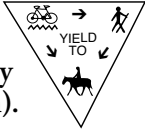


## Trails

Thompson Park offers more than 12 miles of multi-use trails through woods, meadows, and waterfront areas. Please stay on the marked trails, plan your route, take a trail map with you, and wear appropriate safety gear. Obey the rules of protocol for right of way: bicyclists yield to all other trail users, and pedestrians yield to equestrians. **NOTE: At a brisk pace, it takes approximately 20 minutes to walk 1 mile (1.6 km).**



## Trail Key

**PAVED TRAIL:** This long, paved trail is perfect for walkers, runners, strollers and in-line skaters. It will eventually form a complete 5 mile (8.0 km) loop around and through the park (portions under construction.)

**MARSHY WALK:** An EASY 0.2 mile (0.3 km) trail perfect for a short family walk in the forest, with boardwalks for easy crossing of wetland areas. Park in Old Orchard lot.

**WOODLAND TRAIL:** This EASY 0.6 mile (1 km) trail for all ages takes only about 10 minutes to walk. Park in Old Orchard lot.

**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**, located inside, provides good wildlife views and adds another 10 minutes to your walk. Park in the lot at Filly Run.

**MARLU TRAIL:** This MODERATE, 0.8 mile (1.3 km) trail begins near the Marlu Lake and travels through forest and field to Route 520 where it joins the Paved Trail. Park at Marlu Lake or in the lot at 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 along both grass and dirt trails. Park in the lot at Old Orchard or Marlu Lake.



# Thompson Park

805 Newman Springs Road (Route 520), Lincroft, NJ  
(732) 842-4000 • www.monmouthcountyparks.com

## Legend

- Property Line
- River/Stream
- Reservoir/ Lake
- Wooded Area
- Field/Clearing
- Easy Trail
- Moderate Trail
- Paved Trail
- Service Road
- Paved Road
- Phone
- Information
- Parking
- Picnic Area
- Picnic Shelter
- Accessible
- Trail Head
- Playground
- Building/Office
- Vending Machine
- Soccer Field
- Portable Toilet
- Restrooms
- Fishing
- Tennis Court
- Wildlife Viewing
- Boat Launch
- Bridge
- Boardwalk
- Memorial Grove
- Closed Portion of Trail

## Trail Standards

- Easy:** shorter, well-maintained trails for casual walking
- Moderate:** longer trails with some grades/obstruction 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



*You may notice that field edges are mowed to provide additional access. These are not marked trails.*