



# Hikes at the Gap Pennsylvania (Mt. Minsi)

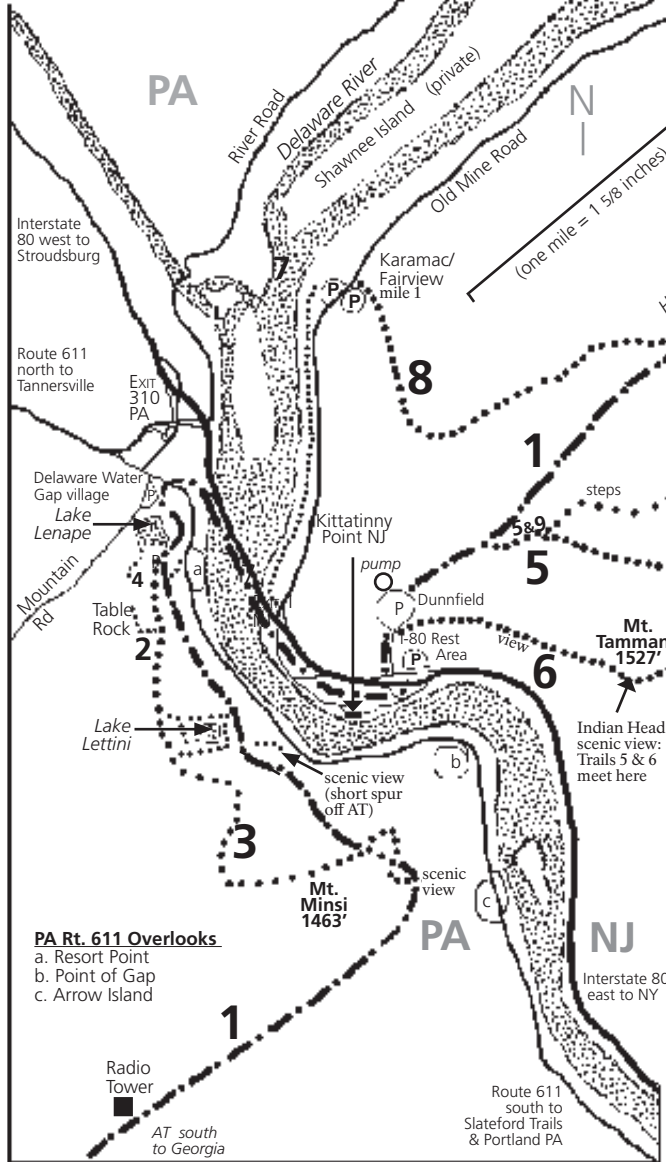
**1. Appalachian Trail South to Mt. Minsi** (white blaze)  
The AT passes through the village of Delaware Water Gap to Mt. Minsi/Lake Lenape parking area (40.979754 -75.142189) off Mountain Rd. The trail then climbs 1-1/2 miles and 1,060 ft. to the top of Mt. Minsi, with views over the Gap and Mt. Tammany NJ.

**2. Table Rock Spur**  
This 1/4-mile spur branches right from the Fire Road (Hike 3) 4/10-mile uphill from Lake Lenape. The spur parallels a creek and turns right to an outcrop. An unblazed trail at the left leads back down to Lake Lenape.

**3. Mt. Minsi Fire Road** (No bikes or vehicles)  
This dirt road begins at Lake Lenape parking area (40.979754 -75.142189) and climbs 1-1/2 miles and 1,060 ft. to the top of Mt. Minsi. The road forms a 4-mile loop with the AT. (Hike 1) Unblazed dirt roads circle partly-dry Lake Lettini.

**4. Resort Point Spur to Appalachian Trail**  
This 1/4-mile blue-blazed trail begins across Route 611 from Resort Point Overlook (40.978171 -75.138205)—cross carefully!—and climbs up to Lake Lenape along a stream that once ran through the basement of Kittatinny Hotel. (Look in the parking area for the round base of the hotel's fountain.) At the top, turn left for views of the Gap along the AT southbound, or turn right for a short walk on the AT northbound to Lake Lenape parking.

