Partners in Preservation

2019 marks the 40th anniversary of the Montague Association for the Restoration of Community History (M.A.R.C.H.), one of the many organizations who partner with the National Park Service to help preserve and interpret the park’s diverse resources and rich cultural history. Established in 1979, M.A.R.C.H. maintains two of the park’s historic buildings, the Foster Armstrong House and Nelden-Roberts Stonehouse, both listed on the National Register of Historic Places. Since its founding, the organization has worked to educate the public about the history of Montague, New Jersey, and the Middle Delaware Valley by maintaining a history museum in the Foster Armstrong House, hosting special events and guest speakers, and offering tours of the two houses during the summer.

The Foster Armstrong House (c. 1790) and Neldon-Roberts Stonehouse (c. 1820) are among a collection of historic structures and cultural sites that dot the park’s landscape and reflect over 11,000 years of human history in the Middle Delaware Valley. A variety of 18th through 20th century historic structures demonstrate the transition from the Colonial frontier to an agrarian-based economy to the early 20th century when the area became a center of working-class leisure in the wake of the industrial revolution.

Agricultural landscapes, ruins of water-powered mills, abandoned mines, footprints of old resorts and camps, historic villages, and the Old Mine Road Historic District reveal evidence of centuries of changing land use and settlement. Woven among these modern cultural landscapes are significant American Indian archaeological sites that date back thousands of years.

To preserve these important historic and cultural resources, serve the public, and achieve the mission of the National Park Service, the park collaborates and cooperates with partners, volunteers, and state, local, and federal agencies. Non-profit organizations, such as M.A.R.C.H., Walpack Historical Society, Millbrook Village Society, Peters Valley School of Craft, Pocono Environmental Education Center (PEEC), and the Appalachian Mountain Club, and volunteer groups, such as the McDade Trail Stewards, Friends of Marie Zimmermann, and the Historic Properties Stewards, help care for sites and resources within the park and provide public access. The National Park Service could not accomplish many of our most-needed programs and projects without the support of our friends and partners. Together, we are working to preserve the park’s resources and create a safe and enjoyable experience for you.
The River, the Valley, and You

Paddlers slip down the river between low, forested mountains; anglers wade the cool streams; and hikers explore secluded places. This valley has attracted people for 13,000 years. Abundant plant and wildlife sustained American Indians; floodplains nourished early farmer’s crops; waterfalls drew Victorian vacationers. Today, a 70,000-acre park welcomes you to the enticing Delaware Water Gap National Recreation Area and Middle Delaware National Scenic and Recreational River.

Millions of years of uplift, erosion, and glacial activity gave us the water gap, ridges, and streams that flow through hemlock- and rhododendron-laced ravines and over waterfalls that pour off the Pocono Plateau. Steeped in rich history, the trails, roads, sites, and traces reveal reminders of times gone. The Minsi Path and Minisink Trail converged on a Delaware River island that was once the center of a large American Indian settlement. Agricultural fields still in cultivation help preserve the rural landscape predominante in the 18th century. In the 1800s resorts flourished throughout the region where city dwellers arrived by carriage or rail, often spending the entire summer away from the urban heat. The water gap became a scenic wonder for fashionable travelers.

Today the natural and cultural wonders provide abundant recreational opportunities. This rural vacationland is yours to explore.

Weather in the Poconos

Spring tends to have more breezy days and less humidity than other times of the year. During the summer, humidity levels can be high, even near 100%, and afternoon thunderstorms are common. In the fall, humidity can still be high, but temperatures are generally pleasant. Winter days tend to be cloudy and the snow falls in January and February, particularly along the higher elevations of the Kittatinny Ridge.

The Friends of Delaware Water Gap National Recreation Area work in tandem with the National Park Service to foster and support the historical, scientific, educational, and recreational activities of the park. The Friends accomplish its work by raising funds for various projects and increasing awareness of the Delaware Water Gap National Recreation Area. To become involved, visit their website at www.friendsofdewanps.org.

Park Store

Looking for more information about the park’s history? Need a comprehensive map of park trails? Want to purchase a souvenir to remind you of your visit to the park? A wide range of books, maps, guides, souvenirs, and other items is available from the park bookstores. Eastern National operates these stores at Dingmans Falls Visitor Center, park headquarters, and on-line at eparks.com.

- Tee Shirts
- Pins, Magnets
- Nature-themed Jewelry
- Children’s Games and Toys
- Ornaments
- Postcards
- Books
- Maps
- Jewelry
- Souvenirs
- And more!
Suggested Trip Itineraries

Delaware Water Gap National Recreation Area offers endless opportunities for exploration and discovery. The following are a few suggested itineraries to consider depending on your time and interests.

If you have a few hours:
- Stop by a park visitor center, where park rangers and volunteers can help you plan your adventure. Visitor center parking lots fill quickly on summer weekends. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday. Page 12
- Walk a section of the McDade Recreational Trail, which extends most the length of the park in Pennsylvania and presents some of the best views of the Delaware River, as well as passes by charming streams, open farm fields, forests, and historic landscapes. Page 14. On Saturdays, Sundays, and holidays between Memorial Day Weekend and Labor Day Weekend, use the River Runner Shuttle to transport you and your bike, then ride back to your vehicle. Page 5
- Savor a picnic lunch at one of the park’s lifeguarded beaches on a summer weekend. Parking at the beaches generally fills to capacity by 10:00 am on weekends. Consider visiting during the week to avoid crowds. Page 5
- Wander the quiet streets of Montague Center, NJ, on a summer Sunday afternoon. This area is generally a good place to avoid crowds on summer weekends. Page 19
- Stop at the three overlooks along PA 611 for stunning views of the Delaware Water Gap. Page 20

If you have half a day:
- Take a bike ride along the McDade Recreational Trail. Bring your own or rent a bike from a local outfitter. Page 14. On Saturdays, Sundays, and holidays between Memorial Day Weekend and Labor Day Weekend, use the River Runner Shuttle to transport you and your bike, then ride back to your vehicle. Page 5
- Enjoy a swim at one of the park’s lifeguarded beaches on a summer weekend. Parking at the beaches generally fills to capacity by 10:00 am on weekends. Consider visiting during the week to avoid crowds. Page 4

If you have all day:
- Drive the scenic Old Mine Road, stopping along the way to explore various historic and natural features. This area is generally a good place to avoid crowds on summer weekends. Page 19
- Enjoy a swim at one of the park’s lifeguarded beaches on a summer weekend. Parking at the beaches generally fills to capacity by 10:00 am on weekends. Consider visiting during the week to avoid crowds. Page 4

If you are staying multiple days:
Consider signing up for a workshop offered by one of our partners located within the park.
- Peters Valley School of Craft offers 2-day to 5-day fine craft workshops. For more information, visit petersvalley.org.
- Appalachian Mountain Club’s Mohican Outdoor Center offers weekend getaways focusing on various outdoor activities. For more information, visit outdoors.org/lodging-camping/Lodges/Mohican.
- Pocono Environmental Education Center offers weekend getaways and workshops for youth, families and adults. For more information, visit peec.org.

Park Regulations & Safety
- Launching, landing or operating an unmanned aircraft from or on lands and waters administered by the National Park Service within the boundaries of Delaware Water Gap National Recreation Area is prohibited except as approved in writing by the Superintendent.
- Climbing, jumping, diving, and rappelling is prohibited at all waterfalls, waterfall pools, and bridge abutments.
- Swimming and wading is prohibited within 50 feet upstream of waterfalls.
- Entry into caves, mine shafts and unoccupied structures is prohibited.
- Privately-owned property and residences exist within park boundaries. Please respect the privacy and property of private property owners and other residents.
- Collection of plants, animals, rocks, mineral, and cultural objects is prohibited.
- Certain types of activities require a special use permit. Some common activities that require a permit include commercial film and photography, weddings, baptisms, first amendment activities, and competitive events.
- Certain amendments activities, and competitive events. A permit is required for any road-based tour operating within the park. Road-based commercial tours are defined as one or more persons traveling on an improved roadway on an itinerary that a company or individual has packaged, priced, or sold for leisure/recreational purposes.
- Campfires are only allowed at designated camp sites within metal fire grates. Personally owned grills, stoves, or lanterns are permitted at designated picnic sites (excluding Kittatinny Point and Childs Park), campground or river campsite. Fires are prohibited in all other areas.
- Do not feed or approach wildlife. Always maintain a distance of at least 100 yards from bears and 25 yards from other wildlife.

Pets
This Bark Ranger always follows the rules of BARK! when visiting the park with your pet.

Please follow the rules of BARK! when visiting the park with your pet.
- Bag your pet’s waste
- Always wear a leash
- Respect wildlife
- Know where you can go

Pets are permitted in most areas of the park, including campgrounds, picnic areas, and on paved or dirt roads.
- Pets are NOT permitted at the following sites (excludes working service animals):
  - In Pennsylvania: Raymondskill Falls and Raymondskill Creek Trail
  - Dingmans Falls and Dingmans Creek Trail
  - Valley View Group Campsites
  - Memorial Day weekend through Labor Day: Smithfield Beach, Milford Beach, and Halsey Picnic Area (except when accessing the McDade Trailhead)
  - In New Jersey: Turtle Beach
  - Rivers Bend Group Campsites
  - Watergate Recreation Site

For complete list of park specific closures, permit requirements and other restrictions, contact park headquarters at 570 426-2452.
A Day on the Delaware River

The Delaware River is the longest undammed United States river east of the Mississippi, extending 330 miles from Hancock, New York to the Atlantic Ocean. The Delaware River Water Trail extends nearly 200 miles from Hancock to Trenton, New Jersey. Like a conventional trail, a water trail is a recreational corridor, but instead of hiking, it is traveled by boat, such as canoe, kayak or small-motorized watercraft.

The river boasts outstanding natural, cultural, recreational and scenic resources. In recognition of these qualities, the portion of the Delaware River traveling through Delaware Water Gap National Recreation Area was officially designated as the Middle Delaware National Scenic and Recreational River in 1978. Within the park, the river is a series of shallow riffles and deep pools, making this section particularly good for canoeing. Access points every eight to ten miles allow for easy day trips, and numerous primitive campsites allow for longer journeys.

A day on the Delaware River allows you an opportunity to immerse yourself in an environment of tranquil natural landscapes, striking river valley scenery, and a substantially undeveloped river corridor that is unmatched among large rivers in the most densely populated region of the United States. While the Delaware River is easy for boaters, do not be misled by its calm appearance. Always follow proper water safety precautions to ensure you have a safe and enjoyable experience.

Bringing your own kayak or canoe? Take the chore out of relaying vehicles between your put-in and take-out on summer weekends. Use the River Runner Shuttle to transport you, your kayak and canoe, and your gear on Saturdays, Sundays and holidays Memorial Day weekend to Labor Day weekend. The service is free. For more information and schedule see page 5.

Swimming

Pack a swimsuit and a picnic and head to the beach - the river beach, that is. Unlike the sandy beaches along the ocean, the beaches here have soft grass on which to stretch out and enjoy the day.

Milford, Smithfield, and Turtle beaches are designated swim areas. Lifeguards monitor the beaches on weekends mid-June through Labor Day. Swimming in other areas of the river is not recommended. Picnic and restroom facilities are also available at the beaches. Grills are not provided, but personal grills are permitted. Alcohol and pets are not permitted.

Parking at swim beaches generally reaches capacity by 10:00 am on summer weekends. On Saturdays, Sundays, and holidays during the summer, consider parking at the Delaware Water Gap park-and-ride lot and riding the free River Runner Shuttle to Smithfield beach.

STOP AQUATIC HITCHHIKERS!


StopAquaticHitchhikers.org

Stop the Transport of Invasive Species:
• CLEAN boots, gear, boat, trailer & vehicle of plants, fish, animals & mud.
• DRAIN bilge, ballast, wells & buckets before you leave the area.
• DRY equipment before launching watercraft into another body of water.

