



Hiking and Backpacking the Appalachian Trail (AT)



More than 25 miles of the Appalachian Trail (AT) run through New Jersey and Pennsylvania within Delaware Water Gap National Recreation Area and Worthington State Forest. Recreation area boundaries are marked by white metal markers with green lettering. The AT is marked with white blazes. Side trails to water, scenic viewpoints, or shelters are marked in blue blazes

Hiking Regulations

- Hikers should 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 5 minutes.
- All human waste must be buried at least 6 inches deep and 100 feet or more from any stream, trail, unpaved road, or park facility.
- Carry out all trash.
- 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 the recreation area.

Camping Regulations

- Camping is restricted to through-hikers who are hiking for two or more consecutive days.
- Camping is limited to one night per campsite.
- Camping is limited to 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 Lake Rd. to a point 1 mile north of Crater Lake.

Shelters

There are no trail shelters within the recreation area. The nearest shelters are Kirkridge Shelter, PA, 6.4 miles south of the Interstate 80 bridge, and Brink Road Shelter, NJ, 2.4 miles north of the summit of Rattlesnake Mt., NJ.

Mohican Outdoor Center offers camping at NJ mile 10.3, and Worthington State Forest can be reached by Douglas Trail at NJ mile 4.6.

Information Sources

Delaware Water Gap
National Recreation Area
River Road off Route 209
Bushkill, PA 18324
570 426-2451
www.nps.gov/dewa

Mohican Outdoor Center,
Appalachian Mt. Club
50 Camp Road
Blairstown, NJ 07825
908 362-5670
www.outdoors.org

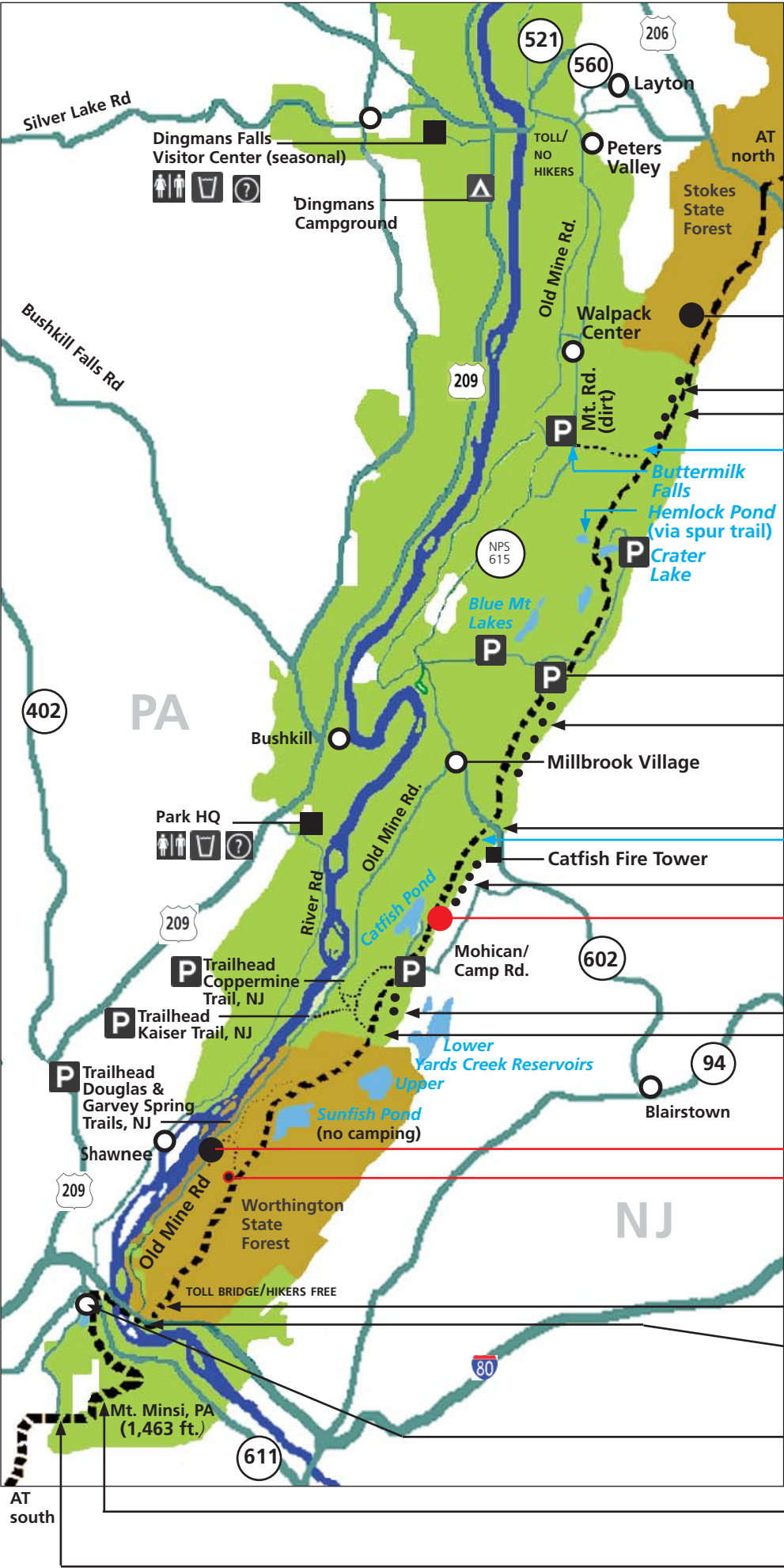
Worthington State Forest
Old Mine Road, HC 62 Box 2
Columbia, NJ 07832
908 841-9575
www.state.nj.us/dep/forestry/parks/parkandforests

