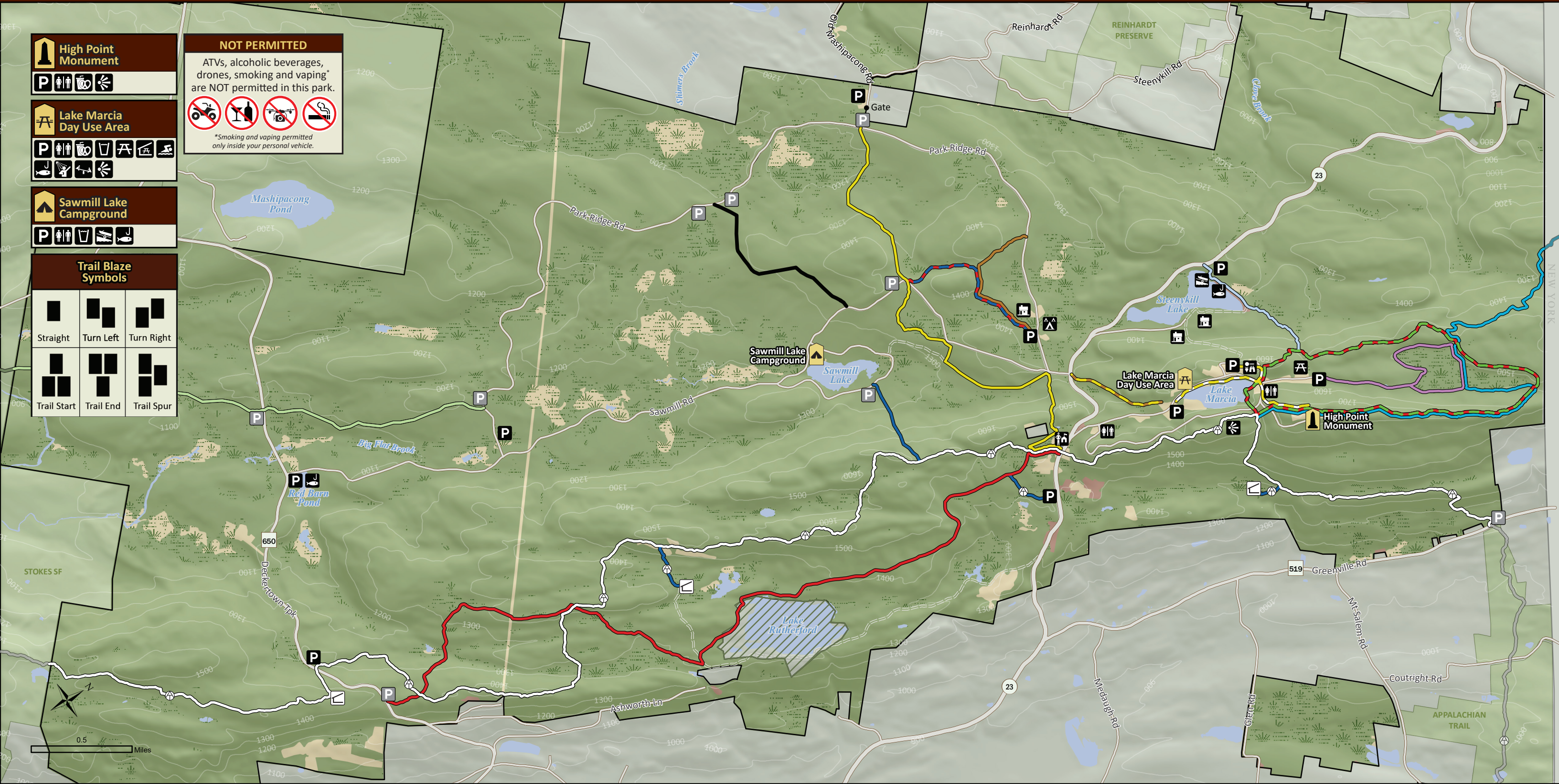


HIGH POINT State Park & New Jersey Veterans' Memorial



Open Field or Grass	Wetland	Ayers Trail (1 mi)	Monument Trail (3.5 mi)	Steenykill Trail (0.7 mi)	AT Shelter	Fishing	Park Office	Scenic View
Forest	Restricted Area	Blue Dot Trail (0.5 mi)	Mountaintop Path (0.9 mi)	Appalachian Trail (9 mi)	Boat Launch	Group Campground	Picnic Area	Shower
Developed Area		Cedar Swamp Trail (2 mi)	Old Trail (0.5 mi)	AT Connector Trail	Cabins	Interpretive Center	Picnic Shelter	Swimming
Water		Fuller Trail (0.85 mi)	Parker Trail (2.5 mi)	Iris Trail (4.5 mi)	Concession	Parking Lot	Playground	Visitor Contact Station
		Life Trail (0.8 mi)	Shawangunk Ridge Trail (3 mi)	Mashipacong Trail (2.8 mi)	Drinking Water	Pull-off Parking	Restrooms	

TRAILS OF HIGH POINT STATE PARK & NEW JERSEY VETERANS’ MEMORIAL

Ayers Trail

Black • 1 mile • Multiuse

Easy • Fairly level, rutted wagon road

Trailheads: Pull-off parking on 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 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

Trailheads: 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

Trailheads: 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.

Fuller Trail

Red & blue • 0.85 miles • Multiuse

Easy to moderate • Rocky, sometimes muddy

Trailheads: 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 Mashipacong Trail.

Appalachian Trail (AT)

White • 9 miles within High Point • Hiking

Moderate to difficult • Rocky uneven ground

The 2,190-mile-long **Appalachian Trail (AT)** extends from Springer Mountain, Georgia to Mount Katahdin, Maine. Nine miles of the AT are in High Point State Park, 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 reachable from here. From the lot, follow the connector trail (blue) to Iris Trail (red). Turn right on Iris Trail to reach the Appalachian and Mashipacong Trails or the park office. Turn left on Iris Trail to go south towards Deckertown Turnpike.

To hike northbound on the AT (towards the monument): follow directions above, turning right where 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 Monument Trail (red and green) and Shawangunk Ridge Trail (medium blue). The AT bears right and descends the ridge. To continue to the monument, stay straight and follow 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 reached via a small parking lot on Deckertown Turnpike/County Route 650 and a pull-off lot on Route 519.

