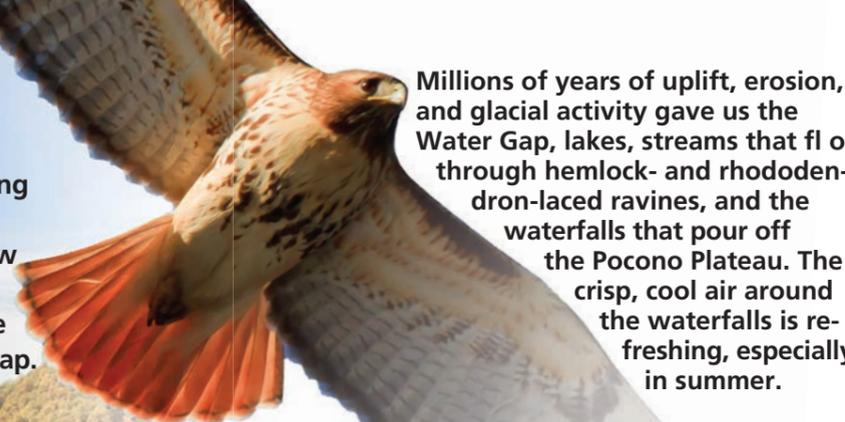


About two hours from New York City or Philadelphia is a 40-mile river valley. Delaware Water Gap National Recreation Area encompasses nearly 70,000 acres along the Middle Delaware National Scenic and Recreational River in Pennsylvania and New Jersey. At the southern end of this park the river cuts an S-shaped pass through the mountains, forming the Delaware Water Gap.



Millions of years of uplift, erosion, and glacial activity gave us the Water Gap, lakes, streams that fl ow through hemlock- and rhododendron-laced ravines, and the waterfalls that pour off the Pocono Plateau. The crisp, cool air around the waterfalls is refreshing, especially in summer.

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 river and its valley remain a major vacation haven. Although transportation and the lengths of stay may have changed, many who remember family trips, summer camp, or their honeymoon return to reminisce at a favorite site within the park. In 1965 Congress established Delaware Water Gap National Recreation Area to preserve this natural and historic area. Enjoy this rural vacationland.

Delaware River and Arrow Island from Mt. Tammany (left). Red-tailed hawk (above). Spangled fritillary butterfly (right).
THREE PHOTOS / NPS / DAN MOHR



EXPLORE AND LEARN

Are you curious about nature? Would you like to see artisans at work or visit historical sites? The national recreation area is a great place to explore and learn new things. Ask at visitor centers about ranger-led activities and junior ranger programs.

Best Views of the Gap For a strenuous trip with great views, hike to the top of Mt. Minsi in Pennsylvania or Mt. Tammany in New Jersey.

If easier walks are more to your liking, find short trails and overlooks at Kittatinny Point, New Jersey, and along PA 611 in Pennsylvania.

Waterfalls The park has hundreds of waterfalls, from ripples that splash over rocks to cascades that thunder over cliffs. It is an easy boardwalk stroll from the visitor center to Dingmans Falls. At Raymondskill Falls a trail goes to a striking three-tiered waterfall.

PLAN YOUR VISIT

Visitor Centers At Dingmans Falls and Kittatinny Point you'll find information, maps, exhibits, and bookstores. Visitor centers are open daily in summer; hours vary spring and fall, closed in winter. Park headquarters has information weekdays year-round, except federal holidays. Details: www.nps.gov/dewa.

Sightseeing and Touring Over 200 miles of roads traverse forested valleys and rocky ridges. If you like bicycling try McDade Recreational Trail in Pennsylvania or Old Mine Road in New Jersey. Flower and

foliage displays are dramatic: wildflowers in spring, rhododendron in July, and colorful leaves in autumn.

Walking and Hiking The park has over 100 miles of trails, from level boardwalks to challenging 1,000-foot climbs that offer breath-taking views. In Pennsylvania, McDade Recreational Trail extends over 30 miles. In New Jersey, the Appalachian Trail follows Kittatinny Ridge for 25 miles. On shorter trails you can walk through hemlock ravines, circle around ponds and lakes, or stroll along old forest roads.



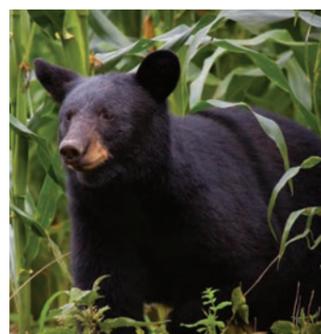
Dingmans Falls (right). Hiker on Mt. Minsi (below).