**To Mt. Minsi PA from Kittatinny Point NJ**  
Turn right out of the visitor center parking lot. Follow signs to Interstate 80 west over the river (Toll), staying to the right. Take PA Exit 310 just after the toll. Follow signs to Rt. 611 south, turn right at the light at the end of the ramp; turn left at the next light in the village; turn right 300 yards later at Deerhead Inn onto Mountain Rd. Turn left 0.1 mile later onto a paved road with an "AT" marker.



**7. Karamac Trail**  
This old railbed begins at Karamac parking (40.989117 -75.128333). The rugged north 2/10 mile drops 200 ft. to a river view; the next flat mile runs south to the light on Old Mine Rd.

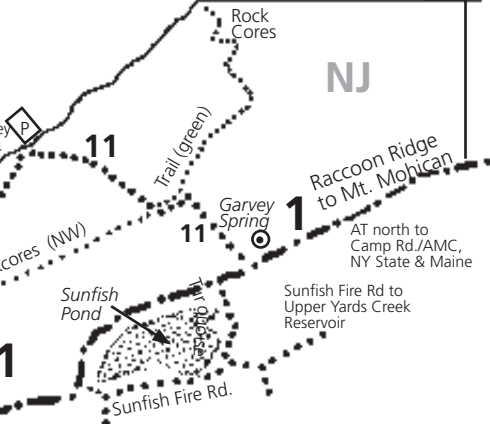
**8. Beulahland Trail** (yellow blaze) This trail begins at Fairview parking and climbs to the AT at Holly Spring Trail (1-1/3 miles, 400 ft.)

**9. Dunnfield Hollow Trail** (green blaze)  
This trail branches off the AT 1/2 mile north of Dunnfield parking (40.971977 -75.125812), crosses a footbridge to the east side of the creek, then runs along the flank of Mt. Tammany back to Dunnfield Creek. Connecting to Holly Spring Trail, a 1/2-mile red-blazed trail that climbs southwest to the AT and Beulahland Trail (Hike 8), requires fording the creek; following green blazes to Sunfish Pond requires several fordings. (Total to AT at Holly Spring: 2 miles, 1000 ft. climb.)

**1. Appalachian Trail North to Sunfish Pond** (white blaze)  
From Dunnfield parking (40.971977 -75.125812) the AT climbs 700 ft. north in 2 miles, and continues to Sunfish Pond in 1-7/10 miles more with a 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 to join the Red Dot/Tammany Trail (Hike 6) atop Tammany. (2-1/2 miles, 1250 ft. climb.)

**6. Red Dot (Tammany) Trail**  
From Dunnfield parking this trail climbs a steep rocky grade to join the blue-blazed trail (Hike 5) atop Tammany. (1-1/2 miles, 1250 ft. climb.)



**10. Douglas Trail** (blue blaze) and **11. Garvey Spring Trail** (orange blaze)  
Both trails start from Douglas parking (41.012933 -75.082500) at the north end of Worthington Campground, and climb Kittatinny Ridge to the AT. Douglas Trail climbs an old roadway to the AT at a point 1 mile south of Sunfish Pond. (Total to Sunfish Pond: 2-1/2 miles, 1000 ft. climb.) Garvey Spring Trail crosses Rock Cores Trail and climbs 1-1/4 miles and 1,000 ft. to the AT just north of Sunfish Pond; turn left on the AT for Mt. Mohican /Raccoon Ridge.

