

WEEKEND EDITS

The Crystal Coast Will Turn
Your Girls' Trip Group Chat
Into a Reality

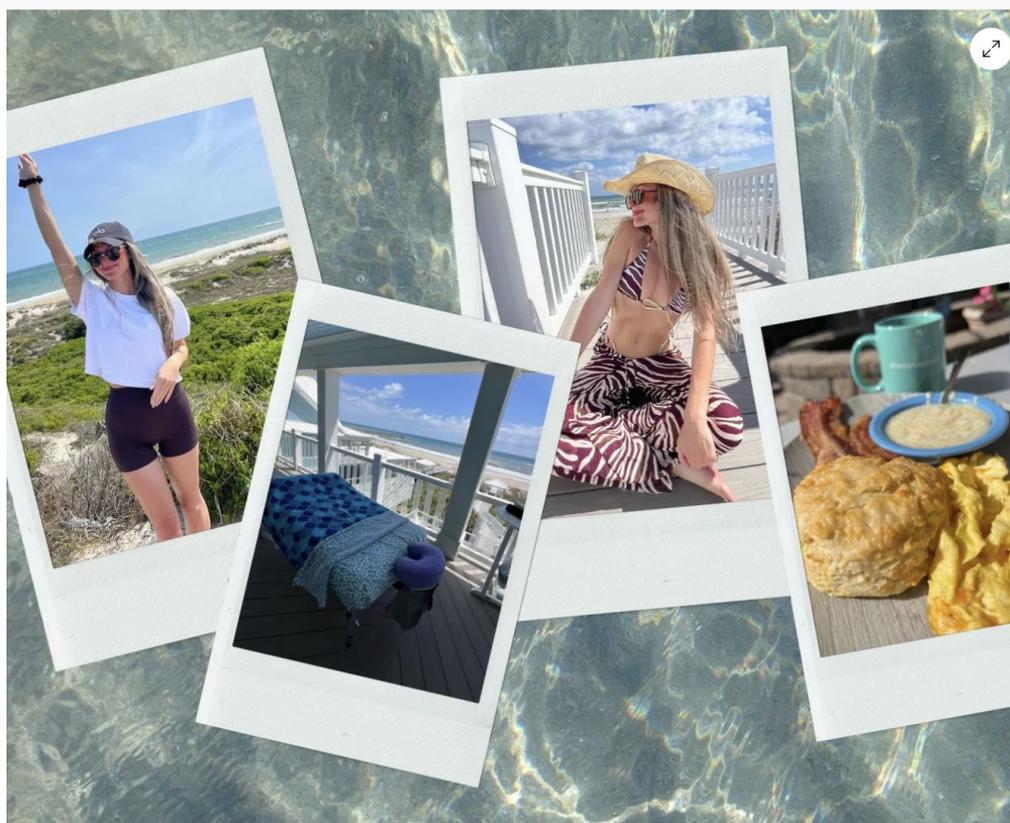


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What happens when your girls' trip *finally* makes it out of the group chat? You find yourself living out your cottage-coastal, fisherman-aesthetic dreams in a turquoise-hued beach house perched above white sandy shores. Think prosecco brunches and warm cinnamon rolls, paddle-board yoga, oyster shucking, sailing past wild horses, sunset tiki rides, and custom massages in the comfort of your cottage balcony—with your fave girl crew by your side.

Where does this getaway take place? North Carolina's idyllic Crystal Coast—a gem boasting an 85-mile stretch of uncrowded shoreline and 11 charming seaside towns.

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I experienced the ultimate girls' trip firsthand, with the dreamy oceanfront beach cottage—appropriately named “Pointe of View”—serving as our home base for the week. Just steps away from colorful seashells and the warm sea, I couldn't ask for a better way to unplug and enjoy quality girl time. Waking up to the welcoming lull of the surf and taking in the beautiful coastal details of the cottage—palm tree-printed linens, pineapple-shaped lamps, and Adirondack chairs outfitting every balcony—was pure bliss.

While it's tempting to fall into the rotation of ocean dips, heated pool swims, and hot tub soaks with bottles of rosé on standby, there's so much more to explore along the Crystal Coast.

Our Girls' Trip Itinerary Was Basically a Love Letter to Female Founders

The theme of our girls' trip was aptly celebrating local female business owners—and the Crystal Coast couldn't have been a more perfect place to do so. A top highlight was a private tour of [Marshallberg Farm](#), spearheaded by passionate caviar farmer Lianne Won-Reburn. Here, guests can indulge in a luxurious caviar and champagne tasting while learning about the farm's sustainable practices.

Another standout was setting sail with [Seashore Oyster Company](#), where we shucked oysters and toasted with prosecco as shellfish farmer Nancy Dupuis told us all about her oyster farm. (Fun fact: The Crystal Coast is often called the “Napa Valley of Oysters!”) Along the way, we even spotted the most beautiful wild horses—descendants of Spanish mustangs—grazing.

As a walker, hiker, and nature lover, I couldn't wait to lace up my sneakers, slip into a matching workout set, and explore the Elliott Coues Nature Trail at [Fort Macon State Park](#). This picturesque 3.2-mile trail winds through sand dunes and salt marshes, providing the most serene moments in nature and sweeping views of the sea.

For a more laidback stroll before dinner one evening, the girls and I wandered through downtown Beaufort, popping into charming boutiques. My favorite? [Beaufort Linen Co.](#)—a dreamy shop filled with coastal-inspired home decor, luxe linens, tablescaping treasures, and breezy sundresses.

Another standout from my vacay was paddle-boarding with [Emerald Isle Paddle Tours](#). There's something grounding about paddling out to a peaceful spot in the water, anchoring, stretching it out, and allowing the sound of the lapping waves wash away all your worries.

Afterward, we treated ourselves to custom massages on the balcony of our beach rental with [Emerald Isle Wellness Massage & Yoga](#). I've indulged in many spa experiences before, but this one was truly unique. The warm ocean breeze gently brushing against my skin and the sound of the waves crashing below was so relaxing, I almost nodded off mid-massage.

One of my absolute favorite foodie experiences from the trip was the “Petals and Prosecco” garden luncheon we enjoyed at the [Inn on Turner](#) in downtown Beaufort. We were warmly welcomed by owner and chef Kim Bell with sparkling rosé cocktails and the most delightful brunch spread. Think zesty lemon-tarragon chicken salad croissant sliders and lemon-lavender panna cotta—all beautifully decorated with colorful edible flowers. We savored these delights surrounded by the inn's vibrant garden.