

S29 Day Paddles - Harris Chain Of Lakes

Helena Run Paddle Information Sheet

Description: With an entry point at the City of Leesburg's Singletary Park, this paddle skirts the west side of Lake Harris before entering Helena Run, which this Blueway trail was named after. About two miles into Helena Run, paddlers will come to a fork. To the left is Bugg Spring Run, which winds to Bugg Spring, and to the right is Lake Denham. Bugg Spring is a second magnitude spring near Okahumpka. The spring has a 400 feet wide pool with little vegetation which goes down to 170 to 175 feet. Its outflow runs north as Bugg Spring Run into the Helena Run from Lake Denham and into Lake Harris. Bugg Spring is owned by the Navy, and is not accessible. The surrounding land was once home to a Native Seminole village prior to the Civil War. This run immerses paddlers in the Lake County Water Authority's 2,300-acre Flat Island Preserve. This preserve is an accessible location for bird watching, hiking, and primitive camping.

Skill Level: Intermediate

Distance/Approximate Time: 9 Miles/4.5 Hours

Launch Site: Singletary Park Ramp

Special Considerations: Open water paddling along the shore from the boat ramp to the Run.

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.