

JOE 2019 Information Packet for Moderate/Strenuous Hike Dunnfield Creek to Sunfish Pond Loop

Day: Sunday	Start Time: 8:00 am	End Time: 4:30 pm
Co-Leader: Edward Schaefer	Co-Leader:	Limit: 5; people
Transportation: Van or Personal Cars	Driver: Edward Schaefer	Radios 0 / First Aid Kit 1
Fees: none	Travel Distance: 40 Miles one-way	Travel Time: 1 Hr. – one way

Moderate/Strenuous Hike Dunnfield Creek to Sunfish Pond Loop

Start by hiking along the Appalachian Trail just about 4 miles to Sunfish Pond, a slow, steady uphill on a wide rocky path. You will reach a monument and see a sign for Sunfish Pond in 3.7 miles and will have climbed almost 1,000 feet. This is a popular destination because the hike then takes you through some of the prettiest forests in New Jersey to arrive at Sunfish Pond, a glacial lake 1,000 feet ABOVE the surrounding area. After lunch at the far end of the pond, we will head back down toward the cars on Dunnfield Creek Trail. This trail stays close to the creek as it heads southwest toward the Delaware River. Dunnfield Creek Trail is very rocky and uneven for the first mile but begins to get smoother farther along. The trail follows most of the twists and turns in the shallow creek, and you will cross back and forth several times to avoid the steep banks on one side or the other. Three miles down, this trail crosses the creek near what is sometimes called Dunnfield Falls. From there it is a short distance back to the cars along with the famous AT trail.

Sunfish Pond is a popular destination, but rightly so. For newer hikers, this hike is manageable... but it's also not a "walk in the park," and 9 miles may be longer than you realize or can comfortably do. While on our way back, we've passed many weary hikers asking, "how much farther to the pond?" Please, honestly assess your fitness level. This is not a good choice for your first hike.

- Bring standard hiking gear: Hat, Food, Water, Walking Stick, Sturdy Hiking Shoes
- Pack lunch during breakfast
- [AMC](#) / [NJHiking.com](#) / [Pics of Sunfish Pond Loop](#)
- Distance from camp: 40 Miles / 1 Hr.
- 8 am - 4:30 pm

Leader's Notes:

1. Make sure to take radios. Cell phone connection is ok while on the ridge, but not while at the parking lot or parts of the trail.
2. Make sure to get the cell phone number from your co-leader(s).
3. **Trail surface:** The Gap is notorious for rocks and will give feet and joints a good pounding. Sturdy hiking boots with good ankle support are STRONGLY recommended.
4. **Water crossings:** The Dunnfield Creek (GREEN) trail contains several rock-hops across the creek. After really heavy rain, they can be a bit tricky to negotiate. Trekking poles or a stick can come in handy.
5. Standard hiking gear:

<ol style="list-style-type: none"> a. Good hiking shoes with ankle support recommended. b. 2 to 3 liters water c. Food/lunch d. Backpack to carry the gear e. Light Rain gear f. Walking stick strongly suggested 	<ol style="list-style-type: none"> g. Hat h. Map i. First Aid Kit j. Walkie Talkie Radios k. Sunscreen l. bug spray
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Logistics

- 8:00 am Depart from Camp
- 8:00 am – 9:15 am Travel from Cedar Lake Camp to Dunnfield Creek Natural Area Parking Lot
- 9:15 am – 9:30 pm Final hear check and prep
- 9:30 am – 3:00 pm Hike (Lunch at Sunfish Pond)
- 3:00 pm – 4:15 pm Travel from Dunnfield Parking Lot to Cedar Lake Camp

Sunfish Pond from Dunnfield Creek Natural Area Parking Hike

This is an out-and-back along the AT, 8.3 miles if you return by the AT, (or about 9 miles if you decide to return by the Dunnfield Hollow Trail), of moderate difficulty. Journey up Dunnfield Creek past Dunnfield Creek Falls to a scenic vantage point besides this special pond for lunch and then return. Lots of chances to see wildlife. Examine the rock sculptures on the north side of the pond.

