Guide to the Gap

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Welcome to Delaware Water Gap

THIS VALLEY HAS ATTRACTED PEOPLE FOR OVER 12,000 YEARS. Abundant plant and wildlife sustained American Indians; floodplains nourished early farmer’s crops; waterfalls drew Victorian vacationers. Today, a 70,000-acre park that encompasses Delaware Water Gap National Recreation Area, the Middle Delaware National Scenic and Recreational River, and 28 miles of the Appalachian National Scenic Trail invites you to discover the natural and cultural wonders and abundant recreational opportunities found here.

Each year, millions of visitors come to the park to recreate, learn, explore, and relax. Whether you plan to visit in the winter or the summer, for a few hours or a few days, there are a few things you should know before you go. While recreational opportunities exist year-round, May through October is the most popular time to visit and it can be hard to avoid the crowds and congestion at popular sites. To avoid the crowds, consider visiting on a weekday or during the off-season.

If visiting on a summer weekend, plan to get an early start. Parking areas for popular sites and trailheads often fill by 9:00 a.m. on weekends and holidays. Have a backup itinerary in case your first choice is already full or crowded and consider visiting other, less well known, areas of the park.

Exploring the park can have some risks. Wear sun protection, drink plenty of water, and eat salty snacks when out on the river or trails. Wildlife can be enchanting, but maintaining a safe distance and not feeding the animals is best for you and the animal. Always wear a life jacket when swimming or boating the river. Although the river appears calm in some areas, do not be misled. The Delaware River has strong currents and steep drop-offs. Do not attempt to swim or wade across the river. It is your responsibility to know and obey all park rules and regulations during your visit. The park rules protect you and the park. Check the park website (nps.gov/dewa) for updates and alerts before you arrive. We hope you have a wonderful time!

Leave No Trace

Don’t Leave Anything Behind
Don’t leave your mark on park buildings or natural features. Take your trash out with you, including toilet paper.

Leave What You Find
Federal law prohibits collecting antlers; removing any plant, animal, or mineral substance; and disturbing or removing archaeological or historical items.

Respect Wildlife and Visitors
Do not feed or approach wildlife. Respect other visitors and avoid loud noises.

Ask a Ranger

Information Stations
Knowledgeable park rangers and volunteers are available to answer your questions and provide directions, maps, and brochures at visitor centers, pop-up information stations, on the trail, and by phone.

Ask a ranger about how to become a Junior Ranger, BARK Ranger, or park volunteer.

Look for a ranger or park ambassador on trails and at popular spots June through September. Visitor services are limited late fall through spring.

Fun For Kids

Junior Ranger Program
Stop by a visitor center or pop-up ranger station and ask for a free Jr. Ranger book. Once you have completed the activities, find a ranger to be sworn in as a Junior Ranger and be presented with your badge.

Discovery Kits
Check out a discovery kit at a visitor center or pop-up ranger station. Kits contain tools and activities to explore and learn about the park, including naturalist guides and art activities.

Contact Us

Address
Park Headquarters
1978 River Road
Bushkill, Pennsylvania 18324

Park Information
570 426-2452

Emergencies
800 543-4295

Website and Social Media
www.nps.gov/dewa
www.facebook.com/DelWaterGapNPS
www.twitter.com/DelWaterGapNPS
www.instagram.com/DelWaterGapNPS
www.youtube.com/DelawareWaterGapNPS

1 Guide to the Gap
Weather

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 most snow falls in January and February, particularly along the higher elevations of the Kittatinny Ridge.

Average Temperature

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**Accessibility**

**Trails**
Dingmans Creek Trail is a flat, quarter-mile boardwalk to the base of Silverthread and Dingmans falls that is wheelchair accessible. Trail for everyone is wheelchair accessible and has several switchbacks along the one-way, third of a mile route. The Sensory Trail 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 bathrooms are located at Milford and Smithfield beaches. Assistance is needed to swim in the swimming area at these sites.

River Runners & Kite Shuttle
The River Runner & Kite shuttles that operate during the summer season are accessible.

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

**Historical Sites**
Millbrook Village has accessible restrooms and the path through the village is wheelchair accessible. Peters Valley has accessible restrooms and the first floor of the store is wheelchair accessible. The Foster-Armstrong House and the Nelden-Roberts Stonehouse are each wheelchair accessible on the first floor.

**Overlooks**
Overlooks along PA 611 offer wheelchair accessible views of the Delaware Water Gap.

**Boat Launch & Fishing Pier**
A boat loading ramp is available at Smithfield Beach. The ramp provides access to trailer-mounted boats. A pier at Loch Lomond is wheelchair accessible.

**Campgrounds**
Dingmans Campground has wheelchair accessible sites, campground store and bathhouse. Valley View Group Campsite #1 is wheelchair accessible.

Aulin Described Exhibits
Audio files for many exhibits and walkways throughout the park are available for download at the park’s website.

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**Stay Safe During Your Visit**

**Swimming & Waterfalls**
Swimming and wading is prohibited in Van Campens Brook, Big Flatbrook Creek, Raymondskill Creek (from falls to river), Delaware River at Kittanning Point, Dingmans Creek (upstream of the parking lot), Toms Creek, Adams Creek, within 50 feet of boat launches, and within 50 feet upstream of waterfalls. Climbing, jumping, diving, and rappelling is prohibited at all waterfalls, waterfall pools, and bridge abutments.

**Inflatable Pool Toys**
Inflatable pool toys are not permitted at swim beaches. Pool toys can quickly float or blow away, taking their occupants with them.

**Bicycles**
Bicycles and e-bikes are only permitted on the McDade Recreational Trail.

**Camping**
Camping is only permitted at developed campgrounds and designated campsites along the Delaware River and Appalachian Trail.

**Campsites**
Campers are only allowed at designated campsite within state fire permits. Personally owned grills, stoves, or lanterns are permitted at designated picnic sites (excluding Kittanning Point and Childs Park), campground or river campsite. Fires are prohibited in all other areas. Do not bring wood from outside the park; firewood is available for purchase at Dingmans Campground.

