Explore Safely
The Niagara Gorge Trail System is made up of a series of smaller trail sections that parallel the Niagara River Gorge. The trails vary in degree of difficulty. Some trails may be closed to the public at certain times of the year; for your own safety, hiking should occur between mid-May and November. Rock falls are most common in the winter and early spring. Trails at the top are well developed footways, and can be hiked with little effort in ordinary footwear. Those in the gorge are more rugged and call for extra caution. Good sturdy hiking boots are recommended for trips into the gorge.

The Niagara Gorge offers visitors a chance to explore a truly unique area rich in wildlife and geologic history. Please respect the sensitivity of this amazing area. We ask that visitors encourage safety and help us preserve the area’s beauty by observing the following:

Never hike alone
Leave no litter. The Gorge is a Carry In/ Carry Out area
Be aware of falling rocks.
Stay on marked trails and do not climb gorge walls
Camping, fires, and alcoholic beverages are not permitted
Park hours are dawn to dusk

Trail Information
1. Robert Moses Recreation Trail
   Skill Level: Easy
   Distance: 3.2mi (5.1km) one way
   Walk, jog, bike, in-line skate, or cross-country ski this paved section.
2. Niagara Gorge Rim Trail
   Skill Level: Easy
   Distance: 6.4mi (9.9km) one way
   Sites: Many gorge vistas including the Whirlpool and Devil’s Hole rapids.
3. American Falls Gorge Trail
   Skill Level: Moderate, Narrow sections
   Distance: 1.0mi (1.6km)
   Sites: Stone wall and debris at site of former power station buildings.
4. Great Gorge Railway Trail
   Skill Level: Easy, Gradual grade
   Distance: 1.1mi (1.8km) one way
   Sites: Gorge vistas from overlooks, Whirlpool bridges and rapids.
5. Whirlpool Rapids Trail
   Skill Level: Difficult, Stairs, boulder hopping, narrow sections
   Distance: 1.3mi (2.1km) one way
   Sites: Whirlpool and rapids.
6. Devil’s Hole Trail
   Skill Level: Moderate, Stairs, rock fall
   Distance: 1.2mi (2.0km)
   2.5mi (4.0km) round trip
7. Artpark Gorge Trail
   Skill Level: Easy to Moderate
   Distance: 1.3mi (2.1km)
   Sites: Niagara Escarpment, Lewiston-Queenston Bridge.
8. River’s Edge Trail
   Skill Level: Easy
   Distance: 1.2mi (1.9km) round trip
   Sites: Queenston Shale, river level.

A Natural Wonder
Near the end of the last ice age, around 12,300 years ago, the Niagara River began to flow over a large cliff known as the Niagara Escarpment. This cliff is located at the northern end of the gorge. It is here that Niagara Falls first formed. Over thousands of years the falls carved through the underlying rock, and as the falls receded, formed the 7.1 mile (11.3km) gorge that we see today.

The sedimentary rocks of the Niagara Gorge are studied by geologists from all over the world. However, geology is only part of the marvel. Visitors can also get a close look at a unique environment full of beautiful birds, plants, and breathtaking scenery.

A guide to hiking trails and scenic areas

A trail patch is available for purchase at the Niagara Gorge Discovery Center.