

“The river we call Delaware, sometimes a friend, sometimes a fury, cuts between the Garden and the Keystone with an immortal rush. Born before its namesake, it has mountain siblings and, unburdened by age, will remain long after us.

But marvel at the current and you’ll realize it can only stare back; it is only a witness to adventure. Like the Delaware, we flow in the present, but while the river takes the time, we take the moments. The revolutions, the romances, the rallies -- they’re ours. And so are the races.

Can we outpace these gallons that gallop from the Catskills to Cape May? The answer is less important than the effort. We can and should still try because it is here, and so are we. How grateful I am to test the impossibility.

The river runs, let’s run with it.”

-M. Patrick Murray

Registration:

<https://runsignup.com/DelawareRiverLoopSeries>

Series Overview:

The Delaware River Loop Series is a nearly six-month-long non-competitive pedestrian winter event totaling 66 miles. It consists of six loops, ranging 6.6 to 18.9 miles, and participants can run or walk without any time constraints. Each course takes place on the historic Delaware & Raritan Canal path in New Jersey and the Delaware Canal towpath in Pennsylvania, with each loop crossing the Delaware River via two bridges between the two. Every loop features at least one aid station during group runs for participants to replenish their supplies. Those who complete all six loops within six months will receive a special gift, with additional gifts for repeat finishers.

The loops primarily follow the historic path and its connecting bridges, unless otherwise noted. The path surface is mostly flat, consisting of finely crushed stone or hard-packed dirt, which can become muddy or slick due to weather conditions. There are occasional road crossings, typically with minimal traffic.

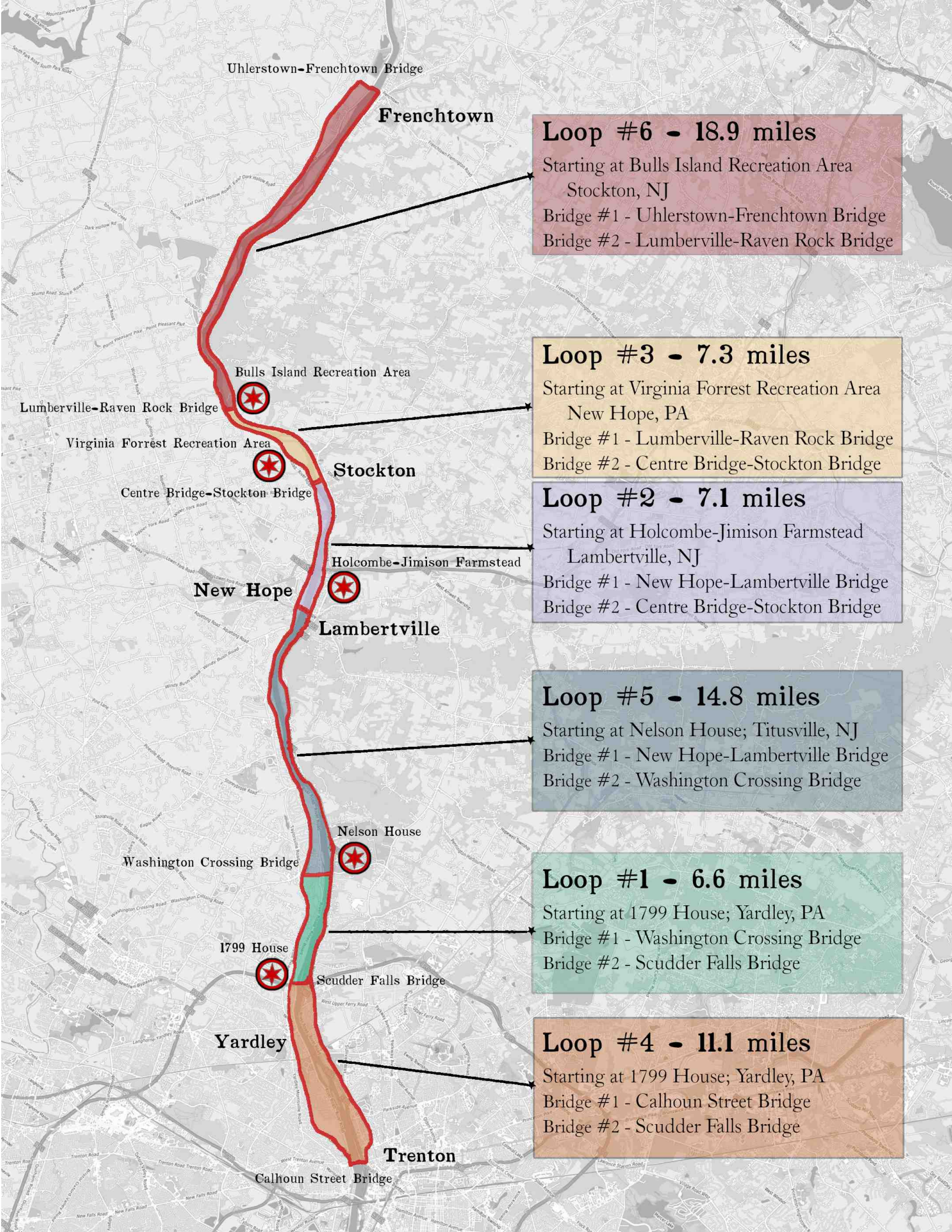
Aid stations will be well-stocked with drinks and food. After each group run, the aid station will move to the finishing location for post-run treats. Recommendations on where to go for post-run meals or drinks will also be provided.

