

POCONO BIKING Trail & Shuttle Map

LEGEND

Bike Trail

Lehigh River

Shop / Trail Access

Points of Interest

Parking

Bathrooms

Lodging

Picnic Tables

Shuttle / Direction

Paved Road / Crossing

Trail Access

Bridge

Mile Markers

Food

Hiking Trails

TRAIL ETIQUETTE

• Use garbage cans or take trash with you.

• Give audible warning when passing pedestrians & bicyclists.

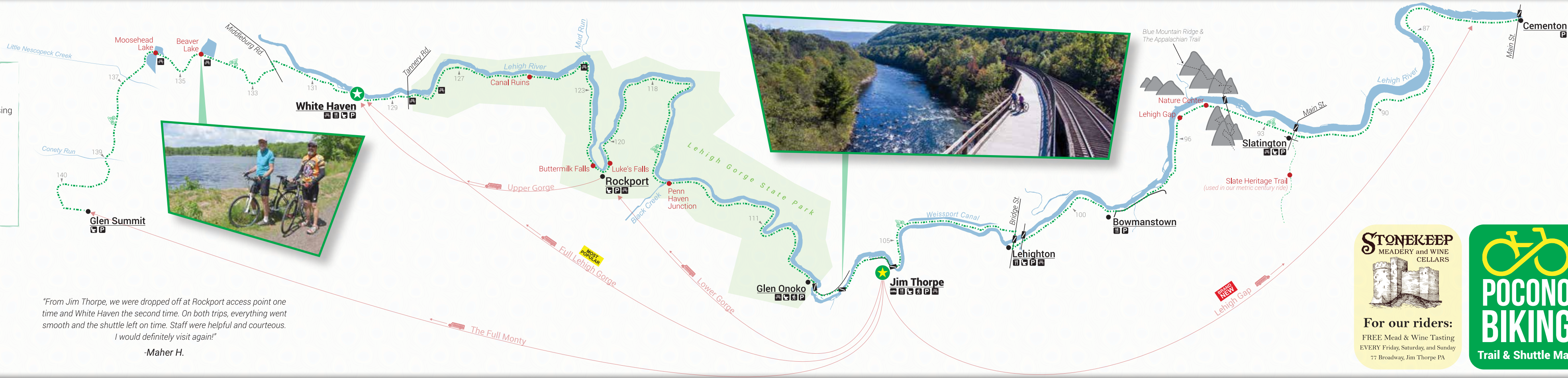
• Ride on the right, pass on the left.

• When others are approaching, travel single file on the right.

• Give any bicyclists in front of you plenty of room.

• Move to the side of trail when stopping.

• Yield to pedestrians.



"From Jim Thorpe, we were dropped off at Rockport access point one time and White Haven the second time. On both trips, everything went smooth and the shuttle left on time. Staff were helpful and courteous. I would definitely visit again!"
-Maher H.

STONEKEEP
MEADERY and WINE
CELLARS

For our riders:
FREE Mead & Wine Tasting
EVERY Friday, Saturday, and Sunday
77 Broadway, Jim Thorpe PA

**POCONO
BIKING**
Trail & Shuttle Map

OUR LOCATIONS

Jim Thorpe

Rentals - Shuttles - Shop - Gear
7 Hazard Square, Jim Thorpe, PA 18229
From here you can rent bikes and take shuttles!

Hours
Open year-round / Open daily May - October
Please visit PoconoBiking.com or call us at 570-325-8430 for a current schedule.

White Haven

Rentals - Shuttles
501 Main Street, White Haven, PA 18661
From here you can rent bikes and take shuttles!

Hours
Open daily July 1st through Labor Day
Limited hours/days during the rest of year.
Please visit PoconoBiking.com or call us at 570-325-8430 for a current schedule.

MOST POPULAR

Full Lehigh Gorge
25 Miles | 3-5 Hours
Check in at Jim Thorpe or White Haven

From the Jim Thorpe Trailhead...
Check in, shuttle to White Haven, then bike back to Jim Thorpe
Shuttle *departure* times:
Weekends & Holidays
May through October 10:00^{am} & 11:00^{am}
April & November 10:00^{am} & 12:00^{pm}
Midweek
May through October 10:00^{am} & 12:00^{pm}

From the White Haven Trailhead...
Check in, bike to Jim Thorpe, and shuttle back to White Haven
Return Shuttle *departure* times:
Weekends May through October 4:30^{pm}
Midweek July 1st through Labor Day 4:30^{pm}

Lower Gorge
15 Miles | 2-3 Hours
Check in at Jim Thorpe

From the Jim Thorpe Trailhead...
Check in, shuttle to Rockport, then bike back to Jim Thorpe
Shuttle *departure* times:
Weekends & Holidays
May through October 12:00^{pm} & 1:00^{pm}
April & November 10:00^{am} & 12:00^{pm}
Midweek
May through October 10:00^{am} & 12:00^{pm}

Upper Gorge
10 Miles | 1-2 Hours
Check in at White Haven

From the White Haven Trailhead...
Check in, bike to Rockport, then shuttle back to White Haven
Shuttle *departure* times:
Weekends & Holidays
May through October 2:00^{pm}, 3:00^{pm}, 4:00^{pm}

The Full Monty
36 Miles | 4-6 Hours
Check in at Jim Thorpe

From the Jim Thorpe Trailhead...
Check in, shuttle to Glen Summit, then bike back to Jim Thorpe
Shuttle *departure* times:
Weekends & Holidays
May through October 9:30^{am}
Midweek (Fridays Only)
June through August 9:30^{am}

BRAND NEW

Lehigh Gap
21 Miles | 3-5 Hours
Check in at Jim Thorpe

From the Jim Thorpe Trailhead...
Check in, shuttle to outer Cementon, then bike back to Jim Thorpe
Shuttle *departure* times:
Weekends & Holidays
May through October 11:30^{am}
Midweek (Fridays Only)
June through August 11:30^{am}

PLAN YOUR TRIP TODAY!
CALL US OR GO ONLINE: PoconoBiking.com | 570-325-8430

Times listed above are **actual departure times**
Please arrive at **least 30 minutes prior**



The shuttles listed above take you to different trailheads of the D&L Trail, the centerpiece of the Delaware & Lehigh National Heritage Corridor. The D&L Trail, when complete, will extend 165 miles from Wilkes Barre in NE Pennsylvania to Bristol, PA, near Philadelphia.