

The Liberty Bell Wanderers  
Welcome You to the  
**PA Appalachian Trail &  
NJ Appalachian Trail  
Near Stroudsburg, PA**

Seasonal Sanctioned Walking Events  
(Monroe County, PA & Sussex County, NJ)

10K PA AT walk is rated 4D  
5K PA AT walk is rated 3C

10K NJ AT walk is rated 3D  
5K NJ AT walk is rated 1A

All walks begin in the town of Delaware Water Gap, PA where restaurants, and coffee shops are available. The town of Stroudsburg, PA (pop 6000) is less than 4 miles from the start point.

**WALK REGISTRATION:**

Please use the online start box provided by the California Volkssport Association website ([www.cva4u.org](http://www.cva4u.org)). Follow the left side link, "Online Start Box", and the instructions provided to sign a waiver and register for this event. Payments for event credit and directions use PayPal. The directions and insert cards are PDFs that you can download and print as needed. The POC does not provide event directions or accept alternate payment methods. The entire online process should take less than 10 minutes for a first-time user.

**WALK COMPLETION AND WALK CREDIT:**

Once you have physically completed the walk, please login to your online Start Box account and select the "Maps / Finish" tab. Use the displayed entry form to submit the date and distance of your walk as well as to select applicable AVA Special Programs. You then generate stamped "virtual" insert cards that you may choose to print out later.

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**START POINT:**

The AT parking lot at the corner of Main St and Mountain / Mt Run Farm Rd in Delaware Water Gap, PA.

**This is diagonally across the street from the Deer Head Inn, 5 Main St, Delaware Water Gap, PA 18327.**

**DRIVING DIRECTIONS:**

1. Take Interstate 80 to the PA side of the PA / NJ border at the Delaware River Crossing.
2. Take PA-611 south about 0.5 miles. AT parking lot is on the left diagonally across the street from the Deer Head Inn. If the lot is full there is ample parking nearby in Delaware Water Gap. There is also a well marked AT parking lot on Mountain Road with limited parking

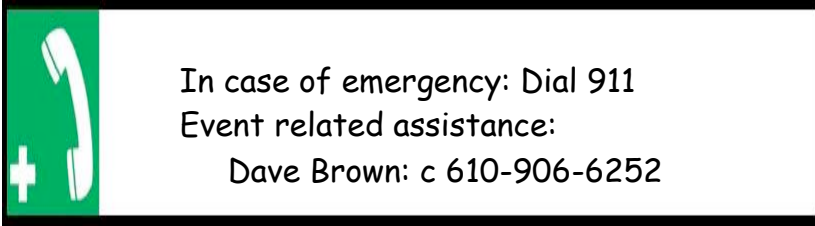
**Special Programs and Awards**

<b>Special Program</b>	<b>Which walks</b>
Appalachian Trail (AVA)	All
Appalachian Trail (KSVA)	All
Border Crossing	All except PA 5K
Ice Cream Parlors: Zoë's Ice Cream Emporium @ Castle Inn, 20 Delaware Ave (570)-213-7858	All
Town Halls / City Halls	All - See optional special programs page 12
Walking with America's Veterans	All - See optional special programs page 12

**About the Delaware Water Gap National Recreation Area**

All four walks are within the Delaware Water Gap National Recreation Area, which is 70,000 acres administered by the National Park Service. It extends from the Delaware Water Gap northward to Port Jervis, New York. The Appalachian Trail runs along much of the eastern boundary of the park and is maintained by the New York - New Jersey Trail Conference.

**EMERGENCY NUMBERS:**



**RESTROOMS:**

Public restrooms are available at multiple businesses in Delaware Water Gap, PA.  
Out of season / off hours Stroudsburg is less than 4 miles away.

**PENNSYLVANIA HIKE**

There are restrooms in the Castle Inn across from the Start Point  
There are NO restrooms on the trail until you return to town (9.3 K)

**NEW JERSEY HIKE**

There are restrooms in the Castle Inn across from the Start Point  
Pit toilets are available at the Kittatinny Visitors Center (1.5 K)  
Port-a-potties are available at the Dunnfield Creek Parking Lot (2.5 K)

**APPALACHIAN TRAIL STAMP LOCATIONS:**

**Church of the Mountain Hostel** (one block from Start Point)  
106 Church Lane  
Delaware Water Gap, PA 18327  
(570) 992-2934

