



Office of Greenways & Trails

Florida Circumnavigational Saltwater Paddling Trail

Segment 18

Pompano/Lake Worth

Emergency contact information:

911

Broward County Sheriff's Department: 954-831-8900, 954-765-4321

Palm Beach County Sheriff's Department: 561-995-2800

Florida Fish and Wildlife Conservation Commission 24-hour wildlife emergency/boating under the influence hotline: 1-888-404-3922

FPTA Region: I

Begin: Delray Sands Resort

End: Lake Worth/Fairfield Inn or Sabal Palm House

Distance: 13.5 miles

Duration: 1 day

Special Considerations: For most of this segment, paddlers have the option of either paddling the Intracoastal Waterway (ICW) or the Atlantic shore, depending on wind and weather. In calm weather, the Atlantic side might be safer until the ICW becomes wider north of the Boynton Inlet. However, the Boynton Inlet is exceptionally hazardous even in optimum conditions and paddlers should consider the Hillsboro Inlet or Boca Raton Inlet as a safer option to access the ICW. Where the ICW is narrow and lined with seawalls, paddlers must be wary of large boats and their wakes, and there are limited spots to land. Boat wakes often rebound off sea walls. Boat traffic is higher on weekends

and holidays. Do not tie kayaks to docks along the ICW as boat wakes may cause swamping or damage; always lift them out of the water. Note: this stretch of the Atlantic coast and ICW has the highest number of boat accidents in the state.

On the Atlantic side, there are numerous public parks and beaches, and these offer restrooms, water, and cold showers. However, kayakers must land outside of the “guarded” section of the public beach, meaning that you must land before the first lifeguard tower or after the last lifeguard tower and walk to the public facilities.

There is no camping available in this segment, so advance motel reservations are recommended for motels outlined in this guide. Paddlers on the Atlantic shore will need to access the ICW at Hillsboro Inlet, Boca Raton Inlet, or Boynton Inlet (see above) in order to reach motels for day two. As with all narrow inlets, be wary of boat traffic and strong currents.

1. Delray Sands Resort to Fairfield Inn or Sabal Palm House B&B, 13.5 miles

Several parks are situated along the ICW and along the Atlantic shore, so there are ample opportunities for rest breaks. If you are paddling along the Atlantic shore, move into the ICW at the Boca Raton Inlet or Boynton Inlet. It is at this point that the ICW widens into the Lake Worth Lagoon. Once a freshwater lake, the creation of two permanent inlets to the ocean has transformed the lagoon into an urban estuary that contains important habitats for a variety of sea life.

The Fairfield Inn is accessible along the ICW by way of a small sandy rise on the corner of the seawall near Highway 802 Bridge. You can secure your kayak either on a nearby tree or on the outside of the pool fence after obtaining permission from the front desk. For reservations, call 561-582-2585.

The kayak-friendly Sabal Palm House Bed and Breakfast is adjacent to the Snook Islands Natural Area kayak launch (see map) on the north side of the Highway 802 Bridge. Call 561-582-1090.