OUTDOOR REC PRESENTS

Cayo Costa
The Island Paddle Adventure

Trade in the white snow up here for the white, sand beaches of Southwest Florida this winter!

Cost $330
Dec 16 - Dec 21

VANDERBILT.EDU/OUTREC
Sign up online
**ISLAND PADDLE ADVENTURE**

**THE DETAILS**

**WHAT:**
Canoeing and Island Camping

**WHERE:**
- Myakka State Park, Sarasota, FL
- Cayo Costa State Park, Pineland, FL

**HOW MUCH:**
$330 covers your transportation via vans from and back to Vanderbilt, camping/hotel fees, group camping equipment, canoes, and in camp meals!

**WHY:**
SWFL Dec. temps are highs of 79 and lows of 58

**WHEN:**
- Sign up by: Friday, October 21
- Pre-trip Meet: Thursday, November 3 at 5:30 pm
- Trip Dates: December 16-21 (Friday-Wednesday)

Have you ever wanted to paddle out to a tropical island paradise and simply relax away from everything? If so, than this is the trip for you! Trade in the white snow up here in Tennessee for the white sand beaches of the Gulf of Mexico. This trip starts with a road trip down to Southwest Florida, followed by a saltwater paddle to the barrier island of Cayo Costa, which is only accessible by boat. We will spend 2 days relaxing and exploring the island, and even a day paddle to Cabbage Key (the location Jimmy Buffet wrote Cheese Burger in Paradise) for... well a cheeseburger in paradise! It is going to be a great mixture of adventure and relaxation in sunny South Florida this winter break.
DAY 1 - FRI - 12/16
- Drive from Nashville, TN (775 mi)
- Get breakfast, lunch, and dinner on the road
- Arrive at Myakka State Park (SP), FL
- Make camp for the night

DAY 2 - SAT - 12/17
- Make breakfast and lunch
- Break camp and depart Myakka SP (75mi)
- Arrive at Pineland, FL
- Pack up boats and paddle to Cayo Costa SP, FL (8mi)
- Lunch on the water
- Arrive at Cayo Costa SP and make camp
- Make dinner

DAY 3 - SUN - 12/18
- Hang out at Cayo Costa SP all day
- Explore the island
- Camp at Cayo Costa SP

DAY 4 - MON - 12/19
- Relax at Cayo Costa
- Paddle to Cabbage Key (4mi)
  - Get a cheeseburger in paradise
- Paddle back to Cayo Costa
- Camp at Cayo Costa (Start to pack up)

DAY 5 - TUES - 12/20
- Make breakfast and lunch
- Pack up camp
- Paddle back to Pineland (8mi)
- Lunch on the water
- Pack up the van and depart Pineland
- Eat dinner on the road
- Arrive at hotel (260 mi around Gainesville, FL)

DAY 6 - WED - 12/21
- Eat breakfast at the hotel
- Depart Gainesville (585 mi)
- Get lunch on the road
- Arrive at Vanderbilt (much tanner than we began)
VANDYOUTREC

Signup at
VANDERBILT.EDU/OUTREC

Vanderbilt Outdoor Recreation
Vanderbilt Recreation and Wellness

615-936-8527