



## SWIMMING AT LAKE BERRYESSA



On a hot summer day, there is no more tempting sight than a lake full of water, and fortunately, Lake Berryessa is a great place for a swim. Summer water temperatures can exceed 80 degrees Fahrenheit. From waders to competitive swimmers, everyone can find a way to enjoy a day in the water.

### Swimming Locations

Swimmers can access the shoreline from Bureau of Reclamation-managed day use areas. There are boat exclusion areas located in Oak Shores for families to swim safely away from motorized vessels. Several Concession areas also have great swimming access, and you can find out more information about areas with swimming access at Lake Berryessa's [Recreation Facilities](#) website.

### Swimming Safety

- There are no **designated or life-guarded** swimming areas at Lake Berryessa. **Swim at your own risk!**
- **Wear a life jacket and appropriate footwear** while swimming, wading, or floating.
- **Do not jump or dive from cliffs, rocks, or bridges into the lake;** the water may be shallow and objects can be submerged. Reservoirs are constantly changing, especially with drought. Rocks can show up in places they never were before.



- **Never attempt to swim across the lake.** Distances to islands can be very deceiving, even the strongest swimmers can become fatigued. A large number of drownings occur this way.

### **Life Jacket Loaner Program!**

Reclamation wants everyone at Lake Berryessa to be as safe as possible. Lake Berryessa's life jacket loaner program makes it easier for families and visitors to stay safe. You can borrow a lifejacket for free! Just contact a Park Ranger or a Park Volunteer for assistance and information.

### **Always Wear Your Life Jacket**

It's smart to wear a life jacket while boating, tubing, fishing, wading, or swimming. The Bureau of Reclamation recommends that you always wear one when you're on or in the water. By law, all children 12 and under must wear a life jacket while on the lake in any vessel, including inner tubes. Every person in a boat or using an inner tube must have a life jacket within reach, not tied to the vessel. Each person's life jacket must be the proper size and in good condition.

- **Wear your life jacket** even when swimming. Most drownings occur when boaters stop and swim. Never swim alone!
- **Do not overestimate your swimming ability.** Do not attempt to swim or wade across the lake. Lake Berryessa has steep drop-offs. Swimming becomes more difficult with increased water depth. Even the strongest of swimmers should be extremely cautious!
- Wear shoes to protect against glass and rocks.
- Guard yourself against sunburn by wearing a hat and light clothing and by using sunscreen with a high SPF rating.
- Cold water and/or weather can cause hypothermia.
- **Stay hydrated!** Bring plenty of water. Do not drink lake water. Even clean water can have natural bacteria.
- **Alcohol and boating are a killer combination!** Alcohol can enhance heat-related illnesses and slow your response in an emergency. Laws on underage drinking, possession and use of illegal drugs, disorderly conduct and littering are strictly enforced.

Contact the Dufer Point Visitor Center at 707-966-2111 x113 if you have any questions.

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