

S25 Day Paddles - ICW

Mid ICW Paddle Information Sheet

Description: This is a long paddle up the ICW for the more experienced paddler and involves passing under four bridges - Palm Valley Rd, Butler Blvd, Beach Blvd, and Atlantic Blvd. The first half of the paddle is mostly undeveloped on the west bank, and the second half has much less residential development on either side. There are restaurants at the Palm Valley and Beach Blvd bridges.

Skill Level: Advanced

Distance/Approximate Time 17.2 Miles/8 Hours

Launch Site: Palm Valley Landing Ramp

Takeout Site: Oak Harbor Ramp

Special Considerations: Best paddled by launching about 4 hours before high tide in order to take advantage of the tidal flow on the ICW. Boat traffic and strong tidal current on the ICW. Also, this can be paddled in either direction if you can use the wind direction to your advantage.

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.