



# Suggested Itineraries

# Great Lakes Seaway Trail Adventures "Take the Blueway!"

Great Lakes Seaway Trail Adventures  
"Take the Blueway" 350 Miles one way  
3 days of diving, kayaking & paddling fun



### Day 1 - Dive in the Thousand Islands

Set in the heart of the Thousand Islands, Clayton, on the Great Lakes Seaway Trail offers the wonderful selections of world class diving. With a full complement of Wreck, Drift, Deep, and Historical diving your dive experience can make each day on the River a fun and exciting experience. The St. Lawrence River has average visibility of 50 to 100 feet and no thermo clines, the best freshwater diving available to you.

### Day - Kayak or Bike in the Cities of Rochester or Buffalo

In Rochester, Irondequoit Creek is a nice paddle. Start in Ellison Park and head downstream to Irondequoit Bay. There's a canoe/kayak launch in Ellison and a company at the south end of the bay on Empire Blvd (the Seaway Trail) that rents canoes and kayaks.

Buffalo Harbor Kayak, located at downtown's new Erie Canal Harbor Commercial Slip is available for a waterfront kayak or bicycle adventure. Not only will you be able to rent bicycles and easy-to-paddle, sit-on-top single and tandem kayaks, but Buffalo Harbor Kayak will also offer weekend morning kayak tours and paddling instruction classes.

### Day 3 - Paddle Presque Isle, Erie PA

Presque Isle State Park, in Erie PA at the western end of the Great Lakes Seaway Trail, is a seven mile long peninsula extending into Lake Erie. It forms Presque Isle Bay, which is the finest natural harbor on the Great Lakes. Presque Isle draws more visitors annually than Yellowstone, with very diverse activities available, from fishing and paddling to in-line skating, all types of boating, and beach going. The park offers many great places for paddling in sheltered waters or on the bay and lake. For the quiet, back to nature experience, try the lagoons that connect Misery Bay to the Marina Lake. No internal combustion engines are permitted in the lagoons, and the entire area is a nature preserve. Muskrats, Great Blue Herons, and Whitetail Deer may be seen in these secluded areas, as well as an abundance of Water Lilies. Fishing for bass or panfish is popular here too.



The Great Lakes Seaway Trail is one of America's Byways and is recognized for its unique landscape, scenic freshwater coastline, and historical significance. This National Scenic Byway parallels 518 miles of shoreline along the St. Lawrence River, Lake Ontario, Niagara River, and Lake Erie in New York and Pennsylvania. [www.seawaytrail.com](http://www.seawaytrail.com)  
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