



2026

TrailLink Unlimited



Guides



Traction Line Recreation Trail

New Jersey



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Running alongside a New Jersey Transit passenger line, the Traction Line Recreation Trail has been around since 1986, when Jersey Central Power & Light donated portions of the land to the Morris County Park Commission. Even though this trail runs parallel to an active transit line, the land was first owned by the Morris County Traction Company, which ran trolleys between Newark and Dover 1914–1928. The trolleys also used to take vacationers to the old Bertrand Island Amusement Park at the northern end of the line.

The Morris & Essex Line, which now parallels the trail (a configuration known as [rail-with-trail](#)), has a train station along the route that allows residents and tourists alike to access this trail for commuting to work or school, as well as for taking recreational trips to nearby places of interest.

The Traction Line Recreation Trail spans nearly 3 miles between Morristown and Madison. The northern end of the trail begins at Morris Avenue, across from Morristown National Historical Park, a worthwhile side excursion to explore sites significant to the American Revolution. Look for the trail entrance right before you cross Washington Avenue; a green BIKE ROUTE sign marks the start.

From the Morris Avenue entrance, you'll enjoy a pleasant walk or ride on smooth asphalt, with much of the path lined with greenery, where you may see wildlife such as deer, rabbits, and chipmunks. The trail is flat without any hills or steep grades, so it is accessible to users with different abilities and needs. It also offers 10 workout stations, called Fit-Trail stations, along the route, which provide opportunities to complete cardio, stretching, and strength-training exercises.

After 1.8 miles, you'll pass Convent Station, accessible via an at-grade, marked railroad crossing. Trail users, as well as vehicles on Convent Road, can cross the tracks to reach the train station. On the other side of the trail, across from the train station, is the entrance to the Academy of Saint Elizabeth, as well as the College of Saint Elizabeth. The trail continues farther southeast to end at Danforth Road, adjacent to Fairleigh Dickinson University. Eventually, the path will continue south of Danforth Road to Drew University in Madison.



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States: New Jersey

Counties: Morris

Length: 2.7miles

Trail end points: Morris Ave. and Washington Ave. (Morristown) to Danforth Road and Beech Ave. (Madison)

