

PADDLING TIPS

- Know waterway conditions and be aware of water levels and currents. Tides and winds can significantly affect the difficulty of the trip.
- When creating a one way paddling trip, plan in advance for your ending destination. The majority of shoreline is private property with many seawalls. Plan accordingly where you will safely disembark at the end of your trip.
- Always wear a personal flotation device (PFD)! Florida law requires a readily accessible and wearable Coast Guard approved PFD with attached sound producing device (such as a whistle) for each occupant of a kayak, canoe or stand up paddleboard. Children under age 6 must wear PFDs.
- Watch for motorboats. Stay out of busy channels and cross them when there are breaks in motorboat traffic. Turn the bow into boat wakes.
- Be aware of anglers. Avoid entanglement with fishing lines. Paddle away from fishing lines when possible.
- Respect Wildlife. Do not approach, harass, or feed wildlife.
- Bring a cell phone in case of an emergency.
- Please paddle safely. Suggested paddling adventure routes are approximate and cross busy boating channels used by recreational and commercial powerboats.

PADDLING RESOURCES

Palm Beach County Convention & Visitors Bureau
www.palmbeachfl.com/vacations/eco-adventure

Palm Beach County Pack & Paddle Club
www.palmbeachpackandpaddleclub.com

Florida Paddling Trails Association
www.floridapaddlingtrails.com

Florida Designated Paddling Trails
www.dep.state.fl.us/gwt

Florida Circumnavigational Saltwater Paddling Trail
www.dep.state.fl.us/gwt/paddling/saltwater.htm

Jupiter Waterway Trail
www.jupiter.fl.us/waterwaytrail

Lake Worth Lagoon Initiative
www.LWLI.org

Loxahatchee River Preservation Initiative
www.LRPI.us

Palm Beach County Parks & Recreation Department
www.pbcgov.com/parks



Palm Beach County
 Board of County Commissioners

Palm Beach County
 Dept. of Environmental Resources Management

2300 N. Jog Road – Fourth Floor
 West Palm Beach, FL 33411-2743

(561) 233-2400

www.pbcgov.com/erm



PBCERM



PBCERM



Connect with the Department of Environmental Resources Management
 and download our mobile maps.

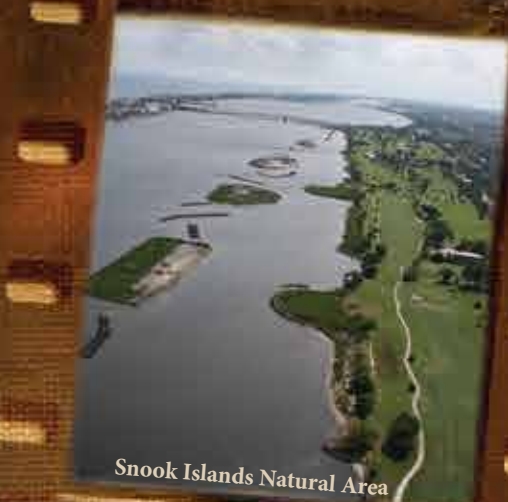
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Palm Beach County
 Department of Environmental
 Resources Management

Paddling Treasures

A Guide to
 Lake Worth Lagoon and
 Loxahatchee River Estuary



Snook Islands Natural Area



Peanut Island



DuBois Park



Protection, Restoration and Enhancement

Palm Beach County and many government agencies, community organizations, and individuals have worked to protect, restore and enhance our coastal estuaries. Their efforts improve water quality, restore habitat for fish and wildlife, prevent pollution, and enhance community involvement. The Loxahatchee River Preservation Initiative and the Lake Worth Lagoon Initiative coordinate these efforts and continue the good work.

Your tax dollars along with outside matching funds have:

- created wildlife habitats
- increased the number of mangroves and other native plants
- improved water quality
- provided recreational opportunities for you to enjoy.

Scientists are observing many positive effects of these restoration projects. Manatees and sea turtles are grazing on the seagrass, oyster reefs are expanding, fish are swimming among the mangroves, and birds are nesting throughout our coastal waterways.

To learn more about environmental protection, restoration and enhancement efforts visit:

Palm Beach County Department of
 Environmental Resources Management
www.pbcgov.com/erm

Lake Worth Lagoon Initiative
www.LWLI.org

Loxahatchee River Preservation Initiative
www.LRPI.us

Paddling Adventure 1

Coral Cove Park to DuBois Park

Approximate Length Round-trip: 3 miles

Coral Cove Park is located at 1600 Beach Road, Tequesta. The western side of this 31-acre park lies along the Indian River Lagoon. The lagoon's waters flow to the Loxahatchee River Estuary and the Jupiter Inlet, which marks the southern end of the 156-mile long Indian River Lagoon. At high tide, the water is often a beautiful aquamarine color, ideal for snorkeling.

