

## Trails

Thompson Park offers almost 14 miles of multi-use trails. Please stay on marked routes, take a map with you, and wear appropriate safety gear. **NOTE: At a brisk pace, it takes approximately 20 minutes to walk 1 mile (1.6 km).**

## Trail Key

### Paved Trail:

- **Thompson Loop:** A 4.2 mile (6.8 km) loop trail through the heart of the park & around the northern perimeter. Park at Old Orchard.
- **Inner Loop:** This 1.2 mile (2 km) accessible loop trail travels from the playground to Marlu Lake and back; or opt for the 0.8 mile (1.3 km) shortcut. Park at Filly Run or Three Barns.
- **Marshy Walk:** An EASY 0.2 mile (0.3 km) trail perfect for a very short walk in the forest, with boardwalks to cross wetland areas. Park at Old Orchard.
- **Woodland Trail:** This EASY 0.6 mile (1 km) trail for all ages takes only about 10 minutes to walk. Park at Old Orchard.
- **Track Loop:** This EASY, 1 mile (1.6 km) loop trail is shaded by a canopy of trees. The 0.7 mile (1.1 km) grassy **Wanderer Trail** inside provides good wildlife views and adds another 10 minutes to your walk. Park at Filly Run.
- **Marlu Trail:** This MODERATE, 0.8 mile (1.3 km) trail begins near Marlu Lake and travels through forest and field to Route 520 where it joins the Thompson Loop. Park at Marlu Lake or Three Barns.
- **Reservoir Loop:** This MODERATE 4.8 mile (7.8 km) loop offers a lengthy and scenic hike around the Swimming River Reservoir and Marlu Lake; both grass and dirt trails Links to Thompson Loop. Park at Old Orchard or Marlu Lake.



# Thompson Park

805 Newman Springs Road, Lincroft, NJ 07738  
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## Legend

- Property Line
- River/Stream
- Reservoir/ Lake
- Wooded Area
- Field/Clearing
- Easy Trail
- Moderate Trail
- Trail Spur (unmarked)
- Paved Trail
- Service Road
- Paved Road
- Information / Kiosk
- P Parking
- A Picnic Area
- P Picnic Shelter / Tent
- ♿ Accessible
- H Trail Head / Kiosk
- P Playground
- B Building/Office
- M Vending Machine
- S Soccer Field
- T Portable Toilet
- R Restrooms
- F Fishing
- T Tennis Court
- W Wildlife Viewing Area
- B Boat Launch
- B Bridge
- B Boardwalk
- T Memorial Tree Grove



## Trail Standards

- **Easy:** shorter, well-maintained trails for casual walking
- **Moderate:** longer trails with some grades/obstructions for hiking, equestrians and all-terrain bicycles (may be suitable for some walkers and runners)
- ◆ **Challenging:** long, more primitive trails with steep grades/obstructions for hardy experienced hikers, equestrians, and all-terrain cyclists

*Some field edges are mowed to provide additional access. These are not marked trails.*