

For more information on Sandy Hook, visit the National Park Service's web site:

Landmark of Fort Hancock and Fort the oldest surviving lighthouse in the United States. the 1800s. Learn about this National Historic Site and National Historic Landmark. The "Twin Lights of the Highlands" was once the best and brightest light in North America, guiding seafarers sailing in the New York Harbor. The beacon of the historic lighthouse was visible for 22 miles. Though decommissioned, the Twin Lights now has a museum to illuminate its history.

Sandy Hook



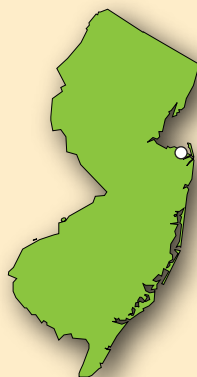
The historic Atlantic Highlands is the highest natural elevation on the entire eastern seaboard between Maine and the Yucatan, and offers commanding views of Sandy Hook Bay, Raritan Bay and the New York City skyline. A good place to take in the view is Mount Mitchell Scenic Overlook, 266 feet above sea level. It is also the site of Monmouth County's 9/11 memorial. The Atlantic Highlands is a place where history is visible at places like the nearby Twin Lights State Historic Site and National Historic Landmark. The "Twin Lights of the Highlands" was once the best and brightest light in North America, guiding seafarers sailing in the New York Harbor. The beacon of the historic lighthouse was visible for 22 miles. Though decommissioned, the Twin Lights now has a museum to illuminate its history.

The Atlantic Highlands

Although there are many places where one could begin/end this tour, this ride begins at a parking area just a half mile east of the Garden State Parkway. From the trailhead adjacent to the Baysshore Trail segment of the Henry Hudson Trail in Aberdeen, this route starts off with a beautiful 10 miles of traffic free riding. However, there are numerous roadway crossings and the surface often has large bumps from tree roots. The full Henry Hudson Trail is a 24-mile trail along a former railroad right-of-way that is part of the Monmouth County Park System and the National Rails to Trails Network. Mostly tree-lined, the trail traverses Monmouth County through both man-made and natural environments with views of wetlands, streams, and fields.

The Henry Hudson Trail

For information on the trail's current status and for a trail map, visit the Monmouth County web site: www.monmouthcountyparks.com



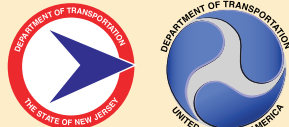
The North Shore and More



For more information on bicycling in New Jersey please contact:
Bicycle & Pedestrian Program Coordinator
New Jersey Department of Transportation
1035 Parkway Avenue
P.O. BOX 600
Trenton, NJ 08625
BIKEPED@dot.state.nj.us
www.njdot.nj.gov/commuter/bike

General Tips

- Plan ahead.**
Read the route directions before beginning the ride.
- Obey safety laws.**
Obey all rules of the road! Keep right; ride with traffic, not against it. Obey all traffic signs and signals. In New Jersey, a bicyclist has the same rights and responsibilities as a motor vehicle driver.
- Use signals.**
Show your intention clearly when turning and changing lanes.
- Helmet Law.**
In New Jersey, anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle, or is towed by a bicycle must wear a safety helmet.



The North Shore and More Bike Tour joins together two of New Jersey's outstanding places to bike: **Sandy Hook, part of Gateway National Recreation Area, and the Henry Hudson Trail.** These are two of New Jersey's nicest and most accessible shared use paths. The route connects over 20 miles of paths using just 2 miles of on-road connections.

The North Shore and More

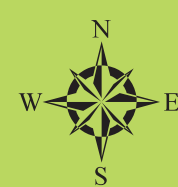
The North Shore and More

A Tour Guide for Cyclists



- Share the road/trail.**
Be aware of and respect the rights and safety of other road and trail users, especially children, pedestrians, and joggers.
- Be aware of road conditions.**
The NJDOT does not guarantee that the route is completely free from conditions that may be a hazard to bicycle traffic and takes no responsibility for the safety and fitness of the user and suggested route. In preparing this route, every attempt has been made to select roads that can provide a quality bicycle touring experience. However, road conditions continually change: pavements deteriorate, roads are resurfaced, more development leads to increased traffic. Conditions listed in this route were effective at publishing. Your comments will be useful in updating or revising the route. Email comments to: BIKEPED@dot.state.nj.us
- Be aware of traffic patterns.**
Plan trips to avoid peak traffic hours. This route generally utilizes low traffic volume roads. However, be careful if you bicycle during peak commuter traffic.

