

## S19 Day Paddles - Intracoastal Waterway

### Munyon Island Paddle Information Sheet

**Description:** The shallow estuary around Munyon Island is frequented by kayakers. Kayaks can be rented in John D MacCarther Beach State Park and the park also has a kayak launch. Munyon Island was originally called Nuetsachoo by the Seminoles which means Pelican Island. It reportedly supported one of the largest wading bird rookeries in South Florida. In 1903, Munyon completed construction of the Hotel Hygeia. Named after the Greek goddess of Health, the five story, twenty-one room, eight bath hotel catered to ailing, wealthy Northerners who came to Palm Beach to recuperate on the tropical Island and drink of "Dr. Munyon's Paw-Paw Elixir", consisting primarily of papaya juice, which he bottled on the island. The hotel burned to the ground in 1917 and from that time the island has remained largely uninhabited. The island was acquired by John D MacCarther in 1955 and by the State of Florida in 1981. The island has no bathrooms, but it does have picnic tables and grills.

**Skill Level:** Novice/Intermediate

**Distance/Approximate Time:** 5.6 Miles/3 Hours

**Launch Site:** Phil Foster Park Ramp

**Special Considerations:** The launch is no longer accessible from the west side due to lack of maintenance of wooden bridge and storm damage.<sup>[2]</sup> Kayakers must be attentive to the tide, during low tide the estuary becomes an impassable mud flat.

#### 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.