

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

Day: Sunday	Start Time: 9:30 am	End Time: 4:30 pm
Co-Leader:	Co-Leader:	Limit: 10 people
Transportation: Personal Cars	Driver:	Radios: 3 / First Aid Kit: 1
Fees: Bike Rental: \$48 for 3 Hours Parking is \$10 per car (get receipt) \$18 Transportation Fee for non-drivers	Travel Distance: 32 Miles One Way	Travel Time: 50 Min One-way

Five Bridges Bike Tour along 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. Choose a 10-mile round trip or venture further for breathtaking views of the Delaware River, perfect for all skill levels. Most excursions take two to three hours, allowing 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 runs from the [Hialeah Picnic Area to Milford, PA](#). Discover designated picnic and swimming spots, complete with restrooms along the way.

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

Need a bike? Rentals are available at the Smithfield Beach trailhead from [Edge of the Woods Outfitters](#), which includes a bike, helmet, and map. 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/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: \$48 for 3 hours / \$60 for a full day (includes base cost of rental + tax + parking+ Mosaic Admin Fees) + \$18 Transportation Fee
- 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)
- Distance from Camp [50 Min / 32 Miles](#)
- 9:30 am ~ 4:30 pm
- [Trip Advisor of Edge of the Woods Outfitters](#), [YouTube](#), [Pics of the trail](#)

Logistics:

- 9:30 am: Depart from camp.
- 9:30 am – 10:30 am - Travel from Camp Nah-Jee-Wah to Smithfield Beach
- 10:30 am – 11:00 am - Bathroom, Rent Bikes, Gear prep, Leader safety talk.
- 11:00 am – 2:30 pm - Bike ride along McDade Trail with a lunch stop along the way.
- 2:30 pm – 3:15 pm - Return bikes, use the bathrooms, pack out, and enjoy the beach.
- 3:15 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

