



2026

TrailLink Unlimited



Guides



**Middle  
Township  
Bike Path**  
*New Jersey*



# Middle Township Bike Path

New Jersey

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The Jersey Shore was a major vacation destination for residents of the Delaware Valley region throughout the early 20th century; the Middle Township Bike Path follows a former rail line that once serviced these tourists for 12.9 miles.

## About the Route

Cape May's 13-mile Middle Township Bike Path and 2.7-mile [Cold Spring Bike Path](#) were fully connected in the summer of 2017. Riders can begin their journey at US 9/ Sandman Boulevard in Lower Township across the street from the local elementary school and ride it just over 11 miles north to the Cape May County Park & Zoo. The trail pairing acts as a backbone for the 16 municipalities that surround it, and future spur trails will connect even more

communities and local attractions.

On its southern end, the Middle Township Bike Path leaves off from Erma where there are many idyllic camping areas and wineries to the east and west. Heading north from there, the trail passes through the Rio Grande community. The homes begin to grow scarce as the route enters the woods through Middle Township. Trail users may even run across a bunny or deer as it continues past the Cape May County Park & Zoo. In the spring or summer, trail users can see a beautiful display of wildflowers and butterflies along the trail. Zoo admission is free, as is parking for cars.

## Connections

The Middle Township Bike Path, [Cold Spring Bike Path](#), and the [Dennis Township Bike Path](#) for a connected 18-mile bike path.



# Middle Township Bike Path

*New Jersey*

**States:** New Jersey

**Counties:** Cape May

Length: 12.9miles

**Trail end points:** Dennis Township Bike Path (Cape May Courthouse) to Cold Spring Bike Path (Cape May)

**Trail surfaces:** Asphalt

**Trail category:** Rail-Trail

**Trail activities:** Bike,Inline

Skating, Walking, Wheelchair Accessible

## Parking & Trail Access

The Middle Township Bike Path runs between the Dennis Township Bike Path (Cape May Courthouse) and the Cold Spring Bike Path (Cape May).

Parking is available at:

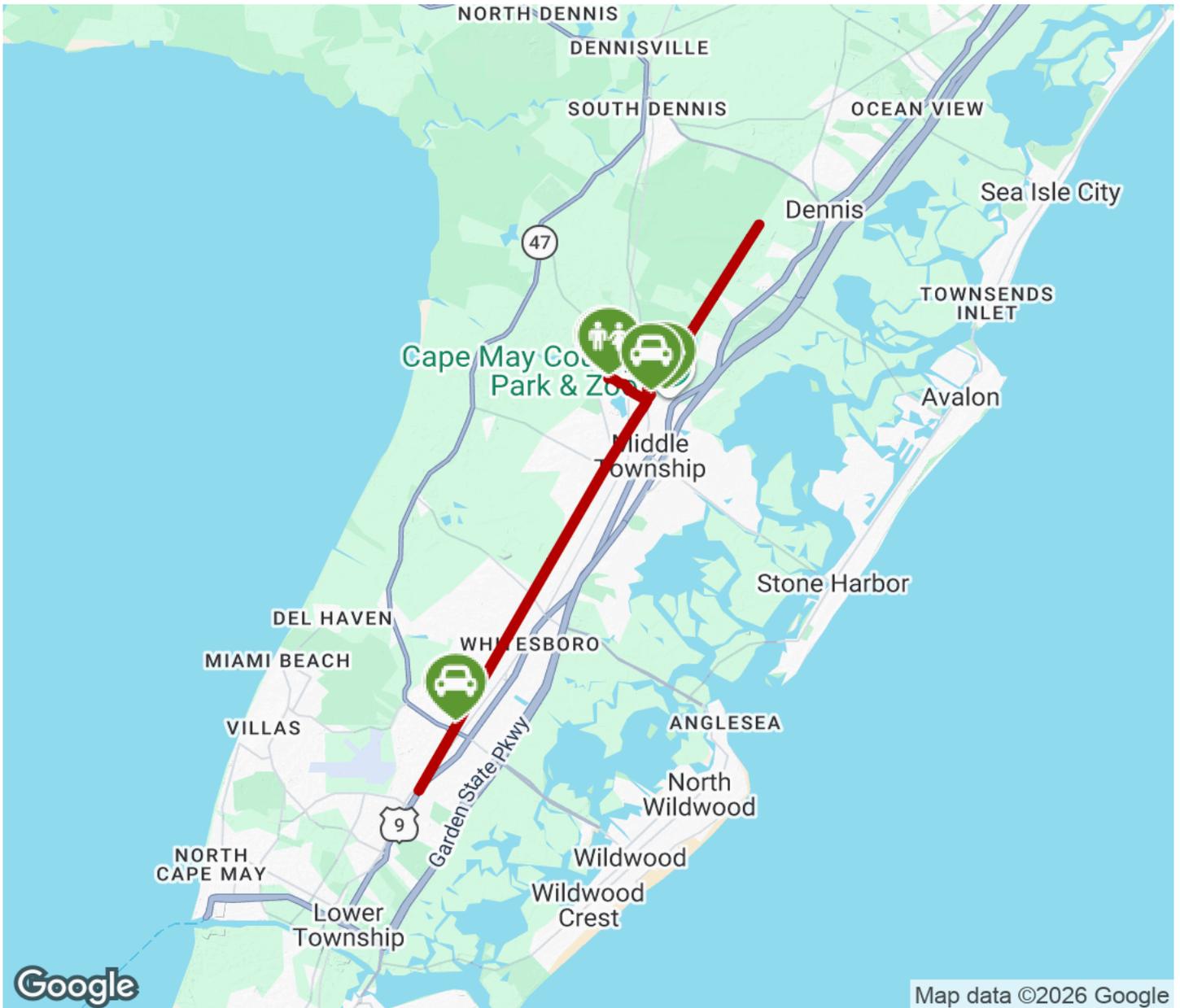
- Clarence Davies Sports Complex (Cape May Court House)
- Railroad Avenue Park, 11 N Railroad Ave. (Rio Grande)

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



# Middle Township Bike Path

New Jersey



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

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