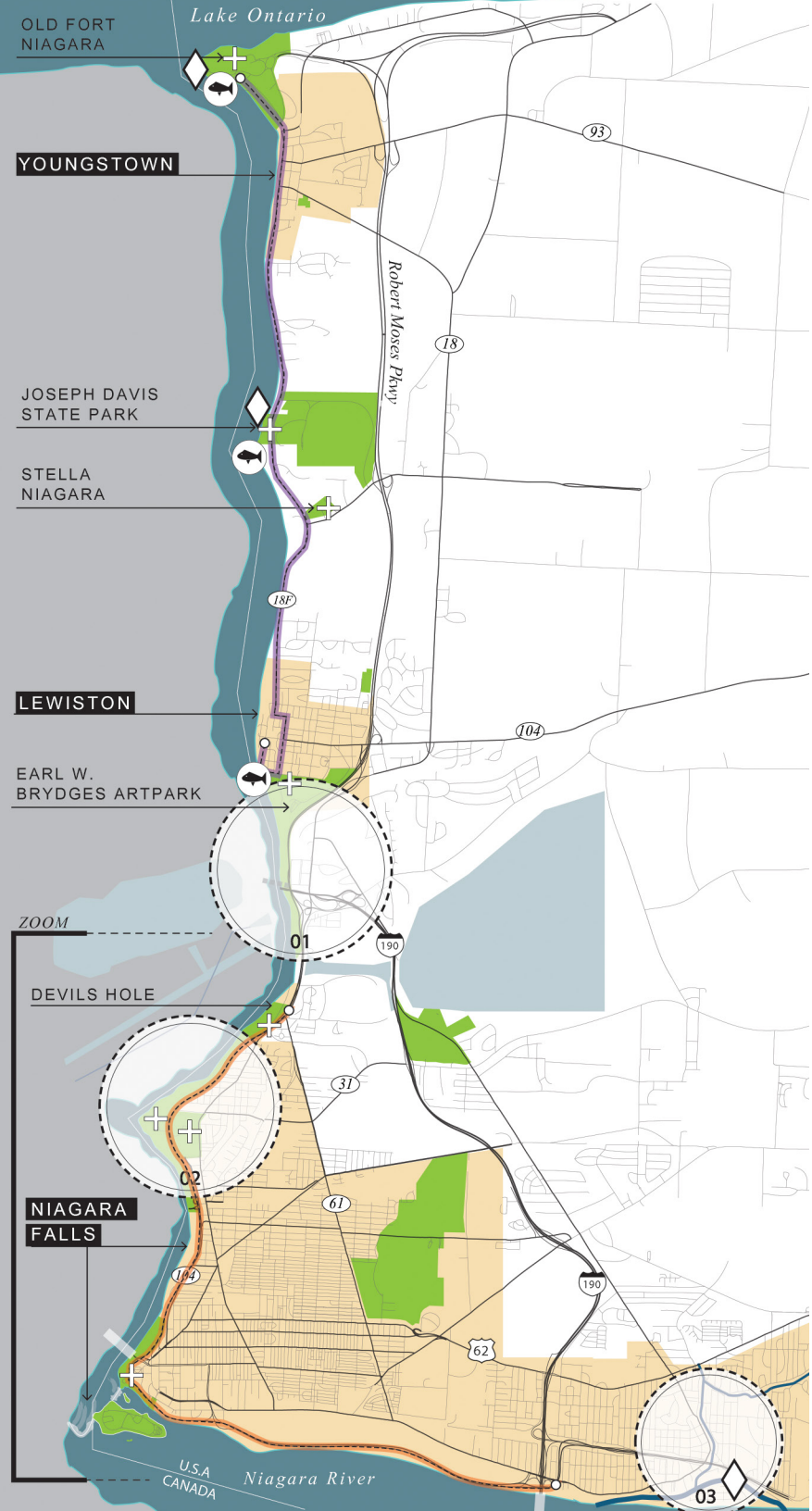
MAPS, TRAILS, & PADDLES

NIAGARA RIVER & NIAGARA GORGE

NIAGARA FALLS NATIONAL HERITAGE AREA

BUFFALO NIAGARA RIVERKEEPER®



BN RIVERKEEPER

NIAGARA FALLS NATIONAL HERITAGE AREA

Designated by Congress in 2008, the Niagara Falls National Heritage Area is one of 49 National Heritage Areas in the United States. Its mission is to preserve, protect and promote the historic, natural and cultural resources of the region. This guide is designed to provide visitors and residents with information on hiking, cycling and kayaking trails where they can enjoy the remarkable landscape of the National Heritage Area and experience some of Buffalo Niagara Riverkeeper's official tours. For more information about specific hikes and heritage destinations, please visit DiscoverNiagara.org

