

# Hikes: the Gap and New Jersey

Delaware Water Gap  
National Recreation Area



National Park Service  
New Jersey/Pennsylvania

## 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)

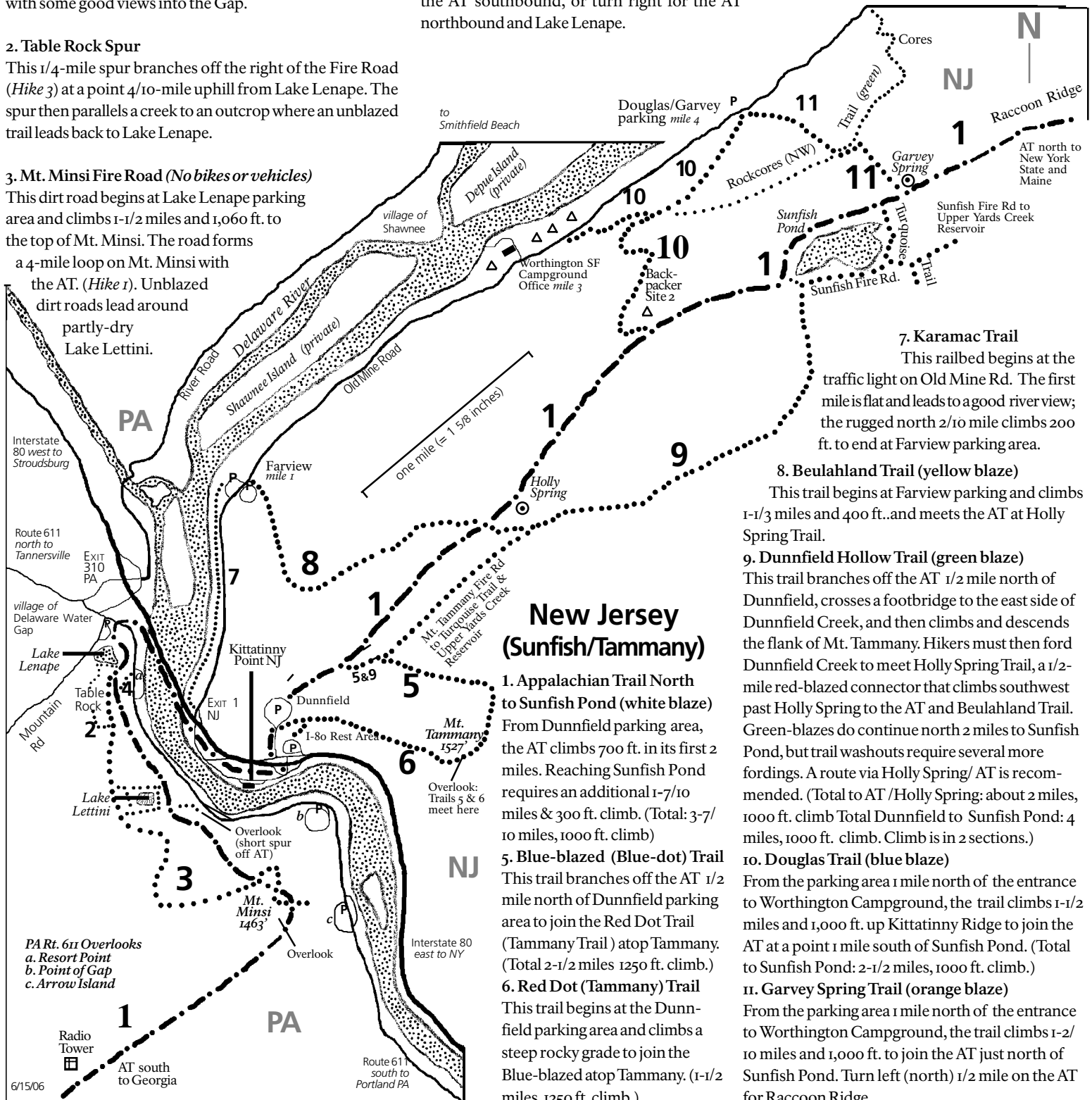
This dirt road begins at Lake Lenape parking area and climbs 1-1/2 miles and 1,060 ft. to the top of Mt. Minsi. The road forms a 4-mile loop on Mt. Minsi with the AT. (Hike 1). Unblazed dirt roads lead around partly-dry Lake Lettini.

### 4. Spur to the Appalachian Trail

This 1/4-mile blue-blazed trail begins across Route 611 from Resort Point parking area, and climbs alongside a stream that once ran through the basement 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.

