

## S23 Day Paddles - Inland Lakes

## Lake Woodruff - Norris Dead River Paddle Information Sheet

**Description:** Although this paddle starts and stops on the St Johns River, it mostly follows Highland Park Run and the Norris Dead River before passing through Lake Woodruff and Lake Dexter. It is a nature lover's paradise that has been left natural, unlike the growth and development of Central Florida. Common wildlife sightings on the river include turtles, muskrats, mink, bald eagles and other wildlife in a picturesque setting. The refuge supports the second largest pre-migration roost of swallow-tailed kites in the United States.

**Skill Level:** Advanced

**Distance/Approximate Time:** 17 Miles/8 Hours

**Launch Site:** Ed Stone Park Ramp

**Takeout Site:** Bluffton Recreation Area Paddle Launch

**Special Considerations:** Watch for rocks and tree limbs and trunks, especially after storms – These obstacles may be above or below the water line and can quickly flip a canoe or kayak. This Paddle requires shuttling vehicles. Bring plenty of water, food and sunscreen.

### 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.