**Alcohol**
Alcohol is prohibited at all beaches and group campgrounds, as well as Dingmans Campground, Karamac, Kittanning Point, Crater Lake, Blue Mountain Lakes, Millbrook Village, Watergate, Namancok, Cadoo, Van Campens Camps Glen, Ames-Jennings Area, Childs Park, Freeman Tract Road, Hialeah, Adams Creek, Hackers Falls, Hembury Creek, Toms Creek, Raymondskill Falls, Dingmans Falls, McDade Trail, Jerry Lees Access, Eshback Access, Sawkill Creek, and Mott Street Bridge Area.

**Hunting & Firearms**
Hunting is permitted in most parts of the park. 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 Delaware Water Gap National Recreation Area’s Resource Management Plan.

**Fishing**
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.

**Collecting**
Collection of plants, animals, rocks, mineral, and cultural objects is prohibited.

**Water Safety**
Even though the Delaware River appears calm in some areas, it is not free of hidden dangers. Murs are present along the Delaware River. The water is relatively clear, and deep, rocks can cause unexpected and serious injuries. Always check the river level before you go and plan to be off the river by dark.

**Life Jackets**
Always wear a life jacket when swimming or boating. Children aged 12 and under MUST wear Coast Guard-approved life jackets at all times when on the river. Life jackets must fit properly, and be fastened securely to prevent a person from being pulled or pushed into the water. Many boats require life jackets from November 1 through April 30.

**Swimming & Wading**
Wear shoes to protect your feet from sharp stones, glass, and other objects. Dive in water above your knees. You can be knocked over or your foot could be caught between rocks. If you’re caught in the current, keep your feet downstream and toward the surface.

**Wildlife & Plants**
It’s illegal to feed or approach wildlife. Always maintain a distance of at least 100 yards from bears and 25 yards from other wildlife. If an animal moves closer to you, you must move to maintain the appropriate distance.

**Bears**
Wear a hat, sunglasses and sunscreen to protect your skin from the sun. Wear sturdy shoes with adequate tread. Many trails cross uneven terrain and follow rock ledges that require good traction. Wear bright orange (shirt, vest, or hat) during hunting season.

**Pets & Service Animals**
Pets are permitted in most areas of the park, including campgrounds, picnic areas, and on paved or dirt roads. Pets must be restrained on a leash (6 feet or less). Pets may not be tied to an object and left unattended or left in a vehicle. Summer heat poses a threat to pets left in vehicles. Report lost pets to 570-426-2457.

**Permits**
Special Use Permits or Commercial Use Permits are required for certain types of activities, including weddings, baptisms, events and tours.

**Closed Areas**
Sites in the park may be closed to entry seasonally or due to construction or storm damage. Entry into caves, mine shafts and unoccupied structures is prohibited except as approved in writing by the Superintendent.

**Drone**
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.

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**Check the Weather**
Check the weather before your trip. Storms are common in the spring and early summer. Dress for the weather and stay off the river when there is lightening or high water.

**Stay Hydrated**
Carry (and drink) plenty of water; a leading cause of injuries on the trail is dehydration. Do not drink water unless it is boiled at least 10 minutes. Do not drink alcohol when recreating.

**Dress to Protect**
Wear a hat, sunglasses and sunscreen to protect your skin from the sun. Wear sturdy shoes with adequate tread. Many trails cross uneven terrain and follow rock ledges that require good traction. Wear bright orange (shirt, vest, or hat) during hunting season.

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**Guide to the Gap**

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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. 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.

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 daily mid-June through Labor Day. Swimming in other areas of the river is not recommended.

Boat Rentals

A number of local businesses offer boat rentals and shuttles in the park. They will bring a you and a canoe to the put-in location and pick up the canoe from your take-out location. All rental companies provide paddles and life jackets. Most businesses rent canoes, kayaks, rafts, and tubas. A current list of businesses that are permitted to operate within the recreation area is available on the park website at www.nps.gov/dewa/planyourvisit/liveries.

River Runner Shuttle

Bringing your own kayak or canoe? Take the chore out of relaying vehicles between your put-in and take-out on summer weekends. The National Park Service has partnered with Monroe County Transit Authority (MCTA) to provide the River Runner Shuttle service between Stroudsburg, PA and Milford Beach, PA. Use the River Runner Shuttle to transport you, your kayak or canoe, and your gear on Saturdays, Sundays and holidays Memorial Day weekend to Labor Day weekend. The River Runner Shuttle is a free service and is ADA accessible.

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. 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.
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! Camping is a relatively inexpensive way to create lasting memories. 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. See page 14 for information about camping on the Appalachian National Scenic Trail.

Campgrounds

Dingmans Campground
• Located near Dingmans Ferry, PA
• Sites for tent and RV (some with water and electric hook-ups)
• Individual and group campsites
• Camp store
• Weekly activities
• River Runner Shuttle flag stop
• More information: 877 828-550 or dingmanscampground.com

Mohican Outdoor Center
• Located along the Appalachian National Scenic Trail near Blairtown, NJ
• Individual and group tent sites
• Service, bunk-style cabins
• Water available
• Camp store
• Food service
• More information: 908 362-5670 or outdoors.org/lodging/lodges/mohican

Valley View Group Campsites
• Located near Bushkill, PA
• Reservations required
• Available for groups of 20-40
• Primitive tent sites along the river
• Water available
• River access for canoes and kayaks
• River Runner Shuttle flag stop (1/3-mile walk)
• For reservations go to recreation.gov and search Valley View

Rivers Bend Group Campsites
• Located near Millbrook Village, NJ
• Reservations required
• Primitive tent sites along the river
• Available for groups of 20-40
• Water available
• River access for canoes and kayaks
• For reservations go to recreation.gov and search Rivers Bend

River Campsites

For extended boat trips (14 miles or more), free primitive campsites along the river are available first-come, first-serve. Additionally, six sites at the Alosa Campsite are available by reservation only. For Alosa Campsite reservations go online to recreation.gov and search for Alosa. Service charges will apply when making reservations on the recreation.gov website.

