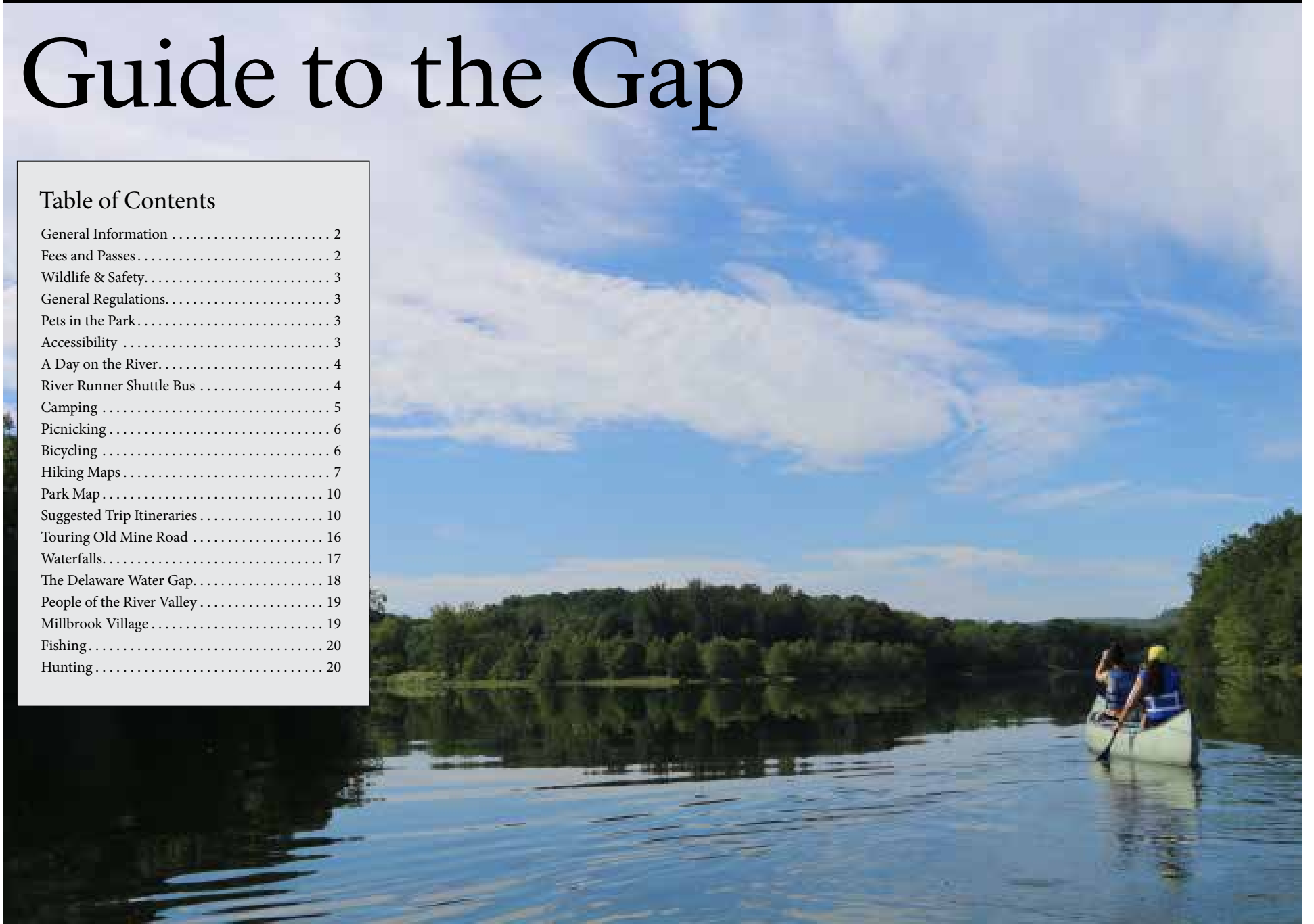




# Guide to the Gap

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## Welcome to Delaware Water Gap

THIS VALLEY HAS ATTRACTED PEOPLE FOR OVER 12,000 YEARS. Abundant plant and wildlife sustained American Indians; floodplains nourished early farmer’s crops; waterfalls drew Victorian vacationers. Today, a 70,000-acre park that encompasses Delaware Water Gap National Recreation Area, the Middle Delaware National Scenic and Recreational River, and 28 miles of the Appalachian National Scenic Trail invites you to discover the natural and cultural wonders and abundant recreational opportunities found here.

Each year, millions of visitors come to the park to recreate, learn, explore, and relax. Whether you plan to visit in the winter or the summer, for a few hours or a few days, there are a few things you should know before you go. While recreational opportunities exist year-round, May through October is the most popular time to visit and it can be hard to avoid the crowds and congestion at popular sites. To avoid the crowds, consider visiting on a weekday or during the off-season.

If visiting on a summer weekend, plan to get an early start. Parking areas for popular sites and trailheads often fill by 9:00 a.m. on weekends and holidays. Have a backup itinerary in case your first choice is already full or crowded and consider visiting other, less well known, areas of the park.

Exploring the park can have some risks. Wear sun protection, drink plenty of water, and eat salty snacks when out on the river or trails. Wildlife can be enchanting, but maintaining a safe distance and not feeding the animals is best for you and the animal. Always wear a life jacket when swimming or boating the river. Although the river appears calm in some areas, do not be misled. The Delaware River has strong currents and steep drop-offs. Do not attempt to swim or wade across the river. It is your responsibility to know and obey all park rules and regulations during your visit. The park rules protect you and the park. Check the park website ([nps.gov/dewa](http://nps.gov/dewa)) for updates and alerts before you arrive. We hope you have a wonderful time!

### Leave No Trace

**Don't Leave Anything Behind**  
Don't leave your mark on park buildings or natural features. Take your trash out with you, including toilet paper.

**Leave What You Find**  
Federal law prohibits collecting antlers; removing any plant, animal, or mineral substance; and disturbing or removing archaeological or historical items.

**Respect Wildlife and Visitors**  
Do not feed or approach wildlife. Respect other visitors and avoid loud noises.

### Ask a Ranger

**Information Stations**  
Knowledgeable park rangers and volunteers are available to answer your questions and provide directions, maps, and brochures at visitor centers, pop-up information stations, on the trail, and by phone.

Ask a ranger about how to become a Junior Ranger, BARK Ranger, or park volunteer.

Look for a ranger or park ambassador on trails and at popular spots June through September. Visitor services are limited late fall through spring.

### Fun For Kids

 **Junior Ranger Program**  
Stop by a visitor center or pop-up ranger station and ask for a free Jr. Ranger book. Once you have completed the activities, find a ranger to be sworn in as a Junior Ranger and be presented with your badge.

**Discovery Kits**  
Check out a discovery kit at a visitor center or pop-up ranger station. Kits contain tools and activities to explore and learn about the park, including naturalist guides and art activities.

### Contact Us

**Address**  
Park Headquarters  
1978 River Road  
Bushkill, Pennsylvania 18324

**Park Information**  
570 426-2452

**Emergencies**  
800 543-4295

**Website and Social Media**  
[www.nps.gov/dewa](http://www.nps.gov/dewa)  
[www.facebook.com/DelWaterGapNPS](https://www.facebook.com/DelWaterGapNPS)  
[www.twitter.com/DelWaterGapNPS](https://www.twitter.com/DelWaterGapNPS)  
[www.instagram.com/DelWaterGapNPS](https://www.instagram.com/DelWaterGapNPS)  
[www.youtube.com/DelawareWaterGapNPS](https://www.youtube.com/DelawareWaterGapNPS)





# General Information

## OPENING & CLOSING

Park entrances are open 24 hours a day. Beaches and most sites in the park are open 6:00 a.m. to 8:00 p.m. or sunrise to sunset. Hours vary for visitor centers, partner sites, and businesses throughout the year. Most facilities are open June through mid-October.

## FEES & PASSES

Delaware Water Gap National Recreation Area collects Expanded Amenity Fees spring, summer, and fall at select locations in the park. These fees are used to enhance visitor services, maintain and repair park facilities, and to manage cultural and natural resources in the park.

### One Day Passes

Vehicle pass . . . . . \$10  
 Individual Pass . . . . . \$2

### Seasonal Passes

Vehicle pass . . . . . \$45  
 Senior Vehicle Pass . . . . . \$22.50

*Discount available for multiple passes purchased for the same address*

### Sites where fees are collected

- Smithfield Beach (PA)
- Bushkill Access (PA)
- Dingmans Access (PA)
- Milford Beach (PA)
- Turtle Beach (NJ)

The America the Beautiful Annual Pass and America the Beautiful Annual Pass for Active Military are not accepted because the park does not collect a Standard Amenity Fee or an entrance fee. Holders of the America the Beautiful Senior Pass or America the Beautiful Access Pass receive a 50% discount on Expanded Amenity Fees.

## TRAFFIC & PARKING

Over 4 million people visit the park each year, mostly on summer weekends. With most visitors arriving by car, this means park roads can get very busy and parking may be extremely limited. Parking areas are busiest from 9:00 a.m. to 3:00 p.m. between May and October, especially on weekends. Parking at beaches, waterfalls, and our most popular trailheads can fill as early as 9:00 am. Arrive early or late to avoid the crowds. Be courteous to other motorists, obey posted speed limits, and watch for visitors and wildlife in parking lots and near roadways.

## CELL SERVICE

Cell Service is very limited in the park. Don't depend on a cell phone for emergency help.

## LOST & FOUND

Stop by a visitor center or call 570-426-2457 to report or retrieve items lost in the park.

## RANGER PROGRAMS

Evening programs, guided walks and talks, and drop-in programs are usually offered June through September. Schedules are posted on the website calendar and at visitor centers and campgrounds.



## RIVER RUNNER SHUTTLE

In summer, consider riding the River Runner Shuttle between Kittatinny Point, NJ, and Milford, PA. Monroe County Transit Authority (MCTA) provides the River Runner Shuttle service on Saturdays and Sundays between Memorial Day and Labor Day. The River Runner Shuttle is a free service and is ADA accessible. In addition to passengers, MCTA can also transport bicycles, canoes, kayaks, and leashed dogs. Be at the stop five minutes prior to the scheduled arrival with your gear ready to load. Passengers are required to load and secure their own belongings and MCTA operators will check the equipment to ensure it is properly stowed. **More Information and a current schedule is available at <https://www.gomcta.com/trip>**

## HIKER SHUTTLE

MCTA also offers a hiker shuttle between the Delaware Water Gap Park and Ride lot, Lake Lenape Trailhead (Mt. Minsi), and the Kittatinny Point and Dunnfield parking lots (Mt. Tammany). The parking lots at Kittatinny Point, Dunnfield, and Lake Lenape are generally full by 9:00 am on summer weekends. The hiker shuttle service is offered every half hour between 10:00 am and 5:30 pm on Saturdays, Sundays, and holidays between Memorial Day and Labor Day weekends. Dogs are permitted on the Hikers Shuttle. **More Information is available at <https://www.gomcta.com/trip>**

## PARTNER OPERATED FACILITIES

The park operates in cooperation with many organizations. Park information, tours, and programs are also offered at these sites.

### Mohican Outdoor Center

A facility of the Appalachian Mountain Club (AMC). Provides information and support for Appalachian National Scenic Trail and other area hikers.

### Montague Association for the Restoration of Community History

Provides tours and exhibits at the Foster-Armstrong House and Neldon-Roberts Stonehouse in Montague NJ

Pocono Environmental Education Center Provides residential and other educational programs to area schools and provide various activities for the public.

### Peters Valley School of Craft

Provides art workshops for contemporary American crafts, set in a historic rural village. Operates a Gallery and Store.

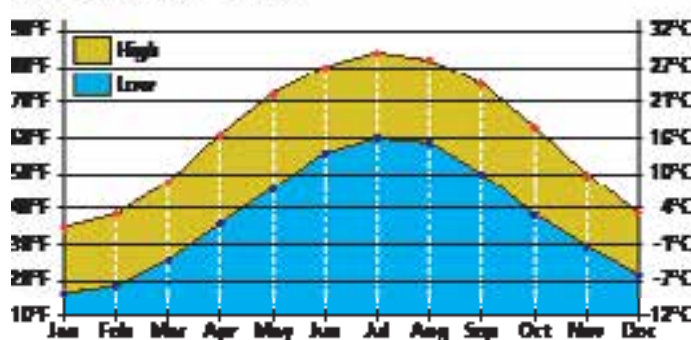
### Walpack Historical Society

Provides tours and exhibits at the Rosenkrans House in Walpack Center and the Van Campen Inn along Old Mine Road.

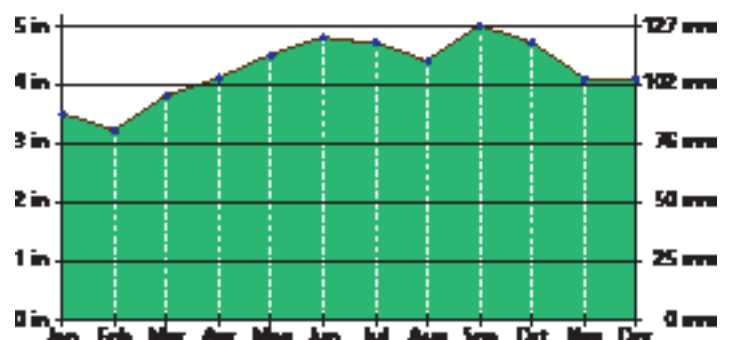
# Weather

Spring tends to have more breezy days and less humidity than other times of the year. During the summer, humidity levels can be high, even near 100%, and afternoon thunderstorms are common. In the fall, humidity can still be high, but temperatures are generally pleasant. Winter days tend to be cloudy and the most snow falls in January and February, particularly along the higher elevations of the Kittatinny Ridge.

Average Temperature



Average Precipitation





## ACCESSIBILITY

### Trails

Dingmans Creek Trail is a flat, quarter-mile boardwalk to the base of Silverthread and Dingmans falls that is wheelchair accessible. Trail for Everyone is wheelchair accessible and has several benches along the one-way, third of a mile route. The Sensory Trail is a quarter-mile, rope-lined trail.

### Visitor Centers and Park Stores

Dingmans Falls Visitor Center and park headquarters are wheelchair accessible.

### Swim Beaches

Accessible restrooms and bathhouses are located at Milford and Smithfield beaches. Assistance is needed to the swimming area at these sites.

### River Runner & Hiker Shuttle

The River Runner & Hikers shuttles that operate during the summer season are accessible.

### Picnic Areas

Accessible restrooms and picnic sites are located at Milford Beach, Toms Creek, Smithfield Beach, Hialeah, Watergate, and Kittatinny Point.

### Historical Sites

Millbrook Village has accessible restrooms and the path through the village is wheelchair accessible. Peters Valley has accessible restrooms and the first floor of the store is wheelchair accessible. The Foster-Armstrong House and the Nelden-Roberts Stonehouse are each wheelchair accessible on the first floor.

### Overlooks

Overlooks along PA 611 offer wheelchair accessible views of the Delaware Water Gap.

### Boat Launch & Fishing Pier

A boat loading ramp is available at Smithfield Beach. The ramp provides access to trailer-mounted boats. A pier at Loch Lomond is wheelchair accessible.

### Campgrounds

Dingmans Campground has wheelchair accessible sites, campground store and bathhouse. Valley View Group Campsite #1 is wheelchair accessible.

### Audio Described Exhibits

Audio files for many exhibits and waysides throughout the park are available for download at the park's website.

# Park Rules & Regulations

## SWIMMING & WATERFALLS

Swimming and wading is prohibited in Van Campens Brook, Big Flatbrook Creek, Raymondskill Creek (from falls to river), Delaware River at Kittatinny Point, Dingmans Creek (upstream of the parking lot), Toms Creek, Adams Creek, within 50 feet of boat launches, and within 50 feet upstream of waterfalls. Climbing, jumping, diving, and rappelling is prohibited at all waterfalls, waterfall pools, and bridge abutments.

## INFLATABLE POOL TOYS

Inflatable pool toys are not permitted at swim beaches. Pool toys can quickly float or blow away, taking their occupants with them.

## BICYCLES

Bicycles and e-bikes are only permitted on the McDade Recreational Trail.

## CAMPING

Camping is only permitted at developed campgrounds and designated campsites along the Delaware River and Appalachian Trail.

## CAMPFIRES

Campfires are only allowed at designated camp sites within metal fire grates. Personally owned grills, stoves, or lanterns are permitted at designated picnic sites (excluding Kittatinny Point and Childs Park), campground or river campsite. Fires are prohibited in all other areas. Do not bring wood from outside the park; firewood is available for purchase at Dingmans Campground.

## ALCOHOL

Alcohol is prohibited at all beaches and group campgrounds, as well as Dingmans Campground, Karamac, Kittatinny Point, Crater Lake, Blue Mountain Lakes, Millbrook Village, Watergate, Namanock, Cadoo, Van Campens Glen, Ames-Jennings Area, Childs Park, Freeman Tract Road, Hialeah, Adams Creek, Hackers Falls, Hornbecks Creek, Tumbling Waters, Toms Creek, Raymondskill Falls, Dingmans Falls, McDade Trail, Jerry Lees Access, Eshback Access, Sawkill Creek, and Mott Street Bridge Area.

## HUNTING & FIREARMS

Hunting is permitted in most parts of the park. The possession of firearms on federally-owned land within Delaware Water Gap National Recreation Area is permissible consistent with state and federal laws, as outlined in the Digest of Pennsylvania Hunting Regulations, New Jersey Fish and Wildlife Digest, the Delaware Water Gap National Recreation Area Compendium of Regulations, and Title 36 of the Code of Federal Regulations. Federal law prohibits firearms in park buildings and facilities. Those legally allowed to carry firearms must comply with all applicable state and federal firearm law.

## FISHING

A state fishing license is required for those 16 and older; regulations are enforced. Holders of either a New Jersey or Pennsylvania license may fish on the Delaware River and from either of its banks. This does not apply to the river's tributaries. Special fishing regulations apply within the park. Refer to the appropriate state regulations.

## COLLECTING

Collection of plants, animals, rocks, mineral, and cultural objects is prohibited.



