



2026

TrailLink Unlimited 

Guides



Assateague Island Bike Path

Maryland



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Maryland

Long known for its sandy beaches and wild pony herds, beautiful and remote Assateague Island has become more bike-friendly



Once on the east shore, the trail turns south and crosses Bayberry Road near the parking lot for the Assateague Island State Park. The road can get very busy during the warmer months of the year, roughly from May to October, and caution is advised. It then parallels Bayberry Road on the east, extending south to South Ocean Beach in the National Seashore.

Although this segment of the trail is separated from the road by a guardrail, users should look out for the wild ponies that Assateague is famous for. The ponies can sometimes step onto the trail or adjacent road and it is illegal to handle them, and trail users should watch for manure on the pavement.

Long known for its sandy beaches and wild pony herds, beautiful and remote Assateague Island has become more bike-friendly thanks to the construction of a 4.9-mile paved, multi-use trail that allows users to stay off busy Route 611.

About the Route

Leaving from the trail's northern endpoint on the mainland at the Assateague Island State Park Visitor Center, then crosses Sinepuxent Bay on a dedicated bridge that parallels the Verrazano Bridge immediately to the south. The section on the bridge and the adjoining causeway that connects to the island offers panoramic views of the bay and island, and Ocean City can be seen to the north on a clear day.



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States: Maryland

Counties: Worcester

Length: 4.9miles

Trail end points: NPS Headquarters, 7205 Stephen Decatur Hwy (Berlin) to Life of the Dunes Trail (Assateague)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike,Inline

Skating,Walking,Wheelchair Accessible

Parking & Trail Access

The Assateague Island Bike Path runs between NPS Headquarters, 7205 Stephen Decatur Hwy (Berlin), and the Life of the Dunes Trail (Assateague), with parking available at both ends.

Parking is also available at:

- Assateague State Park, 6915 MD-611 (Berlin)

Trail users should note that entrance fees apply within the National Seashore.

Please see [TrailLink Map](#) for all parking options and detailed directions.



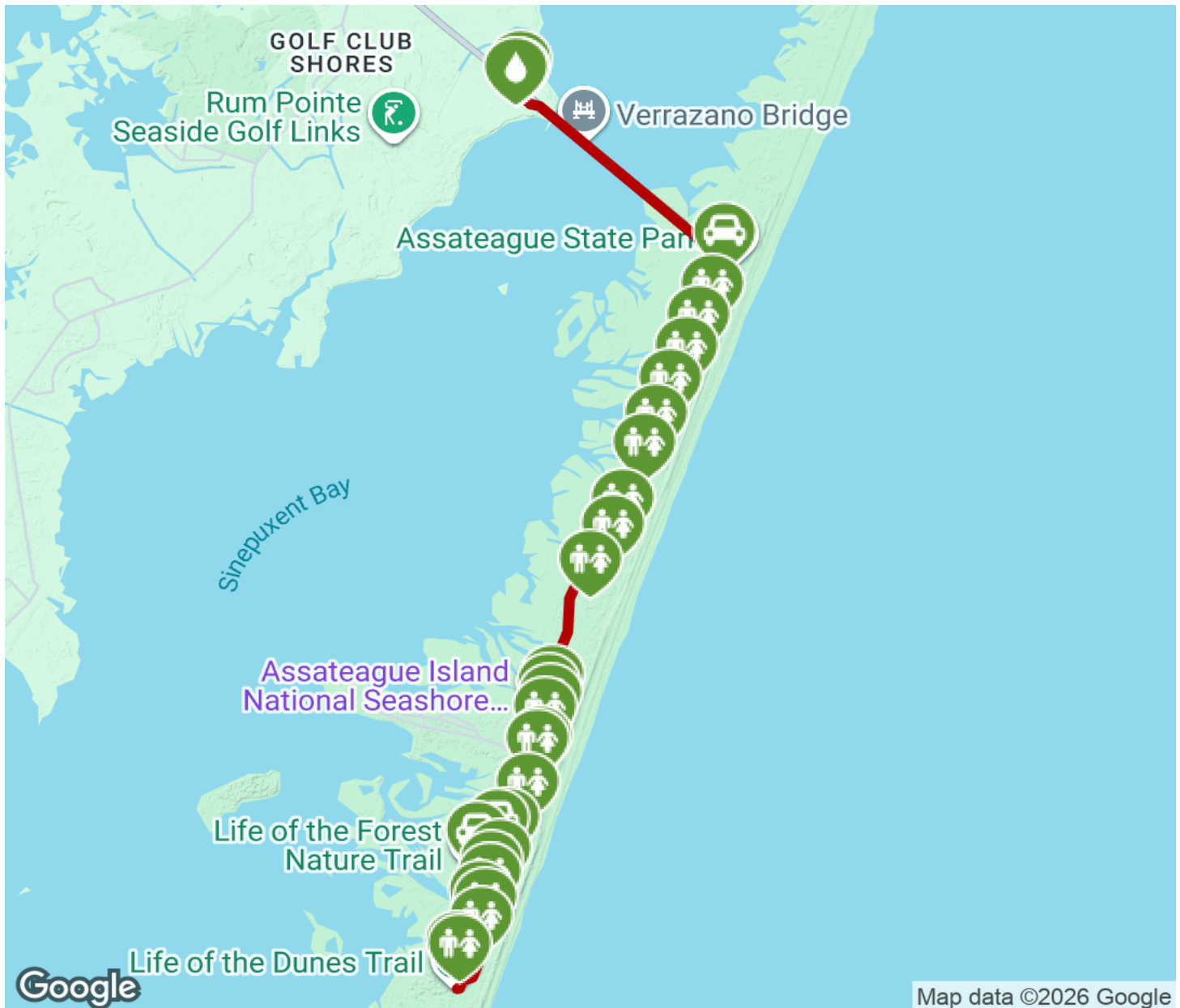
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Assateague Island Bike Path

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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