

# Hikes: the Gap and New Jersey

Delaware Water Gap  
National Recreation Area



National Park Service  
New Jersey/Pennsylvania

## Pennsylvania (Mt. Minsi)

### 1. Appalachian Trail South to Mt. Minsi (white blaze)

The AT passes through the village of Delaware Water Gap to Lake Lenape parking area off Mountain Rd. The trail then climbs 1-1/2 miles and 1,060 ft. to the top of Mt. Minsi, with views over the Gap and Mt. Tammany NJ.

### 2. Table Rock Spur

This 1/4-mile spur branches off the right of the Fire Road (Hike 3) at a point 4/10-mile uphill from Lake Lenape. The spur parallels a creek and turns right to an outcrop. An unblazed trail at the left leads back down to Lake Lenape.

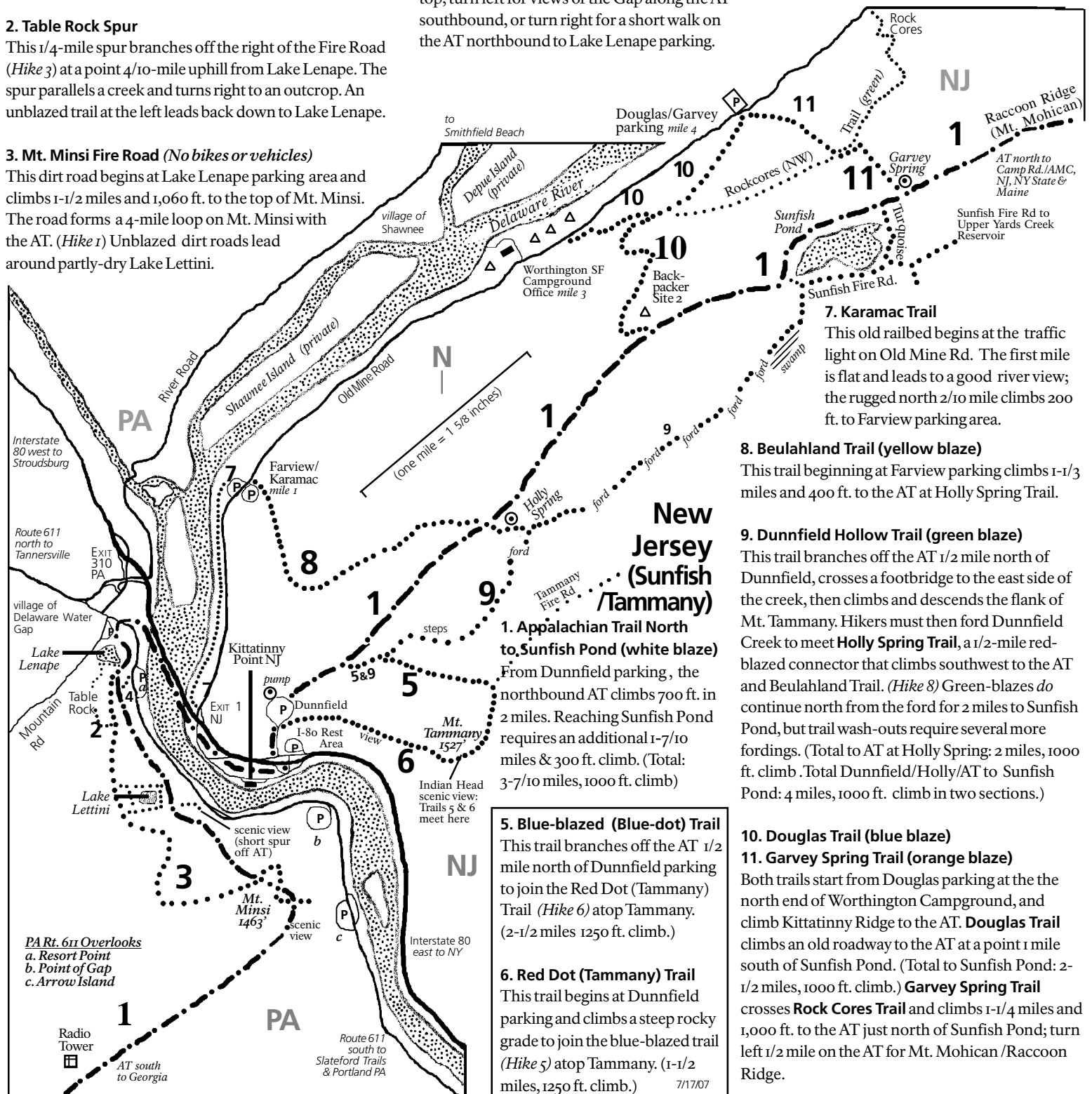
### 3. Mt. Minsi Fire Road (No bikes or vehicles)

This dirt road begins at Lake Lenape parking area and climbs 1-1/2 miles and 1,060 ft. to the top of Mt. Minsi. The road forms a 4-mile loop on Mt. Minsi with the AT. (Hike 1) Unblazed dirt roads lead around partly-dry Lake Lettini.

