The Appalachian, Iris Trail

The Appalachian Trail parking lot is on the pull-off lane near Deckertown Turnpike. Iris Trail, built in part by the Civilian Conservation Corps, winds along gently sloping terrain. It passes scene Lake Rutherford (a private lake) and crosses the Appalachian Trail twice, making shorter and longer loop hikes possible.

**Life Trail**

Brown • 0.8 miles • Multiuse

Easy to moderate • Mostly level, but rocky trail surface

**Trailhead:** Park in Winter Rapids parking lot. Life Trail was once part of the Fuller family farm which was located here in the late 1800s. It was later incorporated into the park's Scout camp and was part of the first camp in the state for blind children. Where the trail ends at Park River Road, turn right to return to the parking lot.

**Mashipapon Trail**

Yellow • 2.8 miles • Multiuse

Easy to moderate • Variable trail surface

**Trailhead:** The Appalachian Trail parking lot or three pull-off lots near the trail on Sawmill and Park Ridge Roads. Mashipapon Trail's southerwestern section was part of one of the first roads over the ridge. Remnants of small farms can be seen here. The trail crosses small streams, follows an old road, climbs over a rocky ridge ending behind the park office. A loop hike can be made by combining the southern portion of this trail with Ayers Trail, and walking short distances along Sawmill and Park Ridge Roads.

**Mountaintop Walking Path**

Yellow • 0.75 miles • Hiking & snowshoeing

Moderate • Grass, dirt and gravel path ending in a steep climb

**Trailhead:** This trail can be reached by parking at Lake Marcia, or near the interpretive center. Mountaintop Walking Path is an enjoyable walk to reach the top of the mountain and the monument without having to drive or walking on the road. The trail heads along Lake Marcia to a wooded, gravel path with a steep climb to the monument. For a longer, more impressive and strenuous hike, try Monument Trail.

**Monument Trail**

Red & green • 3.5 mile loop • Hiking & snowshoeing

Moderate to difficult • Rocky, steep climbs

**Trailhead:** This trail can be reached by parking at or near the interpretive center, the north end of Lake Marcia, or the monument parking area. Monument Trail offers some of the best views in the park from tops of the mountain ridges to the New Jersey border. Sets of stone steps and benches display the workmanship of the Civilian Conservation Corps who constructed them in the late 1930s.

**State Park Service**

Department of Environmental Protection

State of New Jersey

NEW JERSEY VETERANS’ MEMORIAL

TRAILS OF HIGH POINT STATE PARK & NEW JERSEY VETERANS’ MEMORIAL

- **Appalachian Trail (AT)**
  - White • moderate to difficult • High Point • Hiking
  - The 2,190-mile-long Appalachian Trail (AT) extends from Springer Mountain, Georgia to Mount Katahdin, Maine. Nine miles of the AT are in High Point State Park, offering challenging hikes along the Kittatinny Ridge with scenic views of the surrounding mountains to the west. It also intersects with the Appalachian Trail.

- **Cedar Swamp Trail**
  - Purple • 2 mile loop • hiking, cross-country skiing
  - Easy, paved, gravel boardwalk

- **Fuller Trail**
  - Red & blue • 0.85 miles • Multiuse
  - Hiking • moderate to difficult • rocky, soddy mudder

- **Iris Trail**
  - Red • 4.5 miles • Multiuse
  - Easy to moderate • mostly level

**Trailhead:** The Appalachian Trail parking lot or the pull-off lane near Deckertown Turnpike. Iris Trail, built in part by the Civilian Conservation Corps, winds along gently sloping terrain. It passes scene Lake Rutherford (a private lake) and crosses the Appalachian Trail twice, making shorter and longer loop hikes possible.

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