

# Be Moved by Women and Water

## FIND YOUR PARK

### Visit Women's Rights National Historical Park and the Cayuga-Seneca Canal

Visit the place that touched off the largest social movement in American History—the Women's Rights Movement—and discover the canal's role in spreading not only people and goods, but ideas and information. Starting in Seneca Falls, this itinerary presents options to experience some of the Finger Lakes great treasures: pristine lakes, the Cayuga-Seneca Canal, fine wineries, premier birdwatching, and recreational adventures.

**How far?** Locks 2 and 3 are just one mile from the Women's Rights National Historical Park visitor center. Head east on Fall Street, turn right on Ovid, then take your first left on E Bayard St., and turn left on Washington St. Visit Elizabeth Cady Stanton's home at 32 Washington Street, then proceed just a bit farther to see the locks.



In partnership with the National Park Service



## Start your trip here ▼

### Women's Rights National Historical Park

136 Fall Street, Seneca Falls  
(315) 568-0024  
[www.nps.gov/wori](http://www.nps.gov/wori)

Stand in the place where women and men first gathered to champion the rights of women. You'll be inspired by the words and actions of those who started and spread this revolutionary idea. In 1848 Elizabeth Cady Stanton and four other women invited the public to attend "...a Convention to discuss the social, civil, and religious rights and condition of women." This now famous gathering in Seneca Falls became the first Women's Rights Convention, a crucial beginning of the movement to advance the position of women in America.

While the campaign for women's right to vote is the most famous of the demands made at the convention, it was only one of many. Attendees also advocated for the right to equal educational opportunities, to property and earnings, and to the custody of children in the event of divorce or death of a spouse.

Start at the visitor center to get oriented, see the film and museum, and then head out to experience the Wesleyan Chapel, site of the first Women's Rights Convention. The park also includes the homes of three of the convention's organizers: Elizabeth Cady Stanton, Mary Ann M'Clintock, and Jane Hunt. If you are traveling with kids, be sure to pick up a Junior Ranger Activity book.

### Cayuga-Seneca Locks 2 and 3

Seneca Falls

Visit Locks 2 and 3 to see the canal in operation. The two lock chambers are connected like a staircase and work in sequence to lift and lower boats a total of 49-feet.



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## Get Active! ▼

Choose from these great options for active recreation in this area:

### Walk the Ludovico Sculpture Trail

Take a stroll along the canal on the 1.75-mile Frank J. Ludovico Sculpture Trail. The trail is marked by numerous sculptures inspired by the women's rights movement. Access the park from Bridge Street in Seneca Falls.

### Paddle the Cayuga-Seneca Canal

Launch your kayak or canoe at the waterfront park in Seneca Falls (access and parking on Souhan Lane off Water Street). Paddle downstream across VanCleaf Lake to Locks 2/3 or upstream toward Lock 4 and Waterloo.

### Kayak and Canoe rentals

Rent a kayak or canoe in the nearby village of Waterloo to experience the Cayuga-Seneca Canal. Hourly, half-day, and full-day rental options are available from:

- **Fuzzy Guppies:**  
[www.fuzzyguppies.com](http://www.fuzzyguppies.com)
- **Canal Side Experiences:**  
[www.canalside.net](http://www.canalside.net)

### Take a Cruise

Get on the water for a narrated tour:

- **Canal Side Experiences:**  
[www.canalside.net](http://www.canalside.net)
- **Finger Lakes Water Adventures:**  
<http://fingerlakeswateradventures.com>
- **Force Seven Charters:**  
<http://forcesevencharters.com>



Seneca Falls

## Explore More ▼

### Seneca Museum of Waterways and Industry

Seneca Falls  
(315) 568-1510  
[www.senecamuseum.com](http://www.senecamuseum.com)

Located in the heart of Seneca Falls, this museum illustrates how the Seneca River and the Cayuga-Seneca Canal powered manufacturers, fostered cultural development, and spread social reform.

### Montezuma National Wildlife Refuge

(315) 568-5987  
[www.fws.gov/refuge/montezuma](http://www.fws.gov/refuge/montezuma)

One of New York's premier bird refuges is just six miles from Seneca Falls on Rte. 20. The 9,800-acre wetland complex is a great place to see waterfowl, wading birds, raptors, and songbirds.

### Cayuga Lake State Park

(315) 568-5163

Swim, picnic, fish or camp on the shores of Cayuga Lake, just five miles from Women's Rights NHP.

### Wine Tours

[www.fingerlakeswinecountry.com](http://www.fingerlakeswinecountry.com)

Seneca Falls is a gateway to New York's Finger Lakes wine country. Tours and tastings are offered by wineries throughout the region.

## Best Bet Dining Options ▼

Choose from several restaurants in Seneca Falls or bring a picnic. The waterfront park in Seneca Falls is a lovely spot on the canal with picnic tables, a gazebo, boat launch, and canal promenade.

FIND YOUR  
**PARK**

#### TOURISM INFORMATION

<http://visitfingerlakes.com>  
[www.fingerlakes.org](http://www.fingerlakes.org)

Find other adventures in the Erie Canalway National Heritage Corridor at  
[www.eriecanalway.org](http://www.eriecanalway.org)



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