Brief history of the Delaware & Raritan Canal (New Jersey) and the Delaware Canal (Pennsylvania):

The Delaware & Raritan (D&R) Canal began construction in 1830 to facilitate freight transport between New York and Philadelphia. It ran between Trenton/Bordentown and New Brunswick, allowing boats to utilize the natural waterways of the Delaware and Raritan Rivers to complete their journeys. The section we will use follows the feeder canal from Trenton to Stockton, extending further to Frenchtown along the Delaware River. This feeder canal in New Jersey is a rail-trail used by the Belvidere Delaware Railroad in 1855. The railroad ceased operations in the 1960's, and by the late 1970's, it became a State Park and National Historic Landmark. The D&R is currently the longest trail in New Jersey.

Similarly, the Delaware Canal in Pennsylvania was completed in 1832 and runs 60 miles from Bristol to Easton along the Delaware River. Like its New Jersey counterpart, the canal eventually succumbed to the railroad in 1931 and became a State Park in the early 1950's, later designated as a National Historic Landmark and National Recreational Trail. The Pennsylvania side of the trail was a true towpath, where boats were towed by mules traveling north and south along the Delaware River, transporting anthracite coal and other bulk goods such as gravel, limestone, cement, and lumber.

The towpath and its canal are rich in history. Aside from the starting points and their beautiful surroundings, the towpath follows the river through many historic towns. You'll also encounter numerous artifacts from the canal's industrial past, including locks, spillways, culverts, and more. This packet highlights just a few notable landmarks on each loop, with a more detailed history provided in each loop's group run email.



Uhlertown-Frenchtown Bridge

Frenchtown

Loop #6 - 18.9 miles

Starting at Bulls Island Recreation Area
Stockton, NJ

Bridge #1 - Uhlertown-Frenchtown Bridge
Bridge #2 - Lumberville-Raven Rock Bridge

Bulls Island Recreation Area

Lumberville-Raven Rock Bridge

Virginia Forrest Recreation Area

Stockton

Centre Bridge-Stockton Bridge

Loop #3 - 7.3 miles

Starting at Virginia Forrest Recreation Area
New Hope, PA

Bridge #1 - Lumberville-Raven Rock Bridge
Bridge #2 - Centre Bridge-Stockton Bridge

New Hope

Lambertville

Holcombe-Jimison Farmstead

Loop #2 - 7.1 miles

Starting at Holcombe-Jimison Farmstead
Lambertville, NJ

Bridge #1 - New Hope-Lambertville Bridge
Bridge #2 - Centre Bridge-Stockton Bridge

