

## Day Paddles - Waccasassa River

### Cow Creek Paddle Information Sheet

**Description:** Launching at the Waccasassa Boat Ramp you head downstream toward the Gulf for about 1 ½ miles through the salt marsh and you will come to mile-long Staffords Island (channels on both sides are navigable). Cow Creek emerges on river left about a mile after leaving Staffords Island. Heading up Cow Creek for about 3 miles you'll see a tributary, Ten Mile Creek, on your right. This creek is also navigable for a considerable distance upstream depending on tide level and rainfall, begging for exploration on a future trip. Small hardwood hammocks line the sides of the salt marsh of Cow Creek as you continue to head upstream for about another mile to the junction with Bullfrog Creek. This is the turn-around point for this 13-mile round-trip paddle. However, depending on tide levels, rainfall, time constraints, and the paddler's endurance, you can continue up either Cow Creek to the left or Bullfrog Creek to the right for a considerable distance before having to turn back and retrace your route.

**Skill Level:** Advanced

**Distance/Time:** 15.5 Miles/6.5 Hours

**Launch Site:** Waccasassa River Ramp

**Special Considerations:** This creek is dependent on water levels and tides.

#### 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.