The North Shore and More



The North Shore and More

This route begins at the municipal parking lot located on the corner of Gerard Avenue and Broadway in Aberdeen, New Jersey and continues almost exclusively off road to the Sandy Hook Lighthouse.

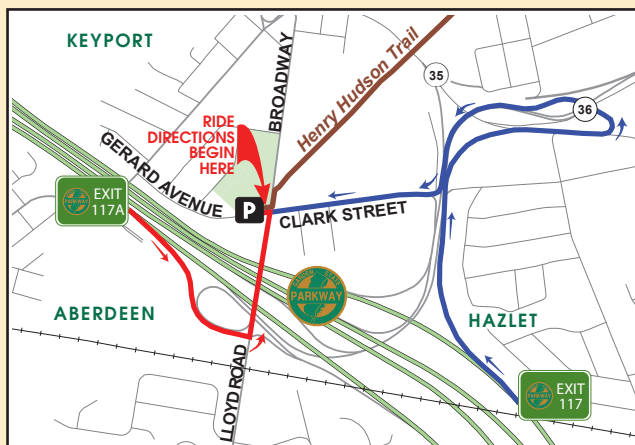
- Henry Hudson Trail
- Bayshore Trail
- Sandy Hook Trail

- Restrooms
- Restaurant
- Bike Shop
- Parking
- Ferry Terminal
- Rail Stop
- Stop Sign
- Traffic Light

The State of New Jersey has published this map to aid the cyclist and takes no responsibility for user's safety or fitness of the suggested routes. Ride carefully. This map illustrates the route and should be used for general wayfinding purposes.

Directions from Garden State Parkway to the Aberdeen/Keyport Parking Area

- | | |
|--|---|
| <p>From the South —</p> <ul style="list-style-type: none"> • Parkway North to Exit 117. • Bear right onto Hwy 35 South. • U-turn left onto "35 North Matawan/Amboys." • Head back towards the Parkway. • Turn right at Clark Street • Go straight through the first light, to lot on right. | <p>From the North —</p> <ul style="list-style-type: none"> • Parkway South to Exit 117A (Aberdeen). • After toll, turn left onto Lloyd Road • Cross overpass. • At first light, turn left onto Gerard Avenue lot is on the right. |
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Henry Hudson Trail (HHT)

Cumulative Mileage	Point-to-Point	Route Directions/Remarks
0.0	0.0	Cross Broadway (Begin Henry Hudson Trail)
1.1	1.1	Cross Church Street , follow Maple Place then Left onto Atlantic Street then Quick right onto Henry Hudson Trail (see inset)
9.7	9.7	Continue on Henry Hudson Trail to Avenue D (Western terminus of Henry Hudson Trail)

Bayshore Trail (segment of HHT)

9.7	0.0	Left at trail terminus onto Avenue D
10.0	0.3	Right onto Center Avenue
10.5	0.4	Left onto Bayshore Trail
10.5	0.1	Cross 1st Avenue
11.2	0.7	Path changes to crushed stone surface
12.3	1.1	Straight onto Shore Drive
13.8	1.5	Straight onto bike only segment of Shore Drive
13.9	0.1	Right onto Bay Avenue
13.9	0.0	Enter roundabout, take 2nd exit
13.9	0.0	Right onto Highland Avenue under bridge
14.0	0.1	Right at stop sign onto SR 36 eastbound
14.4	0.4	Right onto side path overpass ramp
14.6	0.2	Left onto Sandy Hook Pathway

ON ROAD SEGMENTS (on map and directions)

Sandy Hook Trail

Cumulative Mileage	Point-to-Point	Route Directions/Remarks
14.9	0.3	Pass Route 36 westbound overpass ramp
15.0	0.1	Sandy Hook Fee Plaza (No fee for bicyclists!)
15.4	0.4	Beach Area B (Pavilion and parking)
16.1	0.7	Beach Area C (Pavilion and parking)
16.8	0.7	Beach Area D (Pavilion, restaurant and parking)
16.9	0.1	Visitor Center
17.0	0.1	Cross driveway to Beach E (Pavilion and parking)
19.3	2.3	Cross main access roadway towards bay
19.4	0.1	Cross waterfront roadway, stay right on waterfront path
20.0	0.6	Stay on path and cross two park roadways (Ferry Landing)
20.1	0.1	Right onto path towards lighthouse
20.5	0.4	Cross park roadway then quick right on path before large wall
20.6	0.1	Arrive at Sandy Hook Lighthouse , bike parking at end of pathway

20.6 Miles Total