Loop #5 - 14.8 miles

Starting at Nelson House; Titusville, NJ

Bridge #1 - New Hope-Lambertville Bridge
Bridge #2 - Washington Crossing Bridge

Nelson House

Washington Crossing Bridge

1799 House

Scudder Falls Bridge

Yardley

Loop #1 - 6.6 miles

Starting at 1799 House; Yardley, PA

Bridge #1 - Washington Crossing Bridge
Bridge #2 - Scudder Falls Bridge

Loop #4 - 11.1 miles

Starting at 1799 House; Yardley, PA

Bridge #1 - Calhoun Street Bridge
Bridge #2 - Scudder Falls Bridge

Trenton





Calhoun Street Bridge

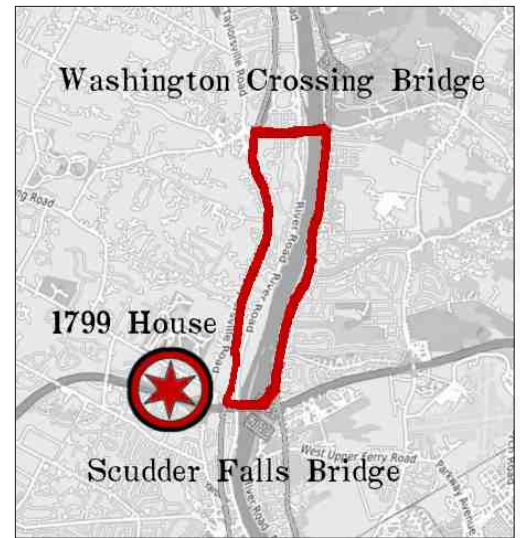
Loop #1 - 6.6 miles

Starting and finishing at the 1799 House; Yardley, PA.

Aid station: Patriots Crossing Tavern (mile 3.4)

Course maps/directions:

-  GPX: <http://www.beckinabox.com/loop1.gpx>
-  Garmin: <https://connect.garmin.com/modern/course/96328249>
-  Strava: <https://www.strava.com/routes/3021548894026456338>
-  MapMyRun: <https://www.mapmyrun.com/routes/view/4917292378>



Loop Overview:

Park at the Yardley Park and Ride, start on the towpath behind the 1799 House.

Washington Crossing Bridge (mile 3.2): The first bridge we will cross is the narrow Washington Crossing Bridges. Opened in 1904 and spanning 877 feet, its substructures date back to 1831. Despite its narrow 15-foot width, it accommodates two lanes of car traffic.

Scudder Falls Bridge (mile 5.8): On the other side of this route is the Scudder Falls Bridge, the newest and longest bridge in the Delaware River Loop Series at 1,740 feet. It is also the highest bridge in the Loop Series. It opened to vehicle traffic in the summer of 2019 and pedestrian traffic in November 2021.

Important Information and Directions:

If you're driving to the start from New Jersey, save on tolls by using the Calhoun Street Bridge or the Washington's Crossing Bridge.

At mile 2.6, look for a sign reading "Washington Crossing Visitors Center" to find the right turn to cross into New Jersey. Follow the road, cross the bridge, and make the first right onto the path to continue south to the second bridge.

To return to Pennsylvania, take the ramp to the bridge well before reaching the bridge itself. Follow the signs.

Notable landmarks:

Permanent restrooms are available at the start area in the **1799 House**, a centuries-old home restored and repurposed by the Delaware River Joint Toll Bridge Commission.

Where to go after:





A mile south of the starting area is the town of Yardley, which offers a variety of great restaurants and a brewery that serves food (Vault Brewing). For a good cup of coffee, try Pretty Bird Coffee, and for a full breakfast, Mil-Lee's Yardley Diner, offers great food at an affordable price or Charcoal for a more elevated breakfast. For drinks or lunch, there are many options, including the historic Continental Tavern, which is a must-visit.

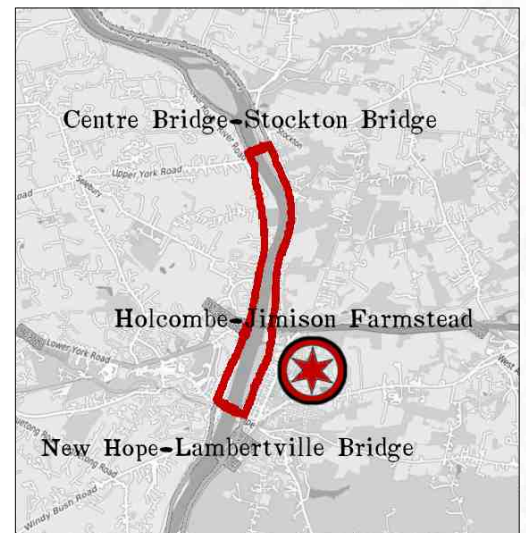
Loop #2 - 7.1 miles

Starting and finishing at the Holcombe-Jimison Farmstead Museum; Lambertville, NJ.

