

Welcome to the "Walking the Appalachian Trail NJ"

AVA Event Number: Y3813

Distance – Trail Ratings: 5 KM – 116 KM– 3C to 4D

In case of Emergency: Dial 911**Event-only related assistance:****Dave Brown, (610) 906-6252**

Description: The terrain of the Appalachian Trail in New Jersey is up and down in most areas and elevation varies from 286 feet to 1671 feet. Please allow extra time to complete the hike. Do not complete the hike if there is snow or ice on the ground or if the area is very muddy. The entire length of the trail is 72 miles (116 km) in New Jersey. Included below are a list of eight different segments of the trail that can be day hiked if you are able to place a car at each end or you can do several out and back hikes anywhere the trail can be accessed.

Please note that the Liberty Bell Wanderers (AVA-0238) also sponsors a New Jersey AT hike (Stroudsburg, PA - NJ Appalachian Trail, <https://my.ava.org/event-view.php?y=2207>) with trail lengths of 5 & 10km that also qualifies for the Appalachian Trail special program.

Amenities: Strollers: none, Wheelchairs: none, Pets: yes, Restrooms: On occasion

Special Programs: See the Online Start Box entry for the current list at:

<http://my.ava.org/event-view.php?y=3813>

Start Times: Dawn to Dusk

Location: Online Start Box (OSB) Only; no physical stamps are provided

Start Locations: Various different trailheads – see below

Registration: Use the American Volkssport Association's OSB system. Your personal OSB account, once established, will include the waiver, payment method and collection, directions download, and stamp retrieval upon completion of the event.

Below is a link to a tutorial on how to use the OSB:

https://my.ava.org/find-a-tutorial.php?OSB_register_complete

Awards and Fees: IVV Credit Only

Comments: You may take event credit for each day and take distance credit for the distance walked for that day. Each day a new registration on the AVA OSB website needs to be made.

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

THE BASICS:

This event has a minimum distance of 5K and may be done on multiple days as long as the Appalachian Trail is in New Jersey which is 72 miles (116 kilometers). You must register on the OSB and pay for IVV credit for each day that you walk. You may walk the trail from any start point and for any length (minimum 5K) and this will qualify for the IVV event stamp and the Special Program – The Appalachian Trail. The amount of distance that you are allowed to enter on your books is based on your own knowledge of the route and distance you covered under your own auspices.

You may walk the trail in two ways:

- 1) an out-and-back hike -or-
- 2) using two vehicles, one at either end of the hike. Hikes that are walked using two vehicles can be hiked in either direction.

A good resource is the book **Exploring the APPALACHIAN TRAIL Hikes in the Mid-Atlantic States: Maryland, Pennsylvania, New Jersey, New York by Glenn Scherer and Don Hopey**. This breaks the trail down into several day hikes (from the Pennsylvania border to the New York border). Directions are provided to the start and end of each hike as well as giving a general overview of what to expect on each hike. Most hikes also provide early exit options and can therefore be divided further.

SUGGESTED 8 APPALACHIAN TRAIL DAY HIKES IN NEW JERSEY:

- 1) Sunfish Pond & Mt Mohican
 - a. Distance: 8.8 miles (14.2km)
 - b. Elevation: 350 to 1500 to 1100 feet
 - c. Difficulty: Strenuous
 - d. Early exit options: at 1.5, 3.1 and 4.1 miles
- 2) Catfish Mt to Flatbrookville Rd
 - a. Distance: 7.1 miles (11.4km)
 - b. Elevation: 1100 to 1565 to 1370 feet
 - c. Difficulty: Easy
 - d. Early exit options: 3.3 miles
- 3) Rattlesnake & Bird Mts
 - a. Distance: 11.0 miles (17.7km)
 - b. Elevation: 1370 to 1550 to 900 feet
 - c. Difficulty: Strenuous
 - d. Early exit options: at 3.0 and 7.1 miles
- 4) Sunrise Mt & High Point
 - a. Distance: 17.3 miles (27.8km)
 - b. Elevation: 900 to 1700 to 1100 feet
 - c. Difficulty: Strenuous
 - d. Early exit options: at 5.3 and 8.7 miles

- 5) The Great Valley of the Appalachians
 - a. Distance: 9.0 miles (14.5km)
 - b. Elevation: 1100 to 400 feet
 - c. Difficulty: Easy
 - d. Early exit options: Many
- 6) Wallkill & Vernon Valleys
 - a. Distance: 9.0 miles (14.5km)
 - b. Elevation: 400 to 1150 to 450 feet
 - c. Difficulty: Moderate
 - d. Early exit options: Many
- 7) Wawayanda Mt to Warwick Tpk
 - a. Distance: 6.0 miles (9.7km)
 - b. Elevation: 1150 to 1350 to 450 feet
 - c. Difficulty: Easy
 - d. Early exit options: at 1.9 and 3.5 miles
- 8) Warwick Tpk to Mt Peter NY
 - a. Distance: 9.5 miles (15.3km)
 - b. Elevation: 1150 to 1433 to 1130 feet
 - c. Difficulty: Strenuous
 - d. Early exit options: at 1.0 and 3.6miles

HIKING BASICS AND TIPS:

- 1) The Appalachian Trail is marked with white blazes, i.e., marks painted on trees or rocks that indicate the path. While hiking please make sure you continue to see blazes and make sure you are still on course. If you have not seen a blaze in a few minutes, it is advisable that you backtrack and make sure you are still on the Appalachian Trail. There are several side trails that may be unmarked or marked with different color blazes. Two blazes on a tree or rock will indicate a turn coming in the trail.
- 2) The Appalachian Trail through New Jersey can be rugged. Elevation varies from 286 feet (Delaware River at PA border) to 1671 feet (High Point). There may be snow, ice, or mud depending on the season or weather. It is not recommended to do this walk in these weather conditions. It is strongly suggested that you use supportive hiking boots as well as use one or two hiking poles.
- 3) Bring a friend. It is NOT recommended that you do this walk alone. It is also recommended that you let someone know where you are hiking and when you are off of the trail safely.
- 4) Check weather forecast and sunset times. Make sure you have enough time to safely complete the hike.

- 5) Some suggestions for supplies include food and water, raincoat or poncho, sunglasses, a visored hat, sunscreen, bug spray, small portable first aid kit, map or trail book, phone (especially in case of emergency).

Appalachian Trail New Jersey

