



Segment 3

Panama City Beach/St. Andrews Bay

Emergency Contact Numbers:

911

Walton County Sheriff's Office: 850-267-2000

Bay County Sheriff's Office: 850-747-4700

Gulf County Sheriff's Office: 850-227-1115

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

FPTA Region: A

Begin: Grayton Beach State Park

End: St. Joseph's Bay State Buffer Preserve's Deal Tract primitive campsite

Distance: 77.3 miles, depending on side trips

Duration: 4-5 days

Special Considerations: Large storms and hurricanes may close several inlets, requiring some portaging to campsites and points of interest. No camping is allowed on Tyndall Air Force Base, so a 24-plus mile paddle is required from St. Andrews State Park to Mexico Beach, where motel accommodations can be made. To avoid this long-distance an Alternate Inland Route for Segments 2-4 utilizing the ICW can be accessed if weather conditions are inclement (see Alternate Panhandle Route, segs. 2-4 in the Table of Contents). There are several options for returning to the Gulf route if the weather improves.

A GPS unit is critical in this segment as breakers along the beach may make it necessary to paddle farther offshore, and fog can shroud landmarks. Also, it is sometimes difficult

to distinguish beachside motels from condominiums, and most motels are not marked on the Gulf side.

Introduction

Emerald waters, sugar-sand beaches, and high dunes mark the first two-thirds of this section, followed by a remote stretch of wild barrier islands and peninsulas. There are several points of interest and a couple of nights where motel stays are necessary. Most motels are not marked from the Gulf side, so GPS points are given on the map for motels located at key intervals. Paddling is a straight west-east route parallel to the coast until barrier islands and peninsulas are seen after St. Andrews State Park.

For state park camping recommended in this guide, advanced reservations are essential. For camping reservations, visit [Reserve Florida State Parks](#) or call (800) 326-3521. Phone numbers are given in specific sections to reserve primitive campsites outlined in this guide. There is an 8-person and/or four 2-person tents maximum allowed at primitive campsites. Please keep sites clean and follow all regulations in order for these sites to remain open for paddlers. These sites are “pack-it-in, pack-it-out” only, with campers following [Leave No Trace](#) principles.

Large tracts of conservation lands and waters in the Panhandle are carefully managed for ecological, historical, or recreational purposes and remain pristine and largely undeveloped. There are two state aquatic preserves, [St. Andrews Aquatic Preserve](#) and [St. Joseph Bay Aquatic Preserve](#).

1. Grayton Beach State Park Campground to Beachside Resort, 13 miles

From the campground along Western Lake, paddle west approximately a half-mile to the Gulf inlet and proceed east along the shore. In about six miles, you’ll see an unmarred area of dunes nestled between coastal developments. This is the 1,920-acre [Deer Lake State Park](#). Growing atop the high dunes is a rare plant: the Cruise’s golden aster. Numerous other flowering plants can be found in the park’s 11 distinct natural communities, including white top and yellow pitcher plants, rosebud orchids, and pine lilies.

The long boardwalk from the primary dune to the upland habitats is worth a stroll as it traverses an unspoiled vista of rolling dunes with a scenic view of Deer Lake to the west. The parking lot area has water and a composting toilet.

Regular public camping is not allowed at Deer Lake. It is also not recommended as a launching spot as the Gulf is 200 yards or more from the parking lot down the long boardwalk unless you use a kayak cart to roll your boat.

About five miles from Deer Lake lies a spot you don’t want to miss: [Camp Helen State Park](#). It is marked along the Gulf by a decrepit pier jutting into the water. From the pier, you can reach a trail to the upland areas of the park by heading across the sand in a northerly direction.

Camp Helen, with its 1930s-era lodge and cottages, will give you a glimpse of how Florida tourists spent their vacations several decades ago. If you want to go back further in history, you can envision the four thousand or more years Native Americans utilized this site. When standing atop the high hill, with striking views on three sides and a cooling breeze on your face, you can fully understand the desirability of this unique geologic landform. Make sure to stroll along the park's short loop hike through a scenic live oak hammock.

There is no camping allowed at the park, but water and bathrooms are available to visitors during daylight hours.

About two miles past Camp Helen along the Gulf is the first of many motels available to paddlers, the Beachside Resort. Advance reservations are recommended (call 1-850-234-5722). A GPS point is provided for you on the map. A small market is across the street; a supermarket is located about a mile west along the highway.

There are other motels as you proceed east, the next one being about a mile away, the Sugar Sands by the Sea. You can scope out the various motels ahead at [Visit Panama City Beach](#). Advanced reservations are recommended, especially on weekends and during college spring break periods in March and April. Your choice of a motel will determine the length of your paddle to St. Andrews State Park.

2. Beachside Resort to St. Andrews State Park Campground, 18.8 miles

Paddle past the gleaming white beaches and numerous motels, condominiums, and attractions of Panama City Beach to [St. Andrews State Park](#). A handy reference point is the Russell-Fields Pier. A supermarket is about a mile west of the Russell-Fields pier, along the beach road. The M. B. Miller Pier is about three miles past the first pier. These public piers provide public restrooms, drinking water, and outdoor showers. Numerous restaurants are in the vicinity. You can shorten your day by staying in another motel along the beach.

