

## S25 Day Paddles - ICW

## Lake Ponte Vedra Paddle Information Sheet

**Description:** The Guana River, which includes Lake Ponte Vedra is a State Wildlife Management Area. It is dammed, so water levels can be critical for paddlers. If you decide you want to paddle more, the 3.5 miles above Six Mile Landing to Mickler Rd is full of creeks and bays to explore. This whole area is a birders paradise.

**Skill Level:** Intermediate

**Distance/Approximate Time:** 6.3 Miles/3.5 Hours

**Launch Site:** Guana River Recreation Area - Six Mile Landing Ramp

**Takeout Site:** Guana River Recreation Area - Dam Site Paddle Launch

**Special Considerations:** November 10 - February 10 Six Mile Landing is closed and boats launched at the Dam Site may not travel more than two miles north due to hunting season. Water levels may affect accessibility. Contact Guana River Wildlife Management Area for accessibility and seasonal regulations

### 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.