General Tips

Plan ahead
Read the route directions before beginning the ride.

Obey safety laws.
Obey all rules of the road! Keep right; ride with traffic, not against it. Obey all traffic signs and signals. In New Jersey, a bicyclist has the same rights and responsibilities as a motor vehicle driver.

Helmet Law
In New Jersey, anyone under 17 years of age that rides a bicycle or is a passenger on a bicycle, or is towed by a bicycle must wear a safety helmet.

Use signals.
Show your intention clearly when turning and changing lanes.

Share the road/trail.
Be aware of and respect the rights and safety of other road and trail users, especially children, pedestrians, and joggers.

Be aware of road conditions.
Users should take the route as they find it. NJDOT does not guarantee that it is completely free from conditions that may be a hazard to bicycle traffic. In preparing this route, every attempt has been made to select roads that can provide a quality bicycle touring experience. However, some route segments may have adverse conditions.

Road conditions continually change. Pavements deteriorate, roads are resurfaced, more development leads to increased traffic. Conditions listed in this route were effective at this printing.

Be aware of traffic patterns.
Plan trips to avoid peak traffic hours. This route generally utilizes low traffic volume roads. However, be careful if you bicycle during peak commuter traffic.

For more information please contact:
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This route begins and ends at the parking lot of the Campgaw Mountain Ski Area in Mahwah and traverses over 25 miles of beautiful Bergen County.