Experience the Water Trail

There are lots of ways to experience the Anacostia River and the destinations along its shores.

**Boating Safety Tips**

Safety is your responsibility. If you choose to explore the Anacostia River, make sure you have the appropriate boating skills before setting out and always use good judgment.

Here are a few tips to remember:

- Wear a life jacket at all times.
- Research your route and leave an itinerary with a friend or loved one.
- Check the weather before you leave and make sure you are prepared for inclement weather.
- Know the tide! The Anacostia is a tidal freshwater river, which means that water levels change by approximately three feet twice per day. Especially use caution in the Kenilworth and Kingman marshes where it is easy to get stuck in deep mud as the tide changes.
- Never paddle alone! Always paddle with a buddy – preferably more than one.
- Bring extra drinking water and food. Remember an extra paddle and your first aid kit.
- Bring your cell phone (use a dry bag or other waterproof container).

**What is a Watershed?**

A watershed is an area of land that drains into a body of water. When it rains, water from parts of Montgomery County, Prince George’s County, and Washington, DC, drain into streams that flow into the Anacostia River.

Each stream that drains into the Anacostia has its own watershed as well as a sub-watershed of the Anacostia. Likewise the Anacostia is a sub-watershed of the larger Potomac River and Chesapeake Bay watersheds.

The water from the Anacostia River drains into the Potomac River, which then drains into the Chesapeake Bay. Finally reaching the Atlantic Ocean nearly 200 miles downstream from Washington, DC.

Over 1 million people live in the Anacostia Watershed, yet much of the river’s current is surprisingly isolated from the city.
The Arbovita displays plants and trees from all over the world. The Arbovita has been around for the last few decades. Puddles are high of nature, recreation, with community parks, restaurants, and sporting events.

The Arbovita has changed dramatically over the last few decades – from a place of quiet natural abundance and American Indian settlements to a cultural and commercial hub. The river once supported a wide variety of plants, birds, and animals. The river still supports a wide variety of plants, birds, and animals. The river is home to the historic Anacostia River Trail, which is open from 8:30 am to 4:30 pm daily.

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