

Day Paddles and Overnight Camping Trips - St Lucie River - South Fork

Lost River Trail South Paddle Information Sheet

Description: This is a go to paddle if winds are high, if you want to see gators and if you want a nice morning paddle. Upriver from the park is the most beautiful paddle most folks will ever take. But, from the launch site, you have to travel upriver past homes on the shore for about 1 mile till the houses end and wild nature takes over. Think African Queen, overhanging trees, gators, lots of gators, and 3.5 miles at the turn around point, a take out with a picnic table, no restroom.

Skill Level: Intermediate

Distance/Time: 7.6 Miles/Approximately 3.5 hours

Launch Site: Hosford Park Ramp off SW Gaines Ave

Special Considerations: Do not leave valuables in your vehicle and keep vehicles locked.

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.