



Discovering the Eastern Shore

One Paddle at a Time

Our Eastern Shore neighbors take pride in their unique surroundings—endless farmland intermingled with meandering rivers, creeks and bays. Things to do and see include crabbing and fishing, discovering pristine roads and waterways, learning about history that dates back to the 1600s and enjoying local cuisine and quaint towns. So how could I do it all in one weekend? I decided that kayaking was the best way to discover Maryland's Eastern Shore.

To get started, I contacted Adrenaline High, a certified outdoor tourism company specializing in custom biking and/or kayaking tours of the Eastern Shore. For more than 10 years, Adrenaline High has been creating kayaking experiences for all levels and ages, using tandem, solo or stand up paddling boats. Whatever a paddler's needs, Adrenaline High

supplies all of the equipment and guidance needed for a customized tour.

Fueled by the never-ending enthusiasm of owner Stan Shedaker, Adrenaline High is not a kayaking outfitter that simply rents equipment. Shedaker believes with his heart and soul that the Eastern Shore is an "enchanted treasure." His destination tours marry the best of the Eastern Shore with visitors' interests, helping them to "build memories that they will take home with them forever."

For example, if you like wine tasting, Adrenaline High offers a two-hour paddle along the scenic Wicomico Creek to a local winery for a tasting/tour before shuttling you back by van. If you are more of a foodie, kayaking and biking tours can include an Eastern Shore restaurant experience ranging from "All U Can Eat" crabs to elegant dining. And if you are a nature

nut, there are birding and Assateague pony destinations as well. In addition to the variety of tours, Adrenaline High provides interesting commentary from experienced guides who know the area intimately and take pleasure in sharing their world with you for \$45 per person (the fee for most tours).

How does Shedaker make all of these destination options possible? He persistently works to partner with other Eastern Shore businesses to develop interesting tours. His Energizer Bunny spirit soars when he talks about his "tank of gas x four theory."

"If people spend a tank of gas to get to a destination, they expect to stay at least four times as long as it took them to get here. I team up with local businesses to include a meal, fishing excursion, museum tour, or all of the above. If people



Dan Olson (left), Adrenaline High guide, leads the kayaking tour group from Frontier Town. Writer Molly Golubcow (blonde, center) enjoys the clamming.



want to stay overnight, we partner with B&Bs and other lodgings to accommodate their needs."

Since I love all animals, large and small, I selected nature-related kayaking tours. On Day One, we started at the Adrenaline High site in Frontier Town, a huge campground and water park minutes away from the heart of Ocean City. Our group ranged in age and experience and included 7-year-old Laurel and a father-and-son team out for a day of bonding.

I was on a solo, sit-on-top kayak. The weather was perfect. A light ocean breeze and the bluest of skies made paddling a pleasure. Breathtaking surroundings included several Assateague ponies wading across the Sinepuxent Bay.

After a while, Stan suggested that we all hop out of our kayaks and go clamming! At first, it was weird to feel the mushy sand between my toes and then the hard clam. But I got a feel for it and in minutes our group filled a large bucket. Although we could see crowded Ocean City in the distance, our kayaking group had the entire bay to itself, which made me as happy as a clam (pun intended).

Dan Olson, our Adrenaline High guide, was a font of information. When he and Shedaker scooped up creatures in a vertical seine fishing net—crabs, tiny jellyfish and long-nosed little pipefishes—

we learned all about them and then returned them to the bay.

On Day Two, six of us headed out on the Manokin River in Somerset County. This part of the Eastern Shore is one of Shedaker's "favorite paddling sites," a gorgeous, winding piece of river surrounded by tall sea grasses, white marshmallow flowers and Great Blue Herons. For an extra treat, bald eagles (five adults plus a fledgling) flew around us the entire time, joining in our paddling adventure.

Although the Eastern Shore is only a little more than two hours from Montgomery County, the scenery and stress level change dramatically once you cross the Bay Bridge. Surprisingly, most people rush by to crowded and commercial Ocean City. Little do they know that just a mile or two off the main road, a special world awaits their discovery.

So next time you are whizzing down Route 50, get out of the car for heaven's sake! Experience the Eastern Shore and all it has to offer on bike, kayak and/or on foot with Adrenaline High as your host. www.adrenalinehigh.com

THINGS TO DO

Restaurants

Red Roost

A true Eastern Shore tradition since 1974, the locally caught crabs are steamed to perfection, piled high, perfectly seasoned with Old Bay AND are always ALL U Can Eat!

