

Rock Springs Run Kayak Field Trip

Participation requirements

In order to participate in this program, you:

- must have the ability to follow verbal and/or visual instructions independently or with the assistance of a companion.
- must have the ability to enter and exit a canoe/kayak independently or with the assistance of a companion; remain seated and balanced, using adaptive support if needed; and paddle a canoe/kayak through the water in a stable and controlled manner independently or with the assistance of a companion.
- must have the ability to get out from under the watercraft independently and right yourself in the event you capsize, and remain face up in the water with the aid of a personal flotation device.
- must have the ability to withstand exposure to the outdoors and insects for the duration of the trip.
- must have the ability to traverse uneven and unstable terrain independently or with the assistance of a companion.

Previous experience in a kayak is recommended but not required.

A **hat, sunscreen and insect repellent** are recommended.

Bring plenty of **water and snacks or a picnic lunch** to enjoy on site. A lunch stop is planned as part of the trip.

Difficulty: Easy to moderate

This is a downstream paddle, but it has many twists and turns. If water is low, sandbars may require portaging of kayaks by participants. The run is 8.5 miles from start to finish.

Trip details

FWF member cost: \$49*

Non-member cost: \$59*

**Fees include single or tandem kayak, paddle, personal flotation device and return shuttle.*

Start time: 10 a.m.

Meet-up location: King's Landing, 5722 Baptist Camp Road Apopka, Florida 32712 ([MAP](#))

Trip length: Approximately 5 hours, plus a lunch stop.

NOTE: Due to the length of this trip, participants will miss the symposium's afternoon presentations.

End location: [Wekiva Island](#), 1014 Miami Springs Dr, Longwood, FL 32779 ([MAP](#))

A shuttle will pick up participants and return them to the launch site.

Nearest restrooms: Restrooms are available at the trip start and end locations.

Trip description

Rock Springs Run is a wild and scenic tributary of the Wekiva River. The run meanders through a narrow, twisty, shaded section under a canopy of cypress, maple and oak before opening to a wider area dominated spatterdock, duck potato and other emergent vegetation. Wildlife that may be spotted include alligators, turtles, otters, herons, ibis, anhingas, limpkins, pileated woodpeckers, and many other birds. Occasionally a deer and (very rarely) a bear may be spotted.

Trip leader

Lars Andersen is a full-time river guide for Adventure Outpost, the outfitter and guide service he and his wife, Patsy, own in High Springs. Each week he leads three to four tours on some of the 60-plus North Florida waterways. These tours give a full representation of the region's rich diversity of habitats, including cypress swamps, river hardwood forests, blackwater rivers, marshes, artesian springs and spring runs. Lars is an instructor for the Florida Master Naturalist Program. He is also an author. His work includes *North Florida Adventure: A Journey Through History*, *Paynes Prairie: A History and Guide*, *Suwannee River Wilderness Trail Paddling Guide* and *Paddlers Guide to the Gilchrist Blueway*. He is currently working on a book about the rivers of North Florida. In 2016, Lars was presented the "Unsung Hero" award from the Florida Defenders of the Environment.