## PETS & SERVICE ANIMALS

Pets are permitted in most areas of the park, including campgrounds, picnic areas, and on paved or dirt roads. Pets must be restrained on a leash (6 feet or less). Pets may not be tied to an object and left unattended or left in a vehicle. Summer heat poses a threat to pets left in vehicles. Report lost pets to 570 426-2457.

Please follow the rules of BARK when visiting the park with your pet.

Bag your pet's waste  
Always wear a leash  
Respect wildlife  
Know where you can go

Pets are NOT permitted in any buildings or at the following sites (excludes working service animals):

### In Pennsylvania:

Raymondskill Falls and Raymondskill Creek Trail  
Dingmans Falls and Dingmans Creek Trail  
Valley View Group Campsites  
*Memorial Day weekend through Labor Day:*  
Smithfield Beach, Milford Beach  
Hialeah Picnic Area (except when accessing the McDade Trailhead)

### In New Jersey:

Turtle Beach  
Rivers Bend Group Campsites  
Kittatinny Point picnic area

\*Service animals are allowed in all facilities, trails, and the River Runner shuttle, but must always be leashed.

## DRONES

Launching, landing or operating an unmanned aircraft from or on lands and waters administered by the National Park Service within the boundaries of Delaware Water Gap National Recreation Area is prohibited except as approved in writing by the Superintendent.

## PERMITS

Special Use Permits or Commercial Use Permits are required for certain types of activities, including weddings, baptisms, events and tours. Contact the permit coordinator at 570-426-2440 for more information.

## CLOSED AREAS

Sites in the park may be closed to entry seasonally or due to construction or storm damage. Entry into caves, mine shafts and unoccupied structures is always prohibited. Privately-owned property and residences exist within park boundaries. Please respect the rights and privacy of private property owners and other residents.

# Stay Safe During Your Visit



## WATER SAFETY

Even though the Delaware River appears calm in some areas, do not be misled. Most drownings on the river have been swimming-related. Always keep your life jacket on. Swift currents, sudden drop-offs, and slippery rocks can cause unexpected and serious injuries. Always check the river level before you go and plan to be off the river by dark.

**LIFE JACKETS:** Always wear a life jacket when swimming or boating. Children aged 12 and under MUST wear Coast Guard-approved life jackets at all times when on the river. Jackets must fit appropriately, and be fully fastened to be effective. Any person paddling or boating MUST have their own US Coast Guard approved life jacket or PFD on board and readily accessible in case of emergency. All boaters must wear life jackets from November 1 through April 30.

**SWIMMING & WADING:** Wear shoes to protect your feet from sharp stones, glass, and other objects. Don't wade in water above your knees. You can be knocked over or your foot could be caught between rocks. If you're caught in the current, keep your feet downstream and toward the surface.

## WILDLIFE & PLANTS

It is illegal to feed or approach wildlife. Always maintain a distance of at least 100 yards from bears and 25 yards from other wildlife. If an animal moves closer to you, you must move to maintain the appropriate distance.

**BEARS:** Hike in groups of three or more and make noise. Properly store food, trash, and any products with an odor. Do not run if a bear approaches; make noise, wave your arms, and look large. Keep pets leashed at all times.

**SNAKES:** Stay alert for snakes; do not put your hands and feet into places you cannot see.

**TICKS:** Protect yourself from ticks and insects; use insect repellent, tuck your pants into your socks, check and remove ticks when you return, and wear light-colored clothing to spot ticks more easily.

**POISON IVY:** Be able to recognize poison ivy and avoid contact with the plant.

## BE PREPARED

It is your responsibility to be safe and know and obey park rules. Trails are not regularly maintained or patrolled and cell phone service is limited within the park. Always tell someone where you're going and when you expect to return. Travel carefully and at your own risk.

**CHECK THE WEATHER:** Check the weather before your trip. Storms are common in the spring and early summer. Dress for the weather and stay off the river when there is lightning or high water.

**STAY HYDRATED:** Carry (and drink) plenty of water; a leading cause of injuries on the trail is dehydration. Do not drink water unless it is boiled at least 10 minutes. Do not drink alcohol when recreating.

**DRESS TO PROTECT:** Wear a hat, sunglasses and sunscreen to protect yourself from the sun. Wear sturdy shoes with adequate tread. Many trails cross uneven terrain and follow rock ledges that require good traction. Wear bright orange (shirt, vest, or hat) during hunting season.



# A Day on the Delaware River



The Delaware River is the longest undammed United States river east of the Mississippi, extending 330 miles from Hancock, New York to the Atlantic Ocean. The Delaware River Water Trail extends nearly 200 miles from Hancock to Trenton, New Jersey. Like a conventional trail, a water trail is a recreational corridor, but instead of hiking, it is traveled by boat, such as canoe, kayak or small-motorized watercraft.

The river boasts outstanding natural, cultural, recreational and scenic resources. In recognition of these qualities, the portion of the Delaware River traveling through Delaware Water Gap National Recreation Area was officially designated as the Middle Delaware National Scenic and Recreational River in 1978. Within the park, the river is a series of shallow riffles and deep pools, making this section particularly good for canoeing. Access points every eight to ten miles allow for easy day trips, and numerous primitive campsites allow for longer journeys. While the Delaware River is easy for boaters, do not be misled by its calm appearance. Always follow proper water safety precautions to ensure you have a safe and enjoyable experience.

## Swimming



Pack a swimsuit and a picnic and head to the beach - the river beach, that is. Unlike the sandy beaches along the ocean, the beaches here have soft grass on which to stretch out and enjoy the day.

Milford, Smithfield, and Turtle Beaches are designated swim areas. Lifeguards monitor the beaches daily mid-June through Labor Day. Swimming in other areas of the river is not recommended.

## Boat Rentals

A number of local businesses offer boat rentals and shuttles in the park. They will bring you and a canoe to the put-in location and pick up the canoe from your take-out location. All rental companies provide paddles and life jackets. Most businesses rent canoes, kayaks, rafts, and tubes. A current list of businesses that are permitted to operate within the recreation area is available on the park website at [www.nps.gov/dewa/planyourvisit/liveries](http://www.nps.gov/dewa/planyourvisit/liveries).

## River Runner Shuttle

Bringing your own kayak or canoe? Take the chore out of relaying vehicles between your put-in and take-out on summer weekends. The National Park Service has partnered with Monroe County Transit Authority (MCTA) to provide the River Runner Shuttle service between Stroudsburg, PA and Milford Beach, PA. Use the River Runner Shuttle to transport you, your kayak or canoe, and your gear on Saturdays, Sundays and holidays Memorial Day weekend to Labor Day weekend. The River Runner Shuttle is a free service and is ADA accessible.

Be at the stop five minutes prior to the scheduled arrival with your gear ready to load. In addition to passengers, MCTA can also transport bicycles, canoes, kayaks, and leashed dogs. Passengers are required to load and secure their own belongings and MCTA operators will check the equipment to ensure it is properly stowed. Programs like the River Runner Shuttle are just one way the park is working to lessen the footprint we all leave on the planet. For more information about the shuttle visit MCTA's website at [gomcta.com/trip](http://gomcta.com/trip).

 Look for this symbol throughout the paper for places in the park you can visit via the River Runner Shuttle.



### Summer River Facts

- Average Daily Temp. 64° F / 18° C
- Average High Temp. 79° F / 26° C
- Average Water Temp. 80° F / 27° C
- Average Rainfall 13 in / 32 cm
- Average Water Flow 2 mph / 3 kph
- Average Depth 5 ft / 1.5 m
- Maximum Depth 45 ft / 14 m

### River Miles between River Accesses

Access Name	Milford Beach, PA	Namanock, NJ	Dingmans, PA	Eshback, PA	Bushkill, PA	Poxono, NJ	Smithfield, PA	Worthington State Forest, NJ
Namanock, NJ	4							
Dingmans, PA	8	4						
Eshback, PA	14	10	6					
Bushkill, PA	18	14	10	4				
Poxono, NJ	26	22	18	12	8			
Smithfield, PA	28	24	20	14	10	2		
Worthington SF, NJ	30	26	22	16	12	4	2	
Kittatinny Point, NJ	34	30	26	20	16	8	6	4





# Camping



What better way to immerse yourself in an environment of solitude, tranquil natural landscapes, striking river valley scenery, and a substantially undeveloped river corridor than to go camping! Camping is a relatively inexpensive way to create lasting memories. Whether you enjoy the services available at a campground or prefer hiking or paddling to pitch a tent away from people, the park offers a campsite for you. The place you park your RV or set up your tent becomes your home away from home – make it a safe one. See page 14 for information about camping on the Appalachian National Scenic Trail.

## Campgrounds

### Dingmans Campground

- Located near Dingmans Ferry, PA
- Sites for tent and RV (some with water and electric hook-ups)
- Individual and group campsites
- Camp store
- Weekly activities
- River Runner Shuttle flag stop
- More information: 877 828-1551 or dingmancampground.com

### Mohican Outdoor Center

- Located along the Appalachian National Scenic Trail near Blirstown, NJ
- Individual and group tent sites
- Self-service, bunk-style cabins
- Water available
- Camp store
- Food service
- More information: 908 362-5670 or outdoors.org/lodging/lodges/mohican

### Valley View Group Campsites

- Located near Bushkill, PA
- Reservations required
- Available for groups of 20-40
- Primitive tent sites along the river
- Water available
- River access for canoes and kayaks
- River Runner Shuttle flag stop (1/3-mile walk)
- For reservations go to recreation.gov and search Valley View

### Rivers Bend Group Campsites

- Located near Millbrook Village, NJ
- Reservations required
- Primitive tent sites along the river
- Available for groups of 20-40
- Water available
- River access for canoes and kayaks
- For reservations go to recreation.gov and search Rivers Bend

## River Campsites

# on Map	River Campsite Name	State	GPS	# Sites at Location	# People per site	Site #
1	Mashipacong Island	NJ	41.334419 -74.761520	1	4	1
2	Namanock Island	NJ	41.264988 -74.843964	4	6	14-17
3	Sandyston	NJ	41.248880 -74.855515	6	6	18-23
4	Dingmans Shallows	PA	41.185276 -74.880993	1	10	24
5	Hornbecks	PA	41.178972 -74.885157	3	10	27-29
6	Jerry Lees	PA	41.153859 -74.908620	2	10	33-34
7	Mill Creek	PA	41.151045 -74.911284	1	10	35
8	Toms Creek	PA	41.127015 -74.948574	4	10	39-42
9	Ratcliffs	NJ	41.112459 -74.973252	3	6	52-54
10	Bushkill Creek	PA	41.092099 -74.993005	1	10	55
11	Peters	NJ	41.093485 -74.989833	12	6	56-68
12	Quinns	NJ	41.096138 -74.967613	7	6	73-79
13	Freeman Point	PA	41.093276 -74.967570	2	10	82-83
14	Alosa	PA	41.083544, -74.976290	5	6	R1-R6
15	Hamilton	NJ	41.075621 -74.994564	9	6	89-100
16	Walter's	PA	41.018828 -75.074213	1	6	106

## River Camping



For extended boat trips (14 miles or more), free primitive campsites along the river are available first-come, first-serve. Additionally, six sites at the Alosa Campsite are available by reservation only. For Alosa Campsite reservations go online to recreation.gov and search for Alosa. Service charges will apply when making reservations on the recreation.gov website.

### Key Regulations

- Camping is limited to boaters on trips at least 14 miles for one night, 26 miles for two nights and 34 miles for three nights.
- Camping along the river is permitted in designated sites only.
- Camping is limited to one night at each location.
- Campsites are limited to five tents and 10 people per campsite.
- Tents must be erected within 50 feet of the campsite fire grate.
- Fires permitted in existing fire grates only.
- Self-contained stoves are permitted.
- Use dead and down wood only. Do not cut standing trees.
- Pack out what you pack in, including food scraps.
- Use soaps sparingly; even biodegradable soap is a pollutant.
- Do not urinate or defecate within 100 feet of any river or stream. Bury fecal material, including pet waste, at least six inches deep and at least 100 feet away from water.
- Sites must be vacated by 11:00 am.

### Stay Safe on the River



#### Plan Ahead and Prepare

- Know before you go. Check the weather forecast and water levels before your trip. Life jackets are mandatory and swimming is prohibited when river levels are above 8 ft.
- Stay updated on changing river conditions at [waterdata.usgs.gov/usa/nwis/uv?01438500](http://waterdata.usgs.gov/usa/nwis/uv?01438500)
- Watch the weather closely during your trip. Upstream thunderstorms can cause the river to rise rapidly.
- Use a detailed topographic map to plan your trip.
- Always tell someone where you are going and when you expect to return. Arrange drop off and pick up points before you leave. Leave emergency phone numbers and vehicle description and tag numbers with someone who can report that you are overdue.



#### When Boating:

- Always wear your life jacket.
- Children 12 years of age and younger must WEAR a life jacket on board a vessel.
- Life jackets must be worn in vessels less than 16 feet between November 1 and April 30.
- Never stand in a canoe. For better balance, kneel in a canoe when going through rapids.
- If you capsize, don't panic. Stay with your boat; even an overturned boat can support you. Keep upstream of your boat to avoid being pinned against a rock or obstacle. Float on your back with your feet pointed downstream. Use your paddle to push away from rocks and other obstacles. Retrieve boats and equipment only if it can be done safely.
- Be ready for changing weather and cold water. Bring rain gear. To protect against hypothermia, bring clothing made of wool, polypropylene, high-performance fleece, or a wetsuit.
- Never try to stand in rapids. Your foot could become trapped between submerged rocks. With a foot trapped, the current can be strong enough to push you over and hold you under, even if you are wearing a life jacket.
- Bring a spare paddle, a throw line, and a first aid kit.



# Picnicking


Numerous idyllic spots in the park await you and a red-checkered blanket. Grills are not provided anywhere in the park, but you are welcome to bring your own to picnic areas where grilling is allowed. Ground fires are prohibited throughout the park. Do not bring wood from outside the park for any purpose; it may contain invasive insects and other organisms that threaten the survival of local plant and animal life. Collecting wood in the park for fires is also expressly prohibited, since even the smallest twig may serve as a critical habitat or food source for protected plant and animal life.

## Picnic Areas in Pennsylvania

	Bushkill Village	Alcohol not permitted.
<input type="checkbox"/>	Hialeah Picnic Area	Alcohol not permitted. Pets not permitted from Memorial Day to Labor Day weekends
	Hidden Lake	Grills and alcohol are not permitted
	Loch Lomond	Alcohol not permitted.
	Milford Beach	Fee area; alcohol not permitted; pets not permitted from Memorial Day to Labor Day weekends; group picnic area available - call 570-426-2440 to reserve
<input type="checkbox"/>	Smithfield Beach	Fee area; alcohol not permitted; pets not permitted from Memorial Day to Labor Day weekends
	Toms Creek	Alcohol not permitted

## Picnic Areas in New Jersey

	Crater Lake	Grills and alcohol are not permitted
	Kittatinny Point	Grills and alcohol are not permitted
	Millbrook Village	Grills and alcohol are not permitted
	Namanock	Alcohol not permitted
	Turtle Beach	Fee area; alcohol and pets not permitted

Picnic areas accessible by the River Runner Shuttle are indicated with the  symbol. The River Runner Shuttle operates on Saturdays, Sundays, and holidays between Memorial Day weekend and Labor Day weekend.



# Hiking

More than 100 miles of trails meander through the park, including nearly 27 miles of the Appalachian National Scenic Trail. Hikers can enjoy the trails year-round, with each season offering its own special reward. During winter, the absence of deciduous leaves opens new vistas along trails and reveals stone walls, foundations, and other reminders of past residents. Spring provides a weekly parade of wildflowers and flowering trees. In summer, hikers can seek out cool retreats among the hemlock forests, and follow burbling streams to powerful falls and cascades. In autumn, hikers have crisp air to sharpen their senses and a wondrous palette of fall colors to enjoy.

The following pages offer a simple guide to the many routes available.

### Stay Safe on the Trails

- Trails are not regularly maintained or patrolled; travel carefully and at your own risk.
- Carry (and drink) plenty of water; a leading cause of injuries on the trail is dehydration.
- Be Bear Aware; stay at least 100 yard from bears, hike in groups of three or more, make noise, and properly store trash and any products with an odor.
- Wear bright orange (shirt, vest, or hat) during hunting season.

### Hike Responsibly

- Stay on trails; taking shortcuts causes trail erosion, damages native plants, and can be dangerous.
- Do not feed or approach wildlife.
- Pets must be leashed at all time
- Pack out what you pack in; do not leave trash behind.
- Be considerate of other visitors.
- Leave what you find.



### Hiker Shuttle


The parking lots at Kittatinny Point and Dunnfield are generally full by 9:00 am on summer weekends. Monroe County Transit Authority offers a hiker shuttle between the Delaware Water Gap Park and Ride, Lake Lenape Trailhead, and the Kittatinny Point and Dunnfield parking lots. Service is offered every half hour between 10:00 am and 5:30 pm on Saturdays, Sundays, and holidays between Memorial Day and Labor Day weekends.

# Biking

Cycling is a popular form of recreation in the park. The McDade Recreational Trail (page 8), a packed gravel path, parallels the Delaware River on the Pennsylvania side of the park for 32 miles and is perfect for mountain and hybrid bikes. A section between White Pines and Pittman Orchard trailheads is closed to biking. Motorized vehicles are not permitted on the McDade Recreational Trail.

For those who enjoy road biking, Old Mine Road parallels the Delaware River on the New Jersey side for 34 miles in the park (page 18). The route passes through lush forests, past agricultural fields, and through historic landscapes. Numerous opportunities exist to stop and explore scenic and historic areas.

Road biking on US 209 in Pennsylvania is not recommended due to heavy traffic. Road biking on River Road in Pennsylvania is strongly discouraged due to sharp, steep turns, blind curves, and the lack of shoulders.

 Extend your one-way trip on the McDade Recreational Trail by using the River Runner Shuttle.



# Riding

The Conashaugh View Trail in Pennsylvania and the Upper Ridge Trail in New Jersey are open to horse riding for those who have their own horses. There are no horse rental liveryes in the park. These two trails are also open to hiking. Hikers should be alert to riders and must yield to riders by stepping off the trail and standing quietly until they pass. Please protect the environment by riding only on the marked trails, and crossing streams only on bridges.

