

S23 Day Paddles - Mosquito Lagoon

Three Sisters Paddle Information Sheet

Description: There are endless paddling trails available on Mosquito Lagoon. You'll find a variety of island types winding your way through the islands of the National Seashore - some are mangrove, others are oak and palm hammock. In this area you will see Florida at its most natural, as it was before development - Canaveral National Seashore is the longest pristine shoreline in Florida, extending 24 miles from Ponce Inlet to Titusville. Wildlife include alligators, turtles, and crabs, and many fish. Birds include hawks, eagles, and osprey as well ibis and other water birds. In Mosquito Lagoon, dolphins are a common sight. This is a fairly short protected paddle south, paralleling the ICW.

Skill Level: Novice

Distance/Approximate Time: 5.1 Miles/2.5 Hours

Launch Site: Menard May Park Paddle Launch

Special Considerations: Recommend paddling on medium to high tide. Watch for motor boats. When paddling through the upper Lagoon it's easy to get lost so GPS and/or a good map and compass are recommended. Watch the tides, at low tide it may be necessary to pull your kayak or canoe in some areas - and watch for oyster beds. Be careful crossing 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.