

Day Paddles and Overnight Camping Trips - Panacea/ St Marks Area

Fog Island Primitive Camp Trip Information Sheet

Description: Launch on the beach at Shell Point and paddle eastward toward the St. Marks Lighthouse and bear left at the mouth of the St. Marks River. The Fog Island campsite is on your right. A good side trip is to the St. Marks Lighthouse which is about 2 miles away to the south. Return to Shell Point the following day.

Skill Level: Intermediate

Distance/Time: 7.4 Miles Each Way/Approximately 3 hours

Launch Site: Shell Point Beach

Special Considerations: Primitive Camping. Please follow leave No Trace principles. Although it has a rocky shore, there are several landing spots on the west and south sides of the island. Navigation through the bars at the mouth is required at low tide.

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.