Aid station: Hal H. Clark Park (mile 3.6)

Course maps/directions:

-  GPX: <http://www.beckinabox.com/loop2.gpx>
-  Garmin: <https://connect.garmin.com/modern/course/46471618>
-  Strava: <https://www.strava.com/routes/21582453>
-  MapMyRun: <https://www.mapmyrun.com/routes/view/2675785957>



Loop Overview:

New Hope-Lambertville Bridge (mile 1): The first bridge on this loop is the New Hope-Lambertville Bridge, which opened in 1904 and spans 1,053ft.

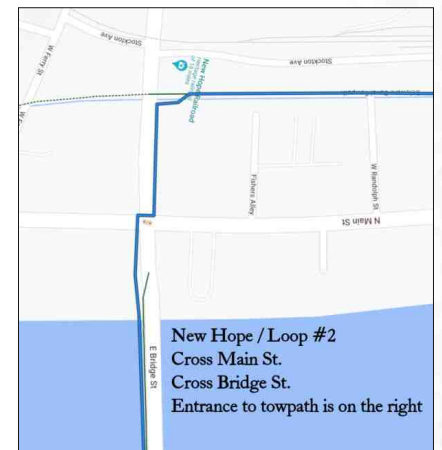
Centre Bridge-Stockton Bridge (mile 5.8): The second bridge we cross is the Centre Bridge-Stockton Bridge, which opened for traffic in 1927 and has a total length of 825ft.

Important Information and Directions:

At about one mile in, make a right turn and cross onto Bridge Street to enter Pennsylvania. This road can be busy.

After crossing the bridge into Pennsylvania, continue straight through the traffic light. This area can be congested, so please obey all pedestrian laws. Cross over Main Street and make a right onto the towpath to head north. The right turn onto the towpath is about 100 meters from the light; if you cross over the canal/towpath bridge, you've gone too far.

To get back into New Jersey, a set of steps on the towpath will bring you onto the bridge. Once in New Jersey, the canal path entrance is about a quarter mile away from the bridge, near the Stockton General Store. Make a right onto the canal path.



Notable landmarks:

Holcombe-Jimison Farmstead: The starting area has structures dating back nearly 300 years.

Where to go after:





New Hope, PA, and Lambertville, NJ, are less than a 5-10 minute drive and offer many great restaurants, cafes, and bars. Around the corner from the start is our favorite ice cream spot, [Owowcow](#). For a good cup of coffee, check out the [Lambertville Trading Company](#), [Union Coffee](#) or [Luminary Coffee](#). For breakfast? try [Chive Cafe](#), [Hash House](#) or grab take-out from [Meta Cafe](#) for excellent breakfast sandwiches!

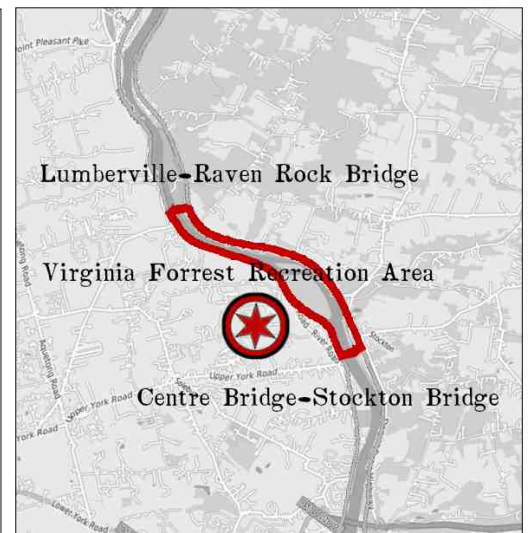
Loop #3 - 7.3 miles

Starting and finishing at Virginia Forrest Recreation Area; New Hope, PA.

