

Seabrook Island Natural History Group Spring 2010 Trip Descriptions

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| <p>1. Basket Making with Longleaf Pine</p> <p>Join Thomas, one of our favorite Caw Caw naturalists and turn the needles from our native Longleaf Pine into a beautiful & useful work of art. As we coil & weave we'll discuss ecology, historical uses, & the decline of Longleaf Pine forests.
http://www.ccprc.com/index.asp?nid=53</p> | <p>Tue. Jan 12 8:45a-1:15p</p> | <p>Leader: Kimber</p> | |
| <p>Min: 8 Max: 12</p> | <p>Cost: \$13</p> | <p>No lunch plans</p> | |
| <p>2. MUSC Aging Development Center</p> <p>An excellent opportunity to learn about health issues that concern us as we grow older or know others who do! A presentation will be made on the biology of Alzheimer's and the current status of diagnosis, treatment and prevention of this disease. Another physician will discuss the Biology of Strokes.</p> | <p>Wed. Jan. 13 9a-1p</p> | <p>Leader: Kimber</p> | |
| <p>Min: 15 Max: 30</p> | <p>Cost: \$10</p> | <p>No lunch plans</p> | |
| <p>3. Hollings Marine Lab</p> <p>Learn about the amazing world of marine microbiology and how it relates to humans. The Hollings Marine Lab is under the direction of the National Oceanic and Atmospheric Administration and located at Fort Johnson. We will learn about their studies related to chemical and microbial threats to marine ecosystems and human health. We will also learn how to develop better ways for humans to live with and enjoy the oceans and waterways of our world. http://www.hml.noaa.gov/</p> | <p>Wed. Jan. 20 9a-1p</p> | <p>Leader: Allan</p> | |
| <p>Min: 10 Max: 12</p> | <p>Cost: \$5</p> | <p>Picnic facility available</p> | |
| <p>4. Cooking With Chef Randy</p> <p>Learn to cook some of Chef Randy's favorite dishes in this cooking demonstration at the new Deveaux Room of the Island House. Randy will share some of his tips as he shows us how to prepare a special entrée and side and tells us how to make a luscious dessert. Eat what gets prepared!</p> | <p>Thu. Jan. 21 11a-1:30p</p> | <p>Leader: Kimber</p> | |
| <p>Min: 20 Max: 24</p> | <p>Cost: \$41</p> | <p>Lunch included</p> | |
| <p>5. Count on News 2</p> <p>What exactly is VIPIR and how is it different from Doppler? Meteorologist Rob Fowler will show us what it takes to put a broadcast on the air and what goes on behind the scenes to produce Count on News 2. We'll enjoy a tour of the studio, a demonstration of the weather broadcast and the 11:00 a.m. news show live. http://www2.counton2.com/</p> | <p>Mon. Jan. 25 9:45a-1:15p</p> | <p>Leader: Lynne</p> | |
| <p>Min: 15 Max: 20</p> | <p>Cost: \$5</p> | <p>No lunch plans</p> | |
| <p>6. Cook with Chef Travis@the Harbour Club</p> <p>Hands on cooking and enjoying a scrumptious Italian meal at the well-known Harbour Club—beer, wine, champagne included. Business casual attire.</p> | <p>Sat. Jan. 30 10a-2p</p> | <p>Leader: Bonnie</p> | |
| <p>Min: 15 Max: 30</p> | <p>Cost: \$34</p> | <p>Lunch included</p> | |
| <p>7. Chef's Kitchen Tour</p> <p>Get a behind the scenes understanding of some of Charleston's best chefs that have created the Lowcountry Cuisine Renaissance. On this 2½ hour walking tour, you will visit two great restaurants, explore the history of the restaurant, learn about the chef's approach to culinary excellence, have the menus interpreted by a pro and tour the kitchen for a close-up peek at just what it takes to produce those fabulous meals. http://www.culinarytoursofcharleston.com/</p> | <p>Fri. Feb. 5 8:30a-1p</p> | <p>Leader: Lynne</p> | |
| <p>Min: 8 Max: 12</p> | <p>Cost: \$42</p> | <p>No lunch plans</p> | |
| <p>8. The Four Corners of the Law</p> <p>Charleston historian Doug Bostick will walk us through and around City Hall, the Court House, St. Michael's, and the Post Office, four notable structures that embody the life and times of Charleston.</p> | <p>Wed. Feb. 10 9a-1p</p> | <p>Leader: Tom</p> | |
| <p>Min: 16 Max: 20</p> | <p>Cost: \$10</p> | <p>No lunch plans</p> | |
| <p>9. Savor the Flavors</p> <p>We'll walk, talk and taste our way through Charleston. During this three-hour tour, we'll learn about the history and culture of the Lowcountry and its unique cuisine developed over 300+ years. We'll sample delicious specialties from local eateries, restaurants and culinary landmarks. We'll also tour the kitchen at the Heyward-Washington House and learn about colonial cooking techniques. Wear comfortable shoes. http://www.culinarytoursofcharleston.com/</p> | <p>Thu. Feb. 11 1-6p</p> | <p>Leader: Lynne</p> | |
| <p>Min: 10 Max: 24</p> | <p>Cost: \$52</p> | <p>No dinner plans</p> | |