### 4. Resort Point Spur to Appalachian Trail

This 1/4-mile blue-blazed trail begins across Route 611 from Resort Point Overlook (Cross carefully!) and climbs up to Lake Lenape along a stream that once ran through the basement of Kittatinny Hotel. (Look in the parking area for the round base of the hotel's fountain.) At the top, turn left for views of the Gap along the AT southbound, or turn right for a short walk on the AT northbound to Lake Lenape parking.

To Mt. Minsi PA from Kittatinny Point NJ: Turn right out of the visitor center parking lot. Follow signs to Interstate 80 west over the river (Toll), staying to the right. Take PA Exit 310 just after the toll. Follow signs to Rt. 611 south, turn right at the light at the end of the ramp; turn left at the next light in the village; turn right 300 yards later at Deerhead Inn onto Mountain Rd. Take the first dirt road on the left to the trailhead parking.



**New Jersey (Sunfish/Tammany)**  
**1. Appalachian Trail North to Sunfish Pond (white blaze)**  
From Dunnfield parking, the northbound AT climbs 700 ft. in 2 miles. Reaching Sunfish Pond requires an additional 1-7/10 miles & 300 ft. climb. (Total: 3-7/10 miles, 1000 ft. climb)

**5. Blue-blazed (Blue-dot) Trail**  
This trail branches off the AT 1/2 mile north of Dunnfield parking to join the Red Dot (Tammany) Trail (Hike 6) atop Tammany. (2-1/2 miles 1250 ft. climb.)

**6. Red Dot (Tammany) Trail**  
This trail begins at Dunnfield parking and climbs a steep rocky grade to join the blue-blazed trail (Hike 5) atop Tammany. (1-1/2 miles, 1250 ft. climb.) 7/17/07

**7. Karamac Trail**  
This old railbed begins at the traffic light on Old Mine Rd. The first mile is flat and leads to a good river view; the rugged north 2/10 mile climbs 200 ft. to Farview parking area.

**8. Beulahland Trail (yellow blaze)**  
This trail beginning at Farview parking climbs 1-1/3 miles and 400 ft. to the AT at Holly Spring Trail.

**9. Dunnfield Hollow Trail (green blaze)**  
This trail branches off the AT 1/2 mile north of Dunnfield, crosses a footbridge to the east side of the creek, then climbs and descends the flank of Mt. Tammany. Hikers must then ford Dunnfield Creek to meet Holly Spring Trail, a 1/2-mile red-blazed connector that climbs southwest to the AT and Beulahland Trail. (Hike 8) Green-blazes do continue north from the ford for 2 miles to Sunfish Pond, but trail wash-outs require several more fordings. (Total to AT at Holly Spring: 2 miles, 1000 ft. climb. Total Dunnfield/Holly/AT to Sunfish Pond: 4 miles, 1000 ft. climb in two sections.)

**10. Douglas Trail (blue blaze)**

**11. Garvey Spring Trail (orange blaze)**  
Both trails start from Douglas parking at the the north end of Worthington Campground, and climb Kittatinny Ridge to the AT. **Douglas Trail** climbs an old roadway to the AT at a point 1 mile south of Sunfish Pond. (Total to Sunfish Pond: 2-1/2 miles, 1000 ft. climb.) **Garvey Spring Trail** crosses **Rock Cores Trail** and climbs 1-1/4 miles and 1,000 ft. to the AT just north of Sunfish Pond; turn left 1/2 mile on the AT for Mt. Mohican/Raccoon Ridge.

**PA Rt. 611 Overlooks**  
a. Resort Point  
b. Point of Gap  
c. Arrow Island

Radio Tower  
AT south to Georgia

Route 611 south to Slateford Trails & Portland PA

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## Hikes near Millbrook NJ

### 1. Appalachian Trail NJ (white blaze)

To hike an easier and scenic section of the AT, park by a gated road on the west side of Route 602, 1 mile south of Millbrook Village. Heading south, the trail climbs 1 mile and 300 ft. to a fire tower and excellent views east. This trail combines with *Hike 4* to form a loop.

