



NEW JERSEY

New Jersey has a number of trails with minimal obstacles. Some are very easy and others are wheelchair accessible. Here are just a few of them.

These links were found through Internet search. I would love to have some first-hand recommendations. With your help, we can share our knowledge with disabled people everywhere and also increase awareness of the need for more accessibility. Please e-mail me with your suggestions using the form to the right.

Federal

State

Local

Private

Miscellaneous

Federal

- Delaware Water Gap National Recreation Area. Not much information on accessibility at this site. Map Phone is 570-426-2451
- Delaware Water Gap National Recreation Area
Map Accessibility



Dingmans Creek Trail A lovely 0.4 mile one way boardwalk trail takes you past the 80' Silverthread Falls to Dingmans Falls which drop 130'. The trail is stroller and wheelchair accessible.



McDade Recreational Trail Parts of this trail may be accessible, such as Smithfield Beach to Riverview and Bushkill Village to Jerry Lees. However, you should call the park, 570-426-2452 to be sure these sections are appropriate for you.





- Gateway National Recreation Area in New Jersey and New York was badly hit by Hurricane Sandy. Much of it is still closed.
- Great Egg Harbor National Scenic and Recreational River doesn't have anything on its website about accessibility Headquarters' phone number is 215-597-9175.



Dingmans Falls in Delaware Water Gap Recreation Area
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State

- Bass River State Forest – “The Bass River State Forest recreational facilities are partially accessible for persons with disabilities. Please contact the park office for further information regarding disability access needs. Text telephone (TT) users, call the New Jersey Relay Service at (800) 852-7899”
- Brendan T. Byrne State Forest Trail Map Contact: 609-726-1191
 -  Cranberry Trail 1.1 mile loop. The blog [South Jersey Trails](#) has some images of it.
 -  The sandy, pine needle-covered trails to Pakim Pond and Mt. Misery appear to be quite easy, although maybe longer than you would want to complete. They are described in [nj hiking](#).
- Cape May Point State Park (609) 884-2159
 -  Red Trail “is .5 miles, and is wheel chair accessible. This trail offers hikers access to both the lighthouse pond west and east. Each pond has a blind or platform at the water's edge to view wading birds, ducks, swans, as well as the occasional osprey....”
 -  There are two other easy, short trails – the 1.5 mile Yellow Trail and 2.0 mile Blue trail. You may need to step up to and down from boardwalks, but I was told by the attendant at the visitor's center that they are in no way strenuous.

- **Delaware & Raritan Canal State Park** 609-924-5705 [Map](#)



“Both the Main Canal Trail, which runs 34 miles in length, and the Feeder Canal Trail at 31.5 miles are ADA accessible.”

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Local

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Private

- **Duke Farms** [Interactive Map](#) [Map layer of accessible trails](#) [Trip Advisor Reviews](#)



Duke Farms is “located on 2,740 acres in Hillsborough, Somerset County, N.J.”

There are “18 miles of paved, gravel, wood-chipped and mown-grass trails and pathways through a variety of habitats.” James Hanson, their helpful manager of digital media and GIS, wrote that “The only place with a moderate slope is around the Old Foundation, otherwise all the paved roads and paths are relatively flat. The Farm Barn Orientation Center and Orchid Range both contain automatic push-button doors and handicap restrooms.”

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Miscellaneous

- [Hiking New Jersey Trails Finder](#) This is a comprehensive website with information about and links to many hiking trails in New Jersey. Lengths, ease, and GPS coordinates are given and the links take you to detailed descriptions.
- [The New York-New Jersey Trail Conference](#) has a searchable site for finding hiking trails. By choosing “Handicap Accessible” I came up with a list of links to nine Accessible trails
- The [Rails-to-Trails Conservancy](#) lists wheelchair accessible trails in New Jersey.
- [Short Hikes in New Jersey](#). Here is a nice site describing “Trail maps, photos, videos, and info for some trails in New Jersey that are easy or short. These trails are either under 4 miles and/or easy – suitable for beginning hikers or anyone looking for an easy day hike.”