- 10. Charleston Ironwork Walk** **Wed. Feb. 17 8:30a-12:30p** **Leader: Tom**
 Decorative and utilitarian ironwork dates from 1739 and has figured prominently in Charleston architecture ever since. Alice Levkoff will take us on a South of Broad walking tour of ironwork that represents various periods and styles.
Min: 16 Max: 20 Cost: \$10 No lunch plans
- 11. St. Helena Island with the Rev** **Thu. Feb. 18 7:30a-5p** **Trip Leader: Sherry**
 The "Rev" will give us a delightful tour of the Island while we learn about the Gullah culture. Luncheon at the Penn Center and a short stop at the Red Piano Too Art Gallery featuring art made by the Gullah people. Go by bus.
Min: 32 Max: 42 Cost: \$60 Lunch and bus included
- 12. Middleton Place Cypress Swamp Kayaking** **Tue. Feb. 23 10:15a-2:30p** **Leader: Pete**
 Paddle the enchanted cypress swamp on a tour guided by the Middleton Place naturalist. The swamp is protected from the wind, but warm clothing is recommended. Both experienced and novice kayakers will enjoy visiting this beautiful site.
Min: 7 Max: 11 Cost: \$54 Bringing picnic lunch
- 13. Greenway Rail Trail Bike Ride** **Fri. Feb. 26 9a-3p** **Leader: Don**
 Join us for a round-trip bike tour to South Windemere Shopping Center on this 10.5 mile, 100 foot wide pleasant "greenway." This gem of a trail is level and mostly composed of hard-packed dirt. Participants should be in reasonable biking condition and ride a bike with "fat" tires. We will enjoy lunch at one of the several restaurants at South Windemere before our return ride.
Min: 10 Max: 20 Cost: \$5 No lunch plans
- 14. What's on the Beach** **Mon. Mar. 1 1-3:30p** **Trip Leader: Sherry**
 One of our most popular trips! Our own Tom Fox gives a detailed and fascinating walk explaining things that we see every time we walk on the beach! Questions answered!
Min: 10 Max: 20 Cost: \$5 No lunch plans
- 15. Walking Tour of McClellanville** **Tue. Mar. 2 8:30a-2:30p** **Leader: TBD**
 Carpool to McClellanville and walk with us through this charming town -- a town founded by wealthy rice planters of the Santee Delta who wanted a more casual spot to get away from the bugs, catch the sea breezes and socialize. We'll start at the Village Museum where Bud Hill will begin the tale, then, we'll take to the streets, learning of its people and their circumstances. Bud has captivated Seabrookers in the past with his museum tour – and again this expanded morning will be sure to please! Finish your morning with lunch in a local eatery known for its great food (cost not included). Tour is about two hours, lots of standing and walking. www.villagemuseum.com
Min: 10 Max: 15 Cost: \$14 Lunch stop included
- 16. Spring Island** **Thu. Mar. 4 8a-3p** **Leader: Don**
 Join a naturalist from The Lowcountry Institute on a "hay-wagon" tour of this private, residential sea island near Beaufort. Spring Island has been developed with the most ecological sensitivity of any of our Lowcountry island developments. We will learn what principles guide the development of the island to keep it in harmony with its ecosystems. Hopefully, we will be lucky and catch the trilliums in bloom. You may want to stop for lunch in Beaufort before returning to Seabrook.
Min: 10 Max: 20 Cost: \$5 No lunch plans
- 17. Indigo Dying and Candle Making** **Fri. Mar. 5 8:45a-1:15p** **Leader: Shirley**
 Indigo is a plant once used around the world for paint, medicine and dye. Join us to discuss the plant, the dye, and its significance in SC. We will engage in a natural indigo dying activity, so bring a white t- shirt and some creativity. While your blue shirt is drying in the breeze, try your hand at taper candle dipping. We will use beeswax and other natural materials as we discuss the history of Caw Caw Interpretive Center and daily life in colonial SC.
<http://www.ccprc.com/index.asp?nid=53>
Min: 10 Max: 15 Cost: \$27 No lunch plans
- 18. Charleston Air Force Base** **Tue. Mar. 9 9a-2:30p** **Trip leader: Kimber**
 Tour of the airbase including a tour of a C-17 Globemaster II on the flight line . Exact itinerary will be provided shortly before the trip since it depends on availability of personnel and the activities on the base. Lunch at the Charleston Club is included.
Min: 30 Max: 40 Cost: \$45 Lunch and bus included
- 19. Hunting Island** **Wed. Mar. 10 7:45a-3:30p** **Leader: TBD**
 Just 16 miles east of Beaufort is Hunting Island State Park, with its 5 miles of beaches, some 3,000 acres of marsh, tidal creeks, maritime forest, a salt water lagoon and an ocean inlet. We will begin our tour with a naturalist guide on the beach and wrap up the 2-hour session with him in the maritime forest. After this portion of the tour, you are on your own to visit