Appalachian Trail Conservancy
Mid-Atlantic Regional Trail Conference
4 East First Street, P.O.Box 381
Boiling Spring, PA 17007
717 258-5771
www.appalachiantrail.org

Stokes State Forest (Brink Road Shelter)
1 Coursen Road
Branchville, NJ 07826
973 948-3820
www.state.nj.us/dep/forestry/parks/parkandforests

Appalachian National Scenic Trail
(Central ATC)
799 Washington Street P.O. Box 807
Harpers Ferry, WV 25425-0807
304 535-6278
www.nps.gov/appa

AT Campsites & Access Points in Delaware Water Gap National Recreation Area



- 24.6** Brink Road Shelter in Stokes State Forest 900' west of AT at Brink Rd.
- 22.4** Backpacker Campsites Rattlesnake Mountain, NJ (1,500 ft.)
- 20.5** Spur Trail to Buttermilk Falls Trailhead (1.5 miles from AT to falls)
- 19.3** Rt 627 W from Stillwater, NJ dead-ends at park boundary. Vehicles reach AT from the west via Blue Mt. Lakes Rd. (paved) and Skyline Drive (dirt) to Crater Lake Trailhead.
- 17.6** Blue Mt. Lakes Road (water pump) **P** **U**
- Backpacker Campsites
- 13.7** Rt. 602 Millbrook-Blairstown Rd. **P**
- 13.3** Rattlesnake Spring (near AT)
- Backpacker Campsites
- 10.3** Coppermine Trail (Mohican Outdoor Center AMC is 1/4 mile from AT on Camp Road) **P** **U** **A** **I** **?** STORE
- Backpacker Campsites
- 7.7** Mt. Mohican/Raccoon Ridge (1,500 ft.)
- 5.3** Sunfish Pond (no camping)
- Worthington State Forest Campground (via Douglas Trail from AT)
- 4.6** Backpacker Campsite #2 on AT at Douglas Trail (camping in Worthington State Forest allowed only at Backpacker Campsite #2) **P** **U** **A** **I** **?**
- Dunnfield Trailhead (water pump) **P** **U**
- 1.4**
- 0.0** Interstate 80 bridge to Kittatinny Point Visitor Center, NJ (seasonal) at 1.1 **P** **U** **I** **?**
- 0.6** Lake Lenape in Delaware Water Gap, PA. **P** Parking at Mountain Road lot.
- 2.7** Summit of Mt. Minsi, PA. If cliffs are posted as closed due to bird nesting, hikers may use the AT, but may not hike off the AT.
- 4.8** Totts Gap Road. Enter Delaware Water Gap National Recreation Area

EMERGENCIES:
1-800-543-4295
24-hour toll-free number
for reporting crimes or
emergencies in
Delaware Water Gap
National Recreation Area

- Appalachian Trail**
- Spur trails**
- Backpack camping allowed according to regulations**
- Restrooms**
- Parking**
- Potable water**
- Campground facilities**
- Information**

- Backpacker sites or shelters**
See camping regulations on reverse
- 9.9** Miles northbound in NJ from village of Delaware Water Gap, PA (mile 0.0)
- 2.2** Miles southbound in PA from village of Delaware Water Gap, PA (mile 0.0)