

Using Public Transit in the Park

Getting around the Delaware Water Gap National Recreation Area has never been easier with public transit to get you paddling, splashing, biking or hiking. The Monroe County Transit Authority (a.k.a. Pocono Pony) provides free access to Smithfield Beach, boat launches, and recreational trails on the PA side of the Delaware Water Gap National Recreation Area on weekends and holidays from Memorial Day through Labor Day. Note: Only the River Runner route provides portage for up to 10 kayaks or canoes and 4 bicycles.

Plan Your Visit

To plan your trip to the park, use this schedule or go online to gomcta.com/trip to complete your itinerary. For park activities, check the park calendar at: nps.gov/dewa

Flag Stops

The system is designed to enable riders to board the bus at just about anywhere along the route. Simply wave to the driver from a safe and observable location. Remember to be at the bus stop 5 minutes before the scheduled time.

ADA Accessibility

All Pocono Pony buses are ADA accessible. However, they are not offroad vehicles. Many areas of the park may not be accessible. MCTA vehicles may divert up to 3/4 of a mile off route, if approved by an MCTA official, 1 business day prior to travel. Please call MCTA at (570) 243-3400 for more information.

National Park Service Fee Areas

Transportation and portage services are free to the public in the park. Visitors who enter “expanded amenity fee” areas via private vehicle are charged \$10 per vehicle. Visitors entering “expanded amenity fee” areas riding the bus will not be charged.

Emergencies

For all park-related emergencies, call the park Communication Center at (570) 426-2457. Please note that cellular phone service may not be available in all areas of the park.

For Transit Related Questions:

Telephone (570) 243-3400 or (570) 839-6282
Monroe County Transportation Authority
PO Box 339 • Scotrun, PA 18355

Websites:

Delaware Water Gap National Recreation Area:
nps.gov/dewa
MCTA: gomcta.com/trip

Three Shuttle Routes

Riders can catch the Delaware Water Gap Connector at four convenient locations and stay on board for the River Runner, DWG Hiker Shuttle, or Raymondskill Falls Shuttle. Parking is extremely limited at Kittatinny Point. However, free parking is available at the Park and Ride in Delaware Water Gap, located across from the PA Welcome Center off exit 310 from I-80.

On holiday weekends, the **Water Gap Hiker Shuttle** will transport passengers to and/or from the Park and Ride in Delaware Water Gap, Kittatinny Point, Dunnfield Creek, and downtown Delaware Water Gap Borough. There is no portage service for kayaks or canoes; however bikes are welcome. The last shuttle leaves Dunnfield Creek promptly at 5:40 PM. The NPS or MCTA will not provide transportation after the last shuttle has departed.

The NPS or MCTA is not responsible for any unattended equipment.

