

1. Robert Moses Parkway Trail

One lane adjacent to the Robert Moses Parkway is set aside from the Niagara Gorge Discovery Center to Devil's Hole State park for hiking, biking and in-line skating. Trail Difficulty: EASY

Distance: 3.5 miles (5.6 km) one way

Sites: Access to State Parks and Niagara Gorge Trail System.

2. Niagara Gorge Rim Trail

This trail follows the Gorge Rim from the American Falls at Prospect Point to the north end of the Robert Moses Power Plant.

Trail Difficulty: EASY

Distance: 6 miles (9.7 km) one way

Sites: Scenic vistas and access to State Parks and Niagara Gorge Trail System.

4. Great Gorge Railway Trail

Starting at the Niagara Gorge Discovery Center, follow the Niagara Gorge Rim Trail, which parallels the Robert Moses Parkway, to the Great Gorge Railway trailhead (1/4 mile). Follow trail and descend into the gorge to the Whirlpool bridges and head of the Whirlpool Rapids.

Trail difficulty: EASY TO MODERATE

Distance: 1.2 miles (1.9 km) one way

Sites: Scenic vistas, Whirlpool bridges, and rapids.

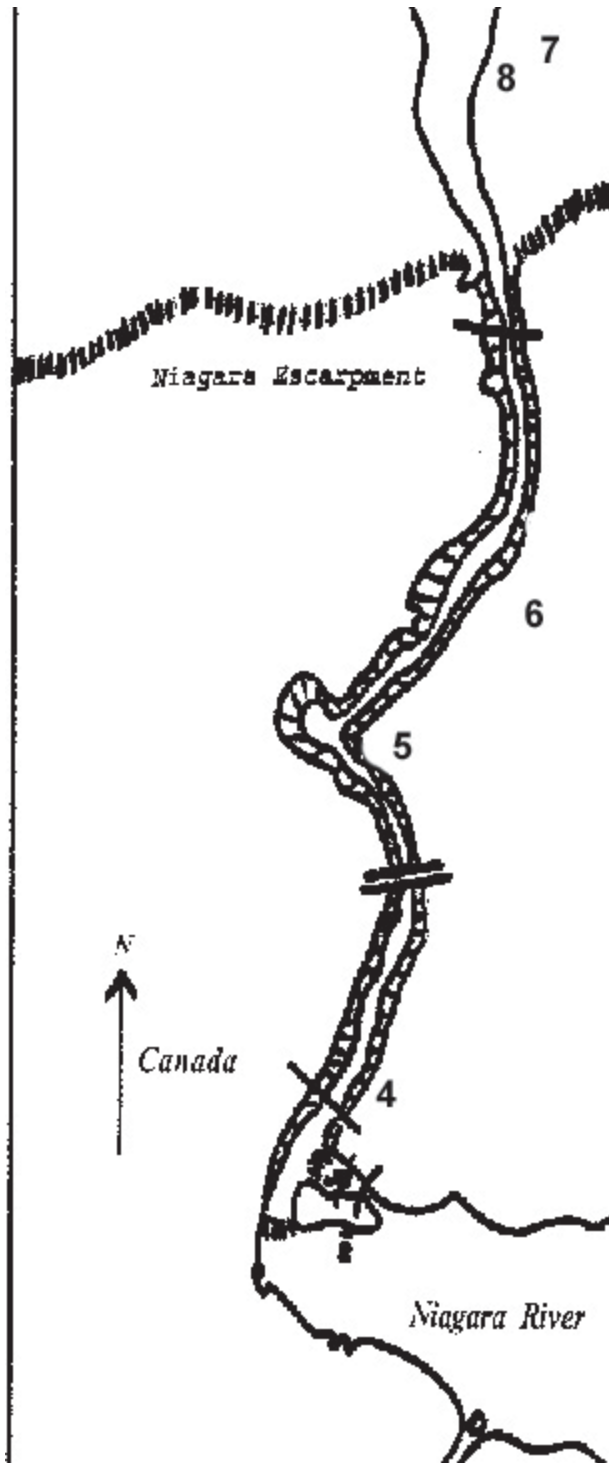
5. Whirlpool Rapids Trail

At the Whirlpool State Park Shelter, follow path to DeVeaux Point. Proceed right and walk 3/8 mile to Whirlpool stairs and gorge trails below. Once at the bottom of the stairs, proceed left to Whirlpool Flats Viewing Area. Continue upstream to view Whirlpool Rapids. The trail eventually connects with the Great Gorge Railway Trail. Upper section of Whirlpool Rapids Trail, near the Whirlpool bridges, is currently under construction and closed to the public.

Trail Difficulty: MODERATE to DIFFICULT. Some boulder hopping.

Distance: 1.7 miles (2.7 km) one way

Sites: Scenic vistas, Whirlpool and rapids, Silurian rock strata, Whirlpool bridges.



6. Devil's Hole Trail

Starting at Devil's Hole State Park, proceed right to Devil's Hole stairs and gorge trails below. Once at bottom of the stairs, proceed left to Whirlpool stairs (1 mile) and exit gorge to top. Proceed left along rim path to return to Devil's Hole State Park. (This trail was formerly known as the Ongiara Trail.)

Trail Difficulty: MODERATE. Stairs, narrow sections, rock falls.

Distance: 2.5 miles (4.1 km) round trip

Sites: Scenic vistas, Robert Moses Power Plant, Silurian rock strata, "Giant Rock," Devil's Hole Rapids.

7. Artpark Gorge Trail

Start at trailhead parking area in Artpark State Park. This trail section continues upstream under the Lewiston-Queenston Bridge and ascends to connect with the Niagara Gorge Rim Trail at the Robert Moses Power Plant

Trail Difficulty: EASY TO MODERATE

Distance: 1.3 miles (2.1 km) one way

Sites: Niagara Escarpment, Silurian rock strata, Lewiston-Queenston Bridge, Niagara River, American and Canadian power plants.

8. River's Edge Trail

Start at trailhead parking area in Artpark State Park. This trail follows close to the Niagara River with access to the river's edge via wooden staircases. The trail ends at the Lewiston Queenston Bridge.

Trail Difficulty: EASY.

Distance: 1.2 miles (2.0 km) round trip

Sites: Silurian rock strata, Niagara Escarpment, Niagara River, Lewiston-Queenston Bridge, fishing.

(Trail 3 is closed to the public at this time)

Adapted from a New York State Office of Parks, Recreation, & Historic Preservation publication by Manchester House Bed and Breakfast, Niagara Falls, NY 14301 (www.manchesterhouse.com).