

## Cat Island Paddle

Description: Depart from the Suwannee Community Center and head out to the Gulf for an open water Paddle across the Sound to Cat Island. Cat Island provides a diverse range of habitats for wildlife species in a remarkably small area. A sandy beach, a thin band of high ground, and a relatively large area of salt marsh support a variety of wildlife. Horseshoe crabs, marine turtles, and shorebirds use the beach. Hunting ospreys and other birds use the taller trees for roosting and nesting sites. The salt marsh provides food and shelter for many fishes and invertebrates. Cat Island is privately owned. Along most of the western and southwestern aspects of the island is an erosional escarpment that reveals a shell bearing midden with aboriginal pottery, shell tools and occasional human skeletal remains over 4,000 years old. After a brief stop, we'll return through the pass between Goodson and Odulund Islands back to the Community Center.

Distance/Time: 4.8 Miles/Approximately 3 hours

Skill Level: Intermediate, Spray Skirt Recommended if Windy.

Launch Site: Suwannee Community Center

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NOTE: Great care has been taken to ensure this guides accuracy, but weather, tides, and water conditions can change rapidly and create hazardous conditions. Routes may change due to weather considerations. Users should consult NOAA Charts for navigation. Paddlers should have all proper safety equipment and check conditions before departure. All participants are required to wear PFDs while on water based events .