Hiking Directions:

From the parking lot, head north on the white-blazed Appalachian Trail. It is a slow, steady, uphill hike on a wide rocky path. You will reach a monument and sign for Sunfish Pond in 3.7 miles and will have climbed almost 1,000 feet. You can hike around the pond by continuing on the white-blazed trail as it takes you along the side of the pond past an interesting rock garden. At the far end of the pond, you will turn right on the turquoise-blazed Spring Trail. Spring Trail will quickly come to a rocky ledge with a great viewpoint of Sunfish Pond called Lunch Rock. This is a great spot to break for lunch and enjoy the view.

After lunch either go back the way you came to the other end of Sunfish Pond where you found the monument or continue along Spring Trail until the trail makes a right-hand turn onto a wooded road (this is known as the Sunfish Fire Road but is not marked by name). Follow the wooded road, keeping the pond on your right-hand side.

Your goal is to end up at the other end of Sunfish Pond where the AT meets with Dunnfield Hollow Creek Trail at the monument.

Easier Alternative (Return on Appalachian Trail):

At just about one mile from the beginning of your hike around Sunfish Pond, the wooded road will bring you back to the monument and the AT. Turn left on the white-blazed AT and followed it back to the parking lot.

More Strenuous Alternative (Return via Dunnfield Hollow Trail):

On the Sunfish Fire Road, just before you get to the monument, make a sharp left-hand turn and follow the green-blazed Dunnfield Hollow Trail. The Dunnfield Hollow Trail is more rugged, with a 1,000-foot descent in 1 mile. (Note: the blazes can be difficult to see, and there are six stream crossings. Not recommended just after heavy rainfall.) One mile after leaving Sunfish Pond, after a steep and rocky descent, you reach the banks of Dunnfield Creek. In another 0.25 mile, you ford the creek by rock hopping. At 1.6 miles from Sunfish Pond (6.2 miles from the start of the hike), you ford the creek again, and in just a few yards, you cross back over the creek. At 2.2 miles from Sunfish Pond, the Holly Springs Trail (red blazes) comes in on your right. The Holly Springs Trail is a short (0.6-mile connector to the junction of the AT and the Beulahland (Fairview) Trail. Pass the Holly Springs trailhead, continue on the green-blazed Dunnfield Hollow Trail with the creek on the left-hand side. At 2.8 miles, you come to a Y intersection; bear to the left and follow the green-blazed Dunnfield Hollow Trail. At 3.75 miles from the beginning of the Dunnfield Hollow Trail (about 8.5 miles into the hike), you come to the intersection with the Blue Dot Trail coming in on the left. There will be a nice waterfall on your right. The two trails merge and continue down toward the creek. At the 4-mile mark, the Blue Dot Trail and the Dunnfield Hollow Trail come to a dead-end at the white-blazed Appalachian Trail. Turn to the left and follow the white-blazed trail, bear to the left, over a footbridge, and back to the parking lot.

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Hike through some of the prettiest forests in New Jersey to a glacial lake 1,000 feet above the surrounding area.

Hike Info: There are several ways to Sunfish Pond, these are the routes from the Rt 80 Dunnfield lot:

ROUTE	MILES
Appalachian Trail (WHITE) – Sunfish Pond – Appalachian Trail (WHITE)	7.6
Appalachian Trail (WHITE) .5 miles – Dunnfield Creek Trail (GREEN) – Sunfish Pond – Appalachian Trail (WHITE)	7.9
Appalachian Trail (WHITE) .5 miles – Dunnfield Creek Trail (GREEN) – Sunfish Pond – Dunnfield Creek Trail (GREEN)	8.2
Appalachian Trail (WHITE) .5 miles – Dunnfield Creek Trail (GREEN) – Sunfish Pond – Around the pond: Fire Road, Turquoise Trail – Appalachian Trail (WHITE)	9.5
Red Dot – Mt. Tammany Summit – Fire Road – Turquoise Trail – Sunfish Pond – Dunnfield Creek Trail (GREEN) – <i>[Challenging]</i> [Directions: Mt. Tammany and Sunfish Pond]	11.3
Appalachian Trail (WHITE) .5 miles – Dunnfield Creek Trail (GREEN) – Sunfish Pond – Around the pond: Fire Road, Turquoise Trail – Appalachian Trail North (WHITE) to park boundary sign – turnaround and take AT back to a lot <i>[Challenging]</i>	13.2

[Mileages are from our GPS data; your results may vary slightly.]



