

## Parvin Lake Trail

Green • 3 miles • Multiuse

Easy • Loop trail around Parvin Lake

**Trailhead:** Parvin Grove Day Use Area.

**Parvin Lake Trail** follows the perimeter of Parvin Lake. Beginning at the day use area, the trail heads east or west. Heading east, the trail is flat gravel as it curves along the eastern side of the lake. After crossing a small bridge, the trail turns west and follows the southern lake shore, passing the group campsites. Parvin Lake Trail follows Campground Road for a short distance before returning to the lake's edge. The trail continues beyond the lake and into Muddy Run creek basin. Parvin Lake Trail intersects with Flat Trail, then turns north at the intersection of Knoll Trail to cross a bridge over Muddy Run. At a small pavilion on the north side of Muddy Run, the trail meets with Nature and Long Trails where it turns east again. About 0.75 miles west of Parvin Grove Day Use Area, the trail passes the site of the Civilian Conservation Corp camp. Companies 1225 and 2227V were housed at Parvin State Park from 1933 to 1941.

## Thundergust Lake Trail

Yellow • 1 mile • Multiuse

Easy • Loop trail around Thundergust Lake

**Trailhead:** Thundergust Lake Day Use Area.

**Thundergust Lake Trail** is a flat, packed gravel and sand path that follows around the lake's edge. Visitors can begin in either direction to travel around the lake. At the southwest end of the lake, the trail crosses a small bridge over Thundergust Brook and connects with Long Trail. On the north side of the lake, the trail remains close to the water's edge and passes near the cabins. Continue around the lake to return to the day use area.

Explore Trail Tracker  
The Interactive Trails  
Map of NJ State Parks



spstrailtracker.nj.gov

This brochure was funded by the Federal Highway Administration's Recreational Trails Program through the New Jersey Department of Environmental Protection.

## TRAIL SENSE AND SAFETY

**Trail Markings:** Official trails are marked by colored blazes on posts and trees. For your safety and habitat protection, please stay on the trails and don't alter trail markings or create new trails.

**Be Prepared:** Consider bringing water, snacks, sunscreen, insect repellent and a hat. Dress for the weather. Tell someone where you plan to go and when you expect to return. Be aware of changing trail conditions.

**Hunting:** Sections are open to hunting. Bright orange clothing is recommended during hunting season.

**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. Please clean up after your pets and take the waste with you.

**Keep It Clean and Green:** Bring a bag or two and carry your trash out with you. Trash cans are not provided. Don't forget to recycle!

**Bike Riders:** Follow the IMBA "Rules of the Trail" guidelines for trail etiquette and yield appropriately. Helmets are required by law for children under 17 and recommended for all riders.

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

**Bear Aware:** Black bears are found throughout New Jersey. Do not approach or attract bears by making food available. Feeding bears is dangerous and illegal. Never run from a bear! To report an aggressive bear, call 1-877-WARN-DEP (1-877-927-6337) immediately. Please report any damage or nuisance behavior to Park Office. Visit the New Jersey DEP Fish & Wildlife at [njfishandwildlife.com/bears](http://njfishandwildlife.com/bears) for additional information on bear safety.

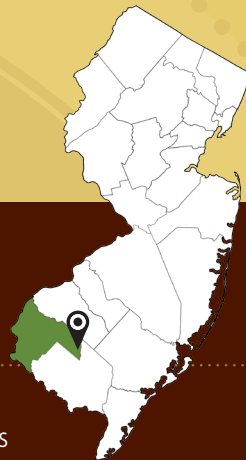
**Report Trail Issues:** 856-358-8616

### Emergency Numbers

1-877-WARN-DEP (1-877-927-6337)  
or 911

 PARVIN STATE PARK  
701 Almond Road  
Pittsgrove, NJ 08318  
856-358-8616

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 @NEWJERSEYSTAEPARKS



# TRAILS

## Parvin State Park



 State of New Jersey  
Department of Environmental Protection  
State Park Service

## TRAILS OF PARVIN STATE PARK

Situated on the edge of the New Jersey Pine Barrens, Parvin State Park has forests typical to the area but also a hardwood forest swamp. The park features over 200 flowering plant species including flowering dogwood, mountain laurel, American holly, magnolia and wild azalea. Thundergust Lake, Parvin Lake and Muddy Run are popular destinations for fishing and boating. Within the park, nine different trails totaling more than 15 miles allow visitors to explore Parvin.