The Conashaugh View Trail (page 8) near Milford, Pennsylvania, offers nine miles of trail for horseback riders. The trail meanders through forests in the lowland and upland areas and passes by streams providing a serene setting for a ride. Parking for trailers is along Conashaugh View Road.

The Upper Ridge Trail (page 9) near Layton, New Jersey, winds approximately five miles (in and back) through quiet woods, open fields and past isolated ponds. This trail is not heavily used and can become overgrown in the summer. Parking for trailers is along Jager Road.





# Park Trails

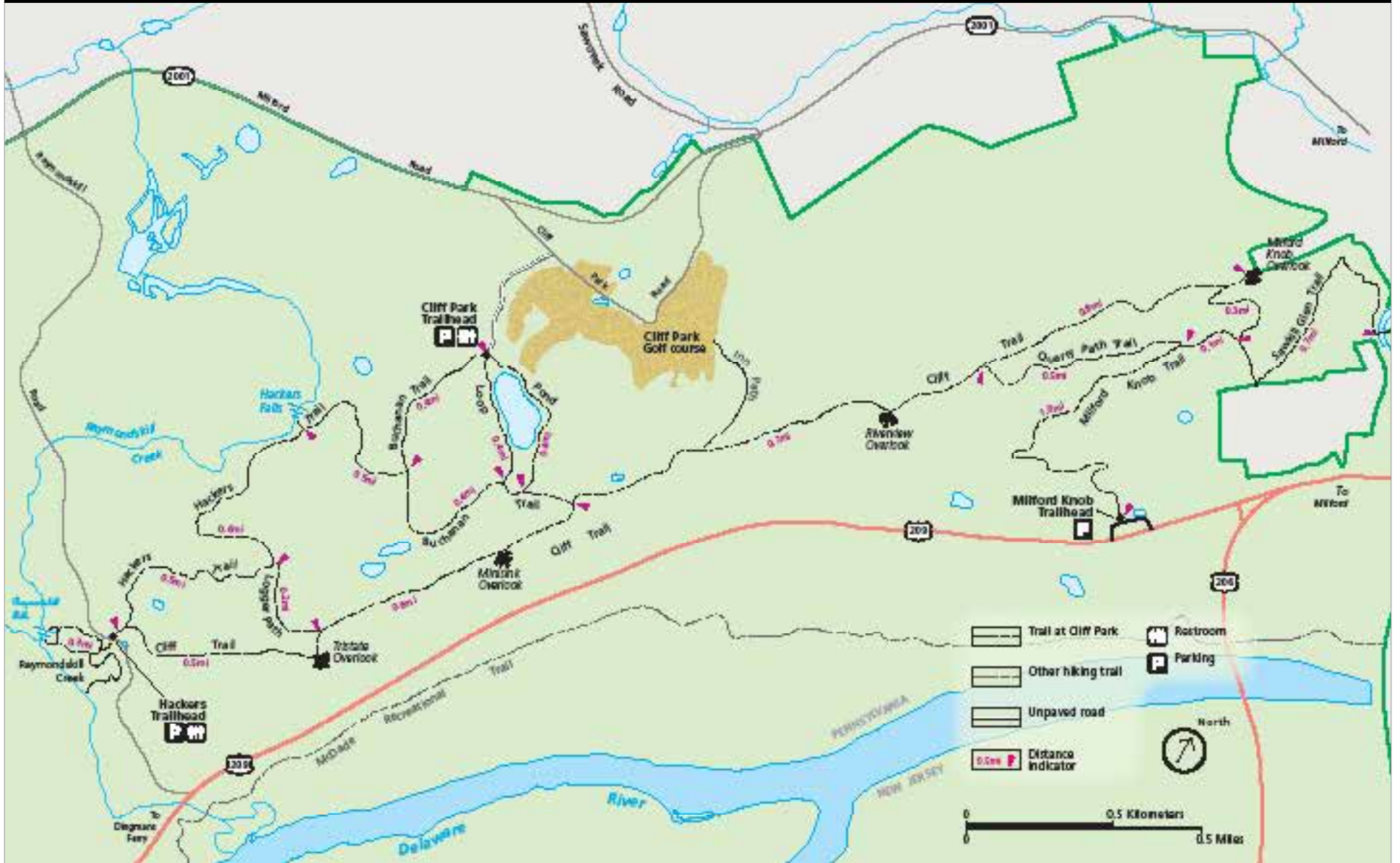


Map #	Trail Name	Distance	Rating ‡	Pg #
1	Sawkill Glen	1.0 mi / 1.6 km	■ ◆	8
	Buchanan		● ■	
	Cliff	2.8 mi / 4.5 km	● ■	
	Hackers	1.4 mi / 2.3 km	■	
	Milford Knob		■ ◆	
	Pond Loop		●	
	Quarry Path		■ ◆	
	Raymondskill Creek	0.3 mi / 0.4 km	■ ◆	
2	Conashaugh View	8.7 mi / 14 km	■	8
3	George W. Childs Park	1.1 mi / 1.8 km	● ■	8
4	Dingmans Creek	0.4 mi / 4.0 km	●	9
5	Upper Ridge Road	2.5 mi / 4.0 km	● ■	9
6	Upper Hornbecks Creek	0.8 mi / 1.3 km	■ ◆	9
	Lower Hornbecks Creek	1.0 mi / 1.6 km	● ■	
7	Fossil	1.0 mi / 1.6 km	■	9
	Ridgeline		● ■	
	Scenic Gorge		● ■	
	Tumbling Waters		■	
	Two Ponds	1.5 mi / 2.4 km	●	
8	McDade Recreational	32 mi / 51.5 km	● ■ ◆	12
9	Military Road	1.0 mi / 1.6 km	● ■	13
	Walpack Ridge	3.0 mi / 4.8 km	● ■	
10	Buttermilk Falls	1.4 mi / 2.3 km	◆	13
11	Toms Creek	0.8 mi / 1.3 km		13
12	Blue Mountain Lakes	4.6 mi / 7.4 km	● ■	13
	Crater Lake		● ■	
	Hemlock Pond	1.0 mi / 1.6 km	●	
13	Coventry Pond	0.9 mi / 1.5 km	●	13
	Donkeys Corner		■	
	Hamilton Ridge		■	
	Orchard		■ ◆	
	Pioneer		■	
	Van Campen Glen	1.0 mi / 1.6 km	● ■	
14 14	Appalachian National Scenic	27.7 mi / 44.6 km	● ■ ◆	14
15	Coppermine	2.0 mi / 3.2 km	■ ◆	15
	Kaiser		■ ◆	
	Rattlesnake Swamp	2.6 mi / 4.2 km	● ■	
16	Hidden Lake	1.9 mi / 3.0 km	●	15
17	Beulahland *	1.3 mi / 2.0 km	■ ◆	15
	Blue Blaze *		■ ◆	
	Douglas *		■ ◆	
	Dunfield Creek *		■	
	Garvey Springs *		◆	
	Red Dot *		◆	
	Rockcores *	2.7 mi / 4.3 km	■	
18	Arrow Island	0.9 mi / 1.5 km	■	15
	Slateford Loop	2.5 mi / 4.1 km	● ■	

**Key:** Corresponds with map location  
 ① Yellow numbered circles indicate trail is located in New Jersey  
 ② Blue numbered circles indicate trail is located in Pennsylvania  
 ‡ Trail difficulty rating:  
 ● = easy      ■ = moderately easy  
 ■ = moderate      ◆ = moderately difficult  
 ◆ = difficult      ● ■ ◆ = difficulty varies  
 \* Trail is located in Worthington State Forest  
 For map tables on following pages:  
 🐕 Leashed pets permitted on trail  
 ♿ Trail is accessible or partially accessible  
 🚢 Trailhead can be accessed by River Runner Shuttle (page 4)

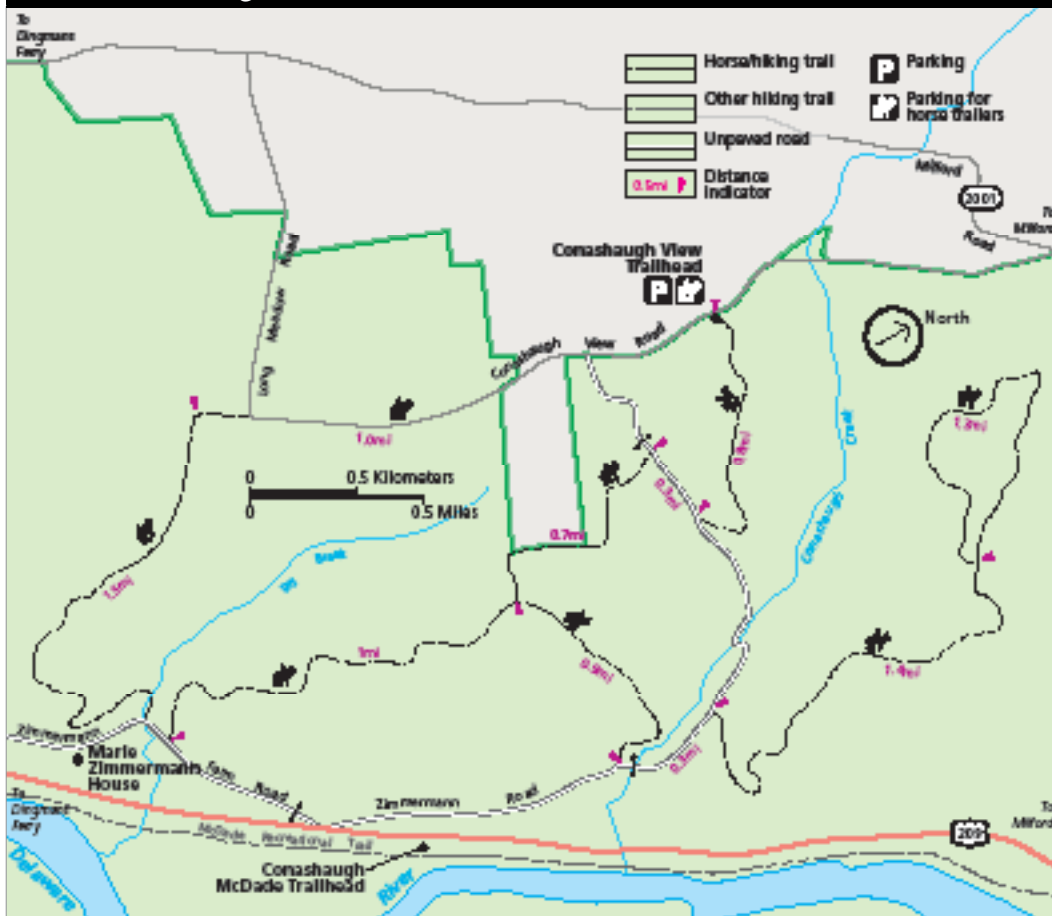


# 1 Trails at Cliff Park, PA



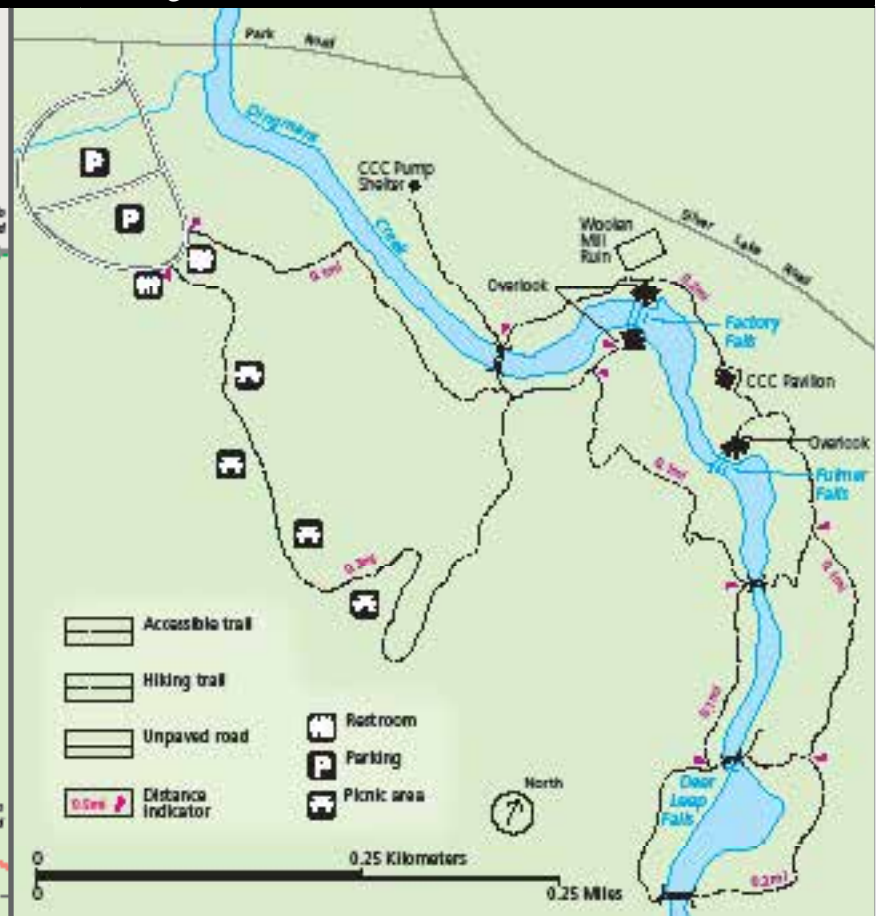
Trail	Length	Rating ‡	Blaze	Elevation Δ	Highlights
Buchanan	1.1 mi one-way 1.8 km	● ■	Orange	124 feet	<input type="checkbox"/> Follows an old road trace through the forest
Cliff	2.8 mi one-way 4.5 km	● ■	White	390 feet	<input type="checkbox"/> Forested path along the ridge top with several overlooks into the Delaware Valley below
Hackers	1.4 mi one-way 2.3 km	■	Yellow	330 feet	<input type="checkbox"/> Shaded trail with a small waterfall in a hemlock ravine
Milford Knob	1.3 mi one-way 2.0 km	■ ◆	Green	390 feet	<input type="checkbox"/> Steep climb to a vista overlooking the town of Milford
Pond Loop	0.8 mi loop 1.3 km	●	Blue	51 feet	<input type="checkbox"/> Shaded loop around a pond with opportunities to view wildlife
Quarry Path	0.5 mi one-way 0.8 km	■ ◆	Green-white	250 feet	<input type="checkbox"/> Connector trail featuring a vernal pool (seasonal wetland)
Raymondskill Creek	0.3 mi loop 0.4 km	■ ◆	none	178 feet	Uneven path through hemlock forest to a three-tiered waterfall; spur trail to creek; dogs not permitted on trail
Sawkill Glen Trail	1.0 mi one-way 1.6 km	■ ◆	Red	450 feet	<input type="checkbox"/> Connector trail from the Mott St. Bridge in Milford. Lower section closed for eagle nesting December 15 - July 15

# 2 Conashaugh View Trail, PA



Trail	Length	Rating ‡	Blaze	Elevation Δ	Highlights
Conashaugh View	8.7 mi loop 14.0 km	■	--	515 feet	<input type="checkbox"/> Meanders through upland and lowland forests; horses permitted on trail (horses not permitted at the Marie Zimmermann house and farm)
George W. Childs Park	1.1 mi loop 1.8 km	● ■	--	193 feet	Follows creek to three waterfalls; ruins of a woolen mill that operated in the early 1800s; several Civilian Conservation Corps structures; dogs not permitted on trail

# 3 George W. Childs Park Trail, PA



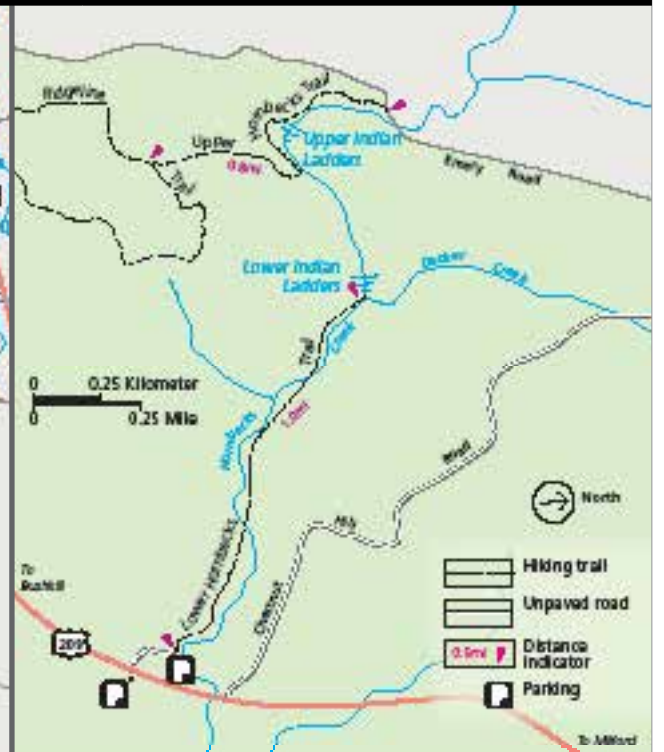
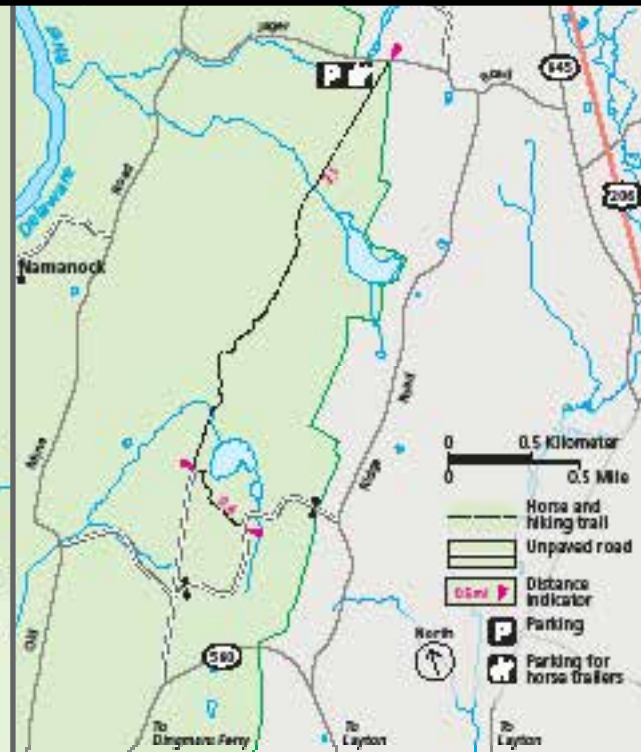
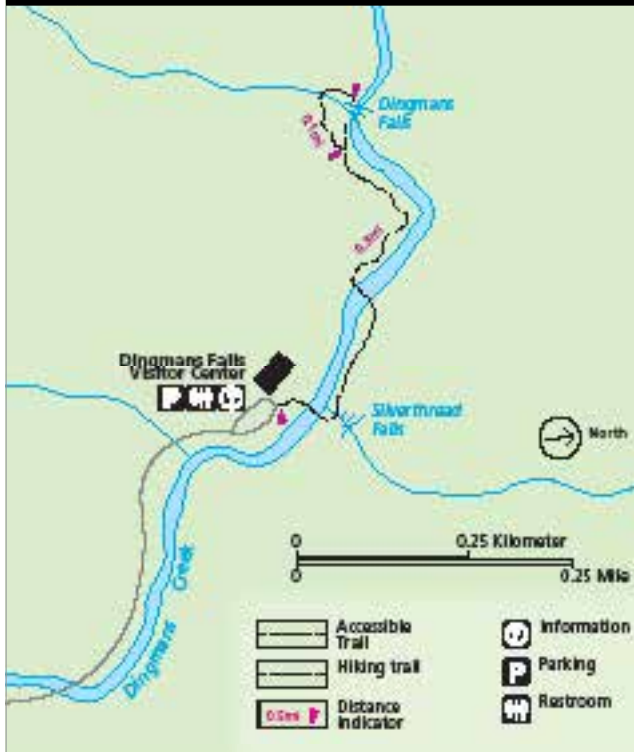
Trail	Length	Rating ‡	Blaze	Elevation Δ	Highlights
George W. Childs Park	1.1 mi loop 1.8 km	● ■	--	193 feet	Follows creek to three waterfalls; ruins of a woolen mill that operated in the early 1800s; several Civilian Conservation Corps structures; dogs not permitted on trail



