

Appalachian Trail

Governing Regulations

Delaware Water Gap
National Recreation Area



National Park Service
New Jersey/Pennsylvania



More than 25 miles of the Appalachian Trail in Pennsylvania and New Jersey are within Delaware Water Gap National Recreation Area. Entering the recreation area northbound at Totts Gap PA, the trail travels northward over Mt. Minsi, descends through the village of Delaware Water Gap PA, and crosses the Delaware River on a walkway alongside Interstate 80. The trail descends from the highway, passes Kittatinny Point, crosses under the highway, and then enters Worthington State Forest at the Dunnfield parking area.

The AT then climbs Kittatinny Ridge, and runs 6 miles through the state forest. The trail then exits the state forest, and, still within the national recreation area, continues 15 miles more, finally exiting the recreation area at Stokes State Forest in New Jersey.

Recreation area boundaries are marked by white metal markers with green lettering. The Appalachian Trail is marked with white blazes. Side trails to water, scenic viewpoints, or shelters are marked in blue blazes

Hiking

- 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.
- Pets must be on a 6-foot leash at all times.
- Horseback riding and bicycle riding are prohibited on the trail within the recreation area.
- All types of motorized vehicles are prohibited on the trail, except authorized emergency vehicles.
- Cutting, defacing, or removing any natural feature is prohibited.

Camping

See map on reverse for
campsite locations.

- Camping is restricted to thru-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.
 - Hikers must camp within 100 feet of the trail.
 - 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 1/2-mile of an established roadway
 - Within 200 feet of another camping party
 - From 1/2-mile south of Blue Mountain Lake Road to a point 1 mile north of Crater Lake

Shelters

Mohican Outdoor Center (*below*) offers camping at mile 14.5 within the recreation area. 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.

Information Sources



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

Delaware Water Gap National Recreation Area
HQ - River Road off Route 209
Bushkill PA 18324-9999
(570) 426-2452
www.nps.gov/dewa

Appalachian National Scenic Trail
(also central office of Appalachian Trail Conference)
799 Washington Street P.O. Box 807
Harpers Ferry WV 25425-0807
(304) 535-6331
www.nps.gov/appa

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

Appalachian Mountain Club (AMC) at
Mohican Outdoor Center
50 Camp Road
Blairtown NJ 07825
(908) 362-5670
www.mohicanoutdoorcenter.com

Worthington State Forest
Old Mine Road, HC 62 Box 2
Columbia NJ 07832
(908) 841-9575
www.state.nj.us/depl/forestry/parks/parksandforests/worthington.html