Delaware Water Gap National Recreation Area
The National Park Service has partnered with Monroe County Transit Authority (MCTA) to provide free public bus service along the Pennsylvania side of the river. MCTA provides the River Runner Shuttle service on Saturdays and Sundays between Memorial Day and Labor Day weekends between Stroudsburg, PA and Milford Beach, PA. Additionally, bus service is provided on May 27 (Memorial Day), July 4 (Independence Day), and September 3 (Labor Day).

The River Runner Shuttle is a free service and is ADA accessible. Pick your boarding location and destination using the schedule below. Be at the stop five minutes prior to the scheduled arrival with your gear ready to load. In addition to passengers, MCTA can also transport bicycles, canoes, kayaks, and leashed dogs. Passengers are required to load and secure their own belongings and MCTA operators will check the equipment to ensure it is properly stowed.

Loading and securing equipment takes some time, so please be aware that there may be times when the bus is late. For groups of ten or more people, please contact MCTA in advance to ensure they are properly prepared for your large group.

The system is designed to enable riders to board the bus just about anywhere along the route where it is safe for the driver to stop. Simply wave to the shuttle driver from a safe and observable location. Remember to be at the stop five minutes before the scheduled time.

Programs like the River Runner Shuttle are just one way the park is working to lessen the footprint we all leave on the planet. For more information about the shuttle visit MCTA’s website at gomcta.com/trip or call 570-243-3410.

Look for this symbol throughout the paper for places in the park you can visit via the River Runner Shuttle.

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**River Runner Schedule**

**Saturdays and Sundays, Memorial Day Weekend to Labor Day Weekend**

**Also: May 27 (Memorial Day), July 4 (Independence Day), and September 3 (Labor Day)**

<table>
<thead>
<tr>
<th>NORTHBOUND SCHEDULE</th>
<th>SOUTHBOUND SCHEDULE</th>
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</thead>
<tbody>
<tr>
<td>Delaware Water Gap (WG) to Milford Beach</td>
<td>Milford Beach to Delaware Water Gap (WG)</td>
</tr>
<tr>
<td>Kittatinny Point</td>
<td>7:50</td>
</tr>
<tr>
<td>Delaware-WG Park and Ride</td>
<td>8:00</td>
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<tr>
<td>Milford Beach</td>
<td>9:40</td>
</tr>
</tbody>
</table>

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**Shuttle Riding Tips**

**For Boaters:**
- Riders are strongly encouraged to park at the Park-and-Ride in Delaware Water Gap for river trips that end at Kittatinny Point due to traffic congestion on summer weekends.
- Peak demand for canoe and kayak shuttle is northbound in the morning before 10 am. Consider using the northbound shuttle to transport to your starting location later in the day, or use the northbound shuttle to transport back to your parked vehicle at the end of your trip.
- Have your gear at the shuttle stop and ready to load at least ten minutes before departure to ensure on-time service.
- River runner shuttle service is not available at Kittatinny Point after 8:50 am.
- The last northbound shuttle leaves Smithfield Beach at 3:20 pm. The last southbound shuttle leaves Milford Beach at 4:50 pm.

**For Bikers:**
- Bike a longer one-way trip on the McDade Recreational Trail by using the shuttle.
- Northbound shuttle service can be crowded with boaters, particularly in the morning. Consider riding your bike north on the McDade Recreational Trail and using the southbound shuttle to return to your vehicle.

**For Hikers:**
- Hike a longer one-way trip on the McDade Recreational Trail by using the shuttle.
- Northbound shuttle service can be crowded with boaters, particularly in the morning. Consider hiking north on the McDade Recreational Trail and using the southbound shuttle to return to your vehicle.

**For Swimmers:**
- When spending the day at Smithfield Beach, use the shuttle to go to the McDade Trailhead at Halsey for a 1.9-mile walk back to Smithfield Beach.
- When spending the day at Milford Beach, use the shuttle to go to the McDade Trailhead at Pittman Orchard for a 2.2-mile hike a longer one-way trip on the McDade Recreational Trail and using the southbound shuttle to return to your vehicle.

For Swimmers:
- When spending the day at Milford Beach, use the shuttle to transport to your starting location later in the day, or use the northbound shuttle to transport back to your parked vehicle at the end of your trip.
- Riders are strongly encouraged to park at the Park-and-Ride in Delaware Water Gap for river trips that end at Kittatinny Point due to traffic congestion on summer weekends.
- Peak demand for canoe and kayak shuttle is northbound in the morning before 10 am. Consider using the northbound shuttle to transport to your starting location later in the day, or use the northbound shuttle to transport back to your parked vehicle at the end of your trip.
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**Hiker Shuttle**

The parking lots at Kittatinny Point and Dunfield are generally full by 10 am on summer weekends. Monroe County Transit Authority offers a hiker shuttle between the Delaware Water Gap Park and Ride lot, Lake Lenape Trailhead, and the Kittatinny Point and Dunfield parking lots. The hiker shuttle service is offered every half hour between 10:00 am and 5:30 pm on Saturdays, Sundays, and holidays between Memorial Day and Labor Day weekends. Additional shuttle information is available at gomcta.com/trip.
Fishing

The area is home to both warm- and cold-water fish species. Numerous lakes and ponds have species like pickerel, catfish, and panfish. Native and stocked trout inhabit the cold streams, offering fly fishers a challenge.

In the spring, the Delaware River offers a chance to catch American shad, a fish whose Latin name means “most savory herring.” Huge numbers of American shad once migrated upstream in the Delaware River, so many shad that the river was described as “black.” And “ooking.” Industrial pollution and overfishing drastically reduced shad numbers in the Delaware River in the early 1900s. In the 1980s, pollution control programs were put in place and shad numbers began to rise again. American shad remain a favorite for anglers, putting up a fight and showing multiple jumps when caught.

All waters within Delaware Water Gap National Recreation Area are open to sport fishing unless otherwise noted.

Regulations

- A state fishing license is required for those 16 and older; regulations are enforced.
- Holders of either a New Jersey or Pennsylvania license may fish on the Delaware River and from either of its banks. This does not apply to the river’s tributaries.
- Special fishing regulations apply within the park. Refer to the appropriate state regulations for waters within the park.

Fishing is not permitted at:

- Dingmans Creek within George W. Childs Park area, including foot bridges and observation platforms. (Site closed in 2019)
- Dingmans Creek from the top of the Dingmans Falls to the east end of the Dingmans Falls Visitor Center parking lot from 8:00 am to 9:00 pm daily.
- Silverthread Falls in the pool at the base of the falls.

Water Safety

Planning a safe day at the river begins well before you get near the water and does not end until you return home. Even though the Delaware River appears calm in some areas, DO NOT be misled! Moving water must be respected. The information below will help you better understand how to safely and comfortably enjoy the river.

In General:

- Always wear your life jacket.
- Alcoholic beverages are prohibited at Milford Beach, Smithfield Beach, Kittatinny Point, and Hialeah Picnic Area in Pennsylvania, and Turtle Beach, Caddoo Worthington State Forest, and Tocks and Labor Islands in New Jersey.
- Alcoholic beverages are also prohibited between Depew Island on the north and Depue Island on the south.
- Do not drink during river activities.
- Wear shoes to protect your feet from sharp stones, glass, and other objects.
- Protect yourself from the sun; wear sunscreen, a hat, light clothing, and sunglasses.
- Stay hydrated. Bring and drink plenty of water. Do not drink river water unless it is boiled at least 10 minutes.
- Plan to be off the river before dark.

When Swimming:

- Wear your life jacket even when swimming; don’t overestimate your swimming ability.
- Do not jump or dive from cliffs, rocks, or bridges into the river; the water may be shallow and objects can be submerged. Rivers are constantly changing, especially with high water. Rocks can show up in places they never were before.
- Do not swim alone – always stay with your group.

When Boating:

- Always wear your life jacket.
- Children 12 years of age and younger MUST WEAR a life jacket on board a vessel.
- Life jackets must be worn in vessels less than 16 feet between November 1 and April 30.
- Never stand in a canoe. For better balance, kneel in a canoe when going through rapids.
- If you capsize, don’t panic. Stay with your boat; even an overturned boat can support you. Keep upstream of your boat to avoid being pinned against a rock or obstacle. Float on your back with your feet pointed downstream. Use your paddle to push away from rocks and other obstacles. Retrieve boats and equipment only if it can be done safely.
- Be ready for changing weather and cold water. Bring rain gear. To protect against hypothermia, bring clothing made of wool, polypropylene, high-performance fleece, or a wetsuit.
- Never try to stand in rapids. Your foot could become trapped between submerged rocks. With a foot trapped, the current can be strong enough to push you over and hold you under, even if you are wearing a life jacket.
- Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you leave. Leave emergency phone numbers, vehicle description, and tag numbers with someone who can report that you are overdue.
- Bring a spare paddle, a throw line, whistle, and a first aid kit.

For New Jersey state information, refer to the New Jersey Fish and Wildlife Digest, available at sporting goods stores, or visit state.nj.us/dep/fgw.

For Pennsylvania state information, refer to the Pennsylvania Fishing Summary, or visit www.fish.state.pa.us. PA licenses are available online at fishandboat.com/outdoorshop.htm.

Shawnee Inn provides authorized guided fishing trips

10 Shawnee Inn Drive, Shawnee on Delaware, PA 18356
570-424-4000 ext. 1462
shawneeninn.com/explore/river-trips

Places to Fish

This table lists common game fish that can be caught from places that are relatively easy to access.

<table>
<thead>
<tr>
<th>State</th>
<th>Location</th>
<th>American Shad ²</th>
<th>Brown Trout</th>
<th>Brook Trout</th>
<th>Catch</th>
<th>Chain Pickerel</th>
<th>Chain/Brook Trout</th>
<th>Chain/Chain Pickerel</th>
<th>Catch/Chain Pickerel</th>
<th>Rainbow Trout</th>
<th>Largemouth Bass</th>
<th>Muskie/Largemouth Bass</th>
<th>Smallmouth Bass</th>
<th>Walleye</th>
<th>Yellow Perch</th>
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<tbody>
<tr>
<td>PA</td>
<td>Loch Lomond (Lake) – south of Dingmans Ferry; wheelchair accessible.</td>
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<td>PA</td>
<td>“Front” Pond – Poecono Environmental Education Center</td>
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<td>PA</td>
<td>Hidden Lake – hand launch and picnic area off Hidden Lake Drive</td>
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<td>PA</td>
<td>Dingmans Creek – between Deer Leap Falls and Dingmans Falls; delayed harvest, artificial lures only</td>
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<tr>
<td>PA</td>
<td>Toms Creek – from picnic area access upstream; catch and release only</td>
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<td>PA</td>
<td>Bush Kill – entire section within park</td>
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<td>PA</td>
<td>Little Bushkill – entire section within park</td>
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<tr>
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<td>Delaware River – Milford Beach &amp; Boat Access*</td>
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<td>PA</td>
<td>Delaware River – Ebyhock Canoe Access*</td>
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<td>Delaware River – Bushkill Boat Access*</td>
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<td>PA</td>
<td>Delaware River – Smithfield Beach &amp; Boat Access*</td>
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<td>PA</td>
<td>Delaware River – Caddoo Canoe Access*</td>
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</tr>
<tr>
<td>PA</td>
<td>Delaware River – Poecono Access,* relatively shallow backwater area</td>
<td>X</td>
<td></td>
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<tr>
<td>NJ</td>
<td>Delaware River – Turtle Beach*</td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>NJ</td>
<td>Delaware River – Kittatinny Point,* off Interstate 80</td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>NJ</td>
<td>Vancampens Brook – headwaters downstream to Milbrook Village</td>
<td>X</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>NJ</td>
<td>Vancampens Brook – downstream of Milbrook Village to Upper Glen</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>NJ</td>
<td>Vancampens Brook – from the Upper Glen downstream to the mouth</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>NJ</td>
<td>Flat Brook – entire length within the park, accessed along NPS Route 615</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>NJ</td>
<td>Blue Mountain Lake – access by short trail from parking area</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
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<td></td>
</tr>
<tr>
<td>NJ</td>
<td>Catfish Pond – Mohican Outdoor Center, access from NJ Route 602</td>
<td>X</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

¹ Fishing is prohibited within 200 feet of designated boat launches and swim areas.
² X = non-native wild  S = stocked  N = native
³ “Sunfish” includes bluegill, black crappie, rock bass, pumpkinseed (native), and redbreast sunfish (native)
⁴ X = non-native native  S = stocked  N = native
⁵ The only time to catch adult American shad is from April to June, when the adults are migrating from the Atlantic Ocean.
⁶ “Sunfish” includes bluegill, black crappie, rock bass, pumpkinseed (native), and redbreast sunfish (native)
⁷ X = non-native native  S = stocked  N = native
⁸ American Shad
⁹ Brown Trout
¹⁰ Catfish
¹¹ Chain Pickerel
¹² Largemouth Bass
¹³ Muskellunge
¹⁴ Sunfish
River Camping

What better way to immerse yourself in an environment of solitude, tranquil natural landscapes, striking river valley scenery, and a substantially undeveloped river corridor than to go camping! Whether you enjoy the services available at a campground or prefer hiking or paddling to pitch a tent away from people, the park offers a campsite for you. The place you park your RV or set up your tent becomes your home away from home - make it a safe one.

