

JOE 2019 Information Packet for **Five Bridges Bike Tour along the McDade Trail – Southern**

<b>Day:</b> Sunday	<b>Start Time:</b> 9:00 am	<b>End Time:</b> 4:30 pm
<b>Co-Leader:</b> Peter Herman	<b>Co-Leader:</b> Nancy Goldstein	<b>Limit:</b> 10 people
<b>Transportation:</b> 3 Personal Cars	<b>Driver:</b> Peter Herman - car Susan Kappel - car R. Blake - car	<b>Radios: 3 / First Aid Kit: 1</b> Give one radio per car. The drive is in a cell phone dead zone.
<b>Fees:</b> Bike Rental: \$32 for 3 Hour Parking \$10 per car	<b>Travel Distance:</b> 32 Miles One-way	<b>Travel Time:</b> 50 Min One-way

### **Five Bridges Bike Tour along the McDade Trail – Southern**

Grab a bike and head out on a beautiful, primarily flat section of the McDade Trail! Ride out five miles over five bridges to the historic Owen’s Natural Spring House and turn around for a 10-mile round trip pedal or continue a little further to get a great vantage point over the Delaware River. A perfect 10- or 14-mile ride on the easiest, most scenic section of the trail while enjoying a bit of history along the way with the amazing views. Most people finish in about two to three hours. After the ride, cool off with a swim on the beach in the Delaware River.

The ride will be a self-guided bike tour through the [Delaware Water Gap National Recreation Area](#) along the scenic [McDade Trail](#). Pedal at your own pace along the well maintained, wide gravel path. McDade trail consists of 30 miles that parallel the Delaware River, extending from the [Hialeah Picnic Area](#) (in the south) to Milford, PA (in the north). Along the ride are designated areas for picnicking and swimming with restrooms. We will travel along the southern part of the trail, enjoying mountain and river views, historical landmarks (traversing former settlements and farms), mountain streams, forests, fields and abundant wildlife. From [Hialeah to Owens trailheads](#), the trail is mostly flat as it traverses former settlements and farms.

Rental equipment will be supplied at the trailhead at Smithfield Beach for anyone who needs a bike by [Edge of the Woods Outfitters](#). Rentals include bike/helmet and map. At Smithfield Beach trailhead, there is swimming, picnicking area, and restrooms available at bike trail (\$10 parking fee per vehicle).

- Bring/rent: Bike, Helmet, Spare Tire, Bike Tools, Bike Lock, At least two liters of water, Food, Bike gloves, sunscreen/sun cover
- Pack lunch during breakfast
- Rental Costs: \$32 for 3 Hour / \$44 full day (includes base case of rental + tax + parking + Mosaic Administration Fees)
- Private bikes \$10 per vehicle for parking (will be shared amongst the group)
- Distance from Camp [50 Min / 32 Miles](#)
- 9:00 am ~ 4:30 pm
- [Trip Advisor of Edge of the Woods Outfitters](#), [YouTube](#)

### **Logistics:**

- 9:00 am Depart from camp
- 9:00 am – 10:00 am - Travel from Cedar Lake Camp to Smithfield Beach
- 10:00 am – 10:30 am - Bathroom, Rent Bikes, Gear prep, Leader safety talk
- 10:30 am – 2:00 pm - Bike ride along McDade Trail with a lunch stop along the way
- 2:00 pm – 3:00 pm - Return bikes, bathrooms, pack out, enjoy the beach.
- 3:00 pm – 4:30 pm - Return to camp with a stop for ice cream along the way

McDade Bike Trail

**Vendor:**

Chuck

Edge of the Woods Outfitters


PO Box 98

Delaware Water Gap, PA 18327

(570) 421-6681

[edgeofthewoodsPA@gmail.com](mailto:edgeofthewoodsPA@gmail.com)

