**INDEX TO HIKES**

**AT - Firetower Long Loop.** This is an 8 mile loop hike of low difficulty, starting, after a walk down Camp Road, with a climb north on the AT, followed by a mostly level hike along the ridge. Enjoy awesome views of the Paulinskill Valley. A stop at Catfish Fire Tower (elev.1565’) occurs at mid-point. Return is by Rattlesnake Swamp Trail through rhododendron groves, which can be wet and muddy (check with Mohican staff). If Rattlesnake Swamp Trail is too wet, you can modify this to an out-and-back to the fire tower, of about the same distance. Start and end at Mohican.

**AT–Firetower Short Loop.** This is a shortened 6-mile version of the long loop and of low difficulty. Start with a climb north to the AT via a connector from Rattlesnake Swamp Trail at the north end of camp, followed by a mostly level hike along the ridge to Catfish Fire Tower, with beautiful views from the ridge. Return is by Rattlesnake Swamp Trail through rhododendron groves, which can be wet and muddy (check with Mohican staff). If Rattlesnake Swamp Trail is too wet, you can modify this to an out-and-back to the fire tower, of about the same distance. Start and end at Mohican.

**AT Section Hike - Mohican to Delaware Water Gap.** This is a moderately difficult 9 mile hike on the AT from Mohican south to the Delaware Water Gap. Hike along Raccoon Ridge with views both directions. You will also skirt Sunfish Pond, a glacial lake, and enjoy Dunnfield Creek Falls. Can be hiked either direction. Start or end at Mohican. Drive 18 miles to post a car shuttle at Dunnfield Creek Natural Area parking lot.

**AT Section Hike - Mohican to Blue Mountain Lake Road.** This is an approximately 7.4 mile point-to-point hike of low difficulty. Enjoy awesome views of the Paulinskill Valley. Climb the Catfish Fire Tower and enjoy panoramic views southeast from the ridge. Start or end at Mohican. Drive 10 miles to post car shuttle at the AT trailhead parking lot on Blue Mountain Lake Road.

**AT - Millbrook Road to Blue Mountain Lake Road.** This is a 7.5 mile out-and-back hike with little elevation gain or loss, of low difficulty. It is a shorter variant - the second half - of the AT section hike to Blue Mountain Lake Road if you do not want to post a car shuttle. Hike around a beaver pond. See great views of PA and NJ on both sides of the ridge. Drive 5.1 miles to AT trailhead parking on Blairstown-Millbrook Road.

**Beulahland (Farview) AT Loop.** This is a 4.3 mile loop hike of moderate difficulty, but not for beginners because part of the loop is on an unblazed, unmaintained trail. Enjoy a stretch of the Appalachian Trail, Dunnfield Creek Falls, and trail-finding through the Worthington State Forest. Wear orange during hunting season because parts are open to hunters. A few sticker bushes along one stretch of the unmarked, unmaintained portion (long pants recommended). Drive 20 miles to the trailhead at Farview parking lot on Old Mine Road.

**Buttermilk Falls-AT-Hemlock Pond Loop.** This is a 5.3 mile lollipop hike of moderate difficulty, with steep trail at the beginning and end of the hike. Start at Buttermilk Falls, the highest waterfall in NJ. Hike up to the AT, about 1 mile along the AT, and down to Hemlock Pond for lunch. Visit a beaver pond. Drive 12 miles to the trailhead at Buttermilk Falls parking lot.

**ALTERNATE LONGER HIKES FOR MORE EXPERIENCED HIKERS:**
- Buttermilk Falls #2 to Walpack Cemetery (Point to Point)
- Buttermilk Falls #3 – Tillman Ravine
- Buttermilk Falls #4

**Coppermine-Kaiser-AT Loop.** This is a 7.2 mile loop (5 mile shorter loop alternative) of moderate difficulty, but with some uphills ad downhills. Hike either direction from MOC. Includes pretty falls, an old copper mine, a stream hike and good views of Yards Creek Reservoir on the AT. The shorter version misses the waterfall and copper mine side trail. Start and end at Mohican.

**Coppermine Trail.** This is a 4.5 mile out-and-back hike of moderate difficulty. It is a possible kids hike, but does involve sustained downhills out and uphills back. See two waterfalls. Peek into an old mine on a spur trail at the bottom. Cross Old Mine Road to the parking lot and follow a small trail to the shore of the Delaware River. Start and end at Mohican.

**Crater Lake – Hemlock Pond.** This is a 3.5-mile lollipop loop of low difficulty, suitable for kids, but with moderate uphill and downhill. See the views and explore the old foundations around Crater Lake, then climb up to cross the AT and downhill on a rocky footpath to Hemlock Pond. Enjoy a view of Hemlock Pond (and maybe spot the resident eagle) from a rock outcropping at the far end of the pond. Drive 13 miles to the trailhead at Crater Lake parking.
Creek, Pond and River. This is a 10-mile, moderately strenuous loop hike exploring the outstanding water features of the Delaware Water Gap (a cascading mountain stream, a pristine glacial lake, and the mighty Delaware River. There are several stream crossings and a fairly steep uphill. Elevation gain is 1436 feet. Drive 18 miles to the beginning of the hike at the Kittatinny Point Visitor Center parking lot.

Culvers Gap Loop. This is an 11.3 mile loop hike, moderately difficult with lots of ups and downs and rocks but many rewarding views and scenery. Only experienced hikers should attempt this, as there are a number of potentially confusing trail junctions and a short bushwhack. Explore the highlands and lowlands of Stokes State Forest. See Normaook Fire Lookout Tower. Views of Culvers Lake, Kittatinny Lake and Lake Owassa. Hike around and lunch at Stony Lake. Great variety of terrain and flora.

Dunnfield Creek Falls. This is a 1.5 mile out-and-back hike. GREAT KIDS HIKE. Enjoy a relaxing lunch at Dunnfield Creek Falls and explore part of the Appalachian Trail. Drive 18 miles to the trailhead at Dunnfield Creek Natural Area parking lot.

Jenny Jump State Forest. This is a loop hike, of moderate difficulty, and the length can be adjusted by route from 5-7 miles. A shorter 3-mile out-and-back to Ghost Lake is also possible. GREAT KIDS HIKE, but the Ghost Lake Trail has steep sections. Enjoy a a beautiful stop at Ghost Lake. Good views along the Summit Trail. Drive 14 miles to the Jenny Jump State Forest parking lot.

Kittatinny Short Hike. This is a short, 3-mile, out-and-back hike of low difficulty to the AT ridge via the Rattlesnake Swamp Connector Trail. GREAT KIDS HIKE. Start and end at Mohican.

Millbrook Village and Coventry Pond. This is a short, easy walk and tour of a re-created 19th Century village. GREAT KIDS HIKE. On weekends you can often find historical re-enactors providing illustrations and explanations of village activities. Drive 6.4 miles to Millbrook Village parking lot. Maps of the village are available in the village or online at http://www.nps.gov/dewa/planyourvisit/upload/sb2MV.pdf. If you have time, take an easy 1.5-mile walk to nearby Coventry Pond.

Millbrook Village to Van Campens Glen. This is a 3.5 mile point-to-point hike (with a car shuttle) or a 7 mile out-and-back hike. Millbrook Village is a recreated community of the 1800's, where you can tour some of the historic buildings on site. Then hike to Van Campens Glen at a leisurely pace, enjoying the lovely waterfalls and hemlock groves en route. Drive 6.4 miles to Millbrook Village and, if needed, post a car shuttle at the Van Campens Glen parking lot, 2 miles further West on Old Mine Road.

Mount Minsi Loop. This is a 5 mile loop hike, of moderate difficulty with some steep sections. Climb Mount Minsi on a well marked path. Take a look at the Delaware Water Gap from the Pennsylvania side. Enjoy striking views in all directions. Drive 18 miles to the trailhead at Lake Lenape parking area on Mountain Road in Delaware Water Gap, PA.

Mount Mohican – Raccoon Ridge. This is a 5.5-mile out-and-back hike. Hike a short section of the AT south from Mohican Outdoor Center. Enjoy great ridge views both directions along the Appalachian Trail. Plenty of places to stop for lunch or a short break, including the summit of Mount Mohican, which is marked with a large rock cairn. You might even see a raccoon! Start and end at Mohican.

Mount Tammany Loop. This is a 3.5-mile loop hike of moderate difficulty but with some steep rocky sections. Though short and thus a candidate for kids, this is a difficult hike with substantive climbing which may not be appropriate for some children or inexperienced hikers. Almost 1100 feet elevation gain in 1.2 miles. It includes great views of Delaware Water Gap across to Pennsylvania and Mount Minsi, waterfalls, and a verdant glen. Drive 18 miles to the trailhead at Dunnfield Creek Natural Area parking lot.

ALTERNATE LONGER HIKE FOR MORE EXPERIENCED HIKERS:
  - Extended Van Campens Glen Loop (including Donkey Hollow)

Mount Minsi Loop. This is a 5 mile loop hike, of moderate difficulty with some steep sections. Climb Mount Minsi on a well marked path. Take a look at the Delaware Water Gap from the Pennsylvania side. Enjoy striking views in all directions. Drive 18 miles to the trailhead at Lake Lenape parking area on Mountain Road in Delaware Water Gap, PA.

Mount Mohican – Raccoon Ridge. This is a 5.5-mile out-and-back hike. Hike a short section of the AT south from Mohican Outdoor Center. Enjoy great ridge views both directions along the Appalachian Trail. Plenty of places to stop for lunch or a short break, including the summit of Mount Mohican, which is marked with a large rock cairn. You might even see a raccoon! Start and end at Mohican.

Mount Tammany Loop. This is a 3.5-mile loop hike of moderate difficulty but with some steep rocky sections. Though short and thus a candidate for kids, this is a difficult hike with substantive climbing which may not be appropriate for some children or inexperienced hikers. Almost 1100 feet elevation gain in 1.2 miles. It includes great views of Delaware Water Gap across to Pennsylvania and Mount Minsi, waterfalls, and a verdant glen. Drive 18 miles to the trailhead at Dunnfield Creek Natural Area parking lot.

ALTERNATE LONGER HIKE FOR MORE EXPERIENCED HIKERS:
  - Alternate Sunfish Pond Loop (Dunnfield Creek Trail and Mount Tammany Fire Road)
Paulinskill Valley Trail. Hike as far as you want either direction on this flat trail along picturesque Paulinskill River. Easy hiking. GREAT KIDS HIKE. Drive 6 miles to a trail parking lot at Footbridge Park in Blairstown.

Rattlesnake Swamp Trail Short West Loop. This is a short, 3.3-mile, loop hike of low difficulty along the Appalachian Trail to the ridge, and back via the Rattlesnake Swamp connector trail. GREAT KIDS HIKE. Enjoy the great views from the ridge. Start and end at Mohican.

Ridge and Valley Trail (White Lake Natural Resource and Wildlife Management Areas). The lower section of this trail is a 5 mile out-and-back hike of low difficulty and can be a GREAT KIDS HIKE with ruins of an icehouse and marl factory, lime kilns and an old cabin. The Ridge and Valley trail is a relatively new trail that will eventually connect the AT with the Paulinskill Valley Trail. Drive 8-9 miles to one of the two available trailheads.

ALTERNATE HIKE FOR MORE EXPERIENCED HIKERS:
- Upper Section of White Lake Natural Resource and Wildlife Management Area. The upper section of this trail is a 4.4 mile out-and-back of significant difficulty due to primitive conditions. It runs between Stillwater Road (Route 521) on the south and Sunset Lake Road on the north. It is not a fully developed trail. Blazes are inconsistent and sometimes confusing. The footpath is often indistinct or nonexistent, and beset with deadfall, brambles and deer ticks. However, with persistence, the blazes can be followed and the trail is rewarding, with large wild turkey and other wildlife, a beautiful pond and varied terrain.

