

Day: Saturday	Start Time: 9:45 am	End Time: 4:30 pm
Co-Leader:	Co-Leader:	Limit: 12 People
Transportation: Personal Cars	Driver(s):	Radios: 1 radio per person / First Aid 1
Fees: Bike Rental: \$60+tax directly from the vendor	Travel Distance: 32 Miles R/T	Travel Time: 51 min R/T

McDade Trail Bike Ride - Northern

Experience the thrill of biking along the scenic McDade Trail, starting at the Schneider Farm trailhead. This adventurous out-and-back ride will extend as much as 10 miles one way, leading you to the tranquil Valley View Group Campground. Along the way, you'll encounter an overall elevation gain of 76 feet, traversing diverse surfaces of crushed stone and grass. While the trail offers some ups and downs, rest assured, no single segment boasts a steep gain or loss exceeding 50 feet. Note that the ride south towards the campground generally descends, creating a rewarding challenge for the return journey. Ideal for those with some mountain biking experience, this trail promises an exhilarating outdoor experience!

McDade Trail is a 32-mile-long multi-use trail between Milford Beach and Hialeah Trailhead in the Delaware Water Gap National Recreation Area. The trail offers stunning views of the river, charming streams, expansive farm fields, lush forests, and historic landscapes. Spotting a Bald Eagle, a Black Bear, a White-Tailed Deer, and a Wild Turkey is common. The river dominates several miles of the trail to the east and the cliffs to the west, with the trail and US 209 squeezed between. The McDade Trail features a crushed stone surface, which is not a flat rail trail but rather an actual bike trail. Hybrids, adventure bikes (such as cyclocross and gravel bikes), and mountain bikes are ideal for this type of trail. All of our bike ride will be on the secluded bike path. Rentals are available from [Action Bikes and Outdoor](#).

Anyone bringing a personal bike will drive it to the trailhead. You may be asked to take passengers.

- Bring: Bike or rent a bike, helmet, spare tire, bike tools, bike lock, at least two liters of water, food, a backpack to store food and water, and bike gloves
- Pack lunch during breakfast.
- Participants will rent bikes directly from [Action Bikes and Outdoor](#). The listed price is \$60 plus tax.
- Private bikes: You must be able to drive your bike to the parking lot for the starting point.
- 9:45 am ~ 4:30 pm
- Limit: 12 people
- Distance from Camp 28 Miles / 41 Min R/T
- Vehicle: Personal Cars
- [TrailForks Map/App](#)
- NYNJTC Delaware Water Gap & Kittatinny Trails Map 2021 - 8th edition [Paper](#) / [Digital](#)
- [Park McDade Trail Description/Map](#)
- Weather Forecasts
[At the northern end of the park: Milford, PA Forecast](#)
[In the middle of the park: Bushkill, PA Forecast](#)

Leader Notes:

- **THERE IS NO CELL SERVICE FOR MOST OF THE BIKE RIDE. IT IS A DEAD ZONE. BRING RADIOS.**
- **Turn your phone into airplane mode during the ride to prevent battery drain.**
- Conduct a circle talk once everyone's gear and equipment are all set and before heading out on your ride. Discuss the logistics so that everyone understands who is responsible for what.
- Nearest bathroom to the trailhead is a [Digmans Campgrounds](#) (1 mile away). This is a private campground and does not allow parking for the bike trail.

Logistics

- 9:45 am: Depart from camp.
- 9:45 am – 10:00 am - Travel from [Camp Nah-Jee-Wah to Action Bikes and Outdoor.](#)
- 10:00 am – 10:30 am Renters will rent bikes and load the rented bikes into the drivers' cars.
- 10:30 am - 10:20 am – Drive from [Action Bikes and Outdoors to Trailhead at Schnieder Farm](#) (spur) (21.4 Mile Marker on the trail)
- 10:20 am – 11:00 am – Gear up with rental and personal bikes. Safety Talks (no bathroom available here)
- 11:00 am – 2:00 pm Bike Ride with lunch along the trail
- 2:00 pm – 2:30 pm Pack out and depart from the trailhead
- 2:30 pm – 2:50 pm Travel from the [trailhead to Action Bikes and Outdoors](#)
- 2:50 pm – 3:15 pm Return bikes to vendor
- 3:15 pm – 3:30 pm Travel from [Action Bikes and Outdoor to the Milford Dairy Bar](#)
- 3:30 pm – 4:00 pm Ice cream
- 4:00 pm – 4:15 pm [Return to camp](#). **BE BACK IN CAMP BY 4:30 PM**