CYCLE	HIKE	PADDLE
32.5 miles	*11 miles*	*12 miles*

LOWER RIVER CYCLE ROUTE

START: Lewiston waterfront lot on S. Water
ROUTE: Lower River Road (18F)
END: Fort Niagara State Park.

- EARL W. BRYDGES ARTPARK
- STELLA NIAGARA
- JOSEPH DAVIS STATE PARK
- FORT NIAGARA STATE PARK

MILEAGE: To Stella Niagara 3.25, To Fort Niagara 8, Round Trip 16.

THE ROBERT MOSES BIKE PATH

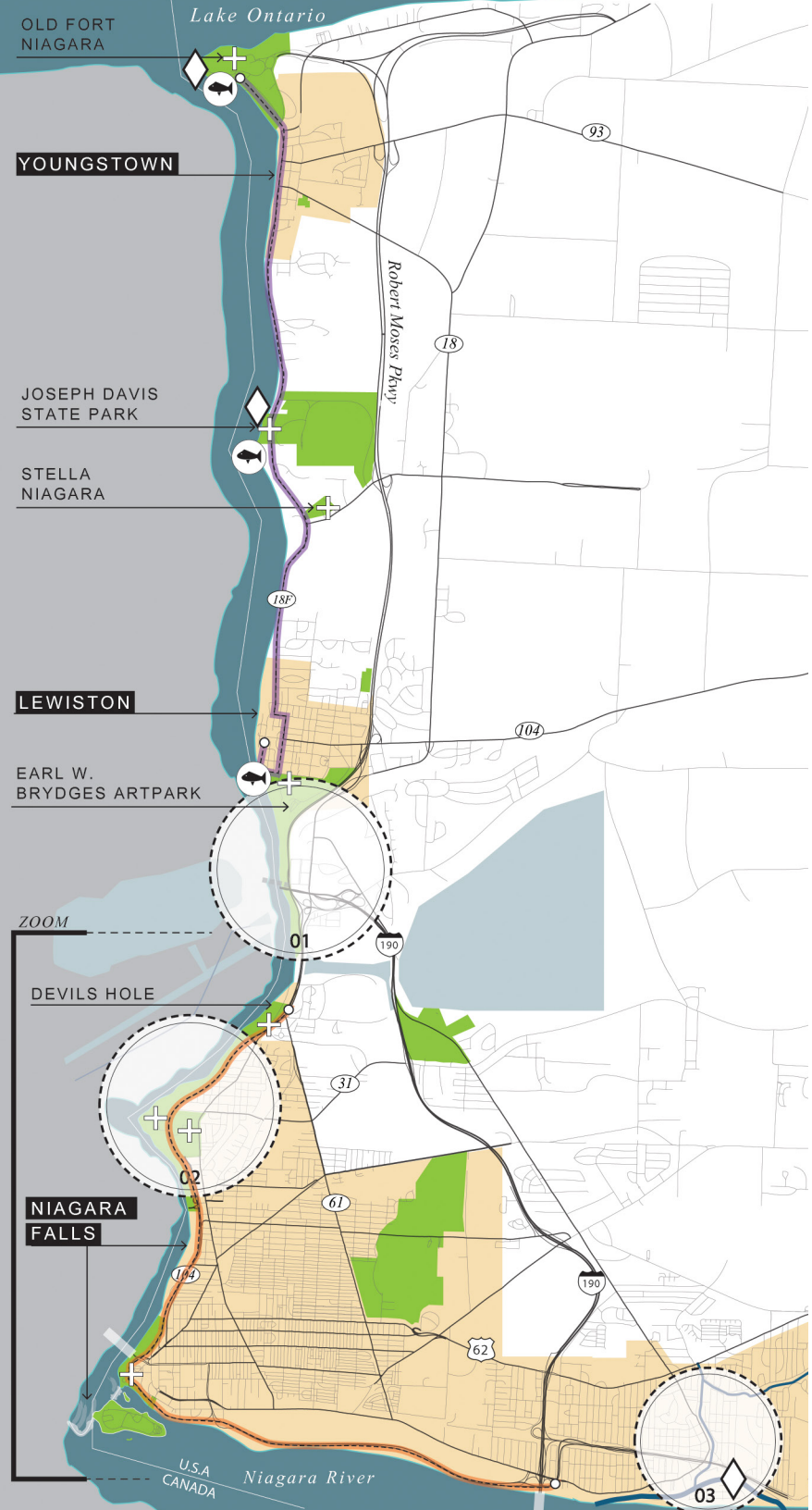
START: LaSalle Waterfront Park on Buffalo Avenue.
ROUTE: Robert Moses Pkwy Bike Path.
END: Prospect Point or Devils Hole State Park

