

Flamingo District

Suggested Paddling Routes

Things to consider when planning a trip:

- Recommended distance of 8-12 miles per day for experienced paddlers
- Paddling against tides and/or wind can be very strenuous
- Always check the weather forecast before heading out
- Sites within a one day paddle of the Flamingo VC fill fast (come with alternative routes)
- Obtain backcountry permit up to 24 hours in advance
- Winter months (December-April) tend to be cooler with less insects

Please remember to read and review the park publication *The Wilderness Trip Planner: A guide to camping in the coastal portions of the Marjory Stonemen Douglas Wilderness* for more information on planning your trip.

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One night trip: East Cape Sable



The paddle out to East Cape is 11 miles from the Visitor Center. This trip can be a challenge if the wind is against you and a south wind can create big surf on the beach. However, the Cape has a long expanse of beach as well as spectacular sunrises and sunsets.

One night trip: Shark Point Chickee



The Shark Point Chickee is between Shark Point and Umbrella Key in Florida Bay. The chickee is frequently used by roosting birds. We strongly consider bringing a bucket to wash off bird droppings. Bring a tarp to use as a wind break. During your paddle you may see dolphins or sharks and many birds that make Florida Bay their home. Once you set up on the chickee, relax and enjoy the sunset!

One or two night trip: Hell's Bay Canoe Route



This trip is a marked route through a maze of mangrove creeks and ponds. There are maps available at the Visitor Center. It is only 5.5 miles from the road to Hell's bay chickee. Low water levels in late spring can make the trail difficult or impassable.

Three night trip: Cape Sable



Day 1: East Cape- 11 miles

Day 2: Middle Cape – 4.5 miles

Day 3: East Cape – 4.5 miles

Day 4: Flamingo VC – 11 miles

This trip is great for people who want to spend a few nights on the beach and maybe not want to paddle too much. When planning this trip, be aware of the wind direction. South winds create more surf on the beach and East winds make returning to Flamingo challenging and tiring.

Four night trip:

Whitewater to Cape Sable loop



Day 1: East Cape – 11 miles

Day 2: NW Cape – 9.5 miles

Day 3: Oyster Bay – 13 miles

Day 4: South Joe – 10.5 miles

Day 5: Flamingo VC – 11.5 miles

This trip will give you a taste of everything Flamingo has to offer: beaches and chickees, the Gulf and the backcountry. Depending on the direction of the wind, you may want to head for the Cape first or save it for the end.