

JOE 2025 Information Packet for **Five Bridges Bike Tour along the McDade Trail – Southern**

Day: Friday	Start Time: 8:30 am	End Time: 4:30 pm
Co-Leader:	Co-Leader:	Limit: 12 people
Transportation: Personal Cars	Driver:	Radios: 3 / First Aid Kit: 1
Fees: Bike Rental: \$83 for 3 Hours Parking is \$10 per car (get a receipt)	Travel Distance: 61 Miles R/T	Travel Time: 90 Min R/T

Five Bridges Bike Tour on the McDade Trail – Southern

Experience biking along the scenic McDade Trail! Enjoy a five-mile ride across beautiful bridges to the historic Owen’s Natural Spring House. Once there, choose between a ten-mile round-trip or venture further for breathtaking views of the Delaware River, perfect for all skill levels. Most excursions last two to three hours, providing ample time to relax and swim in the river afterward.

Join a self-guided bike tour through the Delaware Water Gap National Recreation Area along the 30-mile McDade Trail, which stretches from the Hialeah Picnic Area to Milford, PA. Discover designated picnic and swimming spots, complete with restrooms along the route.

In the southern section of the trail, take in stunning mountain views, river panoramas, historical landmarks, and vibrant wildlife, with remnants of old settlements inviting exploration.

Need a bike? Rentals are provided at the Smithfield Beach trailhead from Action Bikes and Outdoor, which includes a bike and a helmet. Enjoy amenities such as swimming areas, picnic spots, and restrooms at Smithfield Beach. Please note that a \$10 parking fee applies per vehicle.

Embark on this memorable biking adventure today!

- 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.
- Cost of rentals: \$83 for five hours (including Bike, Helmet, Transportation of bike rental to trailhead, and Mosaic Admin Fees)
- Rental Costs: \$85 (Includes bike rental, transportation of rental to trailhead, parking, Mosaic Admin Fees)
- Private bikes: You must be able to drive your bike to the parking lot for the starting point. \$10 per vehicle for parking (driver keeps receipt for reimbursement)
- 8:30 am ~ 4:30 pm
- Limit: 12 people
- Distance from Camp 61 Miles / 90 Min R/T
- Vehicle: Personal Cars
- [McDade Trail Description/Map](#)

Logistics:

- 8:30 am: Depart from camp.
- 8:30 am – 9:15 am - Travel from Camp Nah-Jee-Wah to Smithfield Beach. Find the [Action Bikes and Outdoor](#) at the beach.
- 9:15 am – 10:00 am - Bathroom, Rent Bikes, Gear prep, Leader safety talk.
- 10:00 am – 1:30 pm Bike ride along McDade Trail with a lunch stop along the way.
- 1:30 pm Meet [Action Bikes and Outdoor](#) to return rental bikes. Contact the vendor if you are early or late.
- 1:30 pm – 3:00 pm - Return bikes, use the bathrooms, pack out, and enjoy the beach.
- 3:00 pm – 3:45 pm – Drive to Milford Dairy Bar, 307 W Harford St, Milford, PA 18337
- 3:45 pm – 4:15 pm – Enjoy Ice Cream
- 4:15 pm – 4:30 pm – Return to camp (Be back by 4:30 at the latest)

McDade Bike Trail

Vendor:

TC at [Action Bikes and Outdoor](#)

- 611 Broad Street, Milford, PA
- [570-296-4009](tel:570-296-4009)
- tc@actionbikesandoutdoor.com

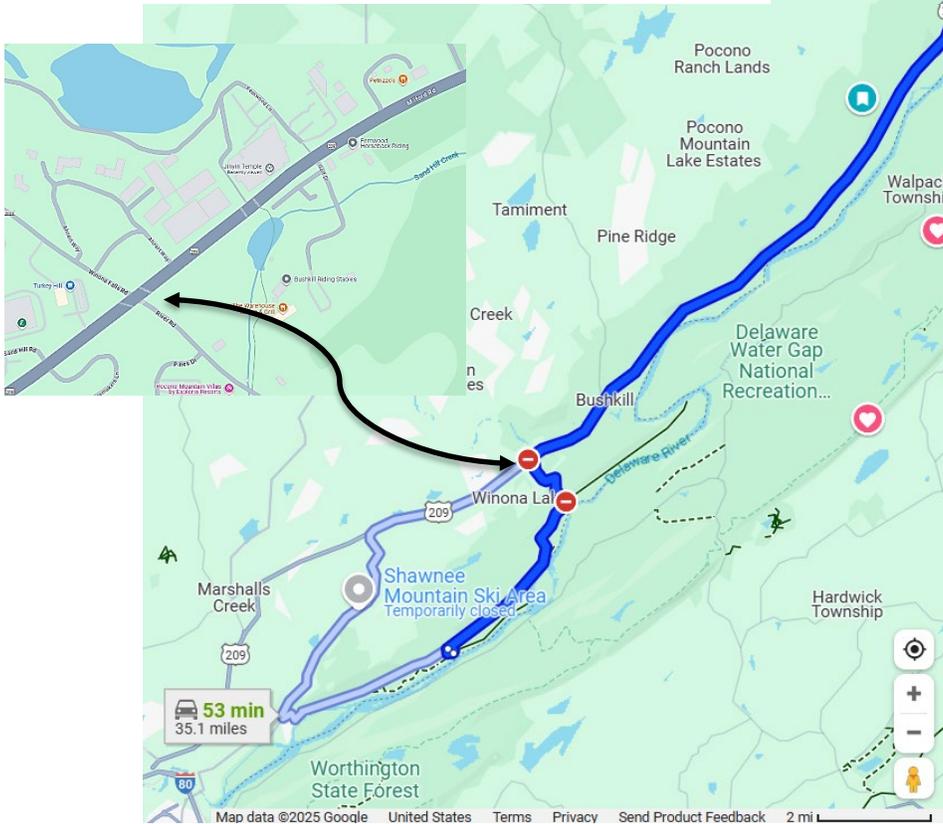
Brian will prepay the rentals.



