

Day: Friday	Start Time: 9:00 am	End Time: 4:30 pm
Co-Leader:	Co-Leader:	Limit: 12 people
Transportation: Personal Cars	Driver:	Radios: 3 / First Aid Kit: 1
Fees: Bike Rental: \$60 for 3 Hours directly from the vendor Parking: \$10 per car (get a receipt)	Travel Distance: 65 Miles R/T	Travel Time: 100 Min R/T

Five Bridges Bike Tour on the McDade Trail – Southern

Experience biking along the scenic McDade Trail! Enjoy a **five-mile** ride across beautiful bridges to the historic Owen’s Natural Spring House. Once there, choose between a **ten-mile** round-trip or venture further for breathtaking views of the Delaware River, perfect for all skill levels. Most excursions last two to three hours, providing ample time to relax and swim in the river afterward.

Join a self-guided bike tour through the Delaware Water Gap National Recreation Area along the 30-mile McDade Trail, which stretches from the Hialeah Picnic Area to Milford, PA. Discover designated picnic and swimming spots, complete with restrooms along the route.

In the southern section of the trail, take in stunning mountain views, river panoramas, historical landmarks, and vibrant wildlife, with remnants of old settlements inviting exploration.

Need a bike? Rentals are provided at the Smithfield Beach trailhead from [Action Bikes and Outdoor](#), which includes a bike and a helmet. Enjoy amenities such as swimming areas, picnic spots, and restrooms at Smithfield Beach. Please note that a \$10 parking fee applies per vehicle.

Embark on this memorable biking adventure today!

- Bring: Bike or rent a bike, helmet, spare tire, bike tools, bike lock, at least two liters of water, food, a backpack to store food and water, and bike gloves
- Pack lunch during breakfast.
- Participants will rent bikes directly from [Action Bikes and Outdoor](#). The listed price is \$60 plus tax.
- Private bikes: You must be able to drive your bike to the parking lot for the starting point. \$10 per vehicle for parking (driver keeps receipt for reimbursement)
- 9:30 am ~ 4:30 pm
- Limit: 12 people
- Distance from Camp 61 Miles / 90 Min R/T
- Vehicle: Personal Cars
- [McDade Trail Description/Map](#)

Logistics:

- 9:00 am: Depart from camp.
- 9:00 am - 9:15 am - Travel from [Camp Nah-Jee-Wah to Action Bikes and Outdoor](#).
- 9:15 am - 9:45 am Renters will rent bikes and load the rented bikes on the drivers' cars.
- 9:45 am - 10:30 am – Drive from [Action Bikes and Outdoor to Smithfield Beach](#)
- 10:30 am - 11:15 pm Gear up, Safety Talk
- 11:15 am - 1:30 pm Bike ride along McDade Trail
- 1:30 pm – 2:30 pm Lunch at the beach, swim
- 2:30 pm – 3:15 pm [Travel from Smithfield Beach to Action Bikes and Outdoor](#)
- 3:15 pm – 3:40 pm Return rental bikes
- 3:40 pm – 3:45 pm – [Drive to Milford Dairy Bar, 307 W Harford St, Milford, PA 18337](#)
- 3:45 pm – 4:15 pm – Enjoy Ice Cream
- 4:15 pm – 4:30 pm – Return to camp (Be back by 4:30 at the latest)

McDade Bike Trail

Vendor:

TC at [Action Bikes and Outdoor](#)

