

# Things to Do on Bald Head Island

*Thirty years of trips here, distilled to what's actually worth it.*

Bald Head rewards people who know its rhythms. These are the things I'd point my own family toward — with the local timing that makes them better, and a note on the few that book up.

**Let the tides set your plans.** Low tide is for sandbars, shelling, and beach walks; higher water is for kayaking the creeks. Half the island's magic is just being in the right place at the right tide.

## On the water

- **Sunset cruise or a private sail** — the quintessential BHI evening, dolphins included more often than not.
- **Island hopping & sandbar days** — anchor out, float, and shell. The shallow sandbars at low tide are the whole point.
- **Fishing** — inshore in the creeks and flats, or offshore for the real sportfishing. Different captains for different days.
- **Kayak the Creeks, paddleboard, or a jet-ski tour.**

## On the beach

- **Shelling & sand dollars** — low tide on the sandbars and South Beach. Early morning, before the crowds, is best.
- **Long beach walks** — West Beach for sunset, East Beach for sunrise quiet.
- **Dolphin spotting** — most mornings, right from the sand.

## Explore & history

- **Old Baldy Lighthouse & Smith Island Museum** — climb the 108 steps; it's the state's oldest lighthouse.
- **BHI Conservancy** — turtle walks (summer; grab tickets early at [bhic.org](http://bhic.org)), guided paddles, and nature tours.
- **Maritime forest walks** — the Kent Mitchell Trail and Bald Head Woods, home to that 400-year-old oak.

## Food & drink

- **Sunset at the marina** — Jules' Salty Grub, Delphina, or a Will O' the Wisp pizza with a glass of wine.
- **A private chef or a low-country boil at the house** — the easiest great night of the trip.
- **Wine & cocktail tastings, or a case delivered to the ferry.**
- **Club dining** — Shoals Club or BHI Club; needs your rental's club access.

## Slow it down

- **In-home massage, beach yoga, or an IV hydration drip** — vacation maintenance.

- **A photographer for golden hour** — the light here is unreal, and the good ones book up.

## What books up in season

What	How early
Sea turtle walks (summer)	The day you know your dates
Private chef / low-country boil	About a week
Fishing & boat charters	About a week in peak season
Golden-hour photographer	One to two weeks
Club dining for 12 or more	About a week

**P.S.** Rather have it all handled? Pick what you want and book your whole trip in minutes at [bhi-trip-planning.pages.dev](http://bhi-trip-planning.pages.dev) — carts, dinners, boat days, all of it. I take it from there, so the island is yours to enjoy.