

FREE
MAP



CAPE ISLAND Connections



Explore Cape Island, NJ
by bicycle!

Bicycle Safety

- 1** **ALWAYS** ride in the same direction as traffic. Obey one-way street directions.
- 2** **OBEY** all traffic signs and signals. Stop at red lights and stop signs.
- 3** If you **bike at night, use a light** - both front and rear lights.
- 4** **Wear a helmet** - it might just save your life. Helmets are required for those under 17.
- 5** Don't ride too close to parked cars. Doors can open suddenly.
- 6** Wear bright, visible and reflective clothing.
- 7** Be **CAREFUL** at intersections.
- 8** Use your bell or horn to announce your presence
- 9** **Bike single file** in traffic
- 10** Use **HAND SIGNALS** when turning.



Turning LEFT



Turning RIGHT



STOPPING



Pedestrians

Pedestrians always have the right of way. As a walker you should cross within a crosswalk and obey traffic lights. Watch where you are going and stay off of your phone when walking in traffic. When walking at night, carry a light and wear light colored clothing. Walk on sidewalks whenever possible and not in the street. A cyclist walking a bike across a roadway shall have all the rights of a pedestrian.

Motorists

STOP for any pedestrian within a walkway. Use extra caution when driving near bicycles and pedestrians. **NEVER** open your car door to exit the car without checking for oncoming bicycles. Bicyclers move faster than you think. Drive defensively at all times.

Walking Trails

Cape May Point State Park:
Offers walk trails 0.6, 1.2 and 2.4 miles that include woodlands and freshwater wetlands, several bird blinds and viewing platforms.

Of note: the Hawk Watch platform for watching raptors and other migrating birds, bird and butterfly banding demonstrations in the fall, a natural museum, bathrooms and tours of the lighthouse. Dawn to dusk, picnic areas available and lots of free parking.

Other Walking Paths & Trails:
Cape May Beach Promenade: 1.4 miles end to end - walking all of the time

The Nature Conservancy South Meadows: 200 acres of coastal birdwatching trails through beach, wetlands and dunes

Beach Walk: from Pavilion in Cape May to the Lighthouse - about 2.5 miles

Garrett Family Preserve: 4 miles of trails - free parking and bathrooms

Higbee Beach Wildlife Management Area: famous for concentrations of migratory birds in fall. Lock your bikes and limited parking

Cold Spring Bike Path and Walking Trail: 2.7 miles that starts at Sandman Blvd. and Sally Marshall Crossing and then links to Middle Township Bike Path, 8.9 miles to the Cape May County Park and Zoo



On foot = Face traffic
On wheels = Go with traffic



Important Local Information

Car free & Care Free

Cape Island is made up of four municipalities: Cape May, West Cape May, Cape May Point and part of Lower Township.

Park that car! Cape Island is eminently walkable and bikable! The entire island south of the Cape May Canal is flat and many streets are wide and safe. There is an array of things to see, both natural and man-made, and no place is very far from any other place. Leave the keys, put on sneakers or hop on a bike and ENJOY!

Walk, drive, bike and have fun! The roads belong to all of us.

Cape May has many old, narrow streets that accommodate a great variety of traffic. In addition to cars, bicycles and pedestrians, we have surrey bicycles, horse and buggies, electric cars, skateboards and the normal amount of trucks making deliveries to the various businesses and restaurants.

As traffic cannot go very fast, we actually have very few accidents. But it takes everyone to be alert and willing to share the road.

Share the road!

Important Local Information

Cape May Transportation and Welcome Center, located at 609 Lafayette Street, is your first stop for information about what to do and where to go in Cape May. There are racks of brochures, bathrooms and knowledgeable people to assist you.

Mid-Atlantic Center for the Arts (MAC) has a booth located on the Mall at Ocean Street that has information about historic sites, local tours and Cape May special events.

West Cape May Farmer's Market: Located behind West Cape May Borough Hall on Tuesday afternoons in July and August.

Parking Meters: Be alert – Cape May's parking meters are in effect from 10 am to 10 pm in most locations, seven days a week and strictly enforced. Download the parking app PM (Park Mobile). You can add money to your meter by using your phone.

Free Golf Cart Ride Service: Call 609-435-2680 or you park and rent your own low speed vehicle (LSV) to tour Cape May. 600 Park Blvd, West Cape May.

Biking on Promenade: From May 15 to September 15 - 4AM to 10 AM only. Rest of the year, no restrictions.

Urgent Care: Located at 900 Route 9, just outside of town on the left. 609-884-4357 | Hours 9 am to 8:30 pm

Gas Stations - Air for tires, gas for cars

-  Cape May Riggins: 1381 Washington St.
-  Exit Zero Filling Station: 110 Sunset Blvd.

Bike Rentals, Repairs & Tours

-  Village Bike Shop: 605 Lafayette St.
-  Shields Bike Shop: 11 Gurney St.
-  Congress Hall Bikes: 2 Perry St.
-  Cape Island Bike Rentals: 727 Beach Ave.
-  Curious Cape May Bike Tours: www.curiouscapemay.com



Architectural & Historic Features

Cape May is home to the only US Coast Guard Training Center and we are proud of being a Coast Guard community. Cape May is also the second largest fishing port along the eastern coast.

