

S10 Day Paddles - Tampa Bay

Frog Creek Paddle Information Sheet

Description: This paddle is a hidden gem on a creek that flows through the Terra Ceia Preserve State Park and into Terra Ceia Bay. Take a right after launching, heading west and you'll notice the freshwater canopied cypress, majestic oaks, palms, and plenty of Old Florida Spanish moss. In the Spring, you'll see plenty of morning glories, petunias and bright red fire bush. You also will likely see plenty of waterbirds, including Spoonbills, herons, ibises, and cranes, as well as hawks, osprey, and if you are lucky, an eagle, or two. After the Bishop Harbor Road bridge, the landscape transitions to tidal mangrove tunnels and ponds. There are several native shell middens along the way that date back to 8,000 B.C. Although this is a great paddle for the naturalist, it's unfortunately accompanied by the some noise from traffic on Interstate 275, and US 19, which is where your takeout is.

Skill Level: Novice/Intermediate

Distance/Approximate Time: 4.2 Miles/2 Hours

Launch Site: Frog Creek RV and Campground Paddle Launch

Takeout Site: H.E. Boyd Bridge Paddle Launch, on the northwest side of the US 19 bridge

Special Considerations: Launch fee at the launch site. Pay launch fee at the office, then unload at the launch site before parking your vehicle. This paddle requires shuttling vehicles. The upper part of Terra Ceia Bay can get quite rough on windy days. Best paddled 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.