

Delaware Water Gap

National Park Service
U.S. Department of the Interior



Delaware Water Gap
National Recreation Area

A Quick Guide to Hiking the Park



The recreation area has more than 100 miles of hiking trails and old roadways to explore, from easy strolls by a lake to backpacking trips along 25 miles of the “AT” — the Appalachian Trail.

Kittatinny Ridge — the “Endless Mountain” — runs along the New Jersey side of the park, providing superlative views of the Delaware River Valley from 1500 ft. On the Pennsylvania side stretch 32 miles of McDade Trail, a planned recreational trail for hiking, biking and cross-country skiing. Shorter walks and hikes in Pennsylvania are rewarded with views of waterfalls, rhododendron, and towering hemlock trees.

Here are the most popular hikes.

TRAIL	TRAILHEAD	ROUND TRIP (miles/hours)	FEET OF CLIMB	DESCRIPTION
THE WATER GAP in NEW JERSEY and PENNSYLVANIA				
Red Dot/Blue-blazed Loop (Tammany Trail)	Dunnfield parking GPS 40.971977 -75.125812	4-mile loop/4 hours	1,250 ft.	Difficult. Some scramble over boulders. The park’s most challenging hike.
Sunfish Pond via AT (Appalachian Trail)	Dunnfield parking GPS 40.971977 -75.125812	7.4 miles/5 hours	700 ft.	Moderate Popular summer hike ending at a beautiful glacial lake in Worthington State Forest (WSF).
Mt. Minsi via AT/ Minsi Fire Road	Minsi/Mt. Rd. Trailhead GPS 40.979754 -75.142189	4-mile loop/4 hours	1,100 ft.	Difficult View of Gap via short spur from AT. Fewer users than Tammany.
KITTATINNY RIDGE in NEW JERSEY				
Mt. Mohican (Raccoon Ridge) via AT	Kaiser Trailhead GPS 41.030333 -75.039200	6.0 miles/5 hours	1,100 ft.	Difficult A panoramic 360-degree view from Raccoon Ridge. Kaiser Trail joins AT 1 mile north of Mt. Mohican.
Rattlesnake Swamp Loop via Catish Fire Tower Road/AT	Fire Road gate Rt. 602 GPS 41.057917 -74.964383	4.0 mile loop/ 4 hours	200 ft.	Moderate Views over rural New Jersey along a ridgetop, descent to an Appalachian Mt. Club (AMC) facility, and return via a swampside trail.
WOODS and WATERFALLS in PENNSYLVANIA				
Dingmans Falls (Access road closed; visitors must hike in.)	Rt. 209 & Johnny B. Rd. GPS 41.220667 -74.872667	3.6 miles/ 2-3 hours	Paved road rises 160 ft. Boardwalk is level Stairs climb 150 ft.	Moderate Visitors must hike in 1.5 miles on paved road to start of boardwalk trail, and hike out again. Boardwalk Trail is 0.6 mile round-trip more. Optional 240-step staircase trail goes to top of falls.
Raymondskill Falls	Restroom Parking GPS 41.290229 -74.841310	0.6 miles/ 1 hour	200 ft.	Moderate Short, uneven trail to Upper Falls; steep stone staircase from Upper to Middle falls
Cliff Park Trails	Raymondskill Lower parking GPS 41.290150 -74.839967	3-9 miles/2-6 hours	100 ft. (Hackers Falls) xxx ft. (South overlook) 400 ft (Milford Knob)	Moderate (Hackers Falls) to Difficult (Milford Knob from Rt. 209) Interconnected trails from 3 trailheads offer an overlook of Milford, valley vistas and/or a waterfall.
McDade Trail	Trailheads every 0.5 to 6.3 miles on River Rd., Rt. 209	1.0-20.4 miles/ hiker’s choice	Slight steady climb north-bound; a few steep hills	Easy 32-mile planned trail for hiking, biking, and cross-country skiing. Some sections limited to hikers; some sections still under construction.

HIKING SAFETY

Snakes and Sense

The recreation area has two species of venomous snakes. Timber rattlesnakes are found in high rocky ridges along the Appalachian Trail and in low areas along the river like Turtle Beach. Copperheads make their dens near streams, ponds, and bogs. Venomous snake bites are painful but need not be fatal.

- Be alert when you are in snake habitat.
- Stay on trails. Keep your pet leashed.
- When scrambling, don’t poke your hands and feet into places you can’t see.
- If bitten, stay calm. Send for help.

