Information About Lyme Disease

- Lyme disease is a bacterial infection transmitted to humans and animals by the bite of infected deer ticks. It is particularly prevalent in crosswicks creek park.
- To avoid contact with the deer tick that may transmit the disease, wear light-colored long-sleeved shirts and pants into socks, and check yourself for ticks during shrubby areas.
- The deer tick that carries Lyme disease can be found in the park and is active from dawn-dusk, 365 days/year.
- Symptoms of Lyme disease include fever, headache, chills, irritability, respiratory difficulties, sore throat, and nausea.
- To prevent getting Lyme disease, use tick repellent and keep pets leashed. Pet owners should pick up pet waste in the park.
- If you suspect you have Lyme disease, seek medical attention.

Directions to the UTT

Follow I-195 west to Exit 537

Follow Exit 526/Red Valley Road. At the first light, turn left onto Sharon Station Road for parking access to most park areas. See map inside.

To Parkway

Bicyclists yield to all trail users, pedestrians yield to equestrians.

• Protocol:
  • Pets Allowed:
  • Multi-Use:

Welcome to the UTT

This is the southernmost access point for the UTT. GPS: (195 Negro Run Rd.) Alternatively, you can use the 560 foot trail spur off the parking lot to access the trail. Use the 560 foot trail spur off the parking lot to access the trail. You can also use the parking lot at Upper Freehold Municipal Building for more information.

At a brisk pace, it takes about 20 minutes to walk 1 mile (1.6 km). Please stay aware of travel distance; unless you have arranged for pick-up, you will need to travel back the way you came.

The trail features 11 bridges and 10 street crossings along its route. There are three trailside parking areas for visitor access. A fourth access point is available through the Upper Freehold Township Municipal Building parking lot.

The trail is 11 miles long and open to equestrians, hikers, and bicyclists.

Protect Your Parks

- Do not litter
- Do not feed wildlife
- Clean up after pets
- Keep dogs leashed
- Do not light fires
- Do not play loud music
- Do not drive on trails
- Do not drive on roads
- Do not bring in wild animals
- Do not bring in non-native species
- Do not damage natural resources

Pet Waste

Pet owners are responsible for removing all pet waste from the park. Pet waste is a significant source of pollution and can harm wildlife, including native plants and animals, and other features as you found them; adhering to posted park rules; using designated containers for trash, recyclables and pet waste.