

## S25 Day Paddles - ICW

## Sisters Island Paddle Information Sheet

**Description:** This is a paddle through winding marsh creeks, with no signs of development except at the very ends. It usually has very little boat traffic. An alternative takeout is at Jim King Park just before the Heckscher Drive bridge on the north side.

**Skill Level:** Novice/Intermediate due to navigation challenges

**Distance/Approximate Time:** 5.8 Miles/3 Hours

**Launch Site:** Palms Fish Camp Public Ramp

**Takeout Site:** Sisters Creek - Joe Carlucci Park Ramp

**Special Considerations:** Some of these creeks are tide sensitive, so they are best paddled at a medium to high tide. Best time to launch is an hour and a half before high tide so you can ride the tide up Clapboard Creek and out on Sisters Creek. GPS, map and compass are recommended as there are plenty of side creeks to get turned around on. This paddle requires shuttling vehicles.

### 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.