Driving Directions from Camp to McDade Trailhead and Reverse

- **Camp Nah-Jee-Wah:** 570 Sawkill Rd, Milford, PA 18337
- **Action Bikes and Outdoor:** 611 Broad St, Milford, PA 18337 | 570-296-4009
- **Milford Dairy Bar,** 307 W Harford St, Milford, PA 18337 (570) 296-6337
- **Schnieder Farm Parking – [McDade Trail Parking Area](#):** 6439+2W, Dingmans Ferry, PA 18328 (41.202633, -74.880231/ 41°12'09.5"N 74°52'48.8"W)

51 min (32 miles) R/T / via County Rd 2001 41 min without traffic

<https://maps.app.goo.gl/HX96RUKS7xUXhbSG6>

Start: Camp Nah-Jee-Wah - 570 Sawkill Rd, Milford, PA 18337

1. Head out of the camp driveway and turn left to head northwest on Sawkill Rd toward Bridge Rd.
 - a. Go 0.2 mi
2. Turn right onto Bridge Rd
 - a. 0.2 mi
3. Turn right onto US-6 E
 - a. 4.9 mi
 - b. You will come to the only streetlight in the town of Milford
4. Turn left onto Broad St (following US 6 South).
 - a. Go 0.4 mi to Action Bikes and Outdoor on the right



Total 1st Leg 9 min (5.6 mi)

Depart Action Bikes and Outdoor, 611 Broad St, Milford, PA 18337

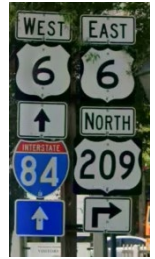
5. Turn left out of the driveway, going back the way you came on Broad St toward W Cherry Alley
 - a. Go 0.4 mi back to the main light in town
6. Turn left onto US-209 S/E Harford St/US-206 S
7. Continue to follow US-209 S for 9.7 mi out of town and past the bridge to NJ (US 206 S) to McDade Trail parking lot. **WATCH YOUR SPEED. THEY LOVE GIVING TICKETS IN THIS AREA.**
8. On the left, there will be parking for McDade Trail Parking Area, [6439+2W, Dingmans Ferry, PA 18328](#). This parking lot is 1 ½ Miles after the streetlight for Rt. 739 (Pike County Veterans' Way) / 7/10 mile after Dingman's Campground (suggest bathroom stop).



Total for 2nd Leg 16 min (10.0 mi)

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9. Turn right out of the parking lot and head back the way you came from McDade Trail Parking Area to Head northeast on US-209 N
 - a. Go 9.7 mi back to the main streetlight of Milford, PA.
10. Turn right onto Broad St (US 209 North/ US 6 East)
 - b. Go 0.4 mi to Action Bikes and Outdoor, 611 Broad St, Milford, PA 18337 to return rental bikes.

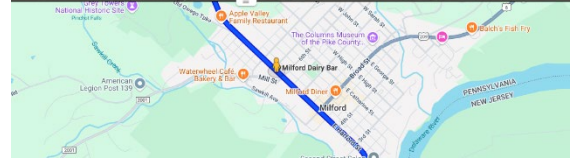


Total for 3rd leg 16 min (10.0 mi)

11. Turn left out of the driveway of Action Bikes and Outdoor to head southwest on Broad St toward W Cherry Alley
 - a. Go 0.4 mi back to the main street light in town.
12. Turn right onto W Harford St (US 6 West towards Rt. 84)
 - b. Go 2/10 Mile to Milford Dairy Bar, 307 W Harford St, Milford, PA 18337 on the right.

