Pennsylvania (Mt. Minsi)

1. Appalachian Trail (AT) South to Mt. Minsi PA
   (white blaze)
   This trail can be started at Lake Lenape parking area off
   Mountain Road in the town of Delaware Water Gap. The
   trail climbs 1-1/2 miles and 1,060 ft. to the top of Mt. Minsi,
   with some good views into the Gap.

2. Table Rock Spur
   This 1/4-mile spur branches off the right of the Fire Road
   (Hike 3) at a point 4/10-mile uphill from Lake Lenape. The
   spur then parallels a creek to an outcrop where an unblazed
   trail leads back to Lake Lenape.

3. Mt. Minsi Fire Road (No bikes or vehicles)
   This dirt road begins at Lake Lenape parking
   area and climbs 1-1/2 miles and 1,060 ft. to
   the top of Mt. Minsi. The road forms
   a 4-mile loop on Mt. Minsi with
   the AT. (Hike 1). Unblazed
   dirt roads lead around
   partly-dry
   Lake Lettini.

4. Spur to the Appalachian Trail
   This 1/4-mile blazed trail begins across Route
   611 from Resort Point parking area, and climbs
   through the base
   of Kittatinny Hotel. (Look in the parking
   area for the base of the hotel's fountain.) At
   the top of the trail, turn left for views of the Gap along
   the AT southbound, or turn right for the AT
   northbound and Lake Lenape.

New Jersey (Sunfish/Tammany)

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

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

6. Red Dot (Tammany) Trail
   This trail begins at the Dunnfield
   parking area and climbs a steep rocky grade to join the
   Blue-blazed atop Tammany. (1-1/2
   miles, 1250 ft. climb.)

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

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

9. Dunnfield Hollow Trail (green blaze)
   This trail branches off the AT  1/2 mile north of
   Dunnfield, crosses a footbridge to the east side of
   Dunnfield Creek, and then climbs and descends
   the flank of Mt. Tammany. Hikers must then ford
   Dunnfield Creek to meet Holly Spring Trail, a 1/2-
   mile red-blazed connector that climbs southwest
   past Holly Spring to the AT and Beulahland Trail.
   Green-blazes do continue north 2 miles to Sunfish
   Pond, but trail washouts require several more
   fordings. A route via Holly Spring/ AT is recom-
   mended. (Total to AT / Holly Spring: about 2 miles,
   1000 ft. climb Total Dunnfield to Sunfish Pond: 4
   miles, 1000 ft. climb. Climb is in 2 sections.)

10. Douglas Trail (blue blaze)
    From the parking area 1 mile north of the entrance
    to Worthington Campground, the trail climbs 1-1/2
    miles and 1,000 ft. up Kittatinny Ridge to join the
    AT at a point 1 mile south of Sunfish Pond. (Total
    to Sunfish Pond: 2-1/2 miles, 1000 ft. climb.)

11. Garvey Spring Trail (orange blaze)
    From the parking area 1 mile north of the entrance
    to Worthington Campground, the trail climbs 1-1/2
    miles and 1,000 ft. to join the AT just north of
    Sunfish Pond. Turn left (north) 1/2 mile on the AT
    for Raccoon Ridge.
Hikes near Millbrook NJ

1. Appalachian Trail in New Jersey
A good access point to this section of the white-blazed Appalachian Trail is the parking area on Route 602, 1 mile south of Millbrook Village. Heading south, the trail climbs 1 mile and 300 ft. to a fire tower and excellent views. This trail can be combined with Hike 4 to form a loop.

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

3. Coppermine Trail (red blaze)
This trail begins across Old Mine Road from Coppermine parking area and climbs 1-8/10 miles and 700 ft. past old mines and along a stream across a footbridge in a hemlock ravine to reach the AT at Camp Rd. This trail can be hiked in a loop with the Kaiser Road Trail (Hike 2).

4. Rattlesnake Swamp (orange blaze)
This mostly level loop begins on the access road to Catfish Fire Tower off Route 602. (+-++++) AT southbound.) Follow the AT (Hike 1) or the road to the tower, then continue southbound 1 1/2 miles more on the AT. At a very bare scenic outcrop, turn hard right off the AT and follow orange blazes 1/2 mile down the ridge. Just short of the grounds of Mohican Center, turn north (right), following the SE edge of the swamp back (trail can be very wet) to the tower access road. (Total 4 miles and 200 ft. climb.)

5. Van Campens Glen Trail (yellow blaze)
This trail begins at Van Campens Glen parking area and follows Van Campens Brook north 1 mile, crossing the brook just before a waterfall. The trail then climbs a staircase and continues 1/2 mile farther, crossing (not following) the dirt Cutoff Road to reach Watergate Recreation Site. Hiking north around the ponds at Watergate 1/2 mile leads to the dirt road to Millbrook. (Hike 6) The trail climbs about 100 ft. per mile northbound.

6. Millbrook-Watergate Trail
This 1/2-mile level stroll follows an old road south through Millbrook Village to Watergate Recreation Site. Parking at Millbrook Village is free. There is a parking fee at Watergate.

7. Upper Hamilton Ridge/Orchard Trails
Upper Hamilton Ridge Road begins at Old Mine Road 1/2 mile north of Millbrook Village and rejoins Old Mine Road 2 1/4 miles farther south near Van Campens Glen. The northern mile is flat with some old paving; the southern mile is dirt and drops 450 ft. southbound. At the north end, Orchard Trail runs eastward 4/10 mile back to Old Mine Road, but this is a difficult trail to follow down the hill. Ask at Millbrook for details. Upper Hamilton Trail reaches Lower Hamilton Trail in a “T” intersection.