

Appalachian Trail (AT)

White • 9 miles within High Point • Hiking
Moderate to difficult • Rocky uneven ground

The 2,190-mile Appalachian Trail (AT) extends from Springer Mountain, Georgia to Mount Katahdin, Maine. Nine miles of the AT are in High Point, offering challenging hikes along the Kittatinny Ridge with many worthwhile views.

Trailhead AT Parking lot on Route 23, 0.5 miles south of the Park Office. The **Appalachian, Iris, and Mashipacong Trails** are all accessible from here. From the lot, follow the connector trail (blue) to the Iris Trail (red). Turn right on the Iris Trail to reach the Appalachian and the Mashipacong Trails or the Park Office. Turn left on the Iris Trail to go south towards Deckertown Turnpike.

To hike northbound on the AT (towards the Monument), follow directions above, turning right where the Iris Trail intersects with the AT. In 0.25 miles, you'll emerge near the Park Office and the Route 23 crossing. From the AT lot, you can also walk up Route 23. To reach High Point Monument, follow the trail for 1.5 miles along the ridge until you reach a wooden observation platform. A short distance past the platform, the AT intersects with the Monument Trail (red and green) and the Shawangunk Ridge Trail (medium blue). The AT bears right and descends the ridge. To continue to the Monument, stay straight and follow the Monument/Ridge Trails.

To hike southbound on the AT (towards Deckertown Turnpike and Stokes State Forest), follow the directions above, but turn left where Iris Trail intersects with the AT. Between Route 23 and Deckertown Turnpike the AT intersects with Iris Trail twice, making shorter and longer loop hikes possible.

Other Trailheads The AT can also be accessed via a small parking lot on Deckertown Turnpike/CR 650 and a pull-off lot on Route 519.

This brochure was funded by Federal Highway Administration's Recreational Trails Program, through the New Jersey Department of Environmental Protection.

TRAILS OF HIGH POINT STATE PARK AND NEW JERSEY VETERANS' MEMORIAL

Ayers Trail

Black • 1 mile • Multiuse
Easy • Fairly level, rutted wagon road

Trailhead Park off Park Ridge Road near the trailhead or at the Sawmill Lake boat launch, then walk a quarter mile along Sawmill Road to the trailhead. **Ayers Trail** was the road that led to the Ayers Farm, established in 1870. Today the fields, bordered by impressive stone walls, are maintained through annual controlled burns that help preserve the field habitat. To make a loop hike, combine this with the Mashipacong Trail and walk short distances along Sawmill and Park Ridge Roads.

Blue Dot Trail

Dark blue • 0.5 miles • Hiking
Difficult • Wet areas, very rugged steep terrain

Trailhead Across from campsite 15 at the Sawmill Campground. **Blue Dot Trail** is short, but ideal for anyone who enjoys the challenge of rocky terrain. The summit provides a beautiful overlook of Sawmill Lake and the surrounding mountains to the west. It also intersects with the Appalachian Trail.

Cedar Swamp Trail

Purple • 2 mile loop • Hiking, cross-country skiing
Easy • Mostly flat, paved, gravel and boardwalk

Trailhead Go to the end of the road in the Cedar Swamp Picnic Area and park. The trail begins at the yellow gate. **Cedar Swamp Trail** follows a closed road into the Atlantic white cedar bog in the Kuser Natural Area, then forks and circles around the perimeter of the bog. A trail guide that corresponds to numbered stops along the trail can be obtained at the Park Office or the Interpretive Center.



Iris Trail

Red • 4.5 miles • Multiuse
Easy to moderate • Rocky uneven ground

Trailheads The Appalachian Trail parking lot or the pull-off lots near Deckertown Turnpike. **Iris Trail**, built in part by the Civilian Conservation Corps, winds along gently sloping terrain. It passes scenic Lake Rutherford (a private lake) and crosses the Appalachian Trail twice, making shorter and longer loop hikes possible.

