

Learn about the best North Carolina and South Carolina adventures, destinations, attractions and communities. Visit and explore!

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Nov. 8, 2018 Below: Gentle winters; On beachfront horseback; From sour to sweet; Winterfest; Soul of the South; Wine down time; How it began; We're thankful; Queen of desserts; Discover Compass Point; Explore Wild Dunes.

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Take a Road Trip



Southport, NC

The friendly volunteer at the Fort Johnson-Southport Museum and Visitor Center described Southport perfectly: "This town reminds me of a New England fishing village that has been transplanted to the scenery of the South."

Sounds like an ideal destination for a vacation. You'll want to arrive early and stay late – here's that much to do, in a low-key way, of course. For some, vacationing has become retirement living, because it's that appealing for as long as you can stay.

Begin your adventure with a room in one of Southport's charming B&Bs.

[More](#) on what makes Southport so special.

Photo courtesy Southport NC



Where in the World are you?

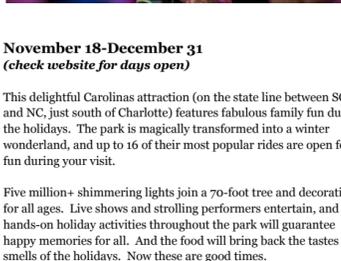


You've probably never looked at this famous coastal town from this angle – but you should. Look to the left and you've got sand dunes and ocean birds. To the right, you see shrimp boats and frolicking dolphins. In front of you lies endless beach. And when the afternoon is done, head back to fabulous shops, restaurants and live entertainment.

Where are you?



Winterfest at Carowinds



November 18-December 31 (check website for days open)

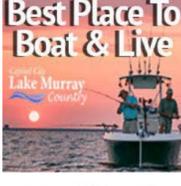
This delightful Carolinas attraction (on the state line between SC and NC, just south of Charlotte) features fabulous family fun during the holidays. The park is magically transformed into a winter wonderland, and up to 16 of their most popular rides are open for fun during your visit.

Five million+ shimmering lights join a 70-foot tree and decorations for all ages. Live shows and strolling performers entertain, and hands-on holiday activities throughout the park will guarantee happy memories for all. And the food will bring back the tastes and smells of the holidays. Now these are good times.

www.carowinds.com/play/winterfest

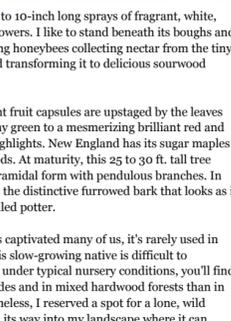


Carolina Home Grown



When Sour Becomes Sweet

Look for our native sourwood (*Oxydendrum arboreum*) along road cuts and highway embankments in the Carolinas. This can't-miss tree offers us two opportunities to appreciate its beauty. In mid-summer sourwood flaunts its 5- to 10-inch long sprays of fragrant, white, lily-of-the-valley-like flowers. I like to stand beneath its boughs and admire the hard-working honeybees collecting nectar from the tiny bell-shaped flowers and transforming it to delicious sourwood honey.



In the fall, the persistent fruit capsules are upstaged by the leaves that change from a shiny green to a mesmerizing brilliant red and lavender with yellow highlights. New England has its sugar maples – we have our sourwoods. At maturity, this 25 to 30 ft. tall tree maintains a slender pyramidal form with pendulous branches. In the winter, I appreciate the distinctive furrowed bark that looks as if it was sculpted by a skilled potter.

Although sourwood has captivated many of us, it's rarely used in landscapes. Because this slow-growing native is difficult to propagate and produce under typical nursery conditions, you'll find it more often on roadsides and in mixed hardwood forests than in garden centers. Nevertheless, I reserved a spot for a lone, wild sourwood seed to vent its way into my landscape where it can germinate, grow, and be admired by my neighbors.

Discover 50 luscious and lovely plants.

Learn more about Carolina gardening from Dr. Polomski's new book, *Carolinas Month by Month Gardening*.

Available wherever books are sold.

Photos by Robert F. Polomski, Ph.D



Treasure Map to Yadkin Valley



The Yadkin Valley Winter Wine & Beer Passport offers more tastings than ever! Each passport serves as a ticket to tastings at 10 award-winning wineries and two craft breweries in Surry County, located in the heart of the Yadkin Valley wine region.

Passport holders also receive specials at six lodging properties convenient to the vineyards, and discounts at 20 restaurants and shops. The passports are valid for nearly four months, starting Nov. 23 of this year and running through March 20, 2019.

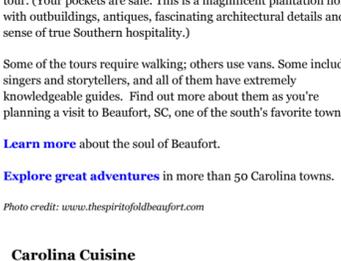
Participating wineries for the winter of 2018-19 are: Adagio Vineyards, Carolina Heritage, Elkin Creek, Grassy Creek, Old North State, Roaring River, Round Peak, Shelton Vineyards, Slightly Askew and Stony Knoll. The breweries on tap this winter are Angry Troll and Skull Camp.

Great Gift Idea. Early bird pricing for the Yadkin Valley Winter Wine & Beer Passport is \$54 for individuals and \$89 for couples through Nov. 22. The estimated value of each passport is \$225.

www.YadkinValleyNC.com or call the Yadkin Valley Chamber of Commerce at 336-526-1111.

