

S17WL Day Paddles - West Lake

West Lake Mangrove Trails Information Sheet

Description: This paddle takes you through the only remaining undeveloped wilderness area in Broward County that is off limits to motorized boat traffic and development. There are numerous marked mangrove trails all under 1 mile in the mangroves (North White, South White, Blue, Green and Red) that meander through the periphery of the moderately sized Lake. In addition to the marked trails there are other trails to explore that criss-cross the entire area. Wildlife abounds depending on the time of the year. The length of your paddle can be as short or long as you wish and the trails are sheltered from the wind. Tidal currents are minimal. Crossing the Lake will subject you to the effects of whatever wind there might be and caution should be taken here. On the other side of the Lake, there is a trail to the Anne Kolb Nature Center where you can beach your paddlecraft and take a look around when the center is open. Holland Park and its boat ramp is located at the South end of the Lake is an alternative launch location to the primary access point which is the paddlecraft ramp at West Lake Park.

Skill Level:

Distance/Approximate Time: 2-8 Miles depending on how far away the chosen trail is from the launch site. The White and Green Trails are the shortest/1.5—3.5 Hours

Launch Site: West Lake Park Ramp: \$1.50 Park admission, free restrooms.

Alt Launch Site: Holland Park: Free parking and restrooms.

Special Considerations: Recommend paddling on medium to high tides only.

Skill Level Definitions

Beginner: New to paddling and may need tips and or instructions about paddling strokes, safety procedures, and entering/exiting kayaks. Comfortable on short trips of 1 to 3 miles on protected waters, when wind does not exceed 5 mph.

Novice: Paddlers acquainted with basic paddle strokes and can manage kayak handling independently in winds not exceeding 10 mph on protected waters. Comfortable on trips up to 6 miles.

Intermediate: Paddlers with experience in basic strokes and some experience on different venues, including some open water. Comfortable on trip distances of 6 to 10 miles, winds not exceeding 15 mph.

Advanced: Seasoned paddlers who possess skills and experience to paddle all venues and conditions. Experienced in self-rescues. Should be comfortable paddling more than 10 miles in a day.

NOTE: Great care has been taken to ensure this guides accuracy, but weather, tides, and water conditions can change rapidly and create hazardous conditions. These maps are for visual reference only, please consult NOAA Charts for navigation. Paddlers should have all proper safety equipment and check conditions before departure. All paddlers should always wear PFDs while on the water, and leave a float plan. There are inherent dangers in any paddle sport. There are special hazards along the Florida coast due to shifting tides, changing wind and weather, shallow waters, and treacherous bottoms with soft mud, rocks, and oyster bars. It is up to each paddler to be aware of these dangers, to accept and be prepared for the risks involved, and to be certain they have the skills to safely paddle in these conditions.