Aid station: Stockton (mile 3-3.4)

Course maps/directions:

-  GPX: <http://www.beckinabox.com/loop3.gpx>
-  Garmin: <https://connect.garmin.com/modern/course/46471126>
-  Strava: <https://www.strava.com/routes/21582135>
-  MapMyRun: <https://www.mapmyrun.com/routes/view/2675755972>



Loop Overview:

Lumberville-Raven Rock Bridge (mile 2.1): The first bridge we will cross is the Lumberville-Raven Rock Bridge, a pedestrian bridge that opened in 1947 and spans 688 feet. It was constructed by John A. Roebling Sons of Trenton, NJ, known for their wire cables used in the Brooklyn, George Washington, and Golden Gate suspension bridges.

Centre Bridge-Stockton Bridge (mile 3.4): The second bridge we cross is the same 1927 Centre Bridge-Stockton Bridge featured in Loop #2.

Important Information and Directions:

As you approach the first bridge, make the first left after the bridge, then another left onto the street, and finally, make the next left onto the bridge itself. Once in New Jersey, go straight through the large parking lot, over the canal, and make a right onto the path.

To return to Pennsylvania, cross at the crosswalk and make a right onto Bridge Street (you'll see a red building with a "Stockton" sign). Follow Bridge Street over the bridge into Pennsylvania. There, you'll find a set of steps on your left. Go down the steps and make a right onto the towpath to head back north to the starting area.

NOTE: The group run for Loop #3 will start at [Bull's Island Recreation Area](#).

Notable landmarks:

Permanent restrooms available at **Virginia Forrest Recreation Area**, **Bulls Island Visitor's Center** (mile 2.3) and **Prallsville Mills** (mile 5.3, an 18th century mill complex).

Where to go after:

Head south to New Hope, PA, and Lambertville, NJ, which are about a 10 minute drive. Both towns offer many great restaurants, cafes and bars. The [Lumberville General Store](#), just a few minutes north by car from Virginia Forest Recreation Area, is also good with great ambiance.





Loop #4 - 11.1 miles

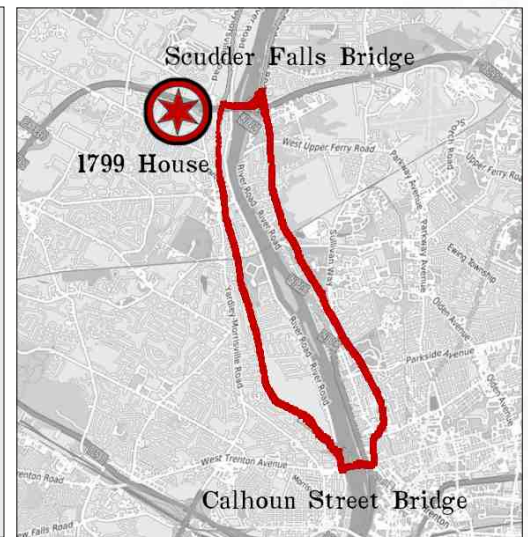
Starting and finishing at the 1799 House; Yardley, PA.

Aid station: Prospect St./D&R gate (mile 5.7)

Short aid station: Black Rock Road (mile 3)

Course maps/directions:

-  GPX: <http://www.beckinabox.com/loop4.gpx>
-  Garmin: <https://connect.garmin.com/modern/course/46470680>
-  Strava: <https://www.strava.com/routes/21582334>
-  MapMyRun: <https://www.mapmyrun.com/routes/view/2675779183>



Loop Overview:

This loop will take you onto city streets for about a half mile once you cross into New Jersey.

Calhoun Street Bridge (mile 5): The first bridge of this loop is the Calhoun Street Bridge, the oldest in the entire Delaware River Loop Series. Built in 1884 and spanning 1,274 feet, this bridge also connects segments of the East Coast Greenway, a 3,000-mile trail system from Maine to Florida.

Scudder Falls Bridge (mile 10.4): The second bridge you cross is the same long Scudder Falls Bridge from Loop #1.

