EAST COAST GREENWAY
MID-ATLANTIC REGION
Mid-Atlantic route: 400 miles

FEATURED TRAIL SEGMENTS
For a complete list of trails, visit each state’s page at greenway.org

New York
1 Mosholu-Pelham Greenway
2 Bronx River Greenway
3 Hudson River Greenway

New Jersey
4 Hudson River Waterfront Walkway
5 Middlesex Greenway
6 D&R Canal Trail

Pennsylvania
7 D&L Trail
8 Delaware River Trail
9 Schuylkill River Trail
10 John Heinz Refuge Trail

Delaware
11 Northern Delaware Greenway
12 Jack A. Markell Trail
13 James F. Hall Trail

Maryland
14 Torrey C. Brown Trail
15 Jones Falls Trail
16 B&A Trail
17 WB&A Trail

Washington DC
18 Anacostia River Trail
19 Metropolitan Branch Trail
20 National Mall
East Coast Greenway in the Mid-Atlantic Region

Connecting people to place: About the East Coast Greenway

The East Coast Greenway is a walking and biking route stretching 3,000 miles from Maine to Florida, connecting our nation’s most populated corridor. The East Coast Greenway is designed to transform the 15 states and 450 communities it connects through active and healthy lifestyles, sustainable transportation, community engagement, climate resilience, tourism, and more. The Greenway offers a safe place for bicyclists, walkers, runners, and more — of all ages and abilities — to commute, exercise, and explore new destinations.

The nonprofit East Coast Greenway Alliance leads the development of the trail network by working with partners from the local to federal level.

Learn more & join the East Coast Greenway:
greenway.org • info@greenway.org

Plan an outing:
map.greenway.org