Key Regulations
• Camping is limited to boaters on trips at least 14 miles for one night, 26 miles for two nights and 34 miles for three nights.
• Camping along the river is permitted in designated sites only.
• Camping is limited to one night at each location.
• Campsites are limited to five tents and 10 people 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.
• Use dead and down wood only. Do not cut standing trees.
• Pack out any food waste, including pet waste, at least six inches deep and at least 100 feet away from water.
• Sites must be vacated by 11:00 am.

Stay Safe on the River

• Know before you go. Check the weather forecast and water levels before your trip. Life jackets are mandatory and swimming is prohibited when river levels are above 8 ft.
• Stay updated on changing river conditions at waterdata.usgs.gov/uv/uvdata/uv01438500
• Watch the weather closely during your trip. Upstream thunderstorms can cause the river to rise rapidly.
• Use a detailed topographic map to plan your trip.
• 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 and vehicle description and tag numbers with someone who can report that you are overdue.

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.
• Bring a spare paddle, a throw line, and a first aid kit.
Biking

Cycling is a popular form of recreation in the park. The McDade Recreational Trail (page 8), 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. A section between White Pines and Pittman Orchard trailheads is closed to biking. Motorized vehicles are not permitted on the McDade Recreational Trail.

For those who enjoy road biking, Old Mine Road parallels the Delaware River on the New Jersey side for 34 miles in the park (page 18). The route passes through lush forests, past agricultural fields and past isolated ponds. This trail is not heavily used and can become overgrown in the summer. Biking on River Road in Pennsylvania is strongly prohibited, since even the smallest twig may serve as a critical habitat or food source for protected plant and animal life.

Picnicking

Numerous idyllic spots in the park await you and a red-checkedered blanket. Grills are not provided anywhere in the park, but you are welcome to bring your own to picnic areas where grilling is allowed. 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.

Picnic Areas in Pennsylvania

- Bushkill Village: Alcohol not permitted.
- Hidden Lake: Grills and alcohol are not permitted.
- Loch Lomond: Alcohol not permitted.
- Milford 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

- Crater Lake: Grills and alcohol are not permitted.
- Kittatinny Point: Grills and alcohol are not permitted.
- Milbrook Village: Grills and alcohol are not permitted.
- Namanock: Alcohol not permitted.
- Turtle Beach: Fee area; alcohol and pets not permitted.

Picnics 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.

Hiking

More than 100 miles of trails meander through the park, including nearly 27 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 blooming 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.

The following pages offer a simple guide to the many routes available.

Hike Responsibly

- Stay on trails; taking shortcuts causes trail erosion, damages native plants, and can be dangerous.
- Do not feed or approach wildlife.
- Pets must be leashed at all time.
- Pack out what you pack in; do not leave trash behind.
- Be considerate of other visitors.
- Leave what you find.

Stay Safe on the Trails

- Pet or walk your dog only on designated dog trails.
- Do not feed any wildlife.
- Keep children 12 years old and younger accompanied by an adult at all times.
- Carry (and drink) plenty of water; a leading cause of injuries on the trail is dehydration.
- 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.
- Wear bright orange (shirt, vest, or hat) during hunting season.

Hiker Shuttle

The parking lots at Kittatinny Point and Dunfield are generally full by 9:00 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 Dunfield parking lots. 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.

Biking

Cycling is a popular form of recreation in the park. The McDade Recreational Trail (page 8), 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. A section between White Pines and Pittman Orchard trailheads is closed to biking. Motorized vehicles are not permitted on the McDade Recreational Trail.

For those who enjoy road biking, Old Mine Road parallels the Delaware River on the New Jersey side for 34 miles in the park (page 18). The route passes through lush forests, past agricultural fields, and through historic landscapes. Numerous opportunities exist to stop and explore scenic and historic areas.

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.

Riding

The Conashaugh View Trail in Pennsylvania and the Upper Ridge Trail in New Jersey are open to horse riding for those who have their own horses. There are no horse rental liveries in the park. These two trails are also open to hiking. Hikers should be alert to riders and must yield to riders 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.

The Conashaugh View Trail (page 8) near Milford, Pennsylvania, offers nine miles of trail for horseback riders. The trail meanders through forests in the lowland and upland areas and passes by streams providing a serene setting for a ride. Parking for trailers is along Conashaugh View Road.

The Upper Ridge Trail (page 9) 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.
Key:
- Yellow numbered circles indicate trail is located in New Jersey
- Blue numbered circles indicate trail is located in Pennsylvania
- Yellow circles with * indicate trail is accessible or partially accessible
- Blue circles with * indicate trailhead can be accessed by River Runner Shuttle (page 4)

Trail difficulty rating:
- Easy
- Moderate
- Moderately difficult
- Difficult
- Difficulty varies

Legend:
- Sandy-colored circle: Other hiking trail
- Gray-colored circle: Appalachian Trail
- Beige-colored circle: Delaware River Rd
- White-colored circle: Millbrook Village
- Black-colored circle: Park Headquarters

For map tables on following pages:
- * Trail is located in Worthington State Forest
- (fee area)
 Trails at Cliff Park, PA

