

S23 Day Paddles - ICW

Sleepy Hollow to Lighthouse Loop Information Sheet

Description: From the launch, go left and then right into the mangrove forest. This takes you to the entrance of Spruce Creek and the Intracoastal Waterway. The beginning portion of the paddle takes you through backwater stretches where you may see heron, egrets, dolphin, stingrays and other wildlife. Head south and cross over to the “cut”. Then make a left. Follow the short distance to the Halifax River. When safe, cross the river and follow the shoreline to the lighthouse and nearby launch area. When you reach the Ponce de Leon Inlet Lighthouse, you will find public restrooms, a lighthouse gift shop, restaurants, and the Marine Science Center. On the return track, go through the cut, make a left and head south. Cross over and into the mangrove forest. Follow the creek to the Sleepy Hollow launch area.

Skill Level: Intermediate/Advanced due to strong currents around Ponce Inlet

Distance/Approximate Time: 5.1 Miles/2.5 Hours

Launch Site: Doris Leeper Spruce Creek Preserve - Sleepy Hollow Paddle Launch

Special Considerations: Strong currents and heavy powerboat traffic in the Ponce Inlet area and the ICW.

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.