



Hike / Bike

White bike #1 & Blue/Yellow hike Loop:

Class 1
3.6 miles
900' vertical
1.9 hours hiking
70% bike trail

The W blaze is a painted white rectangle marking the original very well engineered mountain bike trail. Hikers should respect these trails by stepping aside to allow any bikers to pass. Bikers should also respect the hiking trails, by using only the 100% bike or 100% combo loops.

The traditional hiking B/Y blazes painted blue with a yellow dot are now being replaced with blue plastic rectangles that have a yellow rectangle at the bottom.

Alan M Perrie
 1 - 20 - 21

The hike begins at Nassahegan Recreation Complex parking lot (41°45'19.1"N 72°56'23.8"W) on Punch Brook Road. Starting at the trail kiosk, follow the White (W) bike trail east, as it meanders close to Punch Brook Road. Cross the unpaved George Washington (GW) Turnpike at 1.5 miles. Ascend a short distance before reaching the trail kiosk on Stone Road at 2.1 miles. Continue south on W until the junction with the B/Y trail at 2.5 miles. Turn left (east) onto the B/Y and follow it to the junction with Stone Road at 2.6 miles. The B/Y follows Stone Road back to the W & B/Y junction you passed earlier. Follow the B/Y hiking trail across GW Turnpike to return to the junction with the W trail at 3.3 miles. Turn left, and return to your car on the W bike trail

Alternative distance options:

2.2 mile loop: At 1.5 turn right on the unpaved George Washington Turnpike Follow this west crossing onto the paved GW turnpike at 1.7 miles and take a quick right onto the B/Y trail. Turn left at the W Trail junction at 1.9 to return to your car

2.7 mile loop: After you reach the trail kiosk off Stone Road continue on the W trail for about 100 yards to the junction with the B/Y trail. Turn right and follow the above directions back to your car.