

S23 Day Paddles - ICW

Rose Bay Paddle Information Sheet

Description: This is a protected paddle that heads north to Rose Bay then continues to wind through the mangrove lined creeks of the Wilbur Rose Blueway area. It includes a short paddle on the ICW before returning back through another set of creeks to Rose Bay. The trail then explores the area to the east of the Spruce Creek launch area, almost to the ICW, then back to your starting point. Among the attractions of this trail is wildlife viewing, with sightings often including manatees, dolphins, porpoises and a variety of birds.

Skill Level: Intermediate

Distance/Approximate Time: 8.3 Miles/3.5 Hours

Launch Site: Spruce Creek Paddle Launch

Special Considerations: Good map, GPS and compass recommended. Be aware of powerboats while paddling on the ICW. Recommend paddling on medium to high tide.

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.