In general:
- Make sure there are no dead limbs or trees in the vicinity of your campsite that might come down during a strong wind.
- Avoid drinking untreated water. Even clear, spring water can contain harmful bacteria.
- If in a campground, lock food in your vehicle. Bears and other wildlife have a great sense of smell.
- Keep your pet on a leash and never leave a pet unattended.
- Ground fires are prohibited, except in a provided fire grate.
- Do not bring wood from outside the park; firewood is available for purchase at Dingmans Campground.
- Collecting wood in the park for fires is prohibited, except downed wood within designated campsites.

Dingmans Campground
- Located near Dingmans Ferry, PA
- Sites for tent and RV (some with hook-ups)
- Located near River Run Campsites
- Milford Beach to Smithfield Beach and points south
- Bushkill Access to Kittatinny Point and points south
- Eshback Access to Smithfield Beach and points south
- Dingmans Access to Smithfield Beach and points south
- Milford Beach to Eshback Access and points south

One Night Trips:
- One Night Trips:
- Group Campsites
- Valley View: Located near Bushkill, PA
- Rivers Bend: Located near Millbrook Village, NJ
- Reservations required
- Available for groups of 20-40
- Primitive tent sites along the river
- Water available at Rivers Bend only
- River access for canoes and kayaks
- Valley View Campground is a River Runner Shuttle flag stop (1/3-mile walk)
- More information: 877 828-1551 or dingmanscampground.com

Key Regulations:
- Camping along the river is permitted in designated sites only; sites are identified by signs and the presence of a steel fire grate.
- Camping is limited to one night at each location.
- Campsites are limited to five tents per campsite.
- Tents must be erected within 50 feet of the campsite fire grate.
- Fires permitted in existing fire grates only.
- Self-contained stoves are permitted.
- Collecting wood in the park for fires is prohibited, except downed wood within the designated campsite.
- Do not bring wood from outside the park; firewood is available for purchase at Dingmans Campground.
- Pack out what you pack in, including food scraps.
- Use soaps sparingly; even biodegradable soap is a pollutant.
- Do not urinate or defecate within 100 feet of any river or stream. Bury fecal material, including pet waste, at least six inches deep and at least 100 feet away from water.
- Leave what you find; digging, collecting, or removing objects is prohibited.

River Campsites

<table>
<thead>
<tr>
<th># on Map</th>
<th>River Campsite Name</th>
<th>State</th>
<th>GPS</th>
<th># Sites at Location</th>
<th># People per site</th>
<th>Site #</th>
<th>Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Mahnprasong Island</td>
<td>NJ</td>
<td>41.334419,-74.761520</td>
<td>1</td>
<td>4</td>
<td>1</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>2</td>
<td>Nammanock Island</td>
<td>NJ</td>
<td>41.264988,-74.849664</td>
<td>4</td>
<td>6</td>
<td>14-17</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>3</td>
<td>Sandyston</td>
<td>NJ</td>
<td>41.248880,-74.855515</td>
<td>6</td>
<td>6</td>
<td>18-23</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>4</td>
<td>Dingmans Shallows</td>
<td>PA</td>
<td>41.185276,-74.880993</td>
<td>1</td>
<td>6</td>
<td>1</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>5</td>
<td>Hornbecks</td>
<td>PA</td>
<td>41.178972,-74.881517</td>
<td>3</td>
<td>10</td>
<td>27-29</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>6</td>
<td>Jerry Lee</td>
<td>PA</td>
<td>41.153859,-74.908620</td>
<td>2</td>
<td>10</td>
<td>33-34</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>7</td>
<td>Mill Creek</td>
<td>PA</td>
<td>41.150220,-74.912464</td>
<td>1</td>
<td>10</td>
<td>35</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>8</td>
<td>Toms Creek</td>
<td>PA</td>
<td>41.127015,-74.948574</td>
<td>4</td>
<td>10</td>
<td>39-42</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>9</td>
<td>Ratcliffs</td>
<td>NJ</td>
<td>41.112459,-74.973252</td>
<td>3</td>
<td>6</td>
<td>52-54</td>
<td>first-come/first serve</td>
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<tr>
<td>10</td>
<td>Bushkill Creek</td>
<td>PA</td>
<td>41.092099,-74.930005</td>
<td>1</td>
<td>10</td>
<td>55</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>11</td>
<td>Peters</td>
<td>NJ</td>
<td>41.093485,-74.988333</td>
<td>12</td>
<td>6</td>
<td>56-68</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>12</td>
<td>Quinn</td>
<td>NJ</td>
<td>41.096138,-74.967613</td>
<td>7</td>
<td>6</td>
<td>73-79</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>13</td>
<td>Freeman Point</td>
<td>PA</td>
<td>41.093276,-74.967570</td>
<td>2</td>
<td>10</td>
<td>82-83</td>
<td>first-come/first serve</td>
</tr>
<tr>
<td>14</td>
<td>Alosa</td>
<td>PA</td>
<td>41.083544,-74.976290</td>
<td>5</td>
<td>6</td>
<td>R1-R6</td>
<td>reservation only</td>
</tr>
</tbody>
</table>
Picnicking

Numerous idyllic spots in the park await you and a red-checkered blanket. Grills are not provided anywhere in the park, but you are welcome to bring your own, except to Kittatinny Point. Ground fires are prohibited throughout the park. Do not bring wood from outside the park for any purpose; it may contain invasive insects and other organisms that threaten the survival of local plant and animal life. Collecting wood in the park for fires is also expressly prohibited, since even the smallest twig may serve as a critical habitat or food source for protected plant and animal life. Groups of 30 or more require a permit; contact 570-426-2440 for more information.

Picnic Areas in Pennsylvania

- Bushkill Village: Alcohol and groups of 20 or more not permitted
- Hilaeha Picnic Area: Pets not permitted from Memorial Day to Labor Day weekends
- Hidden Lake: Groups of 20 or more not permitted
- Loch Lomond: Groups of 20 or more not permitted
- Mifford Beach: Fee area; alcohol not permitted; pets not permitted from Memorial Day to Labor Day weekends; group picnic area available - call 570-426-2440 to reserve
- Smithfield Beach: Fee area; alcohol not permitted; pets not permitted from Memorial Day to Labor Day weekends
- Toms Creek: Alcohol not permitted

Picnic Areas in New Jersey

- Croter Lake: Alcohol not permitted
- Kittatinny Point: Grills and alcohol are not permitted
- Millbrook Village: Alcohol and groups of 20 or more not permitted
- Namanock: Alcohol not permitted
- Turtle Beach: Fee area; alcohol and pets not permitted
- Watergate Recreation Site: Fee area; alcohol and pets not permitted

Picnic areas accessible by the River Runner Shuttle are indicated with the symbol. The River Runner Shuttle operates on Saturdays, Sundays, and holidays between Memorial Day weekend and Labor Day weekend (page 5).

Hiking

More than 100 miles of trails meander through the park, including nearly 2 miles of the Appalachian National Scenic Trail. Hikers can enjoy the trails year-round, with each season offering its own special reward. During winter, the absence of deciduous leaves opens new vistas along trails and reveals stone walls, foundations, and other reminders of past residents. Spring provides a weekly parade of wildflowers and flowering trees. In summer, hikers can seek out cool retreats among the hemlock forests, and follow bubbling streams to powerful falls and cascades. In autumn, hikers have crisp air to sharpen their senses and a wondrous palette of fall colors to enjoy.

Choosing a trail can be a daunting task. What to see? Waterfalls? Historic landscapes? Inspiring views? The following pages offer a simple guide to the many routes available.

Be Prepared for Your Visit

- Cell phone service is limited within the park.
- Carry (and drink) plenty of water; a leading cause of injuries on the trail is dehydration.
- Protect yourself from the sun; wear a hat, sunglasses and sunscreen.
- Wear sturdy shoes.
- Protect yourself from ticks and insects; use insect repellent, check and remove ticks when you return, and wear light-colored clothing to spot ticks more easily.
- Stay alert for snakes; do not put your hands and feet into places you cannot see.
- Be bear-aware; do not run if a bear approaches; make noise, wave your arms, and look large.
- Be able to recognize poison ivy and avoid contact with the plant.
- Trails are not regularly maintained or patrolled; travel carefully and at your own risk.
- Wear bright orange (shirt, vest, or hat) during hunting season.

Key Regulations

- Stay on trails; taking shortcuts causes trail erosion, damages native plants, and can be dangerous.
- Do not feed or approach wildlife.
- Be Bear Aware; stay at least 100 yard from bears, hike in groups of three or more, make noise, and properly store trash and any products with an odor.
- Pets must be leashed at all time.
- Pack out what you pack in; do not leave trash behind.

Hiker Shuttle

The parking lots at Kittatinny Point and Dunsfield are generally full by 10 am on summer weekends. Monroe County Transit Authority offers a hiker shuttle between the Delaware Water Gap Park and Ride, Lake Lenape Trailhead, and the Kittatinny Point and Dunsfield parking lots. Service is offered every half hour between 10 am and 5:30 pm on Saturdays, Sundays, and holidays between Memorial Day and Labor Day weekends.

Biking

Cycling is a popular form of recreation in the park. The McDade Recreational Trail (page 14), a packed gravel path, parallels the Delaware River on the Pennsylvania side of the park for 32 miles and is perfect for mountain and hybrid bikes. This is the only trail where biking is permitted. A section between White Pines and Pittman Orchard trailheads is closed to biking. Motorized vehicles are not permitted on the McDade Recreational Trail.

Old Mine Road parallels the Delaware River on the New Jersey side for 14 miles in the park (page 19) and passes through historic landscapes. Road work is planned between Flatbrook and Millbrook Village in 2019 and is not recommended for biking.

Old Mine Road is not recommended due to heavy traffic. Road biking on US 209 in Pennsylvania is not recommended due to heavy traffic. Road biking on River Road in Pennsylvania is strongly discouraged due to sharp, steep turns, blind curves, and the lack of shoulders.

Extend your one-way trip on the McDade Recreational Trail by using the River Runner Shuttle (page 5).

Riding

Normally, horse riding is permitted on the Conashaugh View Trail in Pennsylvania and the Upper Ridge Trail in New Jersey for those who have their own horses. However, the Conashaugh View Trail sustained significant damage during a March 2018 winter storm and is closed to all recreational use until trail repairs are complete. Contact park headquarters at 570 426-2452 or visit the park’s website at www.nps.gov/ dewa for the current status.

