

S125SJRWW Day Paddles - St Johns River Western Watershed

Doctors Lake Paddle Information Sheet

Description: The lake is an elongated estuary about five miles long and one mile wide. Due to its proximity to the Atlantic Ocean, the water of Doctors Lake is brackish. Most of the 13-mile shoreline of Doctors Lake is surrounded by residential development with docks and bulkheads. The only undeveloped areas around Doctors Lake are the wetlands of Swimming Pen Creek on the lake's southwestern end. Whiteys Fish Camp and Restaurant along Swimming Pen Creek is a locals favorite.

Skill Level: Intermediate

Distance/Time: 5.6 Miles/ Approximately 3 Hours

Launch Site: Lake Shore Ramp

Take-out Site: Whiteys Fish Camp. There is a \$3 launch fee Monday-Thursday and a \$5 fee Friday-Sunday at Whiteys.

Special Considerations: This is paddle requires shuttling. Increased boat traffic in the creek, especially on the weekend.

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.