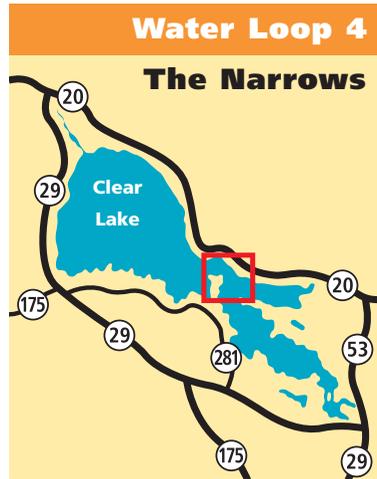


## what is a water loop?

Water loops are recreational waterways on a lake, river, or ocean between specific locations, containing access points and day-use and/or camping sites for the boating public. Water loops emphasize low-impact use and promote stewardship of the resources, while providing healthy outdoor activity.

Lake County Water Loop maps can be found online at [www.lakecounty.com](http://www.lakecounty.com) or at Lake County Visitor Centers.



## don't move a mussel!

Help protect Lake County's beautiful lakes and creeks by preventing the spread of harmful plants, animals, and other organisms, such as Quagga and Zebra mussels. These aquatic nuisance species can hitch a ride on boats, trailers, clothing, gear, etc., and then spread to other bodies of water. If conditions are right, these invasive species can severely impact the aquatic ecosystem. Each time you leave any water body, be sure to thoroughly clean, drain, and dry all items that come in contact with water.

## boat inspections

To protect local water bodies from invasive species, the County of Lake requires that certain types of vessels be inspected prior to launching in Lake County waters. While kayaks and canoes currently are exempt, information about the inspection program is available through the Lake County Mussel Hotline: (707) 263-2556 or [www.co.lake.ca.us/mussels](http://www.co.lake.ca.us/mussels)

## reporting water pollution



A pair of Mergansers

If you see anything suspected to be pollution or disturbance of the waterways, report it immediately by contacting the Lake County Sheriff's Department at (707) 263-2690.

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This is one in a series of Lake County Water Trails Brochures, published as a cooperative effort of the County of Lake and the National Park Service Rivers, Trails, and Conservation Assistance Program.

Photographs courtesy of Lyle Madeson, Redbud Audubon Society, Laura Lamar

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## leave no trace

- Plan ahead and prepare for extreme weather, hazards, and emergencies.
- Respect wildlife—observe from a distance.
- Avoid disturbing wildlife especially during sensitive times: mating, nesting, raising young.
- Leave what you find. Examine, but do not touch, cultural or historic structures and artifacts. Leave rocks, plants, and other natural objects as you find them.
- Avoid introducing or transporting non-native species.
- Respect the privacy of landowners.
- Always ask permission before entering private land; unless otherwise posted, assume it is private property.
- Don't litter.
- Remember sound carries across water more clearly than on land; avoid loud noises or boisterous behavior.

## how clean is green?



Fish and wildlife thrive in and around Clear Lake because of algae, tiny water plants that depend on nutrients and sunlight to grow. Algae are the foundation of the natural food chain and keep the ecosystem healthy. Algae also prevent sunlight from reaching the bottom, thus reducing the growth of nuisance aquatic weeds.

Depending on water temperature and available nutrients, the amount of algae in the lake can vary greatly. Over-abundant algae populations may occasionally appear in spring and late summer. These algae blooms—primarily blue-green algae—rise to the water's surface and die, often creating odors and the appearance of a paint spill on the surface. Agitating the water surface via wind, boat traffic, etc., can help to break up and sink the algae.

Reduction of wetlands over time has increased the amount of nutrients entering the lake via erosion and other sources. Lowering lake nutrient levels is anticipated to reduce nuisance blooms of blue-green algae. The County is actively involved in several nutrient reduction programs, including wetland protection and restoration, enabling Clear Lake to maintain a healthy balance.