Launching from the Indian River Lagoon's soft shoreline, you'll enjoy paddling past red mangroves. Extensive seagrass beds found in the area provide habitat for fish and invertebrates and a food source for manatees.

Heading south, toward the inlet, you'll paddle past the Jupiter Inlet Lighthouse Outstanding Natural Area located on the western side of the Indian River Lagoon. Look for a tidal channel about 800 feet north of the bridge that will take you back to a shallow basin bordered by mangroves.

This natural area contains Florida scrub, maritime hammock, and mangrove swamp natural communities. As you paddle south towards the Loxahatchee River Estuary, you will see the historic 1860 Jupiter Inlet Lighthouse and Museum on your right.

Paddlers may choose to navigate farther south to DuBois Park, located in the Jupiter Inlet. The park includes an artificial reef and a snorkeling lagoon area at the northern end. For a wonderful snorkeling experience, time your visit with an incoming tide.

If you have some time, visit the DuBois Pioneer Home. Built in 1898, it's the second oldest house still standing in Palm Beach County.

For an alternative put-in-point, you might consider using the Limestone Creek Natural Area's new kayak launch facility, located along Central Blvd., just north of Indiantown Rd., Jupiter. It is approximately 8 miles round-trip from the natural area to DuBois Park.



Paddling Adventure 2

John D. MacArthur Beach State Park to Peanut Island

Approximate Length Round-trip: 7 miles

John D. MacArthur Beach State Park is located at 10900 Jack Nicklaus Dr., North Palm Beach. Situated between the Atlantic Ocean and the Lake Worth Lagoon, the 438-acre park includes the 45-acre Munyon Island. The island was called "Nuksachoo" by the Seminoles, which means Pelican Island, and it supported one of South Florida's largest wading bird rookeries.

Launching from the park's designated soft shoreline kayak launch area (ask for directions at the front gate), you'll enjoy the quiet waters of the park's interior cove. Paddle to Munyon Island to see the results of environmental restoration efforts completed in 1997.



You can enter the island's interior at the northern tip, then paddle south through a series of inland channels and tidal pools. At low tide, you can pull up on the island's shoreline near the boardwalk and explore further on foot along walking paths.

Bring your binoculars to view migratory songbirds and raptors in the tall maritime hammock forest. Watch fish jumping in the channels and pools, and dashing in and out of the mangrove roots. Also, keep your eyes open for manatees and green sea turtles who love to grab a bite to eat and swim among the extensive seagrass beds in the area.

Advanced paddlers may choose to navigate farther south. Bring your snorkel gear to enjoy marine life at the Phil Foster Park and the Peanut Island artificial reefs and snorkel trails.

Peanut Island, Palm Beach County's only island park, is bathed in crystal clear oceanic waters due to its proximity to Lake Worth Inlet. The island offers some of the county's best snorkeling opportunities as well as reserved campsites (on the island's east side) that include a tent pad, grill, and picnic table. To enjoy locations designated for natural areas beach camping, contact the park office on Peanut Island.

Paddling Adventure 3

Snook Islands Natural Area to John's Island

Approximate Length Round-trip: 5 miles

The Snook Islands Natural Area is located on the western shoreline of the lagoon, in the City of Lake Worth, just north of the Lake Worth Bridge. The created mangrove islands and shoreline planters surrounded by limestone boulders provide habitat for birds, fish, and other wildlife.

The natural area, completed in 2005, restored 100 acres of wetland habitat in Lake Worth Lagoon. Public use facilities include a kayak launch, boat docks and a 550-foot boardwalk that allows visitors to view wildlife, fish and the lagoon waters.

The kayak/canoe drop-off area is located at the northwest side of the Lake Worth Bridge. Heading west on the bridge, look for the kayak/canoe drop-off entrance on your right-hand side at the base of the bridge. Public parking is available west of the City of Lake Worth Municipal Golf Course on Golfview Road.

Launching from the natural area's kayak launch structure, you'll enjoy weaving around the chain of islands. Many bird species are found in this area. During a recent backyard bird count, almost 50 species were observed in just 2.5 hours.

Advanced paddlers may choose to navigate farther north to see the results of more environmental restoration projects. The Grassy Flats Restoration Project, completed in 2015, created 13 acres of wetland habitat, including two intertidal islands. The Ibis Isle Restoration Project, completed in 2010, restored 8 acres of mangrove, cordgrass, and oyster reef habitat in the lagoon.

Just to the north of Ibis Isle lies John's Island, a 7-acre island restored in 2004. Starting at the northern tip, you can paddle down a narrow inland channel to the center of the island. Another channel begins on the eastern side and provides access to a southern inland channel.

Environmental restoration efforts have created 5 acres of oyster reef habitat surrounding John's island. Oysters improve water quality by filtering particulates out of the water and their reefs provide valuable fish habitat. The revival of this stretch of the lagoon is yielding great wildlife viewing opportunities. Keep on the lookout for manatees, fish and shorebird species like American oystercatchers and least terns, which have been observed nesting in the area.