### Black Oak Trail

Brown • 2.5 miles • Multiuse

Easy • Trail along southern boundary of park

**Trailhead:** End of Cabin Colony Road.

**Black Oak Trail** runs along the southern boundary of the park. Starting at the end of the access road to the cabin area, the trail heads southwest along Thundergust Brook until it nears Morton Avenue. The trail turns northwest and continues parallel to Morton Avenue ending near the park boundary and Centerton Road. Black Oak Trail varies in width from single to double-track as it travels through flat pine and oak forest.

### Flat Trail

Pink • 0.4 miles • Multiuse

Easy • Connector to other trails

**Trailhead:** Either side of Forest Road Trail.

**Flat Trail** is a short trail that connects both sides of Forest Road Trail. It also extends beyond Forest Road Trail to the north and south to connect with Parvin Lake Trail and Long Trail. Flat Trail is single-track and winds through pine and oak forest and across several short boardwalks.

### Forest Road Trail

Blue • 3.2 miles • Multiuse

Easy • Loop trail on paved road

**Trailhead:** Parvin Mill Road. **Forest Road Trail** is a long, lollipop loop trail in the center of the park. The trail follows a driving road for the first half mile until reaching a gate adjacent to the entrance to Jagers Point Camping Area. Beyond the gate, the trail remains on paved surface. After another half mile, the trail splits to the right and left. Continue in either direction to complete the loop. Forest Road Trail is an easy trail on flat terrain.



### Knoll Trail

Orange • 0.5 miles • Multiuse

Easy • Short connector trail

**Trailhead:** Either side of Forest Road Trail.

**Knoll Trail** is a short trail that runs through the middle of the Forest Road Trail loop. Continuing beyond the intersection with Forest Road Trail, Knoll Trail also connects to Parvin Lake Trail to the north and Long Trail to the south. Knoll Trail is mostly single-track on pine needle-covered sand.

### Long Trail

Red • 2.9 miles • Multiuse

Easy • Trail follows Muddy Run

**Trailhead:** Thundergust Lake Trail or Parvin Lake Trail. **Long Trail** makes a long half-loop through the park. Beginning from Thundergust Trail, Long Trail travels parallel to Forest Road Trail through pine and oak forest. Following mostly single-track, the trail turns north, passing over Muddy Run on a curved bridge, then turns east. Continuing east on the north side of Muddy Run, Long Trail joins with Nature Trail, ending as it reaches Parvin Lake Trail at a small pavilion. Parts of this trail may be very wet.

### Lost Trail

Yellow • 0.7 miles • Multiuse

Easy • Short side trail from Forest Road Trail

**Trailhead:** Across from Jagers Point Camping Area. **Lost Trail** heads south on a four-foot-wide trail through pine and oak forest. After crossing Long Trail, it turns west for a short distance until intersecting again with Long Trail. Lost Trail turns east and shares the path with Long Trail before turning north to return to Forest Road Trail.

### Nature Trail

White • 0.7 miles • Multiuse

Easy • Short loop trail along Muddy Run

**Trailhead:** Parvin Lake Trail. **Nature Trail** begins at the intersection of Parvin Lake Trail and Long Trail at a covered pavilion. Nature Trail shares the path with Long Trail for a short distance before turning north and east to complete a loop and return to the pavilion.



**Share the Trail:** Yield to other non-motorized trail users and let other trail users know you're coming with a friendly greeting or a bell ring. Try to anticipate other trail users as you ride around corners.



# PARVIN State Park

**Parvin Grove Day Use Area**

**Jagers Point Camping Area**

**Thundergust Lake Day Use Area**

**Trail Blaze Symbols**


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

\*Smoking and vaping permitted only inside your personal vehicle.