<https://www.watergapadventure.com>

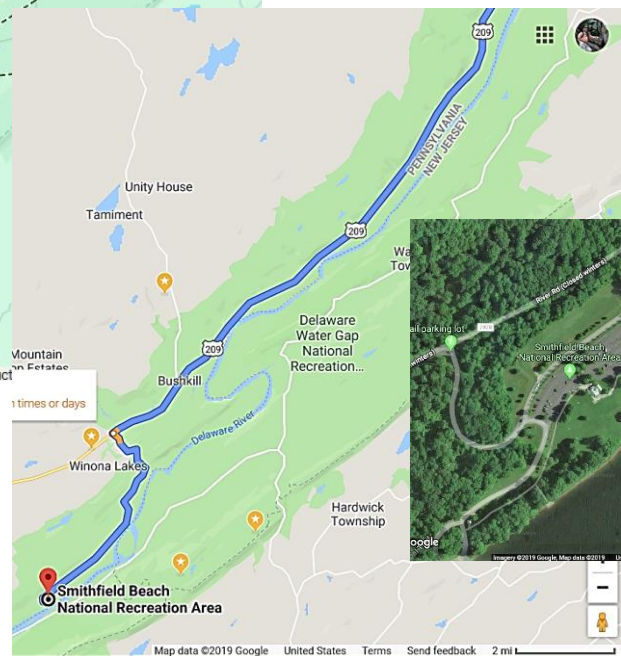
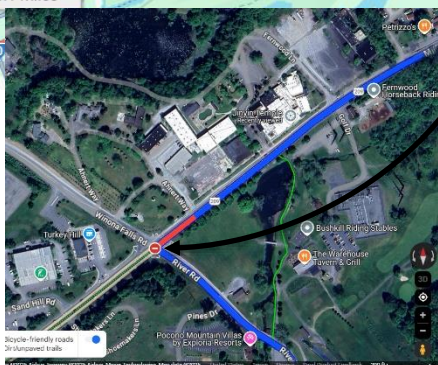
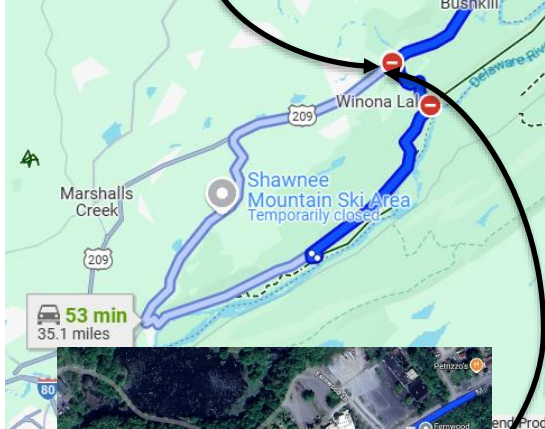
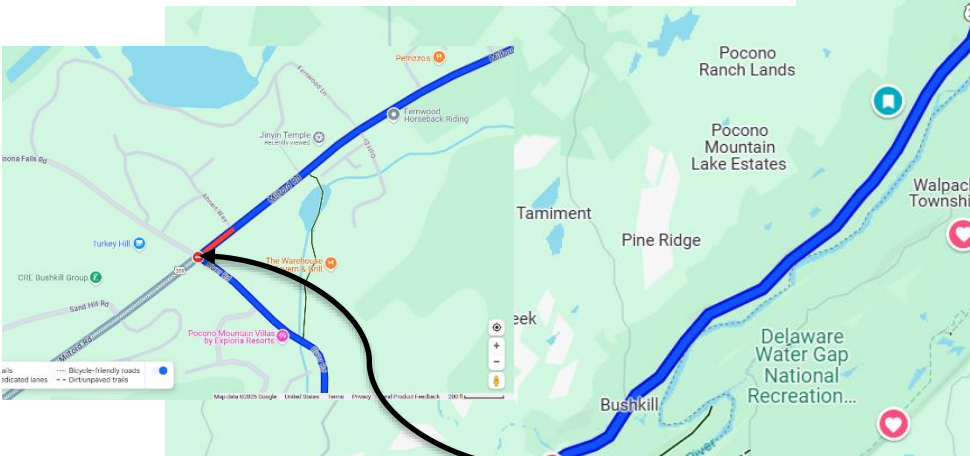
Brian will prepay the rentals.



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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

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

45 minutes (32.0 miles) via US-6 E and US-209 S (Note: The route is closed as of 3/31/25.

Please check the route before departure.


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

1. Go out of camp drivewat and turn left
2. Head northwest on Sawkill Road. Toward Bridge Rd. Go 0.2 mi
 - ↪ Turn right onto Bridge Rd. Go 0.2 miles to the end at Route 6.
 - ↪ Turn right onto US-6 E. Go past Rt. 84 and through the town of Milford. Go 5 miles

↑ 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.

- Notes:

- Route 206 will turn just south of Milford shortly after this light.
- Obey the 45 mph speed limit or risk a federal park speeding ticket.

- You will pass by Petrizzo's Pizza , Jinyin Temple, and the World League. River Road will be at a light just after this.
- There will be a Turkey Hill Gas Station/convenience store on the right corner at the light when you turn left.

↪ Turn left onto River Rd. Go 4.8 mi

↪ Watch for signs on the road to turn left onto Smithfield Beach Delaware Water Gap National Recreation Area.

- 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.
- There is only a sign going south for Smithfield Beach. Easy to miss since it is correct at the turn. If you see signs for Hialeah, you went too far.
- Then 0.13 miles 30.77 total miles
- Smithfield Beach costs \$10 per car. Part of the \$18 Transportation Fee will go towards this cost. Please keep receipt.

↪ 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 the trailer for Edge of Woods Outfitters there.

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

NOTE: PLEASE GAS UP THE VAN, IF DRIVEN, ON THE WAY BACK. Turkill in Stroudsburg, PA, might be the cheapest gas station along the way.

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