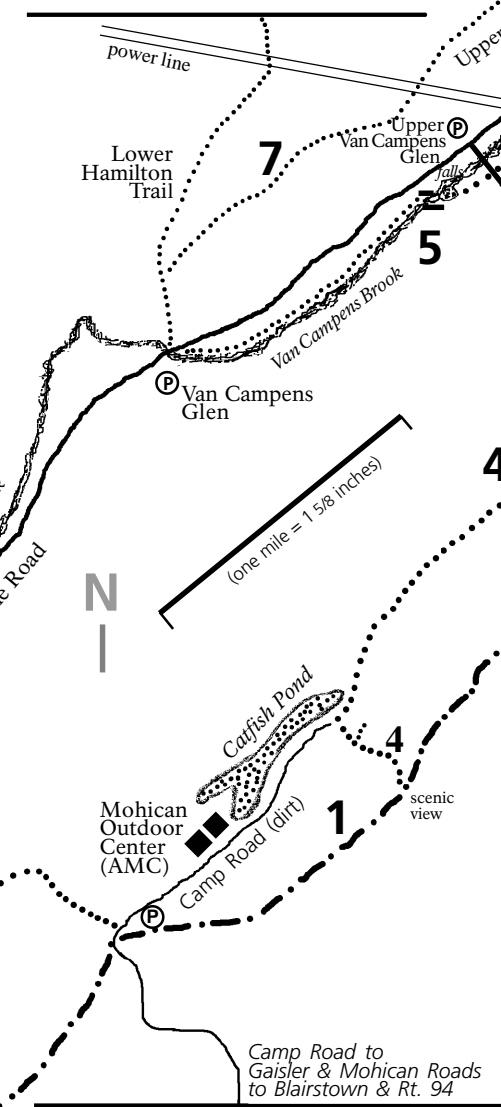
### 2. Kaiser (Road) Trail (blue blaze)

*No bicycles or motor vehicles.* This old dirt roadway starts at the head-in parking lot at milepost 6 on Old Mine Rd., and climbs 2 miles and 1,000 ft. to join the AT 1 mile north of Raccoon Ridge./Mt. Mohican. Kaiser Trail can be combined with Coppermine Trail (*Hike 3*) by taking either of two blue-blazed connectors. On Coppermine Trail, a wood sign marks the lower (west) connector, about 1/4 mile from the trailhead and *before* crossing the footbridge.

### 3. Coppermine Trail (red blaze)

This trail begins across Old Mine Rd. from Coppermine parking and climbs 1-8/10 miles and 700 ft. past old

mines and then along a stream and across a footbridge in a hemlock ravine to reach the AT at Camp Rd. This trail can be hiked in a loop with the Kaiser Road Trail. (*Hike 2*)



### 4. Rattlesnake Swamp (orange blaze)

This mostly level loop begins on the access road to Catfish Fire Tower or the AT southbound. (*Hike 1*) Where the road and AT meet at the tower, continue southbound 1-1/2 miles more on the AT. At a very bare scenic outcrop, turn hard right off the AT and follow orange blazes 1/2 mile down the ridge. Just short of the grounds of Mohican Center, turn north (right), following the southeast edge of Rattlesnake Swamp back to the fire tower access road at a point north of the tower. (*This trail can be very wet.*) Turn left to take the road 1/4 mile back to the parking on Old Mine Road. (Total 4 miles and 200 ft. climb.)

### 5. Van Campens Glen Trail (yellow blaze)

This trail begins at Van Campens Glen parking and follows Van Campens Brook north 1 mile, crossing east on a footbridge just before a waterfall. The trail then climbs a staircase and continues 1/2 mile, *crossing* (not following) the Cutoff Road to reach Watergate Recreation Site. Hiking north past the ponds at Watergate 1/2 mile leads to the dirt road to Millbrook. (*Hike 6*) The trail climbs 100 ft. per mile northbound.

### 6. Millbrook-Watergate Trail

This 1/2-mile level stroll follows an old "turnpike" through Millbrook Village to Watergate Recreation Site. *Parking is free at Millbrook. There is a parking fee at Watergate.*

### 7. Upper Hamilton/Orchard Trails

Upper Hamilton Trail begins at Old Mine Rd. 1/2 mile north of Millbrook Village and parallels Old Mine Rd. 2 miles southward. The northern mile is flat with some old paving; the southern mile is dirt and descends 450 ft. to a "T" intersection with Lower Hamilton Trail. Turn left 3/10 mile to Old Mine Rd. at Van Campens Glen. At the north end of Upper Hamilton Trail, **Orchard Trail** descends eastward 4/10 mile to Old Mine Rd. at Millbrook. *Orchard Trail is hard to follow. Ask at Millbrook for details.*

Old Mine Road south to Kittatinny Point and Interstate 80

NJ

Raccoon Ridge (Mt. Mohican) scenic view  
AT south to Pennsylvania and Georgia

7/17/07

1-800-543-HAWK  
1-800-543-4295



Your 24-hour toll-free phone number for reporting crimes or emergencies in Delaware Water Gap National Recreation Area

Hawk