



2023 Micro-Tour 8 Ride Program

Trip to Delaware Water Gap / Port Jervis NY to Trenton NJ October 13-15, 2023

[Introduction](#)

[Safety](#)

[Waiver](#)

[Ride Schedule](#)

[Day 1, Friday October 14th](#)

[Notes](#)

[Scheduled Stops](#)

[Scheduled Stops Alt 1 \(From Dover\)](#)

[Scheduled Stops Alt 2 \(From Dover\)](#)

[Camping](#)

[Day 2, Saturday October 15th](#)

[Notes](#)

[Scheduled Stops](#)

[Camping](#)

[Day 3, Sunday October 16th](#)

[Notes](#)

[Scheduled Stops](#)

[Train Info Home](#)

[Ride Planning](#)

[NJT Bike Policy](#)

[Ride Checklist](#)

[Maps and GPS](#)

[Weather \(projected\)](#)

[Emergency Action Plan](#)

[Introduction](#)

[Ride Organization](#)

[Medical](#)

[Hospitals \(See Maps\)](#)

[Communication](#)

[Reference](#)

Introduction

This ride is a “No Drop” ride, led by an overall group leader and sweeper. No one will be left behind in case of mechanical situations or otherwise.

We will be taking a 8:36 am New Jersey Transit (NJT) Train from Secaucus on Friday, October 13th arriving at Port Jervis, NJ at 10:51am. We will be taking the NJT Train home from Trenton on Sunday, October 15th.. You can buy tickets in advance.

If you miss the group and head out on your own, you are "on your own", and not covered by our insurance policy (as outlined in the Waiver). Please see our Cancellation Policy [here](#).

Safety

This ride will observe all traffic lights and controls (no questions asked), and will not make “forced left turns”. The left turns we have to make across traffic will be made as pedestrians.

Waiver

Please fill out Waiver [here](#)

Ride Schedule

Day 1, Friday Oct 13, 2023

38.8 miles · +1,856 ft / -1,962 ft, Sunset 6:19pm

[Day 1 Map](#)

The group will meet at the **Secaucus New Jersey Transit Train Station** and take the 8:36am train to Port Jervis. Note, there are not too many trains that head to Port Jervis (3/day)

08:36 AM Depart FRANK R LAUTENBERG SECAUCUS LOWER
LEVEL

Main/Bergen-Port Jervis Line
#0043

10:51 AM Arrive PORT JERVIS

 **2 hours, 15 minutes**

If you miss this train, there is a 9:58am train that gets in at 12:21 pm. Riders who need to use this train are not covered by the trip's insurance until they connect with the group. The next train is at 4:18pm, and is not advisable as riders will get to camp way after dark.

Getting to Secacus usually involves taking a train from Penn Station. Last year, we met at Penn Station, and one person actually missed the connecting train in Secaucus because the initial train from Penn Station was late getting into Secacus.

Riders can choose how and when they arrive in Secaucus. There are MANY trains that head from Penn Station to Secaucus in the morning ([NJT Schedule](#)). Rider can also take the PATH train. I suggest we spread it out as we are (technically) violating the NJT Rule of no bikes on trains until after 10am (and no more than 4 bikes/train)

We are not planning any stops in Port Jervis, as there are amenities 7 miles south in Milford.

Scheduled Stops and Notable Landmarks

- Mile 7: Town of Milford. This is pretty much our only stop between here and camp. There is a diner for lunch, and a deli and supermarket for food for dinner/breakfast
- Mile 8.4: Bridge crossing Delaware River. **Bikes must be walked.**
- Miles 15.9-17.1 Climb 1 (1.2 mi +233 ft / -17 ft (3.6%))
- Miles 16.5 to 22.4 Gravel Path/Road
- Miles 27.8-29.4 Climb 2 (1.6 mi +493 ft / -2 ft (6.1%))
- Mile 27.9 River Bend Campsite (in case of emergency)
- Mile 29.9 Millbrook Village (bathroom/water)
- Mile 38.8: Destination

Camping

Worthington State Forest Campground, 2 Old Mine Road

Columbia, NJ 07832, 908-841-9575, Bathrooms, showers.