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.

Life Trail

Brown • 0.8 miles • Multiuse

Easy to moderate • Mostly level, but rocky trail surface

Trailheads: Park in 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.

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 Ayers Trail and walking short distances along Sawmill and Park Ridge Roads.

Mountaintop Path

Yellow • 0.9 miles • Hiking & snowshoeing

Moderate • Grass, dirt and gravel path ending in a steep climb
Trailheads: This trail can be reached by parking in the beach parking lot or in the Monument Trail parking lot near the Interpretive Center. **Mountaintop Path** is an enjoyable way to reach the top of the mountain and the monument without driving or walking on the road. The trail heads along Lake Marcia to a wooded, gravel path with a steep climb to the monument. For a longer, more impressive and strenuous hike, try Monument Trail.

Monument Trail

Red & green • 3.5 mile loop • Hiking & snowshoeing

Moderate to difficult • Rocky trail, steep climbs

Trailheads: This trail can be reached by parking in the Monument Trail parking lot 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 from tops of the mountain ridges to the New York border. Sets of stone stairs and borders display the workmanship of the Civilian Conservation Corps who constructed them in the late 1930s.

Old Trail

Brown & yellow • 0.5 miles • Multiuse

Easy • Gently sloping carriage road

Trailheads: 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

Trailheads: 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

Trailheads: Where the Appalachian Trail intersects with Monument Trail. The 71-mile-long **Shawangunk Ridge Trail** begins here, follows Monument Trail until it branches off and meets with a portion of Cedar Swamp Trail. After crossing the boardwalk, the trail again intersects briefly with 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 at nynjtc.org.