### To Mt. Minsi from Kittatinny Point:

Turn right out of the visitor center parking lot. Follow signs to Interstate 80 west over the river (Toll) Stay to the right after the toll and take PA Exit 310. Follow signs to Route 611 south, turn right at the light at the end of the ramp; turn left at the next light in the village, and turn right 300 yards later at the Deerhead Inn onto Mountain Road. Take the next left into the trailhead parking area.



## 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 recommended. (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 1-2/10 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.

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## 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.

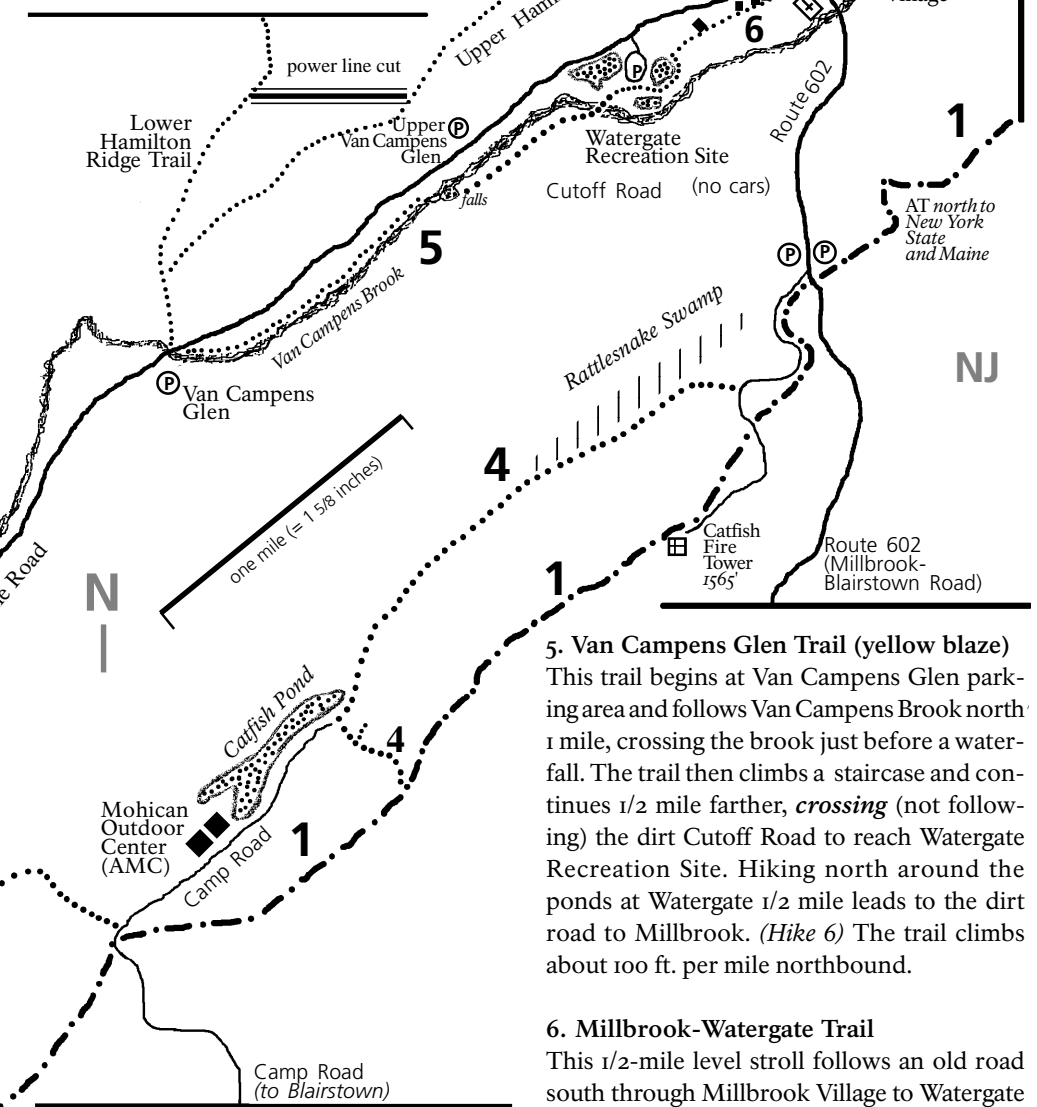
### 2. Kaiser (Road) Trail (blue blaze)

*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*)



### 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

### 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.)

1-800-543-HAWK  
1-800-543-4295



Your 24-hour toll-free phone number for reporting crimes or emergencies in Delaware Water Gap National Recreation Area

Hawk