<table>
<thead>
<tr>
<th>Trail Length Rating</th>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation A</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buchanan 1.1 mi one-way 1.8 km</td>
<td>Buchanan</td>
<td>Orange 124 feet</td>
<td>Follows an old road trace through the forest</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cliff 2.8 mi one-way 4.5 km</td>
<td>Cliff</td>
<td>White 390 feet</td>
<td>Forested path along the ridge top with several overlooks into the Delaware Valley below</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hackers 1.4 mi one-way 2.3 km</td>
<td>Hackers</td>
<td>Yellow 330 feet</td>
<td>Shaded trail with a small waterfall in a hemlock ravine</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milford Knob 1.3 mi one-way 2.0 km</td>
<td>Milford Knob</td>
<td>Green 390 feet</td>
<td>Steep climb to a vista overlooking the town of Milford</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pond Loop 0.8 mi loop 1.3 km</td>
<td>Pond Loop</td>
<td>Blue 51 feet</td>
<td>Shaded loop around a pond with opportunities to view wildlife</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Quarry Path 0.5 mi one-way 0.8 km</td>
<td>Quarry Path</td>
<td>Green-white 250 feet</td>
<td>Connector trail featuring a vernal pool (seasonal wetland)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raymondskill Creek 0.3 mi loop 0.4 km</td>
<td>Raymondskill Creek</td>
<td>none 178 feet</td>
<td>Uneven path through hemlock forest to a three-tiered waterfall; spur trail to creek; dogs not permitted on trail</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sawkill Glen Trail 1.0 mi one-way 1.6 km</td>
<td>Sawkill Glen Trail</td>
<td>Red 450 feet</td>
<td>Connector trail from the Mott St. Bridge in Milford. Lower section closed for eagle nesting December 15 - July 15</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Conashaugh View Trail, PA

<table>
<thead>
<tr>
<th>Trail Length Rating</th>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation A</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conashaugh View 8.7 mi loop 14.0 km</td>
<td>Conashaugh View</td>
<td>-- 515 feet</td>
<td>Meanders through upland and lowland forests; horses permitted on trail (horses not permitted at the Marie Zimmermann house and farm)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>George W. Childs Park 1.1 mi loop 1.8 km</td>
<td>George W. Childs Park</td>
<td>-- 193 feet</td>
<td>follows creek to three waterfalls; ruins of a woolen mill that operated in the early 1800s; several Civilian Conservation Corps structures; dogs not permitted on trail</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

George W. Childs Park Trail, PA

<table>
<thead>
<tr>
<th>Trail Length Rating</th>
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<th>Rating</th>
<th>Blaze</th>
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</tr>
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<td>-- 193 feet</td>
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<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Trails at Pocono Environmental Education Center, PA

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation A</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fossil</td>
<td>1.1 mi loop</td>
<td>Blue</td>
<td>---</td>
<td>237 feet</td>
<td>Fossils of ancient marine life; collection of fossils and other objects prohibited</td>
</tr>
<tr>
<td>Scenic Gorge</td>
<td>2.0 mi loop</td>
<td>Red</td>
<td>---</td>
<td>220 feet</td>
<td>Shaded trail through the forest, passing a small stream; can be muddy after a rain</td>
</tr>
<tr>
<td>Sensory Awareness</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>--</td>
<td>To increase sensory awareness, a rope guides blindfolded users around a short loop trail (blindfolds available at main office)</td>
</tr>
<tr>
<td>Trail for Everyone</td>
<td>0.3 mi one-way</td>
<td>purple</td>
<td>---</td>
<td>--</td>
<td>Several benches provide observation points for wildlife and field, forest, and pond ecosystems</td>
</tr>
<tr>
<td>Tumbling Waters</td>
<td>2.8 mi loop</td>
<td>Orange</td>
<td>---</td>
<td>254 feet</td>
<td>Trail winds along a ridge, past a pond and wetland and into a ravine with a cascading waterfall</td>
</tr>
<tr>
<td>Two Ponds</td>
<td>1.5 mi loop</td>
<td>White</td>
<td>---</td>
<td>67 feet</td>
<td>Mostly shaded trail that passes two ponds and a wetland, offering excellent opportunities for wildlife viewing</td>
</tr>
</tbody>
</table>

---

**Guide to the Gap**
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 or information station, where park rangers 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.
- Walk a section of the McDade Recreational Trail, which extends most of 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 farmlands, forests, and historic landscapes. On Saturdays, Sundays, and holidays between Memorial Day Weekend and Labor Day Weekend, use the River Rauser Shuttle for your return trip along the trail.
- View Raymondskill Falls by hiking a short, but steep, trail. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.
- Wander the quiet streets of Millbrook Village and explore life in the 1800s. This area is generally a good place to avoid crowds on summer weekends. Select buildings are open on summer Saturdays.
- Tour the Nelden-Roberts Stonehouse and then take a stroll around the lake. This area is generally a good place to avoid crowds on summer weekends.

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. On Saturdays, Sundays, and holidays between Memorial Day Weekend and Labor Day Weekend, use the River Rauser Shuttle to transport you and your bike, then ride back to your vehicle.
- Savor a picnic lunch at Hidden Lake and then take a stroll around the lake. This area is generally a good place to avoid crowds on summer weekends.
- Stroll around the Surprise Jog Trail to enjoy the quiet valley below the Kittatinny Ridge.
- Take a scenic drive along US 349.
- Choose a trail and venture on a hike.

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.
- Hike a stretch of the Appalachian National Scenic Trail.
- Canoe or kayak on the Delaware River. Bringing your own canoe or kayak? Use the River Rauser Shuttle on Saturdays, Sundays, and holidays between Memorial Day Weekend and Labor Day Weekend to transport you, your boat, and your gear.
- Enjoy a swim at one of the park’s lifeguarded beaches on a summer weekend. Parking at the beaches generally fills to capacity by 11:00 am on weekends. Consider visiting during the week to avoid crowds.

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 Crafts offers 2-day to 5-day fine craft workshops. For more information, visit petersvalley.org.
- Appalachian Mountain Club's Mohican Outdoor Center offers weekend outdoor 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.
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, Kittatinny Point Visitor Center, and park headquarters.

- Outerwear
- Nature-themed Jewelry
- Children’s Games and Toys
- Books
- Maps
- Pins, Magnets, Ornaments
- And more!

Park Store

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.friendsofdewamps.org.
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 hikers, bikers, 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 Cliffs 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.

