

JOE 2019 Information Packet for Three Phases of Liquid Tour

Day: Saturday	Start Time: 8:30 am	End Time: 4:15 pm
Co-Leader: Merrill Goldsmith	Co-Leader: Janet Frankel	Limit: 15 people
Transportation: Van D	Driver: Raymond Ockrant	Radios: 2 / First Aid Kit: 1
Fees: none – pay for your food	Travel Distance: 36 Miles Round Trip	Travel Time: 65 Min Round Trip

Three Phases of Liquid Tour

Enjoy a short easy walk to see the second waterfall in PA, Dingmans Falls, with a plunge of 130 feet. Then spend a few hours on an easy-to-moderate 3.5 Mile loop hike in a boreal conifer bog, commonly known as Long Swamp. Then finish the day in downtown Milford, PA with ice cream or frozen yogurt at the Milford Dairy Bar (cash only).

Dingmans Falls at Dingmans Falls Visitors Center: Dingmans Falls is the second-highest waterfall in the state, with a plunge of 130 feet. This flat 1.4-mile boardwalk trail meanders through a beautiful hemlock ravine. Almost immediately after starting the trail, Silverthread Falls can be seen on the right. The cascade gracefully drops 80 feet in a thin ribbon through a narrow geometric chute. The boardwalk winds through rhododendron shrubs and past tall hemlock trees on a brief walk to the waterfall. The boardwalk ends at the base of Dingmans Falls, the second-highest waterfall in Pennsylvania. View the falls from the platform or trek the final tenth of a mile via staircase for a birds-eye view from the upper falls. You then head back the way you came back to your car and make a stop at the Delaware Water Gap National Recreation Area visitors center.

Long Swamp: This **guided** 3.5-mile hike will be mostly on narrow, single-track trails and boardwalks. Long Swamp's damp, dark woods offer a much different experience than most Pennsylvania forests. A relic of the last ice age, Long Swamp is now a permanently protected haven for children from all around the world seeking a unique outdoor experience. Fifteen thousand years ago, Pennsylvania was covered in glaciers. As the climate warmed and the glaciers receded, a massive melting formed a boreal bog. Over time this bog became blanketed with a floating mat of vegetation, shaded by black spruce dense ferns. Upon entering the bog, visitors experience a plunge in temperature. The thick canopy of trees above and the dense carpet of moss emulate a tropical rainforest.

Milford Dairy Bar: With over 46 flavors of homemade ice cream, Italian ice, gelato, and sorbet, Milford Dairy Bar is your destination for frozen treats!

- **Bring standard hiking gear:** Hat, Water, Walking Stick, Hiking Shoes.
- Cash for Ice Cream
- Pack your lunch in the morning
- Distance from camp: 36 Miles Round Trip / 65 Min Round Trip

Logistics:

- Depart Camp 8:30 am
- 8:30 am – 9:00 am Travel from Cedar Lake Camp to Dingmans Falls Visitor Center, Dingmans Ferry, PA 18328
- 9:00 am – 11:00 am Explore Dingman's Falls and visitors center
- 11:00 am – 12:00 pm Early Lunch at the visitors center picnic tables
- 12:00 pm – 12:30 pm Travel from Dingmans Falls Visitor Center to Long Swamp hike at Camp Spears and Check-in
- 12:30 pm – 3:00 pm Hike Long Swamp
- 3:00 pm – 3:30 pm Travel from Long Swamp to Milford Dairy Bar
- 3:30 pm – 4:00 pm Ice Cream