Sunfish Pond Hike. This is a 12-mile out-and-back hike of moderate difficulty, which can be shortened to 10.5 miles if you do not walk around Sunfish Pond. The beginning offers beautiful ridge views along the AT, followed by descent through rolling topography to a beautiful lake. Have lunch at a scenic vantage point beside this special pond. Find and photograph the rock sculptures. Locate the historic marker at the southwestern end of the pond. Start and end at Mohican.

Sunfish Pond from Dunnfield Creek Natural Area Parking. This is an 8.3-mile out-and-back along the AT, of moderate difficulty. Return by the Dunnfield Hollow Trail is 0.7 miles longer and more rugged, with a 1,000 foot descent in 1 mile, but more picturesque. Journey up Dunnfield Creek past Dunnfield Creek Falls to a scenic vantage point beside this special pond for lunch and then return. Lots of chances to see wildlife. Examine the rock sculptures on the north side of the pond. Drive 18 miles to the trailhead at Dunnfield Creek Natural Area parking lot.

Three Lakes Loop (Blue Mountain Lake, Hemlock Pond and Crater Lake). This is a 7.5-mile loop hike of easy-to-moderate difficulty. Get beautiful views and photo opportunities at three picturesque Kittatinny ponds. Climb to and cross the AT. Explore cabin ruins on the shore of Crater Lake. If it’s warm, skinny-dip if you dare. Have lunch at lovely Crater Lake. Drive 9.5 miles to the trailhead at Blue Mountain Lake parking lot.

Van Campens Glen. This is a 2.5 mile out-and-back hike of low difficulty. GREAT KIDS HIKE. Hike through beautiful Van Campens Glen with numerous waterfalls, ravines and dramatic rock faces in a primeval woods. Drive 8.4 miles to the trailhead at Van Campens Glen parking lot.
APPALACHIAN TRAIL – MILLBROOK ROAD TO BLUE MOUNTAIN LAKE ROAD

This is a 7.5 mile out-and-back hike with little elevation gain or loss, of low to moderate difficulty. It is a shorter variant - the second half - of the AT section hike to Blue Mountain Lake Road if you do not want to post a car shuttle. Hike around a beaver pond. See great views of PA and NJ on both sides of the ridge.

Driving directions to AT trailhead parking on Millbrook Road: From MOC, drive approx. 1 mile to Gaisler Road and turn left. After 2.4 miles, turn left at Millbrook Road and proceed approximately 1.8 miles to a very small AT trailhead parking area on the right near the crest of the ridge.

Hiking Directions: Look for the large brown Appalachian Trail sign at the end of the parking lot. Follow the white blazes. The trail will turn to the left and begins a short incline to get to the top of the ridge. The trail comes out to a clearing with an unnamed pond to the left; you will cross a little foot bridge over the outflow of the pond. The trail continues around the pond to the left, and then turns to the right and heads up a col. There is a sharper right turn and a steeper uphill, after which it levels out and brings you to a wide power line easement. You will turn to the right and head uphill toward the pylon, which has a white blaze on one leg. Weave your way through sticker bushes and blueberry bushes uphill toward the second pylon, being sure to turn around and take in the panorama west toward Pennsylvania. At the second, upper pylon, the trail heads left across the easement and you will get view of the Paulinskill Valley to the east. Pick up the Appalachian Trail again in the woods. About 1 hour or 2 miles from the beginning of the hike, you will reach a height of land with views to both the east and west. As you leave the height of land, the trail will bend to the west, and hooks up with a wide woods road. There will be views of Fairview Lake to the right, with buildings of a boy scout camp. Follow the white blazes along the woods road to Blue Mountain Lake Road. On the way back, when you return to the power line easement, the Appalachian Trail crosses in front of the first pylon and heads west towards the second pylon before the trail curves to the left and heads back in the woods. Avoid the unmarked Boy Scout trail that heads left after the first pylon; instead, continue toward the second pylon. Looking west from the power line easement you can see the ponds of Watergate, formed by Van Campens Creek, just to the right of the power line easement down below.
APPALACHIAN TRAIL SECTION HIKE – MOHICAN TO BLUE MOUNTAIN LAKE ROAD

Distance: This is an approximately 7.4 mile point-to-point hike of low difficulty. Enjoy awesome views of the Paulinskill Valley. Climb the Catfish Fire Tower and enjoy panoramic views southeast from the ridge. Start or end at Mohican.

Driving directions to Blue Mountain Lake Road: To post a car shuttle at Blue Mountain Lake Road, drive from MOC approx. 1 mile to Gaisler Road and turn left. After 2.4 miles, turn left at Millbrook Road and proceed approx. 2.2 miles into Millbrook Village. Turn right onto Old Mine Road (also known as Millbrook-Flatbrook Road) and continue 1.5 miles north to sign for Blue Mountain Lake. Turn right at a large white house (former general store) on Blue Mountain Lake Road (also known as Flatbrook-Stillwater Road). After you pass Blue Mountain Lake, the asphalt paving will end. The parking lot for the Appalachian Trail will be in approximately 2.7 miles, at the top of the ridge, at a junction with Skyline Drive, another dirt road, and gated roads for camps and the AT.

Hiking Directions: Follow Camp Road past Blueberry Hill Lodge toward the Boat House. As you reach the clearing in front of the Dinning Hall, you will see Trails End Lodge on your right. Just beyond the picnic table to the left of the lodge is a wooden sign for the Rattlesnake Swamp Trail head. In 200 yards, you come to a trail juncture where the Rattlesnake Swamp Connector Trail (orange blazed) goes to the right up the hill and the main Rattlesnake Swamp Trail (also orange blazed) heads left. Continue on the right hand fork up the hill following the connector. In 0.5 miles, you will reach the ridge and connect with the white blazed Appalachian Trail. Stop to enjoy the views here, which are beautiful in every season. Make a left and follow the white blazes for 0.9 miles to the Catfish Fire Tower. You will find a picnic table and great views. You can climb the tower stairs for even more dramatic vistas. The trail proceeds from the fire tower on an old woods road. In 0.25 miles, the AT will make a turn to the left and head down off the ridge. The fire road continues on the right. Soon after you leave the road, the AT will come back out onto the woods road again. Turn left and continue following the AT on the road. In 100 yards, the AT heads right and the woods road goes off to the left. The wooden trailhead sign for the Rattlesnake Swamp Trail will be on your left. Follow the AT through a rhododendron forest via a power line easement. The AT soon returns again to the woods road, with a woods road (Rattlesnake Swamp Trail) joining from your left. Turn right following the white blazes toward Millbrook Blairstown Road, which crosses the AT at 3.4 miles; turn left along road for 0.1 mile and then turn right, through a small parking area, past a AT sign, and follow a woods road, taking the left fork. A beaver pond appears at about 3.6 miles on the left. Circle left around the edge of the pond, and then to the right away from the pond. At 4.0 miles, turn right and climb uphill for some pretty views. A viewpoint is on the right at about 4.3 miles and additional views as the trail continues along the ridge. At 5.1 miles, a red and white blazed trail descends to the right. At 5.7 miles, reach an old woods road and continue along it. At 7.0 miles, you can take a road on the right to a viewpoint. Blue Mountain Lakes Road intersects the AT at 7.4 miles.
This is an approximately 9 mile hike on the AT from Mohican south to the Delaware Water Gap, posting a car shuttle back from Dunnfield Creek Natural Area parking lot. The hike will follow Raccoon Ridge with views and one 360-degree vista. You will skirt Sunfish Pond, a glacial lake, and hike down into the gap.

**Driving directions to Dunnfield Creek Natural Area parking lot:** From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. After 0.5 miles, turn right on Mohican Road and drive 3.4 miles to Route 94 and turn right. Drive 7.5 miles to Route 80 West. Immediately beyond milepost 1, take the exit for the “picnic area” and bear left at the fork. Continue past the underpass to the left and turn right into a parking area at a sign for “Dunnfield Creek Natural Area.” (If you miss the exit from Route 80, take Exit 1, turn left at the end of the ramp, and continue on the service road parallel to Route 80 past the visitor center. Turn left at the underpass, go under Route 80, turn left again, and turn right at the “Dunnfield Creek Natural Area” sign.)

**Hiking Directions:** Hike down Camp Road to the AT trailhead sign and turn right (South) on the AT. Cross Yards Creek over a wooden bridge, then take the AT (white blazes) to the left where the red-blazed Coppermine Trail forks to the right. At about 2 miles, pass the blue-blazed Kaiser Road Trail coming in obliquely from right rear. In another 0.3 miles, turn off the woods road to the right onto a footpath. At 2.4 miles you'll see signs marking the boundary of Delaware Water Gap National Recreation Area and Worthington State Forest. A good view of Yards Creek Reservoir is at 2.6 miles. At 4.5 miles, the orange-blazed Garvey Springs Trail intersects on the right, leading 1.2 miles to Old Mine Road. Continue on the white-blazed AT, past the turquoise-blazed trail at 4.4 miles to the northeast end of Sunfish Pond. Interesting rock sculptures grace the pond's edge at 4.6 miles. At 5.1 miles, a monument is set at the southwest end of Sunfish Pond. At 5.7 miles, turn left off the woods road, onto white-blazed footpath. The woods road becomes the blue-blazed Douglas Trail running 1.7 miles to Old Mine Road. At 7.3 miles, continue straight ahead across a junction with yellow-blazed Beulahland Trail (also known as Farview Trail) on the right leading 1.3 miles to Farview Parking Area on Old Mine Road, and Holly Springs Trail to the left leading 0.4 miles to the Dunnfield Creek Trail. At 8.4 miles, the blue-blazed Blue Dot Trail leads up to the summit of Mount Tammany, and the green-blazed Dunnfield Creek Trail also joins from left. Continue straight ahead on the AT down Dunnfield Creek on its right bank. At 8.7 miles, turn left and cross a wooden bridge over the creek into the Dunnfield Creek Natural Area parking lot.
This is an 8 mile loop hike of low difficulty, starting, after a walk down Camp Road, with a climb north on the AT, followed by a mostly level hike along the ridge. Enjoy awesome views of the Paulinskill Valley. A stop at Catfish Fire Tower (elev. 1565') occurs at mid-point. Return is by Rattlesnake Swamp Trail through rhododendron groves, which can be wet and muddy (check with Mohican staff). If Rattlesnake Swamp Trail is too wet, you can modify this to an out-and-back to the fire tower, of about the same distance. Start and end at Mohican.

**Hiking Directions:** From the Mohican Visitor Center turn right and head down Camp Road to where the Appalachian Trail crosses the road. Turn left at the Appalachian Trail sign and follow the white-blazed Appalachian Trail uphill. The climb starts with a steep uphill going over a series of ridges before reaching the top. After a climb of about 0.3 mile, you come out to the ridge facing Southeast looking down on Gaisler Road and the Upper Yards Creek Reservoir. There are several nice view stops along the ridge. At 1.4 miles from Camp Road, you will see the orange blazed Rattlesnake Swamp Connector Trail joining the AT from the left. Stop to enjoy the views here, which are beautiful in every season. Make a left and follow the white blazes for 0.9 miles to the Catfish Fire Tower. You will find a picnic table and great views. You can climb the tower stairs for even more dramatic vistas. The trail proceeds from the fire tower on an old woods road. In 0.25 miles, the AT will make a turn to the left and head down off the ridge. The fire road continues on the right. Soon after you leave the road, the AT will come back out onto the woods road again. Turn left and continue following the AT on the road. In 100 yards, the AT heads right and the woods road goes off to the left. The wooden trailhead sign for the Rattlesnake Swap Trail will be on your left. You can turn here onto the Rattlesnake Swap Trail or, for a slightly longer hike, you can continue on the AT to the right and follow the AT through a rhododendron forest via a power line easement. The AT soon returns again to the woods road, with a woods road (Rattlesnake Swamp Trail) joining from your left, while the AT continues on the woods road to your right. Turn left onto the Rattlesnake Swamp Trail. Follow the orange blazed trail through some pretty wet areas. At several points, you will see double orange blazes where the trail has been rerouted, first uphill and then back downhill, to avoid parts of the swamp. Do not go straight at these turns, as the trail has been washed out. There will be a number of small stream crossings. Eventually, you will catch glimpses of Catfish Pond straight ahead, and as you cross the valley floor the pond will be on your right. There are a number of beaver lodges on the pond, and you can occasionally spot other wildlife around or on the pond. The trail returns to the junction with the Rattlesnake Swamp Connector Trail heading uphill to the left. Head right and follow the trail back to Camp Road.
AT - FIRETOWER SHORT LOOP

This is a shortened 6-mile version of the long loop and of low difficulty. Start with a climb north to the AT via a connector from Rattlesnake Swamp Trail at the north end of camp, followed by a mostly level hike along the ridge to Catfish Fire Tower, with beautiful views from the ridge. Return is by Rattlesnake Swamp Trail through rhododendron groves, which can be wet and muddy (check with Mohican staff). If Rattlesnake Swamp Trail is too wet, you can modify this to an out-and-back to the fire tower, of about the same distance. Start and end at Mohican.