Mashipacong Trail

Yellow • 2.8 miles • Multiuse
Easy to moderate • Variable trail surface

Trailheads The Appalachian Trail parking lot or three pull-off lots near the trail on Sawmill and Park Ridge Roads. **Mashipacong Trail's** southwestern section was part of one of the first roads over the ridge. Remnants of small farms can be seen here. The trail crosses small streams, follows an old road, and climbs over a rocky ridge ending behind the park office. A loop hike can be made by combining the southern portion of this trail with the Ayers Trail, and walking short distances along Sawmill and Park Ridge Roads.



Report trail issues to the park at 973-875-4800
Report emergencies by calling 877-927-6337

Explore Trail Tracker
The Interactive Trails
Map of NJ State Parks



sptrailtracker.nj.gov

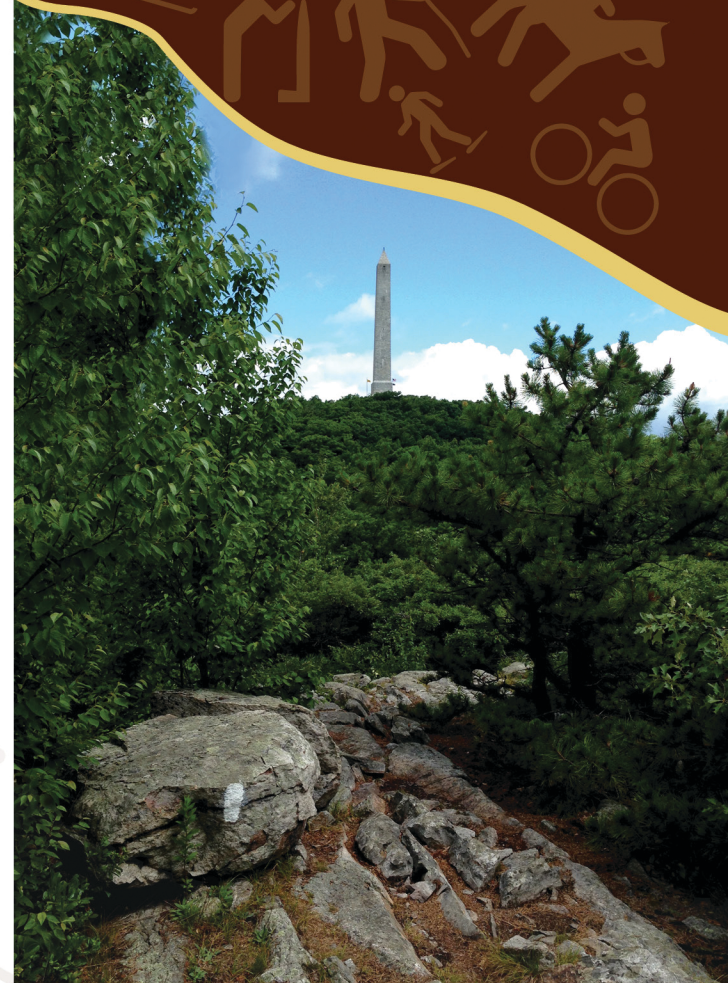


Scan the QR code
to learn more
about each trail.

High Point State Park and
New Jersey Veterans' Memorial
1480 State Route 23
Sussex, N.J. 07461
(973) 875-4800

CMY 10/20

TRAILS of High Point State Park and New Jersey Veterans' Memorial



State of New Jersey
Department of Environmental Protection
Division of Parks and Forestry
State Park Service
njparksandforests.org

Fuller Trail

Red & blue • 0.85 miles • Multiuse
Easy to moderate • Rocky, sometimes muddy

Trailhead Park in the Winter Trails parking lot. **Fuller Trail** was once a road used by the Fuller family to travel from their farm (now the group camping area) to the cedar shake mill that they operated where Sawmill Lake is today. Part of the trail overlaps with Life Trail then branches off to meet Sawmill Road at the intersection with the Mashipacong Trail.