- 4:00 pm – 4:15 pm Travel from Milford Dairy Bar to Cedar Lake Camp

Dingmans Falls



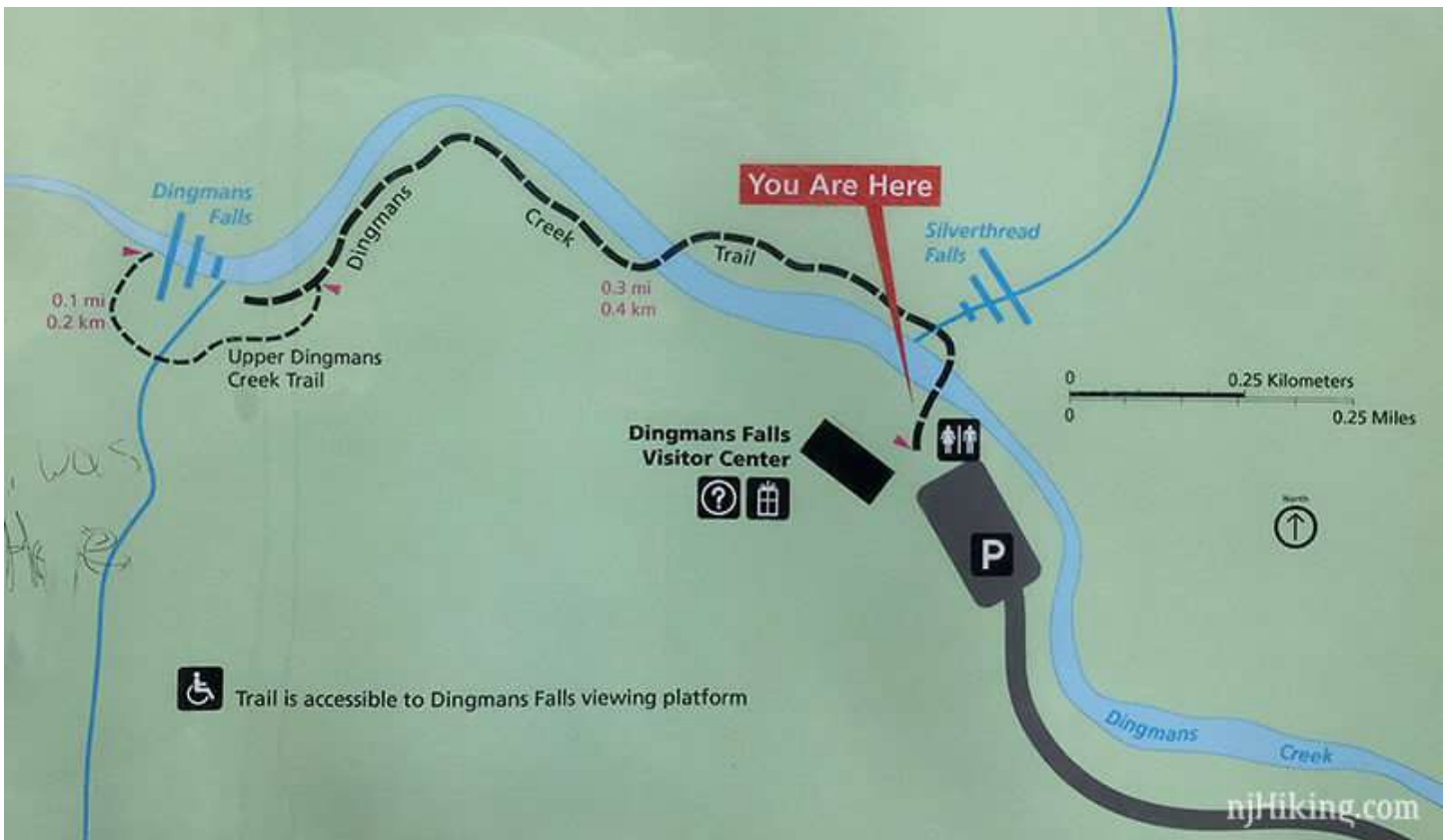
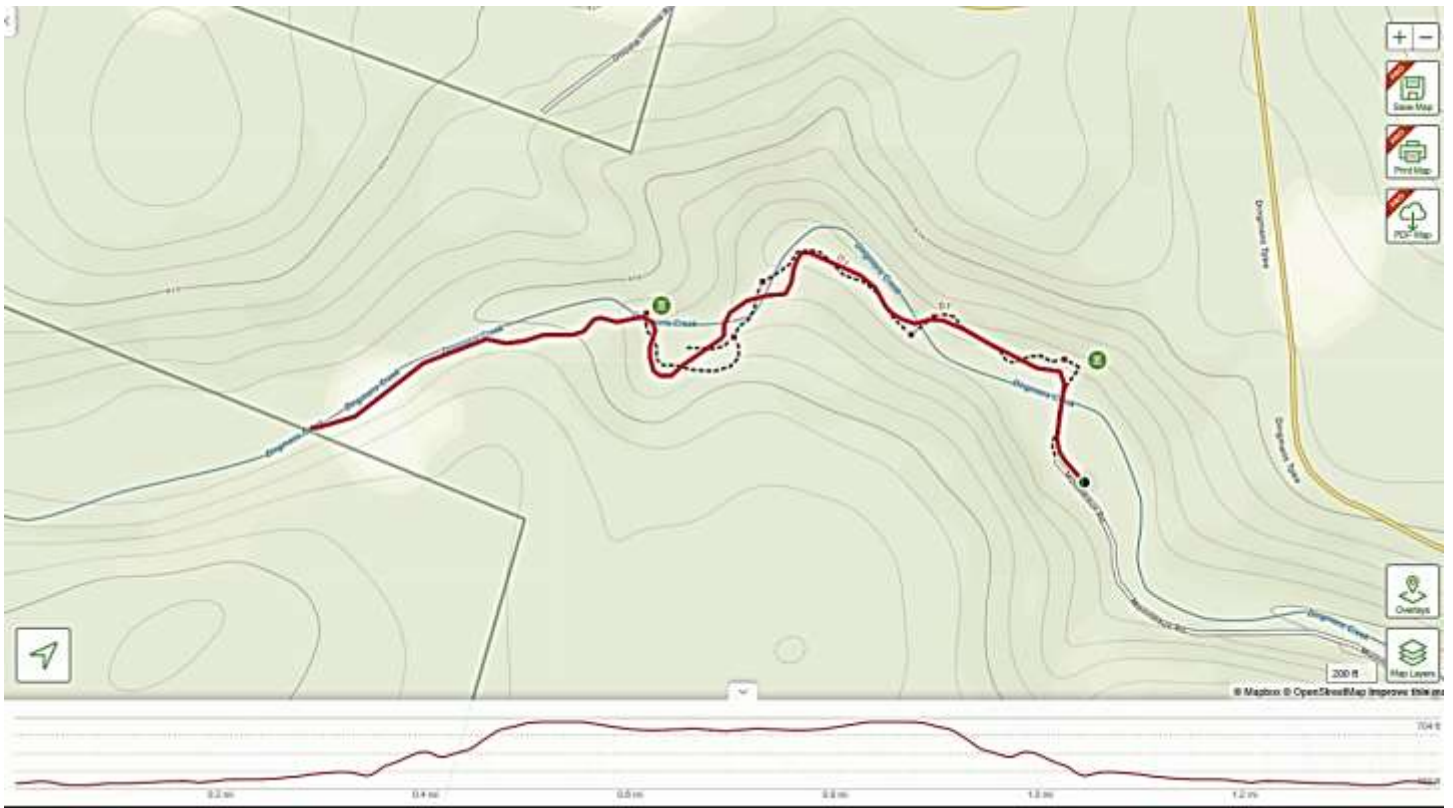
Dingmans Falls Visitor Center: Park information, exhibits, souvenir and bookstore, NPS passport cancellation, restrooms, drinking water, wheelchair and stroller accessible Dingmans Creek Trail to Silverthread and Dingmans Falls, guided waterfall walks.