Direct Line - (908) 841-9575, Emergency Number - (877) 927-6337

We are camping on the night of 10/13, but a 2 night reservation is required.

- Reservation 1: Site 014, R1000208877 (2 nights, 10/12, 10/13)
- Reservation 2: Site 015, R1000208878 (2 nights, 10/12, 10/13)

Day 2, Saturday October 14, 2023

51.1 miles · +1,560 ft / -1,718 ft, Sunset 6:18 pm

[Day 2 Map](#)

Notes

- D & L (Delaware and Lehigh) Trail 36.9 to 51.6

Scheduled Stops and Notable Landmarks

- Mile 8.8: Dunkin Donuts, 398 Delaware Ave, Portland, PA 18351
- (Optional) Mile 18.6: Town of Belvedere
- (Optional) Mile 25.8 Riverside Bars and Grill, 5801 S Delaware Dr, Easton, PA 18040
- (Optional) Mile 32.9 Trek Store. This is probably the most accessible Bike Shop on the rider, best to stop here if you need anything
- Mile 34.2: Easton Food Market, 250 Line St, Easton, PA 18042. This will be our main stop for lunch and to get food for dinner. The Easton Food Market is a huge space that has TONS of different food offerings.
- Miles 33.7 to 51.6 D & L (Delaware and Lehigh) Trail (Optional)
- (Optional) Mile 41.4: Mueller's General Store and Kitchen, 3205 S Delaware Dr, Easton, PA 18042
- Mile 45 (or so). Last year, there were some bridges that were on on the trail from this point sout top camp. Rivers can take River Road, which parallels the trail, all the way to camp.
- (Optional) Mile 50 Town of Milford, NJ
- Mile 51.1: Destination

Camping

Dogwood Haven Family Campground, Site A. 16 Lodi Hill Rd, Upper Black Eddy, PA 18972, (610) 982-5402. (Mark cel 610 715 7982). Bathrooms, showers.

Day 3, Sunday October 15 2023

34.2 miles · +416 ft / -543 ft, Sunset 6:16 pm

[Day 3 Map](#)

Notes

- D & L (Delaware and Lehigh) Trail 0 to 2.7
- D & R Trail 2.7 to 34.2

Scheduled Stops and Notable Landmarks

- Mile 2.7. Cross Delaware River. Leave D&L Train, start D&R Trail
- Mile 2.9 Frenchtown, Bridge Cafe (coffee, pastries)
- (Optional) Mile 11.5: Lumberville General Store, 3741 River Rd, Lumberville, PA 18933 (across river)
- Mile 17.4: Town of Lambertville (food, ice cream)
- (Optional) Mile 25: Washington's Crossing Park
- Mile 34.2 Destination

Train Info Home

[Sunday NJT Train Schedule Trenton to NYC](#) (basically its 2 trains every hour, trip is 1 hour, 37 minutes). Again, I would recommend spacing this out as this train gets VERY crowded as it gets closer to NYC.

Ride Planning

NJT Bike Policy

[Link](#)

Ride Checklist

- Ride Contact List (see links in WhatsApp, please print to have on ride as a reference)
- Cue Sheets (please print to have on ride as a reference)
- Ride Program (this doc, please print to have on ride as a reference)
- Have a look at our [Micro-Tour Primer](#) to make sure you don't forget anything.
- Your bike must be in good working order, with the ability to carry gear ([see Micro-Tour Primer](#)). 718 Cyclery is in no way responsible for your bike. Road/touring bikes are recommended, suspension bikes are not advisable. All riders should have the basic ability to patch/change a tube, and get air into the tube. There will be plenty of folks available to help, but as a rider it is good to know how to do these things. Your bike should also be equipped with lights, and preferably a reflective safety panel/flag at the rear. This ride is during daylight hours, but you never know what sort of delays might happen.
- **HELMETS ARE REQUIRED**

