

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

Vann's Island Paddle Information Sheet

Description: This paddle follows the eastern shoreline of Mosquito Lagoon down past Bird Island and around Vann's Island. There are several inlets and passes that you can explore along the backside of the barrier island if you have time. Once you get around Vann's Island and Bird Island, the return is the same route that you came down on.

Skill Level: Intermediate

Distance/Approximate Time: 8.4 Miles/4.5 Hours

Launch Site: Canaveral National Seashore - S Apollo Beach Paddle Launch

Special Considerations: This is a wide area of the Lagoon and can get quite choppy on windy days, especially when the wind is blowing out of the west or north. Recommend paddling on a medium to high tide so you can explore the shoreline.

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.