

S1 Day Paddles - Intracoastal Waterway

Santa Rosa Island Paddle Information Sheet

Description: This is a paddle along the gorgeous southern shore of Santa Rosa Sound. The western half of the paddle is mostly along residentially developed properties, however the eastern half of the paddle is along a beautiful beach/sand dune shoreline where you can stop and take a break, get some sun, or take a refreshing swim. Return is back to the boat ramp.

Skill Level: Advanced

Distance/Approximate Time: 16.6 Miles/7.5 Hours

Launch Site: Quietwater Beach Wayside Park Ramp

Special Considerations: The Sound is wide at this point, and can get quite rough on windy days. Paddle along the shoreline and stay out of the channel where the power-boats run. If you stop, please practice "Leave No Trace" principles.

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.