



Contact: Lauren Frye, (212) 724-7783, lauren@gilliesandzaiser.com

Tweet: Bald Head Island, NC's car-free island is the perfect destination for a social distancing beach vacation #carfree #baldheadisland

SUN, SAND AND SOCIAL DISTANCING ON BALD HEAD ISLAND, NC *Five Ways to Social Distance on North Carolina's Car Free Island*

Bald Head Island, NC (June 2020) – [Bald Head Island](#), NC, a car-free island only accessible by passenger ferry, has always been a destination where social distancing has always been part of the experience – even before social distancing became an everyday term. As travelers are wrapping their heads around the 'new normal' of vacation planning, studies show that the key [travel trends](#) post-COVID-19 will be the desire to explore domestic destinations which offer crowd-free spaces, ample fresh-air experiences and private accommodations – things which Bald Head Island is known for.

From 14-miles of white sand beach wrapping three sides of the island and 10,000 acres of protected natural spaces, to private rental homes of all sizes and alternate modes of transportation being the only way to get around the island – Bald Head Island is perfectly poised to be the summer getaway of choice for travelers looking to feel comfortable, secluded and safe. Following are five ideas on how visitors can enjoy sun, sand and social distancing on the island:

- **Rent a Private Home:** Private rental homes minimize the risk of navigating crowded common areas like hotel lobbies and elevators, and on Bald Head Island visitors won't find any sprawling hotels or resorts. With only two small inns on the island, most vacationers chose private rental homes, which range in size from small harbor front studios to sprawling oceanfront homes sleeping a dozen or more. The island, and its resort rental companies, have implemented enhanced CDC-approved cleaning and sanitation standards for all vacation rentals both inside and on decks and porches.
- **Find Your Sand Space:** Pictures of packed beaches have flooded media since many cities and states have lifted stay-at-home orders, but on Bald Head Island's 14-miles of beaches, visitors don't have to worry about fighting for six-feet of sand space between beach blankets. South Beach features long stretches of white sand and calmer waters perfect for families, walkers and shell

seekers alike, while East Beach, which faces the open Atlantic, is where the surfers and boogie boarders like to hang out.

- **Take the Mask Off:** There is no better place to social distance than the outdoors, where recent research indicates it's relatively safe to walk sans mask. At a little over three miles long, and less than one mile long in most areas, Bald Head Island offers countless ways to get some exercise, fresh air and vitamin D in the great outdoors. Visitors looking to get interactive with nature will want to explore the serpentine creek and marsh system in a kayak or, for the more daring, on a stand up paddleboard, also known as SUP. If exploring on dry land is more your speed, pay a visit to 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 facilitate turtle walks and experiences at night.
- **Take in a Guilty Pleasures:** Golf, unlike most sports, is structured so that it can be played solo. The George Cobb designed course at the Bald Head Island Club winds through the forest, under the eye of Old Baldy and out onto the dune ridge, giving a 180-degree view of the ocean from the final holes. For social distancing pampering options, the Island Retreat Spa and Salon offers a full menu of outdoor and virtual classes including beach yoga.
- **Crowd Free Dining:** The island is home to a handful of small, locally-owned restaurants like Will O' the Wisp wine bar, Jules Salty Grub and Island Pub serving fresh seafood with the option for al fresco dining and Delphina's serving Latin-inspired cuisine. Rental homes are equipped with kitchens, so for visitors wanting to avoid restaurants, the Maritime Market offers a selection of groceries and pre-made foods. Or, guests can 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.

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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Gillies and Zaiser
212.724.7783
media@gilliesandzaiser.com
www.gilliesandzaiser.com

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