Steenykill Trail

Light blue • 0.7 miles • Hiking

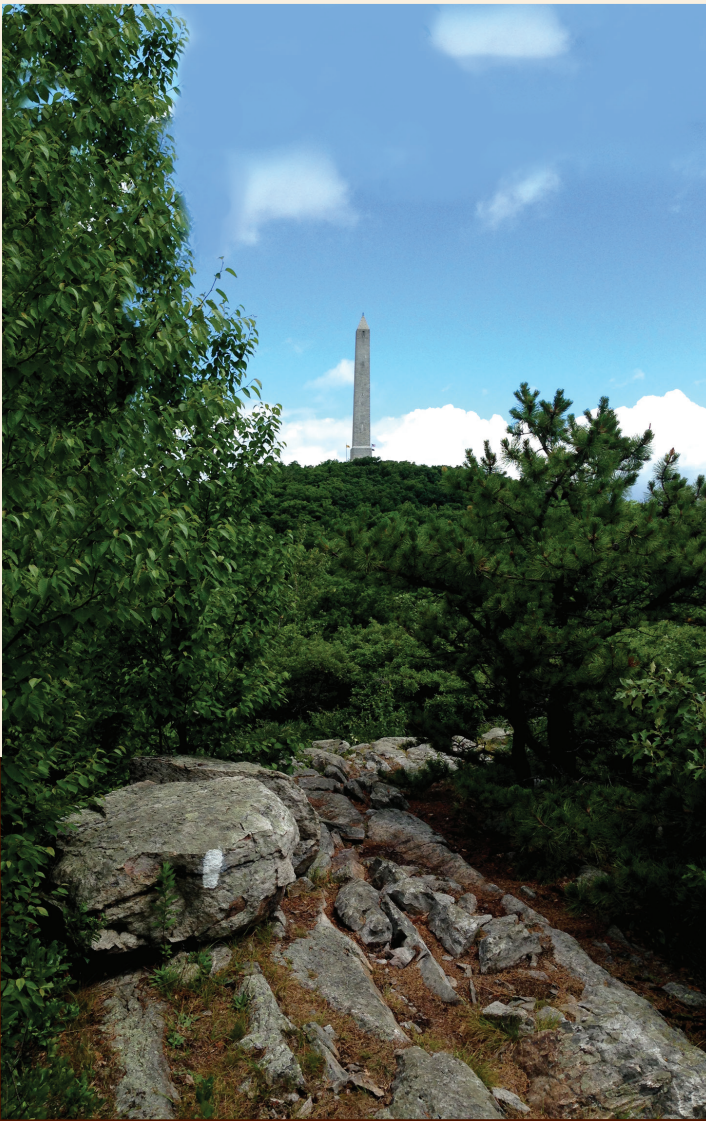
Easy to difficult • Grassy trail ending in a rocky climb

Trailheads: Park at the Steenykill Boat Launch. The top of the trail can also be reached via 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.



TRAILS

HIGH POINT STATE PARK & NEW JERSEY VETERANS’ MEMORIAL



TRAIL SENSE AND SAFETY

Trail Markings: Official trails are marked by colored blazes on posts and trees. For your safety and habitat protection, please stay on the trails and do not alter trail markings or create new trails. Be aware of changing trail conditions.

Hunting: Sections are open to hunting. Bright orange clothing is recommended during hunting season. For more information, visit dep.nj.gov/njfw/

Bike Riders: Follow the IMBA “Rules of the Trail” guidelines for trail etiquette and yield appropriately. Helmets are required by law for children under 17 and recommended for all riders. www.IMBA.com

Pets: Pets must always be on a leash no longer than six feet in length and under the control of the owner at all times. Please clean up after your pets and take the waste with you.

Keep It Clean and Green: Bring a bag or two and carry your trash out with you. Trash cans are not provided. Don't forget to recycle!

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

Bear Aware: Black bears are found throughout New Jersey. Do not approach or attract bears by making food available. Feeding bears is dangerous and illegal. Never run from a bear! To report an aggressive bear, call 1-877-WARN-DEP (1-877-927-6337) immediately. Please report any damage or nuisance behavior to the park office. Visit the NJDEP Fish & Wildlife at dep.nj.gov/njfw/bears for additional information on bear safety.

ATVs are PROHIBITED: Pursuant to [N.J.A.C. 7:2-3.4(d)].

Report Trail Issues: to the park at 973-875-4800

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



HIGH POINT STATE PARK & NEW JERSEY VETERANS’ MEMORIAL
1480 State Route 23
Sussex, NJ 07461
973-875-4800





State of New Jersey
Department of Environmental Protection
State Parks, Forests & Historic Sites
New Jersey State Parks



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The Interactive Trails
Map of NJ State Parks



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