

Park Hours

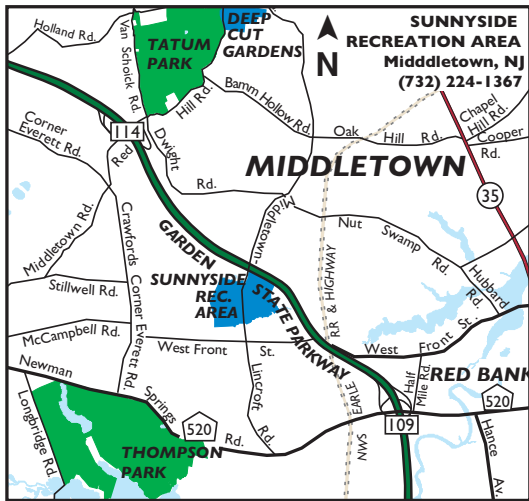
The park is open year-round, 8 am to dusk (hours vary seasonally).

The Directory

The Directory is a listing of the more than 4,000 classes and activities offered by the Monmouth County Park System each year, including equestrian programs at Sunnyside. It is published 5 times a year (4 seasonal issues and 1 camp/swim issue) and is available online at monmouthcountyparks.com or by calling (732) 842-4000, ext. 4313. You can also pick up a current copy at most Monmouth County Park System locations.

For More Information About the Parks

If you would like additional information about any of the more than 30 open spaces, parks and recreation areas of the Monmouth County Park System, please call (732) 842-4000, ext. 4256 (TTY-TDD 711) or visit us online at monmouthcountyparks.com.



Directions

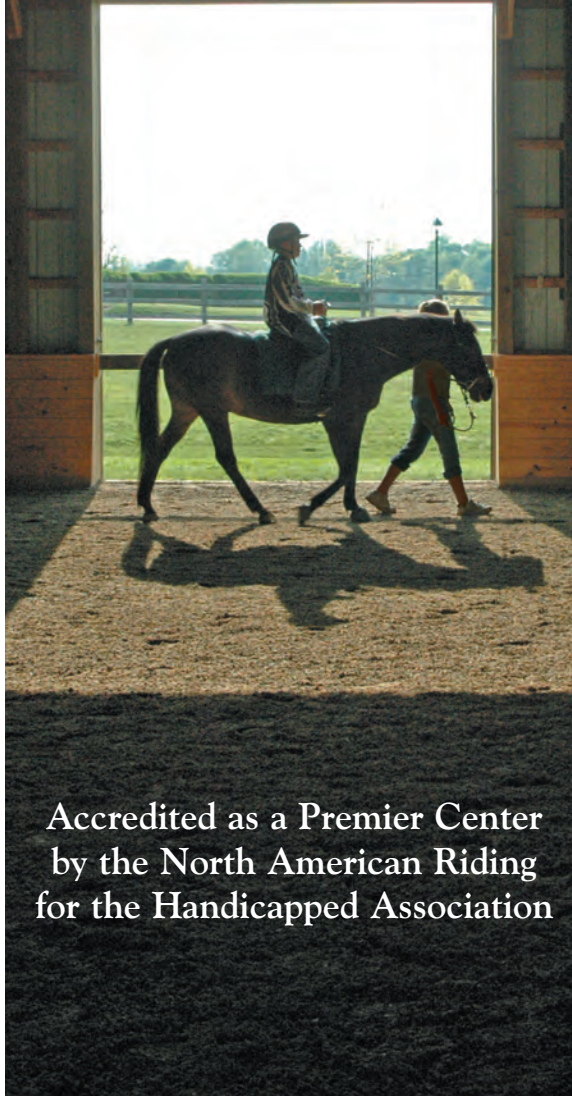
From the Garden State Parkway (north or south): Take Exit 109 and turn west on Route 520 (Newman Springs Road). Travel for about 1 mile and turn right onto Middletown-Lincroft Road. Follow for 1 mile to Sunnyside Recreation Area: Equestrian Center (right), the trail (left).

Monmouth County
Board of Chosen Freeholders
Board of Recreation Commissioners



A7363-10/07

Sunnyside Recreation Area Middletown, NJ



Accredited as a Premier Center
by the North American Riding
for the Handicapped Association

monmouthcountyparks.com

Welcome to the Sunnyside Recreation Area

This 135-acre site is home to the Park System's Therapeutic Equestrian Program, operating with financial support from the not-for-profit organization Special People United to Ride (SPUR), and specializing in horseback riding for people with disabilities. The park also offers equestrian programs for the general public, and has a short, paved, multi-use trail. Tracts of open space are managed as a field nesting bird habitat and stream buffer.