Physical Address: PA State Route 209 & Johnny Bee Road, Dingmans Ferry, PA 18328

GPS: 41.229477, -74.887899

Mailing Address: Delaware Water Gap National Recreation Area, 1978 River Road, Bushkill, PA 18324

Trail: Trail to Dingmans Falls via Dingmans Creek Trail is a 1.4 mile heavily trafficked out and back trail located near Dingmans Ferry, Pennsylvania that features a waterfall and is good for all skill levels. This is an easy hike to two beautiful waterfalls in Childs Park within the Delaware Water Gap National Recreation Area. The boardwalk trail is wide and level, which is ideal for those requiring wheelchair access. From the Dingmans Falls visitor center, it is only 100 yards walk to Silver Thread Falls along a boardwalk. Silver Thread falls is a tall and thin falls. The remaining part of the trail to Dingmans Falls is less than a mile and mostly on the boardwalk. The boardwalk to the falls is within a beautiful Hemlock ravine with loads of rhododendrons which appropriately bloom around the Fourth of July. Looking up from the ravine, you'll see Mountain Laurels. Dingmans Falls is impressive in terms of size and flow and has a unique look with its angled drop at the bottom. If anyone wants to continue the hike and add some elevation, participants have the option to take stairs up to the top of the falls. The top of the falls provides various vantage points and resting areas. The walk up the stairs can be a bit strenuous but well worth it!! Just note there are 213 steps up and 33 steps down as go down and up to a ravine in the middle of the trail.



Long Swamp

All visitors to the Long Swamp Easement must first sign in at the Main Office of Camp Speers-Eljabar YMCA at 143 Nichecronk Rd, Dingmans Ferry, PA 18328. They will give you a wristband.

Contact info:

- Long Swamp Easement
- is owned by Camp Speers-Eljabar at 570-828-2329 or campspeers@philaymca.org.
- Contact at camp: Jackie Pentecharsky - Director of Outdoor Education and Group Services at Camp Speers YMCA / Jackie.Pentecharsky@PhiliaYMCA.org

Raptor Sex Offender System

What is the Raptor Sex Offender System?

- The Raptor Sex Offender System is a visitor management system that is used to scan the sex offender database for sexual offenders. It will alert the Camp Speers administrator if a match is found.

Why is Camp Speers using the Raptor System?

- Safety of our students and staff is our highest priority. Period. The system will provide a consistent way to track visitors and volunteers while keeping away people who present a danger to students and staff members.

Who is scanned and how does it work?

- All visitors visiting Camp Speers will need to present a driver's license to be scanned using this system. The information is scanned and used is as follows: visitor name, date of birth, and a photo for comparison. This is compared to a national database for sex offenders.

What if a visitor does not have an identification card or driver's license?

- Visitors will tell the administrator their full name and date of birth and a scan will be conducted.

Besides sex offender data, is there any other data compared?

- No. This is not a background search.

What if a "hit" on the system occurs? What is the protocol?

- The Camp Speers administrator will inform the visitor that access to Camp Speers is denied. That's it.

Trail information: Easy-to-moderate footing, mostly on narrow, single-track trails. Rocky in places and wet off the boardwalk (where you may not stray). This easy 3.5-mile trail can be hiked in two hours. Walking along the suspended wooden trail, visitors might notice unusual species like pitcher plants and a rare breed of albino mosquito which thankfully feeds off bog plants rather than human blood.

KNOW BEFORE YOU GO:

A 458-acre Conservation Easement was placed on a portion of lands owned by YMCA Camp Speers - Eljabar to protect the significant natural resources of the property. Protecting Long Swamp, the Easement also provides passive recreation for public enjoyment. The Delaware Highlands Conservancy holds the Conservation Easement.

SITE CHARACTERISTICS:

- A trail map is available at the Main Office of Camp Speers-Eljabar YMCA. The map does NOT have all the trails listed. Stay on the main trails.
- The swamp and its surrounding area are delicate habitats. Stay on marked trails.
- Parts are rocky or wet. Wear sturdy boots or shoes. Suggest bringing a spare pair of socks and shoes for afterward.
- No dogs or motorized vehicles, including ATVs.
- For information on conserving land, which protects water: delawarehighlands.org.
- For information on Camp Speers: campspeersymca.org.
- Contains a boreal conifer bog, commonly known as Long Swamp
- Located within the Dingmans Creek and Raymondskill Creek watersheds, both designated as High Quality—Cold Water Fisheries
- Adjoins state forest lands, thereby expanding the open space network in the region
- Provides an extensive wildlife corridor and suitable habitat
- Creates recreational opportunities for the public along designated, maintained trail systems in addition to yearly educational programs on various environmental topics.
- Protects the scenic forested corridor along Route 739, and will provide a lasting landscape for residents
- Enhances the ecological quality and recreational resources