Lake Worth Lagoon and Loxahatchee River Estuary

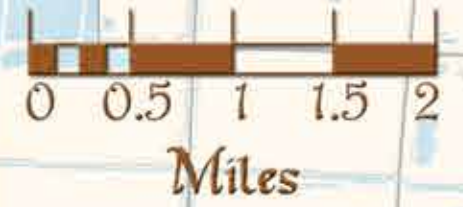


KAYAK LAUNCH AREAS

Public Parking Available	Kayak Launch Structure	Soft Shoreline	Boat Ramp	Picnic Areas	Rest Rooms	Nature Trail or Boardwalk	Ocean Beach Access
Anchorage Park 603 Anchorage Dr., North Palm Beach (561) 841-3386		X	X	X	X		
Bert Winters Park 13425 Ellison Wilson Rd., Juno Beach (561) 966-6600			X	X	X		
Bicentennial Park* 13th St. and Avenue C, Riviera Beach (561) 845-4000 <small>*Parking & Restrooms at Riviera Beach Municipal Marina</small>		X			X		
Bryant Park Golfview Rd. & Lake Ave., Lake Worth (561) 533-7363			X	X	X		
Burt Reynolds Park 805 N. U.S. Highway 1, Jupiter (561) 966-6600		X	X	X	X		
Coral Cove Park 1600 Beach Rd., Tequesta (561) 966-6600		X		X	X		X
Currie Park North Flagler Dr. & 23rd St., West Palm Beach (561) 804-4900			X	X	X		
DuBois Park 19075 DuBois Rd., Jupiter (561) 966-6600		X	X	X	X		X
Harvey E. Oyer, Jr. Park* 2010 N. Federal Highway, Boynton Beach (561) 742-6000 <small>*Previously named Boat Club Park</small>		X	X	X	X		
Intracoastal Park 2240 N. Federal Highway, Boynton Beach (561) 742-6000		X		X	X		
Jim Barry Light Harbor Park 1800 Broadway, Riviera Beach (561) 966-6600			X		X		
John D. MacArthur Beach State Park 10900 Jack Nicklaus Dr., North Palm Beach (561) 624-6952		X		X	X	X	X
Juno Park 2090 Juno Rd., Juno Beach (561) 966-6600		X	X	X	X		
Lake Park Harbor Marina 105 Lake Shore Dr., Lake Park (561) 881-3353			X		X		
Lakeside Park 805 Lakeside Dr., North Palm Beach (561) 841-3386		X		X			
Limestone Creek Natural Area 6570 Church St., Jupiter (561) 233-2400	X					X	
Ocean Inlet Park 6990 N. Ocean Blvd., Ocean Ridge (561) 966-6600		X		X	X		X
Phil Foster Park 900 E. Blue Heron Blvd., Riviera Beach (561) 966-6600		X	X	X	X		
Sawfish Bay Park 1133 North Alternate A1A, Jupiter (561) 746-5134		X		X		X	
Snook Islands Natural Area North of Lake Worth Bridge, Lake Worth (561) 233-2400	X					X	
Southern Blvd. Bridge & Causeway		X					
Sportsman's Park & Bicentennial Park 330 E. Ocean Avenue, Lantana (561) 540-5000			X	X	X		

POINTS OF INTEREST

Points of Interest	Boat Dock	Picnic Areas	Rest Rooms	Nature Trail or Boardwalk	Ocean Beach Access
Bingham Island					
Bird Island					
Delaware Scrub Natural Area	(561) 233-2400			X	
Fisherman's Island					
Frenchman's Forest Natural Area	(561) 233-2400			X	
Fullerton Island	(561) 746-5134	X	X		
Grassy Flats Restoration	(561) 233-2400				
Hunter's Island					
Ibis Isle Restoration	(561) 233-2400				
Jackson Riverfront Pines Natural Area	(561) 233-2400			X	
John's Island	(561) 233-2400				
Juno Dunes Natural Area	(561) 233-2400	X	X	X	
Jupiter Beach Park	(561) 966-6600	X	X		X
Jupiter Inlet Lighthouse Outstanding Natural Area	(561) 233-2400			X	
Jupiter Ridge Natural Area	(561) 233-2400			X	
Lantana Nature Preserve	(561) 540-5000			X	
Loxahatchee River Environmental Center	(561) 743-7123			X	
Munyon Island	(561) 624-6952	X	X	X	
North Ocean Ridge Mangroves	(561) 233-2400			X	
Ocean Ridge Natural Area	(561) 233-2400	X		X	
Peanut Island Park & Campground	(561) 845-4445	X	X	X	
Snook Islands Natural Area	(561) 233-2400	X		X	
Snorkel Trail	(561) 966-6600				
South Cove Natural Area	(561) 233-2400			X	
Waterway Park	(561) 966-6600			X	



ATLANTIC OCEAN

ATLANTIC OCEAN