Tick Talk

The recreation area has a high percentage of ticks bearing Lyme Disease, a serious illness that can go undiagnosed if the affected person is not alert to its causes and symptoms.

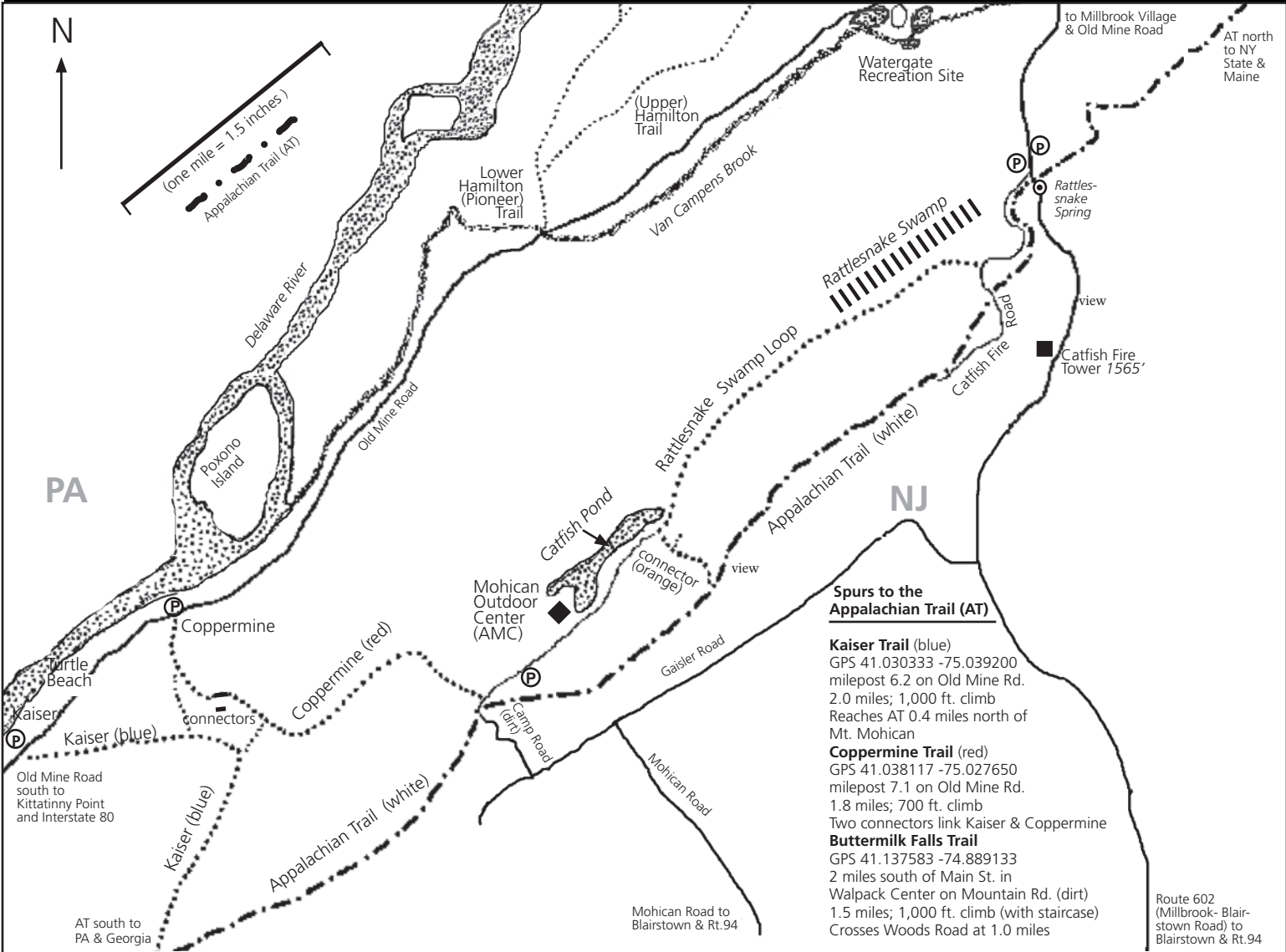
- Wear light-colored clothing while hiking in order to spot ticks more easily.
- Wear trousers, not shorts, and tuck trouser legs into socks.
- Use insect repellent.
- Check for ticks after you hike or bike.
- Remove ticks that you find attached to you. Save the tick and seek medical advice.