This Hike Will Be Guided

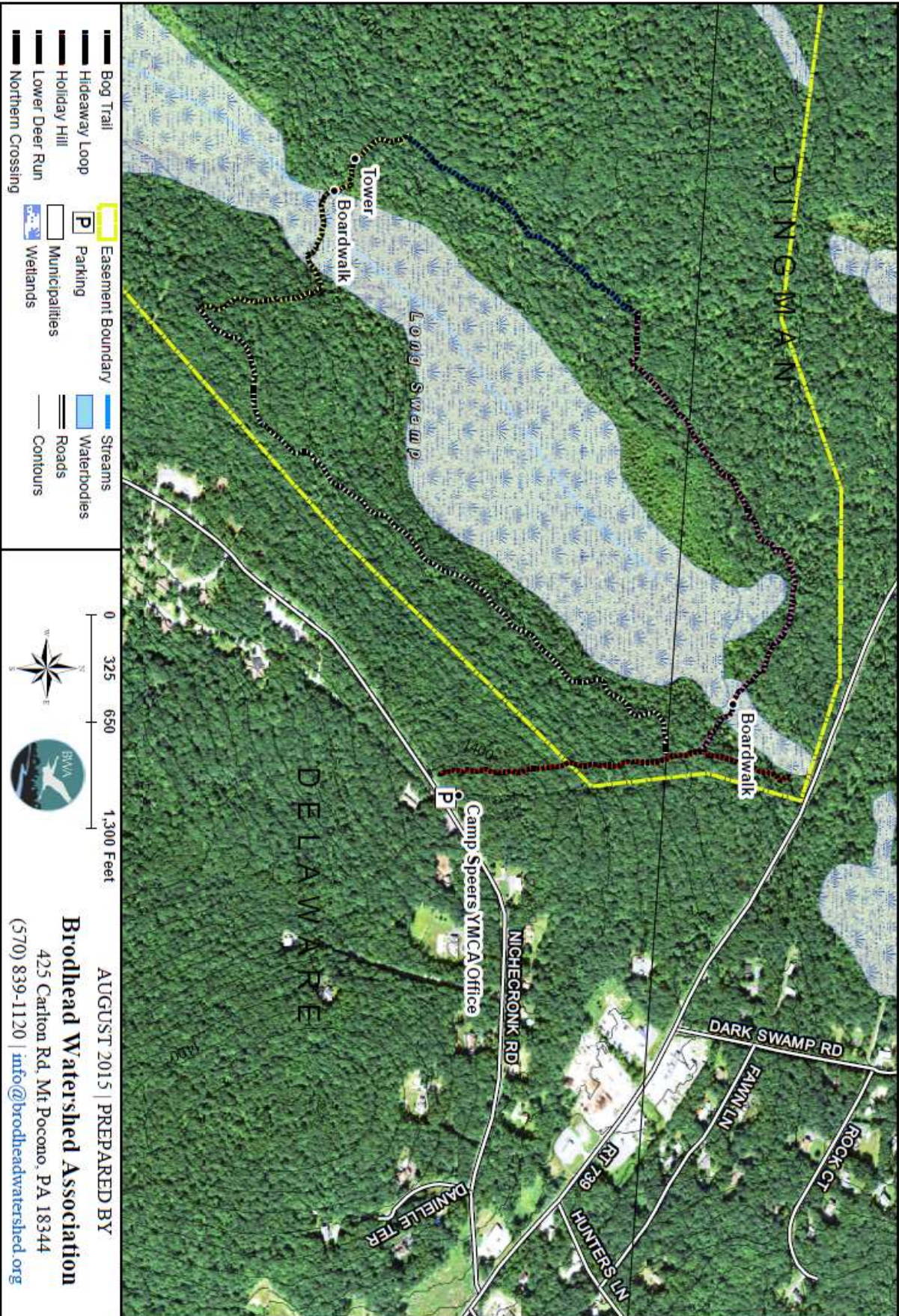
Suggested Trail route

The trailhead is just to the left of the office when looking at the building from the parking lot on the same side of the office. Look just beyond the gate on the road and to the right for a wood's road.

1. Take the woods road down until you get to the first main intersection.
2. Turn left onto Lower Deer Run (Black) to take the trail clockwise around the swamp.
3. You will come to an intersection not marked on the map. Go straight.
4. Look for signs for Bog Trail that will be a sharp right heading slight backtrack.
5. Bog Trail (Yellow) will take you over the swamp on a boardwalk. Towards the end of Bog Trail, you will come to a tower. At the time the tower was built I assume the trees were not as grown for a better view. It is still a decent view of the canopy of the forest.
6. After resting and enjoying the view on top of the tower, continue the way you were heading. Bog trail will head up a short hill and along a single-track area.
7. The trail will merge with Hideaway Loop (Blue)
8. You will come to an intersection where Holiday Hill Trail (pink) is to the right.
9. Take Holiday Hill Trail through an area of ferns.
10. About halfway along Holiday Hill Trail, you hear some road traffic from Rt. 739.
11. The trail will cross over the swamp on some boardwalk one more time
12. Arrive back onto the woods road and turn right to head back out. You will pass the crossing where you started your loop.

