

TRAILS OF WORTHINGTON STATE FOREST

Worthington State Forest is located near the southern end of the Delaware Water Gap National Recreation Area in Warren County, New Jersey. It covers 6,660 acres and stretches for more than seven miles along the Kittatinny Ridge. This state forest offers 10 scenic trails with more than 22 miles of hiking, including 6.6 miles of the Appalachian Trail, which passes through the forest.

Appalachian Trail

*White • 6.6 miles (in Worthington) • Hiking
Moderate • Historic Scenic Trail*

Trailhead Parking area off Route 80. The Appalachian Trail (AT) is a historic national scenic trail. There are 6.6 miles of the 2,180-mile trail within Worthington State Forest. Along this section, the trail follows Kittatinny Ridge with excellent views. The trail can be reached from Dunnfield Creek Natural Area as well as from Douglas Trail and Garvey Springs Trail. Be prepared for a steep and rocky climb to the ridge. There is a backpacker campsite located near the intersection with Douglas Trail.

Buckwood Trail

*Teal • 1.3 miles • Hiking
Easy • Less traveled trail to Mount Tammany Fire Road*

Trailhead Appalachian Trail east of Sunfish Pond. **Buckwood Trail** (formerly Turquoise Trail) is an isolated trail that connects the Appalachian Trail with the Mount Tammany Fire Road. The trail descends from Kittatinny Ridge, crosses the upper reaches of the Dunnfield Creek drainage and connects to the fire road along the southern boundary of the forest.

Douglas Trail

*Dark Blue • 1.7 miles • Hiking
Moderate • Connector to Appalachian Trail*

Trailhead Douglas parking lot on Old Mine Road. **Douglas Trail** begins heading southwest and proceeds uphill to Kittatinny Ridge. Several switchbacks along the route help with this 1,200-foot climb. The beginning of the trail follows the drainage stream from Sunfish Pond. Laurel Falls, a rocky cascade, is only a short walk up the trail. At the first switchback, Douglas Trail intersects with Rockcores Trail, then continues its climb. Once on top of the ridge, Douglas Trail ends as it meets the Appalachian Trail at a backpacker campsite.

Dunnfield Creek Trail

*Light green • 3.4 miles • Hiking
Moderate • Trail along scenic Dunnfield Creek*

Trailhead Pahaquarry Trail or AT. **Dunnfield Creek Trail** is a rocky and sometimes steep trail following Dunnfield Creek upstream from the Delaware River. The trail passes through a ravine lined with rhododendrons, mature hemlock and mixed hardwoods. Dunnfield Creek is a natural trout stream and boasts several small waterfalls. Leaving the ravine, the trail turns north and ascends a hillside to reach the AT and Sunfish Pond, a glacial lake surrounded by oak and chestnut forest.

Farview Trail

*Yellow • 1.3 miles • Hiking
Moderate • Trail leads to Appalachian Trail*

Trailhead Parking area on Old Mine Road. **Farview Trail** begins in gently sloping forest terrain. Heading south from the Delaware River, the trail turns east and joins a two-track path while continuing up a gradual hillside to meet with the Appalachian Trail and Holly Springs Trail.

Garvey Springs Trail

*Orange • 1.2 miles • Hiking
Moderate • Trail to Appalachian Trail*

Trailhead Douglas parking lot on Old Mine Road. **Garvey Springs Trail** begins along Old Mine Road and travels southeast climbing forested hillsides. This is a steep and rocky trail that climbs 1,100 feet to Kittatinny Ridge and meets with the Appalachian Trail east of Sunfish Pond. A small trail leads around the pond for scenic views. For a scenic loop, head west on the AT then return to the trailhead via Douglas Trail.

Holly Springs Trail

*Red • 0.5 miles • Hiking
Easy • Short connector trail*

Trailhead Appalachian Trail or Dunnfield Creek Trail. **Holly Springs Trail** is a short trail connecting the Appalachian Trail with Dunnfield Creek Trail. The forested two-track trail leads across a gradual hillside from the creek to the ridgeline.

Mount Tammany Trail

*White & red • 1.5 miles • Hiking
Difficult • Steep trail to summit of Mount Tammany*

Trailhead Dunnfield Creek Natural Area. **Mount Tammany Trail** begins along the Delaware River, heads southeast and climbs a steep hillside. After a tough and rocky climb of 1,200 feet, the trail reaches Mount Tammany. At an elevation of 1,527 feet, the summit offers great 360-degree views of the Delaware Water Gap and Kittatinny Ridge.

Pahaquarry Trail

*Light blue • 1.4 miles • Hiking
Moderate • Alternate route to Mount Tammany*

Trailhead Appalachian Trail. **Pahaquarry Trail** (formerly Blue Dot Trail) provides an alternate route to Mount Tammany. Most hikers take Mount Tammany Trail up the mountain and come back down Pahaquarry Trail. Starting with the Appalachian Trail, Pahaquarry Trail continues along Dunnfield Creek until climbing a hillside and approaching Mount Tammany from the north side.

Rockcores Trail

*Green • 2.9 miles • Hiking
Moderate • Interpretive Trail*

Trailhead Parking pull-off on Old Mine Road near forest office. **Rockcores Trail** begins and ends along the Delaware River. From its start near the forest office, the trail follows an old two-track forest road along a broad hillside. In the 1950s, this road allowed access for engineers to take rock samples to determine whether the soils and bedrock in the area could withstand the proposed Tocks Island Dam. The trail remains generally flat as it parallels the ridge line, crossing Douglas Trail and the scenic, rocky outlet stream from Sunfish Pond. Continuing east, the trail crosses Garvey Springs Trail and then descends a few switchbacks to return to Old Mine Road.

TRAIL SENSE AND SAFETY

Trail Markings: Official trails are marked by colored blazes on posts and trees. For habitat protection and your safety, please stay on the trails and don't alter trail markings or create new trails.

Preparations: Consider bringing water, snacks, sunscreen, insect repellent, and a hat. Dress for the weather. Tell someone where you plan to go and when you'll return.

Hunting: Sections are open to hunting. Bright orange clothing is recommended during hunting season.

Pets: All pets must be on a leash (maximum 6 feet) and under the physical control of the owner at all times. Please clean up after your pets.

Carry-in/Carry-out: Help keep the park clean and beautiful by carrying out your trash.

Tick Protection: Bring insect repellent, wear light-colored clothing, tuck pants into socks, stay on trails, check yourself thoroughly, shower, and launder clothes immediately.

Bear Aware: Bears are active in this area. Don't approach them. Bear sightings should be reported to the State Park Police (1-877-927-6337) or to the park office.

Hours: Visitors are welcome on the trails from dawn to dusk. Trail use is not permitted after sunset.

Forest Office Phone: (908) 841-9575

Emergency Numbers: 1-877-WARN-DEP (1-877-927-6337) or 911

Worthington State Forest

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