

<b>Day:</b> Saturday	<b>Start Time:</b> 8:30 am	<b>End Time:</b> 2:00 pm
<b>Co-Leader:</b>	<b>Co-Leader:</b>	<b>Limit:</b> 12 People
<b>Transportation:</b> Personal Cars	<b>Driver(s):</b>	<b>Bus Captain:</b> n/a
<b>Fees:</b> \$83 Bike rental / Free Personal Bikes	<b>Travel Distance:</b> 28 Miles	<b>Travel Time:</b> 41 Min

## 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.
- 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.
- 8:30 am ~ 2:00 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 to 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) or [Digman's Falls Visitors Center](#) (2.5 Miles away)

## Logistics

- 8:40 am Depart from camp
- 8:40 am – 9:00 am Travel to McDade Trailhead at [Schneider Farm \(spur\)](#) (21.4 Mile Marker on trail)
- 9:00 am – Meetup with [Action Bikes and Outdoor](#), who will deliver the rental bikes trailside
- 9:00 am – 9:30 am – Gear up with rental and personal bikes. Safety Talks (no bathroom available here)
- 9:30 am – 12:30 pm Bike Ride
- 12:30 pm: Meet with Action Bikes and Outdoor to pick up rental bikes. Call if you will be early or late
- 12:30 pm – 12:45 pm Pack out and depart from the trailhead
- 12:45 pm – 1:00 pm Travel from the trailhead to the Milford Dairy Bar, 307 W Harford St, Milford, PA 18337
- 1:00 pm – 1:30 pm Ice cream
- 1:30 pm – 1:45 pm Return to camp

## Driving Directions from Camp to McDade Trailhead

- **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)

41 min (27.3 miles) / via County Rd 2001 41 min without traffic

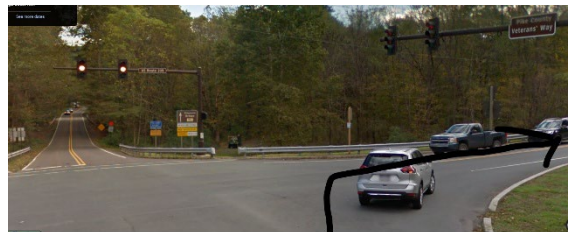
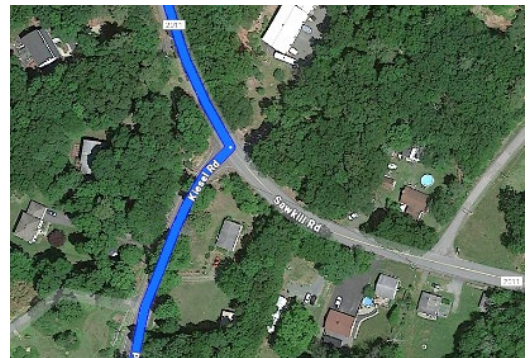
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**Start: Camp Nah-Jee-Wah** - 570 Sawkill Rd, Milford, PA 18337

1. Turn right out of the driveway of the camp, heading southeast on Sawkill Rd toward Nah-Jee-Wah Rd. Go 2.3 mi.
2. Turn right onto Kiesel Rd. Follow it until you reach the end, where it intersects with Raymondskill Road (Rt. 2009).
  - a. Go 1.3 mi.
3. Turn left onto Raymondskill Rd. (Continue straight until the second right onto Rt. 2001. Raymondskill Road veers to the right and then takes a quick left. Avoid this route, as it will take you down a steep, winding, narrow road with little chance to turn around.
  - a. Go 0.4 mi.
4. At Light, turn right onto County Rd 2001.
  - a. Go 4.4 mi.
  - b. One mile before the park entrance, you will come to the light for Rt 739 (Digman's Turnpike). There is a Citgo and other stores on the corner.
5. Turn left onto PA-739 S. Continue to the bottom of the hill, where you will intersect Rt. 209
  - a. Go 2.5 mi
6. At Light, turn right onto US-209 S
  - a. You will end up over the Delaware River if you go too far.
  - b. Go 1.5 Miles
7. McDade Trailhead will be on the left about 7/10 miles beyond Digmans Campground

19 min (12.4 mi)

End: McDade Trail Parking Area, 6439+2W, Dingmans Ferry, PA 18328



## Driving Directions back to camp via Milford Dairy Bar

22 min (14.9 miles) via US-209 N 22 min without traffic

Start **McDade Trail Parking Area** 6439+2W, Dingmans Ferry, PA 18328

1. Turn right out of the parking lot to head northeast on US-209 N
  - Go 9.7 mi
2. At second light, Rt. 209 turns right in the downtown area. Stay straight to continue onto Rt. 6 (W Harford St)
  - Go 0.3 Mile to the Milford Dairy, which is on the right beyond this light
3. After Ice Cream, continue in the same direction to camp to head northwest on US-6 W/W Harford St.
4. Continue northwest on US-6 W/W Harford St toward Currant Alley to head out of the other end of town.
  - Go 4.6 mi.
5. You will be heading out of town. Then, cross over I-84 and Eureka Stone Quarry. Bridge Street is one mile after the Quarry.
6. Turn left onto Bridge Rd
  - Go 0.2 mi.
7. Turn left onto Sawkill Rd
  - Go 0.2 mi to the gate for camp.