Hiking Directions: Follow Camp Road past Blueberry Hill Lodge toward the Boat House. As you reach the clearing in front of the Dinning Hall, you will see Trails End Lodge on your right. Just beyond the picnic table to the left of the lodge is a wooden sign for the Rattlesnake Swap Trail head. In 200 yards, you come to a trail juncture where the Rattlesnake Swamp Connector Trail (orange blazed) goes to the right up the hill and the main Rattlesnake Swap Trail (also orange blazed) heads left. Continue on the right hand fork up the hill following the connector. In 0.5 miles, you will reach the ridge and connect with the white blazed Appalachian Trail. Stop to enjoy the views here, which are beautiful in every season. Make a left and follow the white blazes for 0.9 miles to the Catfish Fire Tower. You will find a picnic table and great views. You can climb the tower stairs for even more dramatic vistas. The trail proceeds from the fire tower on an old woods road. In 0.25 miles, the AT will make a turn to the left and head down off the ridge. The fire road continues on the right. Soon after you leave the road, the AT will come back out onto the woods road again. Turn left and continue following the AT on the road. In 100 yards, the AT heads right and the woods road goes off to the left. The wooden trailhead sign for the Rattlesnake Swap Trail will be on your left. You can turn here onto the Rattlesnake Swamp Trail or, for a slightly longer hike, you can continue on the AT to the right and follow the AT through a rhododendron forest via a power line easement. The AT soon returns again to the woods road, with a woods road (Rattlesnake Swap Trail) joining from your left, while the AT continues on the woods road to your right. Turn left onto the Rattlesnake Swamp Trail. Follow the orange blazed trail through some pretty wet areas. At several points, you will see double orange blazes where the trail has been rerouted, first uphill and then back downhill, to avoid parts of the swamp. Do not go straight at these turns, as the trail has been washed out. There will be a number of small stream crossings. Eventually, you will catch glimpses of Catfish Pond straight ahead, and as you cross the valley floor the pond will be on your right. There are a number of beaver lodges on the pond, and you can occasionally spot other wildlife around or on the pond. The trail returns to the junction with the Rattlesnake Swap Connector Trail heading uphill to the left. Head right and follow the trail back to Camp Road.
BEULAHLAND (FARVIEW) - AT LOOP

4.3 mile loop. Moderate difficulty, but not for beginners because part of the loop is on an unblazed, unmaintained trail.

Driving directions to Farview parking lot: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. After 0.5 miles, turn right on Mohican Road and drive 3.4 miles to Route 94 and turn right. Drive 7.5 miles to Route 80 West. Take Exit 1 in NJ, turn right at the stop sign onto River Road (also known as Old Mine Road), and then mind the stop light for a oneway stretch of road. Continue about 1 mile to the Farview parking lot on the right.

Hiking Directions: The trailhead sign is at the North end of the parking lot (slightly hidden behind bushes). The Farview Trail (Beulahland Trail) (yellow blazes) starts gently uphill. At an intersection with an old forest road, turn right and proceed uphill. The road appears to fork, but stay to the right. As you travel along the exposed rock look for blazes on the rocks. Look back over your shoulder for views of Pennsylvania. Remnants of several stone walls outline fields cleared by early settlers. At 1.5 miles, reach a junction with the Appalachian Trail (AT) (white blazes) crossing from left or East (toward Sunfish Pond and MOC) to the right or West (toward the Delaware River) and Holly Springs Trail, which begins straight ahead and proceeds toward its terminus at the Dunnfield Creek Trail. Turn right on the AT, which becomes rocky with stone steps downhill and levels out after 0.25 mile. At 1.9 miles (0.4 miles from the junction) the AT turns left and crosses a drainage area, then down more stone steps to the Dunnfield Creek overlook. You can make a side trip to Dunnfield Falls by hiking ahead on the AT 0.25 miles to the Dunnfield Creek Trail where you turn left and hike a quarter mile back to the Falls. Retrace steps to the Dunnfield Creek overlook on the AT. From the Dunnfield Creek overlook, an unblazed old woods road leaves the AT on the northeast side (opposite side of the AT from the creek, and on your right as you originally hike past this point on the AT). The trail shows as a red dotted line on NY-NJ Trail Conference Kittatinny Trail Map 120. You'll start in a WSW direction following the ruts of the old woods road. There are no blazes, so keep your eyes on the road and the path worn by previous hikers' feet. As you reach the height of land, 0.25 mile from the AT (2.7 miles from the start), you'll get a nice view of Mount Minsi (right) and Mount Tammany (left). At 2.9 miles (0.5 mile from the AT), you'll come to a fork. Bear LEFT on what is a less visible and seemingly less likely path. Keep the stone embankment or wall to your right, always staying on a visible path. At 3.5 miles into the hike (0.7 from the AT), the path, now apparently on an old woods road, will make a gentle right hand arcing turn. You'll hear the traffic sounds from Route 80 and can see the highway over the cliff. Proceed on a gentle grade downhill following the old woods road which will curve to the left and cross a drainage. Clamber over a huge fallen tree and pick up the road bed straight ahead. At 3.6 miles (1.2 miles from the AT), the ruins of an old cabin are close on the left, with foundations still distinct. The woods road proceeds straight down, parallel to Old Mine Road, and comes to an end at a drainage. Turn left and out to Old Mine Road, then right onto the road and approximately 0.125 mile back to the parking lot, your point of beginning.
**BUTTERMILK FALLS – AT-HEMLOCK POND LOOP**

5.3 mile lollipop. Moderate difficulty with some steep sections. Start at Buttermilk Falls, the highest waterfall in NJ. Hike up to the AT, about 1 mile along the AT, and down to Hemlock Pond for lunch. Visit a new beaver pond.

**Driving Directions:** From MOC, drive approx. 1 mile to Gaisler Road and turn left. After 2.3 miles, turn left at Millbrook Road and proceed approx. 2.2 miles into Millbrook Village. Continue straight on Old Mine Road approx. 2 miles, turning right on Route 615. After approx. 3 miles, turn right on Millbrook-Flatbrook Road, a dirt road, and continue another 0.5 miles. Turn right onto Lower Mountain Road, crossing an old one-lane bridge and continue on Mountain Road. Buttermilk Falls parking lot is on the left in approximately 1.5 miles. If the road is closed before you get to the falls and parking lot (it normally is closed in the winter), park near the gate and walk the last 0.5 mile on the road in to the falls.

**Hiking Directions:** The blue blazed trail starts on the left side of Buttermilk Falls. The trail starts steeply, climbing two staircases. Along the way, there are two observation platforms with great views of the falls. The trail crosses the stream on a footbridge and turns to the left. Follow the trail uphill with the stream on your left. At 0.9 mile, you will reach a cliff overlooking the headwaters of Buttermilk Creek on your left with great 360 views of the surrounding area. As you come down from the overlook, at 1.2 miles, you will cross over a woods road. There is a wooden “Woods Trail” sign on a tree across the road. This begins a loop and you will return to this sign from the right. Continue straight on the blue blazed Buttermilk Falls Trail. At 1.5 miles, you make a right turn on the white blazed Appalachian Trail (AT) (watch the white blazes as the trail forks and turns again to the right). At 2.4 miles, you come to the intersection with the Hemlock Pond Trail. You will see a wooden Hemlock Pond sign post on the right side of the road. Turn right and follow the orange blazed trail down toward Hemlock Pond. At 2.7 miles, arrive at a woods road, make a right turn and then an immediate left turn downhill towards Hemlock Pond, and at the next woods road, make a left turn on the ski road keeping Hemlock Pond to your right, at all times staying with the orange blazes. At 2.9 miles, you reach the next intersection with a sign post. Continue straight ahead, keeping Hemlock Pond on your right. At 3.1 miles, you come to another intersection, turn right, keeping Hemlock Pond to your right. You will see a little trail that comes in on your right hand side that leads up to a rocky outcrop and beach on Hemlock Pond. This is a beautiful rest stop.

Continue on the woods road and again straight through an intersection at 3.6 miles. At 3.8 miles, the woods road is taken over by a beaver dam, so you will have to head left, along the base of the beaver dam, and do a little stream crossing as you ford the outlet of the beaver pond and continue straight on the woods road. At 4.3 miles, you will see a large rock on your right in the shape of a frog and the original wooden “Woods Trail” sign on a tree to your right, marking the end of your loop. Make a left hand turn and follow the Blue Blazed Trail back down to Buttermilk Falls.
BUTTERMILK FALLS #2 TO WALPACK CEMETERY (POINT TO POINT)

(ALTERNATE LONGER HIKE FOR MORE EXPERIENCED HIKERS)
BUTTERMILK FALLS #3 – TILLMAN RAVINE

(ALTERNATE LONGER HIKE FOR MORE EXPERIENCED HIKERS)
BUTTERMILK FALLS #4 – EXTENDED LOOP

(ALTERNATE LONGER HIKE FOR MORE EXPERIENCED HIKERS)
COPPERMINE TRAIL

This is a 4.5 mile out-and-back hike of moderate difficulty. It is a possible kids hike, but does involve sustained downhills out and uphills back. See two waterfalls. Peek into an old mine on a spur trail at the bottom. Cross Old Mine Road to the parking lot and follow a small trail to the shore of the Delaware River. Start and end at Mohican.

Hiking Directions: From the Mohican Visitor Center turn right and head down Camp Road to where the Appalachian Trail crosses the road. Turn right (south) on the Appalachian Trail and cross a foot bridge. The trail will head to the left following white blazes. There will be some rock hopping. Turn right on the red blazed Coppermine Trail where it joins the AT from your right. Follow the trail through undulating sections and then downhill. At about 1 mile into your hike, you will see a trail joining from your left. This is a spur connector to the Kaiser Road Trail (blue blazed). Do not take the spur but continue on the red-blazed Coppermine Trail. At about 1.5 miles, you will see a second trail joining from your left, which is also a spur connector to the Kaiser Road Trail. Continue on the red-blazed Coppermine Trail. Below the connector, you will cross a wooden bridge with great views of a waterfall. Continue about 0.75 miles from the lower connector trail to Old Mine Road. A parking lot is across the road. Portable lavatory facilities are normally available here. Find the short trail down from the parking lot to the shore of the Delaware River for a pleasant view of the river.

Proceeding back up Coppermine Trail from the trailhead on Old Mine Road, the trail will fork just a few yards up. The left fork takes you to the ruins of an old cooper mine. You can follow that path all the way up to the entrance to the mine itself. The right fork is the main, red-blazed Coppermine Trail. Return by your original route up the main, red-blazed Coppermine Trail to the white-blazed Appalachian Trail. Turn left and rock hop over a little stream and cross the footbridge to reach Camp Road. Turn left on Camp Road to return to Mohican.
COPPERMINE – KAISER - AT LOOP

This is a 7.2 mile loop (5 mile shorter loop alternative) of moderate difficulty, but with some uphills and downhills. Hike either direction from MOC. Includes a pretty falls, an old copper mine, a stream hike and good views of Yards Creek Reservoir on the AT. The shorter version misses the waterfall and copper mine side trail. Start and end at Mohican.

