

## Day Paddles and Overnight Camping Trips - Tsala Apopka Chain of Lakes

## Lake Henderson Paddle Information Sheet

**Description:** Launch from the Public Ramp and head NW along Wallace Brooks Park and under the Gospel Island Drive bridge. After exploring the portion of the lake that runs along the Withlacoochee State Trail head SE back under the bridge and into the main part of the lake. The lake narrows and runs NE between Gospel Island Drive and CR 44 with plenty of side trails if you have time to explore. Return is back to the Lake Henderson Public Ramp.

**Skill Level:** Intermediate

**Distance/Time:** 10 Miles/4 Hours

**Launch Site:** Lake Henderson Public Ramp on CR 44 east of Inverness.

**Special Considerations:** Most lakes on the Tsala Apopka chain are large and can get rough under windy conditions.

### 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.