

**SOME ADDITIONAL RESOURCES OF
OCEAN COUNTY GOVERNMENT:**

COUNTY CONNECTION
Ocean County Mall
1201 Hooper Avenue
Toms River, NJ 08753
Phone: 732-288-7777

THE OCEAN COUNTY HEALTH DEPARTMENT
175 Sunset Avenue
Toms River, NJ 08754
Phone: 1-800-342-9438
www.ochd.org

THE OCEAN COUNTY DEPARTMENT OF PUBLIC AFFAIRS
Room 109 Administration Building
101 Hooper Avenue
Toms River, NJ 08753
Phone: 732-929-2000

THE OCEAN COUNTY OFFICE OF SENIOR SERVICES- HEALTH EASE
1027 Hooper Avenue
First Floor, Building #2
Toms River, NJ 08754
Phone: 1-800-668-4899

THE OCEAN COUNTY VETERANS SERVICES BUREAU
1027 Hooper Avenue
Building #2
Toms River, NJ 08754
Phone: 1-732-929-2096



Ocean Walk

"Great Places to Walk in Ocean County"

presented by

The Ocean County
Board of Chosen Freeholders
and
The Ocean County
Department of
Parks and Recreation



Ocean County Board of Chosen Freeholders

John C. Bartlett, Jr.

Chairman, Parks & Recreation

John P. Kelly • James F. Lacey • Gerry P. Little • Joseph H. Vicari



THE OCEAN COUNTY DEPARTMENT OF PARKS AND RECREATION

ADMINISTRATIVE OFFICE

1198 Bandon Rd.

Toms River, NJ 08753

Phone: 732-506-9090 or 1-877-OC PARKS Fax: 1-732-270-9464

www.oceancountyparks.org

Michael T. Mangum, Director

Michael J. Fiore, Assistant to the Director

Mary J. Mehorter, Superintendent of Recreation

The Ocean County Board of Chosen Freeholders, and the Ocean County Department of Parks and Recreation have created OceanWalk in order to inform county residents of "Great Places to Walk" in Ocean County.

The locations for this publication were chosen for several reasons. Safety was our number one criteria in choosing these "Great Places To Walk"; for the most part they are all well lit and relatively level walking surfaces. They are located in a variety of locations throughout the county so as to appeal to residents of all areas.

The scenery offered at all of these locations was also a factor in choosing them. This publication is presented to encourage outdoor recreation and to promote good health for all Ocean County residents.



Walking Tips

Check with your physician prior to starting any fitness program.

Staying physically active will promote good health, strong bones, and healthy muscles/joints.

Be sure to drink plenty of fluids prior to and during your exercise program.

Start each walk slowly and increase your speed as you feel more comfortable.

Stretch before and after your exercise program.

Be sure to breathe deeply as you continue on your walking program.

Don't walk alone; try to walk with a partner or with a group.

Choose a comfortable time of day for your walking program and try to walk the same time each day.

For your safety, carry your identification and a cell phone (if you have one), and some cash in case of emergency.

Always tell someone where you are going to be walking.

Dress appropriate for the weather conditions where you are going to be walking.

If you experience muscle pain, cramp, or shortness of breath **STOP, RELAX, and PROCEED AT A SLOWER PACE.**

Set reasonable "work out" goals for yourself, and try to increase them over time.

Log your mileage and heart rate in the log provided in this brochure and continue to keep a log of your mileage/heart rate to track your successes.



Celebrate your successes
& most importantly
**ENJOY YOURSELF,
ENJOY THE OUTDOORS,
AND ENJOY LIFE!!!**

If you have ideas of more “Great Place To Walk” and would like to see them in future brochures, send your ideas in writing to:

The Ocean County Department of
Parks and Recreation Administrative Office
Attn: OceanWalk
1198 Bandon Road
Toms River, NJ 08753



The New Jersey “Live Long, Live Well” walking program honors walkers, 50 years and older, with a certificate of recognition. Walk at least 30 minutes, 4 times a week for 12 weeks, and send the information to Older Adult Health and Wellness, NJ Department of Health and Senior Services, PO Box 807, Trenton, NJ 08625-0807. Go online and track your steps at <http://www.state.nj.us/health/senior/sraffair.htm>.