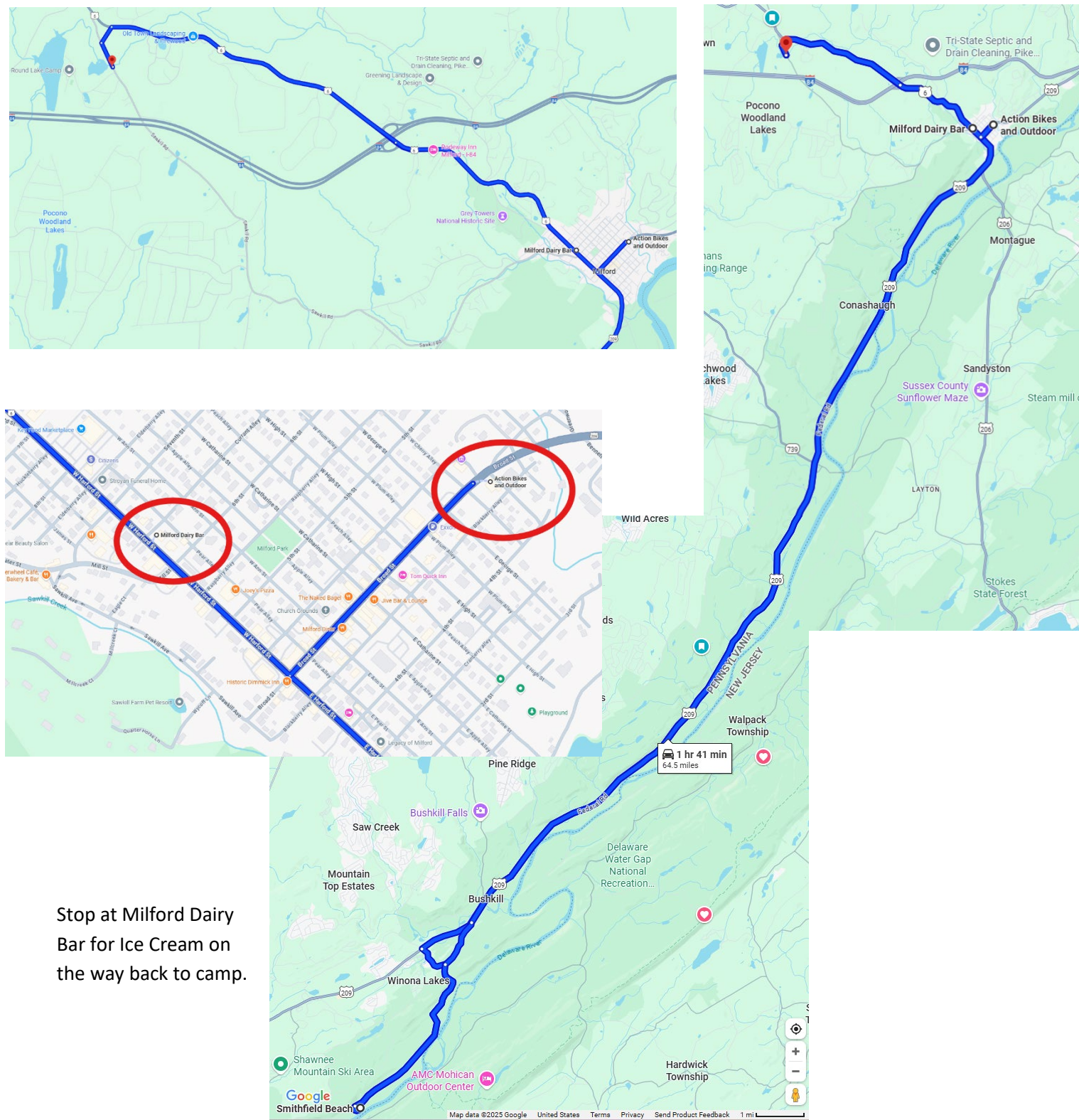
- 611 Broad Street, Milford, PA
- [570-296-4009](tel:570-296-4009)
- tc@actionbikesandoutdoor.com

Brian will prepay the rentals.

<https://maps.app.goo.gl/acJM3aXA8tiqqwKw6>



JOE 2025 Information Packet for **Five Bridges Bike Tour along the McDade Trail – Southern**



Driving Directions from Camp Nah-Jee-Wah to Smithfield Beach National Recreation Area

<https://maps.app.goo.gl/acJM3aXA8tiqqwKw6>

- A. Camp Nah-Jee-Wah, 570 Sawkill Rd, Milford, PA 18337
- B. Action Bikes and Outdoor, 611 Broad St, Milford, PA 18337
- C. Smithfield Beach National Recreation Area: [41.029998, -75.050630](#)
State Rte 2028(River Road), East Stroudsburg, PA 18302
- D. Milford Dairy Bar: 307 W Harford St (Rt.6), Milford, PA 18337