**PA Rt. 611 Overlooks**  
a. Resort Point  
b. Point of Gap  
c. Arrow Island



# Hikes in New Jersey

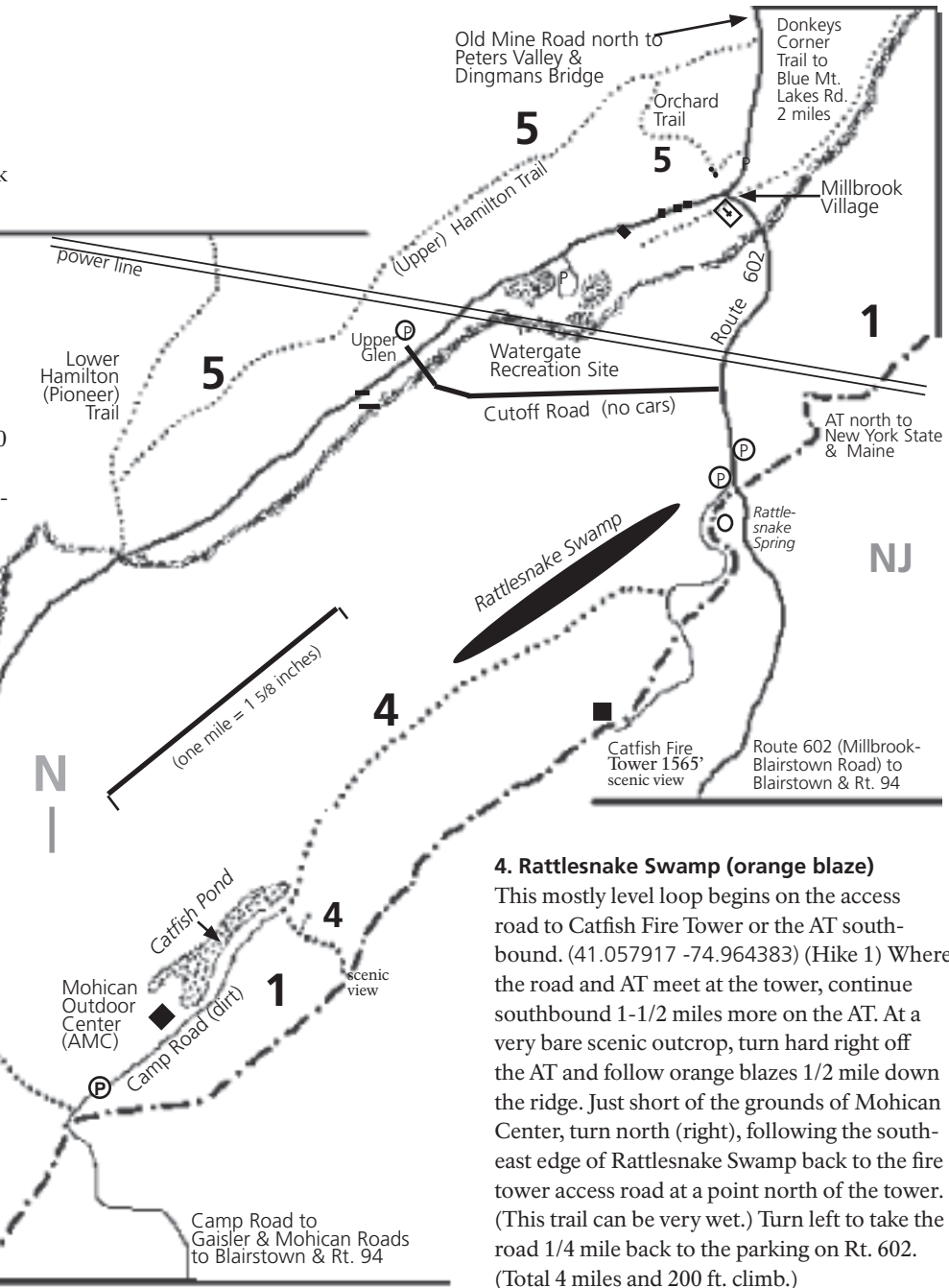
## Hikes near Millbrook NJ

### 1. Appalachian Trail (AT) NJ (white blaze)

To hike fairly easy and scenic section of the AT, park by a gated road on the west side of Route 602 (41.057917 -74.964383), 1 mile southeast of Millbrook Village. Heading south, the trail climbs 1 mile and 300 ft. to a fire tower and excellent views east. This trail combines with Hike 4 to form a loop.

