

## Day Paddles and Overnight Camping Trips - Steinhatchee Area

**Cow Creek/Pepperfish Creek Paddle Information Sheet**

**Description:** Cow Creek is a small meandering waterway near the end of the “Road to Nowhere” that must be accessed on high tide. As the road name suggests, this is an exceptionally remote and under developed area, a true glimpse of wild Florida. A short 1.5 Mile paddle to the Gulf and circling Pepperfish Keys offers a fantastic birding opportunity. Please keep at least a football field distance to avoid disturbing the myriad of bird species. Be sure to bring binoculars and a camera with a zoom lens.

**Skill Level:** Intermediate/Advanced

**Distance/Time:** 5.3 Miles/Approximately 3 hours

**Launch Site:** Take CR 361 south out of Jena, continue about 10.4 miles from Casey’s Cove Convenience Store to Cow Creek. Launch on the Southwest side of the road.

**Special Considerations:** Minimal parking at launch site. Open water. Pepperfish Keys are a protected bird area.

**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.