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Eight Reasons Bald Head Island Needs to Be Your Next Girlfriends' Getaway

*Leave the keys and kids at home for a weekend away on one of
North Carolina's most picturesque islands*

Bald Head Island, NC (September 2019) – Women are pulled in a thousand different directions on any given day with responsibilities as mothers, wives, employees, volunteers and countless other 'job titles' that leave little time for self-care. On [Bald Head Island](#), North Carolina, an idyllic haven exists where the pressures of everyday life are exchanged for pristine beaches and maritime forests, cars are replaced by golf carts and bicycles, and wildlife makes up the greatest percentage of the island's inhabitants.

Located two miles off the coast of Southport, NC, car-free Bald Head Island provides the perfect retreat for girlfriends looking to get away from it all - whether it's for a long weekend or a weeklong vacation. Friends will find time to reconnect with each other through shared experiences like stand-up paddle boarding in the salt marsh, admiring a 360 degree view from the top of the state's oldest lighthouse, Old Baldy or soaking up the sun with a beach read and since no cars are allowed anywhere on the island, spend quality time listening to each other instead of traffic. Following are eight reasons why Bald Head Island is an ideal destination for girlfriends to relax, reconnect and above all have some fun:

- **Leave Your Cares—and Cars—On the Mainland:** A journey to Bald Head Island starts with stunning views of the Cape Fear Coast during a 20-minute passenger ferry ride to the island (there is no bridge connecting it to the mainland.) Cars are not permitted, so once ashore, guests climb into electric golf carts or jump on bicycles to explore the natural beauty of the island.
- **Choose Your View:** The only decision that needs to be made in terms of where to stay during a girlfriends' getaway is location: oceanfront, marsh, village or maritime forest. Accommodations are scattered throughout the island and range

from villas, condos and epic vacation homes as well as a few quaint inns. Many of the island's rental properties also include access to The Shoals Club or The Bald Head Island Club which offer dining options, pools, and golf.

- **Let Someone Else Do the Dishes:** Slow down and catch up with your girlfriends over a chef-prepared meal at one of the island's restaurants where bonding over a glass of wine at Will O' The Wisp wine bar, the day's fresh catch at MoJo's on the Harbor or a little Latin-inspired dish at Delphina Cantina is what's on the menu. Or, if a quiet evening in is more the group's speed, enlist the services of a private chef from Sweet Bay Catering to create a custom menu complete with wine pairings served in your rental home.
- **Beach Days Are the Best Days:** Coastal North Carolina's moderate climate means that the 14-miles of pristine beaches wrapping three sides of the island give visitors plenty of year-round options. South Beach features long stretches of white sand and calmer waters perfect for families, walkers and shell seekers alike; East Beach, which faces the open Atlantic, is where the surfers and boogie boarders like to hang out; and West Beach provides views to the ferry coming in and out, and great sunsets.
- **Experience Nature at its Best:** With acres of protected marsh, tidal creeks and maritime forests ripe for exploration, a visitor's first stop should be at the Bald Head Island Conservancy. With a mission of conservation, education and preservation, the Conservancy staff can suggest numerous walking trails throughout the island and fill you in on any wildlife and plants you might encounter. If getting out on the water is more your speed a paddle through the island's picturesque creeks atop a standup paddleboard or in tandem kayaks gets the blood pumping. For those looking to hit the waves surfboards and lessons are available.
- **Get Pampered Island-Style:** You can't have a girl's weekend without a bit of pampering and Bald Head's Island Retreat and Spa has a carefully curated program of health and wellness activities. Yoga, barre and pilates in a serene spa with natural light filtering in from the palm and oak canopy appeals to all levels of practice while the Island Retreat Spa and Salon offers facials, massages, manicures and everything in between to pamper.
- **Post It:** Bald Head Island lends itself to countless places for photo-ops and what better place than from the top of Old Baldy, the state's oldest lighthouse.

Standing tall at 110 feet with a distinct octagonal shape, Old Baldy is the most iconic, and photographed, spot on the island. Visitors who climb the 108 stairs are rewarded with breathtaking views of the island, Atlantic Ocean and Cape Fear Estuary. The grounds of Old Baldy also include Smith Island Museum which is housed in a replica of the 1850's lighthouse keeper's cottage and contains artifacts that shed light on the island's rich maritime past.

- **Save Some Money for More Fun:** Girlfriends booking a minimum two-night getaway on arrivals 10/2/2019 through 5/1/2020 can take advantage of a [Girlfriend Get-Away Package](#) which includes 10 percent off accommodations, a welcome wine basket and \$100 gift card to the Island Retreat & Spa.

Bald Head Island is a boat-accessed community located two miles off the coast of Southport, NC. Transportation on the island is restricted to golf carts, bicycles and pedestrian traffic. Of the island's 12,000 acres, 10,000 acres of beaches, salt marsh and maritime forest are protected and will remain undeveloped. To learn more about the island, visit www.BaldHeadIsland.com.

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