



The Down East Paddle Trail Map is the first to highlight trails in the Down East area of Carteret County, the southern arm of the Outer Banks National Scenic Byway.

Paddlers can glide through the Straits, Back Sound or Core Sound enjoying bird watching opportunities in some of the most pristine waters in the world. Kayaking affords an intimate and quiet view of the uninhabited Outer Banks.

Remember to pay attention to the winds and tides, and bring plenty of water, sunscreen, and insect repellent; water shoes and protective clothing are strongly advised.

Outer Banks Scenic Byway - Carteret County

Paddle Trails & Access Points

From Hwy 101: Travel east on Hwy 101 for approximately 15 miles, turn left onto Laurel Road for approximately 6 miles then right on Merrimon Road. In approximately 5 miles, turn left onto Hwy 70 where you will cross North River Bridge and arrive at the entrance to Down East and the Outer Banks Scenic Byway.

From Morehead City: Take U. S. 70 east. Crossing the North River Bridge, you arrive at the entrance to Down East and the Outer Banks Scenic Byway.

From Ocracoke: Take the Ocracoke-Cedar Island Ferry where you will arrive at Cedar Island, the northern entrance to Down East and the most southerly region of the Outer Banks Scenic Byway. Take SR 12 south from the ferry terminal which will join with U. S. 70 taking you to all points Down East.

LEGEND

- Access Points
- Paddle Trails
- Outer Banks Byway - Carteret County
- Drinking Water
- Shower
- Toilet

PADDLE TRAIL NAME	DISTANCE (mi.)
1. Cedar Island Bay Paddle	7.9
2. Cedar Island National Refuge Paddle	13.0
3. Thorofare and Styron Bay Paddle	9.4
4. Nelson Bay Paddle	5.2
5. Oyster Creek to Great Island Ferry Dock	3.6
6. Core Banks Paddle	13.7
7. Whitehurst Creek Paddle	2.3
8. Browns Island Paddle	4.1
9. Codd's Creek Paddle	4.8
10. Cape Lookout Lighthouse Paddle	4.9
11. Whale Creek Paddle	5.4
12. North River Estuary Paddle	4.0
13. Goose Bay Paddle	5.8
14. North River Paddle Extended	6.5
15. Rachel Carson Preserve Paddle	8.4
16. Beaufort To Shackleford Banks Paddle	2.7

0 0.75 1.5 3 4.5 6 Miles

Map Prepared By Maureen Dougherty, Carteret County GIS Dept.
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