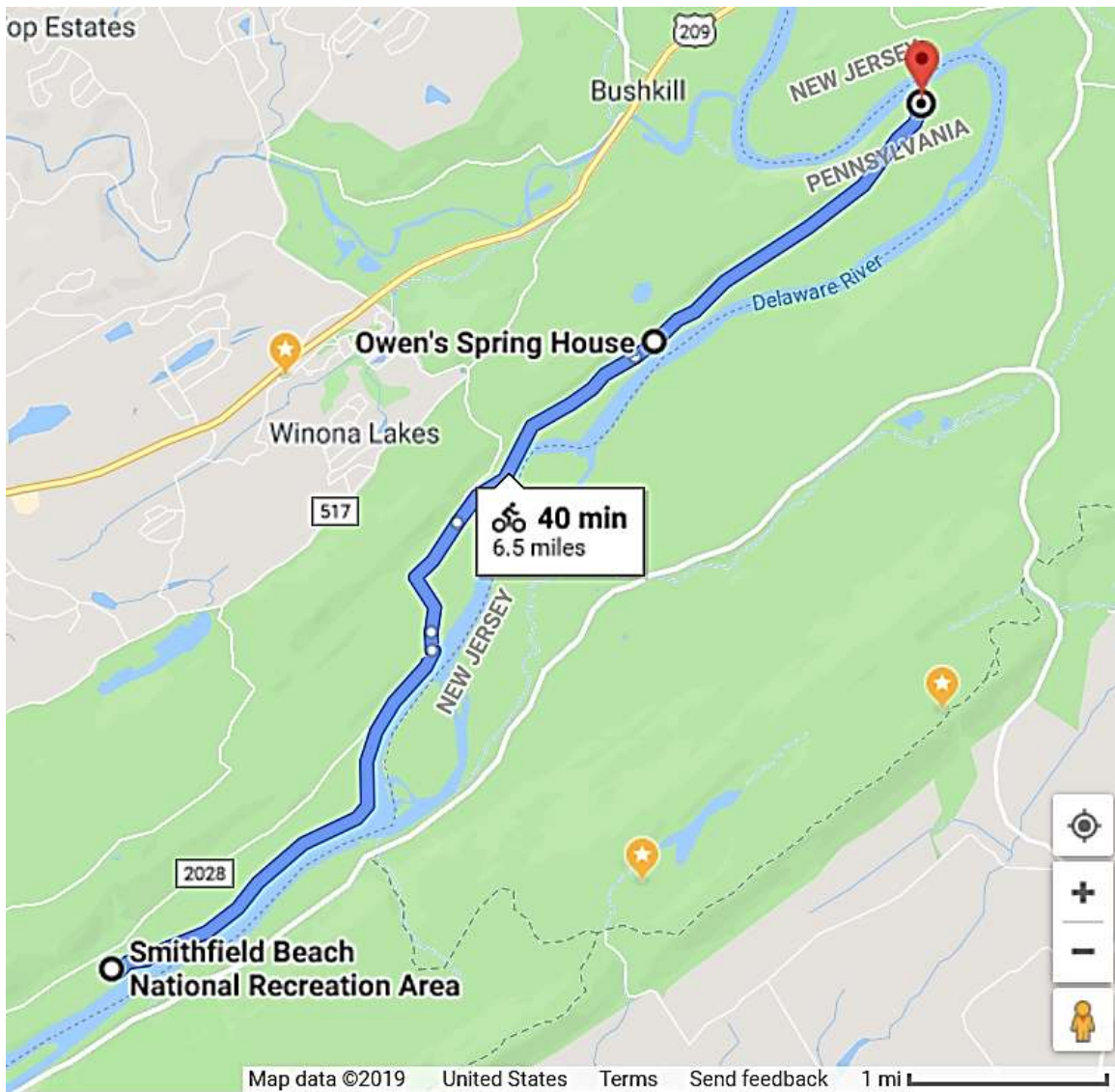
<https://www.watergapadventure.com>

 via McDade Recreational Trail 40 min  
[DETAILS](#) 6.5 miles