Delaware Highlands Conservancy - Long Swamp Easement

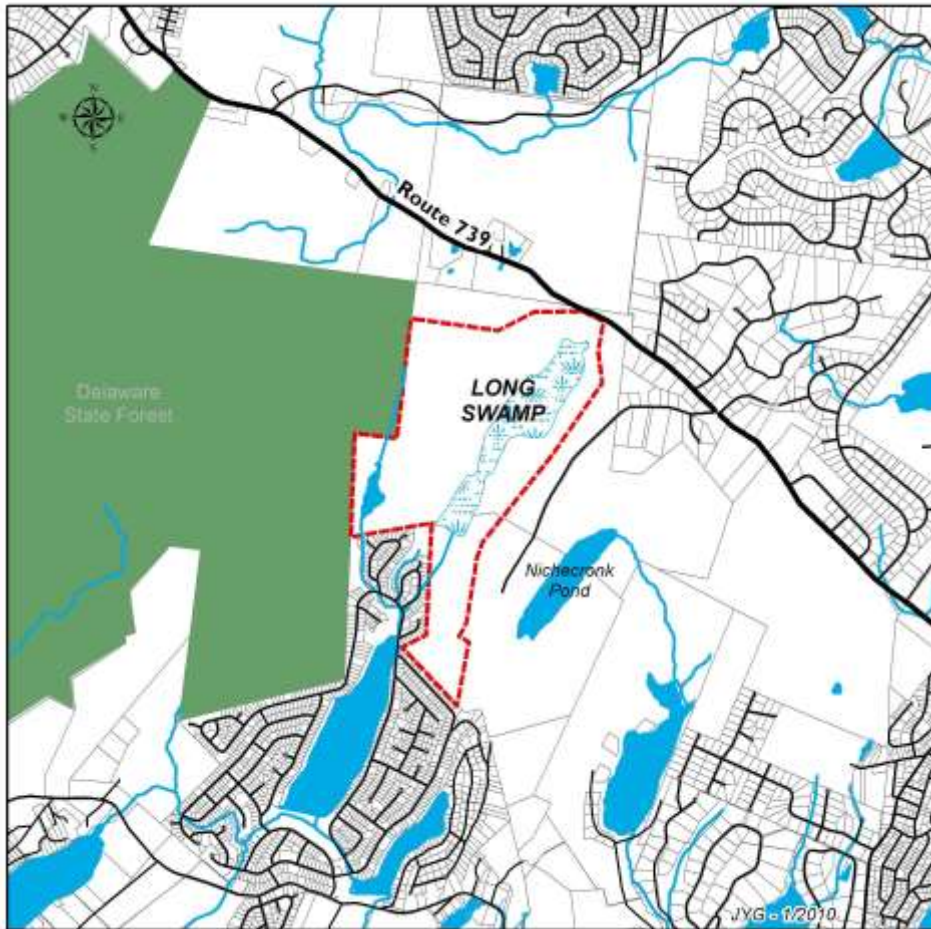
Delaware/Dingman Townships - Pike County - Pennsylvania



- Bog Trail
- Hideaway Loop
- Holiday Hill
- Lower Deer Run
- Northern Crossing
- Easement Boundary
- Parking
- Municipalities
- Wetlands
- Streams
- Waterbodies
- Roads
- Contours



AUGUST 2015 | PREPARED BY
Brodhead Watershed Association
 425 Carlton Rd, Mt Pocono, PA 18344
 (570) 839-1120 | info@brodheadwatershed.org



Long Swamp: Ice Age Relic Protected, Enjoyed by Public

A relic of the last ice age, Long Swamp is now a permanently protected haven for children from all around the world seeking a unique outdoor experience. Fifteen thousand years ago, Pennsylvania was covered in glaciers. As the climate warmed and the glaciers receded, a massive melting formed a boreal bog. Over time this bog became blanketed with a floating mat of vegetation, shaded by black spruce. Long Swamp’s damp, dark woods offer a much different experience than most Pennsylvania forests. Upon entering the bog, visitors experience a plunge in temperature. The thick canopy of trees above and the dense carpet of moss emulate a tropical rainforest. The Delaware Highlands Conservancy had identified Long Swamp for conservation protection due to its boreal bog and high-quality cold-water fisheries which, together with adjacent forestlands, form an extensive wildlife corridor. Camp Speers-Eljabar YMCA owns Long Swamp and its surrounding acreage, a little more than 1100 acres. It provides outdoor education and summer camp for youth of all backgrounds. Camp staff became concerned about development pressures in the region. Recognizing the need to conserve the land on behalf of the community and future generations, the Camp’s leadership agreed to sell a conservation easement to the Conservancy. The easement allows continued camp operations but prohibits development that would harm Long Swamp’s conservation values. A grant from the Keystone Recreation, Park & Conservation Fund, matched by a Pike County grant, made the Conservancy’s purchase of the easement possible. Four hundred fifty-eight acres, which make up the non-developed, ecologically valuable area, are now permanently protected thanks to the landowner, land trust, county, and state. The land benefits the public by providing recreational and educational opportunities; the Camp also continues to use the land to teach campers about the local ecosystem and the importance of protecting the environment.

Journey into a relic of the Ice Age: By Carol Hillestad

Formed 10,000 years ago after the area's most recent glacier retreated, the prehistoric time capsule called Long Swamp sits smack in the middle of YMCA's Camp Speers, near Dingmans Ferry in Pike County.

Thanks to the landowner (YMCA), Delaware Highlands Conservancy, and public funding, the 458 acres are protected for future generations – and open to the public for hiking.



A boardwalk leads hikers deeper into Long Swamp.

Jamie Bartholomew, who monitors conserved lands for Delaware Highlands, arranged to meet at the camp office on an overcast August morning. We signed in, got a map of the public trails, and were given a wristband to identify us as registered visitors. George Painter, director of Camp Speers, greeted us and confirmed that the camp welcomes visitors to Long Swamp.

Melting ice formed a pond or small lake here as the Wisconsin glacier retreated, Jamie said. Over time, the bog was succeeded by swamp – forested wetland that is less acidic than a bog. We took a wide, grassy path that soon turned into a single-file trail through low-bush blueberries and then to a simple plank boardwalk, built inches over the swamp.