Bathroom facilities at Kittatinny Point Visitors Center



Kittatinny Point Visitors Center



"Dunnfield Creek Natural Area - Worthington State Forest" with the parking lot that the Appalachian and Red Dot trails pass through. Try to pull in here.



The entrance to the second parking lot.



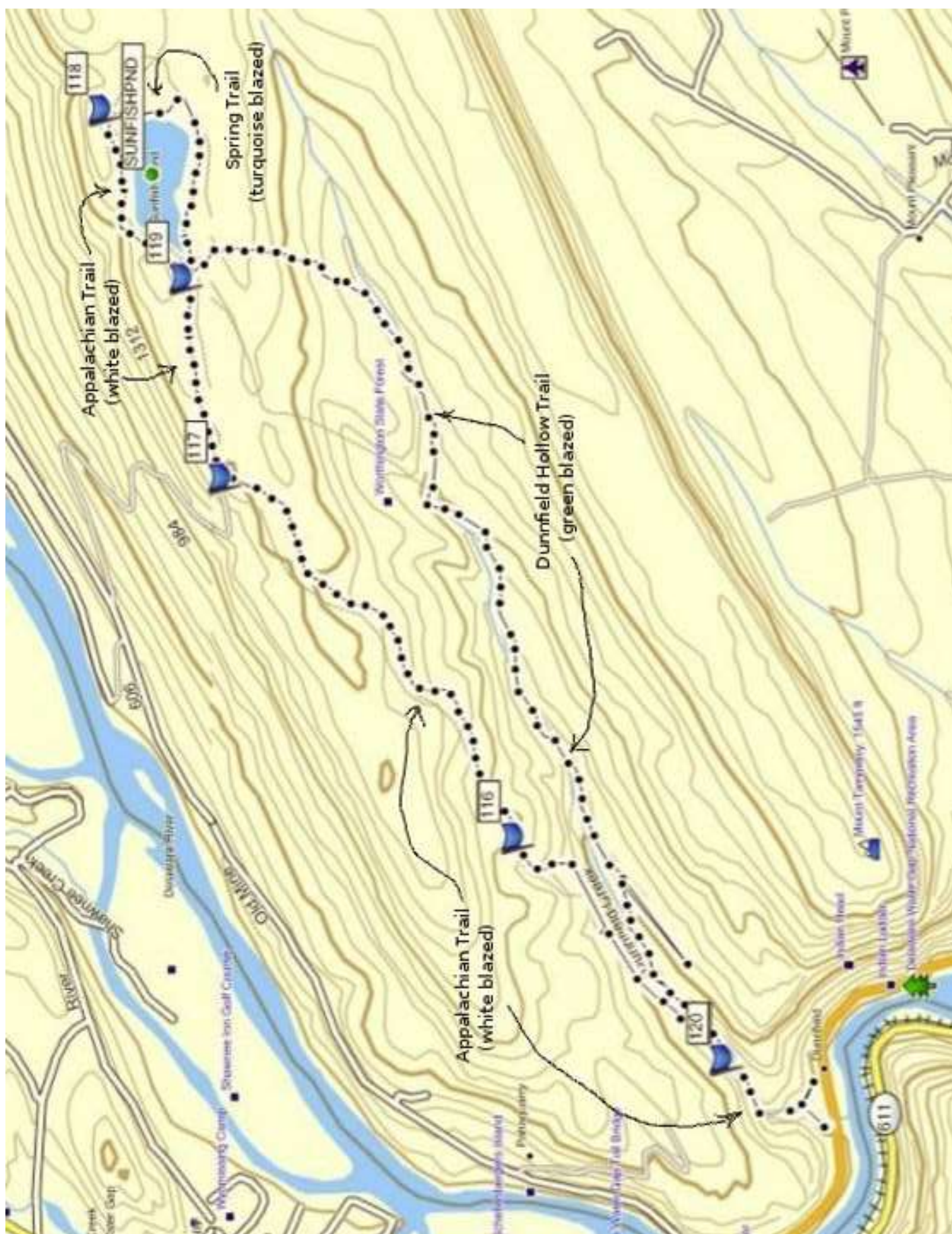
The Appalachian Trail-Head where you will start the hike.