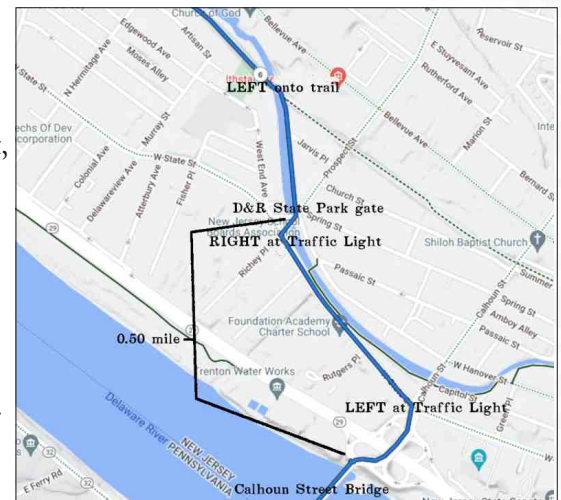
Important Information and Directions:

Parking and start at the same location as in Loop #1.

After crossing the river into New Jersey, continue straight on Calhoun Street, then make a left at the light onto W. State Street. Next, turn right at the following light onto Prospect Street, and the towpath entrance will be on your left at the next light (look for the trailhead/gate). Once on the towpath, continue to your left. The total distance on streets is about half a mile.

Notable landmarks:

Cadwalader Park, designed by Frederick Olmstead in 1887, the designer of Central Park, NYC. **Trenton Country Club** (mile 8) opened in 1897.



Permanent restrooms are available at the start in the **1799 House**, and on the Pennsylvania side right before the first bridge, but most likely will be closed seasonally. A port-o-pot is available at mile 3.

Where to go after:

Same as Loop #1. One mile south is the town of Yardley. Check out a new place you didn't get to last time, or head down to Morrisville for drinks and snacks at [Ashlynn Distillery](#) or [21 Locks Brewery](#)! Also, [Skil-Lit Cafe](#) in downtown Trenton is a great place for breakfast.

Loop #5 - 14.8 miles

Starting and finishing at the Washington Crossing Bridge Parking Lot/
Nelson House; Titusville, NJ.

Aid station: Lock 11/New Hope (mile 7.5)

Short aid station: Fireman's Eddy (mile 5.1)

Course maps/directions:



GPX: <http://www.beckinabox.com/loop5.gpx>



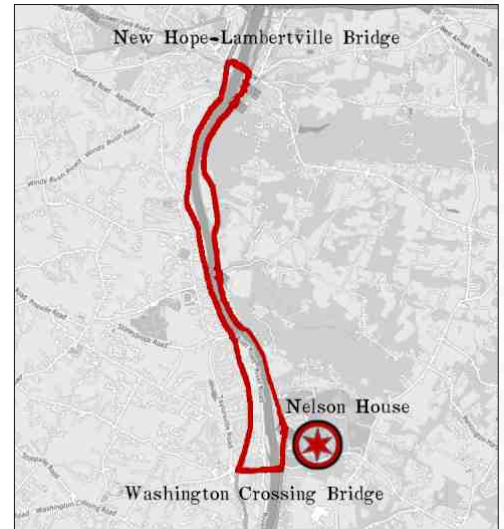
Garmin: <https://connect.garmin.com/modern/course/46471382>



Strava: <https://www.strava.com/routes/21582283>



MapMyRun: <https://www.mapmyrun.com/routes/view/2675768089>

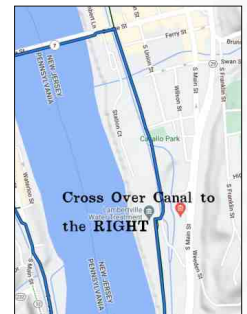


Loop Overview:

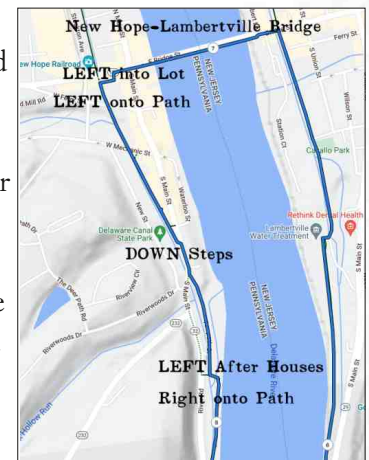
Both bridges on this loop should be familiar. The first bridge is the **New Hope-Lambertville Bridge** (mile 6.9), which we crossed in Loop #2. The second bridge is the narrow 15-foot wide **Washington Crossing Bridge** (mile 14.6), the first bridge we crossed back in Loop #1.