**4** Dingmans Creek Trail, PA

**5** Upper Ridge Road Trail, NJ

**6** Hornbecks Creek Trail, PA



Trail	Length	Rating #	Blaze	Elevation Δ	Highlights
Dingmans Creek	0.4 mi one-way 0.6 km	●	--	59 feet	Easy boardwalk trail that passes through a pristine hemlock forest, leading to two waterfalls; trail accessible to lower Dingmans Falls; dogs not permitted on trail
Upper Ridge Road	2.5 mi one-way 4.5 km	● ■	--	197 feet	<input type="checkbox"/> Follows an old road trace through the forest; horses permitted
Upper Hornbecks Creek	0.8 mi one-way 1.3 km	■ ◆	--	332 feet	<input type="checkbox"/> Moderate trail leading to upper waterfalls; connects to Ridgeline Trail at PEEC
Lower Hornbecks Creek	1.0 mi one-way 3.0 km	● ■	--	110 feet	<input type="checkbox"/> Shaded trail along side a stream, leading to lower waterfall.

**7** Trails at Pocono Environmental Education Center, PA



Trail	Length	Rating #	Blaze	Elevation Δ	Highlights
Fossil	1.1 mi loop 1.8 km	■	Blue	237 feet	<input type="checkbox"/> Fossils of ancient marine life; collection of fossils and other objects prohibited
Ridgeline	3.2 mi loop 5.1 km	● ■	Yellow	220 feet	<input type="checkbox"/> Hilly terrain, featuring wetlands and forest
Scenic Gorge	2.0 mi loop 3.2 km	● ■	Red	220 feet	<input type="checkbox"/> Shaded trail through the forest, passing a small stream; can be muddy after a rain
Sensory Awareness	--	●	--	--	<input type="checkbox"/> To increase sensory awareness, a rope guides blindfolded users around a short loop trail (blindfolds available at main office)
Trail for Everyone	0.3 mi one-way 0.5 km	●	purple	--	<input type="checkbox"/> Several benches provide observation points for wildlife and field, forest, and pond ecosystems
Tumbling Waters	2.8 mi loop 4.5 km	■	Orange	254 feet	<input type="checkbox"/> Trail winds along a ridge, past a pond and wetland and into a ravine with a cascading waterfall
Two Ponds	1.5 mi loop 2.4 km	●	White	67 feet	<input type="checkbox"/> Mostly shaded trail that passes two ponds and a wetland, offering excellent opportunities for wildlife viewing



# Suggested Trip Itineraries

Delaware Water Gap National Recreation Area offers endless opportunities for exploration and discovery. The following are a few suggested itineraries to consider depending on your time and interests.

## If you have a few hours:

- Stop by a park visitor center or information station, where park rangers can help you plan your adventure. Visitor center parking lots fill quickly on summer weekends. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.
- Walk a section of the McDade Recreational Trail, which extends most the length of the park in Pennsylvania and presents some of the best views of the Delaware River, as well as views of charming streams, open farm fields, forests, and historic landscapes. On Saturdays, Sundays, and holidays between Memorial Day Weekend and Labor Day Weekend, use the River Runner Shuttle for your return trip along the trail.
- View Raymondskill Falls by hiking a short, but steep, trail. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.
- Wander the quiet streets of Millbrook Village and explore life in the 1800s. This area is generally a good place to avoid crowds on summer weekends. Select buildings are open on summer Saturdays.
- Tour the Nelden-Roberts Stonehouse and the Foster-Armstrong House in Montague, NJ, on a summer Sunday afternoon. This area is generally a good place to avoid crowds on summer weekends.
- Tour the Rosencrans House and the Van Campen Inn in Walpack Center, NJ, on a summer Sunday afternoon. This area is generally a good place to avoid crowds on summer weekends.
- Stop at the three overlooks along PA 611 for stunning views of the Delaware Water Gap.

## If you have half a day:

- Take a bike ride along the McDade Recreational Trail. Bring your own or rent a bike from a local outfitter. On Saturdays, Sundays, and holidays between Memorial Day Weekend and Labor Day Weekend, use the River Runner Shuttle to transport you and your bike, then ride back to your vehicle.
- Savor a picnic lunch at Hidden Lake and then take a stroll around the lake. This area is generally a good place to avoid crowds on summer weekends.
- Stroll around the Slateford Loop Trail to enjoy the quiet valley below the Kittatinny Ridge.
- Take a scenic drive along US 209.
- Choose a trail and venture on a hike.

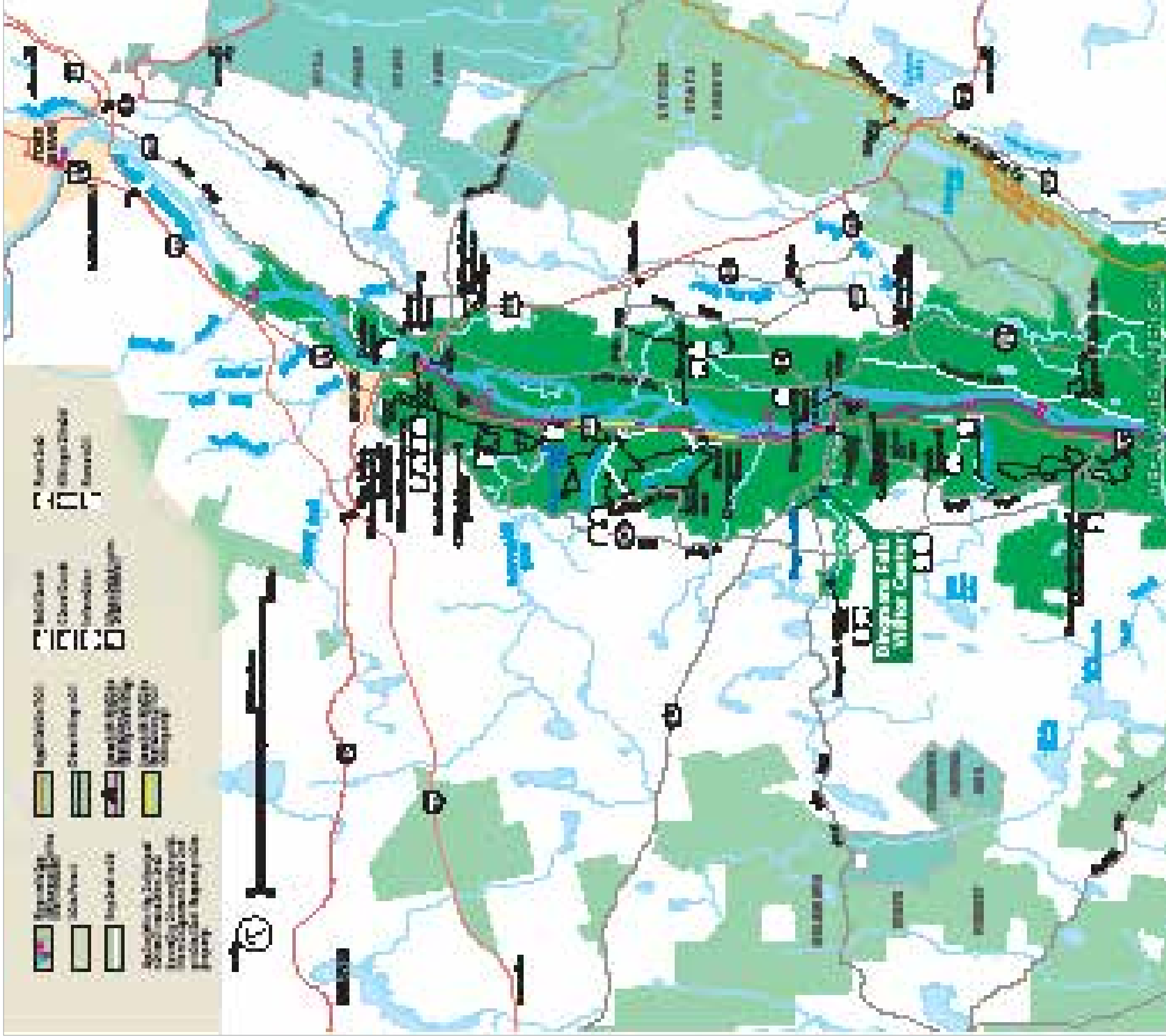
## If you have all day:

- Drive the scenic Old Mine Road, stopping along the way to explore various historic and natural features. This area is generally a good place to avoid crowds on summer weekends.
- Hike a stretch of the Appalachian National Scenic Trail.
- Canoe or kayak on the Delaware River. Bringing your own canoe or kayak? Use the River Runner Shuttle on Saturdays, Sundays, and holidays between Memorial Day Weekend and Labor Day Weekend to transport you, your boat, and your gear.
- Enjoy a swim at one of the park's lifeguarded beaches on a summer weekend. Parking at the beaches generally fills to capacity by 11:00 am on weekends. Consider visiting during the week to avoid crowds.

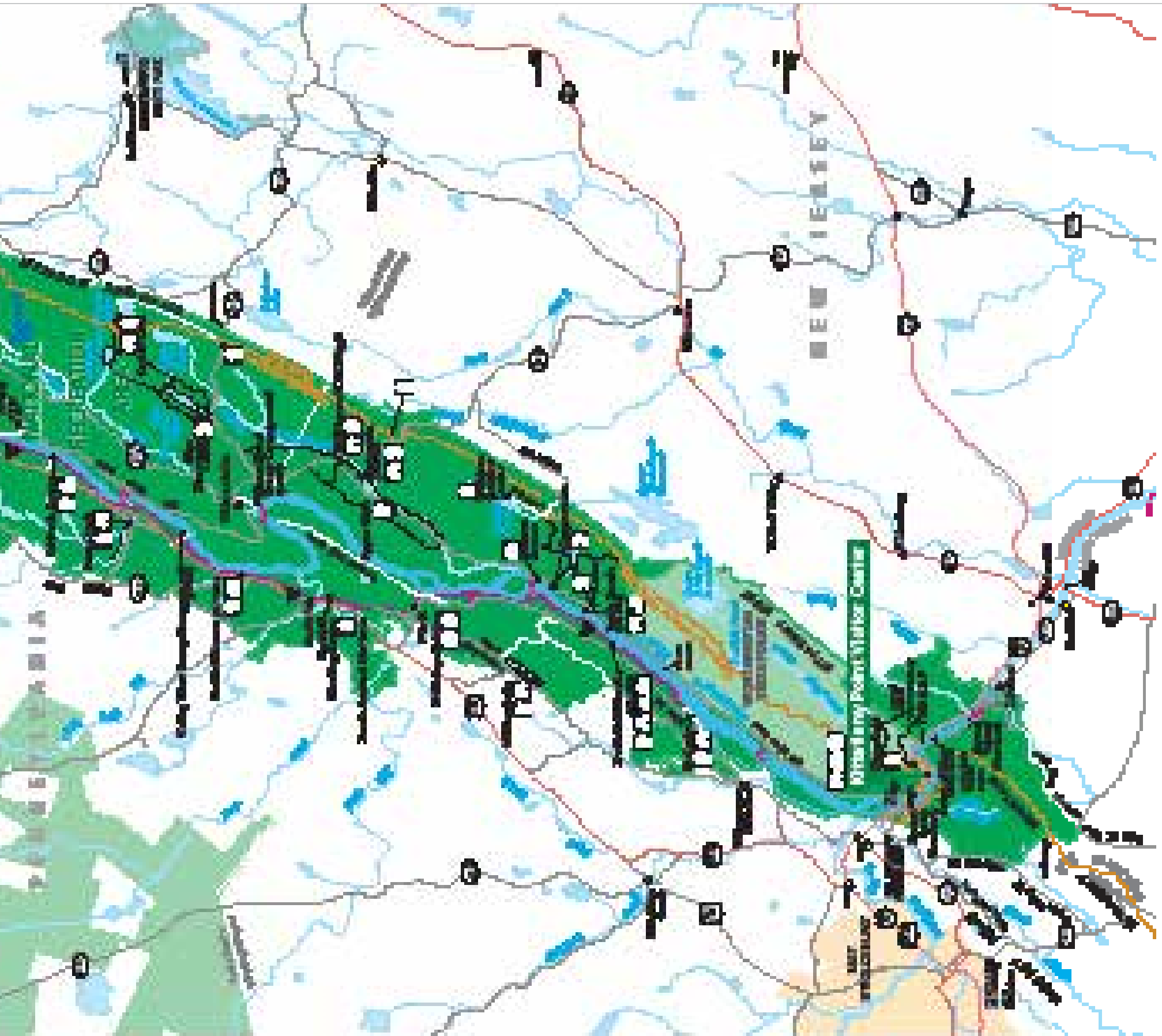
## If you are staying multiple days:

Consider signing up for a workshop offered by one of our partners located within the park.

- Peters Valley School of Craft offers 2-day to 5-day fine craft workshops. For more information, visit [petersvalley.org](http://petersvalley.org).
- Appalachian Mountain Club's Mohican Outdoor Center offers weekend outdoor getaways focusing on various outdoor activities. For more information, visit [outdoors.org/lodging-camping/Lodges/Mohican](http://outdoors.org/lodging-camping/Lodges/Mohican).
- Pocono Environmental Education Center offers weekend getaways and workshops for youth, families and adults. For more information, visit [peec.org](http://peec.org).







## Park Store

Looking for more information about the park's history? Need a comprehensive map of park trails? Want to purchase a souvenir to remind you of your visit to the park? A wide range of books, maps, guides, souvenirs, and other items is available from the park bookstores. Eastern National operates these stores at Dingmans Falls Visitor Center, Kittatinny Point Visitor Center, and park headquarters.

- Outerwear
- Nature-themed Jewelry
- Children's Games and Toys
- Books
- Maps
- Pins, Magnets, Ornaments
- And more!



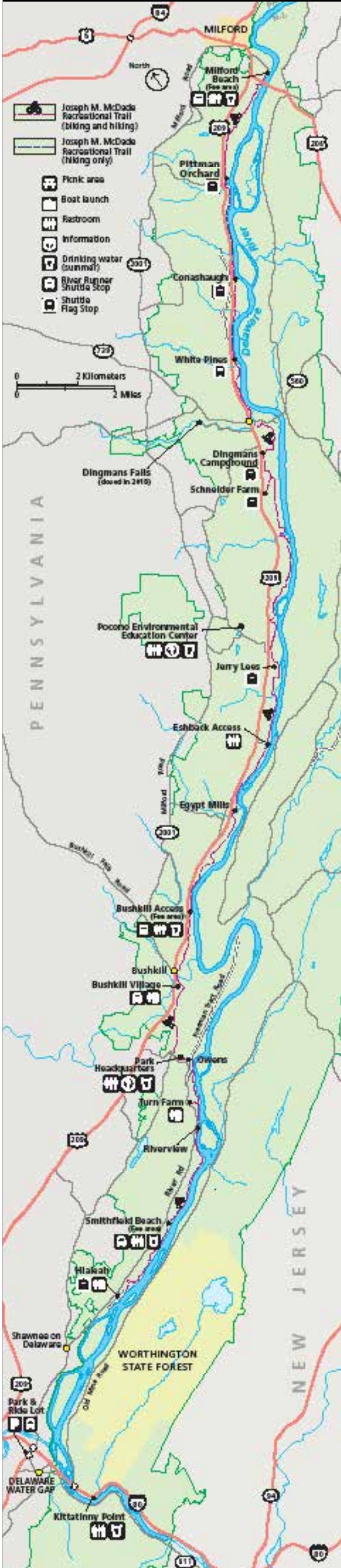
Purchases support the educational programs at Delaware Water Gap National Recreation Area



The Friends of Delaware Water Gap National Recreation Area work in tandem with the National Park Service to foster and support the historical, scientific, educational, and recreational activities of the park. The Friends accomplish its work by raising funds for various projects and increasing awareness of the Delaware Water Gap National Recreation Area. To become involved, visit their website at [www.friendsofdewapns.org](http://www.friendsofdewapns.org).