About three miles before St. Andrews is the Richard Seltzer Park, which also has restrooms, water, and outdoor showers. To reach the St. Andrews State Park Campground, make a sharp left at the pass between the jetties and Shell Island, make another sharp left into Grand Lagoon and proceed just past the boat ramp. There are numerous campsites on the water where you can land your kayak (even numbers from 16-38, 96-114, and 101, 132, 134, and 143). There may be rip-rap (large rocks) and marsh grass in front of others. The park offers fresh water, showers, and bathrooms.

Human history at St. Andrews State Park began with early Native Americans, who feasted on fish and abundant shellfish and left behind numerous middens (trash heaps of discarded shells, bones, and other refuse). In the early 1900s, bathers frequently used the area, generally arriving by boat. The first known full-time resident during this period was a Norwegian-born sailor who wrecked his boat on the south bank of Grand Lagoon during a 1929 hurricane. "Teddy the Hermit" decided to homestead and remained until

his death in 1954 at age 74. His makeshift shack once stood between campsites 101 and 102.

The purchase of land for a state park began in 1947 when 302 acres were acquired from the federal government for the bargain price of \$2.50 an acre. Today, after the addition of several adjacent parcels, at a considerably higher cost, the popular park consists of more than 1,200 acres.

The inlets and bays around the park are part of the St. Andrews Aquatic Preserve. Considered one of the most diverse bays in North America, with over 2,100 recorded marine-dependent species, St. Andrews Bay has the largest expanse of ecologically valuable seagrass beds in the Florida panhandle. These beds, along with expansive salt marshes, provide spawning and nursery habitats for a wide variety of fish and shellfish. The beaches and uplands along the preserve provide habitat and nesting areas for several protected species such as loggerhead and green sea turtles, the Choctawhatchee beach mouse, and snowy and piping plovers.

3. St. Andrews State Park Campground to Mexico Beach, 25.7 miles

If remaining on the outside route, this is a long stretch without camping, but one of the most pristine, with little or no coastal development visible. The shoreline appearance is reminiscent of a time before the arrival of Europeans. Only occasional fighter jets and motorboats will jolt you back to this century.

From the campground, paddle across the channel and take the Gulf side of Shell Island. Be careful of breakers along this pass and others. Take a wide turn around them. This island was formerly known as Lands End Peninsula and was connected to the mainland, but the Army Corps of Engineers dredged the current pass as an easier and safer channel into St. Andrews Bay. Interestingly, in 2004, Hurricane Ivan closed the natural pass at the other end of Shell Island, known as East Pass. It is one more reminder that storms, winds, and currents are constantly reshaping the coastal landscape. The east end of Shell Island and the adjacent Crooked Island is controlled by Tyndall Air Force Base. You can land on these inviting, sandy shores for rest breaks, but no overnight camping is permitted. You'll need to stay on the Gulf side for the rest of this section. Otherwise, some portaging will be necessary (Crooked Island is not a true island).

Mexico Beach is a small coastal community that was severely impacted by Hurricane Michael in 2018. The town has largely been rebuilt, however, and places to stay include the [El Governor Beachfront Resort](#) and the [Driftwood Inn](#). For more information, visit [Mexico Beach](#). If you want to use Mexico Beach for a mail drop, address letters or packages to (your name) c/o general delivery, U.S. Post Office, Mexico Beach, FL 32456. The post office is located one mile inland on 15th Street.

4. Mexico Beach to St. Joseph's Bay State Buffer Preserve's Deal Tract primitive campsite, 19.8 miles.

The St. Joseph's Bay is a fitting end to this section, offering a true coastal wilderness experience. The St. Joseph's Peninsula State Park Wilderness Preserve, one of only six in the state park system, encompasses the northern 7.5 miles of the peninsula (over 1,750 acres). This is an unspoiled landscape of large dunes and coastal scrub and grasslands. The park offers 14 primitive campsites and of these, site 14 has direct access to the bay and sites 3,4 and 5 are a short jump over a dune from the bay. Site 6 is a quarter mile from the Gulf and sites 9, 10, 11 and 12 are along a cross trail to both the bay and Gulf. These sites are shown on the map. Contact the park at 850-227-1327 if you wish to use any of these sites. The charge is \$5 per night. Each site allows a maximum of 5 people. Here is a link to the [primitive camping agreement](#). In addition, 8 cabins are available in the park through the [Florida State Parks reservation website](#).

As you paddle through the clear waters of the St. Joseph Bay Aquatic Preserve, the shallow bay waters are homes and nurseries for numerous fish and sea animals such as sea urchins, scallops, and snails. Seagrass beds are lush and abundant. Fishing and summer scalloping are popular recreational activities.

The St. Joseph Bay State Buffer Preserve's Deal Tract primitive campsite is located on top of an ancient sand ridge that overlooks the St. Joseph Bay. There is a covered picnic shelter with a kiosk that shows the way to the primitive camping area. No fires are allowed, and campers must follow "Leave No Trace" principles.

This stop is an excellent place to take an extra day off to paddle along St. Joseph Bay or hike along the park's many trails. The peninsula is a birdwatcher's paradise; 247 species have been observed at the park. Following the passage of fall cold fronts, you can spot hundreds and sometimes thousands of migrating hawks and falcons passing over and resting at the park on their way to Mexico and South America. In winter, look for gannets, loons, cormorants, and ducks. Spring migrants include snowy and piping plovers and black-throated and chestnut-sided warblers. Summertime brings green and loggerhead sea turtles to the beaches for egg-laying.



Primitive campsite #14 in St. Joseph State Park