

## S28 Day Paddles - Lakes

### Lake Sampson/Lake Rowell Paddle Information Sheet

**Description:** This dual lake paddle is located just southwest of Starke, FL, and starts at a boat ramp located on a creek connecting the two lakes. The western half of the 1987 acre Lake Sampson, and the entire shoreline of the 340 acre Lake Rowell are undeveloped. Both lakes are lined with mostly Cypress and some hardwood hammocks. Rowell is a great place to birdwatch. If you want to explore, there is an entrance to Alligator Creek in the middle of the east side of Lake Rowell. Depending on the water levels, the creek runs northeasterly toward Starke and is usually somewhat navigable for about 1 mile, to the US 301 Bypass.

**Skill Level:** Advanced, due to distance

**Distance/Approximate Time:** 10.1 Miles/5 Hours

**Launch Site:** Lake Sampson East County Ramp

**Special Considerations:** Lake Sampson is a fairly large lake and can get rough on windy days. There aren't many places to get out of your boat to take a break. Your best option is to stop at the ramp when passing between the lakes.

#### 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.