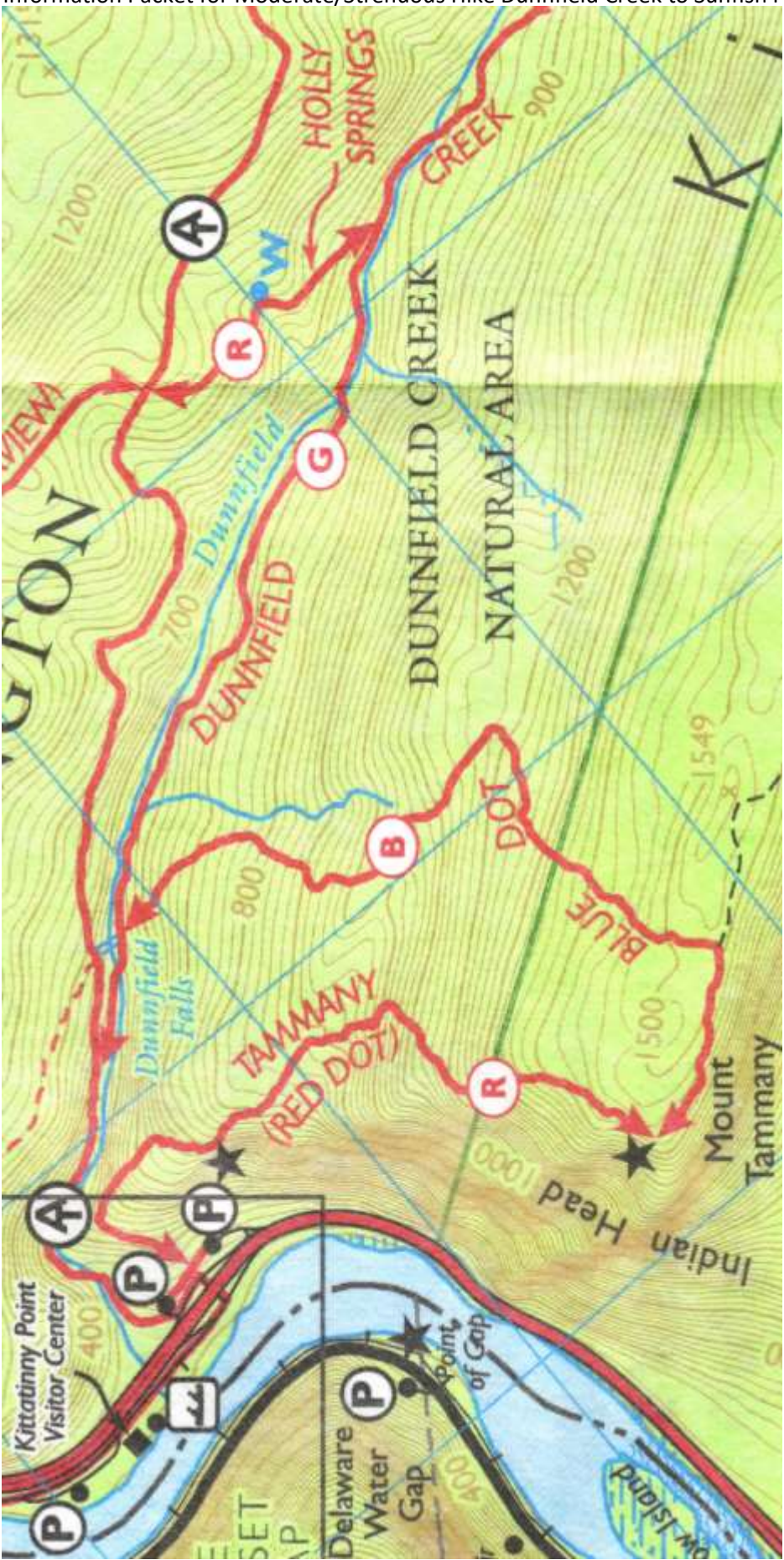
The Mt Tammany Trail trailhead where you will end the hike.