Trail surfaces: Asphalt

Trail category: Rail-Trail

Trail activities: Bike,Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

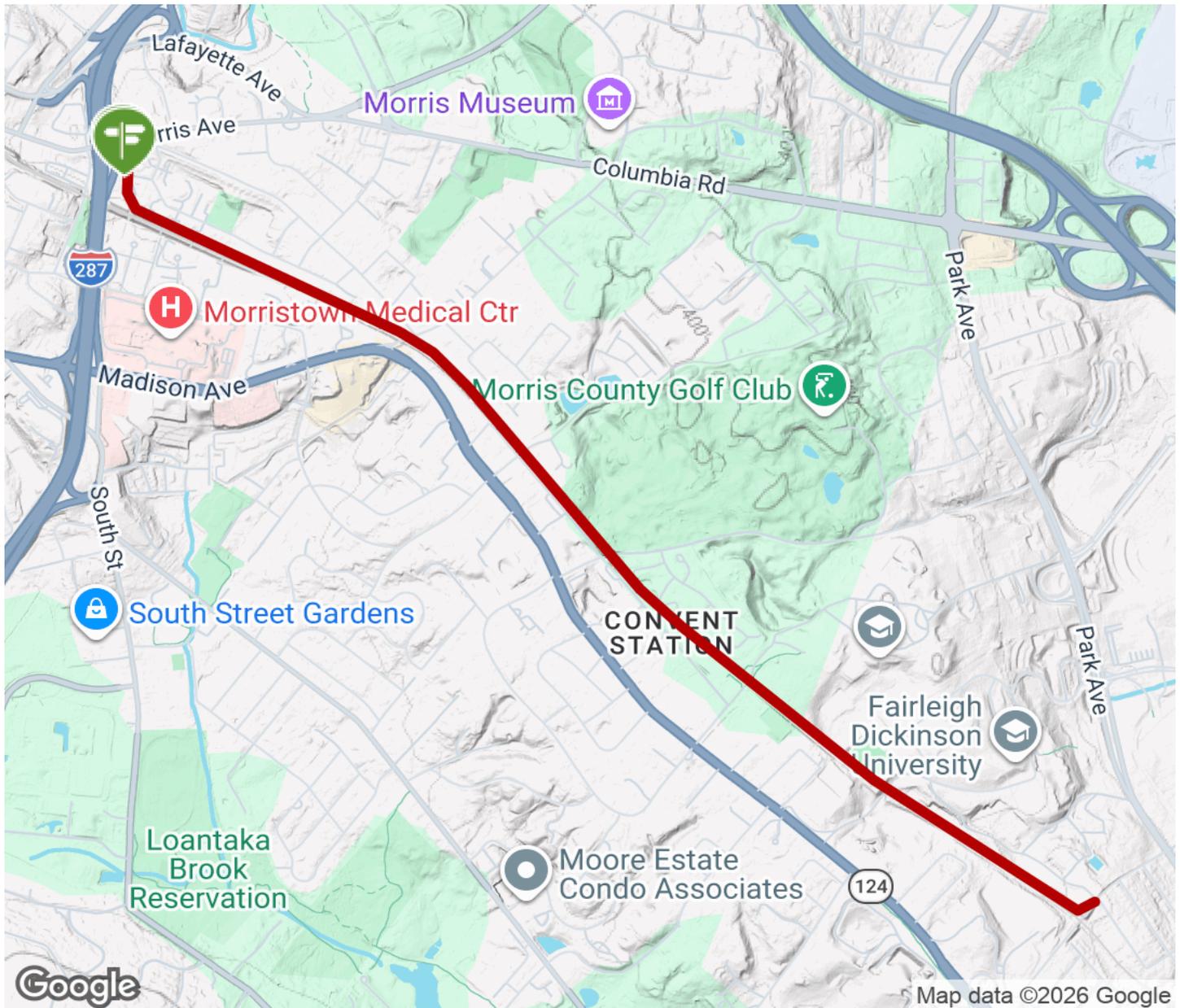
To reach parking near the northern end of the trail from I-287 N, take Exit 36A for County Road 510 E/Morris Ave. Take a right onto Morris Ave., then immediately bear right onto Washington Ave. In 200 feet, take a right onto W. Valley View Dr. In 380 feet, take a right onto Howell Pl., which dead-ends into the trailhead parking lot. From I-287 S, take Exit 36. Keep left to merge onto Lafayette Ave., and in 300 feet, turn left onto Ridgedale Ave. In 0.1 mile turn left onto Morris St., which becomes Morris Ave. Go 0.3 mile to Washington Ave., and then follow the directions above from there.

Although there isn't a parking lot at the southern end of the trail, on-street parking is available along Beech Ave. To reach it from I-287 S, take Exit 37 to NJ 24 E. Go 1.3 miles on NJ 24 E, and take Exit 2A for County Hwy. 510 W toward Morristown. Merge onto the Columbia Turnpike. In 0.1 mile turn left onto Park Ave. In 1.5 miles turn right onto Danforth Road. Go 0.2 mile, turn left onto Beech Ave., and look for parking; the trail entrance is at the intersection of Beech Ave. and Danforth Road. From I-287 N, take Exit 35, and turn right onto South St. In 400 feet, turn left onto Woodland Ave. Go 1.3 miles, and turn left onto Kitchell Road. Go 0.7 mile, and turn right onto Madison Ave./NJ 124. In 0.6 mile, turn left onto Danforth Road. Take a left onto Beech Ave. and look for parking; the trail entrance is at the intersection of Beech Ave. and Danforth Road.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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