The New York–New Jersey Harbor Estuary Paddling Guide
Launches, Landings and Programs

Get out there!
The waterways of the New York-New Jersey Harbor Estuary offer outdoor fun, nature, beauty, and challenge for all levels of paddling experience. This brochure is your guide to the launch sites and park programs, boat clubs and outfitters that can help get you out on the water.

Safety First
A few basic tips will make sure that you and your party have a great day: Understand the temperature of the water and the air and the power of the wind. Consult tide and current tables and navigation charts; know the rules of the road; Dress appropriately and bring plenty of food, water, and sun protection; Don’t forget a helmet or other personal flotation device; Travel with experienced paddlers and in groups. You can learn more about the complexity of paddling in our urban waters here: [link]

About the Estuary
The Harbor Estuary includes dozens of beautiful and unique waterways, each worthy of exploration by kayak, canoe, or rowboat. But whether you are relaxing on a quiet backwater or taking in the grand majesty of the Harbor, our estuary shares some common and important features. In particular, water quality everywhere is affected by stormwater discharge. Consider waiting a day or two after a heavy rain before going out on the water. To learn more about water quality in the Estuary, check out the Water Quality Report at: [link]. The NYC Water Trail Association reports weekly results from its Citizens Water Quality Testing Program here: [link]. To learn more about the overall health of this vital ecosystem, including the hundreds of fish, birds, and other wildlife species that also call it home, go to [link].

Water Quality Report
Mean levels of Enterococcus bacteria are still high on days following rainfall.