- NIAGARA FALLS STATE PARK
- WHIRLPOOL STATE PARK
- DEVEAUX WOODS STATE PARK
- DEVILS HOLE STATE PARK

MILEAGE: To Prospect Point 4.35, To Devils Hole State Park 8.25, Round Trip 16.5.

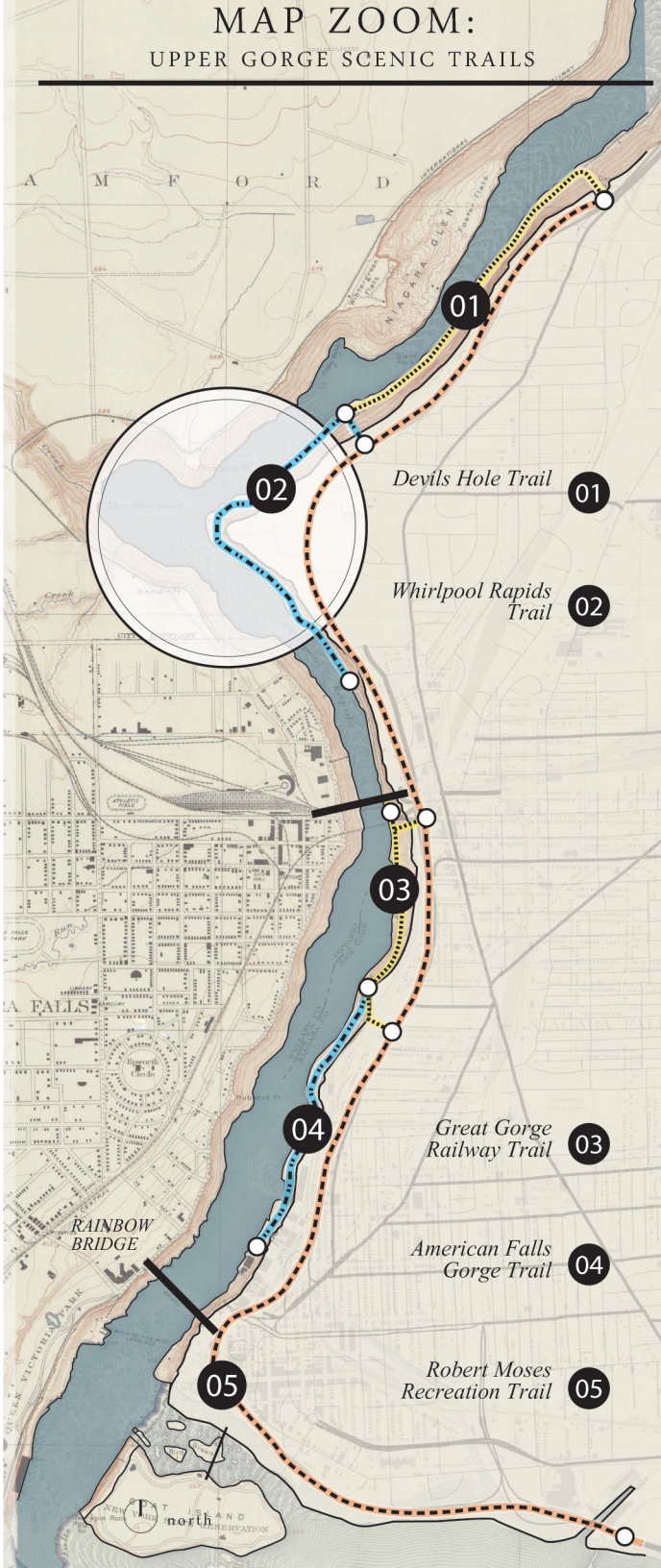
north

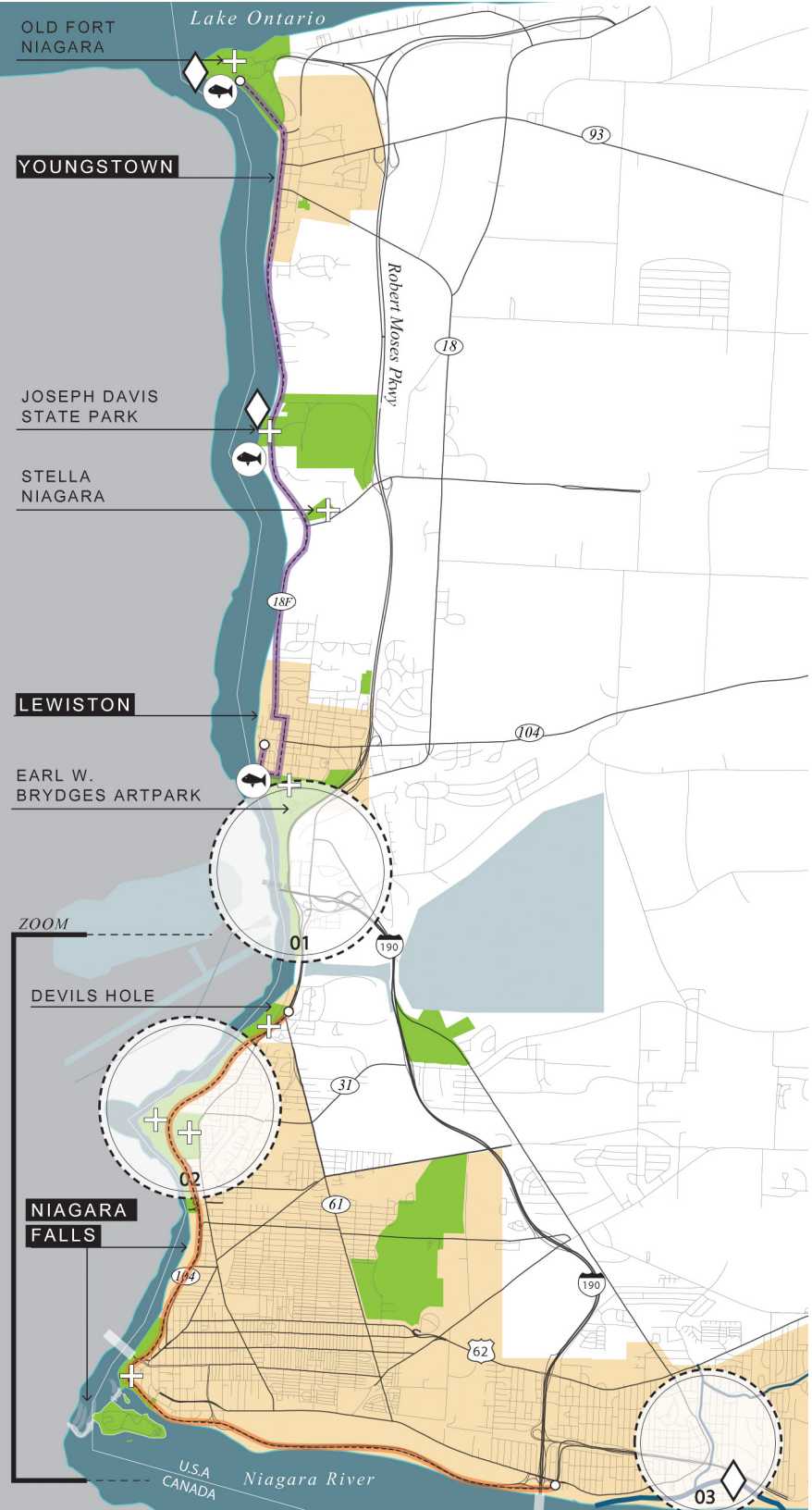
- ROBERT MOSES CYCLE
- LOWER RIVER CYCLE
- KAYAK LAUNCH
- PARK LAND
- FISHING LOCATION
- POINT OF INTEREST