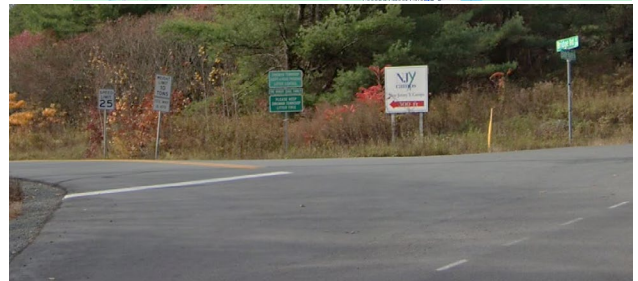


Total 4th leg 2 min (0.6 mi)



Milford Dairy Bar, 307 W Harford St, Milford, PA 18337 ([Facebook](#))

13. Depart from Milford Dairy Bar at 307 W Harford St, Milford, PA 18337, to continue northwest on US-6 W/W Harford St toward Currant Alley, heading out of the other end of town—the same way you were traveling.
 - a. Go 4.6 mi.
14. You will be heading out of town. Then, cross over I-84 and pass Eureka Stone Quarry. Bridge Street is one mile after the Quarry.
15. Turn left onto Bridge Rd
 - a. Go 0.2 mi.
16. Turn left onto Sawkill Rd
 - a. Go 0.2 mi to the gate for camp.
17. END: **Camp Nah-Jee-Wah**, 570 Sawkill Rd, Milford, PA 18337



Total 5th Leg: 7 min (5.0 mi)

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Trailhead/ Directions	Road Mile *	Trail Mile**	Services
Bushkill Village	US 209 1.4	8.4	parking, restroom
Bushkill Access	US 209 2.7	10.1	FEE AREA, parking, restroom, drinking water, boat & canoe launch
Egypt Mills	US 209 4.5	12.5	parking
Eshback Access	US 209 6.4	14.3	parking, restroom, canoe launch
Jerry Lees	US 209 8.2	16.1	parking
Schneider Farm (spur)	US 209 11.5	21.4	parking
White Pines	US 209 14.5	24.5	parking
Conashaugh	US 209 15.5	26.0	parking
Pittman Orchard	US 209 18.3	28.5	parking
Milford Beach	US 209 20.8	31.0	FEE AREA, parking, restroom, picnic tables, drinking water, boat & canoe launch, swim beach

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* Road Mileage begins at the southern park boundary / ** Trail Mileage begins at Hialeah Recreation Site

Distance From	To	Miles	Rating
Bushkill Village	Bushkill Access	1.7	easy
Bushkill Access	Valley View	1.2	easy
Valley View	Egypt Mills	1.2	easy
Egypt Mills	Eshback Access	1.8	easy
Eshback Access	Jerry Lees	1.8	easy
Jerry Lees	Schneider Farm (spur)	5.3	easy
Schneider Farm (spur)	Dingmans Campground	1.1	easy
Dingmans Campground	White Pines	1.5	easy-moderate
White Pines	Conashaugh	1.5	easy-moderate
Conashaugh	Pittman Orchard	2.7	easy-moderate
Pittman Orchard	Milford Beach	2.3	easy-moderate

Biking Safety

Before riding, ensure that you, your friends, and the bicycles are all ready to go. When riding, always:

- Go with the traffic flow, riding on the right
- Pass on the left and give an audible sound to alert others of intent
- Obey all traffic laws
- Yield to traffic and pedestrians
- Be predictable, riding in a straight line, and signaling moves
- Stay alert at all times.
- Look before turning.
- Walk bicycles on steep hills and stairs.

Wear a Bicycle Helmet

- Every person, regardless of age, should wear a properly fitting bicycle helmet. Mosaic rules require every person to wear a helmet.

Secure loose clothing

- Check clothing, such as shoestrings and pant legs, to ensure they won't become entangled in the bicycle's gears.

Adjust the Bicycle to Fit

- Stand over the bicycle. When using a road bike, there should be 1 to 2 inches of clearance between the rider and the top tube (bar), and 3 to 4 inches when using a mountain bike. The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be level with the seat.

Check Your Equipment

- Before riding, ensure the tires are properly inflated and that the brakes are functioning correctly.

Control the Bicycle

- Ride with two hands on the handlebars, except when signaling a turn: place snacks and other items in a bicycle carrier or backpack.

Watch for and Avoid Hazards

- Look for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with others in the lead, yell out and point to the hazard to alert the riders behind you.

For Emergencies, call Delaware Water Gap Park Dispatch at (570) 426-2435, (800) 543-4295, or 911

Nearest Hospital:

The Mattioli Emergency Center at Lehigh Valley Hospital-Pocono

206 East Brown Street | East Stroudsburg, PA 18301 | Tel: 570-421-4000

<http://www.poconohealthsystem.org/emergency> Level III Certified Trauma Center

23 Miles / 33 Min <https://maps.app.goo.gl/seExGEAtok4gzhi9>