McDade
Recreational
Trail
Distances (miles)
Point to Point

| | Smithfield Beach Trailhead | Riverview Trailhead | Turn Farm Trailhead | Park Headquarters | Bushkill Village Trailhead | Bushkill Access Trailhead | Valley View Campground | Eshback Launch Trailhead | Jerry Lees Trailhead | Dingmans Campground | White Pines Trailhead | Conashaugh Trailhead | Pittman Orchard Trailhead | Milford Beach Trailhead | |
|----------------------------|----------------------------|---------------------|---------------------|-------------------|----------------------------|---------------------------|------------------------|--------------------------|----------------------|---------------------|-----------------------|----------------------|---------------------------|-------------------------|------|
| Hialeah Trailhead | — | 2 | 4.6 | 5.2 | 6.6 | 8.4 | 10.1 | 11.3 | 14.3 | 16.1 | 22.4 | 24.5 | 26 | 28.7 | 31 |
| Smithfield Beach Trailhead | 2 | — | 2.6 | 3.2 | 4.6 | 6.4 | 8.1 | 9.3 | 12.3 | 14.1 | 20.4 | 22.5 | 24 | 26.7 | 29 |
| Riverview Trailhead | 4.6 | 2.6 | — | 0.6 | 2 | 3.8 | 5.5 | 6.7 | 9.7 | 11.5 | 17.8 | 19.9 | 21.4 | 24.1 | 26.4 |
| Turn Farm Trailhead (Spur) | 5.2 | 3.2 | 0.6 | — | 1.4 | 3.2 | 4.9 | 6.1 | 9.1 | 10.9 | 17.2 | 19.3 | 20.8 | 23.5 | 25.8 |
| Park Headquarters | 6.6 | 4.6 | 2 | 1.4 | — | 1.8 | 3.5 | 4.7 | 7.7 | 9.5 | 15.8 | 17.9 | 19.4 | 22.1 | 24.4 |
| Bushkill Village Trailhead | 8.4 | 6.4 | 3.8 | 3.2 | 1.8 | — | 1.7 | 2.9 | 5.9 | 7.7 | 14 | 16.1 | 17.6 | 20.3 | 22.6 |
| Bushkill Access Trailhead | 10.1 | 8.1 | 5.5 | 4.9 | 3.5 | 1.7 | — | 1.2 | 4.2 | 6 | 12.3 | 14.4 | 15.9 | 18.6 | 20.9 |
| Valley View Campground | 11.3 | 9.3 | 6.7 | 6.1 | 4.7 | 2.9 | 1.2 | — | 3 | 4.8 | 11.1 | 13.2 | 14.7 | 17.4 | 19.7 |
| Eshback Launch Trailhead | 14.3 | 12.3 | 9.7 | 9.1 | 7.7 | 5.9 | 4.2 | 3 | — | 1.8 | 8.1 | 10.2 | 11.7 | 14.4 | 16.7 |
| Jerry Lees Trailhead | 16.1 | 14.1 | 11.5 | 10.9 | 9.5 | 7.7 | 6 | 4.8 | 1.8 | — | 6.3 | 8.4 | 9.9 | 12.6 | 14.9 |
| Dingmans Campground | 22.4 | 20.4 | 17.8 | 17.2 | 15.8 | 14 | 12.3 | 11.1 | 8.1 | 6.3 | — | 2.1 | 3.6 | 6.3 | 8.6 |
| White Pines Trailhead | 24.5 | 22.5 | 19.9 | 19.3 | 17.9 | 16.1 | 14.4 | 13.2 | 10.2 | 8.4 | 2.1 | — | 1.5 | 4.2 | 6.5 |
| Conashaugh Trailhead | 26 | 24 | 21.4 | 20.8 | 19.4 | 17.6 | 15.9 | 14.7 | 11.7 | 9.9 | 3.6 | 1.5 | — | 2.7 | 5 |
| Pittman Orchard Trailhead | 28.7 | 26.7 | 24.1 | 23.5 | 22.1 | 20.3 | 18.6 | 17.4 | 14.4 | 12.6 | 6.3 | 4.2 | 2.7 | — | 2.3 |
| Milford Beach Trailhead | 31 | 29 | 26.4 | 25.8 | 24.4 | 22.6 | 20.9 | 19.7 | 16.7 | 14.9 | 8.6 | 6.5 | 5 | 2.3 | — |



National Park Service
U.S. Department of the Interior

Delaware Water Gap
National Recreation Area
1978 River Road
Bushkill, PA 18324

(570) 426-2452
nps.gov/dewa



National Park Service
U.S. Department of the Interior

Delaware Water Gap
National Recreation Area

Ride the Pocono Pony!

MCTA provides free weekend bus service in and around the Delaware Water Gap National Recreation Area.



Service operates Saturdays and Sundays only,
May 27 through September 4, 2023.
Plus Memorial Day, Independence Day, and Labor Day.

2023 Transit Schedule

Service starts Saturday, May 27, 2023, and continues each Saturday and Sunday until Labor Day, September 4, 2023. Includes Memorial Day (May 29th), Independence Day (July 4th), and Labor Day (September 4th).

