



2026

TrailLink Unlimited 

Guides



**Cape
Henlopen
State Park
Bike Loop**
Delaware



Cape Henlopen State Park Bike Loop

Delaware

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Cape Henlopen State Park, on Delaware's Atlantic coastline, is one of the state's must-see destinations. William Penn (founder of Pennsylvania) once owned much of the land that's now the park, but in 1682, through local resident Edmund Warner, he gave the community free rein to use it for recreation and fishing. After his death, it remained open for public use, officially becoming a state park in 1964.

A trail loop through the state park offers 3.8 miles of paved riding with views of maritime forest, sand dunes, and other picturesque natural settings. In the spring, the Cape is also a stopping point for thousands of migrating birds, and horseshoe crabs lay their eggs on the bayside beaches, providing a food source for the birds. The trail is relatively level, except for two steep sections: one on the

approach to the Fort Miles Historic Area on the southeast section of the loop, and the other just west of the campground.

About the Route

Trail users can begin their journey at Cape Henlopen State Park Bike Loop adventure at the Seaside Nature Center, where there is parking, restrooms, and displays of the area's fascinating wildlife. Heading east from the nature center, the trail crosses a park road in 0.5 miles and there is a sign for the bathhouse. Here, trail users have access to a coastal swimming beach, a food concession, and restrooms.

In another 0.5 miles, the bike path enters the Fort Miles Historic Area and the remnants of a military base hastily constructed in the early days of World War II to help protect the East Coast from the potential invasion of German forces. The grounds include an orientation building, several barracks, and a fire-control tower that would have located enemy ships and coordinated attacks against them. That history is recounted in a re-furnished gun battery that now serves as a museum.

Just west of the Fort Miles parking lot, the trail crosses Dune Road and sees the observation tower, where visitors can climb a spiral staircase for panoramic views of Delaware's Cape Region. Rounding out the bottom of the loop, the route travels through a pleasantly wooded section and, in 0.6 miles, reaches the historical Fire Control Tower 12. Continuing the route north, the trail largely parallels Engineer Road up to Cape Henlopen Drive, the entrance road to the park, which trail users can follow east back to the nature center.

Connections

There are a handful of un-paved nature trails to enjoy ([Seaside Nature Trail](#), [Pinelands Nature Trail](#), and [Walking Dunes Trail](#)), along with two rail trails: The Junction & Breakwater Trail sits on the western edge of the park, connecting the



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States: Delaware

Counties: Sussex

Length: 3.8miles

Trail end points: Cape Henlopen Dr. and Dune Rd. to Fort Miles Historic Area

Trail surfaces: Asphalt, Concrete

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible

Parking & Trail Access

The Cape Henlopen State Park Bike Loop runs in a loop around Cape Henlopen State Park.

Parking is available at:

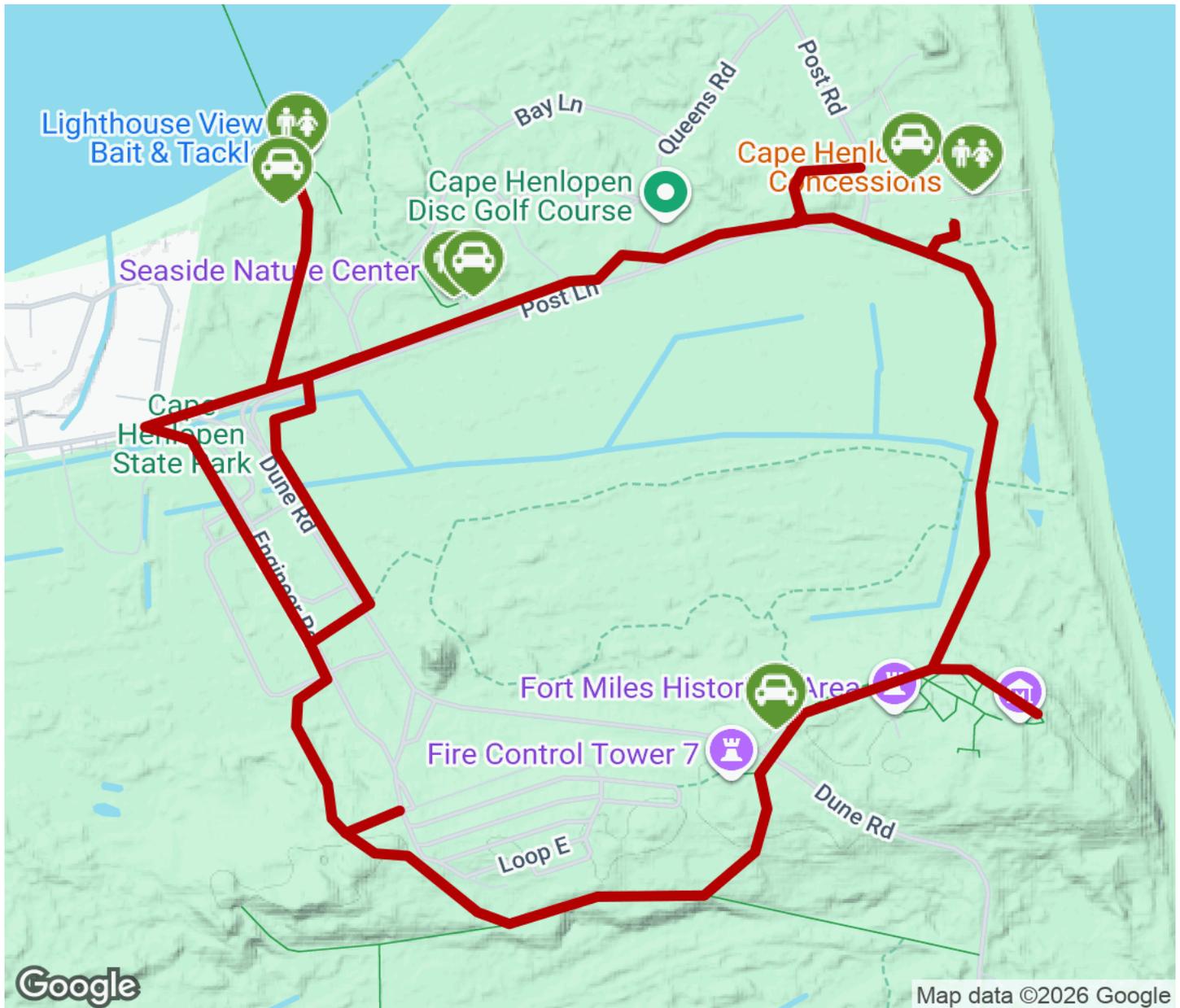
- 15099 Cape Henlopen Dr. (Lewes)
- 14884 Bay Rd. (Lewes)

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



Cape Henlopen State Park Bike Loop

Delaware



Trailhead



Restroom



Parking



Water Fountain



Tunnel



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