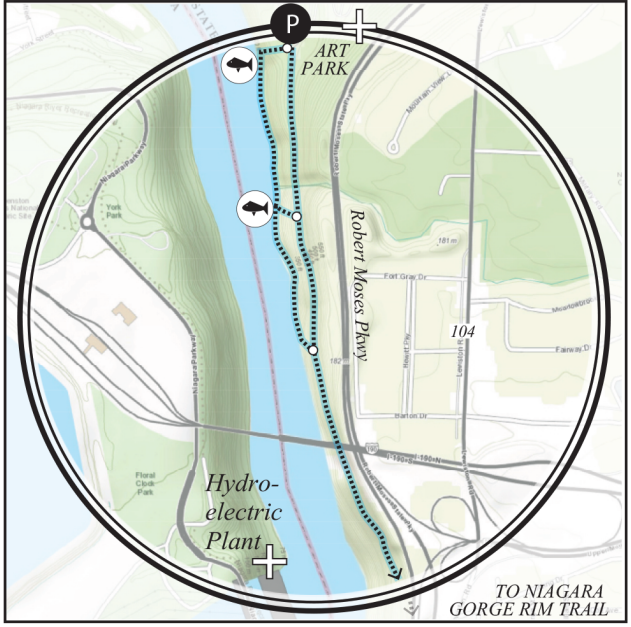


MAP ZOOM:

UPPER GORGE SCENIC TRAILS







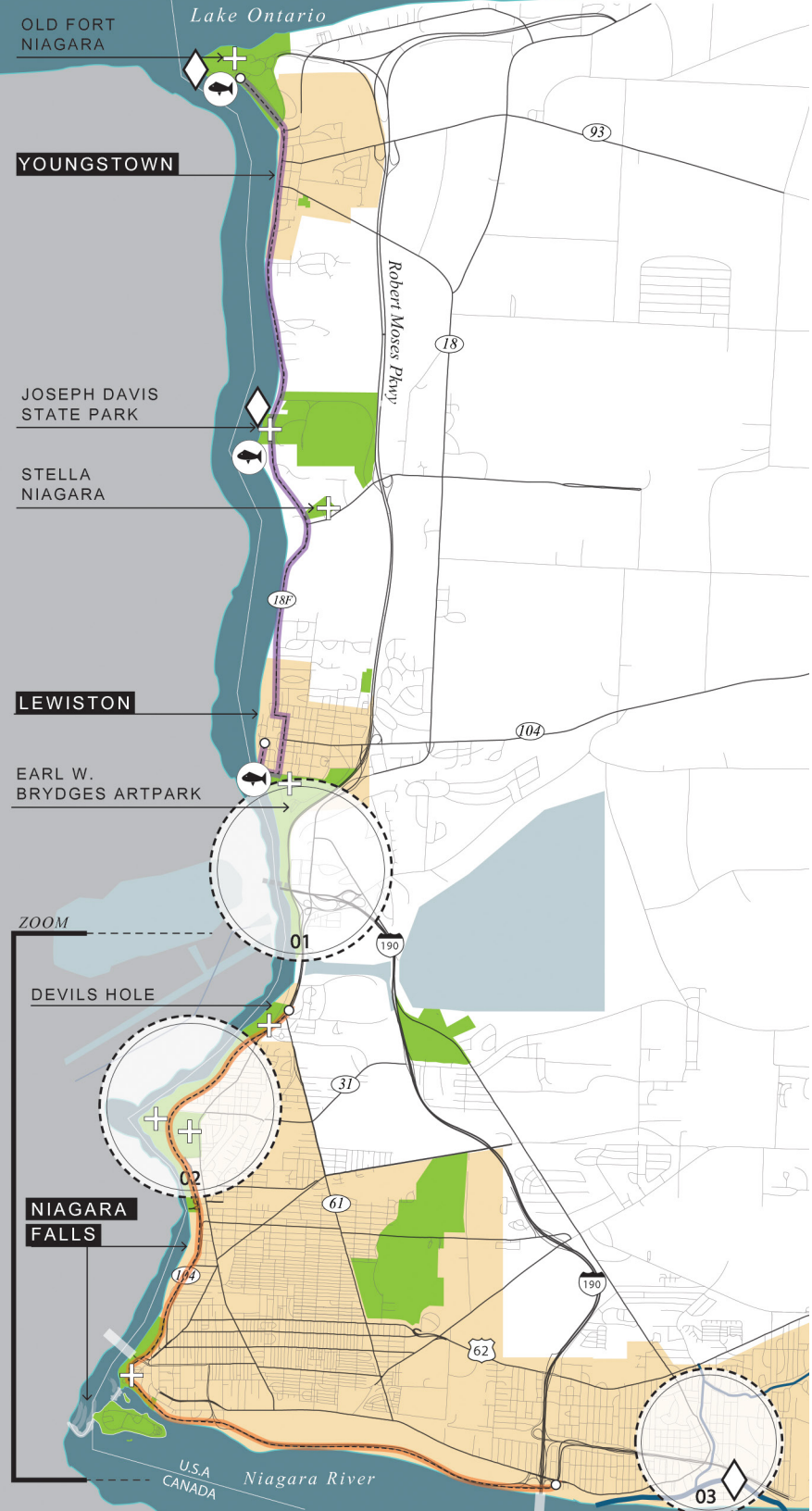
01 EARL W. BRYDGES ARTPARK

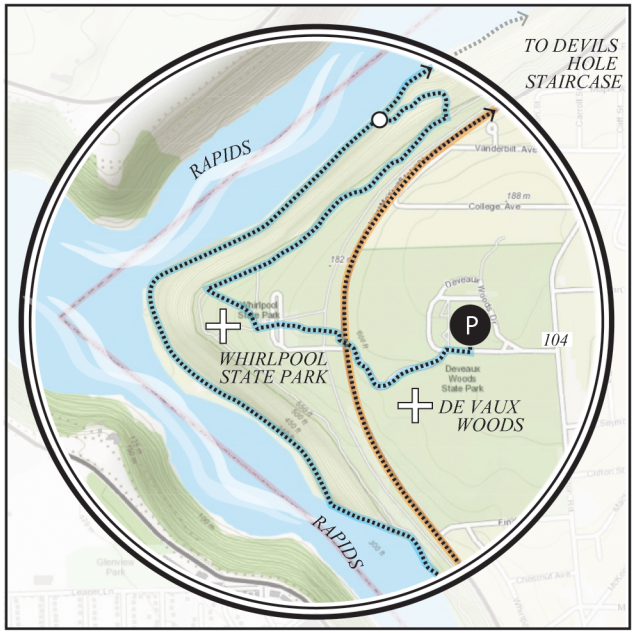
ARTPARK TRAILS

Easy to Moderate 2.0 Hours 2.5 miles

HIKE DESCRIPTION:

There are two trails starting from the small gravel upper parking area in Artpark, the Artpark Gorge Trail and the River's Edge Trail. The Riverkeeper guided tour uses both trails to make a semi loop. Start on the River's Edge Trail, which starts directly in front of the parking area. There are two separate sets of stairs that can be taken as a side trip to platforms at the water's edge for viewing and fishing. Continue on the trail until it narrows and splits to the left and heads uphill near the Lewiston-Queenston Bridge. When you reach to the top of the stairs you have reached the Artpark Gorge Trail. Turn right and continue under the bridge. The trail reaches a grassy, sunny area with a commanding view of the river and the Sir Adam Beck Hydroelectric Plant on the Canadian shore. From here you can continue and connect with the Niagara Gorge Rim Trail or head back the way you came and stay on the Artpark Gorge Trail to return to the parking area.