The Upper Ridge Trail (page 11) near Layton, New Jersey winds approximately five miles (in and back) through quiet woods, open fields and past isolated ponds. This trail is not heavily used and can become overgrown in the summer. Parking for trailers is along Jager Road. The trail is also open to hiking. Hikers should be alert to riders and must yield to horses by stepping off the trail and standing quietly until they pass. Please protect the environment by riding only on the marked trails, and crossing streams only on bridges. There are no horse rental liverys in the park.
**Park Trails**

**Map #** | **Trail Name** | **Distance** | **Rating** | **Pg #**
--- | --- | --- | --- | ---
1 | Buchanan | 1.1mi / 1.8km | | 10
2 | Cliff | 2.8mi / 4.5km | | 6
3 | Hackers | 1.4mi / 2.3km | | 8
4 | Milford Knob | 1.3mi / 2.0km | | 2
5 | Pond Loop | 0.7mi / 1.1km | | 11
6 | Quarry Path | 0.5mi / 0.8km | | 4
7 | Raymondskill Creek | 0.3mi / 0.4km | | 3
8 | Conashau View | CLOSED in 2019 | | 2
9 | George W. Childs Park | CLOSED in 2019 | | 1
10 | Dingmans Creek | 0.4mi / 0.6km | | 1
11 | Upper Ridge Road | 2.5mi / 4.0km | | 12
12 | Hornbecks Creek | CLOSED in 2019 | | 9
13 | Fossil | 1.0mi / 1.6km | | 1
14 | Ridge Line | 3.0mi / 4.8km | | 1
15 | Scenic Gorge | 2.0mi / 3.2km | | 4
16 | Tumbling Waters | 2.8mi / 4.5km | | 9
17 | Two Ponds | 1.5mi / 2.4km | | 13
18 | McDade Recreational | 32mi / 51.5km | | 1
19 | Military Road | 1.0mi / 1.6km | | 1
20 | Walpack Ridge | 3.0mi / 4.8km | | 9
21 | Butternik Falls | 1.4mi / 2.3km | | 1
22 | Tont Creek | 0.8mi / 1.3km | | 8
23 | Blue Mountain Lakes | 4.6mi / 7.4km | | 1
24 | Crater Lake | 1.6mi / 2.6km | | 10
25 | Hemlock Pond | 1.0mi / 1.6km | | 12
26 | Coventry Pond | 0.9mi / 1.5km | | 1
27 | Donkeys Corner | 1.8mi / 2.9km | | 1
28 | Hamilton Ridge | 2.8mi / 4.5km | | 1
29 | Orchard | 0.5mi / 0.8km | | 7
30 | Pioneer | 2.5mi / 4.0km | | 1
31 | Van Campen Glen | | | 7
32 | Appalachian National Scenic | 27.7mi / 44.6km | | 10
33 | Coppermine | 2.0mi / 3.2km | | 10
34 | Kaiser | 2.0mi / 3.2km | | 10
35 | Rattlesnake Swamp | 2.6mi / 4.2km | | 10
36 | Hidden Lake | 1.9mi / 3.0km | | 10
37 | Beulahland * | 1.3mi / 2.0km | | 10
38 | Blue Blazes * | 1.7mi / 2.7km | | 10
39 | Douglas * | 1.6mi / 2.6km | | 10
40 | Dunnfield Creek * | 3.5mi / 5.6km | | 10
41 | Garvey Springs * | 1.2mi / 1.9km | | 10
42 | Red Dot * | 1.2mi / 1.9km | | 10
43 | Rockcreses * | 2.7mi / 4.3km | | 10
44 | Arrow Island | 0.9mi / 1.5km | | 10
45 | Slateford Loop | 2.5mi / 4.1km | | 10

Key:
- Yellow numbered circles indicate trail is located in New Jersey
- Blue numbered circles indicate trail is located in Pennsylvania

Trail difficulty rating:
- = easy
- = moderately easy
- = moderately difficult
- = difficult
- = difficulty varies

* Trail is located in Worthington State Forest

For map tables on following pages:
- Leashed pets permitted on trail
- Trail is accessible or partially accessible
- Trailhead can be accessed by River Runner Shuttle (page 5)
**Trails at Cliff Park, PA**

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buchanan</td>
<td>1.1 mi</td>
<td>one-way</td>
<td>Orange</td>
<td>124 feet</td>
<td>Follows an old road trace through the forest</td>
</tr>
<tr>
<td>Cliff</td>
<td>2.8 mi</td>
<td>one-way</td>
<td>White</td>
<td>390 feet</td>
<td>Forested path along the ridge top with several overlooks into the Delaware Valley below</td>
</tr>
<tr>
<td>Hackers</td>
<td>1.4 mi</td>
<td>one-way</td>
<td>Yellow</td>
<td>330 feet</td>
<td>Shaded trail with a small waterfall in a hemlock ravine</td>
</tr>
<tr>
<td>Milford Knob</td>
<td>1.3 mi</td>
<td>one-way</td>
<td>Green</td>
<td>390 feet</td>
<td>Steep climb to a vista overlooking the town of Milford</td>
</tr>
<tr>
<td>Pond Loop</td>
<td>0.8 mi</td>
<td>loop</td>
<td>Blue</td>
<td>51 feet</td>
<td>Shaded loop around a pond with opportunities to view wildlife</td>
</tr>
<tr>
<td>Quarry Path</td>
<td>0.5 mi</td>
<td>one-way</td>
<td>Green-White</td>
<td>250 feet</td>
<td>Connector trail featuring a vernal pool (seasonal wetland)</td>
</tr>
<tr>
<td>Raymondskill Creek</td>
<td>0.3 mi</td>
<td>loop</td>
<td>none</td>
<td>178 feet</td>
<td>Short, but steep path through hemlock forest to a three-tiered waterfall; spur trail to creek; dogs not permitted on trail</td>
</tr>
</tbody>
</table>

**Conashaugh View Trail, PA**

Closed (due to extensive storm damage)

**George W. Childs Park Trail, PA**

Closed (due to extensive storm damage)
**Guide to the Gap**

**Silverthread Falls**

- Dingmans Falls Visitor Center
- Parking
- Restroom
- Accessible Trail
- Hiking trail
- Distance indicator

- Dingmans Creek Trail, PA
  - Length: 0.4 mi
  - Rating: one-way
  - Blaze: --
  - Elevation: 59 feet
  - Highlights: Easy boardwalk trail that passes through a pristine hemlock forest, leading to two waterfalls; trail accessible to lower Dingmans Falls; dogs not permitted on trail

- Upper Ridge Road Trail, NJ
  - Length: 2.5 mi
  - Rating: one-way
  - Blaze: --
  - Elevation: 197 feet
  - Follows an old road trace through the forest; horses permitted

- Hornbecks Creek Trail, PA (temporarily closed)
  - Closed in 2019

**Trails at Pocono Environmental Education Center (PEEC), PA**

- Fossil Trail
  - Length: 1.1 mi loop
  - Rating: Blue
  - Elevation: 237 feet
  - Highlights: Fossils of ancient marine life; collection of fossils and other objects prohibited

- Ridge Trail
  - Length: 3.0 mi loop
  - Rating: Yellow
  - Elevation: 220 feet
  - Highlights: Hilly terrain, featuring wetlands and forest

- Scenic Gorge Trail
  - Length: 2.0 mi loop
  - Rating: Red
  - Elevation: 220 feet
  - Highlights: Shaded trail through the forest, passing a small stream; can be muddy after a rain

- Sensory Awareness Trail
  - Length: 0.3 mi one-way
  - Rating: --
  - Elevation: --
  - Highlights: To increase sensory awareness, a rope guides blindfolded users around a short loop trail (blindfolds available at main PEEC office)

- Trail for Everyone
  - Length: 0.5 mi one-way
  - Rating: Purple
  - Elevation: --
  - Highlights: Several benches provide observation points for wildlife and field, forest, and pond ecosystems

- Tumbling Waters Trail
  - Length: 2.8 mi loop
  - Rating: Orange
  - Elevation: 254 feet
  - Highlights: Trail winds along a ridge, past a pond and wetland and into a ravine with a cascading waterfall

- Two Ponds Trail
  - Length: 1.5 mi loop
  - Rating: White
  - Elevation: 67 feet
  - Highlights: Mostly shaded trail that passes two ponds and a wetland, offering excellent opportunities for wildlife viewing
Visitor Contact Facilities

National Park Service-Operated Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Operating Hours</th>
<th>What's Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Park Headquarters</td>
<td>Mon-Fri 8:30a - 4:30p</td>
<td>Park information, book and gift store, wildlife</td>
</tr>
<tr>
<td></td>
<td>Closed Federal holidays</td>
<td>viewing platform; accessible reception area</td>
</tr>
<tr>
<td>Dingmans Falls Visitor Center</td>
<td>June 15 - Sep 2, 2019</td>
<td>Park information, exhibits, book and gift store,</td>
</tr>
<tr>
<td></td>
<td>Fri, 11a - 5p</td>
<td>Dingmans Creek Trail, accessible trail and</td>
</tr>
<tr>
<td></td>
<td>Sat - Sun 9a - 5p</td>
<td>visitor center</td>
</tr>
<tr>
<td>Kittatinny Point Visitor Center</td>
<td>Closed in 2019</td>
<td>Kittatinny Point boat launch and picnic area</td>
</tr>
<tr>
<td></td>
<td></td>
<td>remain open</td>
</tr>
<tr>
<td>Millbrook Village</td>
<td>June 15 - Sep 1, 2019</td>
<td>Park information, exhibits and demonstrations</td>
</tr>
<tr>
<td></td>
<td>Sat, 10a - 4p</td>
<td>related to 1800s lifeways, self-guided tour</td>
</tr>
<tr>
<td></td>
<td>1st &amp; 3rd Sun, 10a - 4p</td>
<td>of select village buildings, several trailheads;</td>
</tr>
<tr>
<td></td>
<td></td>
<td>grounds open daily dawn to dusk</td>
</tr>
</tbody>
</table>

Partner-Operated Facilities

<table>
<thead>
<tr>
<th>Facility</th>
<th>Operating Hours</th>
<th>What's Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Foster-Armstrong House</td>
<td>Jun 30 - Aug 25, 2019</td>
<td>Park information, exhibits related to the</td>
</tr>
<tr>
<td></td>
<td>Sun 1p - 4p</td>
<td>Montague area, public programs and tours;</td>
</tr>
<tr>
<td></td>
<td>depending on</td>
<td>first floor of house partially accessible</td>
</tr>
<tr>
<td>Mohican Outdoor Center</td>
<td>Year-round</td>
<td>Park information, Appalachian National Scenic</td>
</tr>
<tr>
<td></td>
<td>Daily 9a - 5p</td>
<td>Trail access, year-round outdoor recreation-</td>
</tr>
<tr>
<td></td>
<td></td>
<td>based programs, basic lodging and camping</td>
</tr>
</tbody>
</table>
The McDade Recreational Trail extends most the length of the park in Pennsylvania and presents some of the best views of the Delaware River, as well as views of charming streams, open farm fields, forests, and historic landscapes. The trail is a wide, packed gravel path without blazes and offers bikers, hikers, and cross-country skiers areas of varied difficulty, from easy to moderately strenuous. With trailheads located one half to five miles apart, this trail offers a section for just about any visitor.

Most trailheads are along the park’s free bus route that operates on Saturdays and Sundays from Memorial Day Weekend to Labor Day Weekend.

From the southern most trailhead at Hialeah to Owens trailhead, the trail is mostly flat as it traverses former settlements and farms. North from the Owens trailhead on Freeman Tract Road, the trail switchbacks sharply up the side of the ridge to the park’s headquarters. Observation decks on the side of the headquarters facility provide wildlife viewing areas.

Between park headquarters and Bushkill Access, the terrain becomes rolling hills. Numerous structures, foundations, and other traces remain from the once thriving community of Bushkill.

North of Bushkill Access, the trail follows a narrow ribbon of land between US 209 and the river and then continues through nearly level agricultural fields and forests to the Schneider Farm trailhead.

Continuing north, the next several miles are dominated by the river to the east and the cliffs to the west, with the trail and US 209 squeezed between in places. From Raymondskill Creek to Milford Beach, the Raymondskill Cliff parallels the nearly flat trail. Note: A section of the trail between White Pines and Conashaugh and another section of trail between Conashaugh and Pittman Orchard are hiking only and closed to bike riding due to stairs and steep grade.

The northern terminus of the McDade Trail is Milford Beach, a popular recreation site for local residents since 1945. Whether you start from Milford Beach, Hialeah, or a point in between, you are sure to find something to enjoy.

