

Protect Your Parks

The Park System preserves and manages natural and cultural resources on more than 14,500 acres of land in Monmouth County. Protecting water quality, eliminating invasive plant species, and promoting healthy wildlife habitats are just a few objectives. Please help protect the park by leaving flowers, plants, animals, and other features as you found them; adhering to posted park rules; using designated containers for trash, recyclables and pet waste; and keeping your pets leashed. Alcoholic beverages are not permitted.

An overabundance of white-tailed deer throughout the parks is threatening the health of native plant and animal species. Portions of certain parks may be open for deer hunting during all or some of the State-regulated hunting season. All hunting areas are clearly posted. Call (732) 842-4000, ext. 4237 or visit monmouthcountyparks.com for more information.



Monmouth County
Board of Chosen Freeholders
Board of Recreation Commissioners



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Trails of the Monmouth County Park System



Places to Exercise in the Great Outdoors



www.monmouthcountyparks.com

Introduction to the Trails

The Monmouth County Park System now has more than 35 parks, recreation and conservation areas, golf courses and greenways on over 14,500 acres of land. Within this network, there are 15 sites with maintained trails that offer nearby parking, directional signs and maps (available onsite, online or by calling the Park System at 732-842-4000).







Trail surfaces vary in width and surface type, from flat pavement to rock quarry dust (a compacting material) to plain dirt paths with some grade and obstructions (such as tree roots).

Types of Trails

Paved

Generally flat, comfortably wide, smooth surface trails; distances vary by park. Many are hand-capped-accessible and suitable for strollers, in-line skaters and beginner walkers (assuming weather conditions are heeded).

Natural Surface

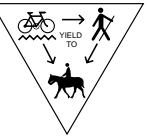
-  **EASY:** short, well maintained trails intended for casual walking
-  **MODERATE:** longer trails with some grades, obstructions; intended for hikers, equestrians and all-terrain bicyclists (may be suitable for some walkers and runners)
-  **CHALLENGING:** long, more primitive trails with steep grades, obstructions; intended for hardy, experienced hikers, equestrians and all-terrain cyclists
-  **FITNESS:** Walking/running trails with exercise stations

Trail Etiquette & Safety

Most trails in the Monmouth County Park System are open to walkers, runners, bicyclists, in-line skaters and equestrians. Motorized vehicles are not permitted. The Park System enforces the following rules so that all users may safely enjoy the trails.

- **Trail Hours:** Follow park hours; generally 8 am – dusk
- **Trail Maps & Information:** Consult trailhead kiosks for park maps, directions and important trail condition/wildlife warnings

- **Yield Right-Of-Way:** When meeting other users on the trails, cyclists yield to all other trail users; pedestrians yield to horses.



- **Obey All Posted Signs:** Note any safety condition warnings and restrictions on use (trails limited to walkers/hikers only). Bicycling is not permitted in the main (North) section of Holmdel Park and parts of Huber Woods.

- **Pets Allowed:** Dogs must be on a leash and under control; pet/horse clean-up required.

- **Stay on Marked Trails:** These are the safest and best routes through the park. You may damage sensitive wildlife habitats or natural resources by straying off the marked trails.

- **Be Weather Wary–Note Trail Conditions:** You use the trails at your own risk, so please pay special attention to freezing temperatures and rain, snow, mud or ice. These can create slippery conditions on bridges and walkways, and on both paved and natural surface trails.

- **Prepare Before You Visit:** Learn about the trails before venturing out for the first time. Plan your route, and bring a map. Heavily wooded parks such as Hartshorne Woods, with its longer trails that meander deep into the forest, can be a challenge to navigate even for some experienced hikers.

- **Wear a Helmet:** Bicyclists, in-line skaters and skateboarders under age 17 are required by NJ state law to wear a helmet (appropriate safety gear is recommended for everyone).

Trail Tips



Please mind trail conditions, especially bridges and walkways. The trails can be very slippery during cold or wet weather.

It takes about 20 minutes to walk 1 mile (1.6km) at a brisk pace. A one mile walk can take much longer at a slower pace.

Protect yourself from ticks. Stay away from tall grass and shrubby areas; wear light colored clothing; tuck long pants into socks; and check yourself for ticks during and after each visit to the parks.

Avoid Poison Ivy. Stay on the trails—it's your best defense. Remember: "leaves of three, let it be; hairy rope, don't be a dope; berries white, take flight."



Parks with Paved Trails Only

- 1. Sunnyside Recreation Area, Middletown.** This quiet park features a short, 0.5 mile loop trail through open meadow. Continue on the unpaved portion for a longer walk.
- 2. Dorbrook Recreation Area, Colts Neck.** Many park activities are visible while walking on this busy park's 2.2 mile paved, loop trail.
- 3. Henry Hudson Trail.** The 10 mile North section (Atlantic Highlands to Aberdeen) of this paved trail runs near Route 36 from Atlantic Highlands to Aberdeen. Ten miles of the 12 mile South section are now open, running along Route 79 from Aberdeen to Freehold. **This trail is very long; please remember to track your time and distance.**

Parks with Paved and Natural Surface Trails

- 4. Thompson Park, Lincroft.** This expansive park offers 5 miles of manicured, paved trails and another 7 miles of woody hiking trails and mowed walking paths.
- 5. Holmdel Park, Holmdel.** This site offers a 0.5 mile paved trail through the heart of the park's north section; 7 different easy/moderate trails through woods and wetlands including a renowned cross county course; plus nearly 4 miles of rustic trails in the Ramanessin section.

