

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 Saturdays and Sundays. Note: The trailer may hold up to 10 kayaks or canoes and 4 bicycles at a time.

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 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

River Runner Shuttle

Riders can catch the Delaware Water Gap Connector at four convenient locations and continue on as the River Runner 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.

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
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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 Saturday and Sunday bus service in and around the Delaware Water Gap National Recreation Area.



Service operates Saturdays and Sundays only,
 May 23 through September 6, 2026.
 Includes Saturday, July 4, 2026.

2026 Transit Schedule

Service starts Saturday, May 23, 2026, and continues each Saturday and Sunday until September 6, 2026. Includes Saturday, July 4, 2026.

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

NORTHBOUND							
	DWG Park and Ride A	Shawnee Inn 2	Smithfield Beach 3	Bushkill Access 4	Dingmans Campground 5	Dingmans Access 6	Milford Beach 7
AM	8:10	8:19	8:30	9:00	9:25	9:30	9:50
	9:10	9:19	9:30	10:00	10:25	10:30	10:50
	10:10	10:19	10:30	11:00	11:25	11:30	11:50
	11:15	11:24	11:35	12:05	12:30	12:35	12:55
PM	12:15	12:24	12:35	1:05	1:30	1:35	1:55
	1:15	1:34	1:35	2:05	2:30	2:35	2:55

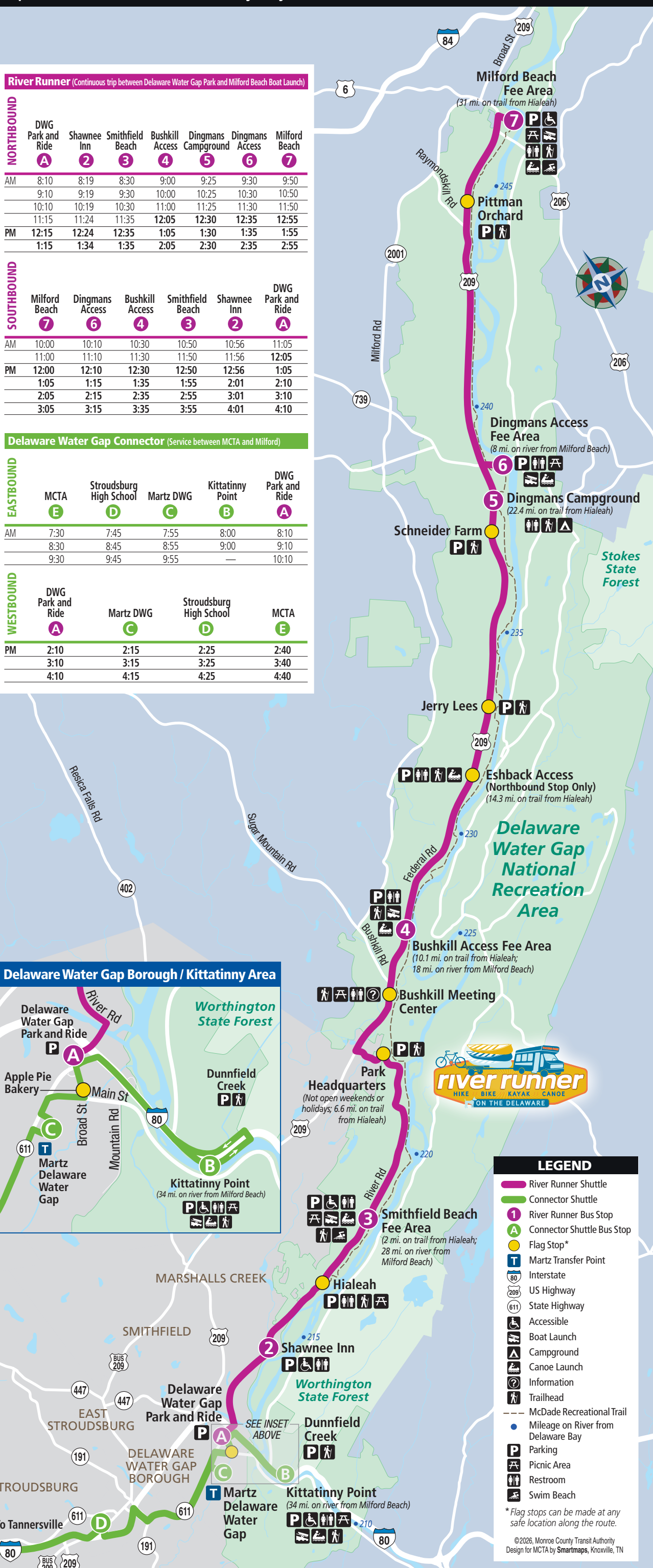
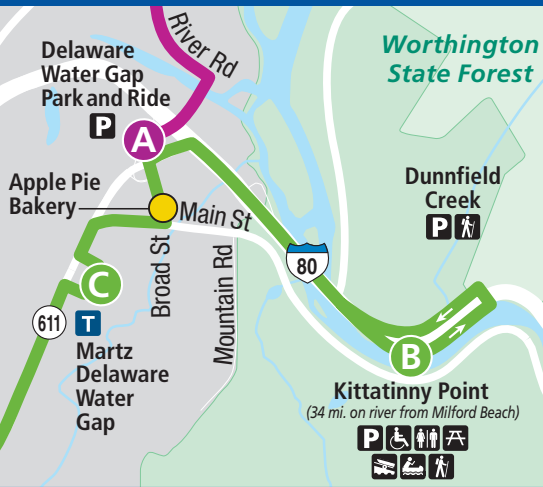
SOUTHBOUND							
	Milford Beach 7	Dingmans Access 6	Bushkill Access 4	Smithfield Beach 3	Shawnee Inn 2	DWG Park and Ride A	
AM	10:00	10:10	10:30	10:50	10:56	11:05	
	11:00	11:10	11:30	11:50	11:56	12:05	
PM	12:00	12:10	12:30	12:50	12:56	1:05	
	1:05	1:15	1:35	1:55	2:01	2:10	
	2:05	2:15	2:35	2:55	3:01	3:10	
	3:05	3:15	3:35	3:55	4:01	4:10	

Delaware Water Gap Connector (Service between MCTA and Milford)

EASTBOUND					
	MCTA E	Stroudsburg High School D	Martz DWG C	Kittatinny Point B	DWG Park and Ride 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 A	Martz DWG C	Stroudsburg High School D	MCTA E	
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	

Delaware Water Gap Borough / Kittatinny Area



LEGEND

- River Runner Shuttle
- Connector Shuttle
- River Runner Bus Stop
- Connector Shuttle Bus Stop
- Flag Stop*
- Martz Transfer Point
- Interstate
- US Highway
- State Highway
- Accessible
- Boat Launch
- Campground
- Canoe Launch
- Information
- Trailhead
- McDade Recreational Trail
- Mileage on River from Delaware Bay
- Parking
- Picnic Area
- Restroom
- Swim Beach

* Flag stops can be made at any safe location along the route.

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