Rhododendron.
NPS / DAN MOHR

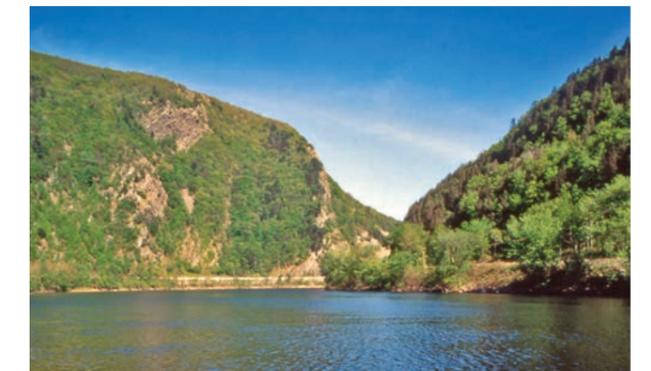


White-tailed fawns.
NPS / CLAY SPENCER



Black bear.
NPS / DAN MOHR

Water Works Over millennia water seeping into crevasses atop the mountain pushed down rocks, sand, and ice, gradually widening the cracks into today's gap.



A view of the Gap from the river.
NPS

Camping The park has tent, RV, and group sites. Campsites, first come, first served, are available for Appalachian Trail thru-hikers and those on longer river trips. Private and state park campgrounds are nearby.

Swimming The Delaware River is one of the cleanest rivers in the East. Bathhouses, picnic tables, and lifeguarded areas are available for a fee at Smithfield and Milford beaches in Pennsylvania and Turtle Beach in New Jersey.

On the River River maps and details about day and overnight trips are available at visitor centers and park headquarters. Local liveries rent canoes, tubes, and other equipment and provide shuttle services.

Watching Wildlife Be quiet. Listen. Walk slowly. You may spot or hear one of the animals that lives in the park, including bears, deer, turkeys, dragonflies, or owls. Hawks and other raptors fly through on their semiannual migrations. Bald eagles are a common site in winter.

Accessibility Contact park staff about activities and facilities. Service animals are welcome.



Pocono Environmental Education Center (PEEC) PEEC's campus offers study programs in a residential setting. Public trails lead to waterfalls and through forests. PEEC is ideal for school, scout, and church groups. Weekend workshops welcome families and singles. www.peec.org

Cleaning rugs the old-fashioned way. Garris House at Millbrook Village (left). NPS / HOUSE, © POCONO RECORD / GIRLS

Mohican Outdoor Center The Appalachian Mountain Club offers outdoor skills training and has overnight lodging. www.outdoors.org/lodging/mohican

Old Mine Road Traveled since the 1700s, this road traverses a rural landscape with historic barns, farmhouses, and villages.

Millbrook Village A mill and town stood here from the 1830s until the 1900s. Today, on summer

weekends, the village has activities and craft demonstrations. www.nps.gov/dewa; www.millbrooknj.com

Van Campen Inn Visit this home to see fine colonial architecture; open Sundays in summer, hours vary. Nearby you can hike Military Trail, a supply route during the 1754–1763 French and Indian War (Seven Years' War) and the American Revolution. www.nps.gov/dewa

Peters Valley Craft Center Set in a historic village, Peters Valley Craft Center offers summer fine craft workshops and a year-round public gallery. www.petersvalley.org

Foster-Armstrong House (1790s) and Nelden-Roberts Stonehouse (early 1800s) These houses are open select Sundays in summer. www.montaguehistory.org

Enjoying the Park

SAFETY AND REGULATIONS

- Use proper safety precautions at all times.
Remember, your safety is your responsibility.
- Always stay on trails. Wet rocks are slippery; a fall could be fatal. Swimming is prohibited near all waterfalls.
 - Rock and ice climbers always need to let a friend know when and where they plan to climb. Never climb alone.
 - Bears are dangerous; never try to feed or approach them or other wildlife.
 - Be aware of ticks, poisonous snakes, and poisonous plants.
 - Pets must be leashed and attended. Pets are not allowed in some areas; know the restrictions.
 - Fishing and hunting are allowed; park restrictions and state and federal regulations apply.
 - Know firearms and other regulations. Details: www.nps.gov/dewa.
 - Do not remove or damage natural or cultural features; all plants, animals, and rocks are protected by federal law.

SAFETY ON THE WATER

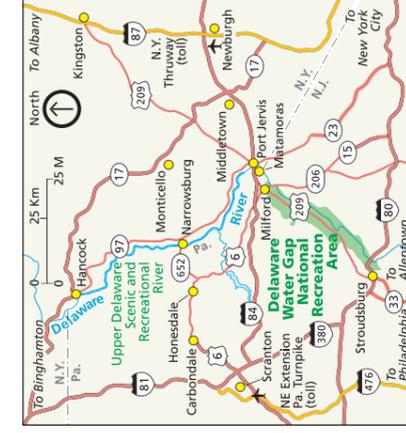
- Never try to swim across the river. Don't be fooled by the river's calm appearance; people do drown.**
- Always wear a life preserver when on the river.
 - Children under 13 are required to wear life preservers while in a canoe, kayak, or boat less than 20 feet long. From November 1 to April 30 all boaters must wear life preservers when in canoes, kayaks, and boats less than 16 feet long.
 - Don't swim alone. Never mix drinking alcohol with any river activity.
 - Avoid the river and creeks during high water.
 - Hypothermia, the lowering of body temperature to a dangerous level, can occur whenever water temperature is below 70°F.

