EAST BRUNSWICK PARKS GUIDE
Friluftsliv (pronounced free-loofts-liv) = the Nordic Concept of Getting Outdoors. The Scandinavians passion for nature cuts to the heart of what this expression which literally translates as “open-air living” and was popularized in the 1850s by the Norwegian playwright and poet, Henrik Ibsen, who used the term to describe the value of spending time in remote locations for spiritual and physical wellbeing. Norwegians are brought up with the strong cultural tradition of friluftsliv is key to understanding a (generally quite positive) mind-set.” This means dressing for the weather — from woolen socks and leggings to safety-focused reflective strips on your jacket — and getting outside.

Get outside, breathe fresh air and check out nature right here in East Brunswick! Explore some of our town’s most beautiful scenery with our wooded hiking trails, freshwater fishing spots, birdwatching areas and bike paths.

DID YOU KNOW EAST BRUNSWICK HAS...

NEARLY 1,000 ACRES
Of parks and public areas, perfect for hiking at any skill level!

MILES OF BIKE PATHS
For those days you just want to get out and ride

A LARGE SPECIES OF BIRDS
Some very rare and waiting to be seen

FISH FROM BASS TO CATFISH
Swimming freely in our lakes

A LARGE OPEN DOG PARK
For our fur children both large and small

A DISC GOLF COURSE
A combination for golf and Frisbee for all ages!
With acres of leafy parks, freshwater streams, woodlands and beautiful farmland in East Brunswick, hikers can get up close and personal with wildlife while exploring East Brunswick’s landscapes. The park system has hiking trails that range from easy loops to intermediate trails. Come solo to spend time outside or bring the family for a local trek through East Brunswick’s hidden gems.

**Bicentennial Park** – the best of both worlds lies here; paved walking paths as well as trails that meander along beautiful Farrington Lake. This 34 acres park also has activities for the whole family including; tennis, paddleball, playgrounds, ball fields, volleyball and basketball.

**Heavenly Farms** – known mostly as the youth sports mecca of East Brunswick, Heavenly Farms has one of the longest paved walking paths in town, with close to 2.5 miles meandering through the turf fields, beautiful natural fields, and Didereksen Park. Weather permitting, the Parks Department will be cutting additional natural trails through existing fields at Heavenly Farms and the Community Arts Center for those looking to explore a little further! If you do stop by, you have to check out the newly installed Disc Golf Course as well! This is a great place to stretch out and go, but those familiar know that it is also quite possibly the windiest place in all of East Brunswick!

**Frost Woods** – 147 acres of hiking trails through heavily wooded forest right here in East Brunswick. The 2.4 mile main trail was recently blue blazed and trail maps are available at the two main trail heads on Summerhill Road and New Brunswick Avenue. Along the main loop there are endless possibilities to duck into the woods and explore this gem of a property right here in town. Frost Woods has rolling topography with large flats punctuated by higher areas and some short but moderately steep slopes. The vegetation consists of a canopy of mixed oaks including chestnut oak, red oak, black oak and white oak and pitch pine. Sassafras is common as a small understory tree and the shrub layer varies from open and park-like to dense. Common shrubs include lowbush blueberry, sheep laurel, black huckleberry and Mountain laurel. Catbriar, a stout thorny vine often called "living barbed wire" is also common in places. In many areas, especially near the center of the park, Mountain laurel forms dense evergreen thickets that are filled with white flowers in the spring. A walk through these areas when the Mountain laurel is in flower is well worth the short hike. Currently, no public parking exists for entrance into this park so please be considerate when parking on public streets.
Tamarack Hollow Preserve – A Middlesex County Park of 165 acres in East Brunswick that’s a patchwork of heavily wooded forest mixed with farmland that supports local agriculture. The gentle rolling terrain and variety of plants and animals make it a top choice for hiking, walking, bird watching and photography.

Ireland Brook Conservation Area – This Middlesex County conservation area is over 500 acres. The blue blazed Forest Brook trail is a short, 0.8 mile loop off of Riva Avenue in East Brunswick, which has views of the rushing, rocky Ireland Brook near its outflow into Lawrence Brook. The 2.9 mile Ireland Brook Trail (yellow blaze) crosses the old Fast Line Trolley line, into the beech and maple forest above the Ireland Brook and meanders through meadows and alongside an active farm field towards the eastern edge of the preserve. Trail maps can be downloaded at Middlesex County Parks website. The Ireland Brook Conservation Area is ideal for passive recreation activities such as hiking, photography and nature study. The combination of upland habitat and riparian vegetation along the Ireland Brook make it an ideal area for wildlife viewing. The Forest Brook Trail (0.8 miles) can be accessed at the Riva Avenue Trailhead. The Ireland Brook Trail (1.8 miles) can be accessed from the Parkview Court parking area. Hikers can also connect to Davidson’s Mill Pond Park via the Farrington Lake Trail.

