



2026

TrailLink Unlimited



Guides



Saddle River County Park Bike Path

New Jersey



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Note: E-Bikes are now prohibited in all Bergen County Trails including the Saddle River County Park Bike Path. A 10mph speed



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The Saddle River County Park Bike Path winds alongside its namesake river through moderately dense suburban areas, with surroundings that vary between wooded and open. The trail attracts cyclists, runners, walkers, in-line skaters, dogs, families, and children commuting to and from school, all enjoying the trail's seamless connections between recreational, residential, and commercial points in the northern New Jersey suburbs. The county park is concurrent with the trail, consisting of five area sections.

About the Route

The northern endpoint of the Saddle River County Bike Path is at the park's Wild Duck Pond Area in Ridgewood. The pathway leaves just past the parking area, near the dog park and crosses under E Ridgewood Ave; follow signs to Glen Rock/Fair Lawn/Dunkerhook, The path is well signed along its entire length. Here, the trail follows the western riverbank as it makes its way south toward Grove Park. At Grove Street and Berkshire road, a trailhead, the trail briefly turns to follow Midland Avenue east, before crossing under it to arrive at Grove Park, a dense wooded expanse.

The trail heads south through Grove Park to find the Saddle River Waterfall, at a river fork where the Hohokus Brook joins the Saddle River. The gentle falls offers a popular wading and fishing spot. At the waterfall, a spur of the trail offers a path heading 0.7 miles northwest to the Glen Rock Pond. The main trail follows the river flow south, and crosses over to the eastern bank.

At the Dunkerhook Area, the trail shortly parts with the river and passes a playground and picnic areas. For a short span of about 300 feet south of the parking lot, the trail is open to one-way car traffic. Leaving the park, the trail crosses back to the western bank of the river.

After continuing south along the river bank for 1.5 miles the trail comes to the historical Easton Tower, built in 1899 on the site of a former gristmill. Ahead is the Otto C. Pehle Area of the trail's namesake county park, with a large lake popular for fishing, and several recreational facilities. Here, the trail passes under the Garden State Parkway before it splits to span both banks of the river for the remaining mile of the route. The southern endpoint of the Saddle River Pathway is at the Rochelle Park Area, at Railroad Avenue.



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States: New Jersey

Counties: Bergen

Length: 7.6miles

Trail end points: Wild Duck Pond Area
(Ridgewood) to Railroad Ave. (Rochelle Park)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Fishing, Inline
Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Saddle River County Park Bike Path runs between Wild Duck Pond Area (Ridgewood) and Railroad Ave. (Rochelle Park), with parking available at both trail ends.

Parking is also available at:

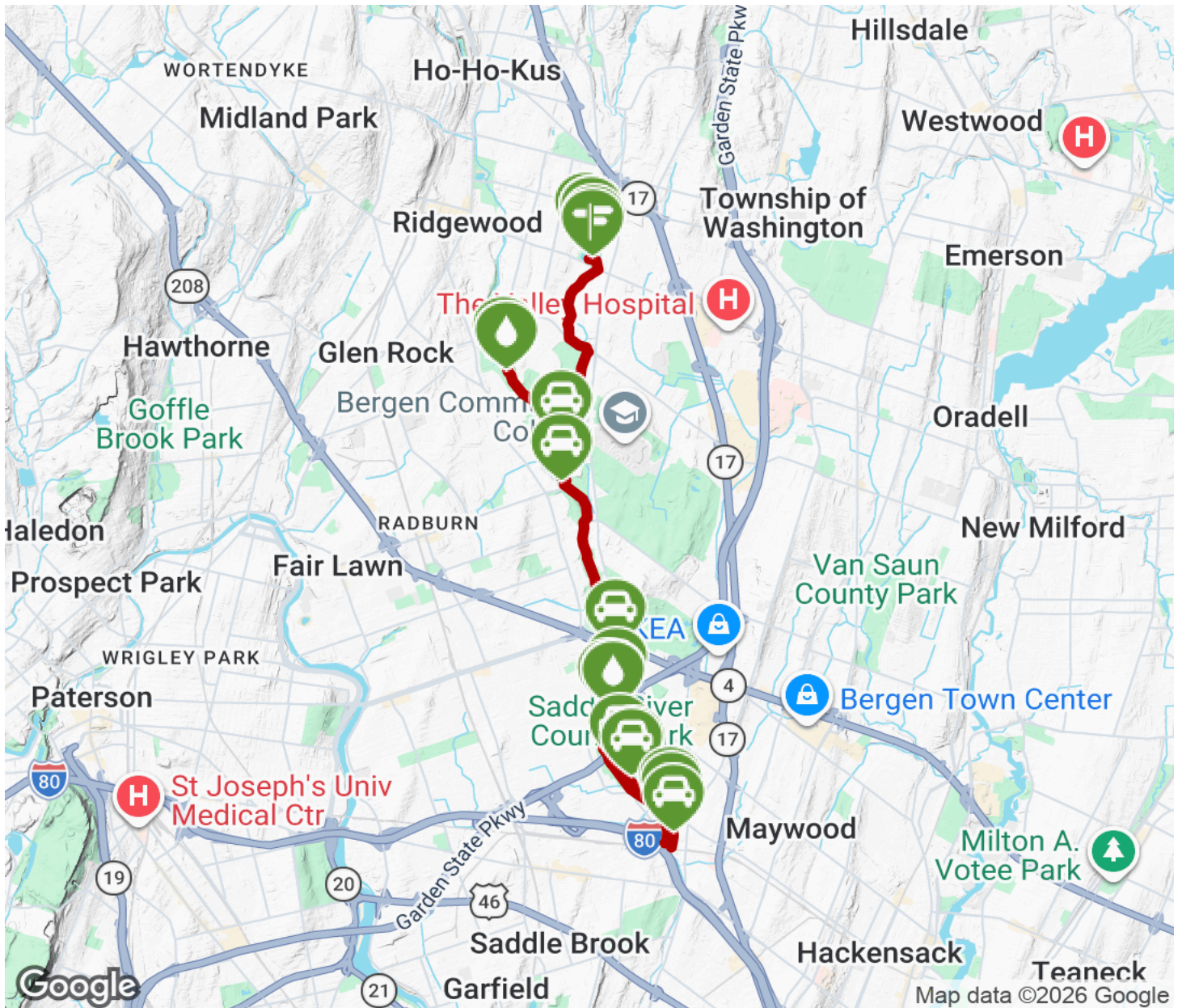
- 75 Alan Ave (Glen Rock)
- 4141 Dunkerhook Road (Paramus)
- 111 Red Mill Rd, at Easton Tower (Paramus)

These are approximate addresses and there are numerous parking options along this route. See [TrailLink Map](#) for all parking options and detailed directions.



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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com