

S23 Day Paddles - ICW

Sleepy Hollow to Rose Bay Paddle Information Sheet

Description: From the launch, paddle north toward the three bridges at Spruce Creek. Follow U.S. 1 along the east side, paddling north. After the third bridge, cut into a small creek and follow the salt marsh toward Rose Bay. When you enter the bay, go east to see the entrance to Twelve Mile Creek. Paddle along the winding creek to the Halifax River. Paddle south on the river and bear right into the Intracoastal Waterway. Travel a short distance and turn right, then left into the creek that will return you to the Sleepy Hollow launch area. This is a nice, relaxing paddle, you will traverse salt marshes and Spartina cord grass and may see a lot of heron and egrets. When you reach the channel, you may see dolphin. During the warmer months, manatee also may be near the channel.

Skill Level: Intermediate

Distance/Approximate Time: 6.5 Miles/3 Hours

Launch Site: Doris Leeper Spruce Creek Preserve - Sleepy Hollow Paddle Launch

Special Considerations: On the return trip, paddlers are in the main part of Halifax River with power boat traffic. Avoid the channel and stay close to the islands until you reach the wetlands at the end of the tour. Recommend paddling on a medium to high tide.

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.