↑ 197 ft · ↓ 184 ft



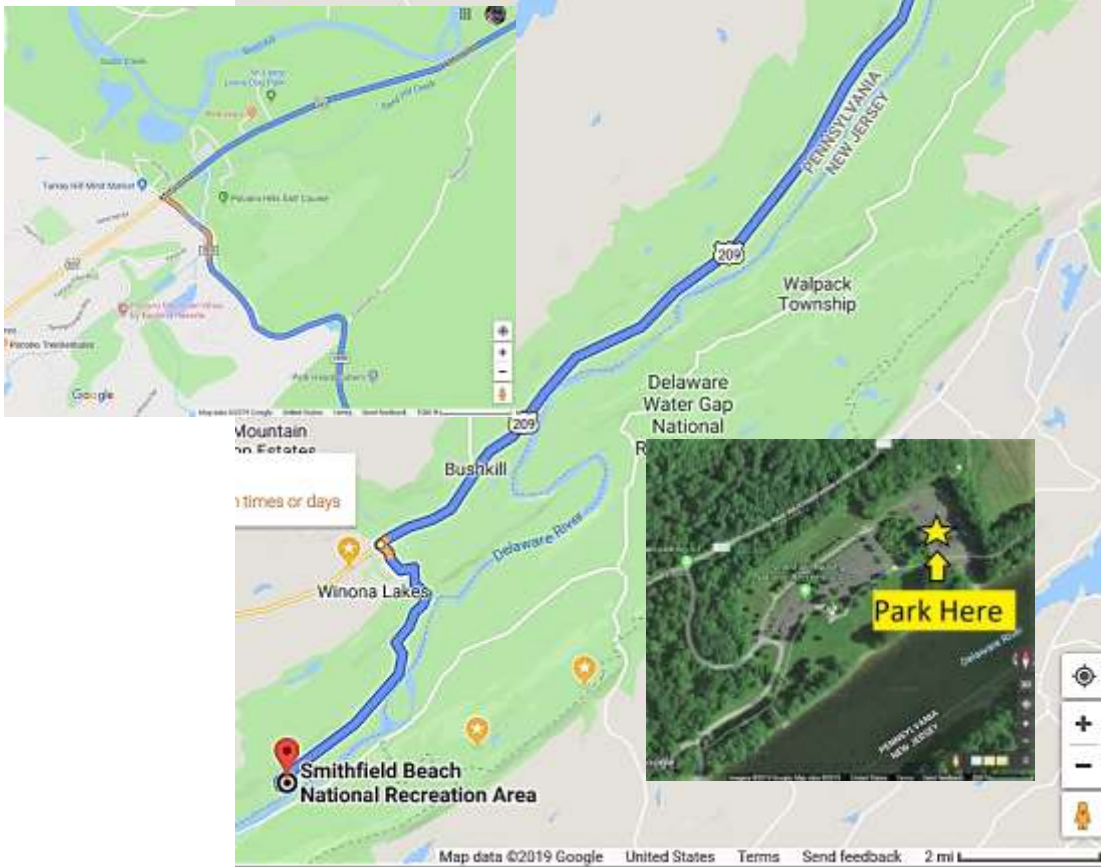
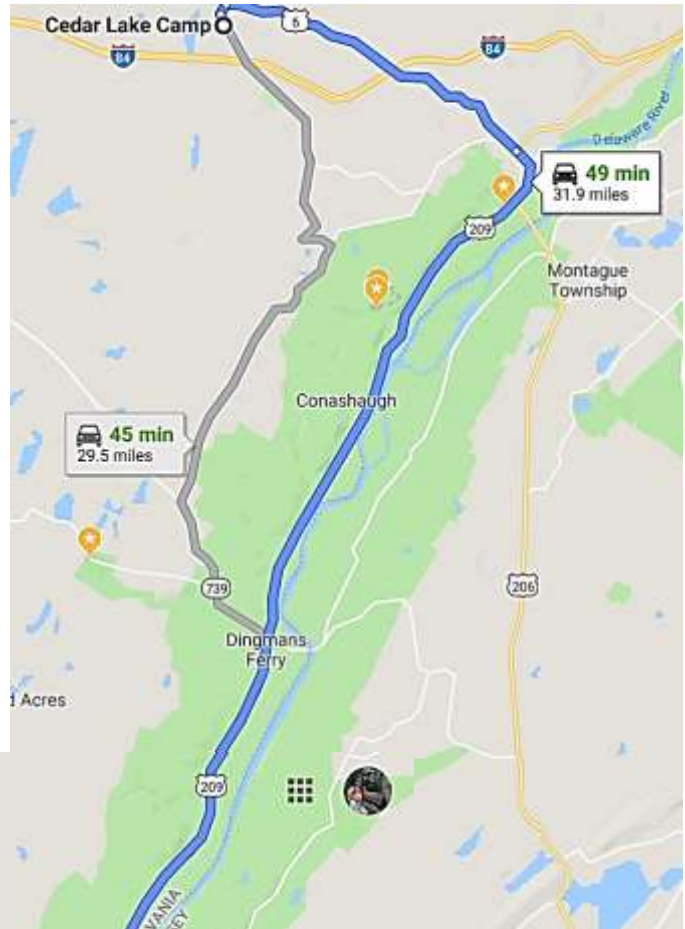
Rentals will be prepaid by Brian.