The Farrington Lake Trail - connects Davidson’s Mill Pond Park and Ireland Brook Conservation Area. The trail meanders 1.1 miles along the banks of the Lawrence Brook and the shoreline of Farrington Lake, revealing spectacular views of the lake and unique rock formations found no where else in the county. Great blue herons, belted kingfishers, and great egrets are commons sights along the trail.

Community Park – a popular place for dog lovers and fishermen, the 1 mile Dallenbach Trail can be accessed at the Recreation and Parks Office or next to Crystal Springs Family Waterpark. There are educational kiosks through the trail system here and a great place to explore the wildlife within Dallenbachs Lake.

Elks Pine Woods – In 2003, East Brunswick acquired 10 acres along Farrington Lake from the Elks. This little known park is undeveloped except for a few meandering dirt trails. The park does not even have an official name yet. It is almost certain that no one else will be there and you will have the woods to yourself. The park juts out into Farrington Lake and can be seen from Riva Avenue across a beautiful cove that separates it from LakeView Day camp. The park is easily accessible by parking in the large gravel parking lot at the end of the access road to the Elks Lodge (off a long narrow road from Hardenburg Lane). A sign near the corner of the parking lot notes the access point to the trailhead.
Great Oak Park – This popular playground area is also home to a favorite .25 mile sidewalk loop to walkers as well as the renowned Butterfly Park.

Very few people in town know that Great Oak Park has a special and wonderful botanical secret. The giant oak tree that is its namesake is obviously it's most prominent feature.

But did you know that all of the other trees in the park are a botanical alphabet? Every living thing on earth has a scientific name, made-up of two parts; the Genus and the species. So, the Great Oak Tree is known as Quercus (the Genus) Velutina (the species), or Black Oak. At Great Oak Park, all of the plantings were designed by our township Landscape Architect to span the length of the alphabet. There are maples (Acer), birches (Betula), dogwoods (Cornus), holly (Ilex), sweet gum (Liquidambar), Basswood (Tilia) and all the way to Zelkova.

Butterfly Park – the first municipal park in New Jersey, and perhaps the country, dedicated to the conservation and enjoyment of butterflies. The park consists of an 11 acre preserve adjacent to Great Oak Park and features a 1,000 foot long cinder trail lined by numerous plantings to attract butterflies, a 400 foot long meadow trail, 1,000 feet of woodland trails, an early successional field that is being managed to control invasive shrubs and to promote wildflowers and grasses and second-growth upland woods being manage for invasive species. All trails feature benches and signs. The park is also located along the township bike path and a bike rack is provided at the entrance near Great Oak Park. The park provides habitat for a wide diversity of wildlife species, including butterflies, and therefore offers abundant opportunities for nature study and enjoyment.

The park is an ongoing project of the East Brunswick Environmental Commission and the Friends and has been constructed primarily through volunteer efforts and donations. Field guides and butterfly nets are available for public use at the entrance to the park, near the kiosk. Abundant opportunities exist for individuals and groups to assist with the park.
Bikeways – the township has recently installed bikeways throughout township streets and county roadways. A map of these paths can be found at https://www.eastbrunswick.org/406/Parks-Facilities. Future plans include linking the paths at Heavenly Farms to Crystal Springs Family Waterpark and also through the Community Arts Center to create a long, scenic loop to bike with the family. Always remember to wear a helmet and use proper road safety. While some of these routes use biking trails, please be aware the majority of your ride will be on a public road.

Heavenly Farms – a great place to walk and hike is equally as nice to take a spin on your bike with the family. Paved pathways and natural scenery make a calm bike ride through one of East Brunswick’s largest parks.

Delaware & Raritan Canal Tow Path – while not an East Brunswick Park, this path is too fun not to mention! Once a path for mules and horses to tow cargo along the canal, the 69 mile Delaware & Raritan Canal State Park Trail is now one of the most popular recreational areas in New Jersey. The trail stretches from New Brunswick to Trenton and is an absolutely spectacular ride featuring open fields, freshwater estuaries, stone walls, cobblestone spillways, historic covered bridges, and old-growth forest. With many unique places to visit along the way, this is a great ride for groups and day-trippers alike.
Whether you’re a novice or expert bird watcher, you’ll be sure to spot a variety of birds, including migratory and rare birds in East Brunswick.

Dallenbachs Lake, Heavenly Farms, Edgeboro Landfill, Duhernal Lake and Bicentennial Park are all great places in East Brunswick to go bird watching. Yes, Edgeboro Landfill is mentioned here and believe it or not the American Bald Eagle has been seen here!