Hiking Directions: From the Mohican Visitor Center turn right and head down Camp Road to where the Appalachian Trail crosses the road. Turn right (south) on the Appalachian Trail and cross a foot bridge. The trail will head to the left following white blazes. There will be some rock hopping. Note the junction with the red blazed Coppermine Trail on your right. This hiking description takes you left and clockwise around the loop, but if you want to reverse the hike, you need to turn right at this point onto the Coppermine Trail.

To hike clockwise according to these directions, do not turn on the red-blazed Coppermine Trail, but continue straight to follow the white blazes up to the ridge. The trail is rocky as you start to climb the ridge. Look back over your shoulder N-NW into Pennsylvania. The trail will turn right and follow along the ridge. At 0.6 of a mile from the trailhead, there is a scenic overlook and camp site. The trail continues to follow the ridge. At 1.5 miles from the trailhead you come to a clearing which give you a great view of the Upper Yards Creek Reservoir to the S-SW. At 2 miles from the trailhead, you hit the intersection with the Kaiser Road Trail entering at an acute angle from your right. (The Kaiser Road Trail is blazed with white plastic cards bearing blue plastic blazes in the center. A number of the blue center blazes have fallen off, which leaves a plain white blaze that could be misleading. The plastic cards do not mark the AT.)

You have an option to continue on the AT for 0.7 miles to the summit of Mount Mohican for great views. Otherwise, turn right on the blue-blazed Kaiser Road Trail. At 3.0 miles (1.0 mile from the AT-Kaiser Road Trail junction), you come to the first, upper, shorter spur (0.2 mile) to the Coppermine Trail which will bring you to the Coppermine Trail just above the falls. For a longer hike, continue on the Kaiser Road Trail past this first connector spur. At 3.5 miles (1.5 miles from the AT-Kaiser Road Trail junction) you will come to a second, lower connector spur on the right. If you choose to stay on the Kaiser Road Trail, it will remain a woods road to the left and take you down to Old Mine Road. If you take this route, turn right on Old Mine Road and follow it to the Coppermine Trail parking lot, where you can rejoin the route described below.

(SEE NEXT PAGE)
To avoid a road walk on Old Mine Road, you can turn right on the second, lower connector spur referred to above, taking you 0.6 miles to the Coppermine Trail. The spur trail goes up a short hill and bears to the right down a road through a gully with a cliff to your right. At the end of the gully the trail veers left and goes up the other side of the gully. After a very steep descent, at 2.1 miles from the top of Kaiser Road, you will hit the red-blazed Coppermine Trail. At this junction, you have the choice to turn right and head up the Coppermine Trail back to Mohican, or you can make your hike longer by turning left on the Coppermine Trail and continue down 0.75 miles to the Delaware River.

At the bottom of Coppermine Trail, a parking lot is across Old Mine Road. Portable lavatory facilities are normally available here. Find the short trail down from the parking lot to the shore of the Delaware River for a pleasant view of the river.

Proceeding back up Coppermine Trail from the trailhead on Old Mine Road, the trail will fork just a few yards up. The left fork takes you to the ruins of an old copper mine. You can follow that path all the way up to the entrance to the mine itself. The right fork is the main, red-blazed Coppermine Trail. Follow the main, red-blazed trail up, and at 0.3 miles from the Delaware (about 5.2 miles from the start of your hike if you took the second spur connector from Kaiser Road Trail to Coppermine Trail and detoured to see the Delaware River), you will cross a wooden bridge with great views of the falls. At 0.75 miles from the Delaware River, you will arrive again at the lower spur connector from Kaiser Road Trail on your right. About 1.25 miles from the lower spur connector from Kaiser Road Trail (about 6.9 miles from the beginning if you used the lower spur connector and visited the Delaware River, the Coppermine Trail reaches the Appalachian Trail. Turn left and rock hop over a little stream and cross the footbridge to reach Camp Road. Turn left on Camp Road to return to Mohican.
CRATER LAKE – HEMLOCK POND

This is a 3.5-mile lollipop loop of low difficulty, suitable for kids, but with moderate uphill and downhill. See the views and explore the old foundations around Crater Lake, then climb up to cross the AT and downhill on a rocky footpath to Hemlock Pond. Enjoy a view of Hemlock Pond (and maybe spot the resident eagle) from a rock outcropping at the far end of the pond.

Driving Directions: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. Continue 2.3 miles on Gaisler Road. Turn left at Millbrook Road and go 3.1 miles into the village, where you turn right on Old Mine Road. Follow Old Mine Road 1.5 miles to turn right on County Road 624 (Flatbrook-Stillwater Road), which is marked by an old general store on the far right corner. Continue 1.4 miles to Blue Mountain Lake where the road becomes a gravel/dirt road soon thereafter, and then another 3.7 miles, past an intersection with gated dirt roads at which the road you are driving on becomes Skyline Drive, and down into the Crater Lake parking lot.

Hiking Directions: As you face the lake, the trail heads left passing four big boulders, continuing around the lake. When you hit the junction with the white-blazed Appalachian Trail, DO NOT TURN LEFT. Turn right on the AT toward the cliff and climb up a rock wall, back across the orange trail and continue straight on the AT to a nice rocky view spot. Cross rocks to a woods road. The Hemlock Pond orange blazed trail will cross the AT. Turn left on the orange blazed trail, but be careful as you descend across the rocks, which can be very slippery. Initially, blazes will be on the rocks. Continue downhill about 0.3 miles through the trees, past a wooden sign on the right pointing back up to the “A.T.” When you join a woods road, turn right and then an immediate left and down to Hemlock Pond, where you will reach a T intersection with another woods road. You can hike around Hemlock Pond either direction, but be sure to always keep the pond on one side and continue to take the first lefts (if you proceed counterclockwise) or rights (if you go clockwise) in order to stay at the pond. On the far side of Hemlock Pond, you will see a little trail that leads to an earthen dam at the outlet of Hemlock Pond, and a rocky outcrop, which is a perfect spot for a break, with beautiful views of the pond. When you have finished enjoying the pond, continue on around it to the woods road intersection on the near side. Turn on and follow the orange blazed trail uphill on a woods road, turning first toward the RIGHT when the road appears to split and then make an immediate LEFT onto a footpath (an arrow on a wooden sign in the trees points toward the “A.T.”) uphill through the trees from the woods road, about 0.3 mile until you again reach the Appalachian Trail (AT) (white blazes). Remember the slippery rocks. Cross the AT and follow the orange blazes through the trees. At a fork in the road, bear to the right down to a double blaze at the bottom of the hill. As you face the lake, turn left and follow the woods road around the lake. At the next intersection, make a right hand turn onto another woods road and back to the parking lot.
CREEK, POND AND RIVER HIKE

This is a 10-mile, moderately strenuous loop hike exploring the outstanding water features of the Delaware Water Gap (a cascading mountain stream, a pristine glacial lake, and the mighty Delaware River. There are several stream crossings and a fairly steep uphill. Elevation gain is 1436 feet.

Driving directions: From MOC, take Camp Road appr. 1 mile. Turn left at Gaisler Road. After 0.5 mile, turn right on Mohican Road and drive 3.4 miles. At Route 94, turn right. Drive 7.5 miles and enter onto Route 80 West. Take Exit 1 in NJ (Millbrook Flatbrookville) before crossing the Delaware River. Turn left at the end of the ramp and travel under the overpass and continue on the service road parallel to Route 80 and bear right into the Kittatinny Point Visitor Center parking lot.

Hiking Directions: From the visitors center, head east(right) on the service road and walk under the overpass to the Dunnfield Creek parking area. Start on the AT from this point until its junction with the Dunnfield Creek Trail (green blazed) on the right. Take the Dunnfield Creek Trail for about 4 miles crossing over the creek in several spots proceeding up the ridge where it terminates at the Sunfish Pond Fire Road turning right. After about 0.5 miles on the fire road, turn left onto the turquoise blazed Spring Trail which will take you very shortly to a lovely rock overlook – great for lunch. Continue on the turquoise blazed trail (less than a 0.2 miles) to the AT (white blazed) turning left (Southbound). The AT hugs the west shore of Sunfish Pond, with some pleasant views. Once you leave the pond, stay on the AT for 0.8 miles, past the Douglas Trail (blue blazed), will join from your right. Continue on the AT for another 1.5 miles and turn right onto and down the Beulahland Trail (yellow blazed), also known as the Farview Trail. Beulahland Trail has a very different look to it – once old farm land, it’s grassy in places with lots of ferns in the woods. This trail ends at the Farview parking lot off Old Mine Road – 1.5 miles. Cross the road walking through the Karamack parking area and follow the trail down toward the river. This trail becomes the Karamack Trail, which is an old railroad grade and heads South (left). Notice the bridge abutments that once crossed the Delaware River. Follow this trail for about 1.5 miles as it overlooks the river and come to the traffic light for Old Mine Road. Walk the last 0.5 mile on the shoulder of the road back to the Visitor Center parking lot.
CULVERS GAP LOOP

This is an 11.3 mile loop hike, moderately difficult with lots of ups and downs and rocks but many rewarding views and scenery. Only experienced hikers should attempt this, as there are a number of potentially confusing trail junctions and a short bushwhack. Explore the highlands and lowlands of Stokes State Forest. See Normanook Fire Lookout Tower. Views of Culvers Lake, Kittatinny Lake and Lake Owassa. Hike around and lunch at Stony Lake. Great variety of terrain and flora.

Driving Directions: After 14.3 miles on Route 94, turn left on County Route 519 North (Main Street), and then left again, staying on Route 519 (now Spring Street) until it merges with U.S. Route 206. Turn left to stay on Route 206 at the intersection with Route 15. After 11 miles on Route 206, turn right on County Route 636 (Upper North Shore Road), and then left in 0.2 mile onto Sunrise Mountain Road, and into the parking lot.

Hiking Directions: At the North end of the parking lot, you will see a small wooden signpost with a white blaze showing the way to the AT to the left. In 10 yards, you will come to the AT itself, marked by a wooden sign showing North/Maine to the right and Georgia/South to the left. Make a right and head north. After 1/3 mile, you will return to Sunrise Mountain Road. Turn left and walk 20 yards before turning right off the road, up the AT toward the ridge. In 0.75 mile from the start of the hike, you will arrive at a rocky viewpoint, with Culver Lake ahead and to your right on one side of the ridge, and Kittatinny Lake behind you and to your left on the other side of the ridge. At 1.8 miles, the AT will come out to the Normanook Lookout Tower complete with picnic table.

(SEE NEXT PAGE)
As you continue on the AT along and down the left side of the ridge past the fire tower, you will come to an AT registration box. Just past the box, on the left hand side, you will see the triple green blaze that indicates the start of the Tower Trail (white cards with green dots). The descent is tricky in spots and may require sitting down once or twice. After descending the Tower Trail, at the 3 mile mark, you will reach Sunrise Mountain Road again. [Note: for a shorter hike or to bail out, you can turn left and head back to the parking lot.] Continue across the road and continue to follow the Tower Trail. Just after crossing the road, the trail goes around a fallen tree and crosses a stream. At 3.5 miles, you will have a larger stream crossing. At 3.6 miles, you come out to the trail junction with an old woods road. Turn left on the woods road. At 3.8 miles, make a right hand turn on the Coursen Trail (do not continue straight, although that may lead you to Stony Lake). In about 100 yards, as another trail enters obliquely from the right, you will bear left and continue on the woods road. You will pass the Swenson Trial head on the right.