It was cool, dark, damp, and otherworldly. Interrupted ferns – 180-million-year-old contemporaries of the dinosaurs – reached as high as our shoulders. Black spruce and other wetland trees and shrubs grew in profusion. The moist floor of the swampy forest was carpeted with acres of brilliant green sphagnum moss, providing natural erosion and flood control (it can hold up to 26 times its dry weight in water), as well as purifying and recharging the groundwater that our creeks and drinking water depend on.

Clusters of carnivorous pitcher plants were in bloom right at the edge of the boardwalk. We saw red squirrels, garter snakes, frogs, and other amphibians, dragonflies, deer, and other critters. Bears – common swamp-dwellers – were not in evidence that day.

As we hiked up from the swamp to curve around it and re-enter at the southern end, Jamie gave a quick tutorial about sphagnum moss – sphagnum is the live form of the plant; peat moss is the dead form; both are the early stages of coal. Most coals were formed 300 million years ago when steamy swamps covered much of Earth.

All this beauty and mystery are ours to enjoy – thanks to the landowner, who was determined to protect and conserve this unique place, and to the hard work of the Delaware Conservancy land trust. Why not get outdoors and enjoy it?

Milford Dairy Bar



[Facebook Page](#) / [Yelp](#) / [Trip Advisor](#)

[307 W Harford St, Milford, PA 18337](#) | dairybar@verizon.net | (570) 296-6337

NOTE: CASH ONLY

With over 46 flavors of homemade ice cream, Italian ice, gelato, and sorbet, Milford Dairy Bar is your destination for frozen treats! It hosts free live music on weekends in the summer.



Prices from July 2018

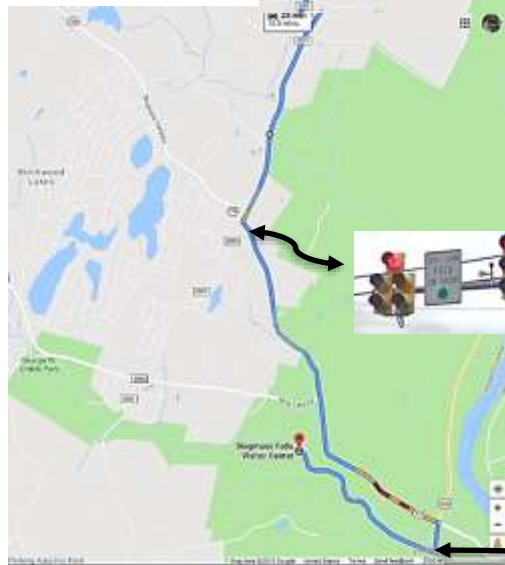
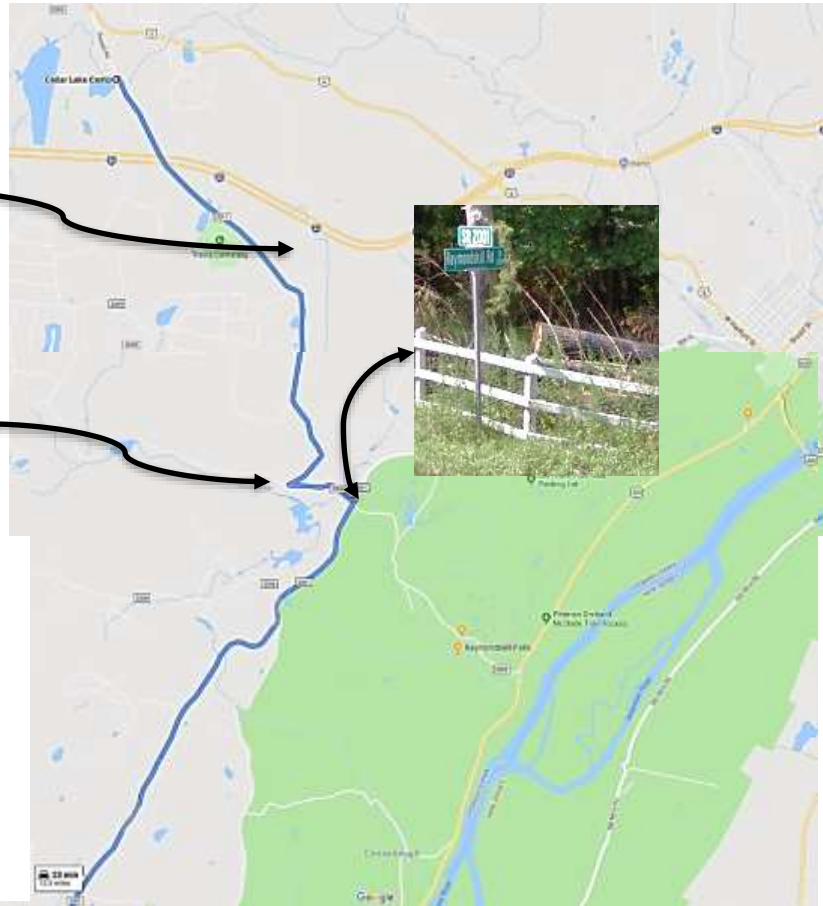


Directions from Cedar Lake Camp to Dingmans Falls Visitor Center, Dingmans Ferry, PA 18328