Cardinals, Blue Jays, Goldfinches and House Finches abound and make their presence known year-round. So do the smaller Carolina Chickadees, Tufted Titmice and Carolina Wrens. Also up in the trees are woodpeckers – Red-bellied, Downy, Hairy and Flickers being the most common as well as Mourning Doves and Mockingbirds. The more extensive woodlots and tree stands might hold Cooper’s and Sharp-shinned Hawks. These are bird-eating predators and if you have a feeder these might be attracted to your feeder flock.

The endangered Grasshopper Sparrow has also been seen at Heavenly Farms. Down from the north are Dark-eyed Juncos and White-throated Sparrows.

The East Brunswick Environmental Commission and the Friends of the East Brunswick Environmental Commission typically hold bird watching events during the course of the year free to the public. This year’s highlights included a huge flock of Common Grackles at Heavenly Farms, nine Bald Eagles at the landfill, six Harriers, including a male “Gray Ghost”, and a Red-headed Woodpecker at Duhernal Lake. Oh, and of course, lots of gulls at the landfill.

Middlesex County is home to the NJ Audubon Society, located in Plainsboro Preserve. Get expert advice about local birding hotspots, walk the five miles of trails, or just take in the scenery on this 1,000 acre wildlife sanctuary.
Believe it or not, East Brunswick’s lakes are flowing with freshwater fish just waiting to be caught!

Dallenbach’s Lake within Community Park and Farrington Lake from within Bicentennial Park offer great opportunities to freshwater fish in East Brunswick.

Northern Pike, Bass, Catfish, Brown Bullhead, Yellow Perch, Carp, Trout and Sunfish are all around the lakes in Central New Jersey.

Dallenbach’s Lake has a small boat launch behind Crystal Springs Family Waterpark; only non-gasoline motors are permitted while shoreline areas abound to fish from the edges of Farrington Lake within Bicentennial Park.

Don’t forget to pick up your freshwater fishing license. Everyone between the ages of 16 and 69 must have a fishing license and an additional trout stamp if you plan on trout fishing. For more information and to purchase a license, visit the NJ Division of Fish and Wildlife website.
Doggone Good!

Our furry dog friends are just like children and need a fun and safe place to run and play!

Located within Heavenly Farms, the East Brunswick Dog Park not only gives our furry friends a place to socialize but it also lends some exercise to us as well. There is a large and small dog area available as well as litter bags and a pet water fountain during the warmer months. Limited shade and benches are also available.

Off-Leash Dog Park Guidelines for Use

All users are advised that the off-leash dog park is an unsupervised recreation area. All users are further advised that the use of this facility is at their own risk.

1. Users must abide by all rules and regulations governing the use of the East Brunswick parks and public lands and must comply with the directions of Parks personnel and the Animal Control Officer.

2. Children under 8 years of age are not permitted within the off-leash dog area. Children 8 years of age and older must be closely supervised by an adult.

3. There is a limit of 2 dogs per person. At no time should the number of dogs within an off-leash area exceed 20 or the number of people exceed 20. When others are waiting please limit your use to 30 minutes.

4. Aggressive or dangerous dogs are prohibited. All owners must be able to control their dogs and are responsible for the conduct of their pet. Dogs exhibiting aggressive behavior must be removed immediately. Do not allow dogs to dig holes or otherwise damage park. All holes dug must be immediately filled.

5. Owners must stay with their dogs at all times and have a leash for each dog in their possession. Dogs must be leashed at all times when outside fenced areas. No food or raw hides permitted.

6. Dog owners must secure all access gates immediately after entering or exiting.

7. Puppies under 6 months of age are prohibited. All dogs over 6 months old must be spayed or neutered.

8. Dogs must wear non-spike collars displaying licenses at all items and have current vaccinations.

9. Owner must clean up after their dogs.

Hours of Operation
Dawn to 10:00 pm
Facility May be Closed Periodically for Maintenance

QUESTIONS OR CONCERNS SHOULD BE DIRECTED TO THE DEPARTMENT OF RECREATION AND PARKS 732-390-6797 or recreation@eastbrunswick.org. TO CONTACT A PARK RANGER, PLEASE CALL THE EAST BRUNSWICK POLICE DISPATCHER AT 732-390-6900. FOR EMERGENCY CALL 911. THANK YOU!
Disc golf is a flying disc sport in which players throw a disc at a target; it is played using rules similar to golf. It is usually played on a course with 9 or 18 holes.