Shelton Vineyards photo credit: Bill Russ – VisitNC.com

Carolina Adventures



For Your Mind, Body and Soul

The Spirit of Old Beaufort Tour Company hit our radar so many times we decided to investigate. People love them, from the Beaufort Historic Walking Tour, to the Whispers from the Grave Lantern Walking Tour, to the Lowcountry & Pick Pocket Plantation Combo tour. (Your pockets are safe. This is a magnificent plantation home with outbuildings, antiques, fascinating architectural details and a sense of true Southern hospitality.)

Some of the tours require walking; others use vans. Some include singers and storytellers, and all of them have extremely knowledgeable guides. Find out more about them as you're planning a visit to Beaufort, SC, one of the south's favorite towns.

[Learn more](#) about the soul of Beaufort.

Explore [great adventures](#) in more than 50 Carolina towns.

Photo credit: www.theheritageofoldbeaufort.com

Carolina Cuisine



Sweet Potato Sophistication.

Forget the newest trendy use of Kale chips. For the Thanksgiving feast, many of us want old, familiar comfort foods that have graced our tables for decades. A brief, non-scientific survey among my friends found almost universal agreement – marshmallow-topped sweet potato casserole is near the top of everyone's list.

In the Carolinas, we're beginning to see roadside stands filled with these starchy goodies. As you're leading up to the big day, don't leave out the casserole, but vow to jump out of your comfort zone and try something familiar – yet exotic.

This recipe offers a perfect marriage of downhome and uptown, courtesy the NC Sweet Potato Council and Chef Warren Stephens.

Sweet Potato Crème Brûlée.

Enjoy Our Tasty Collection of Carolina [Recipes](#):

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Mindfully Thankful

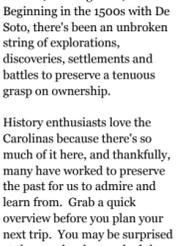
We have friends who go on trips to elegant historic Carolina resorts over Thanksgiving. Others we know bring their extended families home, where in the Carolinas, the Thanksgiving meal is often held on the porch, with still fresh-from-the-garden tomatoes served alongside Carolina peaches pickled the summer before. Whatever your thanksgiving traditions, we're betting you can poach a few ideas from this edition of COMPASS.

Put one of our favorite coastal towns on your to-visit list. Reserve a place for a very useful tree in next year's yard scape. Add a dessert with flair to the big day, and feed your mind, body and soul during a getaway.

Because our heartlands are also seats of power, learning and finance, cities like **Charlotte**, **Raleigh** and **Columbia** are visit-worthy year round.

When you get serious about a move, we've got info to help with the nuts and bolts of relocation. For now, let's be thankful for good times with family and friends, and ever mindful of those who are suffering at the hands of others.

Til next time,



Katherine Pettit
Executive Editor
CarolinaLiving.com
Showcasing
Carolina Life & Adventures

It Really Happened!



You can find evidence of the Carolinas' past everywhere. Historical markers dot the roads, and state parks are frequently settled where folks first settled (and fought for) this land. Beginning in the 1500s with De Soto, there's been an unbroken string of explorations, discoveries, settlements and battles to preserve a tenuous grasp on ownership.

History enthusiasts love the Carolinas because there's so much of it here, and thankfully, many have worked to preserve the past for us to admire and learn from. Grab a quick overview before you plan your next trip. You may be surprised at the people who touched the land – in favorable as well as dastardly ways.

Carolinas History

Get the Guide.



Register and get the latest edition of CarolinaLiving.com Guide and the fun-filled **Compass eNews** twice a month. Learn all about the Carolinas thrills and frills.

Thanksgiving is coming.

The ultimate family holiday is almost upon us, and for many, preparations have begun. We learned long ago that holiday treats vary from region to region, and lots of folks from other areas have never tasted Southern-style cornbread dressing among other come-in-the-south treats. What are your favorite once-a-year recipes that make you thankful?

For me, it's homemade pickled peaches from my grandmother's recipe files. For perfect texture, make before July 1 in the Carolinas.

Please share, and if you're missing a recipe, or looking for a long-ago favorite, let us know. We'll do our best to track it down in time for the holidays.

Facebook. [Do share.](#)



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Wild Dunes Resort Unveils Exciting Partnership with The Restoration Hotel for City to Sea: The Best Of Both Worlds package

CHARLESTON, S.C. (October 16, 2018) – Wild Dunes Resort, A Destination Hotel, has partnered with The Restoration Hotel located in downtown Charleston to offer guests the best of both worlds with their new City to Sea: The Best Of Both Worlds package.

This four-night package caters to both visitors and locals alike, offering the chance to experience Charleston as both a seaside oasis and cultural mecca. Guests can experience the charm of historical downtown at Charleston's hip and luxurious hotel, coupled with a beach retreat full of Lowcountry adventure at Charleston's barrier island resort. In addition to offering premier accommodations at both properties, this package celebrates Charleston's tradition in indigo production and dyeing with a fun hands-on workshop and amenity.

The City to Sea: The Best Of Both Worlds package starts at \$169 per person, based on double occupancy, and is available for booking through December 31, including:

- CITY - The Restoration Hotel**
 - Two nights at The Restoration
 - Dinner at The Watch; Rooftop Kitchen & Spirits
 - The Restoration Custom Indigo Candle
- SEA - Wild Dunes Resort**
 - Two nights at Wild Dunes Resort
 - Dinner at Coastal Provisions restaurant
 - Traditional Indigo Dyeing Workshop

Guests who book at The Restoration Hotel and Wild Dunes Resort can also receive 10% off accommodations with the code "City2Sea."

For more information or to book the City to Sea: The Best Of Both Worlds package, please visit www.destinationhotels.com/wild-dunes/offers/city-to-sea or call 853-318-6099.

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