8 McDade Recreational Trail, PA



The McDade Recreational Trail extends most the length of the park in Pennsylvania and presents some of the best views of the Delaware River, as well as views of charming streams, open farm fields, forests, and historic landscapes. The trail is a wide, packed gravel path without blazes and offers hikers, bikers, and cross-country skiers areas of varied difficulty, from easy to moderately strenuous. With trailheads located one half to five miles apart, this trail offers a section for just about any visitor. Most trailheads are along the park's free bus route that operates on Saturdays and Sundays from Memorial Day Weekend to Labor Day Weekend.

From the southern most trailhead at Hialeah to Owens trailhead, the trail is mostly flat as it traverses former settlements and farms. North from the Owens trailhead on Freeman Tract Road, the trail switchbacks sharply up the side of the ridge to the park's headquarters. Observation decks on the side of the headquarters facility provide wildlife viewing areas.

Between park headquarters and Bushkill Access, the terrain becomes rolling hills. Numerous structures, foundations, and other traces remain from the once thriving community of Bushkill.

North of Bushkill Access, the trail follows a narrow ribbon of land between US 209 and the river and then continues through nearly level agricultural fields and forests to the Schneider Farm trailhead.

Continuing north, the next several miles are dominated by the river to the east and the cliffs to the west, with the trail and US 209 squeezed between in places. From Raymondskill Creek to Milford Beach, the Raymondskill Cliff parallels the nearly flat trail. Note: A section of the trail between White Pines and Conashaugh and another section of trail between Conashaugh and Pittman Orchard are hiking only and closed to bike riding due to stairs and steep grade.

The northern terminus of the McDade Trail is Milford Beach, a popular recreation site for local residents since 1945. Whether you start from Milford Beach, Hialeah, or a point in between, you are sure to find something to enjoy.

Extend your one-way trip on the McDade Recreational Trail by using the River Runner Shuttle.

Trail Section	Length	Rating ‡	Elevation Δ
Milford Beach to Pittman Orchard	2.2 mi 3.5 km	●	83 feet
Pittman Orchard to Conashaugh **	2.4 mi 3.9 km	●	62 feet
Conashaugh to White Pines	1.8 mi 2.9 km	●	71 feet
White Pines to Schneider Farm	4.1 mi 6.6 km	● ■	77 feet
Schneider Farm to Jerry Lees	4.9 mi 7.9 km	● ■	50 feet
Jerry Lees to Eshback Access	1.8 mi 2.9 km	●	25 feet
Eshback Access to Egypt Mills	1.8 mi 2.9 km	●	30 feet
Egypt Mills to Bushkill Access	2.4 mi 3.9 km	●	39 feet
Bushkill Access to Bushkill Village	1.7 mi 2.7 km	●	45 feet
Bushkill Village to Park Headquarters	2.0 mi 3.2 km	● ■	231 feet
Park Headquarters to Owens	0.7 mi 1.1 km	■ ◆	320 feet
Owens to Turn Farm	1.2 mi 1.9 km	●	91 feet
Turn Farm to Riverview	0.5 mi 0.8 km	●	17 feet
Riverview to Smithfield Beach	2.2 mi 3.5 km	●	34 feet
Smithfield Beach to Hialeah	1.9 mi 3.1 km	●	97 feet

Things to Know

- Speed limit is 15 mph.
- Bikers must yield to hikers.
- No motorized vehicles.
- Leashed pets are permitted along the trail except at Milford and Smithfield beaches and between Smithfield Beach and Hialeah late spring to early fall.

Biking Safely

- Go with the traffic flow; ride on right.
- Pass on left and give audible sound to alert others of intent.
- Obey all traffic laws.
- Yield to traffic and pedestrians.
- Be predictable; ride in a straight line and signal moves.
- Stay alert at all times.
- Look before turning.
- Walk bicycles on steep hills and stairs.
- Wear a bicycle helmet. Children 12 years old and younger must wear a bicycle helmet.
- Secure loose clothing to ensure it will not become entangled in bicycle gears.
- Adjust the bicycle to fit. The seat should be level front to back, and the height should be adjusted to allow a slight bend at the knee when the leg is fully extended. Handlebar height should be level with seat.
- Check your equipment before riding and ensure tires are properly inflated and that the brakes work.
- Make yourself visible to others.
- Control the bicycle by riding with two hands on the handlebars, except when signaling a turn.
- Watch for and avoid hazards.

\*\* this section is closed January through mid-July to protect nesting bald eagles

Mileage between McDade Trailheads

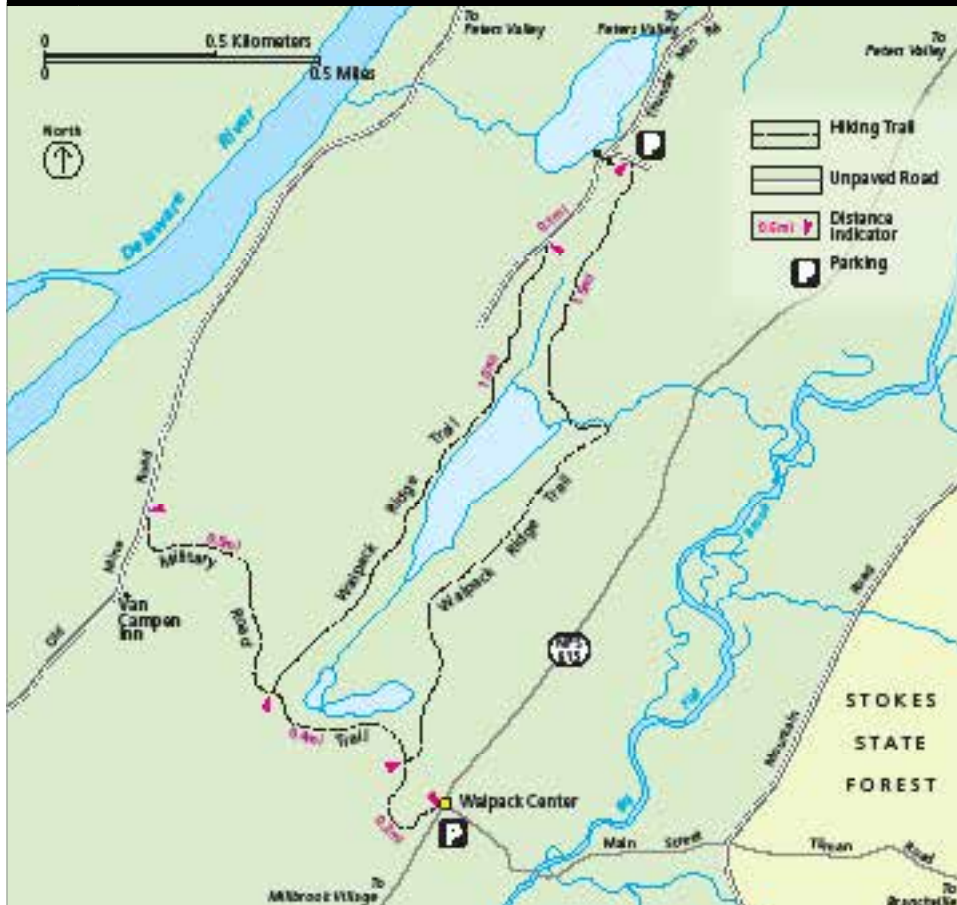
Trailhead Name	Milford Beach	Pittman Orchard	Conashaugh	White Pines	Schneider Farm	Jerry Lees	Eshback Access	Egypt Mills	Bushkill Access	Bushkill Village	Park Headquarters	Owens	Turn Farm	Riverview	Smithfield Beach
Pittman Orchard	2.5														
Conashaugh	5.0	2.5													
White Pines	6.5	4.0	1.5												
Schneider Farm	9.6	7.1	4.6	3.1											
Jerry Lees	14.9	12.4	9.9	8.4	5.3										
Eshback Access	16.7	14.2	11.7	10.2	7.1	1.8									
Egypt Mills	18.5	16.0	13.5	12.0	8.9	3.6	1.8								
Bushkill Access	20.9	18.4	15.9	14.4	11.3	6.0	4.2	2.4							
Bushkill Village	22.6	20.1	17.6	16.1	13.0	7.7	5.9	4.1	1.7						
Park Headquarters	24.4	21.9	19.4	17.9	14.8	9.5	7.7	5.9	3.5	1.8					
Owens	25.1	22.6	20.1	18.6	15.5	10.2	8.4	6.6	4.2	2.5	0.7				
Turn Farm	25.8	23.3	20.8	19.3	16.2	10.9	9.1	7.3	4.9	3.2	1.4	0.7			
Riverview	26.4	23.9	21.4	19.9	16.8	11.5	9.7	7.9	5.5	3.8	2.0	1.3	0.6		
Smithfield Beach	29.0	26.5	24.0	22.5	19.4	14.1	12.3	10.5	8.1	6.4	4.6	3.9	3.2	2.6	
Hialeah	31.0	28.5	26.0	24.5	21.4	16.1	14.3	12.5	10.1	8.4	6.6	5.9	5.2	4.6	2.0

Bike Rentals and Tours  
 Edge of the Woods Outdoor Outfitters  
 110 Main Street  
 Delaware Water Gap, PA 18327  
 570 421-6681

Shawnee River Trips at the Shawnee Inn  
 100 Shawnee Inn Drive  
 Shawnee on Delaware, PA 18356  
 800 742-9633 or 570 424-4000



**9** Trails at Walpack Center, NJ



**10** Buttermilk Falls Trl, NJ

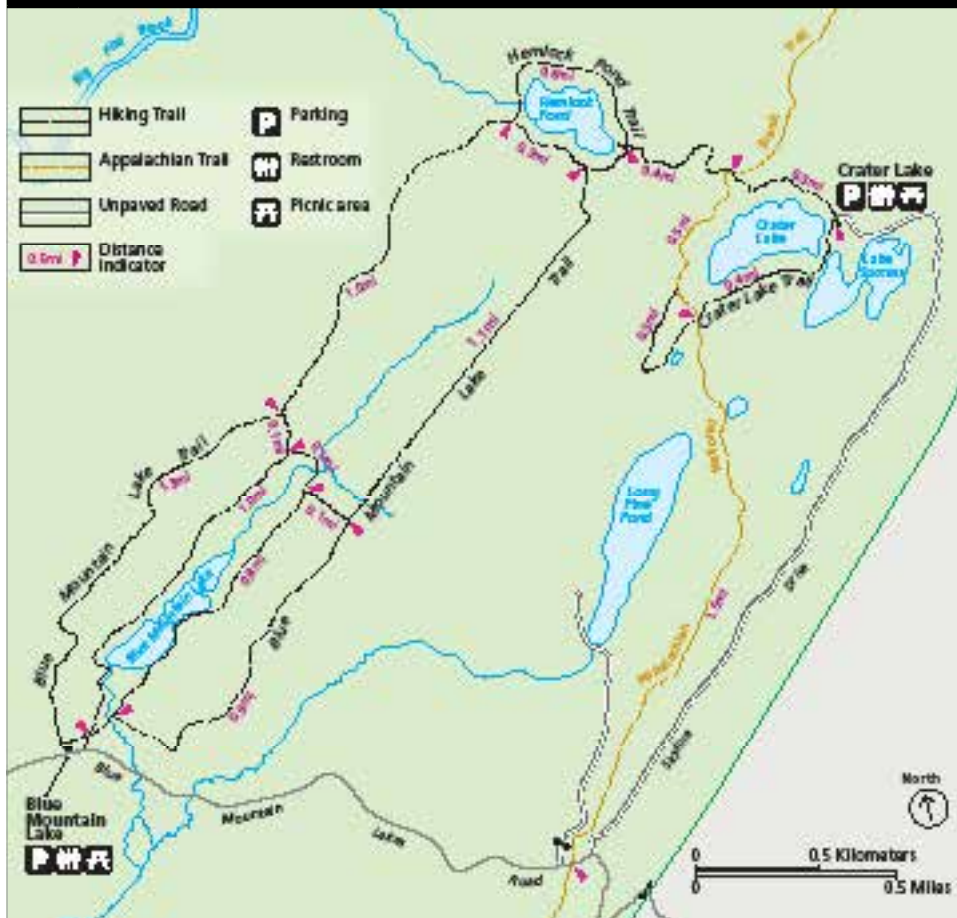


**11** Toms Creek Trail, PA

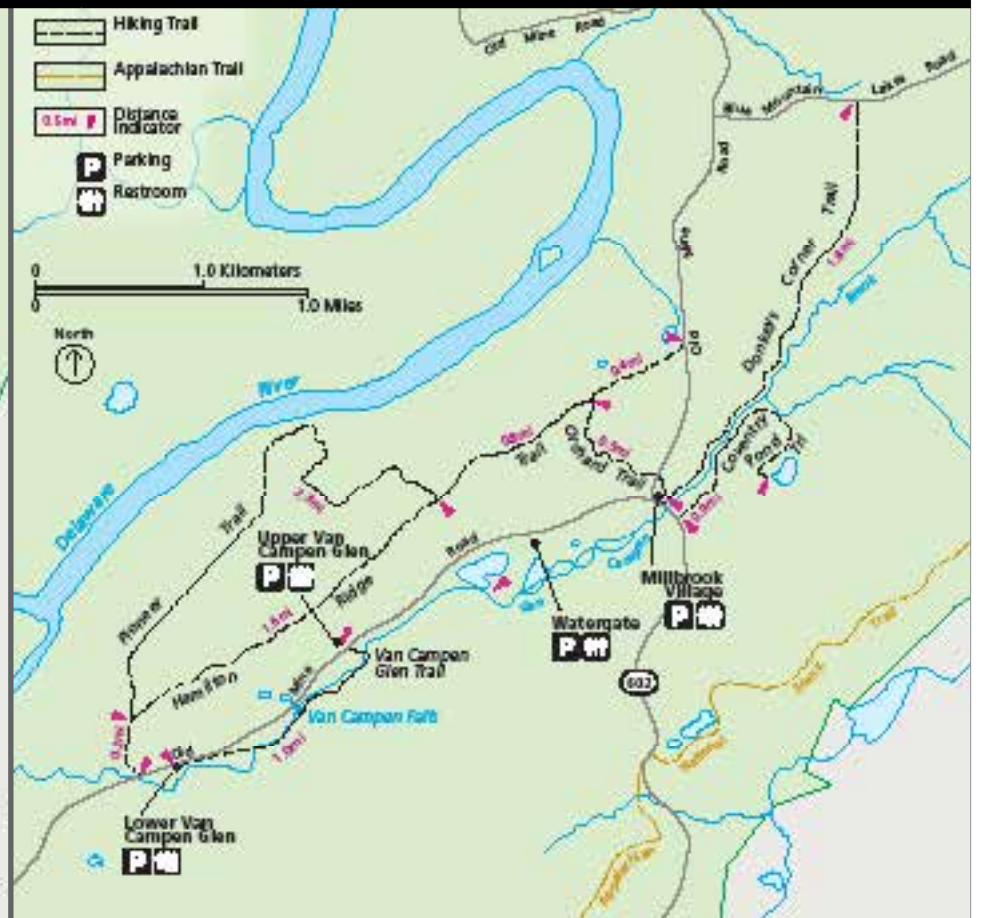


Trail	Length	Rating ‡	Blaze	Elevation Δ	Highlights
Military Road	1.0 mi one-way 1.6 km	● ■	--	226 feet	☐ Former road used by soldiers during the French and Indian War and American Revolution; shaded trail passing remnants of old farmsteads
Walpack Ridge	3.0 mi loop 4.8 km	● ■	Red	137 feet	☐ Trail follows the ridge, offering scenic mountaintop ponds and mixed woodlands and opportunities for wildlife viewing
Buttermilk Falls	1.4 mi one-way 2.3 km	◆	Blue	1104 feet	☐ Forested trail climbs to the top of the Kittatinny Ridge, passes a steep, cascading waterfall at the trailhead
Toms Creek	0.8 mi one-way 1.3 km	●	--	96 feet	☐ An easy path following a cool, clear-flowing stream through a shaded hemlock ravine

**12** Trails at Blue Mountain Lake, NJ



**13** Trails at Millbrook Village, NJ



Trail	Length	Rating ‡	Blaze	Elevation Δ	Highlights
Blue Mountain Lakes	4.6 mi loop 7.4 km	● ■	Blue	259 feet	☐ Trail follows road traces from a former housing community, passing a clear lake; ideal for cross-country skiing and snowshoeing
Crater Lake	1.6 mi loop 2.6 km	●	Orange	111 feet	☐ Shaded ridgetop trail loops around a natural glacial lake; a short, steep trail connects to the Hemlock Pond Trail
Hemlock Pond	1.0 mi one-way 1.6 km	●	Green	68 feet	☐ An easy and shaded trail around a clear pond; accessed via the Crater Lake or Blue Mountain Lake trails
Coventry Pond	0.9 mi one-way 1.5 km	●	--	164 feet	☐ Trail follows a road trace that once led to the Coventry Gun Club; pond with evidence of beaver activity
Donkeys Corner	1.8 mi one-way 2.9 km	■	--	380 feet	☐ Trail follows the former Donkey Hollow Road that connects Millbrook Village to the former site of Donkeys Corner
Hamilton Ridge	2.8 mi one-way 4.5 km	■	Blue	523 feet	☐ Trail follows a former road along a forested ridge
Orchard	0.5 mi one-way 0.8 km	■ ◆	--	491 feet	☐ A short, but steep trail connects Millbrook Village to the Hamilton Ridge Trail
Pioneer	2.5 mi one-way 4.0 km	■	Orange	454 feet	☐ Trail passes an old farmstead, overgrown fields, stone fences, and an old lime kiln
Van Campen Glen	1.1 mi one-way 1.8 km	● ■	Orange	195 feet	☐ Trail follows a clear trout stream in a hemlock ravine to a small waterfall



14 14 Appalachian National Scenic Trail, NJ and PA



The Appalachian National Scenic Trail (AT) traverses the wild Appalachian Mountain chain from central Maine to northern Georgia, for a distance of approximately 2,180 miles. Nearly 27 miles of the trail straddle the Kittatinny Ridge through New Jersey and Pennsylvania within Delaware Water Gap National Recreation Area. Numerous other trails connect with the AT and are described on page 13 and 15.

