



# Turkey Swamp Park

200 Georgia Road, Freehold Township, NJ 07728

732-462-7286 or 9265

www.monmouthcountyparks.com

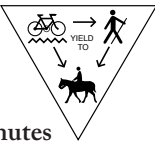
## LEGEND

- Building/Office
- Wooded Area
- Field/Clearing
- Lake/Pond
- Property Line
- ~ River/Stream
- Easy Trail
- Moderate Trail
- ♥ Fitness Trail
- ⋯ Maintenance Road
- == Paved Road
- Bridge
- Boardwalk
- P Parking
- Restrooms
- Portable Toilet
- Playground
- Fishing
- Ice Skating
- Boating
- Vending Machine
- Soccer
- Information
- Picnic Tables
- Picnic Shelter
- Cabins

## Trails

Turkey Swamp Park has more than 8 miles of trails that run through woods, fields, and wetlands. Please stay on marked trails, plan your route, take a trail map with you, and wear appropriate safety gear.

It is important to obey rules of protocol for yielding right of way: bicyclists yield to all other trail users and pedestrians yield to equestrians.



Note: It takes approximately 20 minutes to walk 1 mile (1.6 km) at a brisk pace.

## Trail Key

- **Alder Trail:** EASY 1.6 mile (2.6 km) trail around the lake with access to bogs and swamps.
- **Link Trail:** EASY 0.3 mile (0.5 km) trail links the Metedeconk with the Old Lenape Trail for a longer hike.
- **Old Lenape Trail:** EASY 1.2 mile (1.9 km) loop named after early Indian inhabitants, and explores the pineland forest that was their home.
- ♥ **Fitness Trail:** EASY 1.0 mile (1.6 km) trail with 20 exercise stations.
- **Metedeconk Trail:** MODERATE 1.0 mile (1.6 km) travels across Metedeconk River to Nomoco.
- **Blueberry Path:** MODERATE 1.0 mile (1.6 km) trail loops around the southernmost areas of Nomoco. *Note: There is no Trailhead.*
- **Manasquan Trail:** MODERATE 2.5 mile (4.0 km) trail travels into the forested areas along the Manasquan River

## Trail Standards

- **EASY:** well-maintained or paved, shorter trails intended for casual walking
- **MODERATE:** longer trails with some grades/obstructions intended for hiking, equestrians and all-terrain bicycles (may be suitable for some walkers and runners)
- ◆ **CHALLENGING:** long, more primitive trails, with steep grades or obstructions; intended for hardy experienced hikers, equestrians, and all-terrain cyclists
- ♥ **FITNESS:** walking/running trails with exercise stations. Follow signs for stations



## Picnic Areas & Group Shelters

Turkey Swamp offers a beautiful and natural setting for group picnics. All groups of 50 or more must register with the Park System at least 7 days prior. Call 732-842-4000, ext. 1

### Oak Point Area

- Picnic area with shelter; by reservation, for fee
- Picnic area without shelter; first-come/first-served, free
- Shelter Building (with kitchen); by reservation for fee

### Sandy Run Area

- Private area with shelter; by reservation for fee
- Sand volleyball courts, horseshoe pits

### Deer Trail Area

- Picnic area without shelter; first-come/first-served, free

### Soccer Fields (2)

Available by reservation for official games, fee required. Please call 732-542-1642.