Ocean County Parks



Freedom Fields County Park (874 CR-539, Little Egg Harbor, NJ)

Enjoy a stroll through the pines on a new walking trail located within one of Ocean County’s newest parks. Freedom Fields County Park opened in 2003, and is a great place in the southern portion of the county to take a leisurely hike.

Berkeley Island County Park (399 Brennan Concourse, Berkeley Twp., NJ)

This county park offers some of the most spectacular views of the southern portion of the Barnegat Bay. Berkeley Island County Park boasts several paved walking paths, a bathing beach, and a fishing/crabbing pier. Several gazebos offer a great place to take a break and enjoy the scenery. Be sure to keep your camera and/or binocular handy because you never know what kind of wildlife you will run into at Berkeley Island County Park.

Beaver Dam Creek County Park (3430 Bridge Ave., Point Pleasant, NJ)

This meticulously kept park offers wonderful opportunities to walk. There are wood chipped trails as well as boardwalk trails through the wetlands. Take a relaxing jaunt through Beaver Dam Creek County Park and watch the sunset, you will see an abundance of wildlife too!!

Eno's Pond County Park (300 East Lacey Rd., Forked River, NJ)

Take a hike on one of the many trails in Eno's Pond County Park. This tiny jewel of the Ocean County Parks System is bordered by the Edwin B. Forsythe National Wildlife Refuge, which boasts its share of trails ready for use as well. Fun and adventure await you at Eno's Pond County Park.



Ocean County Park (659 Ocean Ave., Lakewood)

A network of paved roads lined with tall spruce and hemlock trees offers a unique place to walk in Ocean County or take a lazy stroll along the shores of two fresh water lakes in the the park. Ocean County Park (the former Rockefeller Vacation Estate) offers countless opportunities to enjoy the outside, and is a premier location in northern Ocean County for a leisurely stroll among the trees.

For more challenging places to hike Check out these locations . . .

The terrain can be somewhat hilly, so be sure to wear shoes with good ankle support. Remember to remain on marked trails, so as to reduce your chances of encountering poison ivy, ticks, and/or chiggers. Hope to see you on the trails!!

Wells Mills County Park 905 Route 532, Ocean Twp. (Waretown) NJ. Phone: 1-609-971-3085.

Wells Mills County Park covers more than 900 acres of Pine Barrens. The 16+ miles of trails meander through great cedar swamps, and huge tracts of Pine Barrens forest. Wells Mills is an ideal place for people to take a hike and relax in the Pines.



Cattus Island County Park 1170 Cattus Island Blvd. Toms River NJ Phone: 1-732-270-6960 Cattus Island County Park encompasses nearly 500

acres of pine oak forest, freshwater wetlands, and saltwater marshes. Miles of trails in this park cross these very different habitats and eventually lead back to the Cooper Environmental Center.

The Forest Resource Education Center (370 E. Veterans Hwy., Jackson, NJ)

The FREC as it is also known is a State run facility, which encompasses over 600 acres in Jackson. Walking and hiking opportunities are abundant at the FREC. Not only are the trails at the FREC beautiful but also informative. Some of the trails cover a bit of rough terrain; so be sure to wear shoes with good ankle support. If you are in the mood to be inspired and educated take a hike at the FREC.

River Avenue Boardwalk (River Ave., Island Heights, NJ)

A brand new boardwalk awaits you in Island Heights. This boardwalk winds along River Avenue in Island Heights as well as along the banks of some of the lowest reaches of the Toms River. Magnificent views of sailboats on the river and sunsets make this an ideal place to walk in Ocean County. Gingerbread houses on the hills overlooking the river offer a feeling of times past.