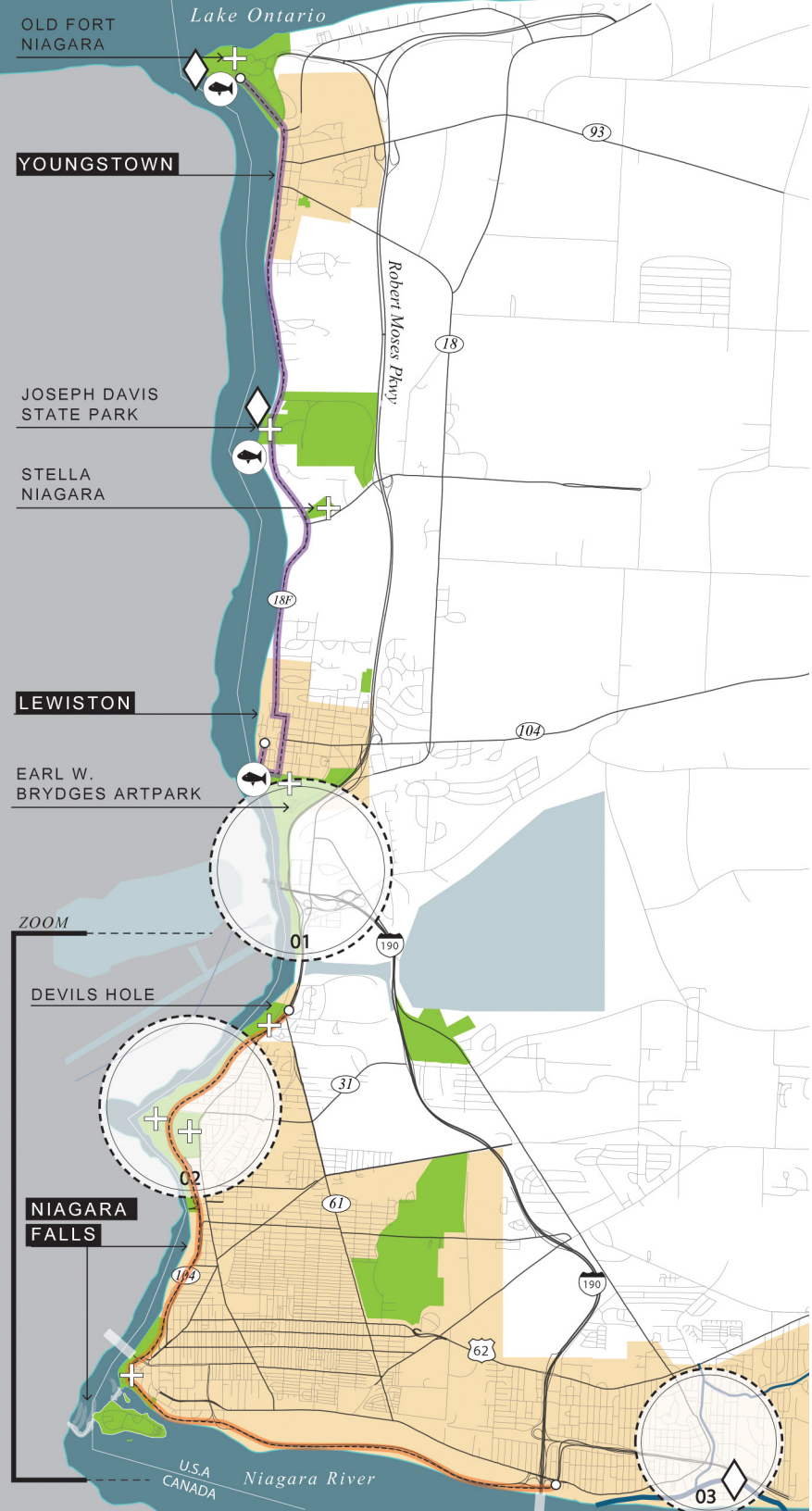
02 WHIRLPOOL STATE PARK

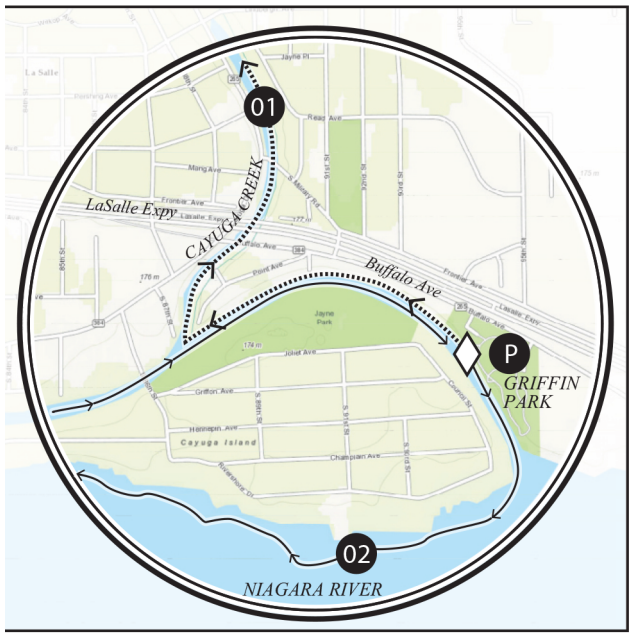
DEVEAUX WOODS TO WHIRLPOOL

Challenging 2.5-3 Hours 3.0 miles

H I K E

Start your hike at DeVeaux Woods State Park on Route 104 in Niagara Falls. Park in the lot on your left near the restroom building. Turning left from the lot, walk along the park road and look for a trail into the forest on your right. Stroll through the ancient old growth Red Oaks. Return to the paved path and follow it across the Robert Moses Parkway into Whirlpool State Park. Go through the shelter building and follow the path to the rim trail where you will turn right to access the Whirlpool Stairs. Descend the stairs and turn left on the lower path. When you come to a split in the trail, take the lower path as the upper is closed. Return the same way or keep heading downstream past the whirlpool stairs to the Devil's Hole stairs and return to DeVeaux woods on the Niagara Gorge Rim Trail.





03 CAYUGA ISLAND

THE LITTLE RIVER & CAYUGA CREEK

Easy to Moderate 2.5-3 Hours 3.0 miles

ROUTE DESCRIPTION:

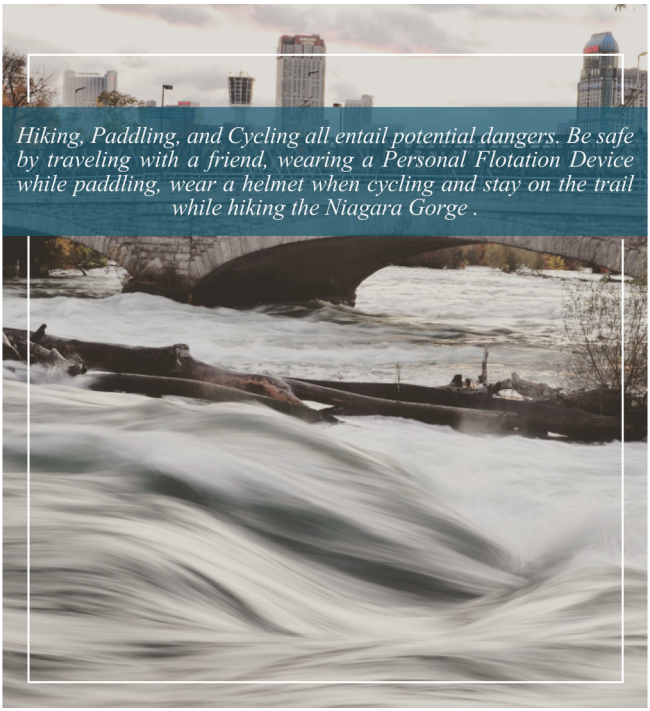