the nature center and explore the rest of the island. **Bring your bike** and enjoy the 8 miles of trails, one of which leads to the island's 1,100 foot pier and its 170 foot lighthouse. This lighthouse, dating from the 1870's, is South Carolina's only accessible historic lighthouse.

Min: 16

Max: 25

Cost: \$7

Bring a picnic lunch

20. College of Charleston Walking Tour

Mon. Mar. 15 9a-1p

Leader: Shirley

You will quickly discover that the College is an integral part of historic Charleston ... both the buildings and the community. Visit some of its most interesting structures and go back in time with our wonderful tour guide, Tony Meyer, on this 2 hour walking tour. Includes the Blacklock home built in 1800, the Wilson-Sottile home built in 1890 as well as other buildings from the 1770's. This is more than just a campus tour!

Min: 15

Max: 20

Cost: \$7

No lunch plans

21. Biking at Bonneau Ferry

Tue. Mar. 16 8a-4p

Leader: Don

Just outside Monk's Corner, Bonneau Ferry is a 10,700 acre S.C. Heritage Preserve and Wildlife Management Area consisting of pine savannahs, bottomland hardwoods, wetlands, reservoirs and abandoned rice fields. Join site naturalist and wildlife biologist Will Carlisle on a 10 mile bike tour which, besides including the natural sites, will also include the ruins of 18th century Comingtee Plantation and other buildings. Participants should be in reasonable biking condition and ride a bike with "fat" tires.

Min: 10

Max: 20

Cost: \$5

Bring a picnic lunch

22. Folly Beach and the Morris Island Lighthouse

Wed. Mar. 17 8:30a-12:30p

Leader: Tom

Morris island historian Doug Bostick will talk about the landscape, history, and assorted follies of the forgotten end of Folly Beach with emphasis on Morris Island and its famed lighthouse. Moderate walking. Bring beach chair.

