

## S29 Day Paddles - Lake Norris

### Lake Norris Circumnavigation Information Sheet

**Description:** Black Water Creek snakes through an ancient, prehistoric, cypress swamp. The creek twists and turns and may challenge your skills. From the launch, it is 0.8 mile of tight, tree canopied, beautiful creek, leading to the magnificent Lake Norris. The lake has ancient stunted cypress trees along its banks, and is home to many waterfowl breeding nests. The birds are normally nesting on the west side of the lake from mid February through late April. There are many osprey nests on the lake. The cypress woodlands extend into the lake, creating a 150 foot wide buffer in many places. The adventure-some paddler can spend hours investigating the lake shore, weaving through the maze of cypress. And, except for the Boy Scout camp and about 15 home sites on the east side of the lake, the surrounding area is a true wildlife wilderness, remote with very little human impact. The Boy Scout Camp La-No-Che is a great place mid-way to get out and stretch your legs. It is one of the few places that gives you the opportunity to get out of your boat.

**Skill Level:** Intermediate

**Distance/Approximate Time:** 8 Miles/4.5 Hours

**Launch Site:** Lake Norris Conservation Area - Black Water Creek Paddle Launch, near the intersection of Lake Norris Rd. and Black Water Creek Rd.

**Special Considerations/ Safety Issues:** Possible deadfall/snags in the creek, especially after storms. This is a large lake and can get quite rough on windy days.

#### 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.