

S23 Day Paddles - ICW

Betty Steflik Memorial Preserve Paddle Information Sheet

Description: Nestled in an unexpected corner of Flagler Beach, Betty Steflik Memorial Preserve protects more than 200 acres of mangrove marsh, mud flats, and coastal uplands right on the edge of this downtown beach community. Established in 1995, an extensive network of creeks, canals and bays carry you along the black mangrove lined estuarine passageways and out to the Intracoastal Waterway, offering panoramic views at every turn and excellent birding opportunities along the way. This is a fun area to explore, especially when bird activity is at its peak at dawn or dusk. You'll see wading birds along the shallows and mud flats -- white ibis, little blue heron, great white egrets. The cries of osprey fill the air. The non-native but well-adapted Monk parakeets are common in this area; look for bright light green flashes of feathers in the trees above.

Skill Level: Novice/Intermediate

Distance/Approximate Time: 4.8 Miles/2.5 Hours

Launch Site: Moody Lane Ramp

Special Considerations: Be careful of powerboat traffic on the ICW. Follow the shoreline and stay out of the channel. The southern part of this loop is loaded with drainage canals to explore. A map, compass and GPS are 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.