

S16 Day Paddles - ICW

Helkers Island Paddle Information Sheet

Description: This paddle is a grand tour of 5 spoil islands along the ICW, Pelican Island, Ramon Vivas Island, Tern Island, Quayside Island and Helkers Island, at the north end. Although not large islands, most all have decent landing spots and hiking trails. Pelican Island has great picnicking opportunities with picnic tables, grills, and trash cans, as well as hiking trails. Quayside is also a great place to stop for a picnic, or hike the trails, although it is less developed than Pelican Island. There are plenty of opportunities on this paddle to get out and stretch your legs and observe the wildlife.

Skill Level: Intermediate

Distance/Approximate Time: 6.6 Miles/3 Hours

Launch Site: Pelican Harbor Park Ramp

Special Considerations: Powerboat traffic along the ICW can be heavy, especially on weekends and holidays. This is a fairly large bay, and it get quite choppy on windy days. Launch fee at park

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.