

## South Side Trails

There are three official, blazed multi-use trails off the parking lot on Hospital Rd and a fourth by the group campsite – all popular with mountain bikers, horseback riders and hikers. Official trails are blazed; please don't use unmarked trails.

Official trails are blazed. For your safety and habitat protection, please don't use unmarked trails.

### Pine Trail

Orange • 4.5 miles • Multiuse  
Moderate • Uneven terrain, hills, sandy surface

Pine Trail is the longest south side trail with the most varied terrain. From the trailhead at the parking lot, keep going straight to follow the trail clockwise. The trail is challenging in parts with soft sandy areas, a steep "staircase" near the power lines, and an exciting switchback. Many unmarked, unofficial trails cross the trail; pay attention to the color blazes at junctions.

### Mountain Laurel Trail

Blue • 3 mile loop • Multiuse  
Easy to Moderate • Uneven, sandy surface, soft sand spots

The Mountain Laurel Trail has fewer hills than the other trails. It runs through dense mountain laurel stands and flanks an abandoned sand pit. It is especially beautiful in spring when the mountain laurels are in bloom.

### Oak Trail

White • 2.6 mile loop • Multiuse  
Easy to moderate • Uneven terrain, sandy surface

The Oak Trail shares the path with the much-longer Pine Trail (orange) for half its length. At the fork, go right with the Pine Trail for counterclockwise ride, or left with the Mountain Laurel Trail (blue) for the clockwise loop. Counterclockwise: Watch for a 90° turn to the left away from Pine Trail, then another 90° turn to the left to turn you back towards the trailhead. After a series of switchbacks, you'll join the Mountain Laurel Trail back to the old road and trailhead.

A walk on this trail will reward you with beautiful mature oaks, including the scarlet oak, named for its brilliant red fall color. Listen for the calls and drumming of woodpeckers.

*This brochure funded by the NJDEP and the FHWA Recreation Trails Program*

## Boy Scout Trail

Pink • 3 mile loop • Multiuse • Easy to Moderate  
Short steep hills where the trail crosses a gully

**Trailhead** At entrance to group campsite on Squankum-Allenwood Road. Park outside the gate, but please don't block it. The Boy Scout Trail loops around the group campsite.

### TRAIL SENSE AND SAFETY

**Trail Markings** Official trails are marked with colored blazes – on posts, trees and occasionally on paved paths. Horses and bicycles must stay on designated trails or roads; hikers are encouraged to stay on trails.

Links between trails – connector trails – are marked with brown posts or blazes and are tan-colored lines on the map. A color arrow indicates the trail ahead.

For safety's sake, do not alter trail markings.

**Be prepared** Consider water, snacks, sunscreen, insect repellent, and wearing a hat. Check the weather before you go, dress appropriately, and tell someone where you intend to go and when you plan to finish.

**Riders** Please follow the IMBA "Rules of the Trail" guidelines for trail etiquette, yield appropriately, and **ALWAYS WEAR A HELMET.**

**Tick protection** Insect repellent, light-colored clothing, tuck pants into socks, stay on trails, check yourself when you get home, shower, and launder clothes immediately.

**Report trail issues to the park 732.938.2371**

Scan QR code to learn more about each trail



### Allaire State Park

4265 Atlantic Ave. Farmingdale, NJ 07727  
732.938.2371

# TRAILS of Allaire State Park



State of New Jersey  
Department of Environmental Protection  
**Division of Parks and Forestry**  
State Park Service  
njparksandforests.org



## TRAILS OF ALLAIRE STATE PARK

Allaire State Park offers over 20 miles of official, blazed trails. Most trails around the historic village and family campgrounds are fairly flat, while trails on the south side include hills and are very popular with mountain-bikers.

Many trails are multi-use (hiking, biking, horse-back riding), but trails close to the historic village are for hiking only. Look for permitted uses on signs.

### Nature Center Trail

Red • 1.5 mile loop • Hiking & Multiuse-Check the signs!  
Easy to Moderate • Staircase, some rough ground

**Trailhead** From the Nature Center, walk between the kiosks, across the canal bridge, then over the path • The Nature Center Trail follows the top of a ridge overlooking a peat bog, then goes down steps (use care if wet!) and becomes a boardwalk through the freshwater bog. Look for cinnamon fern, sphagnum moss and skunk cabbage.

After leaving the bog, the trail twists to the right then meets a sandy road at a T-junction. Turn left to stay on the Nature Center Trail through a mixed forest with vernal pools.