Life Trail

Brown • 0.8 miles • Multiuse
Easy to moderate • Mostly level, but rocky trail surface

Trailhead Park in the Winter Trails parking lot. **Life Trail** was once part of the Fuller family farm which was located here in the 1800s and early 1900s. It was later incorporated into a Girl Scout camp and was part of the first camp in the state for blind children. Where the trail ends at Park Ridge Road, turn right to return to the parking lot.

Monument Trail

Red & green • 3.5 mile loop • Hiking & snowshoeing
Moderate to difficult • Rocky trail, steep climbs

Trailhead This trail can be accessed by parking at/or near the Interpretive Center, the north end of Lake Marcia, or the Monument parking area. **Monument Trail** offers some of the best views in the park, extending along the top of the mountain ridges almost to the New York border. Constructed by the Civilian Conservation Corps in the late 1930s, sets of stone stairs and borders display their workmanship.

Old Trail

Brown & yellow • 0.5 miles • Multiuse
Easy • Gently sloping carriage road

Trailhead At far side of the picnic/parking area across from the beach parking lot. **Old Trail** was one of the entrances to the High Point Inn in the 1890s, used by the horse-drawn stagecoaches that transported guests to the Inn from the train station in Port Jervis, New York.



Parker Trail

Light green • 2.5 miles in High Point • Multiuse
Moderate • Rocky trail with muddy portion

Trailhead Pull-off parking on Park Ridge Road and Deckertown Turnpike, and off Crigger Road in Stokes State Forest where the trail overlaps with part of the Blue Mountain Trail. Parker Trail is rocky, but fairly level and winds through a hardwood forest to the Deckertown Turnpike and continues into Stokes State Forest.

Shawangunk Ridge Trail

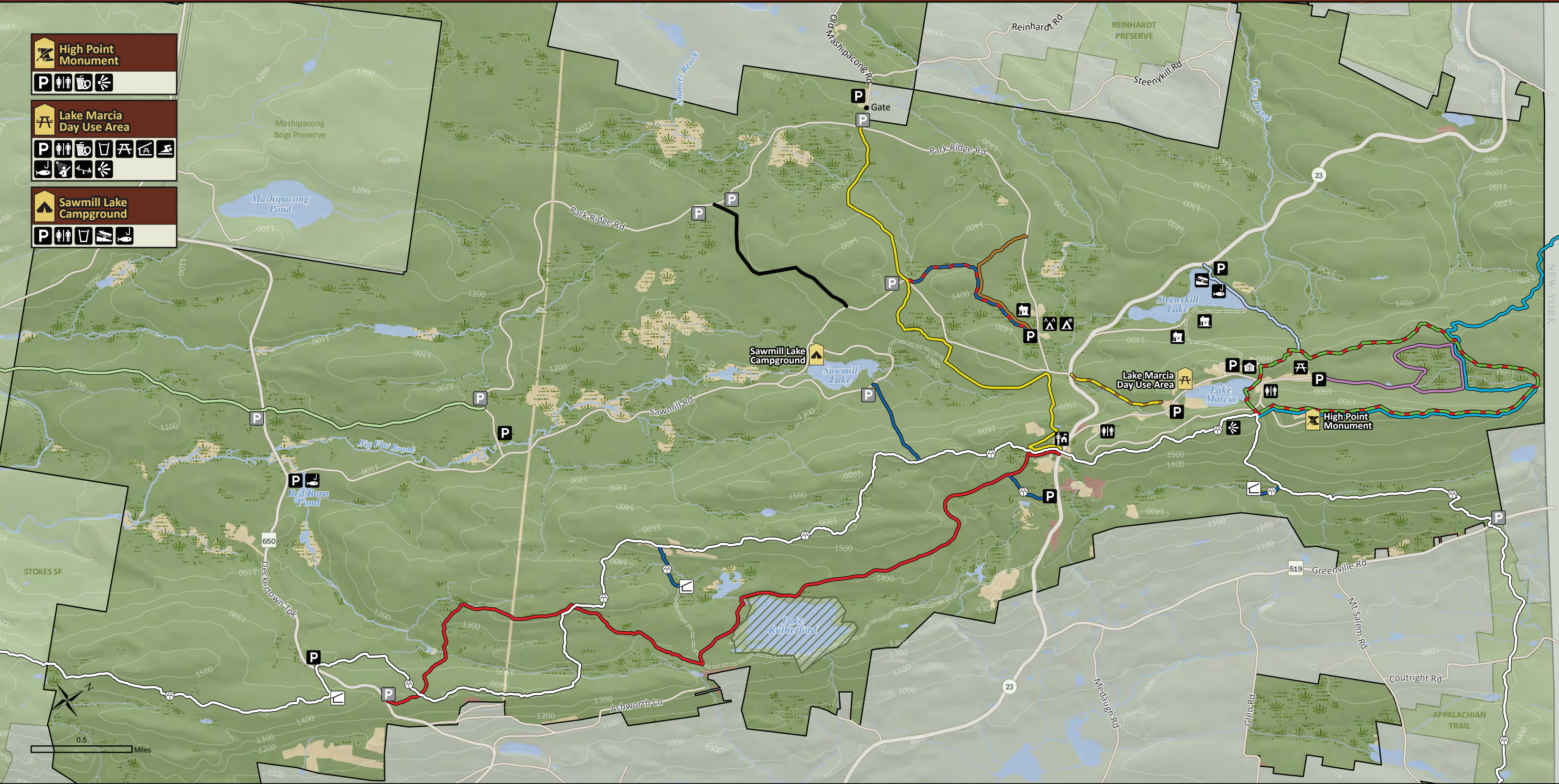
Medium blue • 3 miles in High Point • Hiking
Moderate to difficult • Narrow, rocky trail