Important Information and Directions:

To enter Pennsylvania from New Jersey, as you enter Lambertville, the towpath crosses right over the canal, then left towards town. Turn left on Bridge Street to cross into Pennsylvania.



To get back onto the towpath, it is almost the same as in Loop #2. Once in Pennsylvania, go straight through the traffic light. Instead of crossing to the right as in Loop #2, go through a tiny hidden parking lot just before the towpath bridge. Follow the lot to your right, then make a left onto the towpath. If you cross over the canal/towpath, you have gone too far. After running behind some homes and businesses, the aid station will be where the steps bring you down to Main Street. Cross the street and bear right. There, you will see a sign for the towpath entrance on the left where the houses are. However, some runners simply make a left on Main Street after crossing into Pennsylvania to get back onto the towpath.



To get back into NJ there is a sign reading “Washington Crossing Visitors Center”, make the **LEFT** at that sign toward Washington Crossing around mile 14, the **LEFT** is **AFTER** you go **UNDER** the bridge. Follow the road and cross the bridge into NJ.

Notable landmarks:

Bowman's Tower (PA), visible over the river from the New Jersey side around miles 4 to 5. On the Pennsylvania side, it becomes visible around mile 9. **Revolutionary Soldier's Graves**, monument and gravesite near the **Thompson-Neely House** and **Farmstead** at mile 9.5.

Where to go after:

[Patriot's Crossing](#), located near the run start, offers decent pub grub and a bar with good prices. [It's Nutts](#), a quarter mile up the road, is a popular roadside spot with good food and great pizza. Lambertville and New Hope are a short ride north, both towns offer plenty of great dining options.





Loop #6 - 18.9 miles

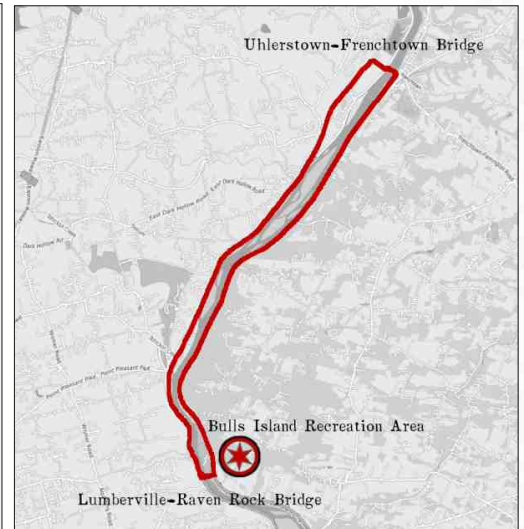
Starting and finishing at Bull's Island Recreation Area; Stockton, NJ.

Aid station: Uhlerstown-Frenchtown Bridge-PA side (mile 9.1)

Short aid station: Devil's Tea Table at Warsaw Road (mile 4.1)

Course maps/directions:

-  GPX: <http://www.beckinabox.com/loop6.gpx>
-  Garmin: <https://connect.garmin.com/modern/course/46471819>
-  Strava: <https://www.strava.com/routes/21582517>
-  MapMyRun: <https://www.mapmyrun.com/routes/view/2675796151>



Loop Overview:

Uhlerstown-Frenchtown Bridge (mile 8.9): The first bridge of this loop, built in 1931 and spans 950 feet.

Lumberville-Raven Rock Bridge (mile 18.6): The final bridge of the Delaware River Loop Series is the 1947 Lumberville-Raven Rock pedestrian bridge, which we crossed back in Loop #3.

Important Information and Directions:

Once in Pennsylvania, to get back onto the towpath, make a left after the bridge, then take the next right onto Uhlerstown Hill Road. Make a left just before the covered bridge onto the towpath. There is a sign indicating the way.

To return to New Jersey, take a right before you reach the pedestrian bridge, then make a left onto the road and another left onto the bridge.



DETOUR: Since 2021 there has been an ongoing detour near the end of this loop. At about mile 17.3 (about a mile and a half before the end), you will need to go onto River Road to get back to the bridge to New Jersey. There is a parking lot where you can enter the roadway. While there is no shoulder, traffic is minimal; please use caution.