1 hr 41 min (64.5 miles) Round Trip via US-6 E / 1 hr 41 min without traffic

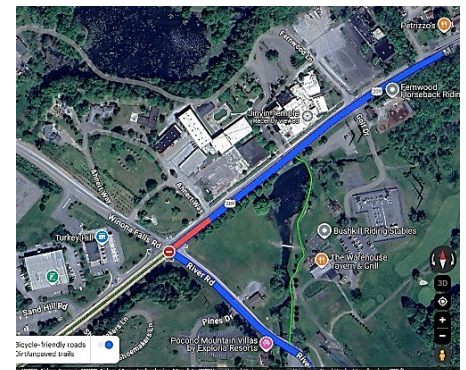
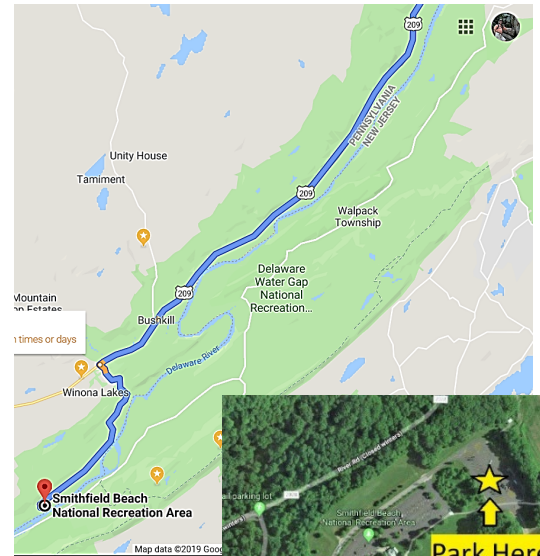
Start: Camp Nah-Jee-Wah -570 Sawkill Rd, Milford, PA 18337

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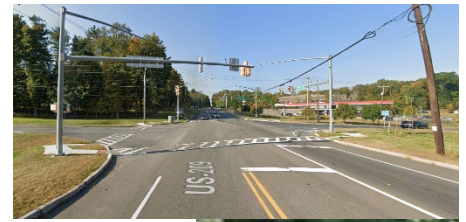
1. Head out of camp and turn left onto Sawkill Rd toward Bridge Rd
 - a. Go 0.2 mi
2. Turn right onto Bridge Rd
 - a. Go 0.2 mi
3. Turn right onto US-6 E
 - a. Go Past Rt. 84 at 2.7 mi
 - b. Total Go 4.9 mi to the only stoplight in town
4. Turn left onto Broad St
 - a. Go 0.4 mi

Arrive at Action Bikes and Outdoor, 611 Broad St, Milford, PA 18337 on the right.

5. After loading the bikes, go back the way you came and head southwest on Broad St toward W Cherry Alley.
 - a. 0.4 mi back to the main light in town
6. Go straight at the only light in the town of Milford to take Routes 209 / 206 South. (Route 6 will turn left, but stay straight.) Go 21.7 Miles.
 - a. Route 206 turns just south of Milford shortly after the light.
 - b. Obey the 45 mph speed limit or risk a federal park speeding ticket.
 - c. You will pass by Petrizzo's Pizza , Jinyin Temple, and the World League. River Road will be at a light just after this.
 - d. There will be a Turkey Hill Gas Station/convenience store on the right corner at the light when you turn left.



7. At the light, turn left onto River Rd. Go 4.8 mi.
8. Watch for signs on the road to turn left onto Smithfield Beach, Delaware Water Gap National Recreation Area.
 - e. River Road is a narrow, hilly road. Slow down, or you'll go airborne. There are a few ups and downs to note.
 - f. There is only a sign going south for Smithfield Beach. It's easy to miss since it is located at the turn, and turning around is also challenging. If you see signs for Hialeah, you went 2 miles too far.
 - g. Smithfield Beach costs \$10 per car. Part of the \$18 Transportation Fee will go towards this cost. Please keep the receipt.
9. Once past the gate, turn left and proceed to the far end of the area, towards the boat launch. You will find the McDade Trailhead and Action Bikes and Outdoor there. Bathrooms are in the middle of the complex.