The AT is marked with white blazes. Side trails to water, scenic viewpoints, or shelters are marked with blue blazes. Appalachian Mountain Club's Mohican Outdoor Center at NJ mile 10.3 offers several self-service cabins, individual and group campsites, and simple dining options. Numerous weekend hiking activities are offered throughout the year. For more information, contact Mohican Outdoor Center at 908 362-5670 or visit their website at outdoors.org/lodging/lodges/mohican.

Things to know

- 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 ten minutes.
- All human waste must be buried at least six inches deep and 100 feet or more from any stream, trail, unpaved road, or park facility.
- Carry out all trash.
- Self-contained stoves are permitted; ground fires, charcoal stoves and grills are prohibited.
- 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 Delaware Water Gap National Recreation Area.

Camping Regulations

- Camping is restricted to through-hikers who are hiking for two or more consecutive days; starting at one location along the trail and ending at another.
- Camping is limited to one night and 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 Lakes Road to a point one mile north of Crater Lake.

No trail shelters exist within the Delaware Water Gap National Recreation Area. The nearest are Kirkridge Shelter in Pennsylvania, 6.4 miles south of the Interstate 80 bridge, and Brink Road Shelter in New Jersey, 4 miles north of the Buttermilk Trail spur. Mohican Outdoor Center offers lodging and camping at NJ mile 10.3 and the Worthington State Forest campground can be reached via the 1.6-mile Douglas Trail at NJ mile 4.6.

Trail	Length	Rating ‡	Elevation Δ	Highlights
US 206 to Blue Mtn Lakes Road	10.1 mi 16.5 km	■	650 feet	Forested ridgetop through Stokes State Forest and the park
Blue Mtn Lakes Road to Route 602	3.6 mi 5.6 km	● ■	290 feet	Forested ridgetop
Route 602 to Mohican Outdoor Center	3.5 mi 5.6 km	● ■	390 feet	Forested ridgetop, passes Catfish Fire Tower
Mohican Outdoor Center to Kittatinny Point	9.1 mi 14.6 km	■ ◆	1220 feet	Forested ridgetop, descending into the Delaware Water Gap, passes Sunfish Pond
Kittatinny Point to Lake Lenape	1.8 mi 2.9 km	● ■	200 feet	Through the Borough of Delaware Water Gap, climbing to forested ridgetop
Lake Lenape to PA 191	7.2 mi 11.6 km	■	934 feet	Forested ridgetop

Mileage between Appalachian Trailheads

Trailhead Name	US 206	Blue Mtn Lakes Road	Route 602	Mohican Outdoor Center	Kittatinny Point	Lake Lenape
Blue Mtn Lakes Road	10.1					
Route 602	13.7	3.6				
Mohican Outdoor Center	17.2	7.1	3.5			
Kittatinny Point	26.3	16.2	12.6	9.1		
Lake Lenape	28.1	18.0	14.4	10.9	1.8	
PA 191	35.3	25.2	21.6	18.1	9.0	7.2

**Hiker Shuttle**  
 The parking lots at Kittatinny Point and Dunnfield are generally full by 10 am on summer weekends. Monroe County Transit Authority offers a hiker shuttle from the Delaware Water Gap Park and Ride lot to Lake Lenape Trailhead and the Kittatinny Point and Dunnfield parking lots. The hiker shuttle service is offered every half hour between 10:00 am and 5:30 pm on Saturdays, Sundays, and holidays between Memorial Day and Labor Day weekends.

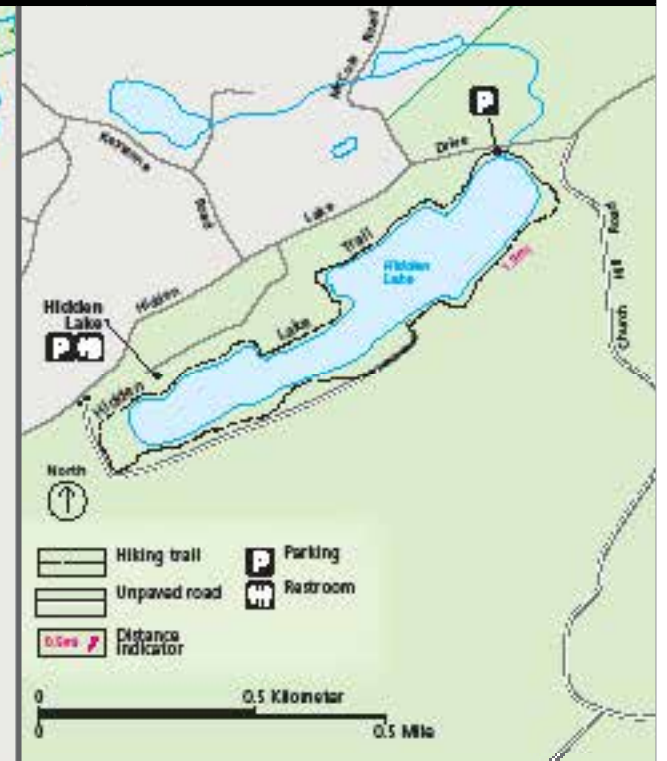
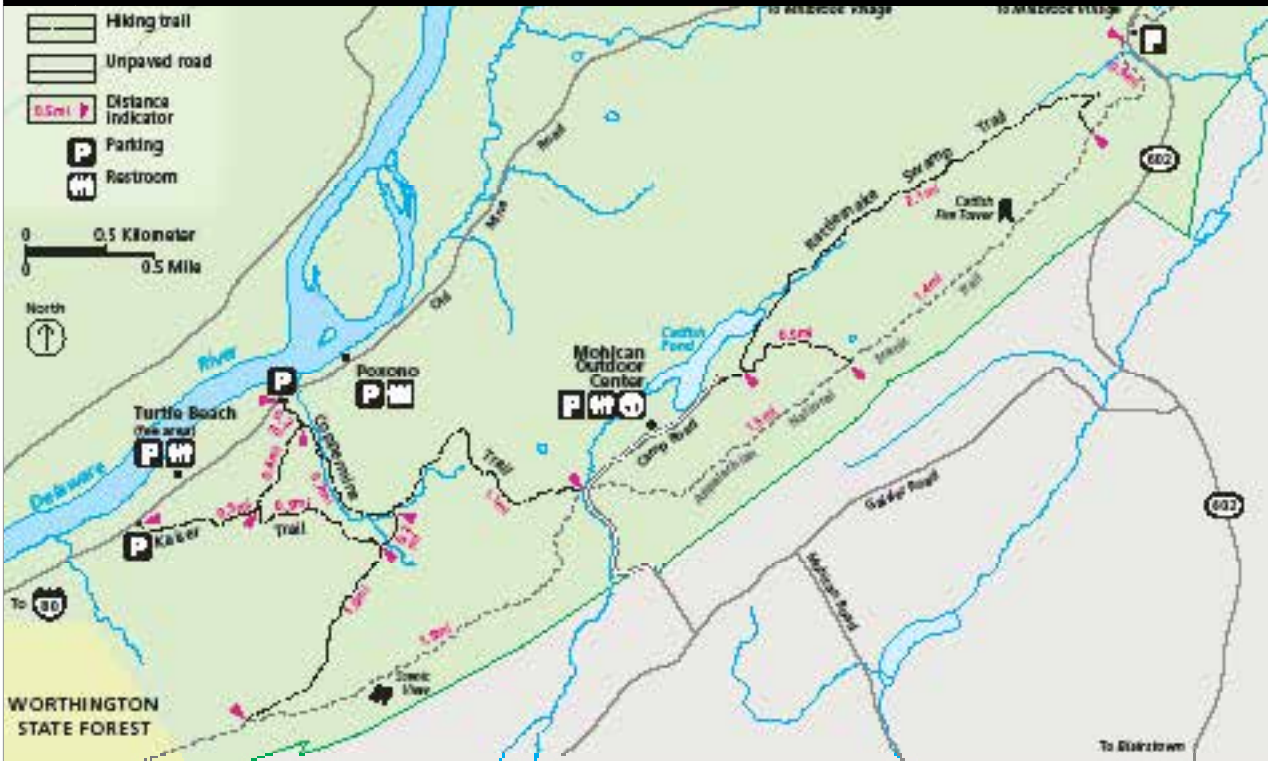


View from Mt. Tammany along the Appalachian National Scenic Trail, Photo credit: Charlie Fineran



**15** Trails at Mohican Outdoor Center and Turtle Beach, NJ

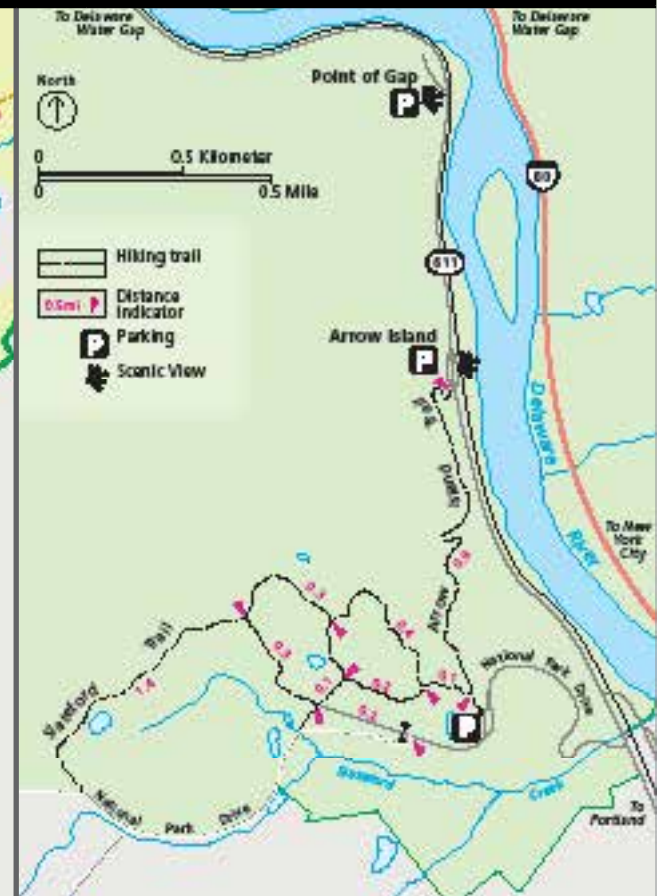
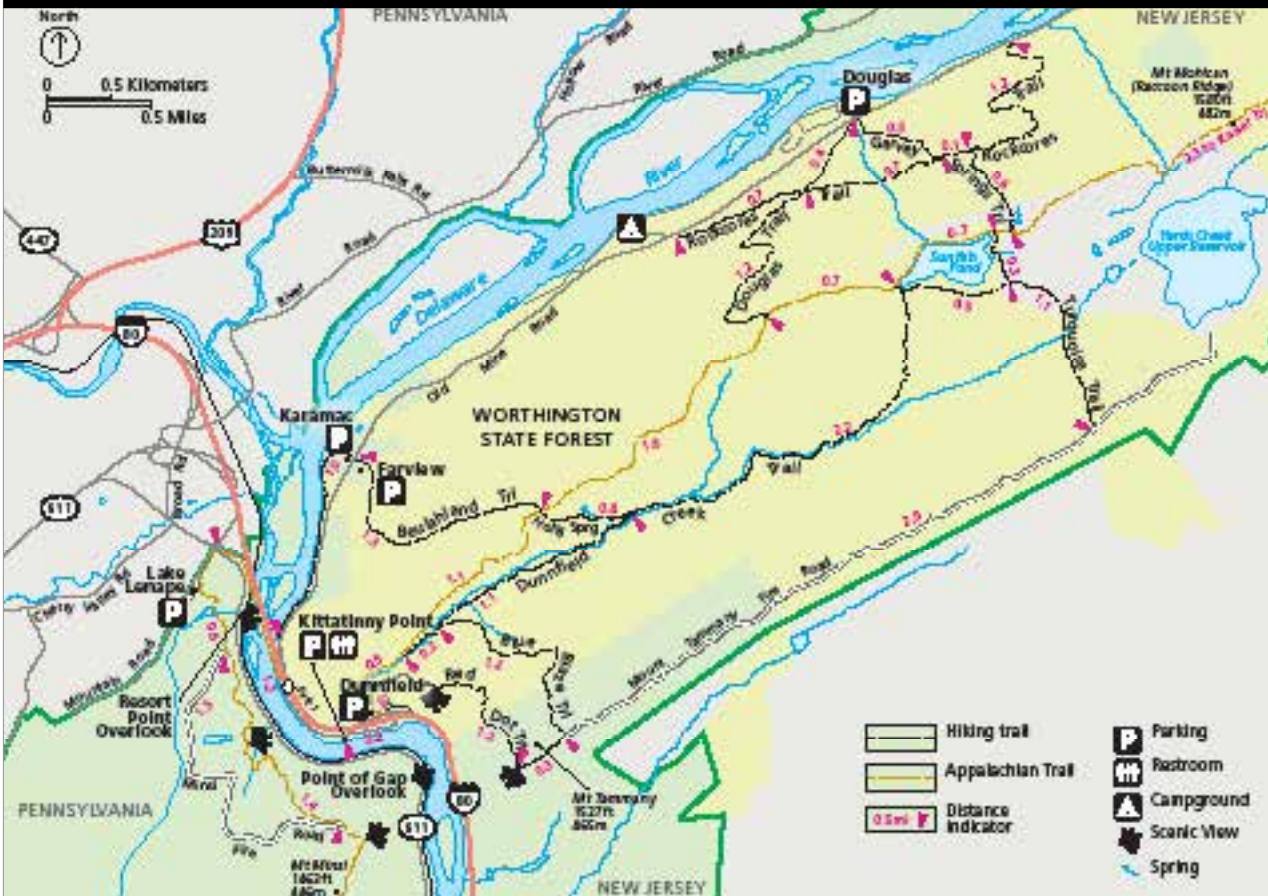
**16** Hidden Lake Trail, PA



Trail	Length	Rating ‡	Blaze	Elevation Δ	Highlights
Rattlesnake Swamp	2.6 mi one-way 4.2 km	● ■	Orange	312 feet	☐ Trail meanders through a swampy environment with a plethora of plant life and an interesting contrast to the dry rocky environment seen elsewhere along the ridge
Coppermine	2.0 mi one-way 3.2 km	■ ◆	Red	846 feet	☐ Trail passes through a hemlock ravine and mixed hardwood forest, past two old copper mines; trail also parallels a stream with a number of modest cascades
Kaiser	2.0 mi one-way 3.2 km	■ ◆	Blue	1040 feet	☐ Trail follows an old roadbed through a mixed hardwood forest as it climbs to the top of the ridge
Hidden Lake	1.9 mi loop 3.0 km	●	--	80 feet	☐ Trail loops through the forest around Hidden Lake, a peaceful area popular with anglers

**17** Trails at Worthington State Forest and Kittatinny Point, NJ

**18** Trails at Slateford, PA



Trail	Length	Rating ‡	Blaze	Elevation Δ	Highlights
Garvey Springs *	1.2mi one-way 1.9km	◆	Orange	1058 feet	☐ Very steep trek to the top of the ridge; trail provides the shortest route to Sunfish Pond, a natural glacial lake
Douglas *	1.6mi one-way 2.6km	■ ◆	Blue	994 feet	☐ Steep climb to the ridgetop; hiked by U.S. Supreme Court Justice William O. Douglas in 1967 to protest expanding Sunfish Pond (a natural glacial lake) for water storage
Rockcores *	2.7mi one-way 4.3km	■	Green	580 feet	☐ Old road trace originally provided access for engineers to take rock core samples that helped determine suitability of Tocks Island Dam; rock core remnants are still seen
Holly Springs *	2.7mi one-way 4.3km	■	Red	180 feet	☐ Short trail connecting the Appalachian National Scenic Trail to the Dunnfield Creek Trail
Beulahland *	1.3mi one-way 2.0km	■ ◆	Yellow	560 feet	☐ Provides scenic views into Pennsylvania and passes several remnants of stonewalls that once outlined fields cleared by early settlers
Turquoise *	1.1mi one-way 1.8km	● ■	Turquoise	160 feet	☐ Connects the Appalachian National Scenic Trail at Sunfish Pond to the Mt. Tammany fire road, where nice views of the valley below can be seen
Dunnfield Creek *	3.5mi one-way 5.6km	■	Green	966 feet	☐ Winds through a hemlock and mixed hardwood ravine with several stream crossings; numerous small cascades along the creek; ends at Sunfish Pond, a natural glacial lake
Red Dot	1.2mi one-way 1.9km	◆	Red	1201 feet	☐ One of two trails that lead to an outstanding view looking into the Delaware Water Gap from Mt. Tammany, very steep trail
Blue Blaze	1.7mi one-way 2.7km	■ ◆	Blue	1201 feet	☐ One of two trails that lead to an outstanding view looking into the Delaware Water Gap from Mt. Tammany
Arrow Island	0.9mi one-way 1.5km	■	--	221 feet	☐ Highlights along the trail include the foundation of an early 1900s casino and resort and former farmland stone fence rows
Slateford Loop	2.5mi loop 4.1km	● ■	--	144 feet	☐ Several short inter-connected trails make up the Slateford Loop Trail; trail meanders past a former slate quarry and farm; good for cross-country skiing

\* Located within Worthington State Forest



# Touring Old Mine Road

Constructed in the mid-1600s, Old Mine Road connected the Hudson River and Philadelphia to the Pahaquarry Mines and provided an important conduit for New Jersey farmers taking crops to area markets, making it one of the oldest commercial roads in the country. Today, Old Mine Road stitches together sections of several roads into the park's main passage in New Jersey and still retains much of the flavor of 100 years ago, making it a popular driving and biking route.

## Montague Grange

The National Grange, founded in 1867, is an organization that advocates for rural America and agriculture. The local Montague Grange was founded in 1904 and this hall was built in 1906. The local group remains active and continues to use the building.

## Foster-Armstrong House

Owners of this home operated a ferry, sawmill, and gristmill. The house was used as a tavern and inn for river travelers. The house reflects the standard of living of a prosperous family in the early 19<sup>th</sup> century. The Montague Association for the Restoration of Community History (MARCH) operates this historic house museum for tours weekends and during special events.

## Minisink Dutch Reformed Church

The Minisink Church was the heart, both spiritually and geographically, of the four original Dutch Reformed congregations established in the Upper Delaware Valley in 1737. The present structure was built in 1899, and tombstones in the cemetery date to 1805. Though it remains small, the vibrant congregation is one of the oldest in the country.

