This self-guided kayak tour will take you along historic waterways in the Niagara River Watershed and provide information about ongoing sources of pollution and actions you can take to make a difference!

**Difficulty Level:** Easy to Moderate  
**Distance Traveled:** 2-3 miles (approximately 2.5 hours)

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### SAFETY FIRST

- ALWAYS wear your properly fitted, Coast Guard Approved Personal Flotation Device (PFD)
- Plan ahead - Leave your route and return time with a relative or friend
- Follow the Rules of the Road
- Boating, paddling and drinking don’t mix
- Dress for the weather - Check weather conditions before you leave

**LEARN MORE ABOUT WATER SAFETY AT BNWATERKEEPER.ORG/SAFETY**

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### LAUNCH

Head to Griffon Park and enter the parking lot area for the Kayak Launch.  
**Nearest address:**  
9670 Buffalo Ave Niagara Falls, NY 14303  
**Link:** [https://goo.gl/maps/Gyoe4mQeKk7ga7r96](https://goo.gl/maps/Gyoe4mQeKk7ga7r96)

Bathroom building on site.

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### ROUTE

Launch at the roller launch into the Little Niagara River. Turn right from the launch and paddle past the Griffon Park Boat Launch. On your left is Cayuga Island. There are many residences on this Island as well as a large park - Jayne Park. Keep paddling till you reach the confluence of Cayuga Creek and turn right. You will travel under the LaSalle Expressway. Paddle up Cayuga Creek for about 1 mile. You will then reach a confluence. 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.

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Support for this program from [Niagara Falls National Heritage Area](https://www.nfnha.org)
The Niagara River watershed has faced decades of abuse from human pollution that continues to this day. Heavy rains or melting snow carry pollutants into waterways that can include road salt, oil, pesticides and fertilizers from lawns and fields, and large debris. On your paddle you are very likely to see plastic pollution.

A throw-away culture has created a global increase in plastic production. Single-use plastic items are the most common items found at shoreline cleanup events. Once these plastic items enter our waterways they release toxins into the water, act as a sponge attracting chemical pollutants, and break down into smaller and smaller pieces, known as microplastics. Plastic pollution negatively impacts water quality, wildlife, habitat and recreation. Up to 10,000 metric tons of plastic enters the Great Lakes every year.

Do your part to protect these waterways by picking up litter you see while paddling - remember to wear gloves. Some items may be hard to reach or too heavy to safely collect. Stay safe and do the best you can!

For more information visit www.bnwaterkeeper.org/tours

Land and water traveled on during this paddle is the ancestral home of the Haudenosaunee, who still live close by.