River Runner (Continuous trip between Delaware Water Gap Park and Milford Beach Boat Launch)

| NORTHBOUND | Kittatinny Point | DWG Park and Ride | Shawnee Inn | Smithfield Beach | Bushkill Access | Dingmans Access | Milford Beach |
|------------|------------------|-------------------|-------------|------------------|-----------------|-----------------|---------------|
| | E | A | 2 | 3 | 4 | 5 | 6 |
| AM | 8:00 | 8:10 | 8:19 | 8:30 | 9:00 | 9:30 | 9:50 |
| | 9:00 | 9:10 | 9:19 | 9:30 | 10:00 | 10:30 | 10:50 |
| | — | 10:10 | 10:19 | 10:30 | 11:00 | 11:30 | 11:50 |
| | — | 11:15 | 11:24 | 11:35 | 12:05 | 12:35 | 12:55 |
| PM | — | 12:15 | 12:24 | 12:35 | 1:05 | 1:35 | 1:55 |
| | — | 1:15 | 1:24 | 1:35 | 2:05 | 2:35 | 2:55 |

| SOUTHBOUND | Milford Beach | Dingmans Access | Bushkill Access | Smithfield Beach | Shawnee Inn | DWG Park and Ride |
|------------|---------------|-----------------|-----------------|------------------|-------------|-------------------|
| | 6 | 5 | 4 | 3 | 2 | A |
| AM | 10:00 | 10:10 | 10:30 | 10:50 | 10:56 | 11:05 |
| | 11:00 | 11:10 | 11:30 | 11:50 | 11:56 | 12:05 |
| PM | 12:00 | 12:10 | 12:30 | 12:50 | 12:56 | 1:05 |
| | 1:05 | 1:15 | 1:35 | 1:55 | 2:01 | 2:10 |
| | 2:05 | 2:15 | 2:35 | 2:55 | 3:01 | 3:10 |
| | 3:05 | 3:15 | 3:35 | 3:55 | 4:01 | 4:10 |

Raymondskill Falls Hiker Shuttle (Loop from N Contact Station to Raymondskill Falls)

| LOOP | North Contact Station | Raymondskill Falls | North Contact Station |
|------|---|--------------------|-----------------------|
| | H | I | H |
| AM | 10:00 | 10:10 | 10:20 |
| | Shuttle Trips Continue Every 20 Minutes | | |
| PM | 12:00 | 12:10 | 12:20 |
| | Shuttle Trips Continue Every 20 Minutes | | |
| | 4:00 | 4:10 | 4:20 |

Delaware Water Gap Connector (Service between MCTA and Milford)

| EASTBOUND | MCTA | Stroudsburg High School | Martz DWG | Kittatinny Point | DWG Park and Ride |
|-----------|------|-------------------------|-----------|------------------|-------------------|
| | D | C | B | E | A |
| AM | 7:30 | 7:45 | 7:55 | 8:00 | 8:10 |
| | 8:30 | 8:45 | 8:55 | 9:00 | 9:10 |
| | 9:30 | 9:45 | 9:55 | — | 10:10 |

| WESTBOUND | DWG Park and Ride | Martz DWG | Stroudsburg High School | MCTA |
|-----------|-------------------|-----------|-------------------------|------|
| | A | B | C | D |
| PM | 2:10 | 2:15 | 2:25 | 2:40 |
| | 3:10 | 3:15 | 3:25 | 3:40 |
| | 4:10 | 4:15 | 4:25 | 4:40 |

Water Gap Hiker Shuttle (Loop from DWG to Kittatinny Point and Dunnfield Creek) Effective HOLIDAY WEEKENDS ONLY May 27-31, July 1, 2, and 4, and Sept. 2-4, 2023.

| LOOP | DWG Park and Ride | Kittatinny Point | Dunnfield Creek | Delaware St/ Main St DWG | DWG Park and Ride |
|------|--|------------------|-----------------|--------------------------|-------------------|
| | A | E | F | G | A |
| AM | 10:00 | 10:05 | 10:10 | 10:20 | 10:25 |
| | Shuttle Trips Continue Every Half Hour | | | | |
| PM | 1:00 | 1:05 | 1:10 | 1:20 | 1:25 |
| | 2:00 | 2:05 | 2:10 | 2:20 | 2:25 |
| | Shuttle Trips Continue Every Half Hour | | | | |
| | 5:30 | 5:35 | 5:40 | 5:50 | 5:55 |

ATTENTION BOATERS: The Water Gap Hiker Shuttle does not provide boat portage service at Kittatinny Point. Take the River Runner north from the DWG Park and Ride to your put-in point and use the Water Gap Hiker Shuttle or hike the Appalachian Trail to retrieve your vehicle after you arrive at Kittatinny. Use the above schedule to plan your trip back to DWG Park and Ride.

Delaware Water Gap Borough / Kittatinny Area

