

S1 Day Paddles - Intracoastal Waterway

Gulf Islands National Seashore Beach Paddle

Information Sheet

Description: This paddle starts out from English Navy Cove and under the Pensacola Beach Rd Bridge. It continues along the Gulf Islands National Seashore on the north side of Santa Rosa Sound. After the bridge, the shoreline is an undeveloped beach. The landing is close to a park area with covered picnic tables a short walk from the beach. It's a great halfway point for taking a break or having a picnic before returning to your starting point.

Skill Level: Intermediate

Distance/Approximate Time: 6.2 Miles/3 Hours

Launch Site: Gulfbreeze Shoreline Park Ramp

Special Considerations: Paddle along the shoreline, and keep an eye out for powerboats along the ICW. Santa Rosa Sound can get quite rough with easterly or westerly winds.

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.