Parks with Natural Surface Trails Only

- 6. Huber Woods Park, Middletown.** Walk one of this park's easy trails to experience native flora, or choose one of the more challenging wooded paths for a workout.
- 7. Hartshorne Woods Park, Middletown.** This hilly, deeply wooded park offers 12 miles of mostly moderate and challenging trails, views of the Navesink River and some important perspective on the area's military history.
- 8. Tatum Park, Middletown.** With 6 miles of trails through rolling hills, open fields and winding trails, this is a beautiful and peaceful place to walk.

- 9. Wetz Park, Ocean Twp.** There are 2 miles of easy trails through fields and woods at this quiet, undeveloped site.
- 10. Shark River Park, Neptune.** The 8 miles of trails at the Park System's first and oldest park are characterized by woods, streams, bogs and a river. (The longest trail, Shark River Run, requires crossing two local roads.)

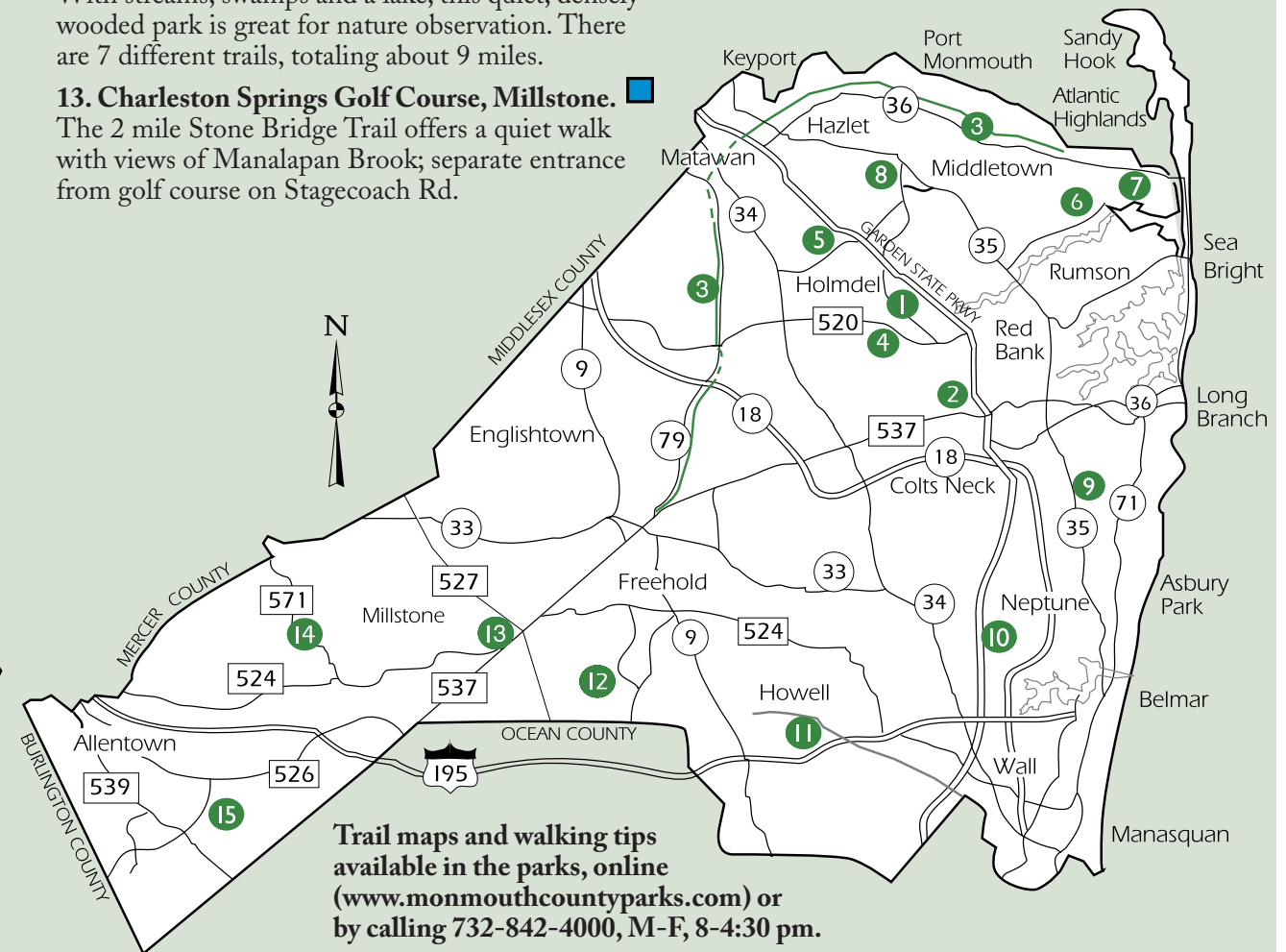
11. Manasquan Reservoir, Howell. This park features a very popular 5 mile loop trail with excellent views of wildlife and birds. This trail is very long; please remember to track your time and distance.

12. Turkey Swamp Park, Freehold. With streams, swamps and a lake, this quiet, densely wooded park is great for nature observation. There are 7 different trails, totaling about 9 miles.

13. Charleston Springs Golf Course, Millstone. The 2 mile Stone Bridge Trail offers a quiet walk with views of Manalapan Brook; separate entrance from golf course on Stagecoach Rd.

14. Perrineville Lake Park, Millstone. This growing park recently added a 1 mile trail on Baird Road, and another 1.5 mile trail on Agress Road. Visitors may also walk the perimeter trails (mowed paths surrounding the fields).

15. Clayton Park, Upper Freehold. The hills, creek, mature forest and wildflower displays make this remote and rustic site ideal for nature-lovers; there are almost 6 miles of trails.



Trail maps and walking tips available in the parks, online (www.monmouthcountyparks.com) or by calling 732-842-4000, M-F, 8-4:30 pm.