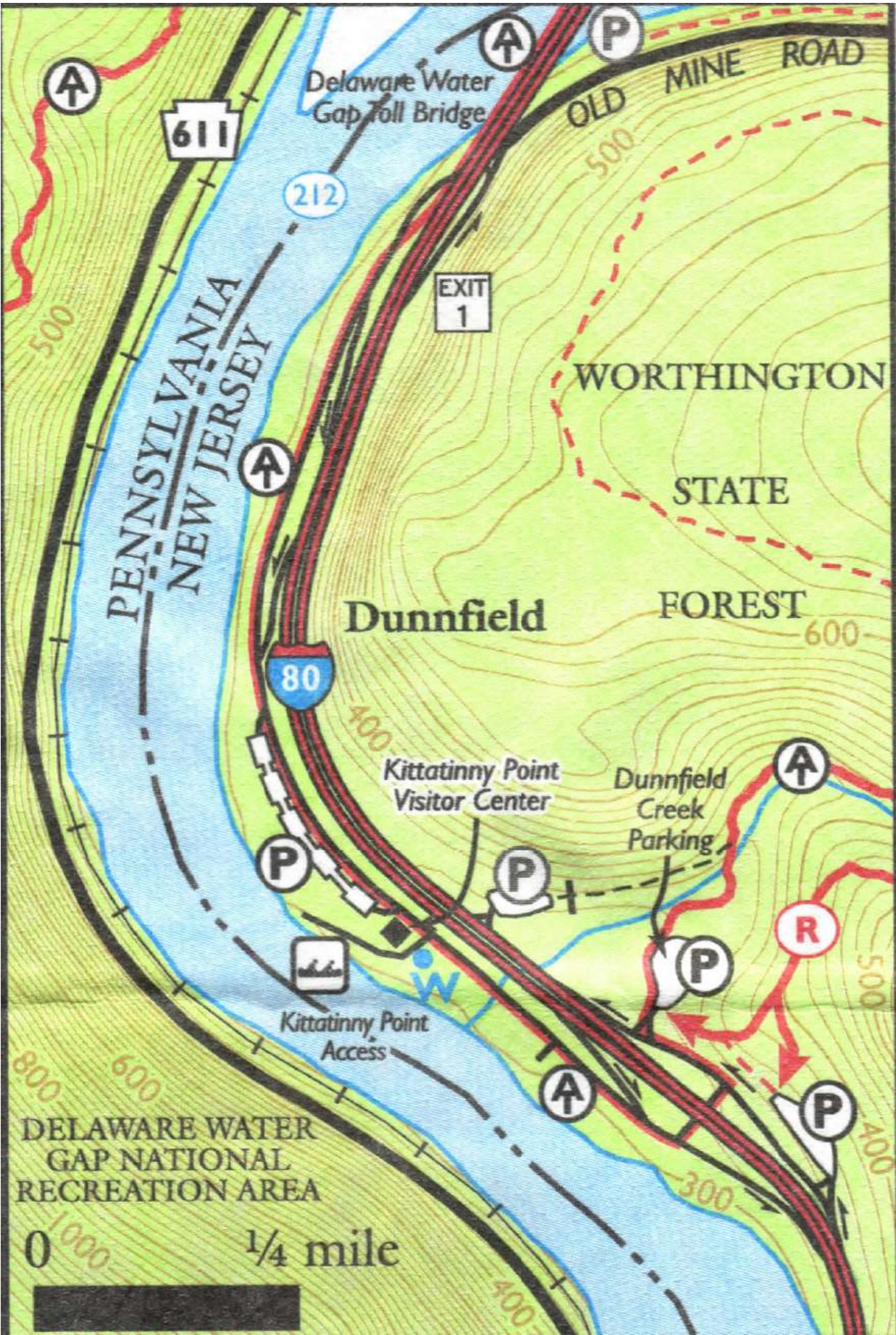


Sunfish Pond

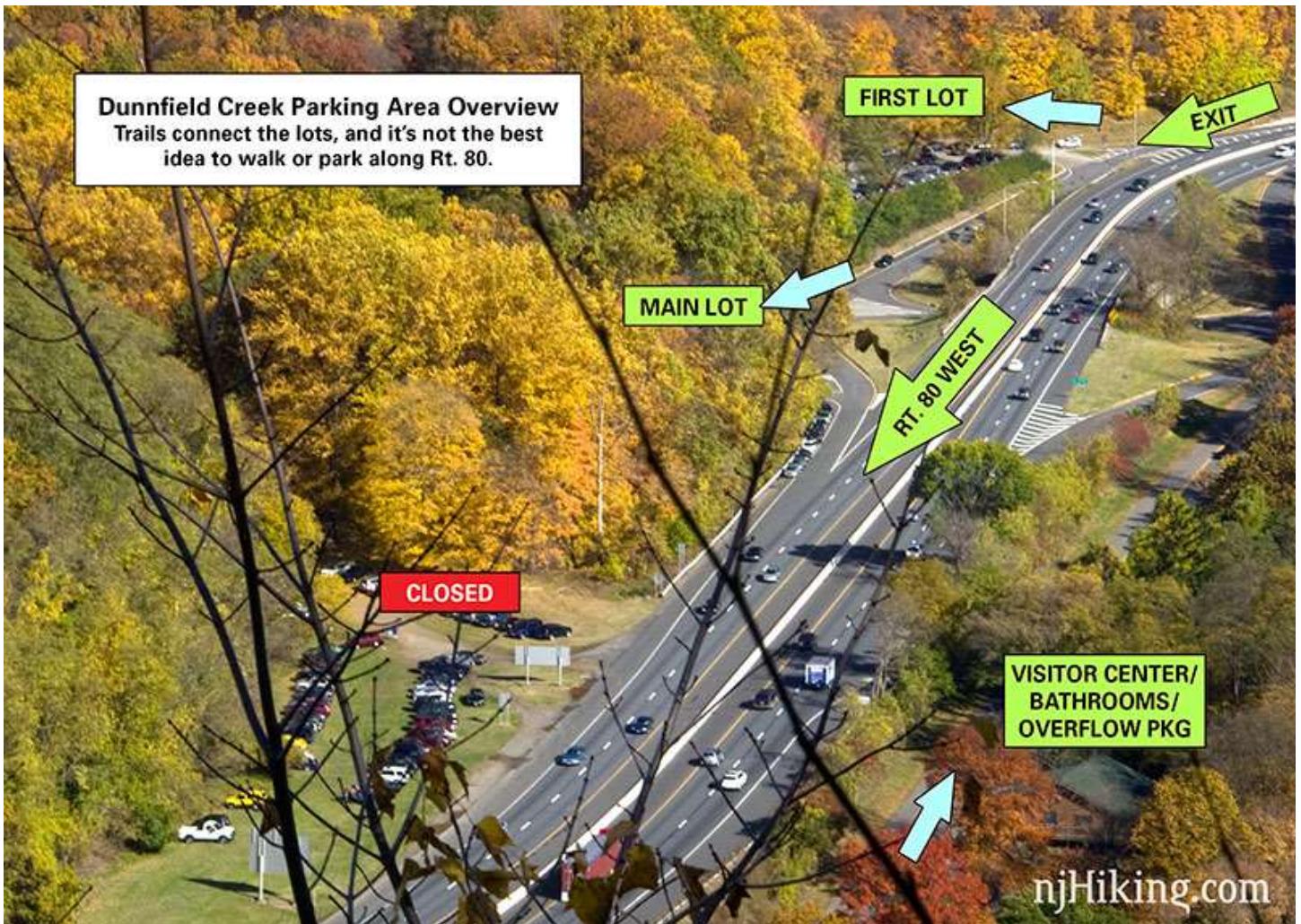








Delaware Water Gap National Recreation Area, Columbia, NJ 18324 40.971671, -75.125682



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Cedar Lake Camp to Dunnfield Creek Parking



Cedar Lake Camp to Dunnfield Creek Parking

Est. fuel cost: \$3.33

1. Head out of camp and turn left going northwest on Sawkill Rd toward Bridge Rd.
 - a. Then 0.21 miles 0.21 total miles
2. Take the 1st right onto Bridge Rd.
 - a. If you reach Grand Army of the Republic Hwy (Rt. 6), you've gone about 0.2 miles too far.
 - b. Then 0.16 miles 0.37 total miles
3. Turn right onto Grand Army of the Republic Hwy/US-6 E. Continue to follow US-6 E.
 - a. You will pass through the town of Milford
 - b. Then 4.88 miles 5.25 total miles
4. Stay straight to go onto E Harford St/US-209 S.
 - a. Then 0.85 miles 6.10 total miles to where Rt. 206 heads across bridge to NJ
5. Continue going south on US-209 S.