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



Driving Directions from Camp Nah-Jee-Wah to Smithfield Beach National Recreation Area

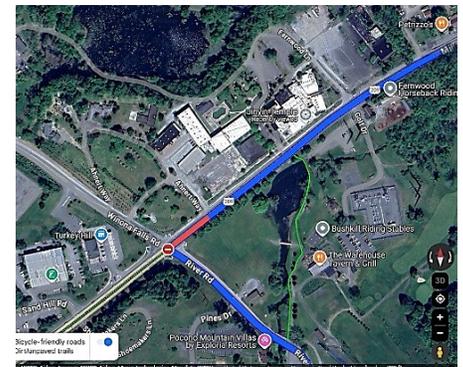
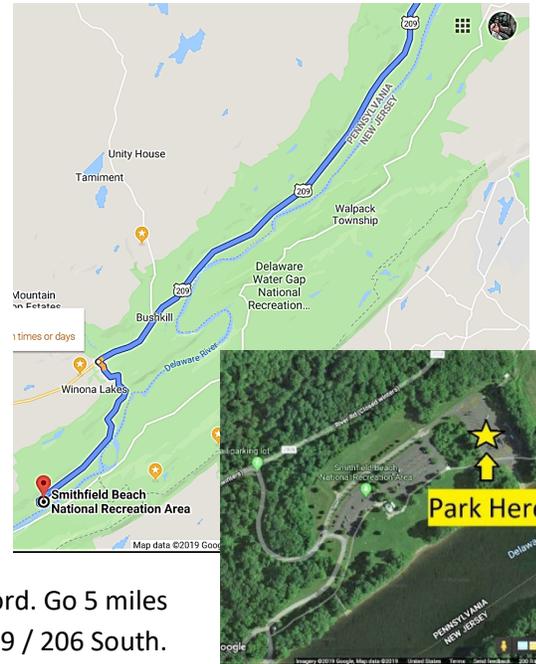
<https://maps.app.goo.gl/EPRR5HLwuHm3dLUV8>

- A. Camp Nah-Jee-Wah, 570 Sawkill Rd, Milford, PA 18337
- B. Smithfield Beach National Recreation Area: [41.029998, -75.050630](https://www.parks.pa.gov/locations/Smithfield-Beach-National-Recreation-Area)
State Rte 2028(River Road), East Stroudsburg, PA 18302
- C. Milford Dairy Bar: 307 W Harford St (Rt.6), Milford, PA 18337

47 minutes (32.0 miles) via US-6 E and US-209 S

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

1. Go out of the camp drive and turn left
2. Head northwest on Sawkill Road. Toward Bridge Rd. Go 0.2 mi
3. Turn right onto Bridge Rd. Go 0.2 miles to the end of Route 6.
4. Turn right onto US-6 E. Go past Rt. 84 and through the town of Milford. Go 5 miles
5. Go straight at the only light in the town of Milford to take Routes 209 / 206 South. Route 6 will turn left. Go 21.7 Miles.
 - a. Route 206 will turn just south of Milford shortly after the light in Milford
 - b. Obey the 45 mph speed limit or risk a federal park speeding ticket.
 - c. You will pass by Petruzzo's Pizza, Jinyin Temple, and the World League. River Road will be at a light just after this.
 - d. There will be a Turkey Hill Gas Station/convenience store on the right corner at the light when you turn left.
 - e. At the light, turn left onto River Rd. Go 4.8 mi
6. 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'll go airborne if you're not careful (I did). There are a few ups and downs to note.
 - b. There is only a sign going south for Smithfield Beach. Easy to miss since it is located at the turn, and it's also hard to turn around. If you see signs for Hialeah, you went 2 miles too far.
 - c. Smithfield Beach costs \$10 per car. Part of the \$18 Transportation Fee will go towards this cost. Please keep the receipt.
7. Once past the gate, turn left and proceed to the far end of the area, towards the boat launch. You will find the McDade Trailhead and Action Bikes and Outdoor there. Bathrooms are in the middle of the complex.



END: Smithfield Beach, River Rd, East Stroudsburg, PA 18302

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