Bay Avenue Walk Way (Bay Ave., Seaside Park, NJ)

This stretch of road along the bayside of Seaside Park offers spectacular views of Barnegat Bay, majestic sunsets, and views of the Mathis Bridge. You will enjoy stretching your legs here and taking in some salt air from Barnegat Bay. Bring a camera with you because you might spot some shore birds or capture a great sunset picture to show your friends.

Island Beach State Park (2499 SE Central Ave., Seaside Park, NJ)

One of the only remaining portions of a barrier island ecosystem in New Jersey, and we have it right here in Ocean County!! Enjoy a casual walk along the roadway or embark on a jaunt along one of the many nature trails. There is an admission fee to enter Island Beach State Park, but not if you walk in or ride a bicycle.

Seaside Park Boardwalk (South Seaside Park, NJ)

Want to enjoy a quiet walk along the ocean? Or maybe watch the sun rise? Come for a walk along the boardwalk in south Seaside Park. Victorian houses line the streets and set the scene for a relaxing stroll. Covered pavilions and benches along the boardwalk provide numerous opportunities to sit and relax and take in some of the scenery.

Other Places to Walk in Ocean County

Barnegat Lighthouse State Park (400 Broadway, Barnegat Light, NJ)

This park offers many opportunities for a casual walk along the Barnegat Inlet. For a more vigorous work out try a sand trail through the primary and secondary dunes, this is sure to provide you with a great view. There is a seasonal admission fee for Barnegat Lighthouse State Park. The views are great, be sure to bring a camera along with you !!

Manahawkin Lake Park (Rt. 95., Manahawkin, NJ)

Paved and lighted paths wind around the eastern edge of Manahawkin Lake. There are plenty of benches along the edge of the path and wide lawns. These benches offer great views of Manahawkin Lake and a footbridge connects Manahawkin Lake Park with Ocean County's A. Paul King Park.

Beachwood Beach (Clubhouse Rd., Beachwood, NJ)

Beachwood Beach Community Park and the boardwalk along the southern shores of the Toms River are one of the most spectacular places to walk in Ocean County. The views of the river and marinas from this vantage point are just breathtaking. The park itself offers a plethora of paved walking paths, which meander along the shores of the Toms River. The boardwalk is flat and well maintained and offers some lighting for an early evening "stroll on the boards".

Ocean County Mall (1201 Hooper Ave., Toms River, NJ)

Before the Ocean County Mall opens for business each morning it is bustling with walkers out and about to improve their health. Even when the Ocean County Mall is open for business it is a "Great Place To Walk" in Ocean County. If the weather isn't cooperating with your walking routine, the Ocean County Mall provides a safe and comfortable atmosphere to improve your health.

Riverwood Park

(CR-527 & Riverwood Dr., Toms River, NJ)

Riverwood Park in Toms River provides countless opportunities for walking enjoyment. The well maintained trails wind along portions of the Toms River and through the upland areas. A few “high” points in the park offer spectacular views of the Toms River and adjacent wetlands. Picnic areas can be found throughout the park and make a nice relaxing place to take a break. Some of the trails can be slippery and steep so make sure your shoes provide ample ankle support.

Double Trouble State Park

(699 Pinewald Keswick Rd., Toms River, NJ)

Come enjoy the Pine Barrens, take a walk on one of the old sand roads, which criss-cross this park. These well-maintained and flat roads were laid down in the 1700s when cranberry farming and sawmill operations started on the site. Exciting and beautiful views are hidden around every turn. Bring a camera to capture some spectacular nature photographs.

Point Pleasant Boardwalk

(Point Pleasant Beach, NJ)

For a more family oriented stroll on the “boards” check out Point Pleasant Beach. The boardwalk in Point Pleasant Beach offers a clean family atmosphere. Watch the sunset while enjoying a cocktail, or relax on one of many benches. Family activities (mini-golf, Jenkinson’s aquarium, fun and games) are abundant in Point Pleasant Beach. So if you are looking for a quiet sunset or sunrise stroll or the action of boardwalk fun and games, the Point Pleasant Beach Boardwalk is sure to please.

