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**Need to plan a stress reliever?
Go wild on the Outer Banks of North Carolina**

The Wings Over Water Wildlife Festival, a six-day celebration of the wild side of the Outer Banks region of North Carolina, is set for **Nov. 3-8, 2009** which spans Veteran's Day weekend.

The always-popular nature photography classes have been expanded to include some designed for families so that youngsters can begin to learn how to enjoy "capturing the moment."

As always, an assortment of new programs have been added to the traditional list which includes birding, paddling, natural history and art. And there will be free programs, some of which will allow attendees to learn some of the fascinating history of the area.

Birding trips range from those geared toward beginners to experts who are searching for a life-list species. There are more than 400 species that can be found on the Outer Banks, of which more than a quarter of a million acres is in conservation in Dare County alone! And for those hankering to add pelagic species to their lists, two pelagic trips are being offered this year.

The region offers some of the country's best paddling for canoe and kayak enthusiasts. From tannin-fed cypress swamps to endless marsh mazes, it is possible to paddle the region for a lifetime yet still study charts at night, discovering unexplored areas.

Registration currently is open for an assortment of water trips escorted by leaders who are familiar with the various areas. Physical demands range from open water with wind exposure, to short distances with excellent wind protection.

Lighthouses, museums and area historic attractions also are hosting programs this year. These offerings will both inspire and intrigue participants with the unique heritage of the Outer Banks.

This festival is traditionally set during the "shoulder season" when rates are lower for accommodations, traffic is light and the weather is mild. **To learn more about the Wings Over Water Wildlife Festival call 252-216-9464 or go to www.wingsoverwater.org.**

Wings Over Water is sponsored by the US Fish and Wildlife Service, Coastal Wildlife Refuge Society, Carolina Bird Club, Roanoke Island Festival Park and the Outer Banks Sentinel.

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