

S23 Day Paddles - Inland Lakes

Lake Beresford Paddle Information Sheet

Description: Lake Beresford is a 2.5 mile long lake, and actually connected to the St Johns River near the southwest end. The south and east sides are mostly undeveloped and mostly lined with beautiful cypress trees. Beresford Park is located about a half mile south of the launch area.

Skill Level: Novice/Intermediate

Distance/Approximate Time: 5.9 Miles/2.5 Hours

Launch Site: Sunrise Fish Camp Ramp

Special Considerations: Lake Beresford can get choppy with northerly or southerly winds. This is a popular fishing lake and can get busy on weekends.

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.