

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 for 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.

Explore Trail Tracker
The Interactive Trails
Map of NJ State Parks



spstrailtracker.nj.gov

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 Prepared: Consider bringing water, snacks, sunscreen, wear insect repellent and a hat. Dress for the weather. Tell someone where you plan to go and when you expect to return. Be aware of changing trail conditions.

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

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.

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: Wear 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 forest office. Visit New Jersey DEP Fish & Wildlife at njfishandwildlife.com/bears for additional information on bear safety.

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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TRAILS

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State of New Jersey
Department of Environmental Protection
State Park Service

WORTHINGTON State Forest



Forest Office

Camping Area

Trail Blaze Symbols

Straight	Turn Left	Turn Right
Trail Start	Trail End	Trail Spur

NOT PERMITTED

ATVs, alcoholic beverages, drones, smoking and vaping* are NOT permitted in this park.

*Smoking and vaping permitted only inside your personal vehicle.

Open Field or Grass	Water	Appalachian Trail (6.6 mi)	Farview Trail (1.3 mi)	Pahaquarry Trail (1.4 mi)	AT Campsite	Fishing	Playground
Forest	Wetland	Buckwood Trail (1.3 mi)	Garvey Springs Trail (1.2 mi)	Rockcores Trail (2.9 mi)	Boat Launch	Group Campground	Restrooms
Developed Area		Douglas Trail (1.7 mi)	Holly Springs Trail (0.5 mi)	Mount Tammany Trail (1.5 mi)	Canoeing	Parking	Scenic View
		Dunnfield Creek Trail (3.4 mi)			Drinking Water	Picnic Area	Shower