

Woods and Waterfalls

HIKING AND BIKING ON THE PENNSYLVANIA SIDE

Delaware Water Gap
National Recreation Area

National Park Service
Pennsylvania/New Jersey



Hidden Lake Picnic Area

Several old dirt roadways and footpaths circle this quiet lake on a fairly level walk of about 2 miles. Start a counterclockwise tour from the south end of the beach and picnic area parking lot, and stay on slightly higher ground away from the lakeshore. On the west shore of the lake, pass an old lodge and follow its access road north. Turn west to follow the lakeshore. Cross the footbridge to the path on top of the dam to return to the beach and picnic area.

Toms Creek Picnic Area

This trail heads west alongside the creek. The first mile is a flat stroll, ideal for children. *Toms Creek is on a parallel road off the west side of Route 209 between mileposts 4 and 5. Look for signs on Route 209.*

Dingmans Falls

A flat boardwalk trail, accessible to wheelchair-users, leads through a hemlock ravine to the base of Dingmans Falls (1/2 mile round-trip, no climb.) From the base of the falls, a steep climb of 240 steps reaches the top of the falls. Rangers give guided walks to the falls at 2:00 p.m. on Saturday and Sunday in summer.

George W. Childs Recreation Site

A loop trail with steep stairs and boardwalks leads 1-8/10 mile and 100 ft. down a hemlock ravine and past three waterfalls on Dingmans Creek. *Swimming in the creek at Childs Recreation Site is NOT allowed.*

Directions to the main parking area and restrooms at Childs Recreation Site:

From the traffic light at mile 14 on Route 209, take Route 739 west (a left turn if northbound on 209.) Continue 1 2/10 miles, and turn left onto Silver Lake Rd. Continue 1 7/10 miles, turn left onto Park Road, and then immediately turn left again into the main parking area.

Raymondskill Falls

A 1/4-mile round-trip hike leads through a hemlock ravine to the Upper Falls. (70 ft. climb) The Middle Falls are a 1/2-mile round-trip, using steep, uneven stairs (150 ft. climb.) Raymondskill Creek at the bottom of the ravine is a 1 mile round-trip with a steep ascent on the return (200 ft. climb.) *Raymondskill Road is on the west side of Route 209 (a sharp left turn if northbound), at about milepost 18.*



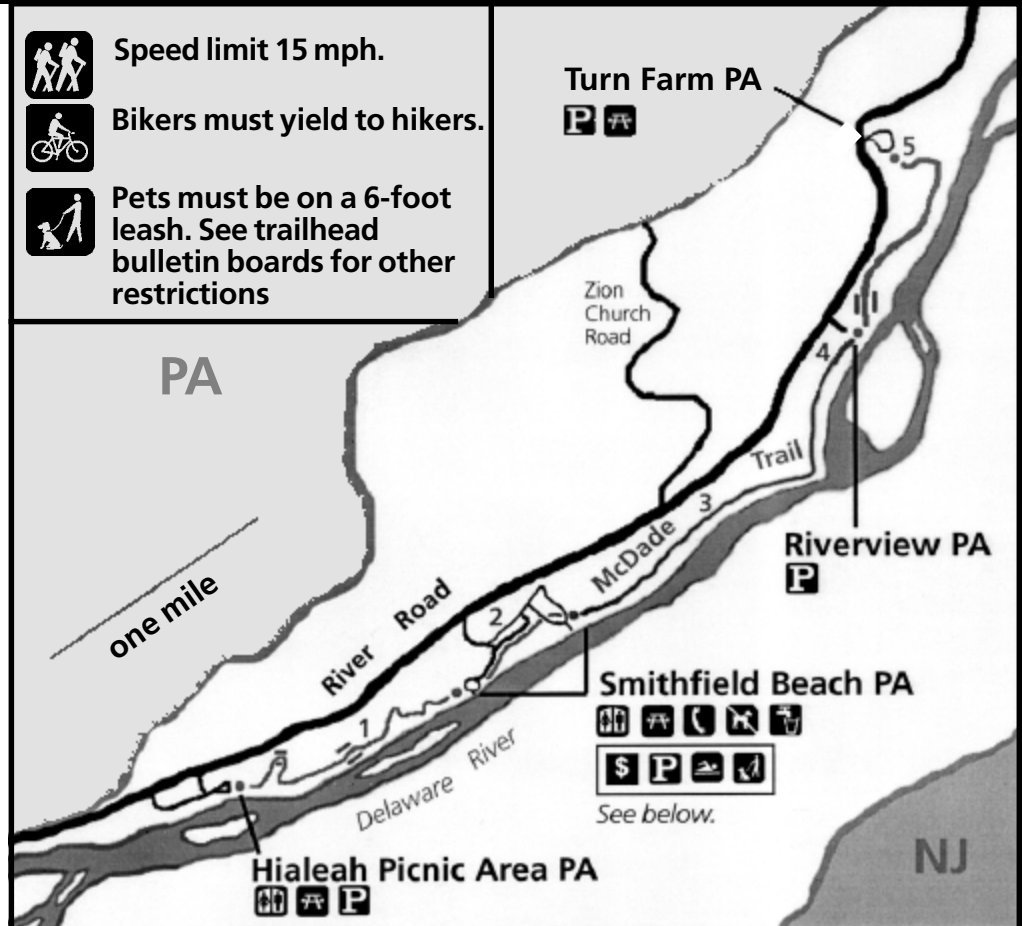
Speed limit 15 mph.



Bikers must yield to hikers.



Pets must be on a 6-foot leash. See trailhead bulletin boards for other restrictions



McDade Recreational Trail

Joseph M. McDade Recreational Trail is a planned recreational trail which, when completed, will extend for 37 miles on the Pennsylvania side of the park. The first segment of 5 miles is open for hiking, biking, and crosscountry skiing.

A second section of 2.7 miles of the trail, from Milford Beach to Pitman Orchard (near Raymondskill Road,) is near completion. *These two sections of the trail do not interconnect.*

Pocono Environmental Education Center (PEEC)

PEEC has 12 miles of varied trails open to the public, ranging from a 1/4-mile sensory trail to a 5-mile hike that involves descending a ledge. Maps are available at PEEC's visitor center and at www.peec.org/prog/trails.html.

Sensory Trail (1/4 mile)

A rope guide leads blindfolded hikers through a listening and sensing experience.

Two Ponds (1 1/2 miles, white blaze)

Wildlife viewing, pine stands, and views of Pickerel Pond.

Fossil Trail (1 1/4 miles, blue blaze)

Look for (but don't take!) fossils along an ancient marine escarpment.

Sunrise Trail (5 miles, yellow blaze)

Wetlands and forest. Hilly terrain with one steep descent using guide cables.

Tumbling Waters Trail (3 miles, orange blaze)

Scenic vistas and two waterfalls with a return through a meadow.

Scenic Gorge Trail (2 miles, red blaze)

Fairly easy trail which follows a stream. This trail can be muddy in rainy weather.

Hawk

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



Your 24-hour toll-free phone number for reporting crimes or emergencies in the recreation area