Paddling Jamaica Bay
Map & Guide For Kayakers

Jamaica Bay is part of Gateway National Recreation Area and is home to 9,000 acres of marshes, ponds, islands and beaches. This guide will help you explore the bay by kayak or canoe and will provide the information you need for a safe trip.

Meet a Few of Our Feathered Friends
Over 300 species of birds can be seen in the lush marshes and islands of Jamaica Bay.

Avocets, espargos, ibis and more can be found in the bay. While paddling, make sure to keep a lookout for some of these magnificent birds.

Paddling Jamaica Bay
is part of a series of Gateway to America Official Guides produced by the National Parks of New York Harbor Conservancy that tell the story of the rich history and natural splendor of New York Harbor through the prism of its 22 national park sites.

This map and guide will help you navigate Jamaica Bay and explore the only wildlife refuge in the national park system.

To find out more about these parks visit
nyharborparks.org.

The National Parks of New York Harbor Conservancy is a nonprofit organization in partnership with the National Park Service.

Visit the Sites:
- African Burial Ground
- Breakwater Point
- Cape Neddick
- Federal Hall
- Fort Ticonderoga
- Fort Wadsworth
- Gateway National Park
- Governor's Island
- Groton Long Point
- Harriman State Park
- Jamaica Bay Wildlife Refuge
- Lower East Side Tenement Museum
- Madison Square Park
- New York Public Library
- St. Paul's Church
- State of Liberty and Ellis Island
- Sunnyside Island
- Theodore Roosevelt Birthplace

Jamaica Bay
is the primary steward of Jamaica Bay, home to a complex of wetlands and uplands that support a large diversity of both native and migratory fish, birds and other wildlife. In addition to providing critical habitat for wildlife, the wetlands of Jamaica Bay also provide important services for humans: marshes act as a protective barrier against storm surges and shore erosion, while improving water quality by absorbing pollutants.

Paddling Jamaica Bay is produced by the National Parks of New York Harbor Conservancy with support from:

Paddling Jamaica Bay: A National Adventure
by Gateway National Recreation Area

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But Please, Observe A Few Simple Rules!

Do not paddle alone.

Dress for the weather and know what to expect. Include a hat for sun protection. Layers are better than one heavy item in cooler weather.

Practice boarding and re-entry from the water.

Bring a hand pump and/or bailer to help get water out of your vessel.

Secure items to your craft to avoid having to collect them if you capsize. A "kash" for your paddle is available and also a good idea for the same reason.

Bring drinking water, snacks, an extra layer of clothing and the following in a water-proof bag: sunscreen, insect repellent, a cell phone and first aid kit.

Use a tip-up to secure your vessel to your head.

A large "car wash" sponge is useful for eliminating paddles.

Consider carrying rescue gear for safety: a rescue sling, throw rope, or tow system appropriate for your craft.

Pack a spare paddle.

Tether a whistle to your PFD (lifejacket).

Learn More
http://www.floatplancentral.org

For more information on the map and guide visit
http://www.floatplancentral.org

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These routes are only a suggestion based on Ranger lead tours. *Times are only estimates, weather conditions, tides and abilities can drastically affect travel times.

<table>
<thead>
<tr>
<th>Launch Sites</th>
<th>Estimated Travel Times *</th>
</tr>
</thead>
<tbody>
<tr>
<td>Plumb Beach</td>
<td>1 1/2 hours</td>
</tr>
<tr>
<td>Sea Plane Ramp</td>
<td>3 hours</td>
</tr>
<tr>
<td>Mill Basin</td>
<td>5 hours</td>
</tr>
<tr>
<td>Canarsie Pier</td>
<td>3 1/2 hours</td>
</tr>
<tr>
<td>North Channel</td>
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</tbody>
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Swimming: Only allowed where and when lifeguards are on duty.