The woods road brings you to a gate and parking lot for Stony Lake. After the gate, turn left up the stairs and follow the trail for about 100 yards to the beach. As you face Stony Lake, head to the left toward the jungle gym. Just past the swing set at the far end of the jungle gym, you will see a trail head post for the Stony Lake Trail and three white cards with green circles on them. Turn right onto Stony Lake Trail and follow it around the lake. When the Stony Lake Trail intersects a woods road, make a right hand turn and cross a wooden foot bridge, after which the trail turns to the right. The blazes are now half green/half tan circles on a white card. The trail goes around the lake bearing right. There are a couple small streams to hop over. As you come around the lake, you will see a double blaze and the trail turns left up a short hill. You will pass an old concrete foundation and at 4.9 miles arrive at a triple blaze marking the end of the Stony Lake Trail, where you will turn left on the Lackner Trail (blazed with white cards with black circles). At 6.75 miles, you will will encounter a little dam with an outflow from a pond to your left, and will need to cross the stream. As soon as you cross, the trail turns to the right onto a woods road.

Coming around the curve you will see a yellow gate further down the woods road. At this point you have two choices. The shorter and more interesting route is to head left, off-trail, and bushwhack to Route 206, which you will be able to see or hear due to regular traffic. The longer route is to follow the woods road to the gate, turn left on another road and out to Route 206. Turn left along Route 206 and road walk back to “Woods Road,” which intersects on the far side of Route 206. If you choose the shorter bushwhack, follow the contour of the ground toward the road, avoiding low spots if they are wet. As soon as you see the guard rail, head up the short hill to Route 206. Whichever route you take, cross Route 206 toward the signs reading, “Now Leaving Stokes State Forest” and “Kittatinny Lake Private Resort.”

Turn right and up the road named, “Woods Road,” but in about 50 yards, turn right up an old woods that has been dug up with moguls to keep ATVs from using it. Continue along this woods road, which is unblazed. At about 7.3 miles into the hike, you will pass what remains of an old rusted truck on your right. At 7.5 miles, the Lake Ashroe Trail joins from the right and from here the woods road is blazed with white cards with black and grey circles. This section is sometimes called the Steffen Trail but may also be called the Lake Ashroe Trail. At 8.7 miles, the black/grey blazed trail comes to an end at an old woods road. Turn to the left and in about 100 yards bear left on another woods road, and very shortly will see three blazes on the right hand side of the road (white cards with silver and blue circles), marking the beginning of the Jacobs Ladder Trail. Turn right, crossing a small stream immediately off the woods road, up the Jacobs Ladder Trail to the ridge. At about 9 miles, you will pass a junction with the Red Maple Leaf trailing coming in on the left. Do not take it, but continue following the blue/silver blazes straight up to the ridge. At 9.2 miles you will arrive at the junction with the white blazed AT and turn left to follow the AT north. At 9.9 miles, you will discover an amazing viewpoint with Culver Lake to your left and Lake Owassa to your right. At 10.3 miles, you come out to the last height of land; as you cross the rocky bald at the top, look for a blaze on the rocks showing that the AT makes a right hand turn and begins going downhill from the middle of the rocky bald. As you come down the woods road, watch for the double blazes on the right hand side. The trail turns right and heads back to Route 206, where you will turn left and walk along Route 206 to a double blaze on a telephone pole just past the first building you encounter (presently a sign shop). Route 636 intersects on the other side of Route 206. Cross Route 206 and pick up the AT behind a giant stump of an old tree on the far corner of Routes 206 and 636. Head back into the woods. At 11.3 miles, you will return to the place you started.
DUNNFIELD CREEK FALLS

This is a 1.5 mile out-and-back hike. GREAT KIDS HIKE. Enjoy a relaxing lunch at Dunnfield Creek Falls and explore part of the Appalachian Trail.

Driving directions to Dunnfield Creek Natural Area parking lot: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. After 0.5 miles, turn right on Mohican Road and drive 3.4 miles to Route 94 and turn right. Drive 7.5 miles to Route 80 West. Immediately beyond milepost 1, take the exit for the “picnic area” and bear left at the fork. Continue past the underpass to the left and turn right into a parking area at a sign for “Dunnfield Creek Natural Area.” (If you miss the exit from Route 80, take Exit 1, turn left at the end of the ramp, and continue back on the service road parallel to Route 80 past the visitor center. Turn left at the underpass, go under Route 80, turn left again, and turn right at the “Dunnfield Creek Natural Area” sign.)

Hiking Directions: Start from the Dunnfield Creek Natural Area parking lot and follow the white-blazed Appalachian Trail across a footbridge that spans Dunnfield Creek. About 0.5 miles along the creek, the AT will intersect with the green-blazed Dunnfield Hollow Trail coming in from the right. Follow the Dunnfield Hollow Trail about 0.25 miles to the base of the waterfall, which is at the end of a short side trail to the left. Beyond the falls along the Dunnfield Hollow Trail, the Blue Dot Trail intersects from the right. If you reach this trail junction, you missed the falls.

After enjoying the falls, you can return to the white-blazed Appalachian Trail and, if you'd like a view of the falls from above, hike further up the AT about 0.25 to a tree-canopied overlook on the right side of the trail.

To return to the parking lot, retrace your route down along the white-blazed Appalachian Trail.
This is a loop hike, of moderate difficulty, and the length can be adjusted by route from 5-7 miles. A shorter 3-mile out-and-back to Ghost Lake is also possible. GREAT KIDS HIKE, but the Ghost Lake Trail has steep sections. Enjoy a a beautiful stop at Ghost Lake. Good views along the Summit Trail.

**Driving Directions:** From MOC, take Camp Road approximately 1 mile to Gaisler Road. Turn left. After 0.5 miles, turn right on Mohican Road and drive 3.4 miles to Route 94 and turn left. Drive about 2 miles and turn right onto Route 521 (South). Follow Route 521 into the center of Hope. At a flashing red light, turn left onto Route 519 (North). Proceed to Shiloh Road (approximately 1 mile), the third road on the right. Turn right and follow Shiloh Road approximately 1.2 miles to State Park Road. Turn right on State Park Road and follow it in to the Jenny Jump State Forest Sign. Turn left at the sign. Continue straight (do not turn to the park office) until you come to a small parking lot opposite a lavatory and two small cabins The trailhead for Swamp Trail and Summit Trail is at the far end of the parking lot.

**Ghost Lake Trail Parking:** If you choose to shorten the hike to just the Ghost Lake Trail, follow the directions above, but turn on the park road past the park office and continue on the park road to its end, where you will find a lavatory and picnic area. The Ghost Trail is marked by a trailhead sign.

![Map of Jenny Jump State Forest](image)

**Hiking Directions:**

*Jenny Jump State Forest has a number of interconnecting trails, permitting a variety of hiking choices and hike distances. The following is a representative route that covers most of the trails.*

**Swamp Trail to Spring Trail.** The Swamp Trail starts just past the cabins Nos. 7 and 8 at the far (south) end of the parking lot. Both the Swamp Trail (red blazed) and Summit Trail (yellow blazed) start together from the parking. A short distance past the cabins, the trail turns to the right and heads uphill. After you turn left, in a few hundred yards you come to a wooden trail post. The red blazed Swamp Trail goes to the left and the yellow blazed Summit Trail goes to the right. Turn left on the red blazed Swamp Trail. In 0.5 mile, the red blazed Swamp Trails comes to an end at campsite number 18. Continue past the campsite and pick up the blue blazed Spring Trail on the right.

*(SEE NEXT PAGE)*
**Spring Trail to Summit Trail.** You will follow the blue blazes of Spring Trail as you climb up the ridge, about 0.25 mile. The blazes get harder to see toward the top of the ridge, but you can still pick your way up the hill, going right and then cutting back to the left and coming out to the trail junction with the yellow blazed Summit Trail.

**Summit Trail to Ghost Lake Trail.** This section of the Summit Trail (yellow blazed) is 0.7 miles and can be hiked either or both ways. These directions are from the Summit Trail’s junction with the Spring Trail and head toward the Summit Trail’s junction with the Ghost Trail. At the junction of the Summit Trail and Spring Trail, facing south (away from the camping area) turn to the left and follow the yellow blazed Summit Trail. Within 0.1 mile from the trail junction, you will see a short side trail on your right, which will take you to a bald rocky area with some great view of the surrounding valleys. Return to the Summit Trail and continue on it to its junction with the blue blazed Ghost Lake Trail.

**Ghost Lake Trail Out-and-Back.** This can be hiked as a continuation of the hike from the Summit Trail (yellow blazed) described above, or as a separate short hike from the Ghost Lake Trail parking area described in the driving directions above.

For the separate short Ghost Trail hike (about 3 miles), head to the left of the trailhead sign at the parking area and follow the woods road slightly uphill. At this point, the trail is blazed with both the blue blazes for the Ghost Trail and the yellow blazes for the Summit Trail. There are a couple wet spots on the trail requiring a little rock hopping. At the junction with the yellow-blazed Summit Trail (about 0.7 miles along the Ghost Trail), continue straight on the blue blazed Ghost Lakes Trail and follow the directions immediately below.

For the Ghost Lake Trail continuation from the Summit Trail, turn right from the Summit Trail onto the Ghost Lake Trail (blue blazed). At 0.5 mile from leaving the Summit Trail, the trail parallels the cliff. To the right you will see a path up to a clearing where you will see the foundation of an old cabin and some great views into the valley. After leaving the site of the old cabin, go back out to the woods road and make a right hand turn, continuing to follow the woods road. It will slowly arc to the right and descends below the ridge where the cabin was. A couple stretches of this section are steep. You will hear traffic from Route 80 as you descend. At 1.3 miles from leaving the Summit Trail, the wood road descends and then cuts between the two halves of Ghost Lake. This is a beautiful stop. There is road access to Ghost Lake from the other side, so you are likely to encounter other hikers, picnickers or fishermen at the lake. Return by the same route.

**Spring Trail to Parking Lot.** From the junction of the blue blazed Spring Trail and yellow blazed Summit Trail, head south (away from the camping area) down a very steep and rocky Spring Trail (blue blazed). At the bottom of the descent, the trail curves off to the right, with the ridge line to your right and the valley to your left. The trail follows a woods road with very faint blue blazes. Note the striking rock outcroppings with stands of fir trees. At 1.5 miles from the junction, the trail continues through a gap in the hills, where you come to a large parking area with an old spring house. Continue on the woods road back to the original parking lot at the trailhead of the Swamp Trail and Summit Trail.

**Summit Trail to Parking Lot (from the junction of the Summit Trail with the Spring Trail).** At the junction of the Summit Trail and Spring Trail, facing south (away from the camping area) turn to the right and follow the yellow blazed Summit Trail. There are one or two scenic overlooks along this trail. At any trail junctions, be sure to continue to follow the yellow blazes until you hit the wooden trail post for the red blazed Swamp Trail. You will follow the woods road back to the parking lot.
KITTATINNY SHORT HIKE

This is a short, 3-mile, out-and-back hike of low difficulty to the AT ridge via the Rattlesnake Swamp Trail. GREAT KIDS HIKE. Start and end at Mohican.

Hiking Directions: Follow Camp Road passed Blueberry Hill Lodge toward the Boat House. As you reach the clearing in front of the Dinning Hall, you will see Trails End Lodge on your right. Just beyond the picnic table to the left of the lodge is a wooden sign for the Rattlesnake Swap Trail head. In an 200 yards, you come to a trail juncture where the Rattlesnake Swamp Connector Trail (orange blazed) goes to the right up the hill and the main Rattlesnake Swap Trail (also orange blazed) heads left. Continue on the right hand fork up the hill following the connector. In 0.5 miles, you will reach the ridge and connect with the white blazed Appalachian Trail. Stop to enjoy the views here, which are beautiful in every season.

Return the way you came.
MILLBROOK VILLAGE AND COVENTRY POND

This is a short, easy walk and tour of a re-created 19th Century village. GREAT KIDS HIKE. On weekends you can often find historical re-enactors providing illustrations and explanations of village activities. Drive 6.4 miles to Millbrook Village parking lot. Maps are available in the village or online at http://www.nps.gov/dewa/planyourvisit/upload/sb2MV.pdf. If you have time, take an easy 1.5-mile out-and-back walk to nearby Coventry Pond.