### Mileage between McDade Trailheads

<table>
<thead>
<tr>
<th>Trailhead Name</th>
<th>Milford Beach</th>
<th>Pittman Orchard</th>
<th>Conashaugh</th>
<th>White Pines</th>
<th>Schneider Farm</th>
<th>Jerry Lees</th>
<th>Eshback Access</th>
<th>Egypt Mills</th>
<th>Bushkill Village</th>
<th>Riverview</th>
<th>Smithfield Beach</th>
<th>Hialeah</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>0.0</td>
<td>2.2</td>
<td>2.4</td>
<td>3.9</td>
<td>1.8</td>
<td>4.1</td>
<td>6.8</td>
<td>6.6</td>
<td>1.7</td>
<td>3.0</td>
<td>1.9</td>
<td>3.1</td>
</tr>
<tr>
<td></td>
<td>2.2</td>
<td>3.5</td>
<td>3.9</td>
<td>7.9</td>
<td>2.9</td>
<td>4.9</td>
<td>6.6</td>
<td>8.6</td>
<td>4.7</td>
<td>2.0</td>
<td>4.7</td>
<td>9.7</td>
</tr>
<tr>
<td></td>
<td>2.4</td>
<td>3.9</td>
<td>7.1</td>
<td>9.1</td>
<td>3.5</td>
<td>4.9</td>
<td>6.6</td>
<td>8.6</td>
<td>4.7</td>
<td>2.0</td>
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</tr>
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<td>2.0</td>
<td>4.7</td>
<td>9.7</td>
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<td>7.1</td>
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<td>3.5</td>
<td>4.9</td>
<td>6.6</td>
<td>8.6</td>
<td>4.7</td>
<td>2.0</td>
<td>4.7</td>
<td>9.7</td>
</tr>
</tbody>
</table>

**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.
- The seat should be level with seat. 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 handlebars, except when signaling a turn.
- Watch for and avoid hazards.

---

**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.**

---

**Mileage between McDade Trailheads**

<table>
<thead>
<tr>
<th>Trailhead Name</th>
<th>Mileage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milford Beach</td>
<td>0.0</td>
</tr>
<tr>
<td>Pittman Orchard</td>
<td>2.2</td>
</tr>
<tr>
<td>Conashaugh</td>
<td>2.4</td>
</tr>
<tr>
<td>White Pines</td>
<td>3.9</td>
</tr>
<tr>
<td>Schneider Farm</td>
<td>1.8</td>
</tr>
<tr>
<td>Jerry Lees</td>
<td>4.1</td>
</tr>
<tr>
<td>Eshback Access</td>
<td>6.8</td>
</tr>
<tr>
<td>Egypt Mills</td>
<td>6.6</td>
</tr>
<tr>
<td>Bushkill Village</td>
<td>1.7</td>
</tr>
<tr>
<td>Riverview</td>
<td>3.0</td>
</tr>
<tr>
<td>Smithfield Beach</td>
<td>3.1</td>
</tr>
<tr>
<td>Hialeah</td>
<td>3.1</td>
</tr>
</tbody>
</table>

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**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
Bushkill, PA 18336
704-9633 or 570 424-4000

---

**Shawnee Inn**

110 Main Street
Delaware Water Gap, PA 18327
570-421-6681

---

**Directions**

- Extend your one-way trip on the McDade Recreational Trail by using the River Runner Shuttle.
<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation Δ</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Military Road</td>
<td>1.6 km</td>
<td></td>
<td></td>
<td>226 feet</td>
<td>Former road used by soldiers during the French and Indian War and American</td>
</tr>
<tr>
<td>Walpack Ridge</td>
<td>3.0 mi</td>
<td></td>
<td>Red</td>
<td>137 feet</td>
<td>Trail follows the ridge, offering scenic mountain-top ponds and mixed woodlands</td>
</tr>
<tr>
<td>Buttermilk Falls</td>
<td>1.4 mi</td>
<td>one-way</td>
<td>Blue</td>
<td>1104 feet</td>
<td>Forested trail climbs to the top of the Kittatinny Ridge, passes a steep, cascading</td>
</tr>
<tr>
<td>Toms Creek</td>
<td>0.8 mi</td>
<td>one-way</td>
<td></td>
<td>96 feet</td>
<td>An easy path following a cool, clear-flowing stream through a shaded hemlock</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation Δ</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Mountain Lakes</td>
<td>4.6 mi</td>
<td>loop</td>
<td>Blue</td>
<td>259 feet</td>
<td>Trail follows road traces from a former housing community, passing a clear lake; ideal for cross-country skiing and snowshoeing</td>
</tr>
<tr>
<td>Crater Lake</td>
<td>1.6 mi</td>
<td>loop</td>
<td>Orange</td>
<td>111 feet</td>
<td>Shaded ridgetop trail loops around a natural glacial lake; a short, steep trail connects to the Hemlock Pond Trail</td>
</tr>
<tr>
<td>Hemlock Pond</td>
<td>1.0 mi</td>
<td>one-way</td>
<td>Green</td>
<td>68 feet</td>
<td>An easy and shaded trail around a clear pond; accessed via the Crater Lake or Blue Mountain Lake trails</td>
</tr>
<tr>
<td>Coventry Pond</td>
<td>0.9 mi</td>
<td>one-way</td>
<td></td>
<td>164 feet</td>
<td>Trail follows a road trace that once led to the Coventry Gun Club; pond with evidence of beaver activity</td>
</tr>
<tr>
<td>Donkeys Corner</td>
<td>1.8 mi</td>
<td>one-way</td>
<td></td>
<td>380 feet</td>
<td>Trail follows the former Donkey Hollow Road that connects Millbrook Village to the former site of Donkeys Corner</td>
</tr>
<tr>
<td>Hamilton Ridge</td>
<td>2.8 mi</td>
<td>one-way</td>
<td>Blue</td>
<td>523 feet</td>
<td>Trail follows a former road along a forested ridge</td>
</tr>
<tr>
<td>Orchard</td>
<td>0.5 mi</td>
<td>one-way</td>
<td></td>
<td>491 feet</td>
<td>A short, but steep trail connects Millbrook Village to the Hamilton Ridge Trail</td>
</tr>
<tr>
<td>Pioneer</td>
<td>2.5 mi</td>
<td>one-way</td>
<td>Orange</td>
<td>454 feet</td>
<td>Trail passes an old farmstead, overgrown fields, stone fences, and an old lime kiln</td>
</tr>
<tr>
<td>Van Campen Glen</td>
<td>1.1 mi</td>
<td>one-way</td>
<td>Orange</td>
<td>195 feet</td>
<td>Trail follows a clear trout stream in a hemlock ravine to a small waterfall</td>
</tr>
</tbody>
</table>
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 13 and 15.

