

## S3 Day Paddles - East Bay

### Sandy Creek Paddle Information Sheet

**Description:** This is a medium length and fairly protected paddle down to East Bay to the mouth of Sandy Creek. The creek is tidally influenced, however the current is minimal, and usually not a challenge. After leaving the ramp, there is only one house on the entire creek, and that is down near the mouth. The creek is lined mostly with black needlerush and scattered pines, with some sawgrass along with some spatterdock in the upper part and some smooth cordgrass in the lower section. You may see osprey, anhingas, great blue herons and possibly an eagle or two along the creek. The water is fairly clear, with a slight tannic tint. At the mouth, you will see the wide open East Bay, where you will be turning around and heading back.

**Skill Level:** Advanced

**Distance/Approximate Time:** 11 Miles/6 Hours

**Launch Site:** Maude Holmes Sandy Creek Ramp

**Special Considerations:** East Bay is a large body of water, and can get quite rough on windy days, so, on windy days, you may want to cut your trip a little short, and turn around at the marsh islands just before the mouth.

#### 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.