



2026

TrailLink Unlimited 

Guides



**West Essex
Trail**
New Jersey



West Essex Trail

New Jersey

The West Essex Trail runs for 3.3 miles through Cedar Grove, New Jersey along the former rail bed of the Caldwell Branch on the old



at Arnold Way, although a better access point for the southern end of the trail would be where the trail crosses with Hillwood Terrace Rd.

The West Essex Trail runs for 3.3 miles through Cedar Grove, New Jersey along the former rail bed of the Caldwell Branch on the old Erie-Lackawanna Railroad.

About the Route

The trail's northern endpoint is located at the Essex-Passaic County Line, although the northernmost access point is just south of this at CR 612. South of here, the trail uses an old railroad trestle over the Peckman River and also passes a former psychiatric hospital, which housed patients in the late 19th to early 20th century. The property is now a conservation easement. The trail also crosses Cedar Grove Community Park.

Trail users will come to the southern endpoint of the trail



West Essex Trail

New Jersey

States: New Jersey

Counties: Essex

Length: 3.3miles

Trail end points: Essex-Passaic County Line
(Cedar Grove) to Arnold Way (Verona)

Trail surfaces: Cinder,Gravel

Trail category: Rail-Trail

Trail activities: Bike,Mountain

Biking,Walking,Cross Country Skiing

Parking & Trail Access

The West Essex Trail runs between Essex-Passaic County Line (Cedar Grove) and Arnold Way (Verona).

Parking is available at:

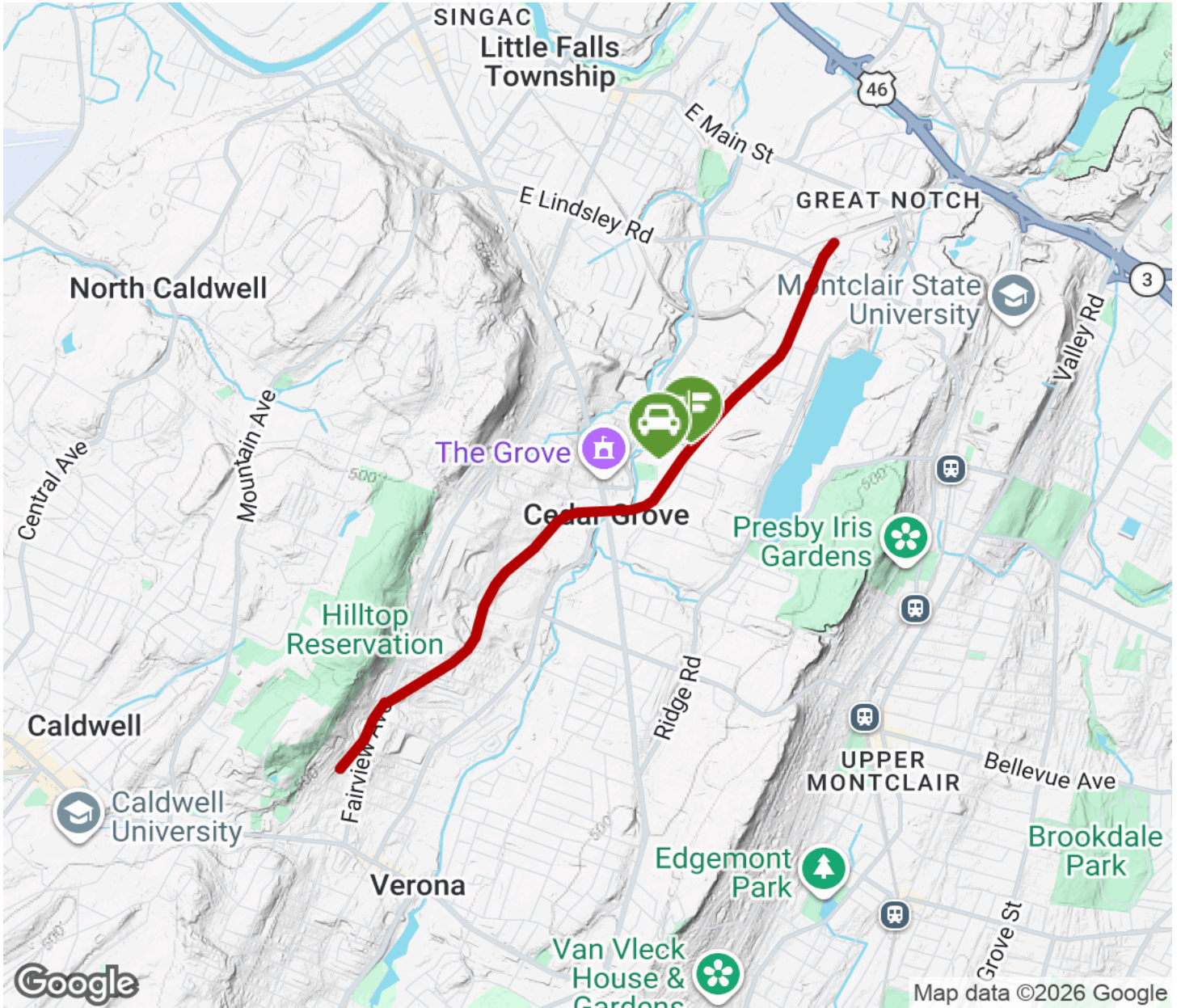
- Cedar Grove Community Park, 99 Slattery Dr. (Cedar Grove)

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



West Essex Trail

New Jersey



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)