

# Paddling Trail Map Helena Run

Lake County



## SAFETY TIPS

- Prepare a "float plan." Leave a paddling route and return time with a relative or friend.
- When in a group, assign boats to be the lead and sweep. Preferably both boats should be manned by experienced paddlers with no one in the group passing the lead boat or falling behind the sweep.
- Do not approach or harass alligators, as they can be dangerous. It is illegal to feed wildlife. Blueway trails are shared with alligators, nesting birds and other wildlife. Please observe, but do not disturb.
- Law requires persons in vessels less than 16 feet long, including canoes and kayaks, must have either a wearable or throwable PFD for every person on board.
- Secure your car and take keys with you; and remember a cell phone to call emergency personnel, if the need arises, at 9-1-1.
- Watch for motorboats. Stay to the right and turn your bow into the wake.
- Avoid canoeing or kayaking alone, or at night.
- Make mental notes as you pass trail markers — knowing the location of the closest marker will help emergency personnel should you need assistance.



LAKE COUNTY  
FLORIDA

The Helena Run Blueway is one of eight featured waterway trails in the Lake County Blueways Program.

The Lake County Parks & Trails Division, manages more than three dozen parks, preserves and boat ramps. For more information or a complete listing of Lake County parks, call (352) 253-4950 or log on to [www.lakecountyfl.gov/parks](http://www.lakecountyfl.gov/parks).

For Lake County Tourism information, call (352) 429-3673, visit the Lake County Welcome Center, located at 20763 U.S. Highway 27, Groveland, or log on to [www.lakecountyfl.com](http://www.lakecountyfl.com).

*Produced by Lake County in partnership with the Lake County Water Authority, [www.lcwa.org](http://www.lcwa.org).*



Lake County  
WATER AUTHORITY

*It is important to emphasize that Lake County Blueways are near waterways with occasional to heavy boat traffic. Each blueway trail presents unique experiences with varying distances and levels of difficulty. Please plan your route accordingly and take all proper safety precautions before embarking.*

[www.PaddleLake.com](http://www.PaddleLake.com)





# TRAILMAP

## HELENA RUN

With an entry point at the City of Leesburg's Singletary Park, Helena Run skirts the west side of Lake Harris before entering Helena Run,

which this Blueway trail was named after. About two miles into Helena Run, paddlers will come to a fork. To the left is Bugg Spring Run, which winds to Bugg Spring, and to the right is Lake Denham.

From Helena Run to Lake Denham, this run immerses paddlers in the Lake County Water Authority's 2,300-acre Flat Island Preserve. This preserve is a popular location for bird watching, hiking and primitive camping.

A canal north of Lake Denham leads to a dock and a 440-foot boardwalk, which connects to Daubenmire Trail, the main loop trail of the preserve. Canoes, paddles and floatation devices are available at the end of the boardwalk. Call the Lake County Water Authority at (352) 343-3777 for details.



### FEATURED WILDLIFE: Florida Red-bellied Cooter

**LENGTH:** 8 to 15 in.

**ACTIVE:** Year-round, it is often seen basking with Florida Cooters and River Cooters on logs or floating mats of vegetation

**DIET:** Mostly herbivorous, but will also eat carrion, such as dead fish

**INTERESTING FACT:** Easily identified by distinctive red-tinged belly and two cusps on its upper beak



*NOTE: Due to unforeseen circumstances, Blueways trail markers have been, on occasion, missing or damaged. Please report missing or damaged signs to Lake County Parks & Trails at (352) 253-4950.*



## MAP GUIDE

Lat/Long Coordinates  
 Trail Markers  
 Boat Ramps  
 Canoe/Launch  
 Food  
 Parking  
 Restrooms