www.thepinkvantour.com

Min: 16

Max: 20

Cost: \$10

No lunch plans

23. Ravenel Bridge Walk

Wed. Mar. 17 9a-1p

Leader: TBD

This St. Patrick's Day wear your green and join fellow Seabrookers and walk the Ravenel Bridge from Mt. Pleasant. We will park at the Omar Shrine and walk approximately one mile to the top where a small surprise awaits you. Then turn around (two miles) or, make a full round trip. (four miles) Following our walk we can plan to meet for lunch on Shem Creek, or lunch on your own. <http://www.cooperriverbridge.org/bike.shtml>

Min: 10

Max: 100

Cost: \$5

No lunch plans

24. Jeremiah Goat Farm & Cheese Making

Fri. Mar. 19 9:30a-12p

Leader: Kimber

Jeremiah Farm and Goat Dairy, located on the west side of Johns Island, has invited SINHG to tour the farm and gardens again, as well as participate in hands-on cheese-making. A tasting of the various cheeses will follow the tour. And you can even milk a goat if you'd like! www.jeremiahfarmsc.com

Min: 12

Max: 15

Cost: \$22

No lunch plans

25. Myrtle Beach Vineyard, Show & Dinner

Tue. Mar. 23 7:15a-8p

Leader: Bonnie

Travel by bus to La Belle Amie Vineyard for wine tasting and a tour, then on to famed "Legends in Concert." Afterward, enjoy a delectable dinner (**not included**) at Bonefish Grille. Coffee/rest stop en route. Bring lunch/snack to eat on the bus as we'll begin with wine tasting on arrival.

Min: 25

Max: 32

Cost: \$67

Bring lunch, dinner stop, bus included

26. Botany Bay Ecotour

Wed. Mar. 24 8:30a-1:30p

Leader: Allan

Botany Bay Plantation is over 4,000 acres of forests, marshes and beach on Edisto Island, SC. Our guide will show you Botany Bay in a way you may never have imagined. The program combines cultural with natural history. Alfresco picnicking and an optional, "do-it-yourself" driving tour are available. Rain or shine. <http://www.botanybayplantation.com/>

Min: 10

Max: 30

Cost: \$14

Bring picnic lunch

27. Georgetown Plantation Tour

Fri. Mar. 26 8a-6p

Leader: Shirley

Georgetown is the site of the 63rd Annual Plantation Tour, sponsored by Prince George Winyah Episcopal Church. This is a tour of pre-Revolutionary and antebellum churches, town houses and plantations, the majority of which are privately owned and shared on this day, once a year, with the church. A different group of homes is on tour each day...we are offering Day #1. See the website for specific details. Reservations are prepaid.

No refund if your reservation cannot be used by the waiting list. <http://www.pgwinyah.org>