END: Smithfield Beach, River Rd, East Stroudsburg, PA 18302

After the bike ride, head back to Action Bike and Outdoors to return rentals

1. Turn right out of Smithfield Beach driveway onto River Road.
 - a. Go 4.1 mi
2. Right onto US-209 N
 - a. 20.5 mi
3. Turn right onto Broad St at the main light in the town of Milford.
 - a. 0.4 mi
4. Arrive at Action Bikes and Outdoor, 611 Broad St, Milford, PA 18337
41 min (26.2 mi)

After returning bike rentals:

5. Turn left back the way you came on Broad St toward W Cherry Alley
 - a. Go 0.4 mi
6. Turn right onto W Harford St (Rt 6 North).
7. Pass by NBT Bank (on the left in 0.2 mi)
8. Milford Dairy Bar, 307 W Harford St, Milford, PA 18337, past NBT Bank on the right
0.3 mi / 2 min (0.6 mi)

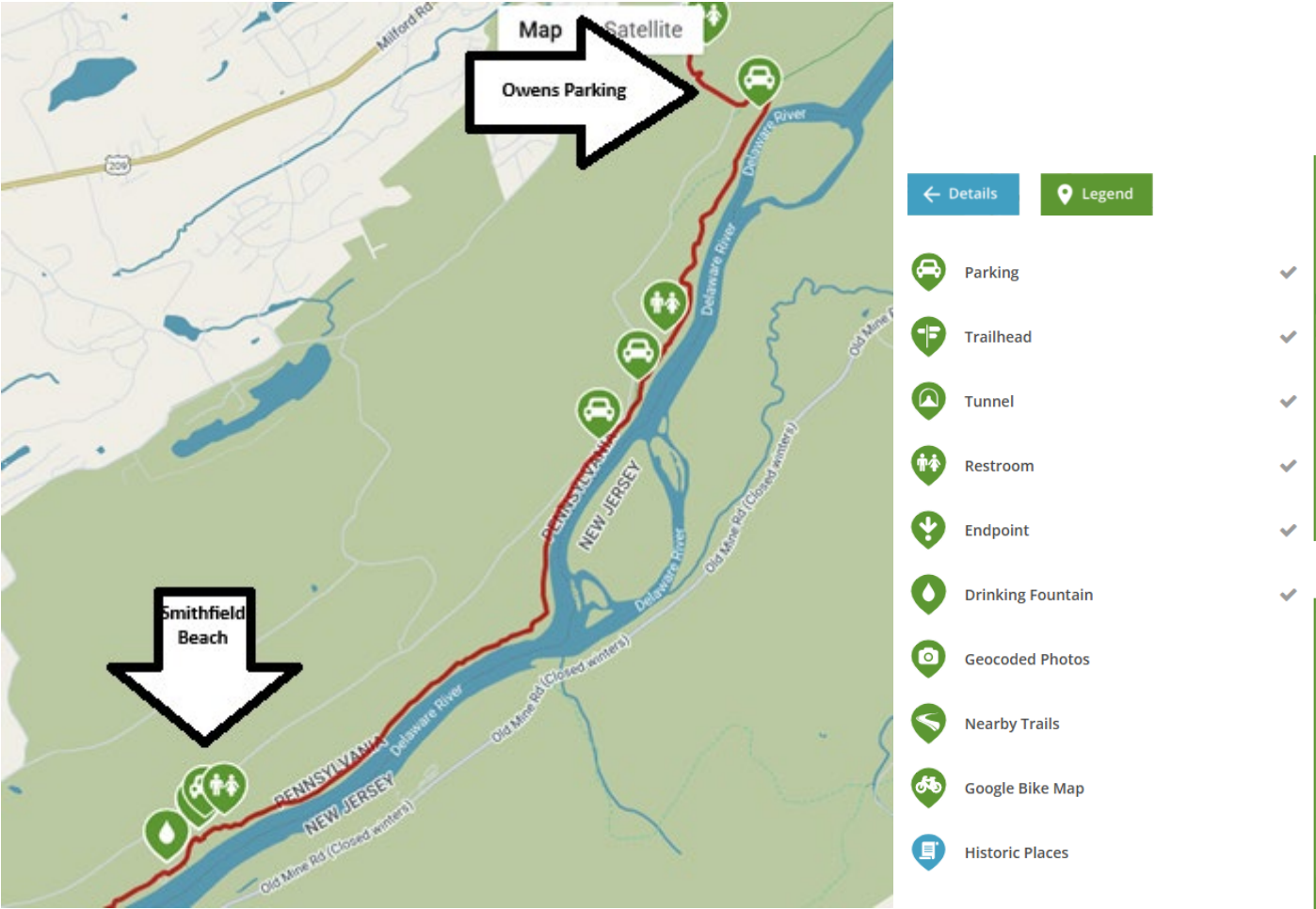
After Ice Cream, turn right onto US-6 W/W Harford St toward Currant Alley

