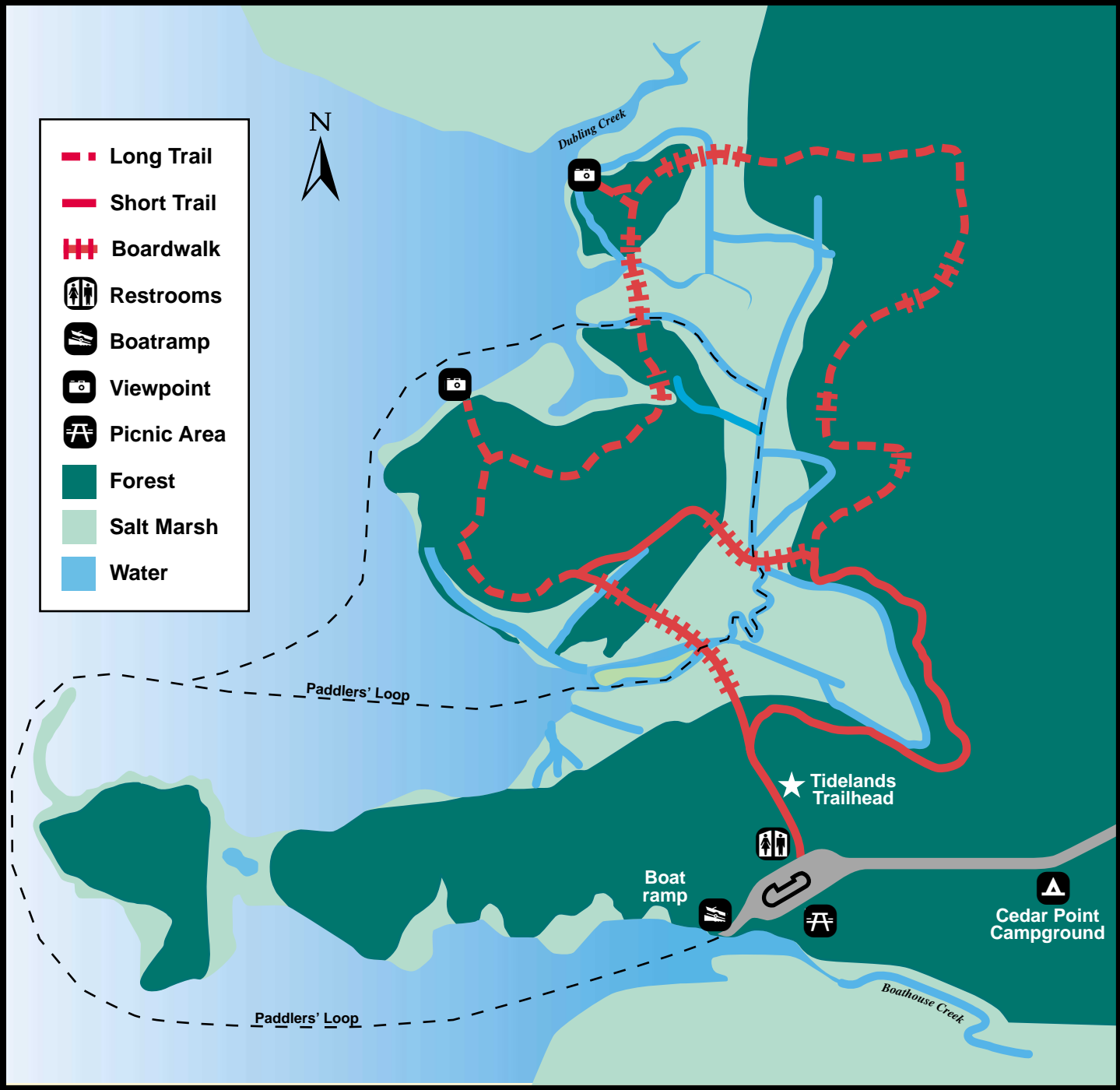


Cedar Point Trail Map



DIRECTIONS:
Cedar Point is off NC 58 about 1.25 miles north of the junction of NC 24 and NC 58.

Cedar Point is part of Croatan National Forest, nearly 161,000 acres of forest and wetland ecosystems managed by the U.S. Forest Service.

FOR MORE INFORMATION:
Croatan National Forest; 141 E. Fisher Ave.; New Bern, NC 28560; 252-638-5628.
The Croatan's district office is located about 10 miles south of New Bern off U.S. 70. Office hours are 8 a.m. to 4:30 p.m., Monday-Friday.

