This self-guided kayak tour will take you along an ecologically significant waterway and provide information about the diverse and unique fish and wildlife species which rely on its resources.

**Difficulty Level:** Moderate

**Distance Traveled:** 5.5 miles (approximately 3+ hours)

**Note:** This is a one way paddle

---

**LAUNCH**

Head to Hyde Park in Niagara Falls. Drive through the park on Robbins Dr and pull of onto a small side road near the baseball stadium.

**Nearest address:** 906 Robbins Dr, Niagara Falls, NY 14301

**Link:** [https://goo.gl/maps/eSBzGx9No9VDcGjm7](https://goo.gl/maps/eSBzGx9No9VDcGjm7)

Bathroom buildings are on site but may not be unlocked.

**Note:** This waterway is off limits to motorboats. On other waterways be sure to hug the shoreline and follow the rules of the road.

---

**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
- If the water looks discolored - DO NOT PADDLE. This waterway has experienced harmful algal blooms in the past. There is a sign near the launch with more details.

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

---

**ROUTE**

Launch into Hyde Park Lake at the access point across from the baseball stadium. This is not a roller launch so be prepared to get your feet wet! Hyde Park lake does not allow motor boats making this an ideal location for novice paddlers. Explore both the north and southern sections of the lake. The southeast section of the lake is home to a Buffalo Niagara Waterkeeper Living Shoreline Project which is indicated by the triangle on the map. You will likely pass people fishing on Duck Island so be mindful of fishing lines in the water.
LAND ACKNOWLEDGEMENT

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

SAFETY

Before heading out on the water be sure to have all the safety equipment you need. Always wear your Personal Flotation Device (PFD). If your PFD is a seat cushion or strapped on top of your kayak it will be no help in an emergency. Remember - anything can happen on the water. Tell your friends who might paddle the importance of wearing a PFD.

Other important items to have is a noise making device - like a whistle attached to your PFD. Bring water with you to prevent dehydration and take steps to protect yourself from the sun like wearing a hat, sunglasses and applying sunscreen. If you are paddling in early summer or late fall check the water temperature before heading out. Add the water temperature and air temperature together. If this number is under 120° F wear a neoprene wet suit or dry suit to reduce the chance of hypothermia.

Proper footwear will also keep you safe and comfortable when paddling. Water shoes or sandals that attached to your feet are best. Flip flops are not recommended as they often slip off when launching.

ON WATER SKILLS

First, make sure you are holding your paddle correctly. This is key to an efficient paddle stroke. You will want the shorter side of each paddle blade closest to the water. You will also want the concave side of each blade facing you. Hold the paddle above your head - your elbows should form a 90 degree angle.

Here are 3 videos to review before your paddle:

Getting in your kayak - CLICK HERE
Sweep Strokes - CLICK HERE
Draw Strokes - CLICK HERE

For more information visit www.bnwaterkeeper.org/tours