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

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

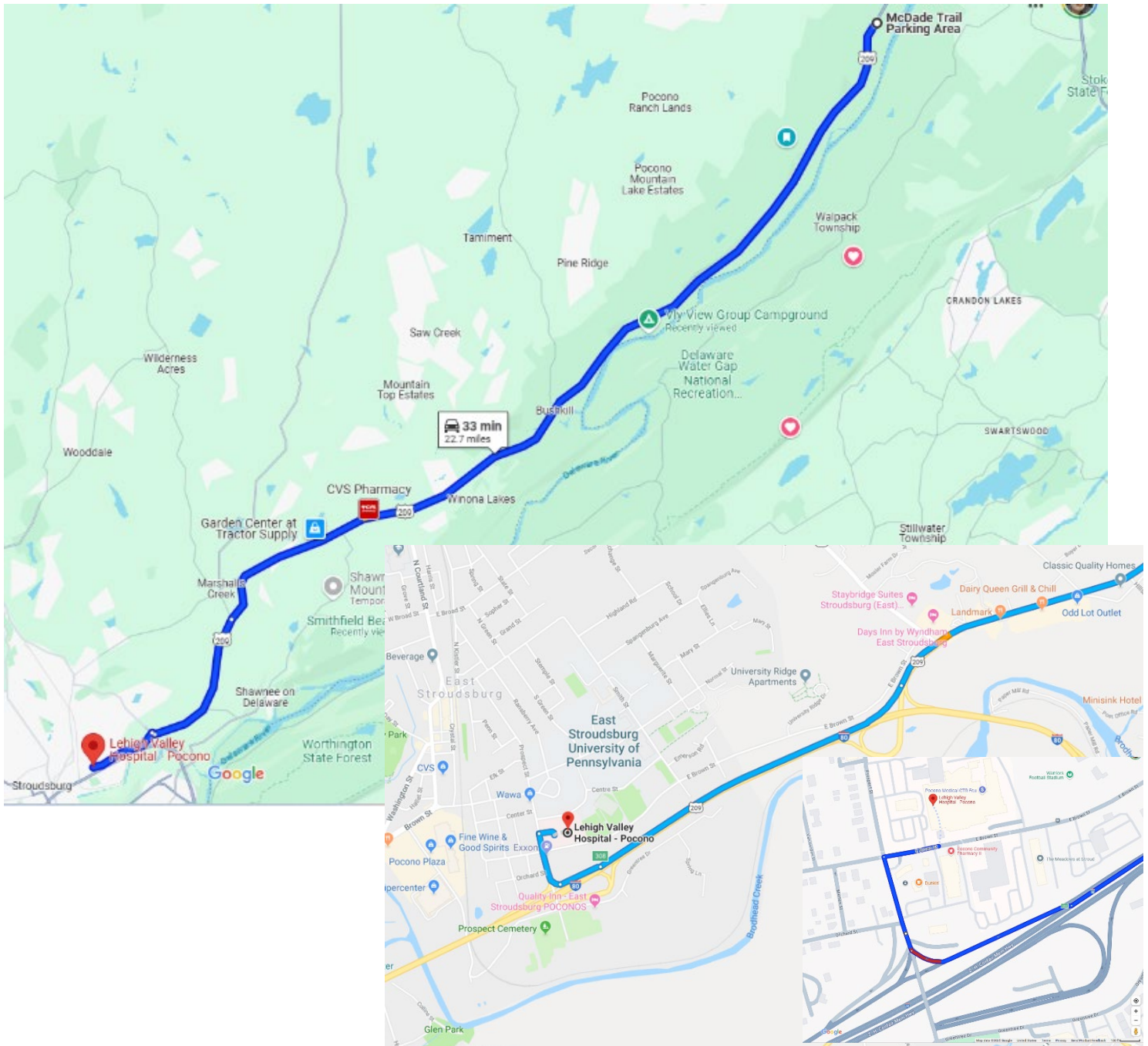
## Nearest Hospital:

### 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>









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