# Appalachian Trail Guide

## Northern New Jersey State Parks and Forests

### Appalachian Trail

#### Backpacking Guidelines—New Jersey

- AT covers 72.2 miles in New Jersey
- Marked with White blazes
- Overnight shelters for camping only
- 10 people maximum per campsite or shelter
- Limited to one night per campsite or shelter
- Pets must be on leash at all times
- No fires permitted on state property
- Carry sufficient water for entire hike as water along trail may not be suitable for consumption
- All water should be chemically treated or boiled for 5 minutes
- All types of motorized vehicles are prohibited on AT except authorized emergencies vehicles
- Carry out all trash
- Cutting, defacing or removing any natural feature is prohibited

### High Point State Park

*(973)875-4800*  
Wantage, NJ

- 18 miles of AT
- Highest point in NJ—Elevation 1803 ft.
- Mashipacong shelter, Rutherford shelter and High Point shelter designated sites
- Bear boxes at all shelters
- Water sources from stream at High Point shelter and park office
- Overnight parking at Appalachian Trail Hiker Parking lot on Rt. 23 south of the park office
- Permit from park office is required for overnight parking

### Worthington State Forest

*(908)841-9575*  
Columbia, NJ

- 7 miles of AT
- Sunfish Pond is one of New Jersey’s Natural Wonders
- Back Packer campsite designated for overnight thru hiking use only
- Bear boxes and pit toilets available at site
- Camping at Sunfish Pond Prohibited
- Overnight parking at Dunnfield Creek or state forest office

### Stokes State Forest

*(973)948-3820*  
Sandyston, NJ

- 12.5 miles of AT
- Sunrise Mountain—Elevation 1,653 ft.
- Brink Road shelter and Gren Anderson shelter designated sites
- Water source at both, but needs to be treated
- Bear boxes and pit toilets at both
- Overnight parking at Culver’s Gap just south of park office
- Permit from park office is required for overnight parking

### Wawayanda State Park

*(973)853-4462*  
Hewitt, NJ

- 20 miles of AT
- Wawayanda means “Winding, winding water” in Lenape
- Pochuck shelter and Wawayanda shelter designated sites
- Water accessible at park office and at Pochuck shelter
- Bear boxes and pit toilets at both shelters
- Overnight parking at main office

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To report an emergency, accident or violation of law, contact DEP dispatch:  
877–WARN–DEP  
(877-927-6337)