Extend your one-way trip on the McDade Recreational Trail by using the River Runner Shuttle (page 5).

** this section is closed January through mid-July to protect nesting bald eagles.

### Mileage between McDade Trailheads

<table>
<thead>
<tr>
<th>Trailhead Name</th>
<th>Milford Beach to Pittman Orchard</th>
<th>Pittman Orchard to Conashaugh</th>
<th>Conashaugh to White Pines</th>
<th>White Pines to Schneider Farm</th>
<th>Schneider Farm to Jerry Lees</th>
<th>Jerry Lees to Eshback Access</th>
<th>Eshback Access to Egypt Mills</th>
<th>Egypt Mills to Bushkill Access</th>
<th>Bushkill Access to Bushkill Village</th>
<th>Bushkill Village to Park Headquarters</th>
<th>Park Headquarters to Owens to Turn Farm</th>
<th>Turn Farm to Riverview</th>
<th>Riverview to Smithfield Beach</th>
<th>Smithfield Beach to Hialeah</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>2.2 mi</td>
<td>3.5 km</td>
<td>3.9 km</td>
<td>2.9 km</td>
<td>6.6 km</td>
<td>4.1 mi</td>
<td>2.9 km</td>
<td>3.9 km</td>
<td>2.7 km</td>
<td>3.0 mi</td>
<td>1.0 mi</td>
<td>0.8 km</td>
<td>3.5 km</td>
<td>0.7 mi</td>
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<tr>
<td></td>
<td>0.8 km</td>
<td>5.7 km</td>
<td>3.4 km</td>
<td>1.6 km</td>
<td>5.0 km</td>
<td>2.0 km</td>
<td>1.1 km</td>
<td>3.9 km</td>
<td>1.9 km</td>
<td>2.9 km</td>
<td>1.9 km</td>
<td>1.2 km</td>
<td>1.5 km</td>
<td>1.1 mi</td>
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<tr>
<td></td>
<td>3.5 km</td>
<td>17.6 km</td>
<td>18.6 km</td>
<td>18.6 km</td>
<td>19.4 km</td>
<td>22.5 km</td>
<td>18.6 km</td>
<td>19.4 km</td>
<td>20.1 km</td>
<td>19.8 km</td>
<td>20.3 km</td>
<td>19.0 km</td>
<td>18.7 km</td>
<td>14.9 km</td>
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<tr>
<td></td>
<td>1.9 mi</td>
<td>1.8 mi</td>
<td>1.4 mi</td>
<td>1.2 mi</td>
<td>2.5 mi</td>
<td>1.1 mi</td>
<td>1.0 mi</td>
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<td>0.9 mi</td>
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</tbody>
</table>

### Things to Know

- **Speed limit is 15 mph.**
- **Bikers must yield to hikers.**
- **No motorized vehicles.**
- **Leashed pets are permitted along the trail except at Milford and Smithfield beaches and between Smithfield Beach and Hialeah late spring to early fall.**

### Biking Safely

- **Go with the traffic flow; ride on right.**
- **Pass on left and give audible sound to alert others of intent.**
- **Obey all traffic laws.**
- **Yield to traffic and pedestrians.**
- **Be Predictable; ride in a straight line and signal moves.**
- **Stay alert at all times.**
- **Look before turning.**
- **Walk bicycles on steep hills and stairs.**
- **Wear a bicycle helmet.** Children 12 years old and younger must wear a bicycle helmet.
- **Secure loose clothing to ensure it will not become entangled in bicycle gears.**
- **Adjust the bicycle to fit.** The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. Handlebar height should be level with seat.
- **Check your equipment before riding and ensure tires are properly inflated and that the brakes work.**
- **Make yourself visible to others.**
- **Control the bicycle by riding with two hands on the handlebar.**
- **Watch for and avoid hazards.**

---

**Bike Rentals and Tours**

Edge of the Woods Outdoor Outfitters 110 Main Street Delaware Water Gap, PA 18327 570-421-6681

Shawnee River Trips at the Shawnee Inn 100 Shawnee Inn Drive Shavanoa on Delaware, PA 18356 800 742-9633 or 570 424-4000
### Trails at Walpack Center, NJ

- **Military Road**: 1.6 mi, one-way, Blue, 226 feet | Former road used by soldiers during the French and Indian War and American Revolution; shaded trail passing remnants of old farmsteads.
- **Walpack Ridge**: 3.0 mi, loop, Red, 137 feet | Trail follows the ridge, offering scenic mountaintop ponds and mixed woodlands; opportunities for wildlife viewing.
- **Buttermilk Falls**: 1.4 mi, one-way, Blue, 1104 feet | Forested trail climbs to the top of the Kittatinny Ridge, passes a steep, cascading waterfall at the trailhead.
- **Toms Creek**: 0.8 mi, one-way, --, 96 feet | An easy path following a cool, clear-flowing stream through a shaded hemlock ravine.

### Trails at Blue Mountain Lake, NJ

- **Blue Mountain Lakes**: 4.6 mi, loop, --, 259 feet | Trail follows road traces from a former housing community, passing a clear lake; ideal for cross-country skiing and snowshoeing.
- **Crater Lake**: 1.6 mi, loop, Orange, 111 feet | Shaded ridgeline trail loops around a natural glacial lake; short, steep trail connects to the Hemlock Pond Trail.
- **Hemlock Pond**: 1.0 mi, one-way, 16 km, --, 68 feet | An easy and shaded trail along a clear pond; accessed via the Crater Lake or Blue Mountain Lake trails.
- **Coventry Pond**: 0.9 mi, one-way, 15 km, --, 164 feet | Trail follows a road trace that once led to the Coventry Gun Club; pond with evidence of beaver activity.
- **Donkeys Corner**: 1.8 mi, one-way, 2.9 km, --, 380 feet | Trail follows the former Donkey Hollow Road that connects Millbrook Village to the former site of Donkeys Corner.
- **Hamilton Ridge**: 2.8 mi, one-way, 4.5 km, Blue, 523 feet | Trail follows a former road along a forested ridge.
- **Orchard**: 0.5 mi, one-way, 0.8 km, --, 491 feet | A short, but steep trail connects Millbrook Village to the Hamilton Ridge Trail.
- **Pioneer**: 2.5 mi, one-way, 4.0 km, Orange, 454 feet | Trail passes an old farmstead, overgrown fields, stone fences, and an old lime kiln.
- **Van Campen Glen**: 0.5 mi, one-way, 0.8 km, --, 195 feet | Trail follows a clear trout stream in a hemlock ravine to a small waterfall.
The Appalachian National Scenic Trail (AT) traverses the wild Appalachian Mountain chain from central Maine to northern Georgia, for a distance of approximately 2,180 miles. Nearly 27 miles of the trail straddle the Kittatinny Ridge through New Jersey and Pennsylvania within Delaware Water Gap National Recreation Area. Numerous other trails connect with the AT and are described on page 15 and 17.

The AT is marked with white blazes. Side trails to water, scenic viewpoints, or shelters are marked with blue blazes. Appalachian Mountain Club’s Mohican Outdoor Center at NJ mile 10.3 offers several self-service campsites, individual and group campers, and simple dining options. Numerous weekend hiking activities are offered throughout the year. For more information, contact Mohican Outdoor Center at 908 362-5670 or visit their website at outdoors.org/lodging/lodges/mohican.

Things to know

- Carry sufficient water for the entire hike. Water along the trail may not be suitable for consumption. All water should be chemically treated or boiled for ten minutes.
- All human waste must be buried at least six inches deep and 100 feet or more from any stream, trail, unpaved road, or park facility.
- Carry out all trash.
- Self-contained stoves are permitted; ground fires, charcoal stoves and grills are prohibited.
- Cutting, defacing, or removing any natural feature is prohibited.
- Pets must be on a 6-foot leash at all times.
- Horseback riding, biking, and all types of motorized vehicles (except authorized vehicles) are prohibited on the trail within Delaware Water Gap National Recreation Area.

Camping Regulations

- Camping is restricted to through-hikers who are hiking for two or more consecutive days; starting at one location along the trail and ending at another.
- Camping is limited to one night and ten persons per campsite.
- Self-contained stoves are permitted; ground fires, charcoal stoves and grills are prohibited.
- Hikers may not camp:
  - Within 100 feet of any stream or water source;
  - Within 0.5 mile of an established roadway;
  - Within 200 feet of another camping party; or
  - From 0.5 mile south of Blue Mountain Lakes Road to a point one mile north of Crater Lake.

No trail shelters exist within the Delaware Water Gap National Recreation Area. The nearest are Kirkridge Shelter in Pennsylvania, 6.4 miles south of the Interstate 80 bridge, and Brink Road Shelter in New Jersey, 4 miles north of the Buttermilk Trail spur. Mohican Outdoor Center offers lodging and camping at NJ mile 10.3 and the Worthington State Forest campground can be reached via the 1.6-mile Douglas Trail at NJ mile 4.6.
One of two trails that lead to an outstanding view looking into the Delaware Water Gap from Mt. Tammany, very steep trail

Rattlesnake Swamp 2.6 mi one-way Orange Trail meanders through a swampy environment with a plethora of plant life and an interesting contrast to the dry rocky environment seen elsewhere along the ridge

Coppermine 2.0 mi one-way Red Trail passes through a hemlock ravine and mixed hardwood forest, past two old copper mines; trail also parallels a stream with a number of modest cascades

Kaiser 2.0 mi one-way Blue Trail follows an old roadbed through a mixed hardwood forest as it climbs to the top of the ridge

Hidden Lake 1.9 mi loop -- Trail loops through the forest around Hidden Lake, a peaceful area popular with anglers

Several short inter-connected trails make up the Slateford Loop Trail; trail meanders past a former slate quarry and farm, good for cross-country skiing

### Trails at Mohican Outdoor Center and Turtle Beach, NJ

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rattlesnake Swamp</td>
<td>2.6 mi</td>
<td>one-way</td>
<td>Orange</td>
<td>312 feet</td>
<td>Trail meanders through a swampy environment with a plethora of plant life and an interesting contrast to the dry rocky environment seen elsewhere along the ridge</td>
</tr>
<tr>
<td>Coppermine</td>
<td>3.2 km</td>
<td>one-way</td>
<td>Red</td>
<td>846 feet</td>
<td>Trail passes through a hemlock ravine and mixed hardwood forest, past two old copper mines; trail also parallels a stream with a number of modest cascades</td>
</tr>
<tr>
<td>Kaiser</td>
<td>3.2 km</td>
<td>one-way</td>
<td>Blue</td>
<td>1040 feet</td>
<td>Trail follows an old roadbed through a mixed hardwood forest as it climbs to the top of the ridge</td>
</tr>
<tr>
<td>Hidden Lake</td>
<td>3.0 mi</td>
<td>loop</td>
<td>--</td>
<td>80 feet</td>
<td>Trail loops through the forest around Hidden Lake, a peaceful area popular with anglers</td>
</tr>
</tbody>
</table>

### Trails at Slateford, PA

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slateford Loop</td>
<td>2.5 mi</td>
<td>loop</td>
<td>Turquoise</td>
<td>144 feet</td>
<td>Several short inter-connected trails make up the Slateford Loop Trail; trail meanders past a former slate quarry and farm; good for cross-country skiing</td>
</tr>
</tbody>
</table>