Min: 10

Max: 50

Cost: \$44

Box lunch included

- 28. Capers Island Tour** **Mon. Mar. 29 9:30a-4p** **Leader: TBD**
 Venture to Capers Island, the closest untouched barrier island to Charleston. We will cruise through winding tidal creeks with an entertaining naturalist who will help us find diverse wildlife living in this salt marsh environment. Once on the island, we will explore with our naturalist its marshes, maritime forest and "boneyard" beach.
Min: 30 Max: 40 Cost: \$39 **Bring a picnic lunch**
- 29. What's on the Beach for Families** **Tue. Mar. 30 2-3:30p** **Trip Leader: Sherry**
 A special tour for families here over Spring Holidays! Naturalist Tom Fox tells us what all of these weird things are on the beach that we see every day! Bring your kids and grandkids!
Min: 10 Max: 20 Cost: \$5 **No lunch plans**
- 30. Walterboro Walking Tour Etc.** **Wed. Mar. 31 8:30a-5p** **Trip Leader: Sherry**
 Have a wonderful walking tour of downtown Walterboro with a stop for lunch, followed by a tour through the Slave Relic Museum, then on to a local B&B with lovely gardens for tea and dessert while we see a collection of over 50 dollhouses!
Min: 15 Max: 20 Cost: \$34 **Lunch, tea & dessert included**
- 31. Kayaking the Black Water Edisto** **Thu. Apr. 1 8:30a-3p** **Leader: Don**
 Paddle a portion of America's longest free-flowing black water river. Experience our naturalist-guide's unique perspective of the Edisto with his interpretive geological presentation of the marl cliffs, Four Hole Swamp and other features. Lunch time will include an exclusive tour of Bee City (www.beecity.net), a working honeybee apiary. Lunch can be purchased at the Honey Bee Café or you may bring a picnic lunch. This is a 3 hour downstream paddle which should be manageable by any kayaker who is in reasonable physical condition, regardless of experience.
Min: 15 Max: 30 Cost: \$47 **Picnic or purchase lunch**
- 32. International Birds of Prey Center** **Tue. Apr. 6 8:00a-2p** **Leader: Allan**
 This is your opportunity to participate in a guided walking tour of the new International Birds of Prey Center in Awendaw which houses more than 200 birds to be trained, bred or returned to the wild. Following the tour, we will see a free-flight demonstration. We will also visit the clinic where injured and orphaned birds are brought to be healed and rehabilitated.
<http://www.thecenterforbirdsofprey.org/>
Min: 25 Max: 40 Cost: \$11 **No lunch plans**
- 33. Beidler Forest - Cypress Swamp** **Tue. Apr. 13 9a-2p** **Leader: Lynne**
 Come with us to the Francis Beidler Forest near St. George and Harleyville, as Audubon naturalists lead us along the 7.5 mile boardwalk through the heart of Four Holes Swamp. Over 300 species of mammals, birds, reptiles, amphibians and fish live in this ancient swamp sanctuary. A great trip for birders and all with an interest in the natural history of the Lowcountry. http://sc.audubon.org/Centers_FBF.html
Min: 10 Max: 30 Cost: \$14 **Bring picnic lunch**
- 34. The Wildflowers of Marion Forest** **Wed. Apr. 14 8:30a-1:30p** **Leader: Tom**
 Professor Richard Porcher, botany scholar, will introduce us to the trees, plants, and wildflowers of the magnificent Marion Forest along with a quick look at Porchers Bluff. Extensive, brisk walking.
Min: 15 Max: 20 Cost: \$5 **No lunch plans**
- 35. The Storks of Dungannon Preserve** **Fri. Apr. 16 9a-12:30p** **Leader: Tom**
 Wild lilies, swamps, rice ponds, and nesting storks with Caw Caw naturalists and our own "Storkist" Lynda Fox who will describe the nesting cycle. Some muck, some mire, moderate walking, ability to enter and exit van.
Min: 11 Max: 13 Cost: \$11 **No lunch plans**
- 36. Thomas Yawkey Wildlife Center** **Wed. Apr. 21 12:00-7p** **Leader: Lisa**
 Experience the rustic, natural beauty of one of SC's environmental treasures. The Center includes three coastal islands located at the mouth of Winyah Bay in Georgetown County and is composed of marsh, managed wetlands, forest, ocean beach, long leaf pine forest and maritime forest. Left to SCDNR by Thomas Yawkey, a passionate conservationist and former owner of the Boston Red Sox, it's mission is as a wildlife preserve, research and education area and waterfowl refuge. We'll catch a ferry just north of McClellanville and be met by the Center van for our tour.
Min: 14 Max: 14 Cost: \$8 **No meal plans**
- 37. Mepkin Abbey Gardens** **Fri. Apr. 23 8a-2p** **Leader: Don**
 "Mepkin," according to local lore, is of Native American origin and means "serene and lovely." This is the feeling we hope to experience as we tour the grounds and gardens, including the newly planted labyrinth. We will have the opportunity to purchase native plants propagated at the Abbey nursery and, hopefully, get an update on their new mushroom venture.
Min: 12 Max: 25 Cost: \$5 **No lunch plans**

