



2026

TrailLink Unlimited 

Guides   



**John Heinz
Refuge Trail
Pennsylvania**



John Heinz Refuge Trail

Pennsylvania

The John Heinz Refuge Trail and various footpaths at John Heinz National Wildlife Refuge at Tinicum stand in stark contrast to the



The John Heinz Refuge Trail and various footpaths at John Heinz National Wildlife Refuge at Tinicum stand in stark contrast to the urban setting that surrounds this refuge. At different points on this flat and hard-packed trail, trail users are treated to views of the Philadelphia skyline, while the immediate surroundings encompass 1,000 acres of water, marsh grasses, and trees.

About the Route

Expect to see lots of migratory birds here as this freshwater tidal marsh—the largest in Pennsylvania—is a resting and feeding spot for some 300 species of birds, as well as 80 nesting species. Deer, coyotes, raccoons, beavers, and otters are among the mammals that also make their home here, along with many fish and reptiles.

The refuge trail is part of the Circuit Trails, a developing 800-mile urban network of trails in Greater Philadelphia, of which about 350 miles are currently complete. It's also on the East Coast Greenway that will eventually extend 3,000 miles from Maine to Florida.

The refuge is open sunrise–sunset; check the exact times for the season at the entrance gates. Bicycles are allowed only on designated service roads in the refuge. All visitors must remain on the trails, which comprise service roads and footpaths. While the refuge has an estimated 10 miles of trails and footpaths, about 9.4 miles are multiuse or maintained for hikers. Pets are allowed, but must be on a leash and must stay out of the water. Fishing is allowed with a Pennsylvania fishing license.

The main trail forms a figure eight along the shoreline of the impoundment lake and along Darby Creek, which flows into the Delaware River. Footpaths intersect along the way. Taking the right fork after leaving the parking lot (counterclockwise around the lake), trail users will encounter a boardwalk at 0.2 mile that crosses the lake. In 0.5 mile past the boardwalk, the trail comes to a two-story wildlife observation platform on the shoreline.

The southern side of the figure eight's lower lobe passes alongside I-95 in the vicinity of the Philadelphia International Airport. At the extreme western end, a section of trail dead-ends at the point of a jetty beyond State Route 420/Wanamaker Avenue.

Connections

The refuge trail is part of the Circuit Trails, a developing 800-mile urban network of trails in Greater Philadelphia, of which about 350 miles are currently complete. It's also on the East Coast Greenway that will eventually extend 3,000 miles from Maine to Florida.



John Heinz Refuge Trail

Pennsylvania

States: Pennsylvania

Counties: Delaware, Philadelphia

Length: 7.7miles

Trail end points: Lindbergh Blvd.
(Philadelphia) to Wanamaker Ave. (Tinicum
Township)

Trail surfaces: Crushed Stone, Gravel

Trail category: Greenway/Non-RT

Trail activities: Bike, Fishing, Walking,
Wheelchair Accessible

Parking & Trail Access

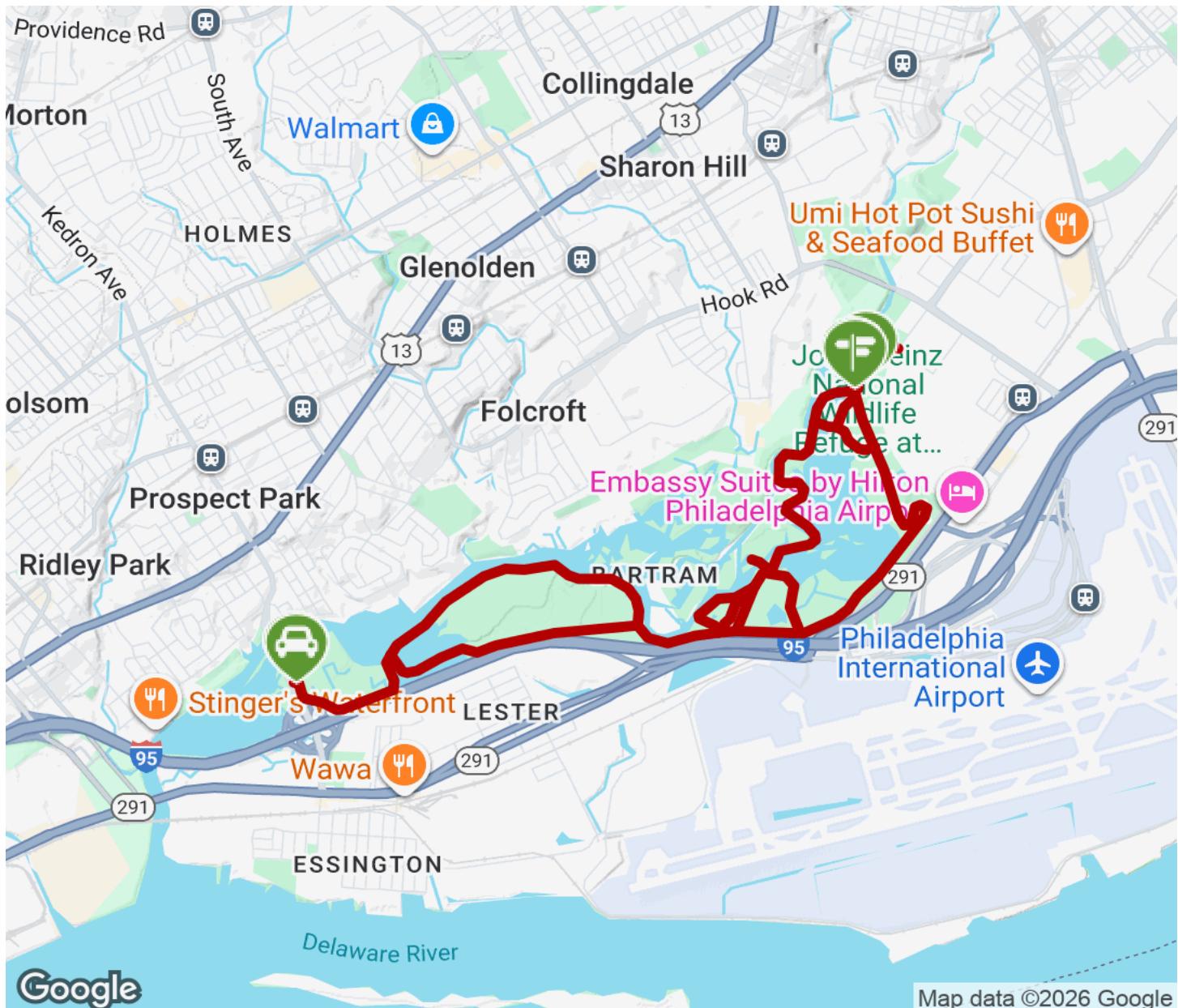
The John Heinz Refuge Trail runs between Lindbergh Blvd. (Philadelphia) and Wanamaker Ave. (Tinicum Township), with parking available at either end.

Please see [TrailLink Map](#) for detailed directions.



John Heinz Refuge Trail

Pennsylvania



Trailhead



Restroom



Parking



Water Fountain



Tunnel



TrailLink
by Rails-to-Trails Conservancy

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