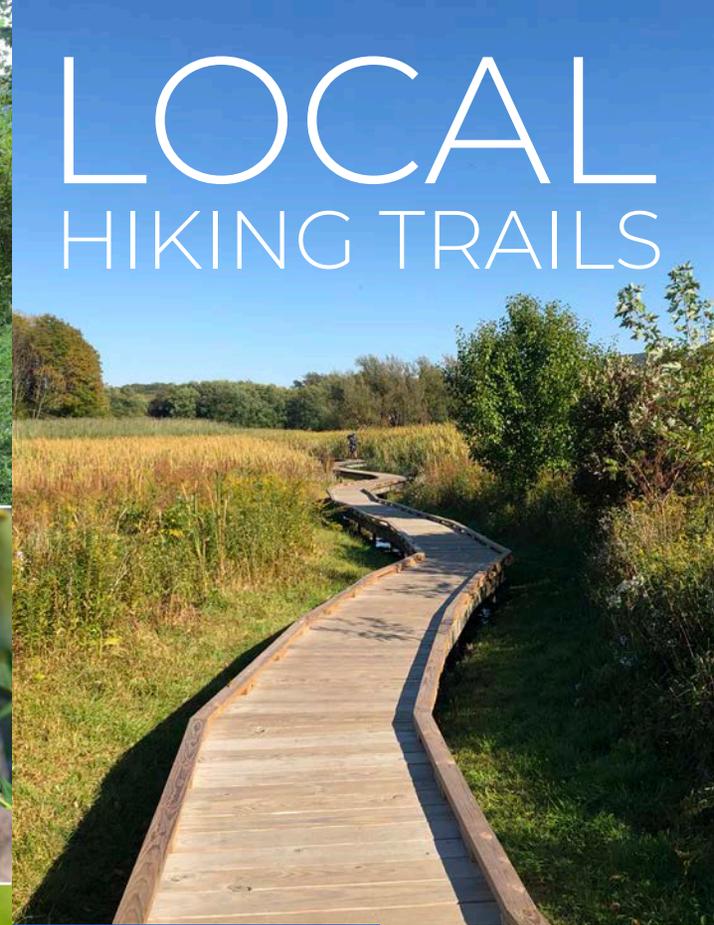


{SUGGESTED}

HIKING CHECKLIST

- Water
- Backpack
- Hat
- Bug Repellant
- Whistle
- Walking Stick
- First Aid Kit
- Sunscreen
- Binoculars
- Sunglasses
- Flashlight
- Rain Poncho
- Cell Phone
- Compass



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EASY HIKES

Appalachian Trail Boardwalk — Pochuck Creek

This handicap friendly, 4 mile hike takes you along an elevated wooden trail over the Pochuck Creek marsh and crosses over the Pochuck Creek along a suspension bridge. Afterwards, the Appalachian Trail enters the largest protected limestone forest in Vernon Township with several century old trees and rare, unusual wildflowers. This section of the trail is hugely popular and frequented by thousands of visitors every year. Nature observation, bird watching, trail running and short hikes are just some of the activities to do here.

Route 517, Glenwood, NJ — Boardwalk Trail
{15 minutes from GCL — 10 minutes from MH}

Paulinskill Valley Rail Trail

A rail trail along the Paulinskill River in NJ. It is the sixth longest trail in the state at 27 miles. Vestiges of the railroad remain including several bridges, stations, mileage markers, telegraph poles & other railway artifacts. There are also numerous benches and signs explaining the history of the trail and its artifacts. Over 560 species of birds have been sighted on the trail as well as a multitude of other wildlife. This location picks the trail up in Lafayette, NJ, an approximate 3.5 mile loop.

Warbasse Junction Road, Lafayette Township, NJ
{20 minutes from GCL — 25 minutes from MH}



INTERMEDIATE HIKES

Appalachian Trail — Barrett Road

This hike starts at Barrett Road and goes to the Pinwheel Vista; a section of the Appalachian Trail. This approach is a nice alternative to get to the vista without having to climb the strenuous face of the mountain. Following the white blazes, this trail is approximately 2.4 (one way) miles with rolling hills. You will cross a stream and head south approximately 1 mile to the vista. When you see the blue blazed trail on the right, take that right and the vista will be a few yards in front of you.

Barrett Road, Vernon, NJ
{20 minutes from GCL — 15 minutes from MH}

Dagmar Dale Refuge — North Loop

This 3 mile circuit trail is a gradual descent to the Wallkill River Raritan corridor complete with a sturdy bridge over the waterway. Starting with panoramic views of the Wallkill Valley, the Dagmar Dale trail introduces the nature enthusiast to a variety of wildlife habitats; beaver marsh, grassy meadows, overgrown shrubby fields and mature forests. The return hike requires the hiker to ascend several hundred feet to return to the parking lot.

Wallkill River NWR Headquarters,
Route 565, Vernon Township
{15 minutes from GCL — 10 minutes from MH}



STRENUOUS HIKES

Appalachian Trail — Stairway to Heaven The most heralded hike in the region!

If you reach the top of the 700 foot climb, you will enjoy one of the most breathtaking views in the Highlands Region. The heart pumping, adrenaline rushing ascent is not for the faint of heart or those in poor physical condition. Nevertheless, the reward of seeing Slide Mountain, the highest point in the Catskills and High Point State Park; the highest point in NJ along with the sweeping pasturelands of Vernon Valley on a clear day will last a lifetime. The trail is underrated for the abundance and great variety of butterflies, birds and wildflowers. When you see the blue blazed trail on the left, take that left and the vista will be a few yards in front of you.

Route 94, Vernon Township
{15 minutes from GCL — 10 minutes from MH}

KEY:

GCL — Grand Cascades Lodge

MH — Minerals Hotel