- 38. SC State House, Riverbanks Zoo and Botanical Garden** **Tue. Apr. 27 7a-6p** **Leader: Bonnie**
 Travel by bus to Columbia where we'll begin with a guided tour of the beautiful State House- then on to lunch at popular Lizard's Thicket (**cost not included**). Afterward visit the zoo (more than 2000 animals) or tour the beautiful garden. Substitute the State Museum if it rains. Coffee/rest stop en route. Bring snacks for the trip home.
Min: 25 Max: 32 Cost: \$41 Bus included, lunch stop
- 39. A Walk Through Ansonborough** **Thu. Apr. 29 8:45a-1p** **Leader: Shirley**
 Explore an original "suburb" of Charles Town and a major 20th Century rehabilitation project of the Historic Charleston Foundation. Join Claire Allen for a stroll through this wonderful neighborhood. Lots of standing and walking on uneven pavement.
Min: 12 Max: 20 Cost: \$16 No meal plans
- 40. Edisto Island Serpenterium** **Fri. Apr. 30 8:30a-1:30p** **Leader: Allan**
 This facility is dedicated to the recognition, preservation and study of the world of reptiles. You can view these beautiful creatures in both indoor and outdoor facilities. Alligators and turtles swim and play in large ponds in outdoor gardens, while other reptiles bask in the large indoor solarium. The friendly and professional staff will guide our tour.
<http://www.edistoserpenterium.com/>
Min: 20 Max: 30 Cost: \$9 Picnic facility available
- 41. "Kayaking for Dummies"** **Mon. May 3 10a-12:30p** **Leader: Don**
 Have you been wanting to start kayaking but have been just a bit too timid to take the plunge? We are offering this opportunity for beginner paddlers to kayak from our own Cap'n Sam's Creek into the Kiawah River, where you stand a chance of seeing dolphins up close and even Bald Eagles. You certainly will see Seabrook as well as the infamous "Kiawah Spit" from the perspective of the water. Your paddling instructor and naturalist guide, Justin Schaay, has given SINHG a special price to make it very easy for you to join in this popular Seabrooker activity. All equipment provided and the kayaks are "sit in" boats, so one should not get wet.
Min: 6 Max: 10 Cost: \$37 No lunch plans
- 42. Cypress Gardens** **Tue. May 4 10:45a-4:30p** **Leader: Bonnie**
 Following lunch we'll tour the swamp and beautiful gardens by boat. Visit the butterfly house and enjoy an interesting presentation on the life cycle and ecology of butterflies.
Min: 15 Max: 30 Cost: \$15 Bring picnic lunch
- 43. Gullah Tour** **Thu. May 6 9a-1p** **Leader: Lynne**
 From the comfort of a small tour bus we'll explore the history and stories of the varied contributions from the Gullah Community. Our wonderful guide, Alphonso Brown, is fluent in the Gullah language and understands the Gullah customs and traditions. Included will be the gates of Phillip Simmons! Prepare to be educated as well as entertained! Must be able to climb in and out of the van. <http://www.gullahtours.com/>
Min: 16 Max: 21 Cost: \$26 No lunch plans
- 44. Spirit of South Carolina** **Mon. May 10 10a-4p** **Leader: Allan**
 The term "Tall Ship" brings to mind billowing sails, salt air, sun and gliding silently through the water. All of this and more will greet you aboard the Spirit of South Carolina, the 140' two-masted "Tall Ship" built to 1875 plans. A private four hour sailing tour on Charleston Harbor with a history lesson and magnificent views of the waterfront, the Ravenel Bridge, Fort Sumter and more. A memorable experience! <http://www.scmaritime.org/boat.html>
Min: 35 Max: 40 Cost: \$74 Bring picnic lunch
- 45. Sumter Iris Gardens & Swan Lake** **Wed. May 12 7:15a-5p** **Trip Leader: Paula**
 Enjoy a lovely day of seeing the beautiful Iris Gardens and walking around the Swan Lake seeing many species of swans. Then have a delicious lunch prepared by the Garden Club. Go by bus.
Min: 35 Max: 45 Cost: \$47 Lunch and bus included
- 46. Edisto Island Tour** **Tue. May 18 8:30a-3p** **Leader: Lynne**
 Step back in time and hear the stories of Edisto's past as told by a native of the Island. Visit the private grounds of beautiful old homes and see historic churches. Following the tour, we will gather for lunch at a local café. Wonderful insights into our neighbors across the water as we tour in a small minivan. Must be able to climb up and in!
<http://thepinkvantour.com/>
Min: 10 Max: 12 Cost: \$38 Lunch included