

TRAILS

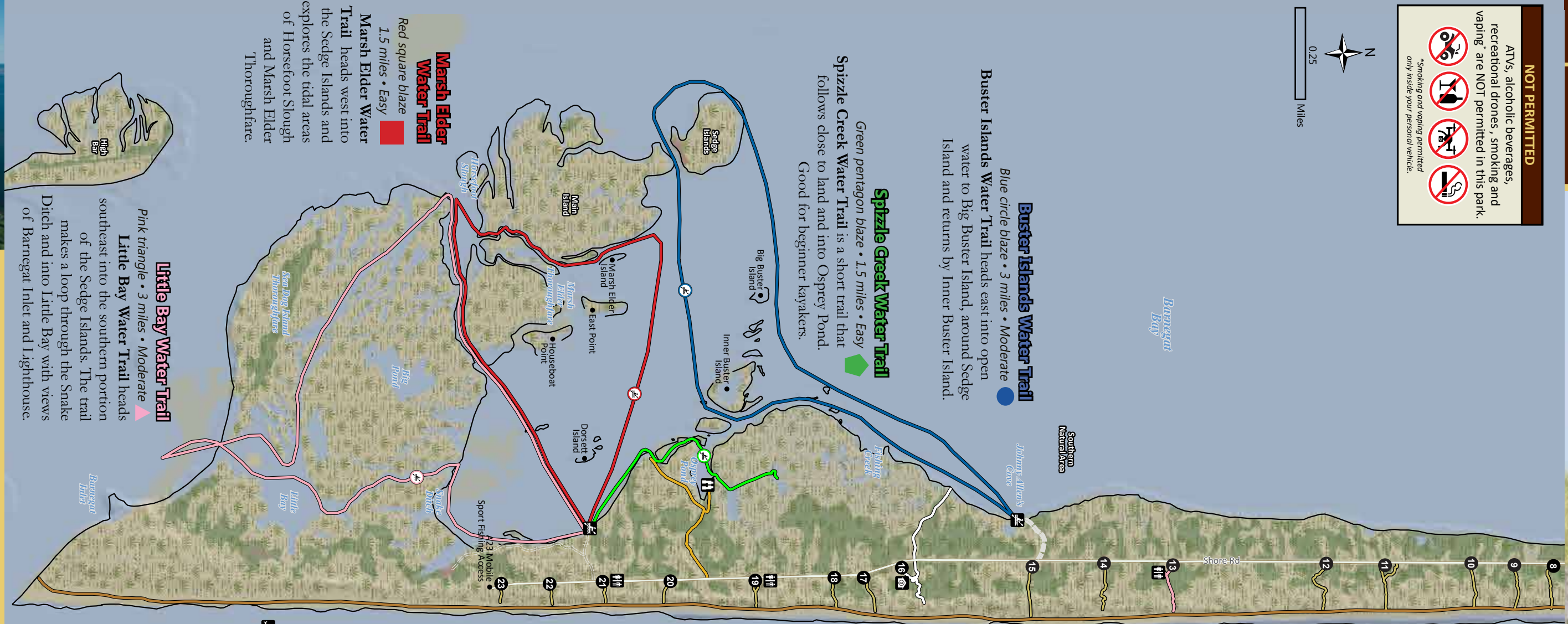
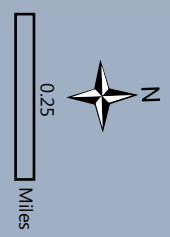
Island Beach State Park



NOT PERMITTED

ATVs, alcoholic beverages, recreational drones, smoking and vaping* are NOT permitted in this park.

*Smoking and vaping permitted only inside your personal vehicle.



Buster Islands Water Trail
Blue circle blaze • 3 miles • Moderate
Buster Islands Water Trail heads east into open water to Big Buster Island, around Sedge Island and returns by Inner Buster Island.

Spizzle Creek Water Trail
Green pentagon blaze • 1.5 miles • Easy
Spizzle Creek Water Trail is a short trail that follows close to land and into Osprey Pond. Good for beginner kayakers.

Little Bay Water Trail
Pink triangle • 3 miles • Moderate
Little Bay Water Trail heads southeast into the southern portion of the Sedge Islands. The trail makes a loop through the Snake Ditch and into Little Bay with views of Barnegat Inlet and Lighthouse.

Marsh Elder Water Trail
Red square blaze
1.5 miles • Easy
Marsh Elder Water Trail heads west into the Sedge Islands and explores the tidal areas of Horsefoot Slough and Marsh Elder Thoroughfare.

Cranberry Trail
Pink • 0.1 miles • Hiking
Easy to Moderate
Boardwalk and loose sand
Trailhead: 6.5 miles south of the park entrance at parking area 13. **Cranberry Trail** leads through the dunes to the beach. A bridge crosses over a small freshwater wetland where rainwater collects in the hollow between dunes. This creates a soggy environment that is perfect for freshwater wetland plants. **In fall, look closely for cranberries.**

Johnny Allen's Cove Trail
White • 0.4 miles • Hiking
Easy • Wide, flat, with compact sand
Trailhead: Seven miles from park entrance, next to the interpretive center. The ocean side of **Johnny Allen's Cove Trail** takes you through Island Beach's best example of a coastal thicket. When you exit the coastal thicket, you enter into the secondary dunes. Continue on the trail to the primary dunes for a spectacular view of the ocean. Protect the dunes, stay on the trail. The bay side of **Johnny Allen's Cove Trail** leads to a salt marsh with an osprey nesting platform rising above it.

