

The Cape Henlopen State Park Disc Golf Course

Getting Started

Just beginning with disc golf? All you need to play disc golf is a disc. That's it!

Those interested in playing the course can get a course map and scorecard and borrow or purchase discs at the Seaside Nature Center.

What is Disc Golf?

Disc golf is played much like golf, except instead of a ball and clubs, players use a flying disc similar to a Frisbee. The goal is to throw the disc into a chain basket located on a pole. The number of throws required to land the disc in the basket is the score for the hole.

The discs used in the game are small and thick, and a player may use several types of discs when playing. A driver disc is often thrown first from the tee. It has the sharpest profile, the mass is on the outside, it's hard to control and it sails the farthest distance. On the next throw, a player might use a mid-range disc that glides nicely and is easier to control. Near the basket, the player uses a thicker putter disc, which has a dull edge and is much more accurate.

About the Course

The course has 19 holes if park beach overflow parking impacts one of the field holes. Most holes are par 3 from the posted white tees, with two longer par 4 holes.

Cape course: 3,725 yards (par 57), red tees; 5,670 yards (par 59), white tees; and 6,095 yards (par 61), blue tees.

Click the file below to view/print the course map.

If you would like in-person instruction, contact Miguel Garces (609) 346-3687.

Additional Resources

[Professional Disc Golf Association \(PDGA\) link to the Cape Disc Golf Course.](#)

[Official Rules of Disc Golf](#)

We have a private Facebook page for those who wish to join. The name of the group is Cape Henlopen Disc Golf.