

S18 Day Paddles - Lakes

Lake Ida Paddle Information Sheet

Description: This is an urban paddle on Lake Ida, a large freshwater lake that is bordered by parks, undeveloped land and luxurious lake front homes. The lake is the southernmost point of the Palm Beach County Blueways Chain of Lakes, connecting to the North with Lake Eden and then Lake Osborne followed by Lake Clarke and Pine Lake. The park amenities are very nice and the area offers enough to explore to keep it interesting. There are several areas of interest. On the south end is a small isolated loop. On the east side of the lake is the other park and luxurious lakefront homes. In the Northeast corner there is a connection to Lake Eden. All along the West side of the lake is an abundance of undeveloped land and Lake Ida Park. You will find many opportunities to view a variety of water birds.

Skill Level: Novice

Distance/Approximate Time: 2.7 Miles/1.5 Hours

Launch Site: Lake Ida Park West Ramp. There is a small beach area for launching paddlecraft just south of the ramps .

Special Considerations: Lake Ida is frequented by Jetskis, especially on weekends, which can produce quite a bit of turbulence, however the lake is wide enough that you can maintain a distance from them.

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.