## watch for these other species:



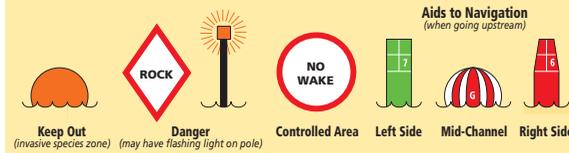
## paddling safety

All canoes, kayaks, and inflatable rafts must carry a U.S. Coast Guard-approved personal flotation device (life jacket) for each person on board. Before setting out, boaters should become knowledgeable about local conditions such as currents, rapids, flow levels, weather, and hazards.

- Test new or unfamiliar equipment before use.
- Leave word with a responsible person concerning your destination and when you will return.
- Always make sure your craft is in good repair.
- Securely fasten all gear within the craft or in waterproof containers that will float high and be easily retrievable.
- Learn how to swim; learn first-aid techniques and CPR.
- Paddlers are harder to see from other vessels. Keep paddling groups together. Avoid long lines.
- Watch for and avoid hazards such as fallen trees, brush, fences, bridge abutments, or old pilings.
- Do not boat under the influence of drugs or alcohol.

Additional recommended equipment: protective foot gear, extra paddle, anchoring device, bailing device/sponge, boating maps, flashlight, compass, first-aid kit, boat-repair materials, hat, sunglasses, whistle, sunscreen, waterproof storage bags, emergency light, water, GPS unit, cell phone, knife, and a 50- to 100-foot throw rope.

## regulatory or advisory markers



## cold water dangers

Capsizing or falling overboard into cold water can cause immediate health problems, ranging from disorientation and hyperventilation to heart attack. Cold water quickly numbs hands and feet and saps overall strength. To increase your chance of survival in cold water:

- Always wear a personal flotation device (life jacket).
- Get out of the water as fast as you can since you get colder faster in water than air.
- Dress properly.

## in case of emergency, call 911

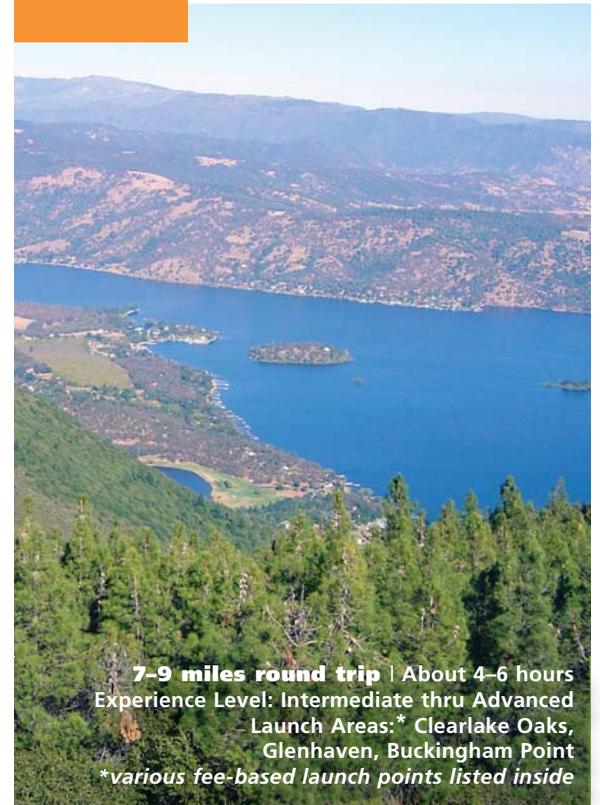
## info & resources

Lake County Water Resources: (707) 263-2341  
Lake County Parks & Recreation: (707) 262-1618  
Lake County Sheriff (non-emergency): (707) 263-2690  
[www.lakecounty.com](http://www.lakecounty.com); [www.konoctitrails.com](http://www.konoctitrails.com);  
<http://watershed.co.lake.ca.us/>

## Clear Lake Water Loop 4

konocti  
regional  
trails

# The Narrows island hopping



**7-9 miles round trip** | About 4-6 hours  
Experience Level: Intermediate thru Advanced  
Launch Areas: \* Clearlake Oaks,  
Glenhaven, Buckingham Point  
\*various fee-based launch points listed inside