Trailhead Where the Appalachian Trail intersects with the Monument Trail. The 71-mile Shawangunk Ridge Trail begins here, follows the Monument Trail until it branches off to and meets with a portion of the Cedar Swamp Trail. After crossing the boardwalk, the trail again intersects briefly with the Monument Trail and then heads towards New York, continuing along the ridge and ending in the Mohonk Preserve. For more information, contact the New York/New Jersey Trail Conference (nynjtc.org).

Steenykill Trail

Light blue • 0.7 miles • Hiking
Easy to difficult • Grassy trail ending in a rocky climb
Trailhead Park at the Steenykill Boat Launch. The top of the trail can also be reached via the Monument Trail. **Steenykill Trail**, built in the late 1930s by the Civilian Conservation Corps, begins at Route 23, runs along the Lake Steenykill dam (also built by the Civilian Conservation Corps), makes a left turn at the spillway, crosses a stream, then climbs steeply uphill to join Monument Trail.

HIGH POINT State Park



High Point Monument
 P [Icons: Restrooms, Picnic Shelter, Scenic View]

Lake Marcia Day Use Area
 P [Icons: Restrooms, Picnic Shelter, Scenic View, Fishing, Boat Launch, Drinking Water, Picnic Shelter, Playground, Picnic Shelter]

Sawmill Lake Campground
 P [Icons: Restrooms, Picnic Shelter, Scenic View, Drinking Water, Picnic Shelter]

- Open Field or Grass
- Forest
- Developed Area
- Water

- Wetland
- Restricted Area

- Ayers Trail (1 mi)
- Blue Dot Trail (0.5 mi)
- Cedar Swamp Trail (2 mi)
- Fuller Trail (0.85 mi)
- Life Trail (0.8 mi)

- Monument Trail (3.5 mi)
- Old Trail (0.5 mi)
- Parker Trail (6.5 mi)
- Shawangunk Ridge Trail (3 mi)
- Steenykill Trail (0.7 mi)

- Appalachian Trail
- AT Connector Trail
- Iris Trail (4.5 mi)
- Mashipacong Trail (2.8 mi)

- AT Shelter
- Boat Launch
- Cabins
- Concession
- Drinking Water

- Fishing
- Group Campground
- Interpretive Center
- Parking Lot
- Pull-off Parking

- Park Office
- Picnic Area
- Picnic Shelter
- Playground
- Restrooms

- Scenic View
- Shower
- Swimming
- Visitor Contact Station
- Winter Camping