Tick Advisory
To avoid contact with the ticks that may cause illnesses: stay away from tall grass and shrubby areas, walk in the center of trails, wear light-colored clothes, tuck long pants into socks, and check yourself for ticks during and after each visit to the parks. Read more about preventing tick bites at www.cdc.gov/ticks.

From the marshy regions of the Bayshore (Highlands to Fre�hold) to the woods and fields of Marlboro and Freehold, the Henry Hudson Trail offers a wonderfully changing landscape as it traverses the County. The varied scenery, as well as the beautifully maintained conditions, are just two reasons why this trail was selected to be part of the National Rail-to-Trail Network. The Park System is proud to have earned this distinction, along with other unused rail corridors that have been transformed into vibrant community recreational trails.

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Welcome to the Henry Hudson Trail (HHT)

This mostly paved, 100-foot wide, 24-mile long trail is a former railroad right-of-way. It is relatively flat, traveling through both man-made and natural environments. Much of the trail is two-laned, though some parts have rows of surrounding wetlands, streams and fields.

The 12.5-mile North Section travels west to west, roughly parallel to Route 36 from the Highlands through the Raybrook in Aberdeen. The 12.5-mile South Section is under construction but about 10 miles are near open for use. Eventually, the trail will travel continually from Highlands, west and south through the heart of Monmouth County to Freehold.

About the Trail

• Hours: Open from dawn to dusk

• Multi-Use: Walkers, runners, bicyclists and equestrians are welcome (motorized vehicles are not allowed)

• Permits: Dogs must be on a leash and under control; pet/horse clean up is required

• Safety Gear: Bicyclists, in-line skaters and skateboarders under age 17 are required to wear a helmet. (Appropriate safety gear is recommended for everyone.)

• Amenities: There are restroom facilities at the HHT Activity Center on Route 36 and at Popamora Point, both open daily from 8am to 12-hour before dusk. There are also other restrooms or water fountains on the trail itself.

• Route Planning: As a bike path, it takes about 30 minutes to walk 1 mile (4.6 km). Please stay aware of travel distance; unless you have arranged for pick-up, you will need to travel back the way you came.

• Parking/Trail Access: See maps.

Please adhere to all posted rules. Alcoholic beverages are not permitted. Park Rangers who maintain and supervise the trail are vested with police powers.

Henry Hudson Trail (HHT) North Section-12 miles

732-842-4000 (General Info)
732-497-2115 (park rangers)
Click for current trail additions, changes and notices online.
www.MonmouthCountyParks.com

LEGEND
Township Border
Open Paved Section of Trail
Open Unpaved (gravel) Section of Trail
Bridge
Parking
Porta Potty
Tent/Portable Toilet
Boating (Small Watercraft Only)
Multiple road signs near trail to connect Popamora Point with the bridge to Sandy Hook.

‘Share the Road’: A sign, on-street bicycle route now connects the Activity Center to the Marina. Eventually, there may be an on-street route to connect Popamora Point with the bridge to Sandy Hook.

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