Bear Facts

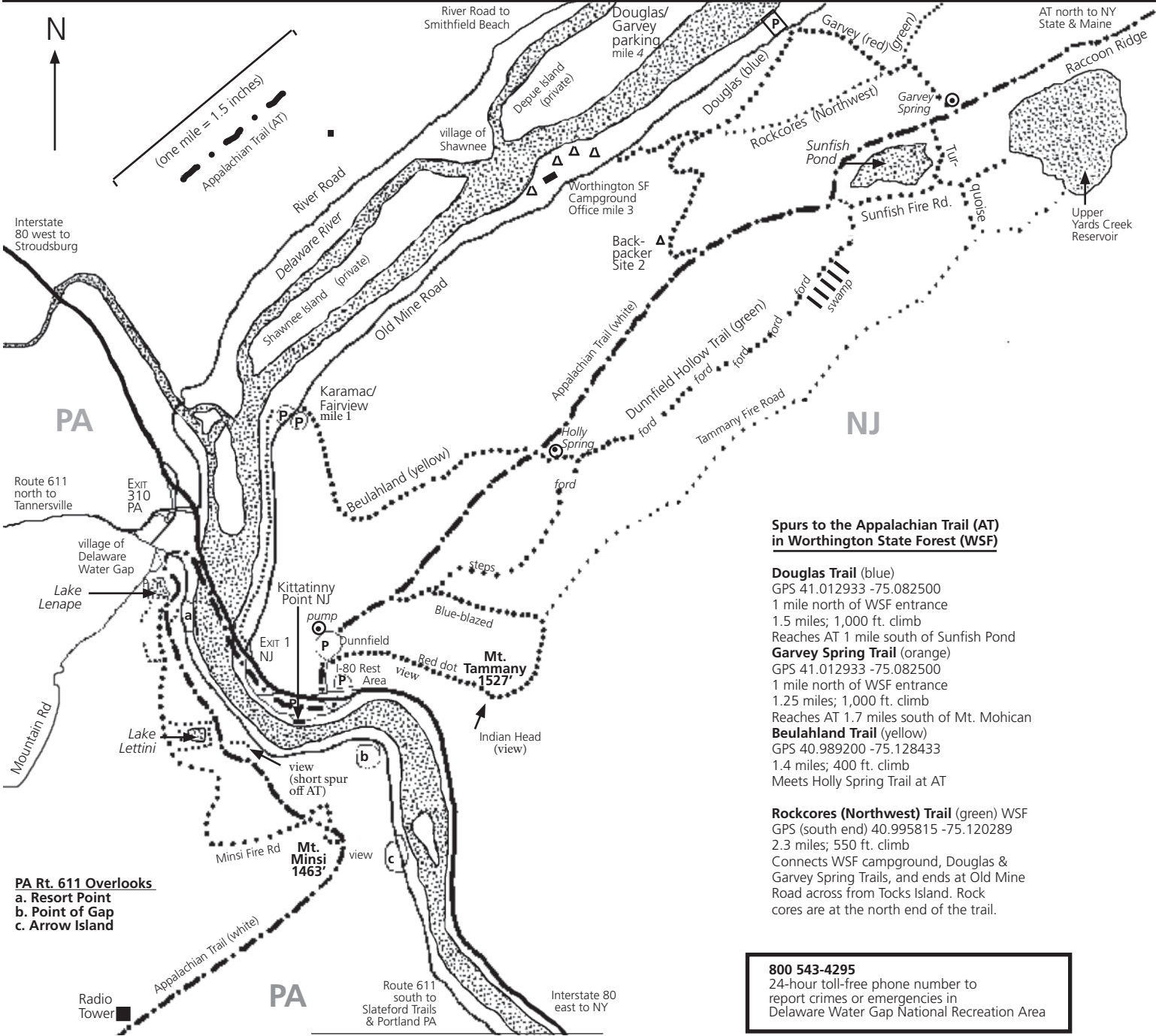
The recreation area is home to hundreds of black bears. These animals are generally peaceful, but bears have seriously injured people who have tried to feed them.

- Store campsite food in a bear-proof manner.
- Clean up all campsite food scraps.
- Stay with your backpacks.
- Never approach a bear, even a cub.
- Keep your pet leashed so it can’t bother a bear.
- If a bear approaches, don’t run. Make noise, wave your arms, and look large.
- **Never feed a bear!**

HIKES ON KITTATINNY RIDGE



HIKES AT THE GAP



800 543-4295
 24-hour toll-free phone number to report crimes or emergencies in Delaware Water Gap National Recreation Area