Accessible Facility

Tick Protection: posted beach-nesting bird areas. Beach in swim areas during swimming season or near Spizzle Creek Trails. Pets are not permitted on the beach. June 15 – Sept. 15, pets must be on a leash no longer than six feet in length and under the control of the owner or 911

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

Emergency numbers:

Pets: Human impacts. Do not feed or harass wildlife. Please keep off the dunes as they are natural hazards. Clammers, etc., must adhere to basic water safety.

Be alert, be careful:

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

CMY 6/22

FACEBOOK.COM/NEWJERSEYSTATEPARKS

NJ PARKSANDFORESTS.ORG

732-793-0506

Seaside Park, NJ 08752

可不是状态公园

SOUTHERN END OF PARK

TRAILS

CRANBERRY TRAIL

Park • 2.1 miles • Hiking Easy in Moderate

Spizzle Creek Water Trail heads south through the park entrance on the bay side between parking areas 19 and 20. The trail entrance is behind a gate. The right fork of the park entrance, next to the interpretive center. Take the path south to the park entrance and into Osprey Pond. Good for beginner kayakers.

Johnny Allen’s Cove Trail leads to a salt marsh with an osprey nesting platform rising above it.

Spizzle Creek Water Trail

Park • 0.8 miles • Hiking Easy • White • 2.5 miles • Moderate

Little Bay Water Trail heads south through the Snake Ditch and into Little Bay with views of Barnegat Inlet and Lighthouse.

Marsh Elder Water Trail heads west out of the Sedge Islands and explores the tidal areas of Horsefoot Slough and Marsh Elder Thoroughfares.

Crab Island Water Trail

Beach • 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.

Little Bay Water Trail

Park • 2.2 miles • Moderate

Spizzle Creek Water Trail is a short trail that follows close to land and into Osprey Pond. Good for beginner kayakers.

Spizzle Creek Water Trail

Green parts of trail • Easy

Starter Islands Water Trail heads east into open water to Big Starter Island, around Sedge Island and returns by Inner Starter Island.

Starter Islands Water Trail

Red parts of trail • Easy

Marsh Elder Water Trail heads west out of the Sedge Islands and explores the tidal areas of Horsefoot Slough and Marsh Elder Thoroughfares.
TRAILS OF ISLAND BEACH STATE PARK

Island Beach State Park, 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.

**Beach Access Path**
Johnny Allen's Cove Trail (0.4 mi)
Ocean View Trail (7.6 mi)
Reed's Road Trail (0.4 mi)

**Wetland**
Fishing
Parking Lot
Developed Area
Trail to Beach
Kayaking
Parking Area
Parking Lot
Visitor Contact Station
Middle Viewing

**North**
Atlantic Ocean
Barnegat

**East**
Redd's Road Trail (0.4 mi)

**South**
Little 4/21
Interpreive Center
Wildlife Viewing
Fishing
Park Office
Water
Visitor Contact Station
Parking Lot
Parking Area

**West**
Big Snake Barnegat Horsefot
Sporishing Access
A23 Mobile
Hunting
High 22
Elder Island Marsh
Main Island East Point Marsh Elder Island Sea Dog Island Little Osprey Islands Sedge Sedge Pond Big Ditch Snake Slough Sporishing Access A23 Mobile Fishing HouseboatPoint Marsh Island 21 Cove 20 Johnny Allen's Pond 15 Osprey Islands Islands Natural Area Natural Area Natural Area

**Island Beach**
Bay 13
Restrooms
Walk-OnFishing Access

**Coast Guard Station Trail**
Yellow • 0.25 mi • Hiking
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.

**Ocean View Trail**
7.6 miles • Hiking & motorized
Easy to moderate • Loose sand
Trailhead: Trail can be reached on foot from any marked trail leading through the dunes to the beach.
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