Spizzle Creek Trail
Dark yellow
0.8 miles • Hiking
Easy • Wide, flat trail with sandy patches and some mud
Trailhead: 7.5 miles from the park entrance on the bay side between parking areas 19 and 20. The trail entrance is behind a gate. The right fork of **Spizzle Creek Trail** leads to a bird observation blind. The left fork follows a raised path through a salt marsh. At the end of the trail, Barnegat Bay spreads before you. This is an excellent place to watch osprey. Pets are not permitted on this trail.

SOUTHERN END OF PARK



TRAIL SENSE AND SAFETY

Be alert, be careful: Parks include natural hazards such as ticks and poison ivy. Horses and bicycles must stay on designated trails or roads; hikers are encouraged to stay on trails. Kayakers, fishermen, clambers, etc., must adhere to basic water safety guidelines. Be aware of changing trail conditions.

Be respectful: Please keep off the dunes as they are critical to the ecology of this area and are sensitive to human impacts. Do not feed or harass wildlife.

Pets: Pets must always be on a leash no longer than six feet in length and under the control of the owner at all times. Pets are not permitted on Tidal Pond or Spizzle Creek Trails. Pets are not permitted on the beach in swim areas during swimming season or near posted beach-nesting bird areas.

Tick Protection: Wear insect repellent, wear light-colored clothing, tuck pants into socks, stay on trails, check yourself thoroughly, shower and launder clothes immediately.

Emergency numbers:
1-877-WARN-DEP (1-877-927-6337)
or 911

ISLAND BEACH STATE PARK
2401 Central Ave
Seaside Park, NJ 08752
732-793-0506

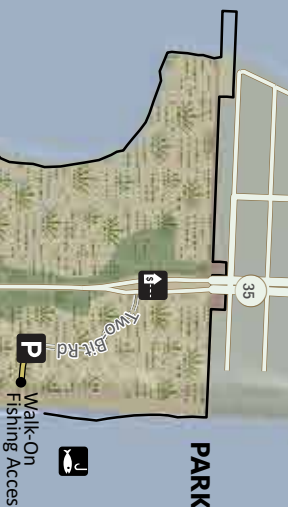
NJPARKSANDFORESTS.ORG
FACEBOOK.COM/NEWJERSEYSTAEPARKS
@NEWJERSEYSTAEPARKS

ISLAND BEACH State Park

TRAILS OF ISLAND BEACH STATE PARK

Island Beach State Park is a narrow barrier beach stretching 10 miles between the Atlantic Ocean and Barnegat Bay with 3,000 acres of sandy beaches, maritime forests, tidal marshes and sand dunes. The trails offer visitors a chance to explore these habitats from brackish bay to salty sea.

PARK ENTRANCE



Reed's Road Trail

Green • 0.4 miles • Hiking
Easy to moderate • Flat, sandy

Trailhead: Half a mile south of the park entrance on the bay side.

Reed's Road Trail offers a chance to see both the human and natural history of Island Beach State Park. As you walk towards Barnegat Bay, you will pass through a coastal thicket and into mature maritime forest with beautiful examples of pitch pine, oaks and large American hollies. The trail passes the site of the historic Reed Hotel, which hosted artists, fishermen and sportsmen in the late 1800s. A model of the hotel is on display in the interpretive center.

Coast Guard Station Trail

Yellow • 0.15 miles • Hiking
Moderate • Loose sand

Trailhead: Half a mile south of the park entrance on the ocean side. **Coast Guard Station Trail** is a short trail through shifting dunes. South of the trail is former U.S. Coast Guard Station (#110), part of the historic United States Life Saving Service, and the remaining one of three lifesaving stations along this portion of coast. This trail, located across the road from the Reed's Road Trail, begins along the outside of the tall fence.

Barnegat Bay

Northern Natural Area

Atlantic Ocean

Gilkins Mobile Sport Fishing Access

Ocean View Trail

7.6 miles • Multiuse & motorized
Easy to moderate • Loose sand

Trailhead: Trail can be reached on foot from any marked trail leading through the dunes to the beach.

Ocean View Trail is on the beach adjacent to the dunes. Vehicles require a Mobile Sport Fishing Vehicle Permit and must use designated mobile sport fishing access points. Specific equipment is required. Please visit the park website or call the park office for details. Max. speed on the beach is 10 mph.

Tidal Pond Trail

Light green • 0.2 miles (right fork); 0.1 miles (left fork)
Hiking • Easy • Grass and firm sand; right branch has uneven surfaces

Trailhead: Directly across from the entrance to Ocean Swimming Area 1, approximately 3.5 miles south of park entrance.

Tidal Pond Trail is a forked trail. The right fork takes you through a young forest of shadbush, bayberry and eastern redcedar before reaching the bird observation blind. The left fork takes you through a stand of common reed to a view of Barnegat Bay. Pets are not permitted on this trail.

Fisherman's Walkway Trail

Orange • 0.3 miles • Hiking
Easy • Fully accessible boardwalk

Trailhead: Located five miles south of the park entrance at parking area 7. On the ocean side, **Fisherman's Walkway Trail** is an elevated boardwalk beginning with a ramp that leads through the dunes onto the beach. On the bay side, the elevated boardwalk leads through forested thicket and ends at a platform overlooking Barnegat Bay.

Swimming Areas 1 and 2



- Open Field or Grass
- Developed Area
- Water
- Wetland

- Trail to Beach
-
-
-
-
-
-
-
-
-
-
-
-
-
-

