

## S1 Day Paddles - Intracoastal Waterway

### Big Lagoon Paddle Information Sheet

**Description:** This 3.5 mile paddle keeps paddlers close to shore, except when crossing the Intracoastal waterway to access Perdido Key and the Big Lagoon S.P. Boat Launch. The norther side hugs the Big Lagoon State Park, and the southern side of the paddle hugs the shoreline of the Johnson Beach National Seashore. There are plenty of places to get out and stretch your legs, and it can be a short walk across the dunes to get to the Gulf of Mexico, if you want a little change of scenery or a quick swim.

**Skill Level:** Intermediate, due to open water paddling

**Distance/Approximate Time:** 3.5 Miles/2 Hours

**Launch Site:** Big Lagoon State Park CT Boat Ramp

**Special Considerations:** State Park entry fee. Please let them know your itinerary if leaving your vehicle there. Be careful of currents around the breached areas, and boat traffic in the Channels. Please practice "Leave No Trace" principles. Not recommended on windy days due to open water paddling.

#### 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 stokes 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.