- a. Go 4.6 mi
9. Turn left onto Bridge Rd
 - a. Go 0.2 mi
10. Turn left onto Sawkill Rd
11. Turn right into Camp Nah-Jee-Wah, 570 Sawkill Rd, Milford, PA 18337
7 min (5.0 mi)

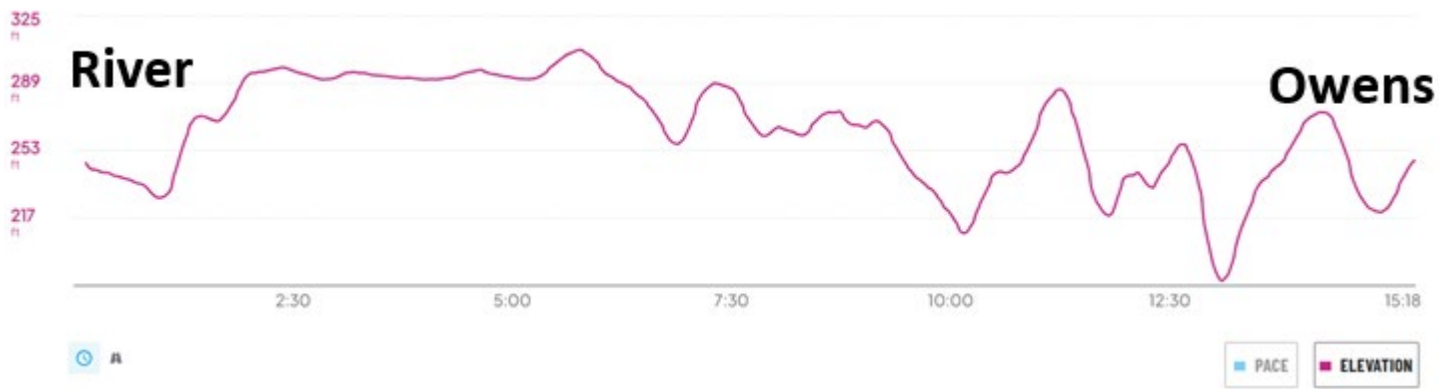
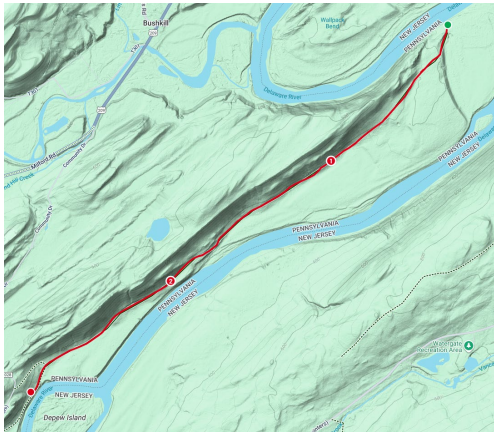
Bike Directions



<https://www.traillink.com/trail-maps/joseph-m-mcdade-recreational-trail/>



Extention to Bike Ride



2.86 Miles to river from Owend Parking / VERY HILLY / Many potholes

Nearest Hospital:

Lehigh Valley Hospital – Pocono: 206 E Brown St, East Stroudsburg, PA 18301: <http://www.poconohealthsystem.org>

(570) 421-4000 Ext 4 for ER

15 Min / 9 Miles