Driving Directions: From MOC, take Camp Road approximately 1 mile to Gaisler Road. Turn left. Continue 2.3 miles on Gaisler Road. Turn left at Millbrook Road and go 3.1 miles into the village, where there is a large public parking lot.

Hiking Directions to Coventry Pond: From the trailhead, you will see a metal gate across a woods road. Just beyond the gate, as you start along the woods road, you will see the sign for the Coventry Pond Trail. Follow the woods road to the pond. In 100 yards, you will notice that the trail is eroded and a little stream has begun to form on the right side of the road. You will have to do a little rock hopping to get to the other side of the stream. At 0.25 mile, you will see an unmarked trail joining from the left, which zigzags down to Van Campens Brook if you want a side trip. Continue straight on the woods road. You will come to a larger stream crossing, at which the road has been washed out. There are two bridges, one with three logs and one a single log. These will take you to the right and across the stream just above the woods road. After crossing the second log bridge, return to the left, back to and continuing on the woods road. As you stroll on the woods road, you can see Van Campens Brook to your left. As you turn to the right uphill, Van Campens Brook heads left away from the trail, but a smaller tributary will continue below the trail on the left side. As you come up a short rise which opens out into a field on the left, the trail bears to the right and rises a bit more steeply. On the left you will see a couple of dead, grey tree limbs or trunks standing vertically alongside a short path that will lead you to Coventry Pond. This makes a wonderful stop. As an added attraction, make your way around the pond. If you walk the pond clockwise, you will see a second small pond and an outlet at the far end of Coventry Pond, which is the source for the stream you originally crossed on the log bridges.
MILLBROOK VILLAGE LOOP #2 – EXTENDED

(ALTERNATE LONGER HIKE FOR MORE EXPERIENCED HIKERS)
MILLBROOK VILLAGE LOOP (VAN CAMPENS GLEN TRAIL)

Loop trail. Hamilton Ridge Trail variant is approx. 6.4 miles; Pioneer Trail variant is approx 7.5 miles. GREAT KIDS HIKE. Drive 6.4 miles to the trailhead at Millbrook Village. Low to moderate difficulty.

Driving directions to Van Campens Glen parking lot: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. Continue 2.3 miles on Gaisler Road. Turn left at Millbrook Road and go 3.1 miles into the village. Turn left on Old Mine Road and drive about 2 miles to the Van Campens Glen parking lot on the left.

Hiking Directions: Follow the yellow blazed Van Campens Glen Trail from the East end of the parking lot upstream along the left bank of the stream. There is a nice waterfall at 0.25 miles. The trail is rocky and rooty and can be slippery on rainy days. At 0.5 mile, the trail turns right across a foot bridge. There is another very pretty falls, a picturesque chute and a section where the stream flows over large flat stone slabs. At 1.0 mile, the trail turns right and uphill away from the stream. At 1.2 miles, turn left onto an old woods road. Just before it crosses back over the stream, turn right off the road at the double yellow blaze into the woods. At 1.6 miles cross an old asphalt road, following a small power line easement to where the trail crosses a large, open power line easement. Tiptoe across a board walk, then cross the stream on a wooden bridge. Up the hill is a pond, one of three in the Watergate Recreation Area. As you pass the pond, follow the service road around to the right and pass two more ponds. The stream will now be on your right. Follow the stone and gravel road toward Millbrook Village. At about 2.75 miles, the first building on your left (white with green shutters) is Millbrook School No. 82. Check out the outhouse to the right and the old Millbrook Cemetery up the hill past the outhouse. Further into town are more historic buildings, and in the center a little picnic area with restrooms nearby. This is a great place to stop, grab a bite and look around and is about at the 3.0 mile mark. As you pass the restrooms north of the picnic area, there is a stop sign where the little road intersects Old Mine Road. The orange blazed Orchard Trail starts directly across the street from the stop sign. It is hard to see the trailhead sign because it is several feet up the hill away from the road. Follow the orange blazes as you wander in and out through the old orchard on the hillside, up toward Hamilton Ridge. Keep your eye out for orange blazes, some of which are on rocks rather than trees. At 3.3 miles, you reach the end of the Orchard Trail and come out to Hamilton Ridge Trail. Turn left onto the old woods road. At about 4.6 miles, the road will begin to curve to the right and you notice on the right hand side, a tree with three orange blazes that mark the beginning of the Pioneer Trail. At this point you can continue on the Hamilton Ridge Trail or extend your hike on the Pioneer Trail.

(SEE NEXT PAGE)
[HAMILTON RIDGE TRAIL VARIANT] Continue straight without turning on the Pioneer Trail, approx. 1.4 miles to where the
Pioneer Trail again rejoins from the right. Turn left and follow directions below after the Pioneer Trail Variant.

[PIONEER TRAIL VARIANT] Make a right hand turn at the tree with the three orange blazes, away from the woods road. As
soon as you start into the woods on the Pioneer Trail, keep an eye out for the orange blazes. At 5.65 miles, you will get a nice view
of the Delaware River from the top of a bluff and might see fishermen or kayakers float by. As you face the river, continue along
the trail to your left and pick up an old woods road. Follow this road. There are only occasional blazes. You’ll see old foundations,
abandoned cars and houses. At 7 miles, the Hamilton Ridge Trail joins from the left and the trail will now be blue blazed. [END
OF PIONEER TRAIL VARIANT]

Continue on the blue blazed woods road straight to Old Mine Road. Turn left on Old Mine Road and you will see the sign for the
Van Campens Glen Recreation Site, where you turn right off Old Mine Road and down into the parking lot.
MILLBROOK VILLAGE TO VAN CAMPENS GLEN

This is a 3.5 mile point-to-point hike (with a car shuttle) or a 7 mile out-and-back hike. Millbrook Village is a recreated community of the 1800's, where you can tour some of the historic buildings on site. Then hike to Van Campens Glen at a leisurely pace, enjoying the lovely waterfalls and hemlock groves en route.

Driving Directions: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. Continue 2.3 miles on Gaisler and then Grandin Road. Turn left at Millbrook Road and go 3.1 miles into the village, where there is a large public parking lot. If needed, post a car shuttle at the Van Campens Glen parking lot, 2 miles further West on Old Mine Road.

Hiking Directions: From the parking lot in the center of Millbrook Village, walk between the George Trauger house and barn, past the hotel, to the footpath (the bed of the original Columbia-Walpack Turnpike) running between the hotel and the general store. Turn right (Southwest) along the footpath, crossing NJ Route 602 (Millbrook Road). Continue on the footpath past the church on the left and the Sylvester Hill house on the right. Be sure to stop at each building to note its unique historical features. After about 0.25 miles, you will come to a building on your right (white with green shutters) - Millbrook School No. 82. Check out the outhouse to the right and the old Millbrook Cemetery up the hill past the outhouse. Continue to follow the gravel path past two small ponds on your right, and continue on the path to the largest of the three ponds. This is the Watergate Recreation Area. At the far end of the large pond, descend the earthen dam to cross the stream on a wooden bridge. Tiptoe across a boardwalk and continue on the trail as it follows a small power line easement and crosses a larger, open power line easement, then crossing an old asphalt road at about 1.4 miles. The trail will intersect an old woods road at about 1.8 miles. Turn left on the road and watch for the trail to leave the road on the right. The trail will be yellow blazed. The trail is rocky and rooty and can be slippery on rainy days. The trail descends for 0.2 miles to Van Campens Brook and then turns left along the stream. You will pass a section where the stream flows over large flat stone slabs on your right, then a picturesque rocky chute you can explore, and a very pretty falls. At 2.5 miles, cross a footbridge and turn left, continuing to another pretty falls at 2.75 miles. Finally, you will reach the Van Campens Glen parking lot in about 3 miles. If your hike is an out-and-back, reverse these directions for your return.
MOUNT MINSI LOOP

This is a 5 mile loop hike, of moderate difficulty with some steep sections. Climb Mount Minsi on a well marked path. Take a look at the Delaware Water Gap from the Pennsylvania side. Enjoy striking views in all directions.

Driving Directions: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. After 0.5 miles, turn right on Mohican Road and drive 3.4 miles to Route 94 and turn right. Drive 7.5 miles to Route 80 West, drive about 4 miles on Route 80 West, taking Exit 310, just after the tolls. Follow the signs to Route 611 South. Turn right at the light at the end of the ramp, and then left at the next traffic light. Look for the Deer Head Inn, which will be in about 300 yards. Turn right on Mountain Road just after Deer Head Inn and make the first left into the trailhead parking lot (formerly Lake Road).

Hiking Directions: From the trailhead parking area, you will see a gated woods road and a large brown Appalachian Trail sign. Follow the white blazed AT to the summit. The woods road curves to the right and within 1500 feet comes to Lake Lenapi with a bench and picnic table. Cross on the woods road over the outflow of the pond with a waterfall and stream to the left. In about 0.25 miles past the lake, bear to the left and continue on the Appalachian Trail, leaving the woods road, which rises uphill to the right.

The AT at this junction is not well blazed, so be sure to confirm you have taken the correct route by looking for white blazes as soon as you can on the left-hand trail. After making the turn, you will be hiking parallel to the Delaware River. Come to an overlook and see Interstate I-80 and a view of Mt. Tammany. In a few hundred yards, you will see a sign off the trail to your left for Council Rock which is another viewpoint. About a mile into the hike, the trail is going to turn to the right and come out to a point where you can see both upstream and downstream with Mt. Tammany directly in front of you. After the point, the trail turns to the left, but be careful: the double blaze on the tree is very faint. Avoid the path that goes uphill to the right, and instead follow the white blazes. After hiking around the drainage, you come to a little waterfall at Eureka Creek. You will need to do a little rock hopping to get across the creek. The next overlook is reached by a short side trail straight ahead, while the AT turns to the right. If you go out to the point, you’ll have to backtrack to pick up the AT. If instead, you proceed on from the viewpoint, you will encounter a cliff and a sign that says “No Trail.” Be sure to locate the white blazes before hiking too far in this section.

You will return to the woods road and turn left. In 20 paces, the AT heads back into the woods again, cutting the corner of the loop made by the woods road. It meets up with the woods road again and then heads uphill toward a false summit with the most scenic view of the hike. If you wish to bag the peak, continue to follow the AT over the top of the false summit and then down into a drainage and up again the other side. In about 0.25 mile you reach the true summit of Mt. Minsi. You’ll know you are there because you will find the remnants of an old fire tower and fenced-in utility building. The AT continues on a woods road at the far end of the summit. When you return, you can choose to follow the woods road, from where it separates from the AT, all the way back to the parking lot, or you can return to the parking lot using the AT, retracing the route you came. If you take the woods road, beware of and do not take any woods road that joins from the left.
MOUNT MOHICAN - RACCOON RIDGE

This is a 5.5-mile out-and-back hike. Hike a short section of the AT south from Mohican Outdoor Center. Enjoy great ridge views both directions along the Appalachian Trail. Plenty of places to stop for lunch or a short break, including the summit of Mount Mohican, which is marked with a large rock cairn. You might even see a raccoon! Start and end at Mohican.