Near: 934 Federal Rd, Dingmans Ferry, PA 18328

41.22939, -74.88751 | Est. 25MIN | 12.2MI

1. Head out of the camp driveway and turn right going southeast on Sawkill Rd toward Honeywell Rd.
 - a. Then 2.35 miles 2.35 total miles
2. Turn right onto Kiesel Rd.
 - a. Kiesel Rd is 0.1 miles past Vanauken Hill Rd (on the right)
 - b. Accurate Auto is just past this turn.
 - c. If you reach Fisher Ln, you've gone about 0.7 miles too far
 - d. Then 1.26 miles 3.60 total miles
3. At the end of the road turn sharp left onto Raymondskill Rd.
 - a. Then 0.44 miles 4.04 total miles
4. At stop sign turn right onto Route 2001/SR2001 (white picket fence lines both sides of this turn).
 - a. Then 1.83 miles 5.88 total miles
5. Route 2001/SR2001 becomes Milford Rd.
 - a. Then 2.57 miles 8.45 total miles
6. At the light, turn left onto Route 739/PA-739
 - a. Large intersection with turn lanes
 - b. Citgo Gas on Corner.
 - c. Route 739 is 0.5 miles past Spencer Rd
 - d. If you reach Kemodobi Cir, you've gone about 0.6 miles too far
 - e. Then 2.81 miles 11.26 total miles
7. At light turn right onto US Highway 209/US-209 S.
 - a. You went too far if you cross over the bridge into NJ
 - b. Then 0.19 miles 11.08 total miles
8. Follow signs to the Dingmans Falls Visitor Center to take the 1st right onto Johnny Bee Rd.
 - a. If you reach School Rd, you've gone about 0.2 miles too far
 - b. Then 0.48 miles 11.56 total miles
9. Take the 1st right onto Mollineaux Rd (follow signs to visitor's center).
 - a. Then 0.64 miles 12.19 total miles
10. Keep left at the fork to continue on Mollineaux Rd
 - a. Then 0.04 miles 12.24 total miles
11. Arrive at Dingmans Falls Visitor Center



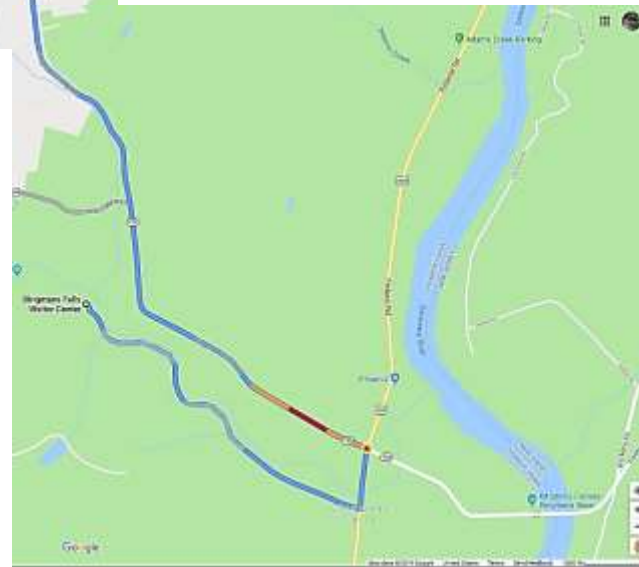
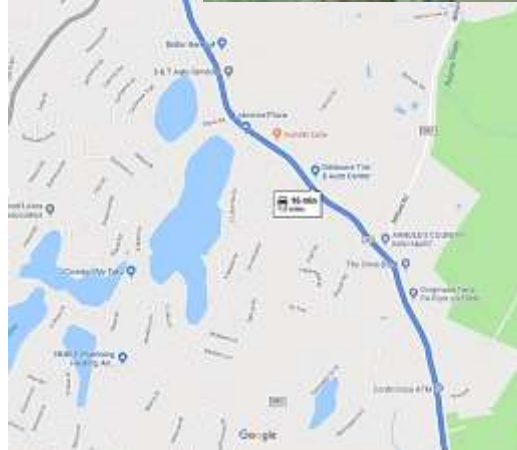
JOE 2019 Information Packet for Three Phases of Liquid Tour



Driving Directions from Dingmans Falls to Camp Spears YMCA (Long Swamp)

14MIN 7.0MI

1. Go back out the way came into the parking lot for the visitor's center going southeast on Mollineaux Rd toward Johnny Bee Rd.
 - a. Then 0.68 miles 0.68 total miles
2. Turn left onto Johnny Bee Rd.
 - a. Then 0.48 miles 1.15 total miles
3. Take the 1st left onto US Highway 209/US-209 N. (Back the way you came)
 - a. If you reach Route 739, you've gone about 0.2 miles too far
 - b. Then 0.19 miles 1.34 total miles
4. Take the 1st left onto Route 739/PA-739. (Back the way you came)
 - a. Go past the light with Citgo
 - b. Then 5.26 miles 6.60 total miles
5. Turn slight left onto Nichercronk Rd.
 - a. Look for signs for Camp Spears YMCA.
 - b. You went too far if you passed the Dingmans Ferry USA Post Office
 - c. Nichercronk Rd is just past Ritz Dr
 - d. If you reach Hunters Ln, you've gone a little too far
 - e. Then 0.43 miles 7.03 total miles
6. Camp Spears Main Office, near 133 NICHERCRONK RD is on the right.
 - a. Your destination is 0.3 miles past Danielle Ter
 - b. If you reach the end of Nichercronk Rd you've gone about 1.1 miles too far