**Delaware Water Gap Post Office** (0.8 mile from Start Point)  
12 Shepard Ave  
Delaware Water Gap, PA 18327  
(570) 476-0304

## GUIDELINES WHEN HIKING THE APPALACHIAN TRAIL:

- Follow the white trail blazes (vertical white rectangles 2 inches wide by 6 inches high)
- Two blazes one atop the other indicates a turn in the direction the top blaze is offset
- If you become disoriented retrace your steps until you find a blaze.
- Look behind you to see if you see a blaze visible in the other direction
- Bring: hat, backpack, first aid kit, boots, food, water, walking sticks, phone, and flashlight
- Do not hike alone
- Notify someone where you are and when you will return
- If you cannot reach someone by phone try texting
- Allow for the hike to take 2-3 times as long as the same distance for a town walk
- Know when local sunset is and plan to be back well before
- Check weather forecast just prior to starting
- Take standard precautions for ticks:
  - Minimize exposed skin
  - Stay to middle of trails
  - Consider using permethrin treated clothing / spray
  - Shower and do body check soon after completing the hike

## PA 10K & 5K WALKING INSTRUCTIONS:

1 Proceed up the hill on Mountain / Mt Run Farm Road. Follow the white AT blazes.

2 At Council Rock (unmarked) **bear to the left** to stay on the AT. A wide unmarked fire trail goes straight. (1.2K).

3 Pass Eureka Creek (2.3K).

4 At 2.6K the AT takes a sharp right turn with a steep ascent becoming much more difficult. There is a short dead-end trail that goes straight ahead to an overlook.

**THIS IS THE 5K TURN AROUND POINT. 5K WALKERS RETRACE YOUR STEPS TO THE START POINT WHERE YOU WILL HAVE COMPLETED YOUR WALK (5.2K). IF YOU WANT TO DO A 6K BORDER CROSSING OPTION CONTINUE ON THE AT PAST THE START POINT TO THE NEW JERSEY STATE LINE ON THE I-80 BRIDGE AND RETURN TO THE START POINT (6.2K).**

5 **10K WALKERS continue on the AT** until you arrive at a clearing with a large stone platform with stone steps leading up to it. There is also a concrete building surrounded by a chain link fence. You are at the top

of Mount Minsi (1,125 feet). Go a very short distance further on the AT and take the first short dirt-gravel side trail to the left for a majestic view of the Delaware Water Gap (4.2K).

6 Return to the clearing and retrace your steps on the AT back towards the start point.

7 Continue less than 1 K and bear right on the wider and smoother surfaced fire trail (Rim Road - unmarked) which branches off to the right. **The fire trail is NOT blazed and NOT paved** but it is obvious, a small jeep could drive down it (4.8K).

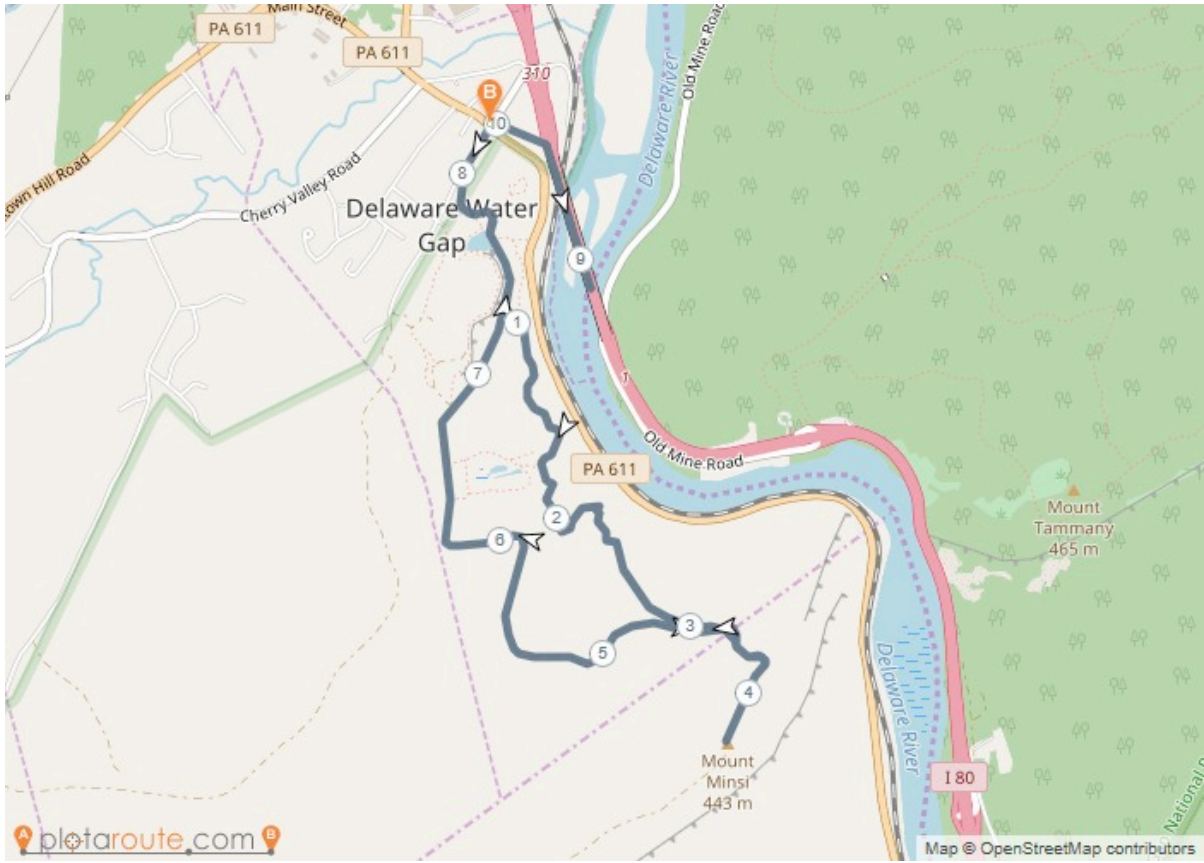
8 Continue on the fire trail crossing the AT once until it ends merging into the AT (8.3K).