Riverside Boardwalk

(Pine Beach, NJ)

The Riverside Boardwalk in Pine Beach is only a hop skip and a jump down stream from Beachwood Beach Community Park. The Riverside Boardwalk offers the same amenities as the Boardwalk in Beachwood as well as the spectacular views.

Seaside Heights Boardwalk

(Seaside Heights, NJ)

If the hustle and bustle of the boardwalk atmosphere are more your taste, take a walk along the “boards” from N. Seaside Park to N. Seaside Heights. The sights, sounds and smells are sure to bring back memories of past summers at the “Jersey Shore.”

Lavallette Boardwalk

(Lavallette, NJ)

The boardwalk in Lavallette provides a comfortable and safe place to take a stroll. Either in the morning or afternoon Lavallette is an ideal place to walk and relax. The boardwalk runs along the beach and offers some magnificent views of the ocean over the dunes. Covered gazebos which are situated every couple of blocks provide a great place to take a break from the sun. No matter what season you favor the boardwalk in Lavallette is an absolutely wonderful location in Ocean County to take a walk.

Winding River Park

(Whitesville Rd & Oak Ridge Pkwy, Toms River, NJ)

Winding River Park in Toms River boasts several miles of paved trails that can be used for both walking and bike riding. These paved trails are flat and level which assures you that you are on firm ground. The trails wind along the wetlands of the lower reaches of the Toms River as well as the upland portions. There are two entrances to this park; one is off of Whitesville Rd. (County Route 527) and the second is off of State Route 37 (westbound) across from the Community Medical Center.

Harry Wright Lake

(Lake Rd. & Nature Dr., Whiting, NJ)

This hidden treasure of the Pine Barrens offers countless walking opportunities. Walk along the shores of this freshwater lake or take a stroll on one of the sand roads, which wind through the forest. Either way Harry Wright Lake is a truly wonderful place to take a walk in Ocean County.

WEEK 7

| DATE | TIME WALKED | DISTANCE OR STEPS* | HEART RATE |
|---------------|-------------|--------------------|------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Weekly Totals | | | |

WEEK 8

| DATE | TIME WALKED | DISTANCE OR STEPS* | HEART RATE |
|---------------|-------------|--------------------|------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Weekly Totals | | | |

* If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked.

WEEK 1

TRACK YOUR STEPS

| DATE | TIME WALKED | DISTANCE OR STEPS* | HEART RATE |
|---------------|-------------|--------------------|------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Weekly Totals | | | |

WEEK 2

| DATE | TIME WALKED | DISTANCE OR STEPS* | HEART RATE |
|---------------|-------------|--------------------|------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Weekly Totals | | | |

* If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked.

WEEK 3

| DATE | TIME WALKED | DISTANCE OR STEPS* | HEART RATE |
|---------------|-------------|--------------------|------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Weekly Totals | | | |

WEEK 4

| DATE | TIME WALKED | DISTANCE OR STEPS* | HEART RATE |
|---------------|-------------|--------------------|------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Weekly Totals | | | |

* If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked.

WEEK 5

| DATE | TIME WALKED | DISTANCE OR STEPS* | HEART RATE |
|---------------|-------------|--------------------|------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Weekly Totals | | | |

WEEK 6

| DATE | TIME WALKED | DISTANCE OR STEPS* | HEART RATE |
|---------------|-------------|--------------------|------------|
| Sunday | | | |
| Monday | | | |
| Tuesday | | | |
| Wednesday | | | |
| Thursday | | | |
| Friday | | | |
| Saturday | | | |
| Weekly Totals | | | |

* If you are using a pedometer to track your daily activity, enter your steps instead of the distance walked.