

## S3 Day Paddles - East Bay

### Cook Bayou Paddle Information Sheet

**Description:** This is a paddle up the creek from Cook Creek Marina. Once under the bridge, you'll see a metal structure that is the remnants of a house that was never completed and subsequently destroyed by Hurricane Michael. There are a few houses along the west bank after the bridge, but soon all signs of development are gone. This is a great relaxing and protected paddle away from the hustle and bustle of Panama City. The shoreline consists mainly of scattered pines and black needlerush with some magnolias and spatterdock scattered here and there. The creek is tidally influenced, but the current is very slow and not much of a challenge. You may see dolphins near the launch area, and up the creek you may see osprey, anhingas, great blue herons and possibly an eagle or two.

**Skill Level:** Novice

**Distance/Approximate Time:** 4.7 Miles/3 Hours

**Launch Site:** Cook Bayou Marina Ramp

**Special Considerations:** Camping, bathrooms, showers and the Dawg House Tiki Bar are located at the launch site, and there is a \$3.00 launch fee.

#### 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.