



BROOKLYN_BORN

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I call this “cross training” and just plain fun

Friday, June 28, 2013

This is one of the benefits of living on a lake.



That’s me and our granddaughter. She’s 11, the youngest of 6, and the only girl. We’re off to explore way back into our cove. The lake is the highest I’ve ever seen it in June so we thought that this was a good time to explore the creeks that feed the lake.

The lake was created in the 60s when a power dam was built on the Roanoke River. It’s 40 miles long with 500 miles of shoreline, way too much to explore by muscle power, but individual coves are deep and full of wildlife.

We saw blue heron fishing along with assorted other birds who yelled at us for disturbing their domain even if we were in “quiet” boats. The beaver dam had been washed out by a recent storm, but they’ll rebuild. They always do. We could see one swimming just below the surface of the water. Some deer were on the shore getting a drink.

I wish I brought my camera along on our trek since recent storms made our little creek look like we were heading into a jungle. Eventually we were turned back by a fallen tree.

We have power watercraft too, but I prefer this method of transportation. Kayaks can go where the others can’t and burn calories (not gasoline) along the way.

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RUNNINGAL425

What a great way to exercise and have fun!
I took my kids canoeing Memorial Day and it was a blast even though my arms were a little sore the next day.
2906 days ago



WILSONWR

Looks like a lot of fun! I love kayaking myself!
2907 days ago



MERRYMARY42

sound like a perfect day, very envious of your lake and your grand daughter, we have 2 grandsons 1 great grandson and one son, so actually I would not know how to act around a little girl.
But like my Mother used to say " There is nothing like a boy"
2907 days ago



Comment edited on: 6/28/2013 10:16:03 PM



KELLIEBEAN

I would love to be able to do that. That has to be a nice upper body workout and bonding time as well. WIN WIN!

Great picture!
2907 days ago



BELLACUDDLES

How fun for both of you!!
2907 days ago



CD14034154

You look like you're having a blast!!! Good for the both of you, getting out in nature, and getting fit, besides!!!

Seeing the kayaks, brought to my mind the kayak races, when I was in Central America. I watched them as they were going through the locks in Panama. That's where I was stationed. The reason for the locks, is the Atlantic Ocean is higher than the Pacific Ocean, and the kayaks would go into a lock, the doors would shut, and then they would adjust the water level, to get into the next lock. I'm sure if I'm remembering correctly or not, but I think there were 6 locks. By the time you hit the other ocean, depending which direction you were coming from, you were at that ocean's water level. It was really fascinating!!!

Thank you so much, for sharing your adventure on the "high seas" with all the birds, beavers, fish, and the scenery. Thanks for the kaleidoscope you painted for me, of a little corner of God's creation!!!

God bless you and your family,

- Nancy Jean -
2907 days ago



KRISZTA11

Sounds wonderful.
I would enjoy living on a lake with so much beauty and wildlife...
Thanks for sharing!

2907 days ago



CELIAMINER

Good for you! I still haven't gotten off my duff and signed up for an intro to kayaking course. The season will be gone before I know it!
2907 days ago



CD13629552

Oh, I MISS doing that! Haven't since I moved. The creeks and rivers here dry up in the summer so I'd have to travel a couple hours or go out in the rain. Bummer.

But you can call that your upper body and shoulder workout to balance out the characteristic runner's slump! And meditation during the quiet moments!

Enjoy!
2907 days ago



DR1939

I have never been a water sports person. I burned so badly that I couldn't spend any time on



the water. Kayaking and canoeing has always looked like fun.
2908 days ago



OBIESMOM2



nice!

I love the quiet on a lake, when you can hear all the sounds of nature around you
2908 days ago



NINJALINDA



Kayaking is fun, Fun, FUN! I wish I had one myself...I have to rely on the generosity of a friend who has two, and adapt to whatever her schedule allows.
2908 days ago



FITFOODIE806



Beautiful! Such a great thing to do together. While there may not have been as many activities available to girl's when you were young; look at what you're providing for your own family. Very cool.
2908 days ago



CHANGINGHORSES



I love kayaking too! I have to drive 10 min to the water though. It was much easier/nicer when I lived on a lake.
Your grand-daughter is one lucky girl!
2908 days ago



MISCHAKEO



What a fun exercise and so nice to share with your granddaughter. We have blue herons here and they are beautiful birds.

Great job of exercising and staying healthy.
2908 days ago



BOILHAM



Burning calories, time with granddaughter, enjoying nature. A triple-play.
2908 days ago



SLIMMERJESSE



Makes me smile seeing this pic. What fun!
2908 days ago



JOYNEW



Fun times!!
2908 days ago



COCK-ROBIN



Wonderful!
2908 days ago



NANNABLACK



AWESOME
2908 days ago



CD12146214



You rock as a grandma! Your granddaughter will remember those times for the rest of her life!
Send more pics of the herons and beaver dam when they rebuild.
2908 days ago



PHEBESS



Fun and fitness - the best way to travel!!!!
2908 days ago



ONEKIDSMOM



Love it!
AWESOME
2908 days ago





HAYBURNER1969

Looks like you and Carrie are having a wonderful time! Give her a kiss from me & Eddie!!
2908 days ago



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