 - a. The speed limit is between 35 MPH and 45 MPH, and the park rangers LOVE to give out tickets. Watch your speed.
 - b. Then 27.09 miles 33.19 total miles
6. Enter next roundabout and take the 2nd exit onto Seven Bridge Rd/US-209 S.
 - a. Then 3.14 miles 36.33 total miles
7. Merge onto I-80 E toward Delaware Water Gap (Crossing into New Jersey).
 - a. Then 3.26 miles 39.59 total miles
8. Take the first exit once across the bridge over Delaware into NJ. You do not pay toll this way.
 - a. Then 0.12 miles 39.71 total miles
9. Go down the ramp and stay straight to go onto Old Mine Rd. Slowly go past the Visitors Center.
 - a. Then 0.01 miles 39.73 total miles
10. On the other end of visitor's center turn left to underneath Rt. 80.
 - a. If you reach I-80 E, you've gone about 0.1 miles too far
 - b. Then 0.11 miles 39.83 total miles
11. Once on the other side of underpass turn right.
 - a. If you reach I-80 W, you've gone a little too far
 - b. Then 0.02 miles 39.85 total miles
12. Take the 1st right. Into the parking lot
 - a. Then 0.02 miles 39.87 total miles
13. If the 1st parking lot is full try 2nd parking lot on the right
 - a. Then 0.04 miles 39.91 total miles
14. APPALACHIAN NATIONAL SCENIC TRL. - 40.972055, -75.126158

Emergency Contacts

For Emergencies, while in the Delaware Water Gap Park call Park Dispatch

At (570) 426-2435, or (800) 543-4295 do not call 911 first. This will delay your response.

The nearest level III trauma center for an urgent situation is the Newton Medical Center:

Pocono Medical Center

206 E Brown St, East Stroudsburg, PA 18301

(570) 421-4000 General Switchboard

Emergency Services (Mattioli Emergency Center) 570-476-3353

Pocono Medical Center (PMC) is located just off Route 80.

From Route 80, take Exit 308 (East Stroudsburg University Exit)

At the stop sign, turn right onto Prospect Street.

At the first light, turn right onto East Brown Street.

PMC is located on the left, at 206 East Brown Street (Main Visitor Parking is located on the right of East Brown Street, across from PMC).

