



2026

TrailLink Unlimited 

Guides   



**Henry
Hudson Trail**
New Jersey



Henry Hudson Trail

New Jersey

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The tree-lined 22.6-mile Henry Hudson Trail is the definition of scenic variety. Traversing both urban and natural environments, the route passes wetlands, streams, fields, and the Garden State Parkway. Though the parkway divides the trail into northern and southern sections, an on-road route connects the two. Along this relatively flat path, users can expect to pass a backdrop varying from lush grassy meadows to utility corridors and suburban communities.

Monmouth Heritage Trail: 5.9 miles

The southernmost section, referred to locally as the Monmouth Heritage Trail, runs from Freehold up to Big Brook Park in Marlboro. Starting on East Main Street in Freehold, this portion of trail is primarily residential,

transitioning between forest and suburban backyards. Approaching the end of this segment, trail users emerge into the scenic hills and meadows of Big Brook Park. Formerly farmland, this area is now maintained as part of the Monmouth County Park System. To reach the next segment of trail, exit the north side of Big Brook Park and take a left onto Newman Springs Road. In 1.5 miles, take a right to travel north alongside NJ 79. In 0.9 mile, the trail picks up at NJ 79 and Wyncrest Road.

Morganville to Matawan: 4.8 miles

The middle section of the trail from Wyncrest Road in Morganville up to Clinton Street Park in Matawan is an ideal rail-trail. Surrounding forests shield riders from the sounds of nearby NJ 79, providing a serene trail experience. This portion of trail contains several low-stress street crossings separated by long stretches of forested rail-trail. It also includes a utility corridor.

Aberdeen Township to Atlantic Highlands: 9.7 miles

The northernmost section begins south of Raritan Bay and roughly parallels NJ 36 to the north. Plans are underway to develop an on-street bicycle route that would connect Popamora Point to the Highlands-Sea Bright Bridge at Sandy Hook.

Beginning inland at Oakshades Park at Gerard Avenue and Broadway, this section connects trail users to the nearby waterfront, providing uninterrupted views of Sandy Hook Bay, bridge crossings over numerous creeks, and a route to Atlantic Highlands. The eastern endpoint of this trail segment is Avenue D and NJ 36.

Bayshore Trail: 2.1 miles

After a gap of 0.7 mile, the next segment of trail begins at Bay Avenue, just south of Earle Pier. Considered part of the Henry



Henry Hudson Trail

New Jersey

States: New Jersey

Counties: Monmouth

Length: 22.6 miles

Trail end points: County Rd. 537 (Freehold) to Shore Dr. at Popamora Point (Atlantic Highlands)

Trail surfaces: Asphalt, Gravel

Trail category: Rail-Trail

Trail activities: Bike, Horseback Riding, Inline Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Henry Hudson Trail runs between County Rd. 537 (Freehold) and Shore Dr. at Popamora Point (Atlantic Highlands), with parking available in Atlantic Highlands.

Additional parking can be found at:

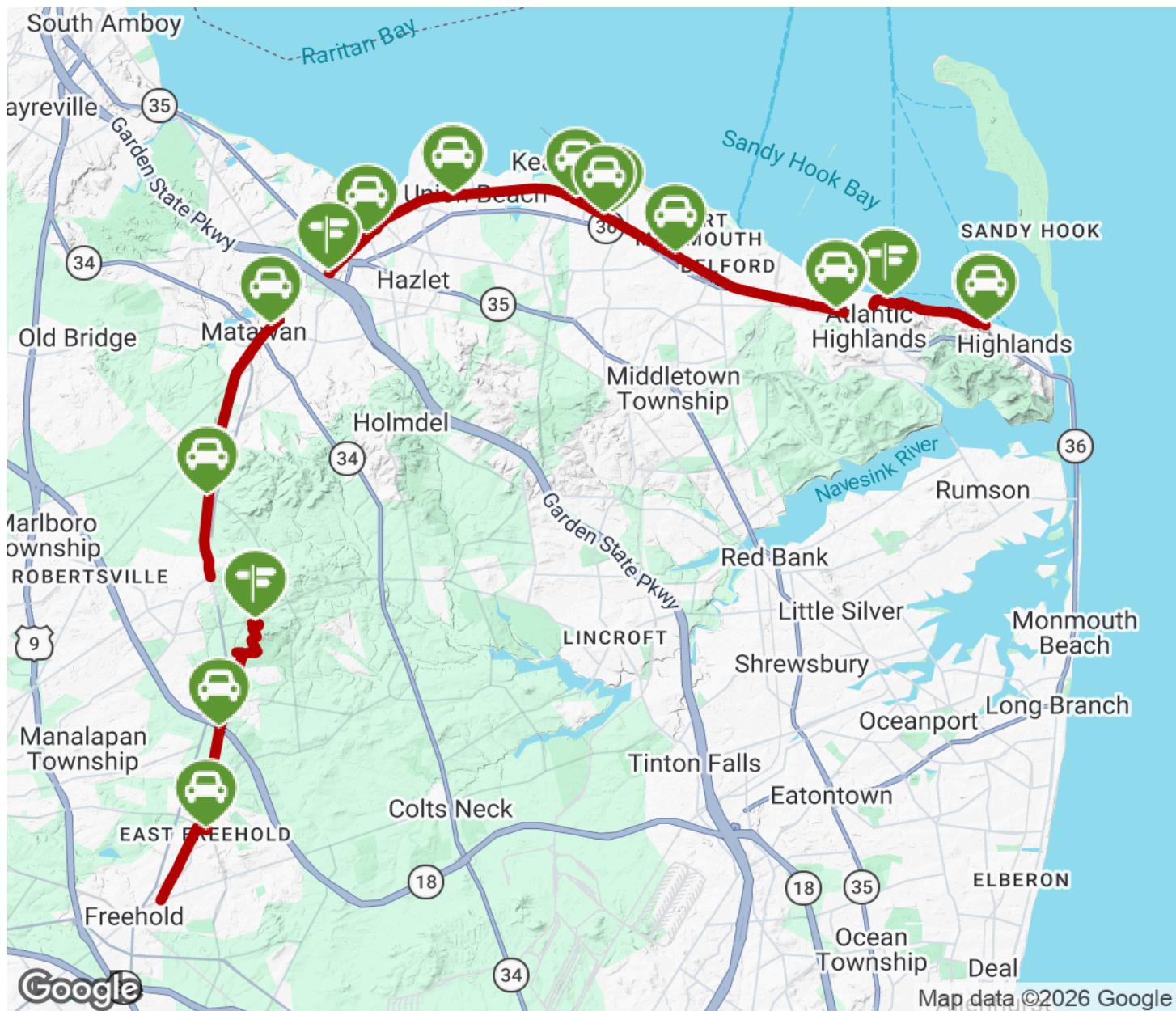
- 521 County Rte 520 (Marlboro)
- 20 Gerard Ave (Aberdeen Township)

There are numerous parking options along this trail, see [TrailLink Map](#) for all parking options and detailed directions.



Henry Hudson Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com