Notable landmarks:

Devil's Tea Table (mile 4.2), a unique rock formation that overlooks the canal and river, sitting almost 500ft above the river. You should be able to see it through the leafless branches. **Uhlerstown Covered Bridge** (mile 9.5), built in 1832, located just beyond your left turn onto the towpath. **Treasure Island Scout Reservation** (mile 13.3), the oldest Boy Scout camp in the country, opened in 1913, there is a placard dedicated to the camp.

Where to go after:

[Lumberville General Store](#); walk over the pedestrian bridge into Pennsylvania, make a left, and the store is on the other side of the road. It offers good food and coffee in a warm, cozy historic place, built in 1770. Overlooking the river and the bridge is the [Black Bass Hotel](#), built in the 1740's, it has a beautiful historic bar. A short drive south to Stockton is [Odd Bird Brewing](#) and even closer is [Federal Twist Vineyard](#). Head north to Frenchtown to visit one of our favorite places, [Honey Moon Bakery & Pizzeria](#) for amazing pastries and breads!

More Info, Fun, & Safety Tips

Always carry a cell phone while out on the courses.

Each group run will have at least one fully stocked aid station. Still, we recommend bringing water, especially on longer loops - better safe than thirsty!

The towpaths run through state parks and are open to the public. You might see walkers, cyclists, and dogs out enjoying the trail too! Some loops (like in Lambertville/New Hope and Trenton) have more road crossings - please obey pedestrian laws and use caution.

Restrooms: Permanent restrooms are available at Bull's Island Recreation Area, Virginia Forrest Recreation Area, Prallsville Mills, Washington Crossing (NJ), The 1799 House and Morrisville. Some have seasonal hours. You may also find portable toilets on some loops, (Loop #4 has a permanent one). Most are marked on the interactive map.

Group Run Dates: Every loop has an official group run date - join us! It's more fun with others, and we take care of the details. Dates and times are on the RunSignUp page, the Delaware River Loop Series Facebook event page and in your intro email. **Weather may shift dates or loops may be run as an out-and-back due to closures**, always check email or Facebook a few days before each group run for updates.

Finisher's Award: Want the Loop Series finisher award? complete all 6 loops during group runs (recommended) or on your own - any day, any direction, any start point - within the official timeframe. When you finish a loop, submit your Strava/Garmin data (preferred) via email (jbeck@mac.com) or post on the Facebook event page. We keep a live spreadsheet to track progress - you'll get the link!

Finish the Series more than once? You're automatically in the **Steam Mule Stable** - our club of returning champions! The Mule brings mystery gifts each year - always earned, always a surprise.

Make It Fun! Take photos - you, other runners, or the scenery - and post them to the event page. We love seeing your adventures. We even track extra loops in the spreadsheet just for fun. Go ahead and rack up a few bonus miles!

Bring Friends! Bring along friends - even if they're not doing the full series. The more runners, the more fun! Family and non-running friends are welcome to cheer, take photos, or explore nearby towns and sights.

Emergency Information

If you have a medical emergency or feel unsafe, call 911 right away.

If you're lost, call me (John Beck) at **609-933-6044** for help. GPS maps and turn-by-turn directions are available for each loop - load them onto your phone or device before heading out. You can always link up with a fellow runner if you're uncertain of where to go or want company.

If you can't continue and need a ride, give me a call.

- John Beck
run concierge

Links and Images

Delaware River Loop Series RunSignUp page (including photo galleries):

<https://runsignup.com/DelawareRiverLoopSeries>

Completed Loops Spreadsheet:

<https://bit.ly/CompletedLoops>

Interactive Map:

<https://maphub.net/beckinabox/map>

Post-Loop Celebration Ideas;

<https://bit.ly/PostRunIdeas>

Uptown Gentlefriends on the WWW:

<http://www.uptowngentlefriends.com>

Uptown Gentlefriends on Facebook:

<https://www.facebook.com/UGF5k/>



Uptown Gentlefriends on Instagram:

<https://www.instagram.com/uptowngentlefriends/>



Uptown Gentlefriends on Threads:

<https://www.threads.net/@uptowngentlefriends>



Uptown Gentlefriends on X:

https://x.com/U_Gentlefriends



Uptown Gentlefriends on Strava:

<https://www.strava.com/clubs/gentlefriends>