If crabs are not your thing, The Red Roost offers other All U Can Eat options like chicken and shrimp. And what goes well with anything Old Bay? Yep, beer! Try one of the Red Roost's locally brewed options to accompany the locally grown and caught food.

www.theredroost.com

Adam's Ribs

Located minutes away from Salisbury, this sports-bar like restaurant has "been serving good food for 15 years." As the name implies, it's a place for ribs! But the restaurant also offers a full menu that includes hearty burgers, wraps and sandwiches.

www.adamsribsfruitland.com



The Evolution Public House

This once-upon-a-time ice house in downtown Salisbury goes beyond burgers and fries to delicious cheese plates garnished with jams, dried apricots and figs, quinoa, barley and heirloom beet salad and bacon-wrapped marvesta shrimp.

The Public House, located at the Evolution Craft Brewing Company's brewing facility, also offers a tasting room and tours of the brewery—a great place to have locally brewed Evolution beer.

www.evolutioncraftbrewing.com

Hide Away Grill

They claim to have the “best crab cake on the Eastern Shore including OC, no really.” They just might be right—big, flaky and fresh chunks of crab with no filler that customers are crazy about!

In addition, this quaint waterman style restaurant also serves steamed crabs, fresh flounder, rockfish (ask for the Southwest corn salsa version), and more. At the Hide Away, you can view the Chesapeake while savoring fresh seafood and stunning sunsets in the midst of a working fisherman's dock just minutes from Princess Anne.

goosecreekmarinaandhideawaygrill.com



JAY PARKER

Lodging

Whitehaven Hotel

The 19th-century Whitehaven Hotel, located on the shore of the Wicomico River, is a charming B&B offering eight guest rooms with private baths. Some rooms have porches, fireplaces and even full kitchens. Savor magnificent views of the river and the quaint sound of the Whitehaven Ferry shuttling cars over to such nearby Eastern Shore attractions as Chincoteague Island, Salisbury and Princess Anne.

The décor is warm and filled with charm and history. Meals are deliciously prepared in a gorgeous kitchen that is open and friendly. Dining is elegant but not stuffy in this kid- and pet-friendly inn. The Whitehaven is open year round so you can kayak and bike in the summer or just cozy up to your private fireplace in the winter during a Ghost Story weekend.

whitehaven.tripod.com

Somerset House

Located in the historic town of Princess Anne, Somerset House is a casually elegant reminder of times gone by. Twelve-foot ceilings and spacious rooms are furnished with period antiques like four-poster canopy beds, brilliant chandeliers, an oyster plate collection among other antiques, and Eastern Shore history galore. Ask proprietor and history buff Jay Parker what the massive ginkgo tree in the yard and Henry Clay have in common.

Whether you are looking for a romantic weekend, a family gathering or a retreat, Somerset House, on the Maryland Historical Trust Inventory of Historic Properties, is one of the premier antebellum homes on the lower Eastern Shore.

Breakfasts are to die for and include dishes that change with the seasons like blueberry pancakes with homemade orange-ginger syrup. As proprietor and chef Deborah Parker says, “You only have so many meals a day. Why waste it on a hot dog?”

www.somersethousemd.com

The Farm House

Why rent just a room when you can enjoy a country farm house in the midst of the Eastern Shore? Whether you are planning a family vacation, business

conference or an outdoor adventure, The Farm House provides privacy, comfort and convenience year-round. Rental rates for the entire six-bedroom house start at just \$325 a night. Tastefully decorated in country-style décor, the restored 1890s dwelling located in Dames Quarter sleeps 12 and is “a stone's throw from the Chesapeake Bay.”

www.thefarm-house.com

Wineries

Bordeleau Vineyards & Winery

Nestled on the banks of Wicomico Creek, the Bordeleau estate offers beautiful vineyards, an elegant winery and tasting facility and, of course, world-class wines along with the beauty of the Eastern Shore. By nurturing and harvesting their own grapes with love, Bordeleau invites you to savor their “world-class wines ... a little closer to home.”

www.bordeleauwine.com

Layton's Chance Vineyard & Winery

Tucked away outside of Vienna, Layton's Chance offers more than 14 acres of beautiful vineyards, a large picnic area with outdoor games, a nature trail and a friendly staff that can't wait to see you!

www.laytonschance.com

Activities

Corn Maze and Pumpkin Patch

There's something for everyone at Breckenridge Farms—a nine-plus acre corn maze, pumpkin picking, shopping for fall and winter decorations and picnicking.

www.shoremaze.com

Scarborough Fair Gift Shop

It's like walking into the pages of *Country Living* magazine! Check out the claw-foot tub filled with buttons and other country and nautical décor.

www.sfaironline.com

Ward Museum of Wildfowl Art

Dedicated to exhibiting, collecting and promoting wildfowl art and related materials, this unique museum interprets their significance through educational programs and publications.

www.wardmuseum.org 