

## 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



### POISON IVY

You can avoid it by staying on marked trails!

## 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 6.2mi (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 1.25mi (2.0km)  
2.5mi (4.0km) round trip including both staircases and rim trail.  
Sites: Side gorge, "Giant Rock," Devil's Hole Rapids.
- 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 trail patch is available for purchase at the Niagara Gorge Discovery Center.



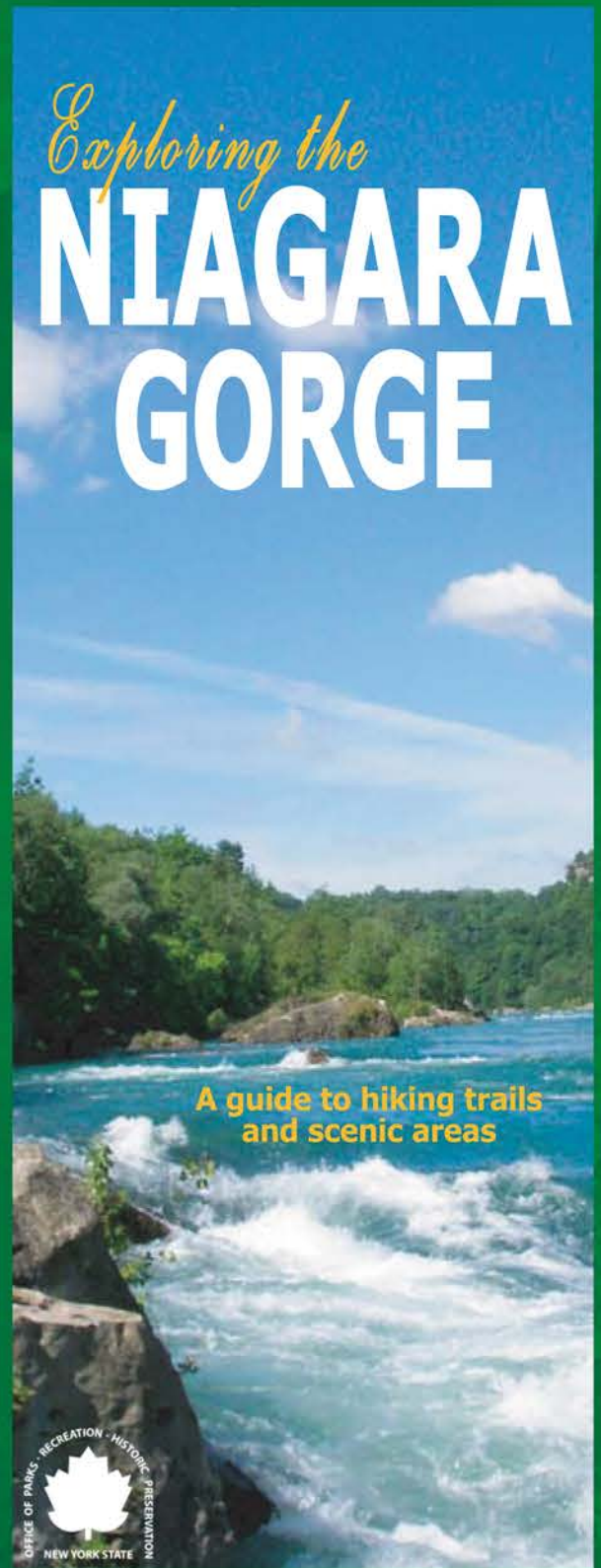
Niagara Frontier Region  
New York State Office of Parks, Recreation, and  
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Andrew M. Cuomo  
Governor

Rose Harvey  
Commissioner

Mark W. Thomas  
Director, Western District

An Equal Opportunity / Affirmative Action Agency







**For your own safety  
stay on marked trails !**

### Emergency Numbers

Park Police 278-1777  
Fire Department 911  
Medical Emergency 911



- 1** Robert Moses Recreation Trail
- 2** Niagara Gorge Rim Trail
- 3** American Falls Gorge Trail
- 4** Great Gorge Railway Trail
- 5** Whirlpool Rapids Trail Middle section undeveloped and closed to the public
- 6** Devil's Hole Trail
- 7** Artpark Gorge Trail
- 8** River's Edge Trail

Some trails are seasonal. For your safety, trails may be closed due to rock falls or adverse weather conditions.

Please call (716) 282-5154 for trail information.

