

S22 Day Paddles and Overnight Camping Trips - Mosquito Lagoon Canaveral National Seashore

Middle Island Paddle Information Sheet

Description: Just south of the launch area on your left is the Eldora State House, the only original home remaining from the community of Eldora, a winter resort that saw its heyday from around 1900 until the late 1930s. By the time the area became part of Canaveral National Seashore in 1975, there wasn't much left of the community. The house was restored and opened in 1999. Head south past the northeastern tip of Gaines Island, and down to and around Middle Island. The return is along the west side of the barrier island, where you can hear the ocean waves nearby.

Skill Level: Intermediate

Distance/Approximate Time: 9.7 Miles/5 Hours

Launch Sites: Canaveral National Seashore Apollo Beach Lot 7 Paddle Launch

Special Considerations: Good map and compass and GPS recommended.

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.