## Nelden-Roberts Stonehouse

Built around 1820, this house's construction is attributed to George Nelden, who acquired the property in 1816. The Roberts Family was the last owners of the house, along with the farmstead located across US 206.

## Westbrook-Bell House

Built by Johannis Westbrook, this is the oldest house located in Delaware Water Gap National Recreation Area, possibly predating 1730, and was lived in by nine generations of the family until the acquisition of the property by the federal government.



Van Campen Inn

## Barns next to the Westbrook-Bell house



## Namanock

While nothing remains today, this was the site of Fort Namanock during the French and Indian War (1754-1763). Forts in this time and era were little more than a sturdy house with a wooden defensive fence surrounding it.

## Alonzo Depue House

As with other historic homes along Old Mine Road, the landscape would have been quite different one hundred years ago – open fields, a clear view to the river, and several farm outbuildings. For 48 consecutive years, Alonzo Depue recorded temperature and precipitation readings for the U.S. Weather Service from a weather station near the road without missing a day.

## Bevans-Hellwig Kitchen

In the late 19<sup>th</sup> century, this little stone building was the rear kitchen attached to a large farmhouse. Local tradition holds that the original structure was used as a French and Indian War fortification, known as Fort Carmer.

## Peters Valley

Peter Van Nest, a land surveyor, laid out the roads in the area and had them intersect outside of his home in 1867. Over the years, the hamlet's name changed several times, including Hen's Foot Corner and Bevans, before its current name of Peters Valley. Through a partnership with the National Park Service, Peters Valley School of Craft operates an active school of fine craft. Stop by the Craft Store and Gallery to browse artisan's wares, learn about workshop offerings, and find out more about the weekend self-guided tours of the village.

## Walpack Center

Like other villages along the Old Mine Road, the Kittatinny Ridge to the west and the highlands of New Jersey to the north isolated the hamlet of Walpack Center. Area farmers found what they needed at the village's general store, post office, blacksmith shop, church, and school. By the early 20<sup>th</sup> century, however, automobiles and larger farms proved to be too much competition and the village began its decline. Today, the Walpack Historical Society operates a museum in the First Rosenkrans House on summer weekends.

## Van Campen Inn

While it is called an "inn," it is more accurately a "yaugh house"—a rural residence in a remote area that was licensed under colonial law to provide food and shelter to travelers. During the French & Indian War (1754-1763), the Van Campen Inn "provided a safe haven when settlers fled for protection from Indian attack" and in November 1763, 150 settlers sought shelter in the "stout walls" of the house. The Walpack Historical Society offers tours of the house on most Sundays during the summer.



## Delaware View House

Constructed in the early 1800s, numerous changes over the years enlarged this once small house. As the house expanded, it also changed uses, including serving as the Flatbrook Hotel hunting lodge, the Losey Boarding House, and Salamovka – a summer retreat for Russian emigrants.

## Millbrook Village

In 1832, Abram Garis built a grist mill along the Van Campen Brook. The mill soon attracted other businesses and by 1875, Millbrook was a thriving farm village. By 1910, most businesses had closed their doors. Today, only a handful of original Millbrook buildings remain. Other buildings have been moved from other sites or are newly built to help depict village life in the valley during the late 19<sup>th</sup> and early 20<sup>th</sup> century. On summer weekends and during special events, several buildings are open and park staff and Millbrook Village Society volunteers demonstrate folk ways of the 1800s.

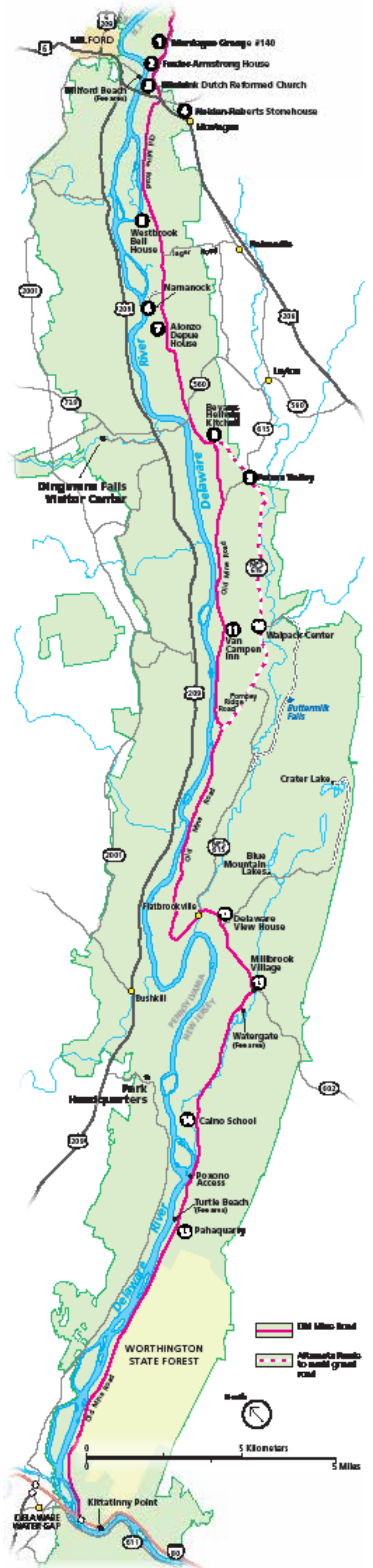
## Calno School

In the 19<sup>th</sup> century, schools were located in places that would allow students to walk no more than four or five miles to attend. In 1881, the Calno School District counted 48 school-age youth, but only 30 were on the school's register and the average daily attendance was only 15. The poorly paid teachers boarded with local families and seldom stayed more than a year or two. When this school was in operation, there was also a school in Millbrook Village, only five miles north.

## Pahaquarry

The Coppermine Trail passes by the foundation of the Pahaquarry Copper Mine processing mill and mineshafts. Brief periods of mining attempted during the past three centuries were never successful, despite improved technology and mineral extraction methods. In 1925, this area became the Pahaquarry Boy Scout Camp and operated until 1971. It was just one of numerous scout and church camps that once existed within the park boundaries.

NOTE: Mineshafts are closed to protect critical bat habitat.





# Waterfalls

## Raymondskill Falls

Raymondskill Creek Trail, Pennsylvania  
GPS 41.290231 -74.840853

The loop trail that leads to the waterfall is only 0.3 mile, but is steep. The three tiers of Raymondskill Falls have a combined height of approximately 150 feet, making it the tallest waterfall in Pennsylvania. If the drops from each tier are added together, the waterfall is only a few feet shorter than Niagara Falls. The upper viewing area overlooks the upper pool and the narrow chute of the first drop. The lower viewing area provides an outstanding view and photo opportunity of the falls. A spur trail leads to the creek, but not to the bottom of the waterfall. Trail map on page 8.

### Things to Know:

- Pets are not permitted on the trail.
- Swimming and wading are not permitted in the waterfall and the pool and stream above and below the falls.
- Stay on the designated trail.
- Restrooms are located at the parking lot.
- The parking lot at the trailhead fills quickly on summer weekends. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.



## Buttermilk Falls

Buttermilk Falls Trail, New Jersey  
GPS 41.137164 -74.888793

The waterfall is located at the trailhead for the Buttermilk Falls Trail, and, therefore, requires no hiking to view. The cascading Buttermilk Falls is considered the highest waterfall in New Jersey at approximately 200 feet. A set of stairs climbs the heavily forested hillside to a viewing platform at the top of the waterfall. The trail continues a nearly 1.5-mile steep climb to join the Appalachian National Scenic Trail at the top of the ridge. Trail map on page 13.

### Things to Know:

- Swimming and wading are not permitted within 50 feet upstream of the top of the falls.
- Stay on the designated trail.
- The drive to the waterfall is via a rural gravel road. Driving Mountain Road from Walpack Center is the recommended route, since Mountain Road south of Buttermilk Falls is very rough.



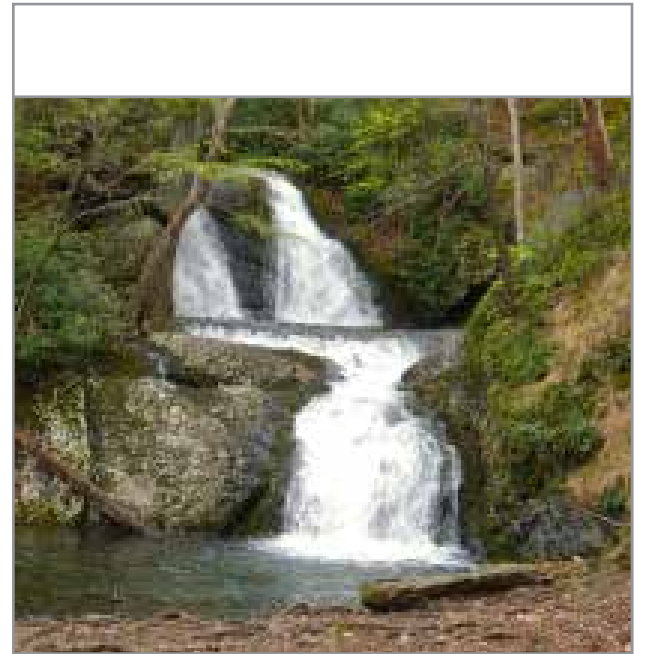
## Tumbling Waters

Tumbling Waters Trail, Pennsylvania  
GPS 41.171277, -74.912263

Approximately halfway along a 3-mile trail is the Tumbling Waters. This multi-cascade waterfall is nestled in a deep gorge with hemlocks, rhododendrons, mosses, and ferns. The trail starts and ends at the Pocono Environmental Education Center and passes a scenic overlook of the Delaware River Valley. Trail map on page 9.

### Things to Know:

- Swimming and wading are not permitted within 50 feet upstream of the top of the falls.
- Stay on the designated trail.
- Restrooms are located at the Pocono Environmental Education Center.
- The parking lot at the trailhead fills quickly on summer weekends. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.



## Dingmans and Silverthread Falls

Dingmans Creek Trail, Pennsylvania  
GPS 41.229294 -74.887212

An accessible boardwalk trail meanders 0.3 mile through a pristine hemlock ravine. Shortly after starting the trail, Silverthread Falls gracefully drops 80 feet in a thin ribbon of water through a narrow geometric chute. The boardwalk continues through dense rhododendron shrubs and ends at the base of Dingmans Falls, the second highest waterfall in Pennsylvania at 130 feet. A wide rock ledge provides the backdrop for this cascading waterfall. The final tenth of a mile is a staircase that leads to a birds-eye view from the top of the waterfall. Trail map on page 9.

### Things to Know:

- Pets are not permitted on the trail.
- Swimming and wading is not permitted in the creek and waterfalls.
- Stay on the designated trail.
- Fishing is prohibited from 100 feet upstream of the top of Dingmans Falls to the visitor center parking lot at all times.
- Restrooms and the Dingmans Falls Visitor Center are located at the trailhead.
- The parking lot fills quickly on summer weekends. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.



## Factory, Fulmer, and Deer Leap Falls

George W. Childs Park Trail, Pennsylvania  
GPS 41.23733 -74.91916

The 1.1-mile George W. Childs Park Trail follows Dingmans Creek as it flows through a lush ravine, over three rushing waterfalls, and adjacent to the ruins of a mill and several structures built by the Civilian Conservation Corps. The trail is accessible to the Factory Falls overlooks, about 0.4 mile. Fulmer Falls is the second waterfall along the trail, and the tallest at about 55 feet. Deer Leap is the third waterfall along the trail. Here, the water squeezes through a narrow cleft in the rocks before plunging over the rocks. The trail winds through the hemlock ravine on both sides of the creek, offering several views of the waterfalls. Trail map on page 8.

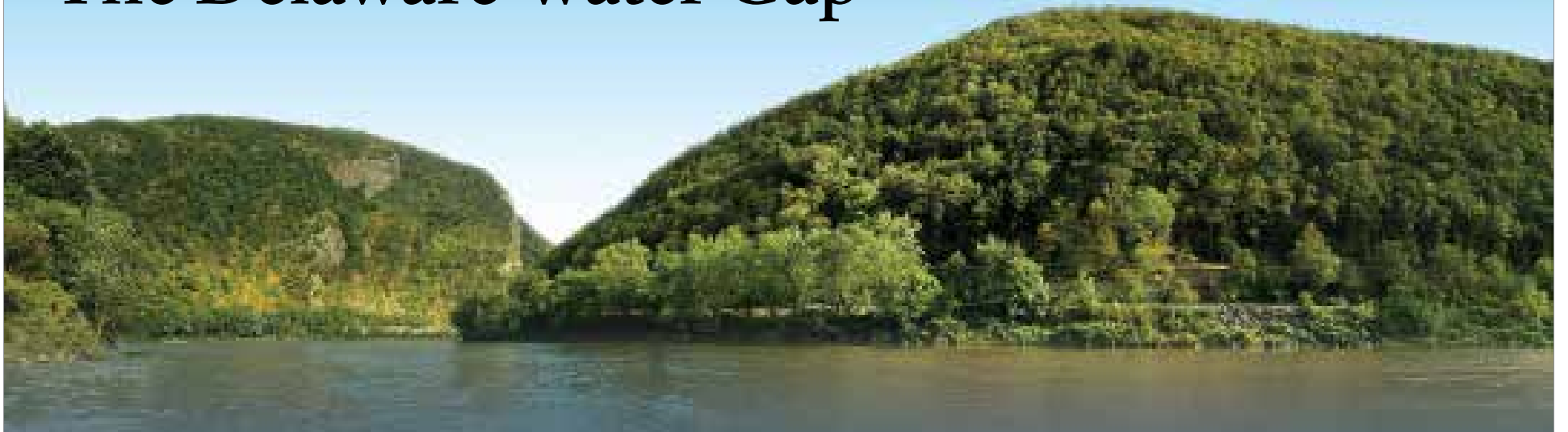
### Things to Know:

- Pets are not permitted on the trail.
- Swimming and wading is not permitted in the creek and waterfalls.
- Stay on the designated trail.
- George W. Childs Park is a trash-free area. Carry out what you carry in.
- Fishing is not permitted in the George W. Childs Park area.
- Restrooms are located at the parking lot and picnic tables are located along the first quarter-mile of the trail.
- The parking lot at George W. Childs Park fills quickly on summer weekends. To avoid the crowds, visit the area before 10:00 am or after 4:00 pm on weekends or visit on a weekday.





# The Delaware Water Gap



A water gap is formed when water carves its way through a mountain range. The Delaware Water Gap is known for its depth, width, and scenic beauty. It is more than 1,200 feet from mountaintop to the river surface, nearly a quarter mile wide at river level and about a mile wide from the

top of Mt. Tammany to the top of Mt. Minsi. Sand and rock move with the river flow, continuing to scour out the riverbed and making the water gap larger over time.

## Stage 1: Collision



About 300 million years ago, the ancient continents of North America and Africa collided. The impact caused the Earth's crust to fold and lift up, forming the Appalachian Mountains including Kittatinny Ridge.

## Stage 2: Erosion



Streams flowed on both sides of Kittatinny Ridge. The streams on the east side aggressively eroded layers of rock and limestone. A few million years ago, they finally carved their way through the mountains.

## Stage 3: Capture



When the streams met, the one with the stronger current captured the flow of the other. The second stream changed course to flow through the water gap.

## Overlooks in the Gap

Tourist attractions of all sorts once lined River Drive through the Delaware Water Gap, today's PA 611. Other than the stone guardrail lining the road, little remains of that historic past. The stunning beauty of the water gap makes this short (2-mile) drive a must-do during your vacation.

### Resort Point Overlook

The best known part of the recreation area is the water gap, a distinct notch, more than a mile wide, cut through Kittatinny Ridge by the Delaware River. In the early 1820s, visitors rented rooms with local families in order to enjoy the area's beauty. In 1932, a 25-guest hotel overlooking the Delaware River opened in the Delaware Water Gap. By 1860, the Kittatinny Hotel had expanded to accommodate 250 guests.

Popularity of the area continued to grow and additional hotels opened to meet the lodging needs of vacationers. Typically, vacationing families consisted of mothers and their children spending the entire summer in one of the hotels, with the father joining them on the weekends. Visitors occupied themselves by hiking, swimming, fishing, dancing, playing tennis and golf, visiting amusement parks, shopping for souvenirs, and delighting in carriage, steamboat, and rowboat rides. But according to the Kittatinny Hotel manager, "Perhaps the featuring asset of the Gap, aside from its beautiful gorge, through which flows the placid Delaware, is its health giving atmosphere, which permeates everywhere and which in itself has given the region much of its charm and popularity."

By the early 1900s, many people had private automobiles. Magazines and newspapers extensively advertised various appealing destinations for city dwellers. At the same time improved roads gave people a greater choice of holiday areas. Weekend excursions began replacing summer-long holidays. The traditional resort business of the Delaware Water Gap began to decline. The economic depression of the 1930s changed the nation's way of life, and grand hotels could not compete with the new, popularly-priced, year-round weekend resorts in the nearby Pocono Mountains. A fire claimed the Kittatinny Hotel in 1931 and today, Resort Point Overlook preserves the view from the location of the once grand hotel.

### Point of Gap Overlook

This overlook is in the heart of the Delaware Water Gap, between Mt. Minsi in Pennsylvania and Mt. Tammany in New Jersey. Just as it is a popular place for viewing today, this was also a popular stop for the Victorian vacationer. A tourist attraction called the "Indian Head Lunch," so called for its view of the cliff across the river, offered meals and souvenirs and the Myrtle William's Gap Inn provided a place for picnicking and camping.

### Arrow Island Overlook

Today, this overlook provides a wonderful view of the water gap and the trailhead for Arrow Island Trail. However, in the early 1900s, this was a bustling tourist stop. Minsi Mountain Park encompassed about 200 acres. A hotel was located on the hill overlooking the river, with a few outlying cottages. Inventive owners marketed a nearby slate quarry as "the Grotto," a romantic enticement for guests, and clear waters from the "Minsi Health Spring." In the location of today's parking area, the Bear Stop roadside attraction featured caged bears and deer for the tourists' amusement.