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 cabins, individual and group campsites, 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.

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### Mileage between Appalachian Trailheads

<table>
<thead>
<tr>
<th>Trailhead Name</th>
<th>US 206</th>
<th>Blue Mtn Lakes Road</th>
<th>Route 602</th>
<th>Mohican Outdoor Center</th>
<th>Kittatinny Point</th>
<th>Lake Lenape to PA 191</th>
</tr>
</thead>
<tbody>
<tr>
<td>Blue Mtn Lakes Road</td>
<td>10.1</td>
<td>16.5 km</td>
<td></td>
<td></td>
<td></td>
<td>7.2 mi</td>
</tr>
<tr>
<td>Mohican Outdoor Center</td>
<td>17.2</td>
<td>3.6</td>
<td>5.6 km</td>
<td></td>
<td>14.6 km</td>
<td>11.6 km</td>
</tr>
<tr>
<td>Kittatinny Point</td>
<td>26.3</td>
<td>16.2</td>
<td>12.6 km</td>
<td>9.1 km</td>
<td>1.8 mi</td>
<td>934 feet</td>
</tr>
<tr>
<td>Lake Lenape</td>
<td>28.1</td>
<td>18.0</td>
<td>14.4 km</td>
<td>10.9 km</td>
<td>2.9 km</td>
<td></td>
</tr>
<tr>
<td>PA 191</td>
<td>35.3</td>
<td>25.2</td>
<td>21.6 km</td>
<td>18.1 km</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Hiker Shuttle**

The parking lots at Kittatinny Point and Dunnfield are generally full by 10 am on summer weekends. Monroe County Transit Authority offers a hiker shuttle from the Delaware Water Gap Park and Ride lot to Lake Lenape Trailhead and the Kittatinny Point and Dunnfield 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.

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View from Mt. Tammany along the Appalachian National Scenic Trail. Photo credit: Charlie Fineran
### 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 Δ</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>2.0 mi</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>2.0 mi</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>1.9 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 Worthington State Forest and Kittatinny Point, NJ

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation Δ</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>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Douglass *</td>
<td>1.6 mi</td>
<td>one-way</td>
<td>Blue</td>
<td>994 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Rockcres *</td>
<td>2.7 mi</td>
<td>one-way</td>
<td>Green</td>
<td>580 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Holly Springs *</td>
<td>2.7 mi</td>
<td>one-way</td>
<td>Red</td>
<td>180 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Beulahland *</td>
<td>1.3 mi</td>
<td>one-way</td>
<td>Red</td>
<td>560 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Turquoise *</td>
<td>1.1 mi</td>
<td>one-way</td>
<td>Yellow</td>
<td>160 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Dunnfield Creek *</td>
<td>3.5 mi</td>
<td>one-way</td>
<td>Green</td>
<td>966 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Red Dot</td>
<td>1.2 mi</td>
<td>one-way</td>
<td>Red</td>
<td>1201 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Blue Blaze</td>
<td>1.7 mi</td>
<td>one-way</td>
<td>Blue</td>
<td>1201 feet</td>
<td>Short trail connecting the Appalachian National Scenic Trail to the Dunnfeld Creek Trail</td>
</tr>
<tr>
<td>Arrow Island</td>
<td>0.9 mi</td>
<td>one-way</td>
<td>--</td>
<td>221 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>Slateford Loop</td>
<td>2.5 mi</td>
<td>loop</td>
<td>--</td>
<td>144 feet</td>
<td>One of two trails that lead to an outstanding view looking into the Delaware Water Gap from Mt. Tammany.</td>
</tr>
</tbody>
</table>

* located within Worthington State Forest

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### Trails at Slateford, PA

<table>
<thead>
<tr>
<th>Trail</th>
<th>Length</th>
<th>Rating</th>
<th>Blaze</th>
<th>Elevation Δ</th>
<th>Highlights</th>
</tr>
</thead>
<tbody>
<tr>
<td>Slateford Loop</td>
<td>2.5 mi</td>
<td>loop</td>
<td>--</td>
<td>144 feet</td>
<td>One of two trails that lead to an outstanding view looking into the Delaware Water Gap from Mt. Tammany.</td>
</tr>
</tbody>
</table>

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* located within Worthington State Forest
Touring Old Mine Road

Constructed in the mid-1800s, 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
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.

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. The house 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.

3 Minisink Dutch Reformed Church
The Minisink Church was the heart, both spiritually and geographically, of four original Dutch Reformed congregations established in the Upper Delaware Valley in 1737. The present structure was built in 1899 and, 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.

5 Westbrook-Bell House
Built by John’s Westbrook, this is the oldest house located in Delaware Water Gap National Recreation Area, possibly predating 1730, and was lived in by 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 a sturdy house with a wooden defensive fence surrounding it.

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 Van 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 Her’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 artisan’s wares, learn about workshop offerings, and find out more about the weekend self-guided tours of the village.

10 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.”

11 Van Campen Inn
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 and park staff and Millbrook Village Society volunteers demonstrate folk ways of the 1800s.

12 Delaware View House
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13 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 youths, 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.

