

## S19 Day Paddles - Intracoastal Waterway

## Peanut Island Paddle Information Sheet

**Description:** Peanut Island is a 79-acre island at the mouth of the Lake Worth Inlet in Palm Beach County. The island was created by dredging-related projects in 1918 which also created the inlet and the Port of Palm Beach. Originally named Inlet Island, the island was renamed Peanut Island for a planned peanut oil-shipping operation which failed in 1946. A \$13 million USD renovation on the island in 2005 resulted in Peanut Island County Park including camp sites (reservations required) on the eastern side of the island, and designated day use areas, a pier, and a man-made reef. It includes well maintained paths that encircle the island, along with lovely gardens and picnic sites. It has nice sandy beaches, and the water is generally very clear due to the proximity to the inlet.

**Skill Level:** Novice

**Distance/Approximate Time:** 2 Miles/1 Hour

**Launch Site:** Jim Barry Light Harbor Park Ramp

**Special Considerations:** There are no concessions on the island. Heavy boat traffic. This is a very popular island, especially on weekends in the summer months.

### 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.