Located within Heavenly Farms off the Access Road across from the main parking lot, the Disc Golf Course gives players the option of playing alone or with friends and family. There are 9 holes to enjoy hours of fun. Free to play at your leisure. Bring your own equipment. Clean up after yourself.
### Parks & Public Facilities

<table>
<thead>
<tr>
<th>Park</th>
<th>Amenities</th>
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<tbody>
<tr>
<td><strong>Bicentennial Park</strong> 180 Hardenburg Lane</td>
<td>Baseball, football, soccer, basketball, tennis*, handball*, volleyball, boating, fishing, hiking, natural area, playground/tot lot, Daisy Recreation Center, picnic area, parking, restrooms</td>
</tr>
<tr>
<td><strong>Butterfly Park</strong> 260 Rues Lane</td>
<td>Natural Area, Walking Trails</td>
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<tr>
<td><strong>Community Arts Center</strong> 721 Cranbury Road</td>
<td>Community Arts Center, Elliott Taubenslag Theater, Playhouse 22, outdoor amphitheater</td>
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<tr>
<td><strong>Community Park</strong> 334-380 Dunhams Corner Road</td>
<td>Tennis*, pickleball*, basketball, Youth Center, boating, fishing, hiking, natural area, walking trails, Dallenbach Arts Spot, Recreation Office, parking, restrooms</td>
</tr>
<tr>
<td><strong>Country Lane Park</strong> 65 Stratford Road</td>
<td>Baseball, basketball*, tennis*, playground, tot lot, picnic area, parking</td>
</tr>
<tr>
<td><strong>Crandall Play Area</strong> 16 Kossman Street</td>
<td>Tot lot, parking</td>
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<tr>
<td><strong>Crystal Springs</strong> 380 Dunhams Corner Road</td>
<td>Swimming, water slides, spray park, lazy river, basketball, picnic area, parking</td>
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<tr>
<td><strong>Dideriksen Park</strong> 440 Dunhams Corner Road</td>
<td>Football, soccer, picnic area, playground, parking, restrooms</td>
</tr>
<tr>
<td><strong>Eb Baseball Managers</strong> 369 Dunhams Corner Road</td>
<td>Baseball*, parking, restrooms</td>
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<tr>
<td><strong>Frost Woods</strong> 72 Frost Avenue</td>
<td>Hiking, natural areas</td>
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<tr>
<td><strong>Great Oak Park</strong> 260 Rues Lane</td>
<td>Playground, tot lot, picnic area, parking</td>
</tr>
<tr>
<td><strong>Heavenly Farms</strong> 440 Dunhams Corner Road</td>
<td>Baseball*, dog park*, multipurpose turf fields, disc golf course, biking &amp; walking trails, restrooms, parking</td>
</tr>
<tr>
<td><strong>Keystone Park</strong> 20 Service Street</td>
<td>Hiking, natural areas, parking</td>
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<tr>
<td><strong>Lenape Park</strong> 41 Millman Drive</td>
<td>Basketball, tennis, pickleball, tot lot, natural area, parking</td>
</tr>
<tr>
<td><strong>Pine Ridge Park</strong> 50 Pine Ridge Drive</td>
<td>Baseball, basketball, tennis, natural area, playground, tot lot, picnic area, parking</td>
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<tr>
<td><strong>Sadowski Play Area</strong> 22 Sadowski Street</td>
<td>Basketball, playground, tot lot, picnic area</td>
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<tr>
<td><strong>Tices Lane Park</strong> 120 Tices Lane</td>
<td>Undeveloped</td>
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<tr>
<td><strong>Volunteer &amp; Veterans Park</strong> 1 Civic Center Drive</td>
<td>Gazebo, fishing, Community Garden, natural area, parking</td>
</tr>
<tr>
<td><strong>Washington Heights Park</strong> 47 Wilmot Street</td>
<td>Basketball, playground</td>
</tr>
<tr>
<td><strong>Welsh Park</strong> 36 Gordon Street</td>
<td>Baseball, basketball, hiking, playground, tot lot, picnic area, parking</td>
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</tbody>
</table>

* Indicates lighted courts/fields until 10 pm April 15 - November 15. All parks November 16 - April 14, dawn to dusk.
** Lights on ONLY with permit. Permit may be purchased through the Recreation and Parks Department.
Department of Recreation, Parks and Community Services
334 Dunhams Corner Road, East Brunswick, NJ 08816-2656
Monday - Friday, 8:00 am-4:30 pm
732-390-6797

Mayor
Brad J. Cohen

Administrator
Joseph Criscuolo

Township Council
Sharon Sullivan, President
Kevin McEvoy, Vice President
Michael Spadafino, D.C.
Sterley Stanley
James Wendell

Additional Park Information courtesy of Middlesex County Parks Department, the East Brunswick Environmental Commission and the Friends of East Brunswick Environmental Commission.
Multiple park photos provided by East Brunswick Eagle Scout, Jonathan Roy Varghese.