both the Instruction and Guided Trips pages. **Don't forget, you can rent a canoe or kayak and do a self-guided trip.** A brief listing of activities for June & July follows:

August

1	Picnic & Paddle
2	Picnic & Paddle
7	Full Moon Paddle
8	Paddle Dinner - The Grove Winery
14	Sunset Paddle
15	Canoe & Kayak Classes
22	Women's Evening Paddle <i>*new trip*</i>
22	Stargazing Float
29	Paddle & Potluck
29	Paddle Dinner - Pittsboro General Store Cafe

September

5	Full Moon Paddle
6	Picnic & Paddle
11	Sunset Paddle
19	Canoe & Kayak Classes
19	Stargazing Float
26	Paddle Dinner – Benjamin Vineyards & Winery
26&27	Spirit Island Campout

Classes include Quick Start for Canoe & Kayak (3 hrs.), Introduction to Canoeing & Kayaking (8 hrs.), Basic Whitewater Canoeing (16 hrs.) and Sea Kayaking Fundamentals (16 hrs.).

A Guide's Account of a Special Time on the River

So, what do we sometimes do after putting folks on the river? Here is one account, and you thought it was all work and no play.

"I went on a nice paddle around the island across from the dock above the Saxapahaw dam after I put the Tuesday group on the water. I paddled quietly by myself. I just floated up to some egrets and came within ten feet of a Great Blue Heron where I could see the individual feathers and look it right in the eye. I also came real close to a Green Heron and a family of Wood Ducks. A pair of Osprey were diving and fishing in the lake. I found some large clams around a log and sandy shallow area in the middle of the lake. I watched a turtle (not sure what kind) searching through the mud for food. I also watched a doe with two small, spotted fawns walking through the woods next to the river as I floated along. It was a very relaxing and rejuvenating little trip."

Conservation Easement Protects Iseley Farm

Jane Iseley and her family have sold a conservation easement on their 218-acre farm north of Burlington to the Piedmont Land Conservancy. The farm has been in continuous production by the Iseleys since 1790 and is recognized as a "Century Farm" by the State of North Carolina.

The Iseley Farm contains approximately 8500 feet of frontage on the Haw River between the recently acquired Geringer Mill Road property and the Indian Valley-Glencoe segment of the Haw River Trail. The land conservation and view shed protection accomplished by the easement constitute a great success for everyone involved.

We recently had the opportunity to guide Jane and some of her family members down the river past their property. It is a beautiful stretch of river and we are very appreciative of what they have done to conserve the Haw River for future generations. If you go by the farm next spring to pick strawberries, please tell Jane thanks.

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