### Trails at Worthington State Forest and Kittatinny Point, NJ

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garvey Springs *</td>
<td>1.2 mi</td>
<td>one-way</td>
<td>Orange</td>
<td>1058 feet</td>
<td>Very steep trek to the top of the ridge; trail provides the shortest route to Sunfish Pond, a natural glacial lake</td>
</tr>
<tr>
<td>Douglas *</td>
<td>1.6 mi</td>
<td>one-way</td>
<td>Blue</td>
<td>994 feet</td>
<td>Steep climb to the ridgetop; hiked by U.S. Supreme Court Justice William O. Douglas in 1967 to protest expanding Sunfish Pond (a natural glacial lake) for water storage</td>
</tr>
<tr>
<td>Rockcress *</td>
<td>4.3 km</td>
<td>one-way</td>
<td>Green</td>
<td>580 feet</td>
<td>Old road trace originally provided access for engineers to take rock core samples that helped determine suitability of Tocks Island Dam; rock core remnants are still seen</td>
</tr>
<tr>
<td>Holly Springs *</td>
<td>4.3 km</td>
<td>one-way</td>
<td>Red</td>
<td>180 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunfield Creek Trail</td>
</tr>
<tr>
<td>Beulahland *</td>
<td>2.0 km</td>
<td>one-way</td>
<td>Yellow</td>
<td>560 feet</td>
<td>Provides scenic views into Pennsylvania and passes several remnants of stone walls that once outlined fields cleared by early settlers</td>
</tr>
<tr>
<td>Turquoise *</td>
<td>1.8 km</td>
<td>one-way</td>
<td>Turquoise</td>
<td>160 feet</td>
<td>Connects the Appalachian National Scenic Trail at Sunfish Pond to the Mt. Tammany fire road, where nice views of the valley below can be seen</td>
</tr>
<tr>
<td>Dunfield Creek *</td>
<td>5.6 km</td>
<td>one-way</td>
<td>Green</td>
<td>966 feet</td>
<td>Winds through a hemlock and mixed hardwood ravine with several stream crossings; numerous small cascades along the creek; ends at Sunfish Pond, a natural glacial lake</td>
</tr>
<tr>
<td>Red Dot</td>
<td>1.9 km</td>
<td>one-way</td>
<td>Red</td>
<td>1201 feet</td>
<td>One of two trails that lead to an outstanding view looking into the Delaware Water Gap from Mt. Tammany, very steep trail</td>
</tr>
<tr>
<td>Blue Blaze</td>
<td>2.7 km</td>
<td>one-way</td>
<td>Blue</td>
<td>1201 feet</td>
<td>One of two trails that lead to an outstanding view looking into the Delaware Water Gap from Mt. Tammany</td>
</tr>
<tr>
<td>Arrow Island</td>
<td>0.9 mi</td>
<td>one-way</td>
<td>--</td>
<td>221 feet</td>
<td>Highlights along the trail include the foundation of an early1900s casino and resort and former farmland stone fence routes</td>
</tr>
</tbody>
</table>

* located within Worthington State Forest
Millbrook Village: Immerse Yourself in the Past

Today's Millbrook Village does not replicate the Millbrook of 1832 or 1875. Rather, it evokes the feeling of countryside hamlets where most of this nation's people lived until the end of the 19th century, and provides a landscape for the demonstration of the folkways of that era.

Village History
In 1832, local farmer Abram Garis built a grist (grain) mill along the newly-finished Columbia-Walpack Turnpike where the road crossed a stream known as “Van Campens Mill Brook.” Since the nearest mill was in Flatbrookville, the Garis mill was a welcome site for local farmers. Soon, a community began to develop near the mill. A Methodist congregation organized and built a small church in 1840 that included a school in the basement. That same year, a store opened and a blacksmith set up shop. Within a few decades, the village included a post office, a boarding house that catered to farm workers and served “spirits,” a cider mill for the less spirited, and a much-expanded Methodist church. In time, the stream name was shortened to Van Campens Brook and the area simply became known as Millbrook.

By 1875, Millbrook had reached a peak of 75 inhabitants and about 15 major buildings. Visitors passed through miles of cultivated fields as they approached the village via the Columbia-Walpack Turnpike. From 1880 onward, Millbrook suffered the decline of rural villages experienced throughout the country. Land values dropped steeply after the Civil War. Industrialization of villages experienced throughout the country. Land values dropped steeply after the Civil War. Industrialization of the farmland made competition difficult for the independent small farmer and isolation from railroad lines made produce from farming made competition difficult for the independent small farmer. In the 1960s, the Columbia-Walpack Turnpike was realigned to accommodate a series of ponds constructed at Watergate, and the crossroads in the heart of the village was lost. Auto traffic bypassed the village, following the paved route of today’s Old Mine Road. Millbrook had become a quiet home for summer residents and retirees.

In the mid-1900s, a large dam was proposed in the Delaware River valley to provide hydropower, flood control, and lake-based recreation. This project, known as the Tocks Island Dam, would have covered numerous historic structures located throughout the valley. In the 1970s, the National Park Service, with assistance from the Millbrook Village Society, moved some structures threatened by the Tocks Island Dam project to higher ground at Millbrook. Other buildings were constructed from lumber reclaimed from demolished local buildings. The buildings moved and constructed in Millbrook help create the look of villages once common in the valley.

Visiting Today
Wander the quiet streets for an opportunity to immerse yourself in a replicated landscape. On summer weekends between Memorial Day and Labor Day weekends, park staff and volunteers open select buildings for self-guided tours and demonstrate various skills necessary for village life in the 1800s. Additionally, special events throughout the year provide family fun and insight into village life during the seasons. For more information, visit the park website at nps.gov/dewa, stop by a park visitor center, or call 908-841-9531.

2019 Events in Millbrook Village

Spring Fling May 25, 10am to 3pm: Celebrate spring with crafts and demonstrations.
Old-Fashioned Independence Day June 29, 10am to 3pm: Celebrate a 19th century-style Independence Day; includes hands-on activities, craft demonstrations and a watermelon eating contest.
Millbrook Days September 14-15, 10am to 4pm: Celebrate late 19th century rural America; the village comes alive with music, hands-on-activities, and numerous demonstrations of cultural and domestic skills and crafts.
Activities October 19, 10am to 3pm: Celebrate the bounties of fall with hands-on activities that are fun for the whole family.
Victorian Christmas December 7, 11am to 4pm: Experience the village decorated in mid to late 19th century holiday style and enjoy playing with period toys and creating Victorian crafts.
Christmas Carol Service December 8, 5 to 6pm: All are welcome to join in singing traditional caroling songs.

Built at Millbrook 1800s to early 1900s
1. Lester Spangenburg Cabin: c. 1850, built from pieces of an earlier cabin
2. George Trauger House: c. 1860
3. Trauger Barn: c. 1860, significant restoration completed in 2015
4. Hotel (boarding house): built in 1904 after previous structure burned
5. Sylvester Hill House: c. 1850

Major Structures Added After 1970
7. Wagon Shop: moved here in 1980s; restorations added in 1988
9. Wagon Storage Shed: built in 2004
10. Blacksmith Shop: moved here in 1970s
11. Cider Mill: moved here in 1940s
12. General Store/Post Office: moved here in 1973 to the site of the original store
13. Grist Mill: in 1948 mill moved here in 1990s close to the site of the original mill
14. Methodist Episcopal Church: built in 1870 based on the plans of 1860 church
15. Depue Cabin: moved here in 1980s; structure originally built in 1875
16. Van Campen Farmhouse: moved here in 1974; structure originally built in 1800
17. Van Campen Barn: moved here in 1985; structure originally built in the late 1800s
18. Woodworking Shop: moved here in 1986

18. Delaware Water Gap National Recreation Area
Touring Old Mine Road

Constructed in the mid-1600s, Old Mine Road connected the Hudson River and Philadelphia to the Pahaquarry Mines and provided an important conduit for New Jersey farmers taking crops to area markets, making it one of the oldest commercial roads in the country. Today, Old Mine Road stitches together sections of several roads into the park’s main passage in New Jersey and still retains much of the flavor of 100 years ago, making it a popular driving and biking route.

1 Montague Grange #140
The National Grange, founded in 1867, is an organization that advocates for rural America and agriculture. The local Montague Grange was founded in 1904 and this hall was built in 1906. The local group remains active and continues to use the building for meetings and community activities.

2 Foster-Armstrong House
Owners of this home operated a ferry, sawmill, and gristmill. The house was used as a tavern and inn for river travelers and reflects the standard of living of a prosperous family in the early 19th century. The Montague Association for the Restoration of Community History (MARCH) operates this historic house museum for tours weekends and during special events. Page 12

3 Minisink Dutch Reformed Church
The Minisink Church was the heart, both spiritually and geographically, of the four original Dutch Reformed congregations established in the Upper Delaware Valley in 1737. The present structure was built in 1899, and tombstones in the cemetery date to 1805. Though it remains small, the vibrant congregation is one of the oldest in the country.

4 Nelden-Roberts Stonehouse
Built around 1820, this house’s construction is attributed to George Nelden, who acquired the property in 1816. The Roberts Family was the last owners of the house, along with the farmstead located across US 206. Page 13

5 Westbrook-Bell House
Built by Johnnirs Westbrook, this is the oldest house located in Delaware Water Gap National Recreation Area. A nearby pond existed in 1730, and it was listed in nine generations of the family until the acquisition of the property by the federal government.

6 Namanock
While nothing remains today, this was the site of Fort Namanock during the French and Indian War (1754-1763). Forts in this time and era were little more than sturdy houses with a wooden defensive fence surrounding them.

7 Alonzo Depue House
As with other historic homes along Old Mine Road, the landscape would have been quite different one hundred years ago – open fields, a clear view to the river, and several farm outbuildings. For 48 consecutive years, Alonzo Depue recorded temperature and precipitation readings for the U.S. Weather Service from a weather station near the road without missing a day.

8 Bevans-Hellwig Kitchen
In the late 19th century, this little stone building was the rear kitchen attached to a large farmhouse. Local tradition holds that the original structure was used as a French and Indian War fortification, known as Fort Carmer.

9 Peters Valley
Peter Ion Nest, a land surveyor, laid out the roads in the area and had them intersect outside of his home in 1867. Over the years, the hamlet’s name changed several times, including Herr’s Foot Corner and Bevans, before its current name of Peters Valley. Through a partnership with the National Park Service, Peters Valley School of Craft operates an active school of fine craft. Stop by the Craft Store and Gallery to browse artisans’ wares, learn about workshops, and find out more about the weekend self-guided tours of the village. Page 13

10 Walpack Center
Like other villages along the Old Mine Road, the Kittatinny Ridge to the east and the highlands of New Jersey to the north isolated the hamlet of Walpack Center. Area farmers found what they needed at the village’s general store, post office, blacksmith shop, church, and school. By the early 20th century, however, automobiles and larger farms proved to be too much competition and the village began its decline. Today, the Walpack Historical Society operates a museum in the First Rosenkrans House on summer weekends. Page 13

11 Van Campen Inn
While it is called an “inn,” it is more accurately a “yaugh house”—a rural residence in a remote area that was licensed under colonial law to provide food and shelter to travelers. During the French & Indian War (1754-1763), the Van Campen Inn “provided a safe haven when settlers fled for protection from Indian attack” and in November 1763, 150 settlers sought shelter in the “stout wall” of the house. The Walpack Historical Society offers tours of the house on most Sundays during the summer. Page 13

12 Delaware View House
Constructed in the early 1800s, numerous changes over the years enlarged this once small house. As the house expanded, it also changed uses, including serving as the Flatbrook Hotel, hunting lodge, the Losey Boarding House, and Salamovka – a summer retreat for Russian emigrants.

13 Millbrook Village
In 1832, Abram Garis built a grist mill along the Van Campen Brook. The mill soon attracted other businesses and by 1875, Millbrook was a thriving farm village. By 1910, most businesses had closed their doors. Today, only a handful of original Millbrook buildings remain. Other buildings have been moved from other sites or are newly built to help depict village life in the valley during the late 19th and early 20th century. On summer weekends and during special events, several buildings are open, with park staff and Millbrook Village Society volunteers demonstrating folk ways of the 1800s. Page 20

14 Calno School
In the 19th century, schools were located in places that would allow students to walk no more than four or five miles to attend. In 1881, the Calno School District counted 48 school-age youth, but only 30 were on the school’s register and the average daily attendance was only 15. The poorly paid teachers boarded with local families and seldom stayed more than a year or two. When this school was in operation, there was also a school in Millbrook Village, only five miles north.

