## Basic Safe Paddling Practices:

- Take a paddling instruction course
- Always wear a life jacket
- Wear bright colored clothing and reflectors
- Never paddle alone
- Inform others of your trip
- Routinely inspect all equipment
- Learn your route ahead of time
- Avoid high water, high winds and storms, and cold water
- "If in doubt, get out and scout!"
- Never paddle over submerged dams or fallen trees





American Canoe Association www.Americancanoe.org

Michigan Association Paddlesport Providers www.Michigancanoe.com

Michigan's Great Lakes
Water Trails
www.Michiganwatertrails.org

Interested in canoeing, kayaking, and improving paddling opportunities in Mid-Michigan?

Join the Lansing Oar and Paddle Club!
For more information visit

www.Loapc.org

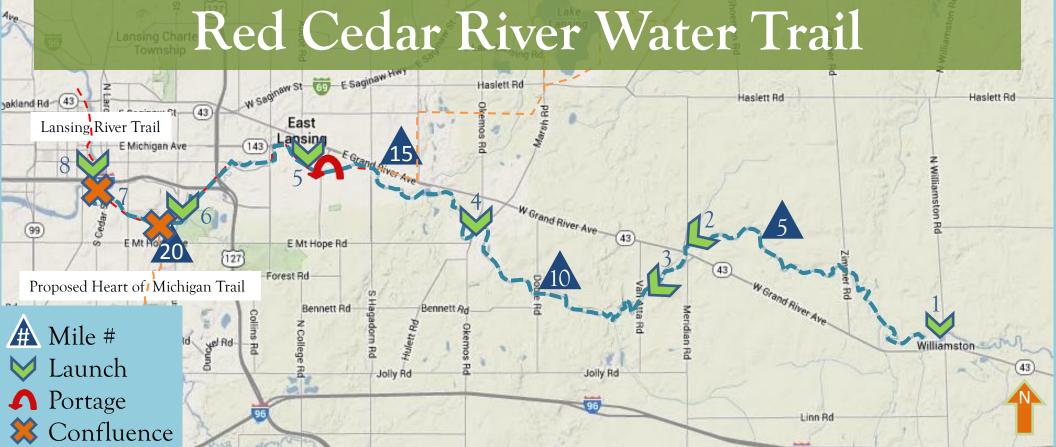


## Red Cedar River Water Trail

The Red Cedar River is a tremendous resource for outdoor enthusiasts throughout Mid-Michigan.

It provides numerous opportunities for recreation, education and nature observation. Experience the 23 mile - 14 hour Red Cedar River Water Trail from Williamston to the Grand River confluence at River Street Park / Sweeney's Landing in Lansing.





		Distance to Next	Accumulated	Time to Next	Accumulated	Seasonal
	Launch Point	Launch	Distance	Launch	Time	Restroom
1	McCormick Park	6 miles		2 hours		Yes
2	Red Cedar Roadside Park	1.8 miles	6 miles	1 hour	2 hours	Yes
3	Harris Nature Center	2.4 miles	7.8 miles	1.5 hours	3 hours	Yes
4	Ferguson Park	4.8 miles	12.6 miles	3 hours	6 hours	No
5	MSU	3.2 miles	17.4 miles	3.5 hours	9 hours	No
6	Aurelius Road/Kruger Landing	1.9 miles	20.6 miles	1 hour	12.5 hours	No
7	Confluence with Grand River	.3 miles	22.5 miles	0.25 hours	13.5 hours	Yes
8	River Street Park/Sweeney's Landing		22.8 miles		13.75 hours	No



