Cape May, billed as "America's Oldest Seashore Resort," together with West Cape May and Cape May Point have highly walkable, tree-filled historic districts with interesting architecture along with shops and eateries. Cape May boasts grand Victorian buildings including the Chalfonte Hotel, the Mainstay Inn, and the landmark Congress Hall. The Emlen Physick Estate, built in 1879, is MAC's living history museum located at 1048 Washington St. As you bike or walk, discover the architectural treasures throughout the historic district.

West Cape May has a collection of more modest Victorian homes along with grander examples such as the Wilbraham Mansion on Myrtle Ave.

Cape May Point has many small old cottages, large summer houses, the historic Red Store and a wonderful collection of old churches such as St. Peter's by the Sea. The restored Cape May Lighthouse, built in 1859, is the pride of Cape May Point where you can see for almost forever after climbing the 199 steps to the top.



Natural Features

Geographically Cape Island, with its rich bio-diversity, plays a major role for thousands of migratory fowl, making it a birder's paradise, especially in the fall. It is considered one of the top ten birding "hot spots" in the country. Examine seashells on the beach, delight in the beauty of butterflies, chase sand crabs or kayak through salt marshes. All year round the beaches, forests, wetlands, fields, nature preserves and ponds, with their abundance and variety of flora and fauna, beckon anyone who enjoys nature.

Observation platforms can be found in Cape May Point State Park and the Nature Conservancy's John and Catherine Blair Migratory Bird Refuge ("The Meadows") on Sunset Blvd. The Garrett Family Preserve at Cape Island Creek is comprised of 180 acres of upland forest, farm fields and tidal marsh.





- ### Road Key
- Bike-Friendly
 - Use Caution on Bikes
 - Avoid - Not Bike-Friendly
 - - - Designated Bike Lanes
 - Use Extra Caution at Intersection
 - - - Walking Trails
 - Indicates Historic District

- ### Notable Locations
- 1 Cape May City Hall & Police Station: 643 Washington St.
 - 2 West Cape May Borough Hall & Police Station: 732 Broadway
 - 3 Urgent Care: 900 Rt. 9
 - 4 CVS: 139 Myrtle Ave.
 - 5 Acme Supermarket: 315 Ocean St.
 - 6 Library: 110 Ocean St. - Bathrooms & WIFI
 - 7 Lifeguard Headquarters: 238 Beach Ave. - First Aid Station
 - 8 Convention Hall: 714 Beach Ave. - Bathrooms, WIFI, and Information
 - 9 Transportation & Welcome Center: 609 Lafayette St. Bathrooms & Information

- ### Historic Features
- 1 Mid Atlantic Center for the Arts & Humanities (Emlen Physick Estate: 1048 Washington St.)
 - 2 Cape May Fire Department Museum: 712 Franklin St.
 - 3 Colonial House Museum: 653 1/2 Washington St.
 - 4 World War II Lookout Tower: 536 Sunset Blvd.
 - 5 Cape May Point State Park: WWII Bunker, Lighthouse & Museum
 - 6 Sunset Beach: Wreck of SS Atlantis (a concrete ship) at end of Sunset Blvd.

- ### Nature Sites
- 1 Nature Center of Cape May: 1600 Delaware Ave.
 - 2 Cape May Observatory: 701 E. Lake Dr., Cape May Point
 - 3 Cape May Point State Park: Lighthouse Ave.
 - 4 Nature Conservancy South Cape May Meadows: 692 Sunset Blvd.
 - 5 Higbee Beach Wildlife Management Area: End of New England Rd.
 - 6 Lake Lily: Lake Dr.
 - 7 Nature Conservancy Garrett Family Preserve: End of Wilson St.

- ### Parks & Playgrounds
- 1 Cape May Point State Park
 - 2 Pavilion Circle Park
 - 3 Fisherman's Memorial
 - 4 Harborview Park
 - 5 Kiwanis Park
 - 6 Cape May's Water Conservation Garden on Madison Ave.
 - 7 Wilbramham Park
 - 8 MAC Grounds and Tennis Court
 - 9 Rotary Park Bandstand and Park
 - 10 Soldiers & Sailors Memorial Park
 - 11 Dog Park
 - 12 Lafayette Park Playground
 - 13 Kiwanis Park Playground, Madison Ave.
 - 14 West Cape May School Playground

- ### Public Rest Rooms
- 1 Library
 - 2 Convention Hall
 - 3 Transportation & Welcome Center
 - 4 Washington Commons (Ocean & Washington)
 - 5 Rotary Park Band Stand
 - 6 Beach Locations - Open Seasonally
 - 7 Cape May Point State Park
 - 8 City Hall

- ### Parking
- P1 Lighthouse - FREE
 - P2 Cape May Elementary School - FREE (Summer Only) FREE Shuttle Service Available
 - P3 Jackson St. Municipal Parking Lot
 - P4 Washington Commons Parking Lot
 - P5 Cold Spring Bike Trail



All routes are suggestions only. Always be alert, exercise caution, and only proceed when conditions are safe.