- Panoramic ridgeline vistas
- Small islands
- Views of Mount Konocti
- Migratory waterfowl route
- Tule wetlands
- Historic cultural setting



Lake County Visitor Information Center

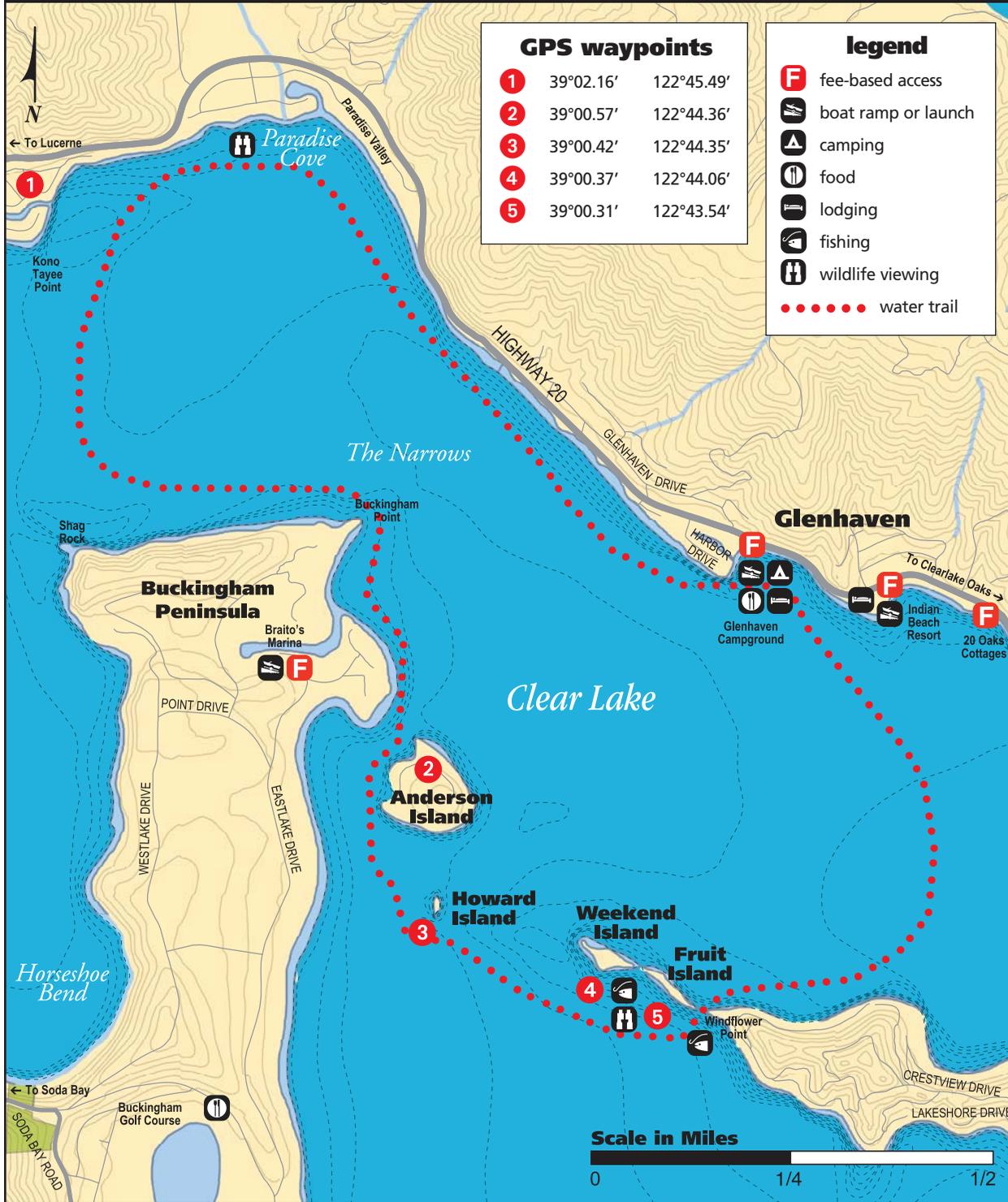
6110 East Highway 20, Lucerne, CA 95458

(707) 274-5652 | (800) 525-3743 | (800) LAKESIDE

[www.lakecounty.com](http://www.lakecounty.com) | [info@lakecounty.com](mailto:info@lakecounty.com)



