

## Day Paddles and Overnight Camping Trips - Lake Panasofkee

### North Lake Panasofkee Paddle Information Sheet

**Description:** Lake Pan, as the locals call it, is a shallow spring fed lake that runs north and south. There are basically two creeks on the north end, Big Jones that runs northward and Little Jones that runs eastward. Little Jones contains a couple of springs as it reaches I-75. Unfortunately the upper part of the creek is usually clogged by hyacinth or deadfall and therefore usually unreachable. How far up the creek you can paddle varies according to the hyacinth concentration. There are several passages along the NE shore that run parallel to the shoreline that are worth exploring if you have the time. This is usually a good birding area.

**Skill Level:** Advanced due to distance

**Distance/Time:** 13.3 Miles/6 Hours

**Launch Site:** End of 73rd Ave off CR 470 Tracy's Point Fish Lodge, Lake Panasofkee, FL

**Special Considerations:** Launching may be a challenge when Lake water levels are low. Creeks at the north and south ends occasionally become clogged with hyacinth, especially when you have several days of strong northerly or southerly winds.

#### 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.