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

No bicycles or motor vehicles. This old dirt roadway starts at the head-in parking lot (41.030333 -75.039200) at milepost 6 on Old Mine Road, just outside Turtle Beach. The trail climbs 2 miles and 1,000 ft. to join the AT 1 mile north of Raccoon Ridge./Mt. Mohican, where there are panoramic views in all directions. Kaiser Trail can be combined with Coppermine Trail (Hike 3) by taking either of two blue-blazed connectors. On Coppermine Trail, a wood sign marks the lower (west) connector, about 1/4 mile from the trailhead (before crossing the footbridge.)



### 3. Coppermine Trail (red blaze)

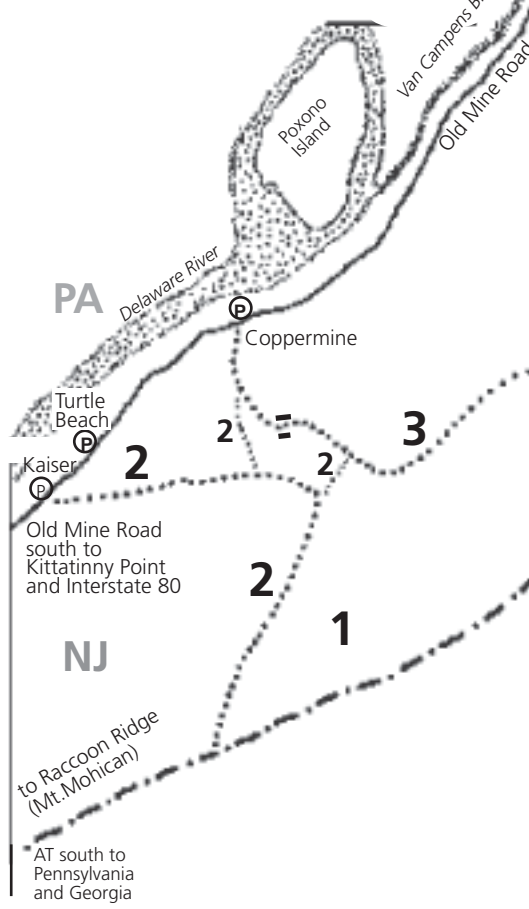
This trail begins across Old Mine Road from Coppermine parking (41.038117 -75.027650) and climbs 1-8/10 miles and 700 ft. past old mine shafts and then along a stream and across a footbridge in a hemlock ravine to reach the AT at Camp Rd. This trail can be hiked in a loop with the Kaiser Road Trail by taking either of two blue-blazed connectors. (Hike 2) On Coppermine Trail, a wood sign marks the lower (west) connector, about 1/4 mile from the trailhead (before crossing the footbridge.)

### 4. Rattlesnake Swamp (orange blaze)

This mostly level loop begins on the access road to Catfish Fire Tower or the AT southbound. (41.057917 -74.964383) (Hike 1) Where the road and AT meet at the tower, 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 southeast edge of Rattlesnake Swamp back to the fire tower access road at a point north of the tower. (This trail can be very wet.) Turn left to take the road 1/4 mile back to the parking on Rt. 602. (Total 4 miles and 200 ft. climb.)

### 5. (Upper) Hamilton Ridge/Orchard Trails

The north end of Upper Hamilton Trail is at Old Mine Road 1/2 mile north of Millbrook Village and parallels Old Mine Rd. 2 miles southward. The northern mile is flat with some old paving; the southern mile is dirt and descends 450 ft. to a "T" intersection with Lower Hamilton Trail. Turn left 3/10 mile to Old Mine Road near Van Campens Glen. Also, from Upper Hamilton Trail, Orchard Trail descends eastward 4/10 mile to Old Mine Road at Millbrook (41.073683 -74.963117.) Ask at Millbrook for details.



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