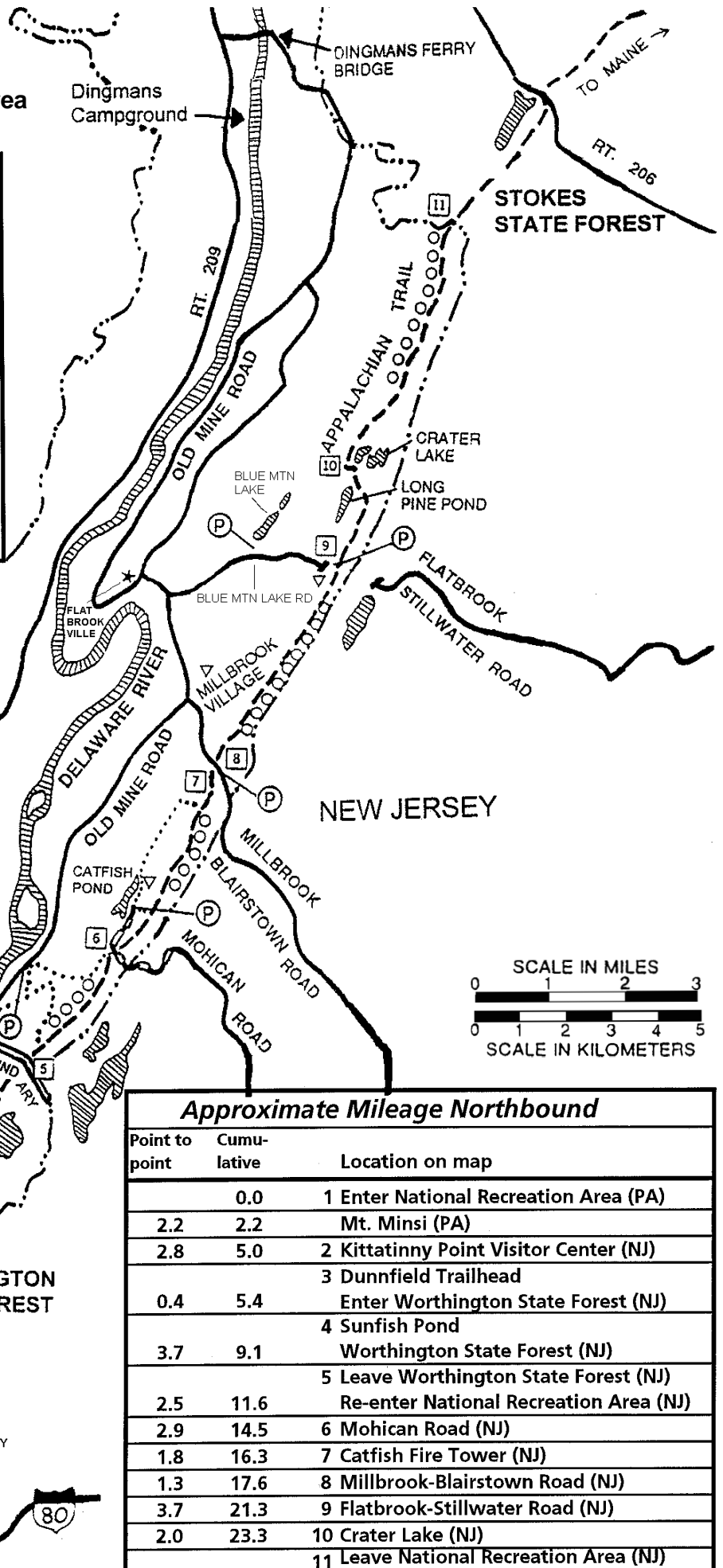
Stokes State Forest (Brink Road Shelter)
1 Coursen Road
Branchville NJ 07826
(973) 948-3820
www.state.nj.us/depl/forestry/parks/parkandforests/stokes.html

Appalachian Trail Campsite Locations

Delaware Water Gap National Recreation Area
Worthington State Forest

Legend

- Camping in National Recreation Area in accordance with regulations listed on reverse
- Backpacker Site #2
Camping in Worthington State Forest at Backpacker Site #2 **only**
- Appalachian Trail
- Connecting Trails
- - - - - Boundary - National Recreation Area
- Paved Road
- (P) Parking
- ▽ Water



Approximate Mileage Northbound

Point to point	Cumulative	Location on map
	0.0	1 Enter National Recreation Area (PA)
	2.2	Mt. Minsi (PA)
	2.8	2 Kittatinny Point Visitor Center (NJ)
	5.0	3 Dunnfield Trailhead
	5.4	Enter Worthington State Forest (NJ)
	9.1	4 Sunfish Pond
	9.1	Worthington State Forest (NJ)
	11.6	5 Leave Worthington State Forest (NJ)
	14.5	Re-enter National Recreation Area (NJ)
	14.5	6 Mohican Road (NJ)
	16.3	7 Catfish Fire Tower (NJ)
	17.6	8 Millbrook-Blairstown Road (NJ)
	21.3	9 Flatbrook-Stillwater Road (NJ)
	23.3	10 Crater Lake (NJ)
	27.3	11 Leave National Recreation Area (NJ)
	27.3	Enter Stokes State Forest (NJ)