14 Pahaquarry
The Coppermine Trail passes by the foundation of the Pahaquarry Copper Mine processing mill and mineshafts. Brief periods of mining attempted during the past three centuries were never successful, despite improved technology and mineral extraction methods. In 1925, 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: Mineshafts are closed to protect critical bat habitat.
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 the tallest waterfall 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 8.

Things to Know:
- Pets are not permitted on the trail.
- Swimming and wading are not permitted in the waterfall and the pool and stream above and below the falls.
- Stay on designated trails.
- Restrooms are located at the parking lot.
- Trail map on page 8.

Buttermilk Falls
Buttermilk Falls Trail, New Jersey
GPS 41.137164 -74.88793

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 the heavily forested hillside to a viewing platform at the top of the waterfall. 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 13.

Things to Know:
- Swimming and wading are not permitted within 50 feet upstream of the top of the falls.
- Stay on the designated trail.
- The drive to the waterfall is via a rural gravel road. Driving rough.
- 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 41.236934 -74.887212

An accessible boardwalk trail meanders 0.3 mile through a pristine hemlock ravine. Shorter than 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 of the waterfall. Trail map on page 9.

Things to Know:
- Pets are not permitted on the trail.
- Swimming and wading are not permitted in the creek and waterfalls.
- Stay on the designated trail.
- Fishing is prohibited from 100 feet upstream of the top of Dingmans Falls to the visitor center parking lot at all times.
- Restrooms and the Dingmans Falls Visitor Center are located at the trailhead.
- Map on page 13.

Factory, Fulmer, and Deer Leap Falls
George W. Childs Park Trail, Pennsylvania
GPS 41.23733 -74.91916

The 1.1-mile George W. Childs Park Trail follows Dingmans Creek as it flows through a lush ravine, over three rushing waterfalls, and adjacent to the ruins of a mill and several structures built by the Civilian Conservation Corps. The trail is accessible to the Factory Falls overlooks, about 0.4 mile. Fulmer Falls is the second waterfall along the trail, and the tallest at about 55 feet. Deer Leap is the third waterfall along the trail. Here, the water squeezes through a narrow cleft in the rocks before plunging over the rocks. The trail winds through the hemlock ravine on both sides of the creek, offering several views of the waterfalls. Trail map on page 8.

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.
- George W. Childs Park is a trash-free area. Carry out what you carry in.
- The parking lot is at the trailhead.
- Restrooms are located at the parking lot and picnic tables are located along the first quarter-mile of the trail.
- Map on page 9.

Tumbling Waters
Tumbling Waters Trail, Pennsylvania
GPS 41.171277 -74.913263

Approximately halfway along a 3-mile trail is the Tumbling Waters. This multi-cascade waterfall is nestled in a deep gorge with hemlocks, rhododendrons, mosses, and ferns. The trail starts and ends at the Pocono Environmental Education Center and passes a scenic overlook of the Delaware River Valley. Trail map on page 9.

Things to Know:
- Swimming and wading are not permitted within 50 feet upstream of the top of the falls.
- Stay on the designated trail.
- Restrooms are located at the Pocono Environmental Education Center.
- 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.
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.

Overlooks in the Gap

Overlooks in the Gap

Tourist attractions of all sorts once lined River Drive through the Delaware Water Gap, today's PA 611. Other than the stone guardrail lining the road, little remains of that historic past. The stunning beauty of the water gap makes this short (2-mile) drive a must-do during your vacation.

Resort Point Overlook

The best known part of the recreation area is the water gap, a distinct notch, more than a mile wide, cut through Kittatinny Ridge by the Delaware River. In the early 1820s, visitors rented rooms with local families in order to enjoy the area's beauty. In 1932, a 25-guest hotel overlooking the Delaware River opened in the Delaware Water Gap. By 1860, the Kittatinny Hotel had expanded to accommodate 250 guests.

Popularity of the area 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, with the father joining 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. But according to the Kittatinny Hotel manager, “Perhaps the featuring asset 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 areas. Weekend excursions began replacing summer-long holidays. 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 not compete with the new, popularly-priced, year-round weekend resorts in the nearby Pocono Mountains. A fire claimed the Kittatinny Hotel in 1931 and today, Resort Point Overlook preserves the view from the location of the 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. A tourist attraction called the “Indian Head Lunch,” so called for its view of the cliff across the river, offered meals and souvenirs and the Myrtle William’s 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 Arrow Island Trail. However, in the early 1900s, this was a bustling tourist stop. Minsi Mountain Park encompassed about 200 acres. A hotel was located on the hill overlooking the river, with a few outlying cottages. Inventive owners marketed a nearby slate quarry as “the Grotto,” a romantic enticement for guests, and clear waters from 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.

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 areas. Weekend excursions began replacing summer-long holidays. 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 not compete with the new, popularly-priced, year-round weekend resorts in the nearby Pocono Mountains. A fire claimed the Kittatinny Hotel in 1931 and today, Resort Point Overlook preserves the view from the location of the once grand hotel.

Postcard of Gap Inn and Indian Head Lunch, c. 1920
Bear Stop roadside attraction, c. 1940

Front view of the Kittatinny Hotel, c. 1905
View from the back veranda of the Kittatinny Hotel, c. 1905
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 lakes 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 call “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.

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

The arrival of Europeans in the mid-1600s meant drastic changes for the Lenape. European explorers traded iron axes, cloth, and copper kettles with the Lenape for valuable animal furs. In addition to the rich natural resources, Europeans also wanted land. Conflicts arose between the Lenape and European colonists over land ownership. Additionally, the introduction of diseases devastated the native population, who had no immunity. By the mid-1700s, warfare and diseases contributed to an estimated loss of 90% of the Lenape people. During the 1700s, most Lenape people voluntarily moved or were forcibly moved west, eventually settling in Canada, Wisconsin, and Oklahoma.

Today, most Lenape descendents 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. Additionally, the Lenape legacy remains through various place names in the park.