Postcard of Gap Inn and Indian Head Lunch, c.1920



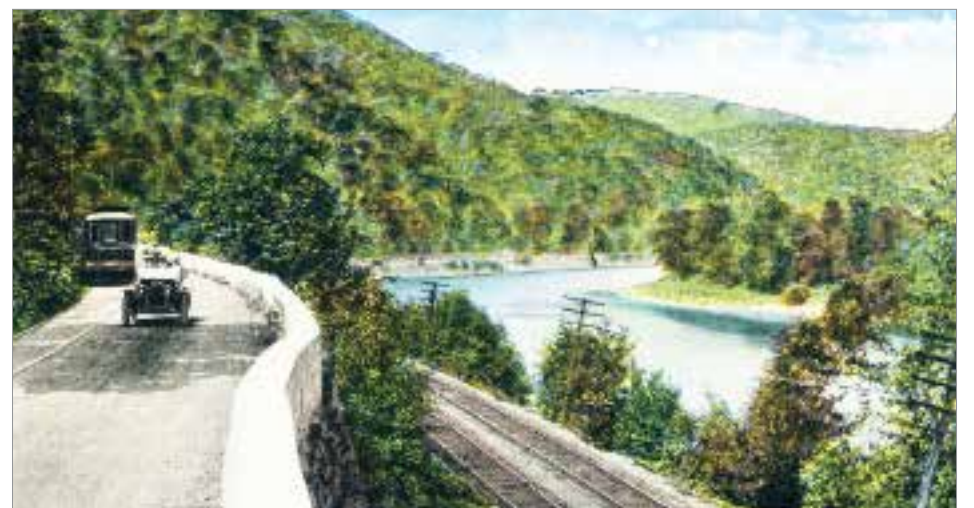
Bear Stop roadside attraction, c.1940



Front view of the Kittatinny Hotel, c.1905



View from the back veranda of the Kittatinny Hotel, c.1905



Color enhanced postcard of River Drive in the Delaware Water Gap, c.1910



# People of the Delaware River Valley

Human occupation in the Delaware River valley dates back over 12,000 years when small family bands moved across the landscape, hunting game, fishing the rivers and lakes and gathering food from the forests and grasslands. About 8,000 years ago, groups began to travel less and relied on a variety of foods found locally, such as acorns, nuts, fish, deer and turkey. Families began farming about 2,000 years ago, leading to a more settled lifestyle.

The Lenape (len-AH-pay) or Delaware lived in an area they call “Lenapehoking,” which means “Land of the Lenape.” Lenapehoking included eastern Pennsylvania, all of New Jersey, southeastern New York, northern Delaware, and a small section of southeastern Connecticut. While some Lenape lived in large villages of about 200 people, most lived in groups of 50 to 75.

**Left:** Painting depicting William Penn entering into 1683 peace treaty.

**Right:** Tish-Co-Han, Lenape Chief in the 1700s

The arrival of Europeans in the mid-1500s meant drastic changes for the Lenape. European explorers traded iron axes, cloth, and copper kettles with the Lenape for valuable animal furs. In addition to the rich natural resources, Europeans also wanted land. Conflicts arose between the Lenape and European colonists over land ownership. Additionally, the introduction of diseases devastated the native population, who had no immunities. By the mid-1700s, warfare and diseases contributed to an estimated loss of 90% of the Lenape people. During the 1700s, most Lenape people voluntarily moved or were forcibly moved west, eventually settling in Canada, Wisconsin, and Oklahoma.

Today, most Lenape decedents still live in Canada, Wisconsin, and Oklahoma. Their arts and oral traditions reflect their culture and they continue to stay connected to their ancestral homeland. Additionally, the Lenape legacy remains through various place names in the park.



## Places with Lenape Names

Kittatinny: from the Lenape word *Kitahtêne*, which means “big mountain” and Minisink – “from the rocky land”

Pahaquarry: from the Lenape word *Pahaqualong*, which means “the place between the mountains beside the waters”

Pocono: from the Lenape word *Poco-hanne*, which means “a stream between mountains”

Mount Tammany: named after the Lenni Lenape Chief Tamanend

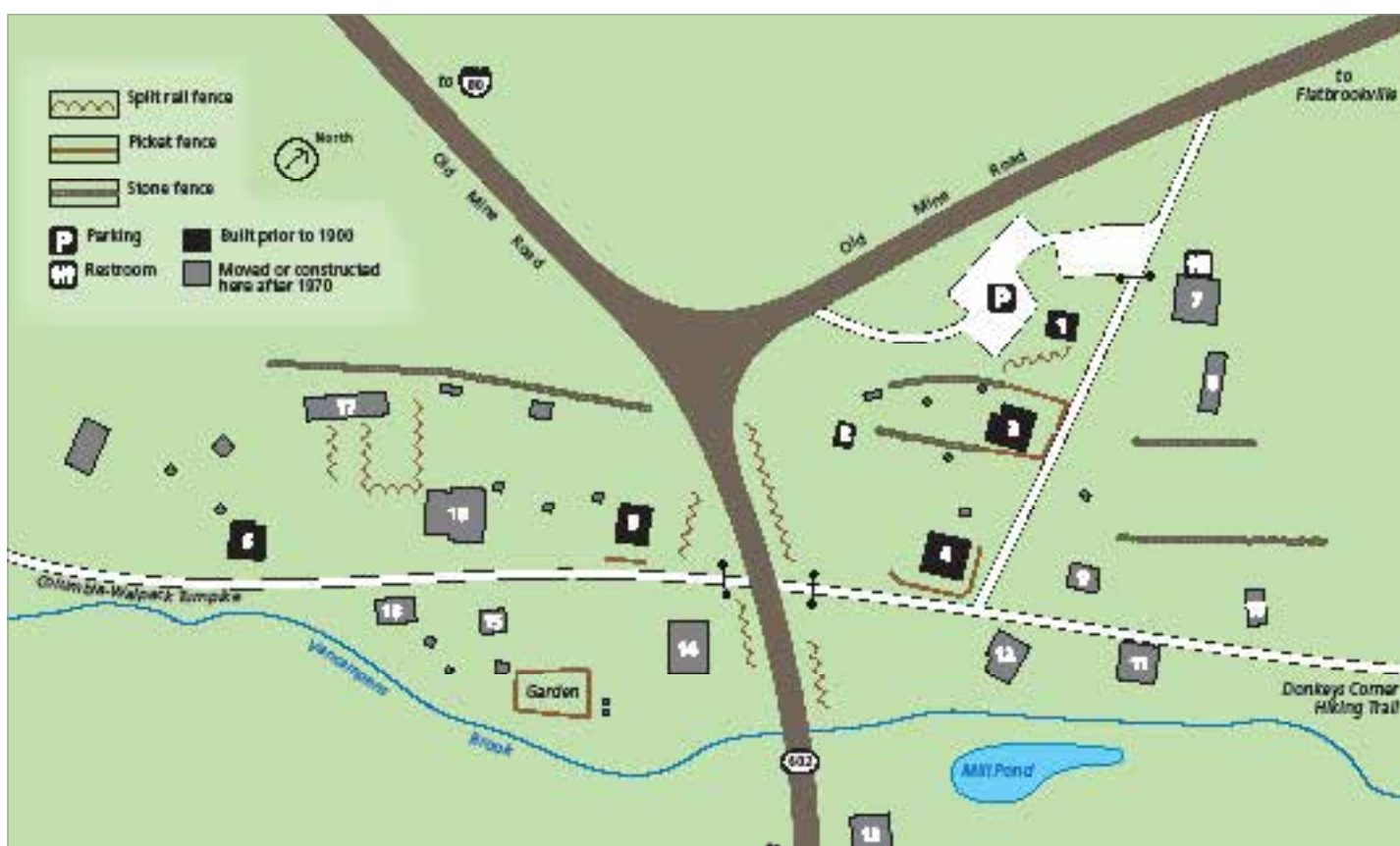


## Millbrook Village

Wander the quiet paths of Millbrook Village for an opportunity to immerse yourself in the past. On summer weekends between Memorial Day and Labor Day weekends, park staff and volunteers open select buildings for self-guided tours and demonstrate various skills necessary for village life in the 1800s. Additionally, special events throughout the year provide family fun and insight into village life during the seasons. For more information, visit the park website at [nps.gov/dewa](http://nps.gov/dewa) or call 570-426-2542.

Today’s Millbrook Village is located at the site of the original village, but it does not replicate the Millbrook of the 1800s. Rather, it evokes the feeling of countryside hamlets where most of this nation’s people lived until the end of the 19<sup>th</sup> century, and provides a landscape for the demonstration of the folkways of that era.

In the mid-1900s, a large dam was proposed in the Delaware River valley to provide hydropower, flood control, and lake-based recreation. This project, known as the Tocks Island Dam, would have covered numerous historic structures located throughout the valley. In the 1970s, the National Park Service, with assistance from the Millbrook Village Society, moved some structures threatened by the Tocks Island Dam project to higher ground at Millbrook. Other buildings were constructed from lumber reclaimed from demolished local buildings. The buildings moved and constructed in Millbrook help create the look of villages once common in the valley.



### Built at Millbrook in the 1800s

1. Lester Spangenburg Cabin: c. 1900, built from pieces of an earlier cabin
2. George Trauger House: c. 1860
3. Trauger Barn: c. 1860, currently undergoing significant restoration
4. Hotel (boarding house): c. 1850
5. Sylvester Hill House: c. 1850
6. Elias Garis House: c. 1850

### Major Structures Added After 1970

7. Wagon Shop: moved here in 1980s; restrooms added in 1988
8. Wagon Storage Shed: built in 2004
9. Blacksmith Shop: moved here in 1970s
10. Sugar Shack: built in 1970s
11. Cider Mill: moved here in 1980s
12. General Store/Post Office: moved here in 1973 to the site of the original store
13. Grist Mill: an 1948 mill moved here in 1990s close to the site of the original mill
14. Methodist Episcopal Church: built in 1973 based on the plans of 1860 church
15. Depue Cabin: moved here in 1980s; structure originally built prior to 1830
16. Van Campen Farmhouse: moved here in 1974; structure originally built in 1800
17. Van Campen Barn: moved here in 1985; structure originally built in the late 1800s
18. Woodworking Shop: moved here in 1986



# Fishing

The area is home to both warm- and cold-water fish species. Numerous lakes and ponds have species like pickerel, catfish, and panfish. Native and stocked trout inhabit the cold streams, offering fly fishers a challenge.

In the spring, the Delaware River offers a chance to catch American shad, a fish whose Latin name means “most savory herring.” Huge numbers of American shad once migrated upstream in the Delaware River, so many shad that the river was described as “black” and “boiling.” Industrial pollution and overfishing drastically reduced shad numbers in the Delaware River in the early 1900s. In the 1980s, pollution control programs were put in place and shad numbers began to rise again. American shad remain a favorite for anglers, putting up a fight and showing multiple jumps when caught.

All waters within Delaware Water Gap National Recreation Area are open to sport fishing unless otherwise noted.

## Regulations

- A state fishing license is required for those 16 and older; regulations are enforced.
- Holders of either a New Jersey or Pennsylvania license may fish on the Delaware River and from either of its banks. This does not apply to the river’s tributaries.
- Special fishing regulations apply within the park. Refer to the appropriate state regulations for waters within the park.

## Fishing is not permitted at:

- Dingmans Creek between the visitor center parking lot and Dingmans Falls.
- Childs Park



**STOP AQUATIC HITCHHIKERS!**  
Be A Good Steward. Clean. Drain. Dry.  
[StopAquaticHitchhikers.org](http://StopAquaticHitchhikers.org)

For New Jersey state information, refer to the New Jersey Fish and Wildlife Digest, available at sporting goods stores, or visit [state.nj.us/dep/fgw](http://state.nj.us/dep/fgw).

For Pennsylvania state information, refer to the Pennsylvania Fishing Summary, or visit [www.fish.state.pa.us](http://www.fish.state.pa.us). PA licenses are available online at [fishandboat.com/outdoorshop.htm](http://fishandboat.com/outdoorshop.htm).

## Places to Fish

State	Location	Common and/or Sought-after Fish <sup>1</sup>												
		American Shad <sup>2</sup>	Brook Trout	Brown Trout	Catfish	Chain Pickerel	Largemouth Bass	Muskellunge	Sunfish <sup>3</sup>	Rainbow Trout	Smallmouth Bass	Striped Bass	Walleye	Yellow Perch
PA	Loch Lomond (Lake) – south of Dingmans Ferry; wheelchair accessible					N	X		X	S				N
PA	“Front” Pond – Pocono Environmental Education Center					N	X		X					N
PA	Hidden Lake – hand launch and picnic area off Hidden Lake Drive					N	X		X	S				N
PA	Dingmans Creek – between Deer Leap Falls and Dingmans Falls; delayed harvest, artificial lures only			S						S				
PA	Toms Creek – from picnic area access upstream; catch and release only			X										
PA	Bush Kill – Bushkill, entire section within park		N	S						S				
PA	Little Bushkill – Bushkill, entire section within park		N	S										
PA	Delaware River – Milford Beach & Boat Access*	N			X			X		X			X	
PA	Delaware River – Dingmans Boat Access*	N			X			X		X	N		X	
PA	Delaware River – Eshback Canoe Access*	N			X			X		X	N		X	
PA	Delaware River – Bushkill Boat Access*	N			X			S	X	X	N		X	
PA	Delaware River – Smithfield Beach & Boat Access*	N			X			S	X	X	N		X	
NJ	Delaware River – Caddoo Canoe Access*	N			X			S	X	X	N		X	
NJ	Delaware River – Poxono Access, * relatively shallow backwater area				X			S	X					
NJ	Delaware River – Turtle Beach*	N			X			X		X			X	
NJ	Delaware River – Kittatinny Point, * off Interstate 80	N			X			S	X	X	N		X	
NJ	Vancampens Brook – headwaters downstream to Millbrook Village		N											
NJ	Vancampens Brook – downstream of Millbrook Village to Upper Glen		N							X				
NJ	Vancampens Brook – from the Upper Glen downstream to the mouth			X						X				
NJ	Flat Brook – entire length within the park; accesses along NPS Route 615			X					X		X			
NJ	Blue Mountain Lake – access by short trail from parking area						X		X	S				N
NJ	Catfish Pond – Mohican Outdoor Center, access from NJ Route 602					N	X		X					N

\*Fishing is prohibited within 200 feet of designated boat launches and swim areas.

<sup>1</sup> X = non-native wild      S = stocked      N = native

<sup>2</sup> The only time to catch adult American shad is from April to June, when the adults are migrating from the Atlantic Ocean.

<sup>3</sup> “Sunfish” includes bluegill, black crappie, rock bass, pumpkinseed (native), and redbreast sunfish (native)

Check the park website for a current list of authorized fishing guides, [www.nps.gov/dewa](http://www.nps.gov/dewa)

# Hunting

Hunting is permitted in most parts of the park. In addition to all applicable state regulations, park-specific regulations are provided below. Please note that you are in a national park; other outdoor enthusiasts are using the same area in which you are hunting. Respect private property located within the park boundaries.

## Hunting Regulations

The possession of firearms on federally-owned land within Delaware Water Gap National Recreation Area is permissible consistent with state and federal laws, as outlined in the Digest of Pennsylvania Hunting Regulations, New Jersey Fish and Wildlife Digest, the Delaware Water Gap National Recreation Area Compendium of Regulations, and Title 36 of the Code of Federal Regulations. The Compendium of Regulations for Delaware Water Gap National Recreation Area is available at park headquarters in Bushkill, PA. All firearms must be unloaded and cased or broken-down while in motor vehicles on roadways or shoulders; bows must be cased. Wear fluorescent orange in compliance with state regulations.

## More Information

PA Game Commission  
570 675-1143/5065  
[pgc.state.pa.us](http://pgc.state.pa.us)

NJ Division of Fish & Wildlife  
908 735-8240  
[state.nj.us/dep/fgw/hunting.htm](http://state.nj.us/dep/fgw/hunting.htm)

Delaware Water Gap Nat'l Recreation Area Ranger Office  
570 828-2321  
[nps.gov/dewa](http://nps.gov/dewa)

## Closed to Hunting

No hunting is allowed in areas designated as Safety Zones; on established / designated public roads and parking areas; or developed areas and/or trails listed below:

### Pennsylvania

- Bushkill Access
- George W. Childs Park
- Cliff Park Inn, grounds and golf course
- Dingmans Falls Area, from the upper observation platform to the East edge of the parking area and 450 feet either side of Dingmans Creek
- Dingmans Campground Area, including the Delaware River and shoreline of the river adjacent to the Campground (Pennsylvania shoreline) and across from the campground (New Jersey shoreline)
- Dingmans Access
- Dingmans Maintenance Area and Ranger Station Area
- Eshback access
- Hialeah Picnic Area
- Hidden Lake Recreation Site
- Milford Beach
- Pocono Environmental Education Center
- Raymondskill Falls Recreation Site
- Smithfield Beach
- Toms Creek Picnic Area
- Unharvested agricultural lease crop fields
- Valley View Group Campsite

### New Jersey

- Camp Ken-Etiwa-Pec
- Chado Farm Area
- Dutch Reformed Church of Minisink
- Kittatinny Point grounds and along the Delaware River 450 feet up river from the Western end of the parking lot and 450 down river of the East end of the Picnic Area.
- Millbrook village Area
- Mohican Outdoor Center
- Peters Valley School of Craft Area
- Rivers Bend Group Campsite
- Turtle Beach
- Unharvested crop fields
- Van Campen Inn
- Walpack Center Area
- Watergate Recreation Site
- Weygadt Maintenance Facility and Parking Area

## The following are prohibited:

- Trapping
- Spotlighting
- Bow hunting on Sundays
- Hunting in closed area
- Hunting in plowed and planted fields or in fields with unharvested crops
- Hunting from, along, or across roads, or from any kind of motorized vehicle
- Using artificial or natural bait
- Driving or pursuing an animal through closed areas with intention of killing it
- Screw-in foot pegs or attaching a stand to a tree with nails, spikes, lag bolts, screws, or similar devices; tree stands must be free-standing and removable
- Releasing any animal or bird into the recreation area for the purpose of hunting or dog training
- Target practice
- Off-road driving
- Parking that blocks gates or access roads
- Backcountry camping and campfire