Along the trail, sweet gum, red maple and oaks share the forest. Or, for a quick return, turn right onto the connector trail (brown blaze) at the T-junction.



The Nature Center Trail meets the Canal Trail at a second T-junction. Turn right to stay on a combined Nature Center/Canal Trail leading back to the nature center and village.

### Upper Squankum Trail

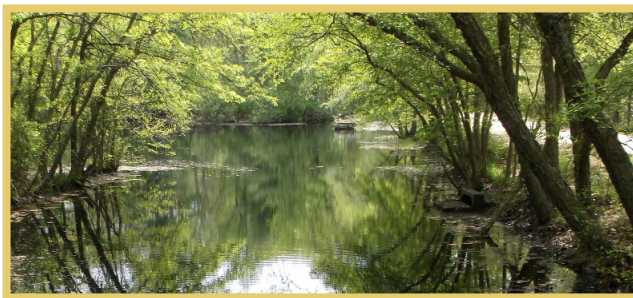
Yellow • 2.2 miles • Multiuse  
Easy to Moderate • Mostly flat, with sandy and wet patches

**Trailhead** Hurley Pond Rd parking lot (1/3 mile from Squankum Rd) • The Upper Squankum Trail starts in the parking lot to the right of the white & green building, follows a woods road through a gate and onto an old railroad bed. The trail begins straight and flat. Close to I-195, it turns sharp right and becomes a single track through a field of blueberries. It skirts the rear of the family campground, then turns downhill to the edge of Atlantic Ave. The trail parallels the chain-link fence under I-195, and then veers to the left to eventually meet up with the old railroad bed again.

### Canal Trail

Green • 2.7 miles with loop • Hiking and Multiuse  
Check the signs! Easy • Even terrain, packed earth/gravel

**Trailhead** From the main parking lot, walk towards the Visitor Center, turn right at "Historic Allaire Village" then right again to follow the trail alongside the canal • The Canal Trail parallels the historic canal through the forest, sharing the path with the Nature Center Trail before passing under I-195 and crossing Atlantic Ave near the family campground. **Use caution** if you choose to cross this road! The Canal Trail then skirts a field at the entrance to the campground, passes Long Swamp Pond and splits three ways. The right and center forks both return to this junction. The left fork leads to Atlantic Ave.



The canal was built to move water from local streams to the Mill Run for the iron industry. This is a great trail for watching birds and pond life.

### Brisbane Trail

Orange • 2.8 miles • Multiuse  
Easy to Moderate • Mostly flat, with sandy & wet patches

**Trailhead** Atlantic Ave parking lot • Turn right along the paved path and follow orange blazes. After a quarter mile, the Brisbane Trail crosses Atlantic Ave at a pedestrian crossing. Pick up the trail behind the gate. In the shade of a pine forest, the Brisbane Trail parallels the Upper Squankum Trail for a while, and then peels off to the right. This sandy, undulating trail has some picturesque stops where streams cross under the path. Pause to enjoy the sounds of running water and frogs plopping in. This shady trail is home to red, black, scarlet, white and chestnut oaks - all acorn-producers. Look for blue jays, wild turkeys, grey squirrels, and white-tailed deer eating acorns off the ground. As the trail winds south again, look for a group of black walnut trees. Cross the road with care to complete the loop.

### Capital To The Coast Trail

Purple • 2 miles in Allaire • Multiuse  
Easy • Wide paved surface • Bike path

**Trailhead** Visitor Center parking lot, turn left • The Capital to the Coast Trail is a planned multi-use route spanning New Jersey from Trenton to Manasquan. Once complete, the trail will be 55 miles long and link parks, wildlife areas, towns, and a college campus along the way. The section in Allaire is a 2-mile spur off the main route.

In Allaire, the Capital to the Coast Trail is along the old rail bed of Freehold-Jamesburg Railroad. Many of the plants along this trail do well in disturbed areas like roadsides and fields. Look for native plants like dogbane, goldenrod, poison ivy, and staghorn sumac and invasive species like autumn olive and multiflora rose. The trail passes through a thicket of American holly with beautiful mature trees and past Kessler's Pond - a great spot for watching waterfowl. Towards the end, it passes between the golf course and historic farmland. New exhibits tell the history of the area. In summer, look for monarchs and other butterflies in the milkweed meadow next to the path.

The Allaire spur meets the main trail at Hospital Rd. Go straight for another 5 miles on the Capital to the Coast Trail/Edgar Felix Bicycle Path, then follow signs on Manasquan streets to reach the ocean. To the right, this partially-finished route parallels Hospital Road and will link to the parking lot for the south side trails.



