The Assawoman Canal Trail parallels a portion of the three mile long canal that was dug by hand in the 1890's to connect the Indian River Bay with Little Assawoman Bay to the South. The eight foot wide crushed stone multi-use trail is accessible from the trailhead located off Town Road. Users can also enter the trail at the intersections of Route 26 and Central Avenue or off of Osprey Lane; however, parking is not available at these locations.