Sunnyside History

In the late 1700s, Sylvanus Grover acquired two separate tracts of land on either side of what is now Middletown-Lincroft Road and built the core of a house that remains on site to this day. By the late 1800s, the property had changed ownership several times and was known as "Sunnyside Farm." When



Henry and Katherine Neuberger purchased the site in 1933 they transformed it from a working farm into a country estate. The Monmouth County Park System acquired the property in 1990 as open space.

SPUR

Special People United to Ride partners with the Park System to provide people with disabilities the opportunity to participate in a therapeutic riding program. Established in 1981, SPUR has raised funds for construction of the Equestrian Center, student scholarships, acquisition of therapy horses, purchase of special riding equipment and training of instructors. For more information, visit www.spuronline.org.



The Equestrian Center

This center became a reality in 2002 after years of dreaming and planning. SPUR's vigorous fundraising efforts combined with the Park System's improvements have provided a quality facility for all riders. The center features a 19-stall stable, an outdoor instructional ring, and an 80' x 200' indoor arena that allows the Park System to offer year-round lessons. More than a dozen carefully chosen and specially trained horses are stabled here. Many of them have been donated. For information about donating a horse to the program, please call (732) 224-1367.



Volunteer Opportunities

Caring, dedicated individuals, age 14 and older, are needed to work as SPUR volunteers. Volunteers groom and tack the horses and assist riders during lessons. No prior horse experience is necessary. However, all volunteers are required to complete a 6-hour training workshop before assisting with the program. Please call (732) 224-1367 or email volunteers@monmouthcountyparks.com for more information.

Protect Your Parks

The Park System preserves and manages natural and cultural resources on more than 13,500 acres of land in Monmouth County. Protecting water quality, eliminating invasive plant species, and promoting healthy wildlife habitat and populations are just a few resource management objectives. Please help protect the park by leaving flowers, plants, animals, and other features as you found them; adhering to the posted park rules; using designated containers for trash and recyclables and keeping your pets leashed. Alcoholic beverages are not permitted in any Monmouth County park.

Therapeutic Horseback Riding

This program is dedicated to helping people with physical and cognitive disabilities achieve their personal goals through horseback riding. The experience of riding a horse provides physical, emotional and psychological stimuli. Meeting for 1/2 hour each week, students work to improve balance, muscle tone, posture and processing of sensory messages to the brain.



Lessons focus on fundamental horsemanship and riding skills. Participants may begin riding at age 4 and continue through adulthood. For more information, please call (732) 224-1367.

Introductory Youth Horseback Riding

Aspiring equestrians, ages 8 – 17, are introduced to the fundamentals of English horseback riding. Lessons include horse care and safety, grooming, tacking, and riding skills. Please consult the Park System's Directory for a schedule of seasonal group lessons and summer camps (see back cover).

The "Equestrian Experience" Program

Booked by request, this program is ideal for scout, church and school groups. Bring a group of up to 10 people, age 7 and older, to Sunnyside to learn the basics of horse care, management and safety. Participants will groom and interact with the horses. Call (732) 224-1367 for more information.



Sunnyside Recreation Area

Location:

628 Middletown-Lincroft Rd.
Middletown, NJ
(732) 224-1367
monmouthcountyparks.com

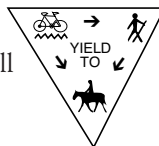
Mailing Address:

805 Newman Springs Rd.
Lincroft, NJ 07738

Paved Trail

Located across the street from the Equestrian Center, this short, EASY 0.5 mile (0.8 km) paved loop trail is ideal for walkers, bicyclists and in-line skaters. Parking available near the trail entrance. There is also a 0.4 mile (0.6 km) unpaved extension of the trail through the fields, for people who would like a longer walk. **NOTE: At a brisk pace, it takes approximately 20 minutes to walk 1.0 mile.**

Please obey rules of protocol for right of way: bicyclists yield to all other trail users and pedestrians yield to equestrians.



Trail Standards

- Easy (Green Circle): shorter, well-maintained trails for casual walking