Hiking Directions: From the Visitor Center turn right and head down Camp Road about 0.3 mile to where the Appalachian Trail crosses the road. Turn right on the Appalachian Train at this trailhead and cross a wooden foot bridge. The trail will head to the left following white blazes. There will be some rock hopping. The red blazed Coppermine Trail leaves on the right, but continue straight to follow the white blazes up to the ridge. The trail is rocky as you start to climb the ridge. Look back over your shoulder N-NW into Pennsylvania. The trail will turn right and follow along the ridge. At 0.6 of a mile from the trailhead, there is a scenic overlook and camp site. The trail continues to follow the ridge. At 1.5 miles from the trailhead you come to a clearing which give you a great view of the Upper Yards Creek Reservoir to the S-SW. At 2 miles from the trailhead, you hit the intersection with the Kaiser Road Trail entering at an acute angle from your right. (The Kaiser Road Trail is blazed with white plastic cards bearing blue plastic blazes in the center. A number of the blue center blazes have fallen off, which leaves a plain white blaze that could be misleading. The plastic cards do not mark the AT; follow the white painted blazes.). The Kaiser Road Trail joins the AT and they head toward Mount Mohican together for about 0.25 mile, until the AT turns to the right up a rocky mound and the Kaiser Road Trail descends to the left on a woods road. At 2.5 miles from the trailhead, you will see the Worthington State Forest sign. At 2.7 miles from the trailhead, you will reach the summit cairn (big pile of rocks) of Mount Mohican. There are great 360 degree views of the Delaware River and Upper Yards Creek Reservoir. Return by the same route, reversing the above directions.
MOUNT TAMMANY LOOP

This is a 3.5-mile loop hike of moderate difficulty but with some steep rocky sections. Though short and thus a candidate for kids, this is a difficult hike with substantive climbing which may not be appropriate for some children or inexperienced hikers. Almost 1100 feet elevation gain in 1.2 miles. It includes great views of Delaware Water Gap across to Pennsylvania and Mount Minsi, waterfalls, and a verdant glen.

Driving directions to Dunnfield Creek Natural Area parking lot: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. After 0.5 miles, turn right on Mohican Road and drive 3.4 miles to Route 94 and turn right. Drive 7.5 miles to Route 80 West. Immediately beyond milepost 1, take the exit for the “picnic area” and bear left at the fork. Continue past the underpass to the left and turn right into a parking area at a sign for “Dunnfield Creek Natural Area.” (If you miss the exit from Route 80, take Exit 1, turn left at the end of the ramp, and continue on the service road parallel to Route 80 past the visitor center. Turn left at the underpass, go under Route 80, turn left again, and turn right at the “Dunnfield Creek Natural Area” sign.)

Hiking Directions: Trailhead for the Red Dot Trail (also known as Tammany Trail) is near the entrance to the parking area. Blazes are red-on-white. Start up wooden steps and bear left when you reach a junction. The trail will flatten out temporarily and then ascend steeply. After 0.3 miles walking up steps you reach your first scenic view of the Delaware River and Mount Minsi. After the overlook, you hike through the woods on a fairly level trail for about 0.4 a mile until you scale a rock wall. It takes about 0.7 mile of climbing up a very rocky trail before you hit the next level spot in the trail. At the next scenic view, you look out across Route 80 and get a nice view of Mount Minsi and Pennsylvania. As you reach the summit, depending on how brave you are, you get a nice 180 degree view from the rock outcropping at the top of Mount Tammany. You will see three blazes indicating the terminus of the red dot trail. From here you pick up the blue dot trail. As you cross the summit outcropping, the views will be on your right and the Blue Dot Trail continues straight ahead. At 1.4 miles the Blue Trail makes a sharp turn to the left. There is another scenic overlook to the right. The Mount Tammy Fire Tower Road goes straight. Make a left and follow the blue blazes. At about 1.6 miles the trail will turn left again and follow a woods road. At 2.1 miles you will see a turn in the trail; follow the woods road and the blue blazes to the left. At about 2.5 miles, you will come to the intersection with the green-blazed Dunnfield Creek Trail. Turn left, just after which there is an overlook with a wooden bench that gives you a great view of Dunnfield Falls. At the bottom of the hill, you can get close to the falls. Cross Dunnfield Creek on a footbridge and reach the terminus of the Blue Dot Trail where it intersects the Appalachian Trail (white blazes). Follow the Appalachian Trail downhill and to the left. At a junction, turn left and cross over a footbridge back across Dunnfield Creek to the parking lot where you began.
PAULINSKILL VALLEY TRIAL

Hike as far as you want either direction on this flat trail along picturesque Paulinskill River. Easy hiking. GREAT KIDS HIKE.

**Driving Directions:** From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. After 0.5 miles, turn right on Mohican Road and drive 3.4 miles to Route 94 and turn left. Drive 1 mile through the traffic light at Route 521 and over the bridge. Immediately after the bridge, turn right onto Footbridge Lane and follow it in (stay left) to park in the Footbridge Park parking lot. The trail extends both directions along the stream from the parking lot.
RATTLESNAKE SWAMP TRAIL SHORT WEST LOOP

This is a short, 3.3-mile, loop hike of low difficulty along the Appalachian Trail to the ridge, and back via the Rattlesnake Swamp connector trail. GREAT KIDS HIKE. Enjoy the great views from the ridge. Start and end at Mohican.

**Hiking Directions:** From the Mohican Visitor Center turn right and head down Camp Road to where the Appalachian Trail crosses the road. Turn left at the Appalachian Trail sign and follow the white-blazed Appalachian Trail uphill. The climb starts steeply and over a series of ridges before reaching the top. After a climb of 0.3 mile, you come out to the ridge facing Southeast looking down on Gaisler Road and the Upper Yards Creek Reservoir. There are several nice view stops along the ridge. At 1.4 miles, you will see the orange blazed Rattlesnake Trail connector joining the AT from the left. Make a left onto the connector trail and follow the orange blazes back down the ridge. At 2.3 miles into the hike (0.9 miles from where you left the AT), you reach the intersection of the main Rattlesnake Swap Trail on the right. Continue straight ahead to the left toward camp. The trail will arrive at Mohican Outdoor Center next to Trails End Lodge. In front of the lodge, turn left onto Camp Road and follow it back to the Visitor Center.
RIDGE AND VALLEY TRAIL
(WHITE LAKE NATURAL RESOURCE AND WILDLIFE MANAGEMENT AREAS)

The lower section of this trail is a 5 mile out-and-back hike of low difficulty and can be a GREAT KIDS HIKE with ruins of an icehouse and marl factory, lime kilns and an old cabin. The Ridge and Valley trail is a relatively new trail that will eventually connect the AT with the Paulinskill Valley Trail.

LOWER TRAIL Driving Directions: From MOC, drive approx. 1 mile to Gaisler Road and turn left. After 2.3 miles, turn right at Millbrook Road, proceed approx. 2.3 miles, and turn left on Spring Valley Road. PICK ONE OF THE TWO FOLLOWING ROUTES TO CONTINUE. To Stillwater Road (Middle) Trailhead: On Spring Valley Road, proceed 1.9 miles to Stillwater Road. Turn left on Stillwater Road. The trailhead is in approximately 1.1 miles on the right, behind a guardrail. There are two parking areas on the left side of the road nearby. To Spring Valley Road (Lower) Trailhead: Drive on Spring Valley Road about 2.6 miles to the trailhead on the left, just before the intersection of Primrose Road, Paulinskill Road and Spring Valley Road. There is a slight dip down off the road to get into the parking lot, which is identified by a trailhead gate.

LOWER TRAIL Hiking Directions: The following description covers a hike in the direction from the Lower Trailhead to the Middle Trailhead. The trail starts at an iron gate to the left of the trailhead sign. You will be following dark green Ridge and Valley blazes nailed to the trees. These dark green squares have a white square inside with a white mountain inside the square. Proceed on an old woods road for a quarter mile. You'll bear to the right as another trail apparently leading around the other side of White Lake heads to the left. Just after the right hand turn you come to an old stone structure that was used as store house for ice and produced marl from White Lake. A sign marker explains its history. After a turn to the right, there will be a short rise. As you come to the top of the rise, you will see the remnants of an old cabin ahead of you and on your right. At this point you can see glimpses of White Lake on the left. As you continue hiking on the woods road, the blazes disappear. You will see private property signs. Before you encounter a large tree across the trail, turn to the left down what may appear to be a fainter path, and then turn right and continue to follow the unblazed trail past the private property on your right. You will cut across the bottom of the lake drainage and as you start to come up the other rise, you will come to the remnants of some old lime kilns to the right of the trail. A sign marker explains their history. As you proceed beyond the lime kiln, the trail is blazed again. Follow the blazes to a trailhead at Stillwater Road. (SEE NEXT PAGE FOR INFORMATION ABOUT THE MORE DIFFICULT UPPER TRAIL)
As you come up over the rock wall, you hit a woods road, turn right and follow the blazes heading down the woods road. As you rise to the top of the ridge where you will look down on the farm. The trail then turns left again and over another ridge.

Next you will come to an old wooden nature signpost, make a left turn at this junction, which is graced by an old, rusted metal card marked with a white ridge design. These are the blazes to follow; these blazes, along with older wooden signposts, painted with nature signs and about 3 feet high, are the cues you need to be alert to verify that you are on the trail.

At the first blaze, make a left and follow the blazes in a northerly direction into a small hollow, where the trail will bears slightly left and you will see a lot of dead fall. Follow the direction of the faint footpath, climbing uphill over all of the fallen trees. The trail then descends and skirts the left side of a little pond. Just after clearing the pond, you will see the blazes again just to the left of the pond. The blazes are not easily spotted; as you continue along on the footpath, make sure you keep track of the blazes and never wander too far from the line of blazes. At 0.5 miles, keep your eye out for two sharp turns. At 0.67 miles, follow the trail straight up a little cliff and then right along the ledge. There is a break in the rock wall, which brings you to the junctions of the Limestone Forest Branch, to your right, and the Camp Ridge Branch, to your left. Make a left hand turn on the Camp Ridge Branch of the trail. Follow this ridge in a straight line for almost 0.2 of a mile. The trail will then go downhill and cut across a rock wall and then up across another rock wall. To your left you will see an old hunters blind with green netting on it. As you get to the top of the second rock wall, turn left and follow the lowest part of the contour on what looks like an old road. There will be blazes, but occasionally you will not be able to spot them. After perhaps 0.2 mile on this bearing, you will descend slightly to the left.

At about 1.4 miles into the hike, shortly after you step over a large fallen tree and see a farm a few hundred yards ahead, make a left hand turn that is NOT double blazed. There are no blazes visible at this turn; so, when you see the farm, keep an eye on your left for additional blazes; if you get near the wooden farm fence, turn back and look for the left-hand turn. If you make the proper left-hand turn, you should see a blaze within 50 yards or so.

Next you will come to an old wooden nature signpost, make a left turn at this junction, which is also graced by an old, rusted metal file cabinet. Almost immediately, make a right hand turn and head straight up the face of the cliff. Note, you have to climb straight up to the second ledge, before turning right to angle up over the cliff face. As you get to the top of the rock face, keep going straight following the blazes, gradually turning to the left and coming up again to a woods road. The trail turn right at the top of the rise and heads down to the beginning of an old woods road, but almost immediately make a right turn off the woods road, following the blazes to the top of the ridge where you will look down on the farm. The trail then turns left again upon and over another ridge. As you come up over the rock wall, you hit a woods road, turn right and follow the blazes heading down the woods road. As you come downhill, you will see a farm and farm road on your right hand side. The trail starts to sweep to the left. At one point, it turns sharply left. The turn is NOT double blazed, but there is a tree with two opposing blazes and a nature trail sign. As you come up the woods road, you will see a tree in front of you with double orange blazes. At this point, off to the right you will see the double blazes for the Ridge and Valley Trail. Make a right hand turn up and over the shoulder. Make a left hand turn up a short rise followed by another sharp left. You will soon run out of trail markers and you will not be at Stillwater Road yet. Follow what looks like the best defined footpath without going over the top of the ridge. Shortly, you will see ahead of you an old hunter blind in a tree. Head toward the hunter’s blind, keeping it to your left and walk through the gap in the rock wall. After you walk through the gap in the wall, you may be able to see Stillwater Road, but in any event make a right and follow the far side of the rock wall downhill until it intersects another rock wall, where you make a left and follow that rock wall until you pick up the blazes again for the Ridge and Valley Trail. At another nature trail sign at a break in the wall, cross the rock wall* turn left, paralleling the wall. From here you can follow the blazes down to Sunset Lake Road. If you parked a car shuttle, make a right to walk 50 yards along Sunset Lake Road to the parking lot. If you did not park a car shuttle, return to the Stillwater Road trailhead by the same route.

