This map was designed by the staff and volunteers of the Wetlands Institute. For more information, visit www.wetlandsinstitute.org.

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Need a kayak or canoe? There are numerous outfitters in the area who can rent you a boat for a day or week. Rates and conditions vary. Check your phone book’s yellow pages under “Canoe & Kayak.”

Paddle safely! Always wear your PFD.

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Jersey Island Blueway
A Paddler’s Guide to Cape May County’s Backbays

This map is an introduction to the backbays, marshes, creeks, and channels of the South Jersey shore. It is not meant to be a definitive guide to all paddling areas, but instead an introduction to places you may want to explore. Feel free to try routes not shown on this map.

The colored lines indicate point-to-point and loop routes. You can try out just one, or string several together to make a longer trip. Distances given are for planning purposes only; your actual paddling time will vary with your experience, wind, and tides.

Please be courteous to others on the water. When using boat ramps, do not leave your canoe or kayak in a place that is blocking the ramp for others. Follow all posted rules at boat ramps. Make sure everyone in your group is familiar with the Safety Checklist.

Safety Checklist
- Lifejackets should be worn at all times.
- Always carry drinking water and sunscreen.
- Some areas may be unnavigable due to changes in tides and wind. Always check a tide chart, and don’t paddle into shallow areas when the tide is going out.
- Beware of strong currents, especially near inlets.
- Be aware of power boat traffic, especially near boat ramps and in the intercoastal Waterway. In high traffic areas, stay out of the center of the channel, and try to stay close to other paddlers for maximum visibility.
- Do not disturb or feed wildlife. Maintain a respectful distance from nesting birds.
- Many marsh creeks are dead-ends. Be sure to leave room to turn around.
- Keep an eye on landmarks. It’s easy to get lost in the twisting backbay creeks, so use references like water towers and bridges to help you find your way.
- Give a float plan to someone on shore. They should know where you’re going and what time you expect to return.

It is your responsibility to have the necessary skills, knowledge, and equipment for a safe and ecologically sensitive trip.