15 Pahaquarry
The Coppermine Trail passes by the foundation of the Pahaquarry Copper Mine processing mill and mine shafts. Brief periods of mining attempted during the past three centuries were never successful, despite improved technology and mineral extraction methods. In 1952, this area became the Pahaquarry Boy Scout Camp and operated until 1971. It was just one of numerous scout and church camps that once existed within the park boundaries. NOTE: Mine shafts are closed to protect critical bat habitat.
The Delaware Water Gap

A water gap is formed when water carves its way through a mountain range. The Delaware Water Gap is known for its depth, width, and scenic beauty. It is more than 1,200 feet from mountaintop to the river surface, nearly a quarter mile wide at river level and about a mile wide from the top of Mt. Tammany to the top of Mt. Minsi. Sand and rock move with the river flow, continuing to scour out the riverbed and making the water gap larger over time.

Stage 1: Collision

About 300 million years ago, the ancient continents of North America and Africa collided. The impact caused the Earth’s crust to fold and lift up, forming the Appalachian Mountains including Kittatinny Ridge.

Stage 2: Erosion

Streams flowed on both sides of Kittatinny Ridge. The streams on the east side aggressively eroded layers of rock and limestone. A few million years ago, they finally carved their way through the mountains.

Stage 3: Capture

When the streams met, the one with the stronger current captured the flow of the other. The second stream changed course to flow through the water gap.

Overlooks in the Gap

Tourist attractions of all sorts once lined River Drive through the Delaware Water Gap. This route, now known as PA 611, passes by many former attractions—but other than the stone guardrail lining the road, little remains of that historic past. Still, the stunning beauty of the water gap makes this short 2-mile drive a must-do during your visit.

Resort Point Overlook

The best known part of Delaware Water Gap National Recreation Area is the distinct notch in the Kittatinny Ridge known as the “water gap.” In order to enjoy the area’s beauty, visitors in the early 1820s rented rooms with local families. By 1832, a 25-guest hotel overlooking the Delaware River opened in Delaware Water Gap, and in 1860, the Kittatinny Hotel expanded to accommodate 250 guests.

The popularity of the area surrounding the water gap continued to grow, and additional hotels opened to meet the lodging needs of vacationers. Typically, vacationing families consisted of mothers and their children spending the entire summer in one of the hotels while the fathers joined them on the weekends. Visitors occupied themselves by hiking, swimming, fishing, dancing, playing tennis and golf, visiting amusement parks, shopping for souvenirs, and delighting in carriage, steamboat, and rowboat rides. According to the manager of the Kittatinny Hotel, “perhaps the most important feature of the Gap, aside from its beautiful gorge, through which flows the placid Delaware, is its health giving atmosphere, which permeates everywhere and which in itself has given the region much of its charm and popularity.”

By the early 1900s, many people had private automobiles. Magazines and newspapers extensively advertised various appealing destinations for city dwellers. At the same time, improved roads gave people a greater choice of holiday retreats. Weekend excursions began replacing summer-long holidays, and the traditional resort business of the Delaware Water Gap began to decline. The economic depression of the 1930s changed the nation’s way of life, and grand hotels could no longer compete with the new and popularly priced year-round weekend resorts in the nearby Pocono Mountains. A fire claimed the Kittatinny Hotel in 1931, and today, all that remains is the view from the location of this once grand hotel.

Point of Gap Overlook

This overlook is in the heart of the Delaware Water Gap, between Mt. Minsi in Pennsylvania and Mt. Tammany in New Jersey. Just as it is a popular place for viewing today, this was also a popular stop for the Victorian vacationer. The Indian Head Lunch, a tourist attraction named for its view of the cliff with the same name across the river, offered meals and souvenirs, while the Myrtle Williams’ Gap Inn provided a place for picnicking and camping.

Arrow Island Overlook

Today, this overlook provides a wonderful view of the water gap and the trailhead for the Arrow Island Trail. In the early 1900s, however, this was a bustling tourist stop. Minsi Mountain Park encompassed about 200 acres, and a hotel with a few outlying cottages was located on the hill overlooking the river. Inventive owners marketed a nearby slate quarry as a romantic enticement called “the Grotto” and boasted of the clear waters found in the “Minsi Health Spring.” In the location of today’s parking area, the Bear Stop roadside attraction featured caged bears and deer for the tourists’ amusement.

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People of the Delaware River Valley

Human occupation in the Delaware River valley dates back over 12,000 years when small family bands moved across the landscape, hunting game, fishing the rivers and streams and gathering food from the forests and grasslands. About 8,000 years ago, groups began to travel less and relied on a variety of foods found locally, such as acorns, nuts, fish, deer and turkey. Families began farming about 2,000 years ago, leading to a more settled lifestyle.

The Lenape (len-AH-pay) or Delaware lived in an area they called “Lenapehoking,” which means “Land of the Lenape.” Lenapehoking included eastern Pennsylvania, all of New Jersey, southeastern New York, northern Delaware, and a small section of southeastern Connecticut. While some Lenape lived in large villages of about 200 people, most lived in groups of 50 to 75.

Today, most Lenape decedents still live in Canada, Wisconsin, and Oklahoma. Their arts and oral traditions reflect their culture, and they continue to stay connected to their ancestral homeland. The Lenape legacy remains, and their impact is honored through various place names in the park today.

Left: Painting depicting William Penn entering into 1683 peace treaty
Right: Tish-Co-Han, Lenape Chief in the 1700s

Places with Lenape Names

Kittatinny: From the Lenape word Kittateh, which means “endless hill”
Minisink: Lenape word meaning “at the island”
Pahaquarry: From the Lenape word Pahaquarang, which means “the place between the mountains beside the waters”
Pocono: From the Lenape word Poco-Iane, which means “a stream between mountains”
Mount Tammany: named after the Leney Lenape Chief Tamanend

Waterfalls

Raymondskill Falls
Raymondskill Creek Trail, Pennsylvania
GPS 41.290231 -74.840853

The loop trail that leads to the waterfall is only 0.3 mile, but is steep. The three tiers of Raymondskill Falls have a combined height of approximately 150 feet, making it one of the tallest waterfalls in Pennsylvania. If the drops from each tier are added together, the waterfall is only a few feet shorter than Niagara Falls. The upper viewing area overlooks the upper pool and the narrow chute of the first drop. The lower viewing area provides an outstanding view and photo opportunity of the falls. A spur trail leads to the creek, but not to the bottom of the waterfall. Trail map on page 10.

Things to Know:
- Pets are not permitted on the trail.
- Swimming and wading is not permitted in the creek and waterfalls.
- Stay on the designated trail.
- Restrooms are located at the parking lot.
- The parking lot at the trailhead fills quickly on summer weekends. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.

Buttermilk Falls
Buttermilk Falls Trail, New Jersey
GPS 41.137164 -74.887893

The waterfall is located at the trailhead for the Buttermilk Falls Trail, and, therefore, requires no hiking to view. The cascading Buttermilk Falls is considered the highest waterfall in New Jersey at approximately 200 feet. A set of stairs climbs to a viewing platform at the top. The trail continues a nearly 1.5-mile steep climb to join the Appalachian National Scenic Trail at the top of the ridge. Trail map on page 15.

Things to Know:
- Swimming and wading are not permitted in the waterfall and the pools.
- Stay on the designated trail.
- The drive to the waterfall is via a rural gravel road. Driving Mountain Road from Walpack Center is the recommended route, since Mountain Road south of Buttermilk Falls is very rough.

Dingmans and Silverthread Falls
Dingmans Creek Trail, Pennsylvania
GPS 41.229294 -74.887212

An accessible boardwalk trail meanders 0.3 mile through a pristine hemlock ravine. Shortly after starting the trail, Silverthread Falls gracefully drops 80 feet in a thin ribbon of water through a narrow geometric chute. The boardwalk continues through dense rhododendron shrubs and ends at the base of Dingmans Falls, the second highest waterfall in Pennsylvania at 130 feet. A wide rock ledge provides the backdrop for this cascading waterfall. The final tenth of a mile is a staircase that leads to a birds-eye view from the top. Trail map on page 11.

Things to Know:
- Pets are not permitted on the trail.
- Swimming and wading is not permitted in the creek and waterfalls.
- Fishing is not permitted between Dingmans Falls and the trailhead parking area between 8:00 am and 5:00 pm.
- Restrooms and the Dingmans Falls Visitor Center are located at the trailhead.
- The parking lot fills quickly on summer weekends. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.
Hunting

Hunting is permitted in most parts of the park. In addition to all applicable state regulations, park-specific regulations are provided below. Please note that you are in a national park; other outdoor enthusiasts are using the same area in which you are hunting. Respect private property located within the park boundaries.

Hunting Regulations

The possession of firearms on federally-owned land within Delaware Water Gap National Recreation Area is permissible consistent with state and federal laws, as outlined in the Digest of Pennsylvania Hunting Regulations, New Jersey Fish and Wildlife Digest, the Delaware Water Gap National Recreation Area Compendium of Regulations, and Title 36 of the Code of Federal Regulations. The Compendium of Regulations for Delaware Water Gap National Recreation Area is available at park headquarters in Bushkill, PA. All firearms must be unloaded and cased or broken-down while in motor vehicles on roadways or shoulders; bows must be cased. Wear fluorescent orange in compliance with state regulations.

The following are prohibited:

- Trapping
- Spotlighting
- Blow hunting on Sundays
- Hunting in closed areas
- Hunting in plowed and planted fields or in fields with unharvested crops
- Hunting from, along, or across roads, or from any kind of motorized vehicle
- Using artificial or natural bait
- Driving or pursuing an animal through closed areas with intention of killing it
- Screw-in foot pegs or attaching a stand to a tree with nails, spikes, lag bolts, screws, or similar devices; tree stands must be free-standing and removable
- Reloading any animal or bird into the recreation area for the purpose of hunting or dog training
- Target practice
- Off-road driving
- Parking that blocks gates or access roads
- Backcountry camping and campfires
- Rifles, handguns, and shotguns with shot larger than #4 shot in PA between River Road and the Delaware River and from Shawnee to six miles north of Shawnee, except during the PA big game hunting season when the use of rifles, handguns, shotguns, flintlocks, and muzzleloaders is allowed (the use of a shotgun using steel or other approved nontoxic shot larger than #4 shot is permitted while hunting waterfowl during established seasons)

Service Animals

Service animals are allowed in all facilities, trails, and the River Runner shuttle, but must always be leashed.

Picnic Areas

Accessible restrooms and picnic sites are located at Milford Beach, Toms Creek, Smithfield Beach, Hialeah, Watergate, and Kittatinny Point.

Historical Sites

Millbrook Village (page 18) has accessible restrooms and the path through the village is wheelchair accessible. However, most buildings in the village are not accessible due to the narrow doorways in historic structures. Peters Valley (Bevans Village) is operated by the Peters Valley School of Craft (page 1:3). The restrooms and first floor of the store are wheelchair accessible. The Foster-Armstrong House and the Nelden-Roberts Stonehouse (page 12 and 13) are each wheelchair accessible. The Foster-Armstrong House and the Nelden-Roberts Stonehouse (page 12 and 13) are each wheelchair accessible.

Closed to Hunting

All areas within 450 feet of any regularly used or occupied structure, including:

- Pennsylvania
  - Bushkill Meeting Center
  - Bushkill School
  - Cliff Park grounds and golf course
  - Dingmans and Bushkill ranger stations
  - Dingmans Campground and Valley View Campsites
  - Dingmans Ferry, Eshback, and Bushkill accesses
  - Dingmans Maintenance Facility area
  - George W. Childs Park area
  - Milford and Smithfield beaches
  - Park Headquarters
  - Pocono Environmental Education Center
  - Raymondskil and Dingmans falls area
  - Slateford Farmhouse
  - Toms Creek, Hidden Lake, Loch Lomond, and Hialeah picnic areas

- New Jersey
  - Camp Ken-EIwa-Pec area
  - Chado Maintenance Facility area
  - Kittatinny Point Visitor Center area
  - Millbrook Village
  - Minisink Reformed Dutch Church
  - Mohican Outdoor Center area
  - Peters Valley School of Craft, including Thunder Mountain area
  - River Bend Group Campsites
  - Turtle Beach
  - Van Campen Inn
  - Walpack Center area
  - Walpack Ridge Trail
  - Watergate Recreation Site
  - Weygadt facility area

Accessibility

Trails

Dingmans Creek Trail (page 11) is a flat, quarter-mile boardwalk to the base of Silverthread and Dingmans falls that is wheelchair accessible. Trail for everyone (page 11) is wheelchair accessible and has several benches along the one-way, third of a mile route. The Sensory Trail (page 11) is a quarter-mile, rope-lined trail.