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Stop at Milford Dairy Bar for Ice Cream on the way back to camp.





## Driving Directions from Cedar Lake Camp to Smithfield Beach Recreational Area

- Smithfield Beach National Recreation Area:
  - 41.029998, -75.050630 State Rte 2028(River Road), East Stroudsburg, PA 18302
- Cedar Lake Camp:
  - 41.346515, -74.888974 Nah -Jee-Wah Rd (off of Sawkill Road), Milford, PA 18337
- Milford Dairy Bar:
  - 307 W Harford St (Rt.6), Milford, PA 18337

44MIN | 30.8MI

1. Head out of camp and down the driveway. Turn left going northwest on Sawkill Rd toward Bridge Rd.
  - a. Then 0.21 miles 0.21 total miles
2. Take the 1st right onto Bridge Rd.
  - a. DO NOT TRY TO TURN RIGHT DIRECTLY FROM SAWKILL ROAD ONTO RT. 6. VERY DANGEROUS.
  - b. Then 0.16 miles 0.37 total miles
3. Turn right onto US-6 E. Continue to follow US-6 E.
  - a. Then 4.88 miles 5.25 total miles
4. Rt. 6 will go through the town of Milford. On the southern end of town, you will come to the light of the town. Rt. 209 will come in from the left. Rt.6 Turns left. Stay straight to go south on E Harford St/US-209 S toward US Highway 206/US-206 N/US-206 S. Follow US-209 through the Delaware Water Gap National Recreation Area.
  - a. Then 19.65 miles 25.75 total miles
5. You will pass Petrizzo's Piza, and then Pocono Mtn Villas Tourist type is with zip line and a small pond with Bumper Boats. River Road will be at a light just after this.
6. Turn left at the light onto River Rd/SR2028.
  - a. Then 3.81 miles 30.64 total miles
7. Watch for signs on the road to turn left onto Smithfield Beach Delaware Water Gap National Recreation Area.
  - a. River Road is a narrow hilly road. Slow down, or you will go airborne if not careful. There are few quick ups and downs.
  - b. There is only sign going south for Smithfield Beach. Easy to miss since it is right at the turn. If you see signs for Hialeah, you went too far.
  - c. Then 0.13 miles 30.77 total miles
8. Smithfield Beach costs \$10 per car. \$1 per rental goes to the cost of parking.
9. Once past the gate go left to the far end of the area towards the boat launch. You will find the McDade Trailhead and the trailer for Edge of Woods Outfitters there.



## Nearest Hospital:

Lehigh Valley Hospital – Pocono: 206 E Brown St, East Stroudsburg, PA 18301: <http://www.poconohealthsystem.org>

(570) 421-4000 Ext 4 for ER

15 Min / 9 Miles

