

S23 Day Paddles - Inland Lakes

Lake Disston Paddle Information Sheet

Description: Lake Disston is designated as an “Outstanding Florida Water” by the Florida Department of Environmental Protection Agency is in its natural state, leaving the land surrounding the lake sparsely populated of homes and with very few docks on the waterway. It is a beautiful location for photographers, art enthusiasts, and nature lovers. It is rural and managed by St. Johns River Water Management District. Lake Disston provides habitat for many types of Florida birds, including ospreys, eagles, ibises, herons, egrets, cranes, coots, anhingas and a variety of other native birds.

Skill Level: Intermediate

Distance/Approximate Time: 6.8 Miles/3 Hours

Launch Site: Lake Disston Paddle Launch

Special Considerations: This is a popular fishing lake, and occasionally 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.