

S3 Day Paddles - Choctawhatchee River

Seven Runs Creek Paddle Information Sheet

Description: Seven Runs Creek is a scenic paddle through hardwood wetlands and cypress swamps. This swift moving creek provides many twists and turns before it opens into the swampy cypress filled forest. Twisted tree roots bellow out of the bottom of the forest floor, and with a little imagination, the shady canopy of trees can provide the perfect backdrop for storytelling. Eventually emptying into the Choctawhatchee River, Take out is before you reach the river at a county boat launch off of Dead River Road.

Skill Level: Intermediate

Distance/Approximate Time: 2.3 Miles/1.5 Hours

Launch Site: Seven Runs Creek Paddle Launch on Hwy 81

Takeout Site: Dead River Landing Ramp

Special Considerations: Water levels vary greatly along this creek depending on rainfall. There are several tree logs to maneuver under and over. Not for the faint paddler, nor to be explored alone. This paddle requires shuttling vehicles.

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.