



2025

TrailLink Unlimited



Guides



**Sandy Hook
Multi-Use
Pathway**
New Jersey



Sandy Hook Multi-Use Pathway

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The Sandy Hook Multi-Use Pathway travels 8.7 miles alongside the picturesque beaches and historical monuments of the Sandy Hook peninsula, at the northern tip of the Jersey Shore. Located mostly inside Gateway National Recreation Area, the trail takes users through the army batteries of Fort Hancock and the Sandy Hook Lighthouse, the oldest working lighthouse in the United States.

About the Route

The Sandy Hook Multi-Use Pathway's northern endpoint is east of the intersection of Atlantic Drive and Ford Road, by Parking Lot G, Battery Gunnison, and Gunnison Beach.

This trailhead features beach access, restrooms, drinking fountains, and a bike-maintenance station, and periodically features food trucks in the summer.

From the northern endpoint, immediately before Ford Road, the trail diverges into two pathways that re-converge at the intersection of South Bragg Drive and Knox Road, creating a loop around the historic army batteries. (This northern portion of the peninsula also houses an array of unnamed multi-use trails that split off from the Sandy Hook Multi-Use Pathway.) The east side of the loop that hugs Ford Road takes users along the beach to North Beach Observation Deck, while the inland loop takes the trail past the historic Sandy Hook Lighthouse. Several of the monuments in this area are open to visitors. Check National Park Service listings for opening hours.

At South Bragg Drive and Knox Road, the pathway goes south, and follows the western shoreline, providing a beautiful view of the Sandy Hook Bay. About 0.7 mile south of Sandy Hook Chapel, the trail passes Guardian Park and two Nike missiles, honoring the Cold War missile men of the U.S. Army. Continuing to follow Hartshorne Drive 4.5 miles from the missiles, the sun-dappled pathway travels south as the peninsula narrows, passing various beaches with public access until Hartshorne Drive becomes Ocean Avenue. Here, the trail travels adjacent to the road, past private beaches and residential homes.

The Sandy Hook Multi-Use Path's southern trail-end is just north of Anchorage Beach, which lies 0.3 mile south of the terminus. The beach features public parking, outdoor showers, restrooms, and public beach access for a fee.

Connections

The Sandy Hook Multi-Use Pathway houses an array of unnamed trails that spur from the trail, especially in the northern portion of the peninsula, providing additional access



Sandy Hook Multi-Use Pathway

New Jersey

States: New Jersey

Counties: Monmouth

Length: 8.7miles

Trail end points: Atlantic Dr. (Sandy Hook) to
798 Ocean Ave N. (Sea Bright)

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Inline

Skating, Wheelchair Accessible, Walking

Parking & Trail Access

The Sandy Hook Multi-Use Pathway runs between Atlantic Dr. (Sandy Hook) and 798 Ocean Ave N. (Sea Bright), with parking available in Sandy Hook.

Parking is also available at:

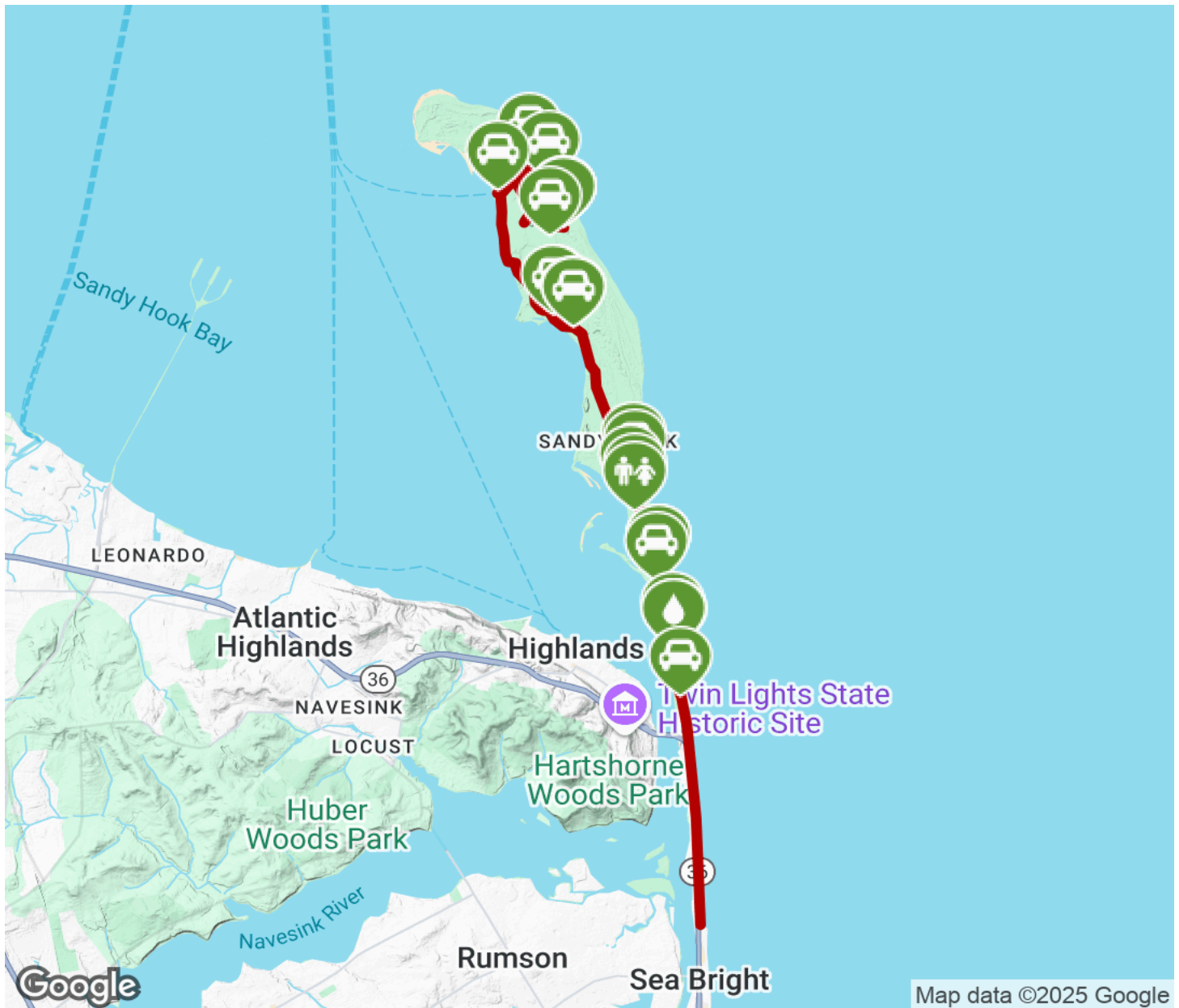
- Hartshorne Dr and Atlantic Dr (Sandy Hook)
- Lot C, Hartshorne Dr (Sandy Hook)
- Lot A near Ocean Ave and Hartshorne Dr (Sandy Hook)

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

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