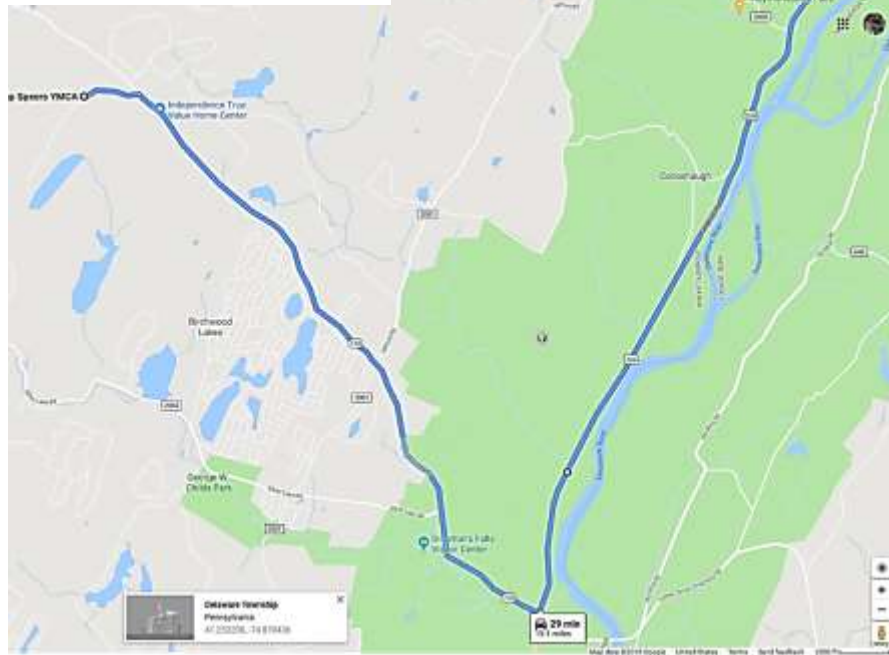
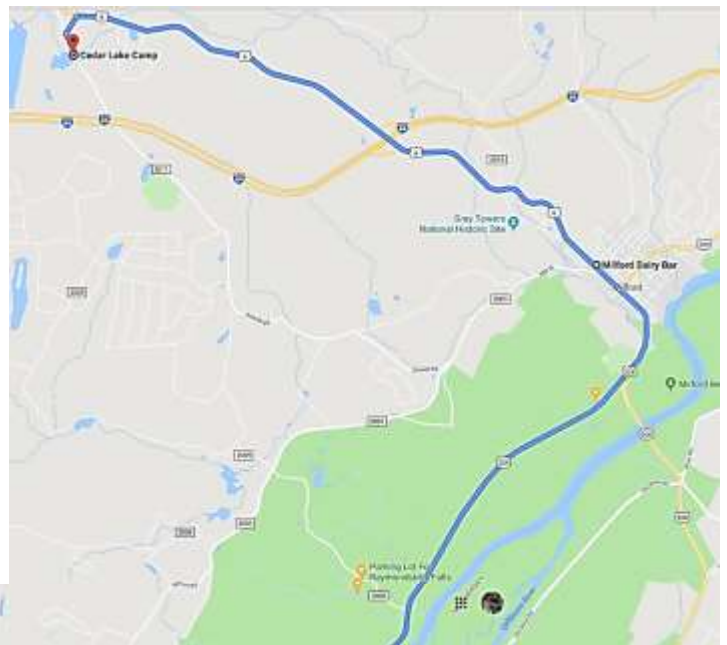
Note about GPS to Camp Spears: Use the Intersection of Route (HWY) 739 and Nichercronk Road in your GPS or the Dingman's Ferry Post Office. Some systems do not recognize camps address correctly and send you 20 minutes away.

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Driving Directions from Camp Spears YMCA to Cedar Lake Camp via Milford Dairy Bar

30MIN 19.1MI | Start at Camp Spears YMCA | 133 Nichercronk Rd

- Go back from the way you came going east on Nichercronk Rd toward Danielle Ter.
 - Then 0.43 miles 0.43 total miles
- Turn slight right onto Route 739/PA-739.
 - Route 739 is just past Danielle Ter
 - Then 5.26 miles 5.69 total miles
- At light turn left onto US Highway 209/US-209 N.
 - You went too far if you see the bridge to cross the Delaware River into NJ
 - Then 0.02 miles 5.71 total miles
- Continue to follow US-209 N.
 - Then 8.16 miles 13.87 total miles
- At the light for Broad Street once you enter the town of Milford Stay straight to go onto W Harford St/US-6 W.
 - Then 0.26 miles 14.13 total miles
- Milford Dairy Bar 307 W HARFORD ST is on the right.
 - Your destination is just past 6th St
 - If you reach Currant Aly, you've gone a little too far
 - This leg of your trip is: 12minutes · 8.41 miles
- After ice cream continues in the direction, you were going west on W Harford St/US-6 W toward Currant Aly. Continue to follow US-6 W.
 - Then 4.62 miles 18.74 total miles
- 2.5 Miles after passing over Rt. 84 turns left onto Bridge Rd.
 - Bridge Rd is 0.1 miles past Senate Rd
 - If you reach Sawkill Rd, you've gone about 0.2 miles too far
 - Then 0.16 miles 18.90 total miles
- Turn left onto Sawkill Rd.
 - Then 0.21 miles 19.11 total miles
- Turn right into Camp driveway.
 - If you reach Honeywell Rd, you've gone about 0.4 miles too far



Nearest Urgent Care:

Milford Urgent Care

111 E Catherine St #130, Milford, PA 18337 | (570) 409-9700

<https://www.atlantichealth.org/conditions-treatments/urgent-care/milford-urgent-care.html>

