



2026

TrailLink Unlimited 

Guides



**Joseph M.
McDade
Recreational
Trail**

Pennsylvania



Joseph M. McDade Recreational Trail

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Note: With a surface of large-sized gravel, the trail is not recommended for road bikes or mountain bikes with no



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The Joseph M. McDade Recreational Trail runs nearly the length of the Delaware Water Gap National Recreation Area on the Pennsylvania side of the Delaware River across from New Jersey. The protected area preserves the flora and fauna, as well as historical and archaeological sites, in a steep gorge that the river carved through a ridge in the Appalachian Mountains. Several waterfalls crash along the cliffside.

The gravel path runs 31.3 miles along the river, except for a nearly mile-long section that climbs from the river to the visitor center on a ridge overlooking the southern

section. Trailheads are less than 5 miles apart and are connected by a free bus shuttle that runs on weekends through the summer. A 2.5-mile section below the cliff face between the Conashaugh and Pittman Orchard trailheads (miles 26 to 28.5) is closed from December 15–July 15 every year to avoid disturbing nesting eagles.

About the Route

Leaving off from the southern Hialeah trailhead in East Stroudsburg, the trail runs along a fairly flat segment through the woods along the river for about 6 miles to the Owens trailhead, where it climbs a ridge on switchbacks for 0.7 miles to the park's visitor center. Observation platforms here allow visitors to see the river below and wildlife. This is the most difficult section of the trail.

The next 3.5 miles cross rolling terrain into the Bushkill area, once a busy resort and farming community. Archaeological studies here also reveal American Indians once thrived in this area. The trail runs between US 209 and the Delaware River over the next several miles, arriving at the former site of the Egypt Mills.

The trail variously passes through cropland and forests to a good view of the river at Eshback Access, a boat launching site. The woods north of here teem with wildlife, and trail users may see bears and deer along with squirrels, chipmunks, and raccoons. The longest stretch between trailheads—5.3 miles—occurs between Jerry Lees trailhead and Schneider Farm trailhead at mile 21.4.

In another 1.1 miles, the trail reaches Dingmans Campground, which has 133 campsites (No backcountry camping is permitted west of the Delaware River, and river campsites are reserved for boaters). The trail and US 209 follow a narrow band between the river and cliffs for much of the remaining 9 miles. The trail comes to the popular Raymondskill Falls about 6 miles past the campground.



Joseph M. McDade Recreational Trail

Pennsylvania

States: Pennsylvania

Counties: Pike

Length: 31.2miles

Trail end points: Hialeah Trailhead (East Stroudsburg) to Milford Beach, 150 Milford Beach Rd. (Milford)

Trail surfaces: Gravel

Trail category: Greenway/Non-RT

Trail activities: Fishing, Mountain Biking, Walking, Cross Country Skiing

Parking & Trail Access

The Joseph M. McDade Recreational Trail runs between the Hialeah Trailhead (East Stroudsburg) and Milford Beach, 150 Milford Beach Rd. (Milford), with parking available at both ends.

Parking is also available at:

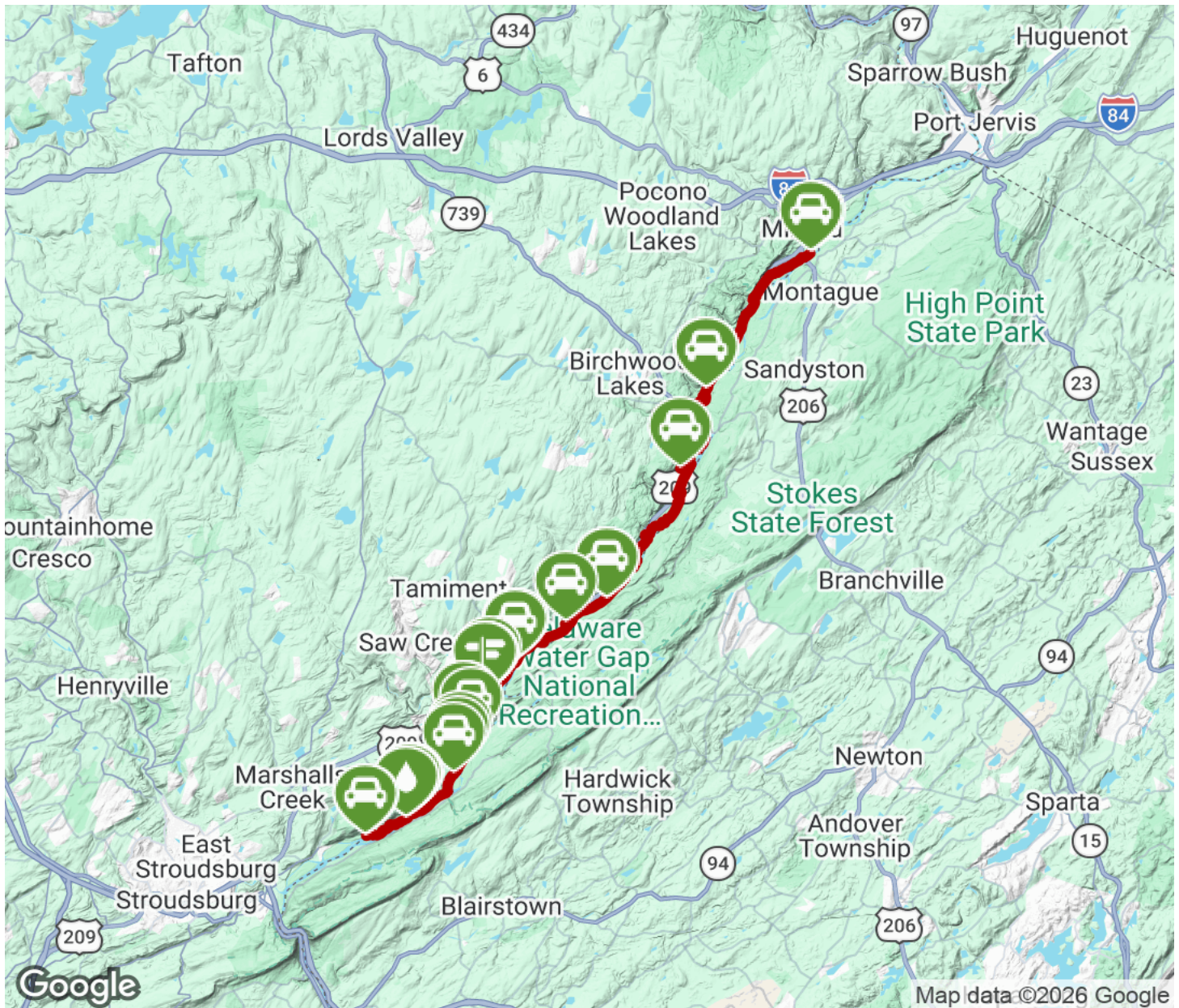
- 1978 River Rd. (Bushkill)
- 6414 Milford Rd. (East Stroudsburg)
- 3251 US-209 (Bushkill)

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



Joseph M. McDade Recreational Trail

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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