

# Hike the Appalachian Trail in New Jersey: A Comprehensive Guide

The Appalachian Trail (AT) is a legendary hiking trail that stretches over 2,190 miles from Georgia to Maine. In New Jersey, the AT traverses 72.5 miles through some of the state's most picturesque landscapes. This guide will provide you with everything you need to know to plan your own unforgettable AT adventure in New Jersey.



## Appalachian Trail in New Jersey Hiking Guide - Camp Rd to Blue Mtn Lakes Rd by Leisure Arts

★★★★★ 5 out of 5

Language	: English
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Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
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Print length	: 5 pages
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## Sections of the Appalachian Trail in New Jersey

The AT in New Jersey is divided into four distinct sections:

1. **Camp Rd to Route 23** (17.2 miles): This section begins at Camp Rd near High Point State Park and ends at Route 23 in Wanaque. It features rolling hills, scenic views, and several water crossings.

2. **Route 23 to Route 80** (22.5 miles): This section follows the Wanaque River and then climbs to the Kittatinny Mountains. It offers stunning views of the New York City skyline and the Delaware Water Gap.
3. **Route 80 to Route 94** (14.5 miles): This section crosses the Delaware Water Gap and enters the Pocono Mountains. It features challenging ascents and descents, as well as beautiful forests and streams.
4. **Route 94 to Blue Mtn Lakes Rd** (18.3 miles): This section winds through the Pocono Mountains and ends at Blue Mtn Lakes Rd near the New York state line. It offers a mix of rugged terrain and scenic views.

## Planning Your Hike

Before you hit the trail, it's important to plan your hike carefully. Here are a few things to consider:

- **Choose the right section:** Depending on your fitness level and experience, you can choose to hike all or part of the AT in New Jersey. Each section offers its own unique challenges and rewards.
- **Get a permit:** Permits are required for overnight camping on the AT in New Jersey. You can obtain a permit online or at any National Park Service office.
- **Pack essential gear:** Be sure to bring all the essential gear you need for hiking, including a backpack, hiking boots, clothing, food, water, and a first-aid kit.
- **Be prepared for the weather:** The weather in New Jersey can be unpredictable, so be sure to check the forecast before you go and pack accordingly.

- **Inform someone of your plans:** Let someone know where you are going and when you expect to return.

## Hiking the Appalachian Trail in New Jersey

Hiking the AT in New Jersey is a rewarding experience that will stay with you long after you finish. Here are a few of the highlights you can expect to see along the way:

- **Stunning views:** The AT in New Jersey offers stunning views of the mountains, forests, and rivers of the state. From the rolling hills of the Highlands to the rugged peaks of the Poconos, there is something to see around every corner.
- **Challenging terrain:** The AT in New Jersey is not for the faint of heart. There are plenty of challenging ascents and descents, as well as rocky sections and stream crossings. But the rewards are worth the effort.
- **Abundant wildlife:** The AT in New Jersey is home to a wide variety of wildlife, including deer, black bears, coyotes, and birds. Be sure to keep your eyes peeled and your camera ready.
- **Historic sites:** The AT in New Jersey passes by several historic sites, including the Appalachian Trail Museum and the Delaware Water Gap National Recreation Area. Take some time to explore these sites and learn about the history of the area.

Hiking the Appalachian Trail in New Jersey is an unforgettable experience that will challenge you both physically and mentally. But the rewards are well worth the effort. With stunning views, challenging terrain, abundant wildlife, and historic sites, the AT in New Jersey has something to offer everyone. So what are you waiting for? Start planning your hike today!

## Resources

- [Appalachian Trail Conservancy: New Jersey](#)
- [New Jersey Hiking: Appalachian Trail](#)
- [National Park Service: Appalachian Trail in Delaware Water Gap National Recreation Area](#)

## Image Gallery









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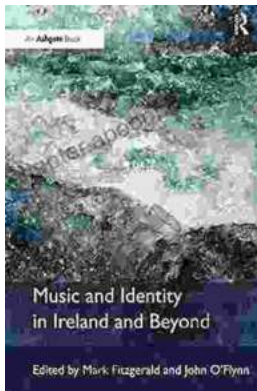
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