

## S2 Day Paddles - Upper Lakes

### Juniper Lake Paddle Information Sheet

**Description:** Juniper Lake is a large lake located just 50 miles north of Destin Florida. The lake sits at an elevation of 190 ft above sea level. The Juniper Lake Campground is located on the east shore of Juniper Lake via a 13-mile paved/gravel road. The boat ramp is at the southernmost part of the lake. In 1962, the Florida Fish and Wildlife Conservation Commission constructed a dam across Juniper Bay Creek to create Juniper Lake. The 665-acre lake was then opened to fishing in 1964 and currently maintains an average depth of 6 feet with spots reaching 16 feet deep. Juniper Lake maintains a plentiful amount of flooded timber, and cypress lined shore. There is a nice park on the north shore at Cat Island where you can take a break.

**Skill Level:** Intermediate

**Distance/Approximate Time:** 8.5 Miles/4.5 Hours

**Launch Site:** Juniper Lake Park Ramp

**Special Considerations:** Regarding the common flooded timber, if you remain near the shoreline, most of the stumps can be avoided, This is a popular fishing lake.

#### 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.