Places with Lenape Names

Kitsiatimy: from the Lenape word Kitititëne, which means “big mountain” and Mërsëk – “from the rocky land”
Pahapaura: from the Lenape word PäHaqualing, which means “the place between the mountains beside the waters”
Pavo-ons: from the Lenape word PäO-Hanne, which means “a stream between mountains”
Mount Tammany: named after the Lenni Lenape Chief Tammanend

Millbrook Village

Wander the quiet paths of Millbrook Village for an opportunity to immerse yourself in the past. 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 or call 570-426-2542.

Today’s Millbrook Village is located at the site of the original village, but is does not replicate the Millbrook of the 1800s. 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.

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.

Built at Millbrook in the 1800s
1. Lester Spangenburg Cabin: c. 1800, built from pieces of an earlier cabin
2. George Trauger House: c. 1860
3. Trauger Barn: c. 1860
4. Hotel (boarding house): c. 1850
5. Sylvester Hill House: c. 1850
7. Wagon Shop: moved here in 1980s
8. Wagon Storage Shed: built in 2004
9. Smith’s Shop: moved here in 1970s
10. Sugar Shack: built in 1970s
11. Cedar Mill: moved here in 1980s
12. General Store/Post Office: moved here in 1973 to the site of the original store
13. Grist Mill: an 1848 mill moved here in 1990s to the site of the original mill
14. Methodist Episcopal Church: built in 1873 based on the plans of 1860 church
15. Depue Cabin: moved here in 1980s
16. Van Campen Farmhouse: moved here in 1974; structure originally built in 1800s
17. Van Campen Barn: moved here in 1980s; structure originally built in the late 1800s
18. Woodworking Shop: moved here in 1986
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 savoury herring.” Huge numbers of American shad once migrated upstream in the Delaware River, so many shad that the river was described as “black” and “looking.” 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 between the visitor center parking lot and Dingmans Falls.
- Childs Park

For New Jersey state information, refer to the New Jersey Fish and Wildlife Digest, available at sporting goods stores, or visit www.fishandboat.com/outdoorshop.htm. For Pennsylvania state information, refer to the Pennsylvania Fishing Summary, or visit www.fsh.state.pa.us. PA licenses are available online at fishandboat.com/outdoorshop.htm.

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 38 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 or roadways or shoulders; boos must be cased. Wear fluorescent orange in compliance with state regulations.

More Information

PA Game Commission
201 N 17th St
Harrisburg, PA 17128
717-236-9441

New Jersey Division of Fish & Wildlife
917 Bartol Rd
Wyckoff, NJ 07481
973-857-0400

Delaware Water Gap National Recreation Area
1351 Bushkill Rd
Bushkill, PA 18324
570-567-1700

Texas Parks & Wildlife Department
3601 Wurzbach Rd
San Antonio, TX 78239
210-632-5000

NYS Department of Environmental Conservation
5200 Old Kings Highway
Albany, NY 12207
518-474-1150

More Information

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

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</th>
<th>Brook Trout</th>
<th>Brown Trout</th>
<th>Chain Pickerel</th>
<th>Catfish</th>
<th>Chain Bass</th>
<th>Largemouth Bass</th>
<th>Smallmouth Bass</th>
<th>Muskie</th>
<th>Walleye</th>
<th>Yellow Perch</th>
<th>White Rock</th>
</tr>
</thead>
<tbody>
<tr>
<td>PA</td>
<td>Leach Laword (Lake) – south of Dingmans Ferry, vehicular access</td>
<td>N</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
</tr>
<tr>
<td>PA</td>
<td>“Tree” Road – Pocono Environmental Education Center</td>
<td>N</td>
<td>N</td>
<td>X</td>
<td>X</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
</tr>
<tr>
<td>PA</td>
<td>Hidden Lake – hand launch and picnic area off Hidden Lake Drive</td>
<td>N</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
</tr>
<tr>
<td>PA</td>
<td>Dingmans Creek – between Deer Leap Falls and Dingmans Falls; delayed harvest, artificial lures only</td>
<td>N</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
</tr>
<tr>
<td>PA</td>
<td>Tom’s Creek – from picnic area access upstream; catch and release only</td>
<td>N</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
<td>N</td>
</tr>
</tbody>
</table>

No hunting is allowed in areas designated as Safety Zones; on established designated public roads and parking areas; or developed areas and/or trails listed below:

- Pennsylvania
  - Bushkill Access
  - George W. Childs Park
  - Clift Park, ire, grounds and golf course
  - Dingmans Falls Area, from the upper observation platform to the East end of the parking area and 450 feet either side of Dingmans Creek
  - Dingmans Campground Area, including the Delaware River and shoreline of the river adjacent to the Campground (Pennsylvania shoreline) and across from the campground (New Jersey shoreline)
  - Dingmans Access
  - Dingmans Maintenance Area and Ranger Station Area
  - Gillett access
  - Hialeah Picnic Area
  - Hidden Lake Recreation Site
  - Milford Beach
  - Pocono Environmental Education Center
  - Raymondskill Falls Recreation Site
  - Smithfield Beach
  - Toms Creek Picnic Area
  - Unharvested agricultural lease crop fields
  - Valley View Group Campsite

- New Jersey
  - Camp Ken-Etwa-Pec
  - Chad’s Farm Area
  - Dutch Reformed Church of Minsiwick
  - Kittatinny Point grounds and along the Delaware River 450 feet up river from the Western end of the parking lot and 450 down river of the East end of the Picnic Area.
  - Milbrook village Area
  - Mohican Outdoor Center
  - Peters Valley School of Craft Area
  - River Bend Group Campsite
  - Turtle Beach
  - Unharvested crop fields
  - Van Campen Inn
  - Walpack Center Area
  - Watergate Recreation Site
  - Wegsadt Maintenance Facility and Parking Area

The following are prohibited:

- Trapping
- Spotlighting
- Bow hunting on Sundays
- Hunting in closed area
- 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 tag to a tree with nails, spikes, lag bolts, screws, or similar devices; tree stands must be free-standing and removable
- Releasing 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 campfire