Emergencies: Call 1-800-543-4295.

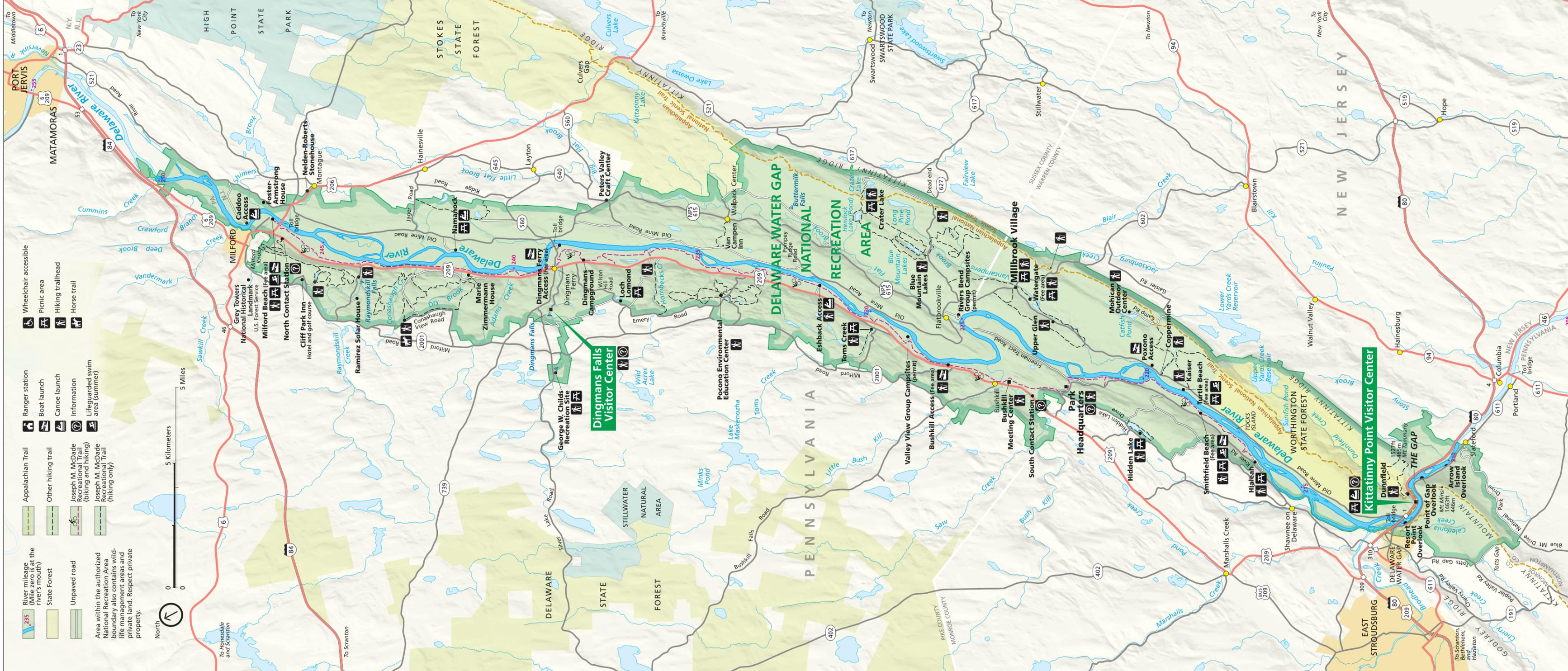
More information

Delaware Water Gap
 National Recreation Area
 1 River Road, Bushkill, PA 18324
 570-426-2452; www.nps.gov/dewa

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Getting Here The national recreation area is easily reached from New York City, New Jersey, and Philadelphia. For GPS coordinates check the park website. Find food, lodging, and services in nearby towns.



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| | River mileage at the river's mouth | | Appalachian Trail |
| | State Forest | | Other hiking trail |
| | Unpaved road | | Joseph M. McDade Recreational Trail (biking and hiking) |
| | Area within the authorized National Recreation Area boundary also contains wildlife management areas and private land. Respect private property. | | Joseph M. McDade Recreational Trail (hiking only) |

- | | | | |
|--|----------------|--|--------------------------------|
| | Ranger station | | Picnic area |
| | Boat launch | | Hiking trailhead |
| | Canoe launch | | Horse trail |
| | Information | | Lifeguarded swim area (summer) |

