

"From our beautiful parks to the numerous scenic trails, Western New York has plenty of opportunities for families to take in all that nature has to offer. These activities offer great ways to rejuvenate your body, mind and soul, while also staying safe and adhering to social distancing guidelines."

- Karen M. McMahon

Questions? Concerns? I'm here to help. Don't hesitate to reach out and contact my office.

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Look inside to find ways to

explore Western
New York this
summer

Assemblymember
Karen McMahon

**encourages families to
get outside and explore
Western New York
this summer**



WATERSPORTS

Locations:

- Erie and Niagara counties are bordered by two Great Lakes and the Niagara River
- Kayak and canoe rentals are available throughout the region
- Amherst Veterans Canal Park, 1040 Tonawanda Creek Road, has kayak launches, parking and restrooms
- West Marine Park, 4070 Tonawanda Creek Road, North Tonawanda, has kayak launches, parking and restrooms
- Ellicott Creek Park, 1 Ellicott Creek Drive, Tonawanda, has launches, parking and picnic areas



Safety Tips:

- Wear a life jacket
- Apply sunblock
- Pack a snack and stay hydrated
- Bring a whistle to alert larger vessels of your presence
- Turn your canoe or kayak to face large waves to prevent being overturned
- Find onshore shelter when you hear thunder
- On-the-water paddling Safety Courses are available
- All motorboat operators will need a boating safety certificate beginning in 2025

Resources:

West Canal Park and Marina: www.niagaracounty.com/parks/West-Canal-Marina
Ellicott Creek: www2.erie.gov/parks/index.php?q=ellicott-creek
New boating education requirements: parks.ny.gov/recreation/boating/education.aspx
Paddle Sports Safety Course: www.boaterexam.com/paddling
Canoe Safety Course: www.boat-ed.com/paddlesports
Boat launch locator: www.dec.ny.gov/outdoor/7832.htm

HIKING

Locations:

- Walk along Ellicott Creek from Glen Park to Amherst State Park at 400 Mill Street in Williamsville
- Walton Woods Park's pond walk is located off John James Audubon Parkway at Gordon R. Yeager Road in Amherst
- Great Baehre Conservation Area features the Great Baehre Swamp Wildlife Management Area and the accessible-for-all Billy Wilson Park at 1290 Hopkins Road in Amherst
- Amherst State Park offers several trails, including the Veterans Memorial Trail and West Ellicott Creek Trail
- Nature View Park is a large and ecologically diverse conservation area located across from the Amherst Veterans Canal Park

Safety Tips:

- Know your trail route
- Tell others about your plan
- Pack a snack and stay hydrated
- Practice social distancing on trails
- Have a face mask in case you cannot maintain social distancing guidelines
- Apply bug repellent, wear light-colored clothing to easily spot ticks and examine yourself for ticks after your hike

Resources:

Amherst State Park: www.amherststatepark.org
Nature View Park Conservation Area: wnylc.org/conservation/where-to-visit



SUMMER READING CHALLENGE

Assemblymember McMahon is encouraging all Western New York students to participate in the New York State Assembly's Summer Reading Challenge to help them stay engaged in learning outside of school. Students who read for at least 15 minutes a day for 40 days will receive an Excellence in Reading certificate from Assemblymember McMahon. For more information or to access summer reading materials, visit nyassembly.gov/McMahon.

BIKING

Locations:

- Ellicott Creek Trailway, entrance at North Forest and Maple Roads
- Amherst Canalway Trail, across from Amherst Veterans Canal Park, 1040 Tonawanda Creek Road



Safety Tips:

- Know your trail route
- Tell others about your plan
- Pack a snack and stay hydrated
- Wear a helmet that fits snugly
- Alert pedestrians when you're passing
- Bicycles must follow the rules of the road, so use hand signals and stop when necessary

Resources:

www.dot.ny.gov/bicycle

OTHER HELPFUL RESOURCES

NYS Department of Environmental Conservation (DEC): www.dec.ny.gov
DEC's interactive activity locator map: tinyurl.com/ybcjner6
Search local ecosystems and biodiversity: explorer.natureserve.org