## Clear Lake Water Loop 4: The Narrows



## trail description



A beautiful loop circling the Narrows, past small islands near the base of Mount Konocti. Panoramic views of Mount Konocti, Kono Tayee, Buckingham Point, and the north shore ridgeline. While the lake can be serenely mirrorlike, at any time, winds can be funneled into a “venturi effect” between Mount Konocti and Kono Tayee, causing huge gusts to whip up white caps. This often can be seen as large ripples on the distant water—at these moments, head back toward your launch spot or hug the shore.

## trail route

Unlike most areas around Clear Lake, this section lacks free public access points; however, several fee-based launches are available (see locations at the end of this section). As you start out, paddle along the shoreline. You will pass numerous docks, heading west to the “narrow” spot in the lake.



To the north, a velvety hill towers more than 2,000 feet above the water—Kono Tayee **1**. In 1874, Captain Samuel Floyd, a wealthy seaman, built an estate on 300 acres at the base of the hill. Once considered one of the finest mansions in Lake County, the property was sold to a developer in 1963, and the house was demolished to create a lakeside residential development. Today, one can still see remains of the incredible array of exotic plants and trees that were collected during his world travels.

You are in the aptly named “Narrows” (pictured from the top of Mount Konocti, cover). As you look around, imagine life in the 1800s. This was once the hub of travel from Lakeport to Lower Lake and Sulphur Bank in Clearlake Oaks. The first boats on the lake were Native American dugouts and tule canoes made from tied reeds. By the mid-1800s, sailboats were used as working vessels, hauling supplies from dock to dock. Steamers—introduced by Captain Samuel Floyd in the 1870s—



could make the trip from Lakeport to Lower Lake in only three hours, while a horse and wagon team would take a full day.

Heading south across the Narrows, you are approaching Buckingham Point. Paddle along the shoreline, and you soon pass Anderson Island **2** on the left, once the political and religious center of the Kamdot tribe.

At this point, Mount Konocti begins to dominate the view, its highest peak rising to an altitude of 4,299 feet above sea level (2,973 feet above the lake’s surface). A dormant volcano, Mount Konocti is estimated to have first erupted about 350,000 years ago and as recently as 10,000 years ago.

Mount Konocti (Pomo: “konoc” mountain, and “ti” big) is considered sacred by Native Americans and archaeological evidence suggests native people, principally Pomo and Wappo, have inhabited the surrounding area for up to 11,000 years.

Local folklore includes tales of caves and tunnels within the mountain and stories of throwing sticks into the crater and later finding those sticks floating in the lake.

Ahead, you will see a small group of willows surrounded by tule wetlands. Small Howards Island **3** is often under water but can be a great place to stop and tie off to rest a bit and enjoy the view. As you face Mount Konocti, notice the dark, heavily forested area on the northeast slope. Known as the “Black Forest,” this area never gets direct sunlight and consists of heavy groves of Douglas fir.

Head east, paddling past Weekend Island **4**, noticeable for its windmill, and then Fruit Island **5**, both of which are private residences. Just ahead is Windflower Point and a small canal marked by a rock light. Paddle through here to get back to the Clearlake Oaks Arm of the lake and back to your launch spot.

**Fee-based launch points:** No public access points are close-by, so unless you paddle from points further away, you will need to use a fee-based launch:

- **Indian Beach Resort:** 9945 E. Highway 20, Clearlake Oaks. Launch, beach, lodging, day use.
- **20 Oaks Cottages:** 10503 E. Highway 20, Clearlake Oaks. Launch.
- **Glenhaven Campground:** 9625 E. Highway 20, Glenhaven. Launch, camping, food, supplies.
- **Braitto’s Marina:** 1555 Eastlake Drive, Kelseyville (Buckingham Point). Launch.