9 Continue straight on the AT passing the start point (9.3K).

10 Continue on the AT to the border crossing on the I-80 Bridge. Look for the green 0 milepost sign on the light post in the center of the highway and the border crossing painted on the walkway (9.8K).

11 Return to the start point (10.3K).

### PA 10K Map:



### PA 5K Map:



**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

NJ 10K & 5K WALKING INSTRUCTIONS:

1 Follow the white AT blazes on Delaware Ave towards the Delaware River.

2 Continue on the AT to the border crossing on the I-80 Bridge. Look for the green 0 milepost sign on the light post in the center of the highway and the border crossing painted on the walkway.

3 Follow the AT down the ramp onto River Road. You will pass the Kittatinny Visitors Center (pit toilets) (1.5K).

4 Follow the AT under I-80 until you arrive at the Dunnfield Creek Natural Area parking lot (port-a-potties) (2.5K).

**THIS IS THE 5K TURNAOUND POINT. 5K WALKERS RETRACE YOUR STEPS TO THE START POINT.**

5 **10K WALKERS** continue on the AT.

6 **DO NOT bear right** at the next intersection onto the blue blazed Dunfield Creek Trail. Stay on the AT (3.2K)

7 When you come to the next trail-crossing look on the tree behind you for the trail markers. The AT goes

straight. The Farview Trail (yellow blazes) goes left and the Holly Springs Trail (red blazes) goes right (5.0K).

8 **Turn left onto the Farview Trail** (aka Beulahland Trail) following the yellow blazes until the trail ends at the Farview Trailhead (7.0K).

9 Turn left and take a stroll down paved River Road (aka Old Mine Road) passing under I-80.

10 When you come to the end of the concrete wall with a green railing on top cross the road, go up the same ramp you came down earlier. Follow the AT blazes over the I-80 Bridge (8.9K).

11 Return to the Start Point (10.1K)

### NJ 10K Map:



### NJ 5K Map:



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**OTHER YRE's AVAILABLE NEAR THE DELAWARE WATER GAP:**

The Liberty Bell Wanderers thank you for walking the Appalachian Trail!

While you are in the Delaware Water Gap, you may want to consider the very interesting YRE's at Milford, PA (30 miles) or the Roebling Aqueduct (a border crossing) in Barryville, NY (45 miles).

**OPTIONAL SPECIAL PROGRAMS:**

**TOWN HALLS / CITY HALLS & WALKING WITH AMERICA'S VETERANS:**

If you are doing the Town Halls / City Halls special program or the Walking with America's Veteran's special program before starting any of the four hikes

1 Go two short blocks on Main Street into town. The Town Hall is located at 49 Main Street near the intersection with Shepard Ave. A War Memorial is located across the street at the same intersection.

2 Return to the start point and commence your hike.