Launch at Griffon Park, turn right from the launch and paddle past the emergent marsh at Jayne Park on your left. Turn right into the mouth of Cayuga Creek and travel through Lasalle. Turn right to explore Bergholtz Creek or stay straight on Cayuga Creek which is navigable to just beyond Niagara Falls Blvd at normal water levels. Return the way you came.

LOOP OF CAYUGA ISLAND

Intermediate 2 Hours 3.0 miles

ROUTE DESCRIPTION:

Launch from Griffon Park and head upstream on the Little River into the Niagara River. Turn right, head downstream and hug the shoreline of Cayuga Island. To your left the green of Buckhorn Island Nature Preserve is visible across the River. Turn right into the Little River and complete the loop going against the gentle current.



Hiking, Paddling, and Cycling all entail potential dangers. Be safe by traveling with a friend, wearing a Personal Flotation Device while paddling, wear a helmet when cycling and stay on the trail while hiking the Niagara Gorge .

BUFFALO NIAGARA RIVERKEEPER

RIVERKEEPER is a community-based organization dedicated to protecting the quality and quantity of water, while connecting people to water. We do this by cleaning up pollution from our waterways, restoring fish and wildlife habitat, and enhancing public access through greenways that expand parks and open space. Riverkeeper is a member of the global WATERKEEPER ALLIANCE.

info@BNRiverkeeper.org @BNriverkeeper

721 Main Street Buffalo, NY 14203 | tel: 716.852.7483