Visitor Centers and Park Stores

Dingmans Falls Visitor Center and park headquarters are wheelchair accessible.

Swim Beaches

Accessible restrooms and bathhouses are located at Milford and Smithfield beaches. Assistance is needed to the swimming area at these sites.

River Runner Shuttle

On Saturdays, Sundays, and holidays between Memorial Day and Labor Day weekends, a free accessible shuttle bus provides service between Kittatinny Point, NJ, and Milford, PA, stopping at numerous places along the way (page 5).

More Information

PA Game Commission
570 675-1143/5065
pgc.state.pa.us

NJ Division of Fish & Wildlife
908 735-8240
state.nj.us/dep/fwj/

Delaware Water Gap National Recreation Area
570 828-2321
nps.gov/dewa

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Open Group Campsites

- Peters Valley School of Craft, including Thunder Mountain area
- River Bend Group Campsites
- Turtle Beach
- Van Campen Inn
- Walpack Center area
- Walpack Ridge Trail
- Watergate Recreation Site
- Weygadt facility area

Overlooks

Resort Point, Point of Gap, and Arrow Island overlooks along PA 611 offer wheelchair accessible views of the Delaware Water Gap.

Boat Launch

A boat launching ramp is available at Smithfield Beach. The ramp provides access to trailer-mounted boats.

Fishing Pier

A pier at Loch Lomond is wheelchair accessible.

Campgrounds

Dingmans Campground has wheelchair accessible sites. The Dingmans Campground store and bathhouse are accessible. Valley View Group Campsite #1 is wheelchair accessible.

Audio Described Exhibits

Audio files for the Dingmans Falls Visitor Center exhibits and many waysides exhibits throughout the park are available for download at the park’s website:
nps.gov/dewa/planyourvisit/accessibility.htm

22 Delaware Water Gap National Recreation Area
Free Passes for Fourth Graders

Delaware Water Gap National Recreation Area is inviting all fourth graders to visit National Park Service sites for free this year as part of the Every Kid in a Park program. The program gives fourth grade students, and those accompanying them, free access to more than 2,000 federally managed lands and waters that charge entrance fees. While Delaware Water Gap National Recreation Area charges only expanded amenity fees and does not charge entrance fees, the Every Kid in a Park pass provides free access to places like Thomas Edison National Historical Park, Acadia National Park, and Cape Cod National Seashore. EveryKidInaPark.gov has links to educational activities, trip planning, field trip options, the downloadable pass and additional information in both English and Spanish.

Four Seasons of Fun

Discover the Park After Dark

Discover the park in a whole new “light” after the sun goes down! Although some areas close at sundown, there are many places to explore in the park after dark. A whole new world comes alive at night. Nocturnal animals are out, fireflies dance and flash, and stars shine above.

There are many ways to enjoy the park after dark. Lay out a blanket and gaze up at the stars. Find constellations or create your own. Take a hike and listen to the nighttime sounds or walk by the light of a full moon. On Friday evenings during the summer, join a ranger on a lantern-lit walk on the Dingmans Creek Trail.

When Exploring After Dark

See and Be Seen: Always have a light source. Bring flashlights and headlamps along so that you can see where you are going and others can see you. Pack extra batteries. Wear brightly-colored clothing and reflectors if you will be walking along roadways or near cars, bikes, and other motor vehicles.

Layer Up to Stay Warm and Dry: When the sun goes down, so does the temperature. You may be dressed comfortably for your daytime adventure, but pay attention and layer up as the time passes and the temperature drops.

Become a Junior Ranger!

Junior Rangers explore, learn about, and help protect national parks. To become a Junior at Delaware Water Gap National Recreation Area, stop by Dingmans Falls Visitor Center or park headquarters to pick up a book, learn about how to become a Junior Ranger and earn your badge. As a Junior Ranger, you will become an important member of our team and help us care for this special place.
Activities and Events

**DATE(s)** | **TIME** | **EVENT/ACTIVITY** | **LOCATION** | **DESCRIPTION**
--- | --- | --- | --- | ---
May 25 | 10 am to 3 pm | Spring Fling | Millbrook Village | Celebrate spring in Millbrook Village with historic crafts and demonstrations.
Jun 1 | 8:30 am | National Trails Day Hike | Raymondskill Falls Trailhead | Celebrate National Trails Day on a guided hike from Raymondskill Falls to Hackers Falls along the trails at Cliff Park. Meet at the Raymondskill Falls parking lot. (4 hours, 3 mile round-trip)
Jun 14 & Aug 30 | 8:30 pm | Dingmans After Dark: Lantern Stroll | Dingmans Falls Visitor Center | Experience the waterfalls of Dingmans Ravine by the soft glow of lantern light. Join a ranger for a unique stroll along the Dingmans Creek Trail. Reservations required. (1 hour, 3/4 mile round-trip)
Jun 15 | 10 am to 2 pm | Marie Zimmermann Open House | Marie Zimmermann House | Stop in for a tour of the home and learn more about Marie Zimmermann, the artist who called this place home.
Jun 29 | 10 am to 3 pm | Old-Fashioned Independence Day | Millbrook Village | Celebrate a 19th century-style Independence Day, including hands-on activities, craft demonstrations and a watermelon eating contest.
Sep 14 & 15 | 10 am to 4 pm | Millbrook Days | Millbrook Village | Celebrate late 19th century rural America. Enjoy music, hands-on-activities, and demonstrations of agricultural and domestic skills and crafts.
Oct 13 | 12 to 4 pm | Van Campen Day | Van Campen Inn | Experience frontier life in the mid-1700s. Event includes military reenactors, house tours, guided cemetery walks, and a variety of demonstrations.
Oct 19 | 10 am to 3 pm | Activities | Millbrook Village | Celebrate the bounties of fall with hands-on activities that are fun for the whole family.
Dec 7 | 11 am to 4 pm | Victorian Christmas | Millbrook Village | Experience the village decorated in mid to late 19th century holiday style and enjoy playing with period crafts and demonstrations.
Dec 8 | 5 to 6pm | Christmas Carol Service | Millbrook Village | Gather in the Millbrook Church to sing traditional Christmas songs. All are welcome.

**ADDITIONAL ACTIVITIES**
For a complete list of activities and events, visit the park calendar in the Planning Your Visit section at [nps.gov/dewa](http://nps.gov/dewa).

Many park partners offer special public programs, activities, and workshops.

Mohican Outdoor Center, operated by the Appalachian Mountain Club, offers outdoor recreation-based programs year-round. For more information, visit [outdoors.org/lodging/lodges/Mohican](https://www.outdoors.org/lodging/lodges/Mohican).

Montague Association for the Restoration of Community History (MARCH) offers lectures about Montague area history in the summer and fall. For more information, visit [montaguehistory.org](http://montaguehistory.org).

Peters Valley School of Craft offers fine craft workshops and artist lectures in the spring, summer, and fall. For more information, visit [petersvalley.org](http://petersvalley.org).

Pocono Environmental Education Center (PEEC) offers youth, family and adult programs and workshops year-round. For more information, visit [peec.org](http://peec.org).

Walpack Historical Society offers lectures and guided walks about the Walpack Valley in the spring, summer, and fall. For more information, visit [walpackhistory.org](http://walpackhistory.org).

*Reservations required, call 570 426-2452 Monday - Friday 8:30 am to 4:00 pm

**Fees and Passes**

Delaware Water Gap National Recreation Area collects Expanded Amenity Fees spring, summer, and fall at select locations in the park. Fees collected are used to enhance visitor services, maintain and repair park facilities, and to manage cultural and natural resources in the park.

The America the Beautiful Annual Pass and America the Beautiful Access Pass for Active Military are not accepted because the park does not collect a Standard Amenity Fee or an entrance fee. Holders of the America the Beautiful Senior Pass or America the Beautiful Access Pass receive a 50% discount on Expanded Amenity Fees.

**2018 Expanded Amenity Fee Schedule**

<table>
<thead>
<tr>
<th>Type of Pass</th>
<th>Fee</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Private Vehicle</td>
<td>$10.00 per vehicle (1-7 occupants)</td>
<td>Sites where fees are collected: Smithfield Beach (PA), Bushkill Access (PA), Dingmans Access (PA), Milford Beach (PA), Turtle Beach (NJ), Watergate (NJ)</td>
</tr>
<tr>
<td>Private Vehicle</td>
<td>$2.00 per person (8+ occupants)</td>
<td></td>
</tr>
<tr>
<td>Seasonal Pass</td>
<td>$45.00 per vehicle/year</td>
<td></td>
</tr>
<tr>
<td>Seasonal Pass</td>
<td>$22.50 per vehicle/year</td>
<td>with Senior or Access Pass</td>
</tr>
<tr>
<td>Walk-in</td>
<td>$2.00 per person/day</td>
<td>Pedestrian / bike</td>
</tr>
</tbody>
</table>

*Discount available for multiple passes purchased for the same address*

Fees are not charged for persons 15 or younger. Seasonal park passes and America the Beautiful passes are available for purchase at park headquarters or online at [https://store.usgs.gov](http://https://store.usgs.gov).

Commercial vehicles are not authorized without a permit. For more information, visit [www.nps.gov/dewa](http://www.nps.gov/dewa) or call 570 426-2434.

**America the Beautiful Pass Series**

- **America the Beautiful Pass** is your ticket to more than 2,000 federal recreation sites. Each pass covers entrance fees at national parks and national wildlife refuges as well as standard amenity fees at national forests and grasslands, and at lands managed by the Bureau of Land Management and Bureau of Reclamation.
- A pass covers entrance and standard amenity fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge per person). Children age 15 or under are admitted free. The pass does not cover expanded amenity fees.

The following passes make up the series:

- **Annual Pass: $80**
- **Annual Pass for U.S. Military: Free** Available to current U.S. military members and dependents
- **Annual 4th Grade Pass: Free** Available to U.S. 4th graders with a valid Every Kid in a Park paper pass; more information available at [www.everykidinapark.gov](http://www.everykidinapark.gov)
- **Senior Lifetime Pass: $10**
- **Senior Annual Pass: $20** Available to U.S. citizens or permanent residents age 62 or over; must provide documentation of age and residency or citizenship
- **Access Lifetime Pass: Free** Available to U.S. citizens or permanent residents with permanent disabilities
- **Volunteer Annual Pass: Free** Available to volunteers with 250 service hours with participating federal agencies.

The six agencies that participate in the Interagency Pass Program are:

- National Park Service
- U.S. Forest Service
- U.S. Fish and Wildlife Service
- Bureau of Land Management
- Bureau of Reclamation
- U.S. Army Corps of Engineers

**National Park Service**

[Newark National Wildlife Refuge](https://www.nps.gov/dewa) offers a variety of recreational opportunities for all ages and interests. The refuge provides a safe haven for hundreds of species of birds and wildlife.

[Geological Field Trips](https://www.nps.gov/dewa) are offered throughout the year. These trips feature local geology and landscape history. For more information, visit [dewa.nps.gov](http://dewa.nps.gov).

[Hiking Trails](https://www.nps.gov/dewa) are available throughout the park. For more information, visit [dewa.nps.gov](http://dewa.nps.gov).

[Swimming](https://www.nps.gov/dewa) is available at select locations. For more information, visit [dewa.nps.gov](http://dewa.nps.gov).

[Special Events](https://www.nps.gov/dewa) are offered throughout the year. For more information, visit [dewa.nps.gov](http://dewa.nps.gov).

[Accessibility](https://www.nps.gov/dewa) information is available on the website. For more information, visit [dewa.nps.gov](http://dewa.nps.gov).