

S10 Day Paddles - Tampa Bay

Palma Sola Bay Paddle Information Sheet

Description: This is a paddle around the shoreline of Palma Sola Bay. The bay is a rich estuary system. The area north of the bay is home to five Preserves, Neal Preserve, Perico Preserve, Robinson Preserve, Riverview Point Preserve, and Emerson Preserve. These preserves offer many opportunities to observe and interact with the natural beauty of this area. Bird watchers will find many rare species that are not often seen or observed in their natural environment. The entire area is used as a nesting and feeding area by many bird and fish species. You may encounter egrets, eagles, osprey, hawks, herons, terns, gulls, frigates, brown pelicans, white pelicans, ibis, cormorants, wood storks, and roseate spoonbills. The water is generally very clear, except after storms or prolonged windy days, which makes for a great chance to see plenty of marine life. You may encounter bottlenosed dolphins, manatees, snook, redfish, tarpon, pompano, trout, flounder, lady fish, catfish, jack mullet, cobia, sharks, stingrays, eagle rays, crabs, whelks, conchs, starfish, urchins, sponges, and soft corals live in the seagrass and oysterbeds.

Skill Level: Intermediate

Distance/Approximate Time: 7.9 Miles/3.5 Hours

Launch Site: Palma Sola Bay Boat Ramp SR 64, southwest end of the causeway

Special Considerations: Palma Sola Bay is a large body of open water and can get quite rough on windy days. The north part of the bay can have heavy boat traffic on weekends and holidays.

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.