

S15LK Day Paddles - Lower Keys

Lower Sugarloaf Sound Paddle Information Sheet

Description: This paddle starts from Sammy Creek and is a tour of Lower Sugarloaf Sound. Once you get to Wells Key, the shoreline is fairly rocky and shell strewn but there is a small area where you can land near the southwest tip. There are also some areas to rest on some of the smaller islands in the Sound. There are PVC markers leading to and from the Sammy Creek area.

Skill Level: Intermediate

Distance/Approximate Time: 7.1 Miles/3.5 Hours

Launch Site: Saddlebunch Keys - Sammy Creek Landing Paddle Launch

Special Considerations: Strong tidal currents in the channels, especially around the bridges and in Sammy Creek. Be careful of the fishing lines when passing under the Old State Rd 4A at Sammy Creek. The Sammy Creek Park gate is locked, however you can portage your kayak under or around the gate to get to the ramp. Parking is roadside.

Skill Level Definitions

Beginner: New to paddling and may need tips and or instructions about paddling strokes, safety procedures, and entering/exiting kayaks. Comfortable on short trips of 1 to 3 miles on protected waters, when wind does not exceed 5 mph.

Novice: Paddlers acquainted with basic paddle strokes and can manage kayak handling independently in winds not exceeding 10 mph on protected waters. Comfortable on trips up to 6 miles.

Intermediate: Paddlers with experience in basic strokes and some experience on different venues, including some open water. Comfortable on trip distances of 6 to 10 miles, winds not exceeding 15 mph.

Advanced: Seasoned paddlers who possess skills and experience to paddle all venues and conditions. Experienced in self-rescues. Should be comfortable paddling more than 10 miles in a day.

NOTE: Great care has been taken to ensure this guides accuracy, but weather, tides, and water conditions can change rapidly and create hazardous conditions. These maps are for visual reference only, please consult NOAA Charts for navigation. Paddlers should have all proper safety equipment and check conditions before departure. All paddlers should always wear PFDs while on the water, and leave a float plan. There are inherent dangers in any paddle sport. There are special hazards along the Florida coast due to shifting tides, changing wind and weather, shallow waters, and treacherous bottoms with soft mud, rocks, and oyster bars. It is up to each paddler to be aware of these dangers, to accept and be prepared for the risks involved, and to be certain they have the skills to safely paddle in these conditions.