

## S18 Day Paddles - ICW

### Information Sheet

**Description:** This 118-acre wetland restoration project created 11 acres of mangroves and 2 acres of oyster reefs within the Lake Worth Lagoon along the shoreline in downtown Lake Worth. Public use facilities include a boardwalk, kayak launch, and floating dock. Restrooms available at Bryant Park. Wildlife you may encounter on the Lake Worth Lagoon are egrets, herons, oystercatchers, manatees, dolphins, sea turtles and snook (of course). The Snook Islands oyster beds play a huge role in cleaning up the Lake Worth lagoon by filtering water through their system. As you paddle past the beds, the oysters perform a water show only nature can provide. Under the right conditions, Kayaking allows you to get close enough to see the oysters filtering the lagoon water. Tidal currents filter through the islands as native and migratory animals and wildlife inhabit the sand bars and shallow waterways around them.

**Skill Level:** Intermediate

**Distance/Approximate Time:** 6.5 Miles/3 Hours

**Launch Site:** Snook Islands Natural Area or Bryant Park

**Special Considerations:** Snook Islands Natural Area has 3 parking spaces for their kayak launch. If full, Bryant park ramp just to the south has plenty of parking. Be watchful of power boat traffic along the ICW, especially on weekends.

#### 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.