*(Note: As soon as you cross this last rock wall, you can also take a very steep shortcut straight to the parking lot. Look for a faint footpath heading downhill through the trees straight downhill from the wooden nature sign and gap in the rock wall.)
SUNFISH POND FROM DUNNFIELD CREEK NATURAL AREA PARKING

This is an out-and-back along the AT, 8.3 miles if you return by the AT, (or about 9 miles if you decide to return by the Dunnfield Hollow Trail), of moderate difficulty. Journey up Dunnfield Creek past Dunnfield Creek Falls to a scenic vantage point beside this special pond for lunch and then return. Lots of chances to see wildlife. Examine the rock sculptures on the north side of the pond.

Driving directions to Dunnfield Creek Natural Area parking lot: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. After 0.5 miles, turn right on Mohican Road and drive 3.4 miles to Route 94 and turn right. Drive 7.5 miles to Route 80 West. Immediately beyond milepost 1, take the exit for the “picnic area” and bear left at the fork. Continue past the underpass to the left and turn right into a parking area at a sign for “Dunnfield Creek Natural Area.” (If you miss the exit from Route 80, take Exit 1, turn left at the end of the ramp, and continue on the service road parallel to Route 80 past the visitor center. Turn left at the underpass, go under Route 80, turn left again, and turn right at the “Dunnfield Creek Natural Area” sign.)

Hiking Directions:

From the parking lot, head north on the white blazed, Appalachian Trail. It is a slow steady uphill on a wide rocky path. You will reach a monument and sign for Sunfish Pond in 3.7 miles and will have climbed almost 1000 feet. You can hike around the pond by continuing on the white blazed trail as it takes you along the side of the pond past an interesting rock garden. At the far end of the pond, you will turn right on the turquoise blazed, Spring Trail. The trail makes a right hand turn onto a woods road (this is known as the Sunfish Fire Road but is not marked by name). Follow the woods road, keeping the pond on your right hand side.

(SEE NEXT PAGE)
Easier Alternative (Return on Appalachian Trail)

At 0.9 miles from the beginning of your hike around Sunfish Pond, the woods road will bring you back to the monument and the AT. Turn left on the white blazed AT and follow it back to the parking lot.

More Strenuous Alternative (Return via Dunnfield Hollow Trail)

On the Sunfish Fire Road, before you get to the monument, make a sharp left hand turn and follow the green blazed Dunnfield Hollow Trail. The Dunnfield Hollow Trail is more rugged, with a 1,000 foot descent in 1 mile. (Note - the blazes can be difficult to see and there are six stream crossings.) One mile after leaving Sunfish Pond, after a steep and rocky descent, you reach the banks of Dunnfield Creek. In another 0.25 mile, you ford the creek by rock hopping. At 1.6 miles from Sunfish Pond (6.2 miles from the start of the hike), you ford the creek again and in just a few yards, you cross back over the creek. At 2.2 miles from Sunfish Pond, the Holly Springs Trail (red blazes) comes in on your right. The Holly Springs Trail is a short (0.6 mile connector to the junction of the AT and the Beulahland (Farview) Trail. Pass the Holly Springs trailhead, continue on the green-blazed Dunnfield Hollow Trail with the creek on the left hand side. At 2.8 miles, you come to a Y intersection; bear to the left and follow the green blazed Dunnfield Hollow Trail. At 3.75 miles from the beginning of the Dunnfield Hollow Trail (about 8.5 miles into the hike), you come to the intersection with the Blue Dot Trail coming in on the left. The falls will be on your right. The two trails merge and continue down toward the creek. At the 4 mile mark, the Blue Dot Trail and the Dunnfield Hollow Trail come to a deadend at the white blazed Appalachian Trail. Turn to the left and follow the white blazed trail, bear to the left, over a foot bridge, and back to the parking lot.
SUNFISH POND HIKE

This is a 12-mile out-and-back hike of moderate difficulty if you walk around Sunfish Pond. The beginning offers beautiful ridge views along the AT, followed by descent through rolling topography to a beautiful lake. Have lunch at a scenic vantage point beside this special pond. Find and photograph the rock sculptures. Locate the historic marker at the southwestern end of the pond. Start and end at Mohican.

**Hiking Directions:** From the Visitor Center turn right and head down Camp Road about 0.3 mile to where the Appalachian Trail crosses the road. Turn right on the Appalachian Trail at this trailhead and cross a wooden foot bridge. The trail will head to the left following white blazes. There will be some rock hopping. The red blazed Coppermine Trail leaves on the right, but continue straight to follow the white blazes up to the ridge. The trail is rocky as you start to climb the ridge. Look back over your shoulder N-NW into Pennsylvania. The trail will turn right and follow along the ridge. At 0.6 of a mile from the trailhead, there is a scenic overlook and camp site. The trail continues to follow the ridge. At 1.5 miles from the trailhead you come to a clearing which gives you a great view of the Upper Yards Creek Reservoir to the S-SW. At 2 miles from the trailhead, you hit the intersection with the Kaiser Road Trail entering at an acute angle from your right. (The Kaiser Road Trail is blazed with white plastic cards bearing blue plastic blazes in the center. A number of the blue center blazes have fallen off, which leaves a plain white blaze that could be misleading. The plastic cards do not mark the AT; follow the white painted blazes.). The Kaiser Road Trail joins the AT and they head toward Mount Mohican together for about 0.25 mile, until the AT turns to the right up a rocky mound and the Kaiser Road Trail descends to the left on a woods road. At 2.5 miles from the trailhead, you will see the Worthington State Forest sign. At 2.7 miles from the trailhead, you will reach the summit cairn (big pile of rocks) of Mount Mohican. There are great 360 degree views of the Delaware River and Upper Yards Creek Reservoir. After coming off the summit, continue on the AT and you will pass a power line easement with wooden poles. You will see the white blaze directly across the power line easement leading back into the woods. The trail then falls and rises over contours until it enters the drainage for Sunfish Pond. At 4.85 miles, from the trailhead you will meet on your right the terminus of the orange blazed Garvey Trail leading up from Old Mine Road. In another 200 yards, you will encounter on your left the beginning of the turquoise blazed Spring Trail. If you want to hike around Sunfish Pond (about 1 mile), follow the Spring Trail, which will take you around the pond, making a right hand turn onto the Sunfish Fire Road. Follow the woods road, keeping the pond on your right hand side. The woods road will bring you to a monument at the AT. Turn right on the white blazed AT and follow it back along Sunfish Pond, past the junction with the Spring Trail where you left to circle the pod, and back the way you came to Camp Mohican.
THREE LAKES LOOP (BLUE MOUNTAIN LAKE, HEMLOCK POND AND CRATER LAKE)

This is a 7.5-mile loop hike of easy-to-moderate difficulty. Get beautiful views and photo opportunities at three picturesque Kittatinny ponds. Climb to and cross the AT. Explore cabin ruins on the shore of Crater Lake. If it’s warm, skinny-dip if you dare. Have lunch at lovely Crater Lake.

Driving Directions: From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. Continue 2.3 miles on Gaisler Road. Turn left at Millbrook Road and go 3.1 miles into the village, where you turn right on Old Mine Road. Follow Old Mine Road 1.5 miles to turn right on County Road 624 (Flatbrook-Stillwater Road), which is marked by an old general store on the far right corner and a sign for Blue Mountain Lake. Continue 1.4 miles to the Blue Mountain Lake parking lot on the left.

Hiking Directions: Trailhead is at the East end of the parking lot. Start on a woods road, turning right at the first fork and right again at the next fork (blazes are red circles with a white arrow). At an open field, take the left fork to the lake and turn right along the shore. As the main trail starts uphill away from the lake, turn left on the side trail along the lake. At the headwater, in an open field next to the feeder stream, turn right and head uphill, turning left on the old woods road. At a trail junction marker on the right, turn right and onto another woods road uphill to the Blue Mountain Lakes Trail. Turn left following the round red blaze with the white arrow. Pass a pond on the left, continuing to follow the blazes. At a junction turn left and follow the larger road uphill to a wooden post. DO NOT follow the red blazes, which lead clockwise around Hemlock Pond. Turn right counterclockwise around Hemlock Pond. A wooden post with an orange blaze is at 2.6 miles into the hike, marking the Crater Lake trail. If you do not want to hike to Crater Lake, continue around Hemlock Pond by the directions below after the Crater Lake Variant. [BEGIN CRATER LAKE VARIANT] To hike to Crater Lake, turn right and take the orange blazed trail up a woods road, first toward the RIGHT when the road appears to split and then make an immediate LEFT onto a footpath (an arrow on a wooden sign in the trees points toward the “A.T.”) uphill through the trees from the woods road, about 0.3 mile until you reach the Appalachian Trail (AT) (white blazes). At the summit, the rocks can be slippery and the blazes will be painted on the rocks. Cross the AT and follow the orange blazes through the trees. At a fork in the road, bear to the right down to a double blaze at the bottom of the hill. As you face the lake, turn left and follow the woods road around the lake. At the next intersection, make a right hand turn onto another woods road to the parking lot, where there is a restroom and a nice lake view. As you face the lake, the trail heads left passing four big boulders continuing around the lake. As you pass the end of the lake, keep an eye out for the white blazed AT Trail. When you hit the junction with the AT, DO NOT TURN LEFT. Turn right on the AT toward the cliff and climb up a rock wall, back across the orange trail and continue straight on the AT to a nice rocky view spot. Cross rocks to a woods road. The Hemlock Pond orange blazed trail junction where you originally crossed the AT will be on your left. Retrace your steps down the orange blazed trail to Hemlock Pond and turn right. [END CRATER LAKE VARIANT] Keep Hemlock Pond on your left. At the intersection with yet another woods road, turn left. Climb up the spillway on your left and get a nice view of Hemlock Pond. There is a nice rock outcropping that leads into the lake. As you leave, the pond, follow the woods road to a “T” intersection. Make a right onto the Blue Mountain Lakes Trail, where you will again see the red blazes with the white arrows, which you should now follow to the end of the trail. At 6.2 miles, a woods road comes in from the right, but just continue straight uphill. At the next intersection, the trail will turn to the left and head down toward Blue Mountain Lake. At the bottom of the trail, turn right and head slightly up hill. The lake will be on your left now. Follow the woods road as it winds its way back to the parking lot.
**VAN CAMPENS GLEN**

This is a 3-mile out-and-back hike of low difficulty. GREAT KIDS HIKE. Hike through beautiful Van Campens Glen with numerous waterfalls, ravines and dramatic rock faces in a primeval woods.

**Driving Directions:** From MOC, take Camp Road appr. 1 mile to Gaisler Road. Turn left. Continue 2.3 miles on Gaisler Road. Turn left at Millbrook Road and go 3.1 miles into the village. Turn left on Old Mine Road and drive about 2 miles to the Van Campens Glen parking lot on the left.

**Hiking Directions:** Follow the yellow-blazed Van Campens Glen Trail from the East end of the parking lot upstream along the left bank of the stream. There is a nice waterfall at 0.25 miles. The trail is rocky and rooty and can be slippery on rainy days. At 0.5 mile, the trail turns right across a foot bridge. There is another very pretty falls, a picturesque chute and a section where the stream flows over large flat stone slabs. At 1.0 mile, the trail turns right and uphill away from the stream. At about 1.25 miles, the trail turn left onto an old woods road. To complete a 2.5-mile out-and-back, turn around and return the same route.

However, if you prefer, you can continue on this trail by following the old woods road a short distance where, when it turns left, you will see a double yellow blaze on the right side of the road. You can continue further on this trail for as far as Millbrook Village, about another 1.75 miles, past the Watergate Recreation Area, which features three picturesque small ponds.