

S23 Day Paddles - St Johns River

Lemon Bluff Ramp to Lake Monroe Park Ramp Paddle Information Sheet

Description: This is a fairly long paddle on the St Johns where it is a still mostly wild grass lined river, bypassing Coffee Slough, Lake Jesup and Brickyard Slough on it's way to Lake Munroe. There is a 5 mile crossing of Lake Munroe, with the city of Sanford on the south side of the 9,400 acre lake. After paddling under the I-4 Bridge, the boat ramp is on your left just before the US17 bridge. There is another alternate takeout directly across the river.

Skill Level: Advanced

Distance/Approximate Time: 15.2 Miles/6 Hours

Launch Site: Lemon Bluff Ramp

Takeout Site: Lake Munroe Park Ramp

Special Considerations: Stay out of the channel and along the shoreline when possible. Lake Monroe is a big lake and can get quit rough on windy days. This paddle requires shuttling vehicles.

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.