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CEDAR POINT RECREATION AREA

wetland of wonder



Discover a salt marsh where fresh water meets salt water to create a nutrient-rich nursery for fish, shrimp, and crabs.



CEDAR POINT: Wetland of Wonder

The Cedar Point Recreation Area, near the mouth of the White Oak

River, is surrounded by a salt marsh and a coastal forest. The salt marsh, where fresh water meets salt water, stretches out like a sea of grass. This nutrient-rich wetland is a valuable “nursery” for commercial seafood, including fish, shrimp, crabs, and oysters.

This recreation area is a dynamic place affected by hurricanes, rising sea levels, and insect epidemics, such as Southern pine beetles that devastate pine trees. On a daily basis, this living community contends with the change brought by the tides. This is a place to slow down and savor nature’s beauty.

CAMPING: The Cedar Point Campground offers nicely spaced campsites with electricity at each site, paved roads, camp spurs, and restrooms with hot showers. Pay phones and a sewage dump station are available. All facilities are fully accessible. The campground has an on-site host and is open year-round.

BOATING & FISHING: A small-craft boat ramp and fishing pier provides easy access to the river and its bounty. The shallow water is suited to flat-bottom boats. Canoes and kayaks can navigate the maze of canals through the salt marsh. From the boat ramp, paddle around the point, then pass under the boardwalk of the Tideland Trail. Be aware of the tides; an extremely low tide can leave some canals dry. The loop shown on the map is about 2 miles and can be completed in half a day.

CHANGING SEASONS: Winter is a quiet time. Many birds fly farther south. Fiddler crabs sleep. Only a few fish come to the marsh to feed. It rarely freezes, but



From the Tideland Trail, visitors can view Cedar Point’s marsh.



Visitors can explore the marsh’s sights and sounds by canoe. the lows may be in the upper 30s, with highs in the 50s. In spring, new life comes to Cedar Point—birds return to nest, wildflowers bloom, marsh grass greens up. It is an ideal time to visit, when bugs are few and daytime temperatures are in the 70s. In the hot, humid summers (upper 80s), mosquitoes, ticks, and chiggers are most active. This is spawning season for many salt-marsh fish and the mating season for crabs. In fall life slows once more in preparation for winter.



Signs tell the story of change along the Tideland Trail.

TIDELAND TRAIL: The Tideland Trail, a national recreation trail, meanders through the salt marsh and its adjoining forest. On two loop trails, hikers can travel boardwalks and smooth gravel paths.

The 0.6-mile loop crosses the salt marsh and follows its edge. Interpretive signs tell the story of this vital community and how it is constantly changing. The short loop is level and wide enough for wheelchairs. Benches along the way provide rest stops.

The 1.3-mile loop goes on to skirt the edge of the White Oak River and wind over the marsh and through the woods. Then it reconnects with the short loop.

Take time to watch the herds of fiddler crabs scuttling back and forth to the water’s edge. Listen to the wind swaying the *Spartina* grass and the gentle music of slow moving water. Be alert for egrets, deer, jumping fish, and other wildlife—large and small—that live here.

Be prepared: In the warm months, chiggers, ticks, and mosquitoes can be active. Yellow flies may be around in May and June. Stay on the trails to avoid chiggers and ticks. Insect repellent and sunscreen are recommended. Know how to recognize the abundant poison ivy and avoid it. Remember: leaves of three, let it be.

WHAT’S NEARBY? Cedar Point is close to lovely beaches, and places that offer sea kayaking, windsurfing, and golf. Supplies are less than 2 miles from the junction of highways 58 and 24. The closest public beach is about 3 miles away. Take NC 58 across the causeway and travel about 0.5 mile to the public beach access sign.

WATCHABLE WILDLIFE



Great blue heron

Common birds around the salt marsh: Osprey • Red-tail hawk • Turkey vulture • Fish crow • Common egret • Snowy egret • Great blue heron • Tri-colored heron • Little blue heron • Red-winged blackbird • Boat-tail grackle • Belted kingfisher



Red-bellied woodpecker

Common birds in the forest: Carolina chickadee • Brown-headed nuthatch • Tufted titmouse • Northern mockingbird • Brown thrasher • Carolina wren • Blue-gray gnatcatcher • Pine warbler • Northern cardinal • Rufous-sided towhee • Eastern bluebird • Red-bellied woodpecker • Red-headed woodpecker • Pileated woodpecker

*Mostly Mar-Oct. All others are year-round residents

Common mammals: White-tailed deer • Raccoon

Other common wildlife: Marsh periwinkle • Fiddler crabs • Blue crabs • Oysters • Mud crabs • numerous insects • Green anole lizard • Eastern fence lizard



Blue crab