- **Reflective Gear:** It's a good idea to wear something reflective to increase visibility as much as possible
- **Lights:** Front and rear. We are riding during the day, but its good to be prepared
- **Tube:** You should have a tube for your wheel size. You might not know how to use it, but it will help if we need to get a flat fixed.
- **Tools:** Multi-tool, Tire Lever, Pump, Patch Kit
- **Food:** People will be cooking dinner at the campsite, but an alternative is to just bring something that doesn't need to be prepared, or pick something up at our rest stops. These trips are a great time to experiment (and share) with cooking equipment and methods.
- **Water:** Bring at least 2 water bottles to start the ride. Drink regularly, even if you're not thirsty. We will have 2 rest stops to refill. If you have a hydration pack, even better!
- **Shelter:** Tents (not sure if hammocks will be an option)
- **Sleeping Bag and Pad:** Please note weather forecasts, and check and understand the temperature rating of your bag. Bring a sleeping pad for comfort (and consider a camp pillow). In addition, the thermal qualities of a pad will make sleeping more comfortable.
- **First Aid:** Best practice is to bring at least a basic first aid kit
- **Bug Spray:** Yes! (in cold weather, not so much)
- **Sun Screen:** Yes! (in cold weather, not so much)
- **Lighting:** Flashlight, headlamp etc.
- **Rain Gear:** Always a good idea to have something in case of rain
- **Padded Shorts and/or Chamois Cream:** Trust me
- Check out our [Pinterest Boards](#) for gear ideas
- Also, check out my example [Packing Lists here](#)
- **Put my number in your phone 917 715 2524**

Maps and GPS

- [Maps](#)

Please print out and download cue sheets and maps. **Assume the worst case scenario of being separated from the group.** Please don't just rely on digital versions, as batteries can die. TCX files are for Garmin and GPS devices, KML files can be loaded into Google maps, Cue Sheets are turn by turn directions that can be printed.

A safe group is a group where everyone is more than familiar with the route. Don't rely on your friend or your phone; know the route. Too many people go on these rides with no idea where they are going.

Weather (projected)

- Day 1 xx
- Day 2 xx

- Day 3 xx

I will be monitoring the weather closely, and will cancel the trip if there is weather that would make the ride unsafe (snow, existing snow/ice on trail, icy conditions, rain/freezing rain). If canceled, riders can get a refund or a credit for a future trip.

It is the responsibility of each rider to monitor the weather and ultimately make the decision to ride or not. Although we don't offer refunds for weather cancellations if the ride is going on, I will credit you for a future trip. There is no shame in waiting for a better trip!

Emergency Action Plan

Introduction

The purpose of the Emergency Action Plan (EAP) is to ensure the safety and well being of Tour Participants and 718 Employees while on this trip

This plan has been reviewed with 718 Employees as well as Tour Participants. In addition, 718 Cyclery will host an organizational meeting (4/20/22) to get all riders prepared. All Micro-Tour Participants have signed Waiver.

Ride Organization

In order to ensure a safe ride environment, the ride will be organized with a Group leader and multiple riders at the rear ("sweep") position. Each leader will have a charged cel phone repair supplies and a 1st Aid kit.

All riders have provided emergency contact numbers, which will be in possession of 718 Employees on trip.

Medical

In case of any real or apparent medical issue while riding, the group will be stopped at once. Cel Phones will be used to alert all 718 Employees and Ride Leaders of the situation. In the case the group is stretched out over a long distance, the group will be brought together by 718 Employees. All 718 Employees are trained in Wilderness First Aid, and will be carrying First Aid kits.

If a medical emergency is declared, 718 Employees will use cellular phones to reach 911 emergency services, noting exact mile markers on trail during call.

If no communication is available due to lack of cellular phone service, one 718 Employee will ride to the nearest town to alert emergency services. All 718 Employees will have a detailed map on them to facilitate this.

718 Employees have studied maps of route ahead of time, and are familiar with towns and distances for that day.

Hospitals (See Maps)

Communication

All Team Leaders and 718 Employees will have charged cel phones and a satellite phone/device (Ride Leader only). **Put my number in your phone 917 715 2524**

Reference

- [Paulinskill Valley Trail](#)
- [Delaware and Lehigh National Heritage Corridor Website](#)
- [Delaware and Lehigh National Heritage Corridor Brochure](#)
- [Delaware and Raritan Canal Website](#)
- [Delaware and Raritan Canal Wikipedia](#)
- [Delaware Water Gap National Recreation Area](#)

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