Jenny Jump Trail
Light blue • 8.4 miles • Hiking
Moderate • Cross-country trail through forest
Jenny Jump Trail is the longest trail in the forest. Starting from State Park Road south of the forest office, the trail travels south along a series of ridgelines of the Jenny Jump Mountains. At Lake Notch, it turns west and intersects with Mountain Lake Trail. Turning south again, the trail ends at it goes onto Mountain Lake Road.

Mountain Lake Trail
Yellow • 0.5 miles • Hiking
Moderate • Trail leads uphill from Mountain Lake Trailhead Parking pull-off on Lakeside Drive North. Mountain Lake Trail begins next to a spring house and travels north from the road on single-track. As it continues uphill, the trail stays within a shallow creek ravine until joining with Jenny Jump Trail.

Swamp Trail
Red • 0.5 miles • Hiking
Easy • Wide wooded trail
Swamp Trail begins on a gravel road up a short hill sharing the path with Summit Trail for 500 feet. Swamp Trail continues in a northeast direction through the forest along a flat, wide trail. It ends near campsite and the intersection with Spring Trail.

Spring Trail
Dark blue • 0.83 miles • Hiking
Moderate • Forested trail along hillside
Spring Trail begins on a gravel road next to a spring house. After 200 feet, the trail narrows to single-track. Spring Trail travels parallel to and downhill from Summit Trail for most of its length. As it continues along the hillside, the trail passes among large boulder piles. Turning northwest, it begins a short, steep ascent to the ridgeline and intersects with Summit Trail. Spring Trail descends and ends where it joins with Swamp Trail.

Orchard Trail
White • 0.82 miles • Hiking
Easy • Trail along meadow edge
Orchard Trailhead East Road near camping area. Orchard Trail leaves East Road and heads downhill on a single-track. As the trail begins to flatten out, it follows a forested edge next to a large open meadow. Continuing southwest along the forest edge, the trail first joins with a wide gravel road, then joins with State Park Road near the forest office. The Solar Walk is located along Orchard Trail, follow this scale model of the solar system with signs that provide information about the planets and solar system.

TRAILS OF JENNY JUMP STATE FOREST
There are 7 official trails within Jenny Jump State Forest. Most of the trails are located near the camping area at the northern end of the forest. One trail is located in the southern portion of the forest and travels the ridges along the Mountain Lake. Jenny Jump Trail, the longest trail, traverses Jenny Jump Mountain. Ghost Lake Trail
Blue • 1.8 miles • Hiking
Easy • Trail across hillsides above Ghost Lake Trailhead Parking pull-off on west side of Shades of Death Road. Ghost Lake Trailheads south from Ghost Lake on a gravel road and turns west into the forest. The trail curves along the south side of the lake, crosses an earthen dam, then proceeds uphill on a rocky two-track. Ghost Lake Trail continues west climbing a broad hillside along hardwood trees and large boulder piles. The trail flattens and turns north for 0.25 miles until it turns back to the south. Nearing the top of a ridgeline, the trail passes a clearing and the remains of an old building with scenic views to the east. After passing the scenic overlook, the trail turns west again and makes another steep climb up a hillside to reach a ridge. The trail continues to wind through a rocky forest and intersects with Summit Trail.

Swamp Trail
Red • 0.5 miles • Hiking
Easy • Wide wooded trail
Swamp Trailhead North parking lot next to camping area restrooms. Swamp Trail begins on a gravel road up a short hill sharing the path with Summit Trail for 500 feet. Swamp Trail continues in a northeast direction through the forest along a flat, wide trail. It ends near campsite and the intersection with Spring Trail.

Orchard Trail
White • 0.82 miles • Hiking
Easy • Trail along meadow edge
Orchard Trailhead East Road near camping area. Orchard Trail leaves East Road and heads downhill on a single-track. As the trail begins to flatten out, it follows a forested edge next to a large open meadow. Continuing southwest along the forest edge, the trail first joins with a wide gravel road, then joins with State Park Road near the forest office. The Solar Walk is located along Orchard Trail, follow this scale model of the solar system with signs that provide information about the planets and solar system.

TRAIL SENSE AND SAFETY
Trail Markings: Official trails are marked by colored blazes on posts and trees. For your safety and habitat protection, please stay on the trails and do not alter trail markings or create new trails.
Preparations: Consider bringing water, snacks, sunscreen, insect repellent and a hat. Dress for the weather. Tell someone where you plan to go and when you expect to return.
Hunting: Sections are open to hunting. Bright orange clothing is recommended during hunting season.
Pets: Pets must always be on a leash no longer than six feet in length and under the control of the owner at all times. Please clean up after your pets.
Keep It Clean and Green: Bring a bag or two and carry your trash out with you. Trash cans are not provided. Don’t forget to recycle!
Tick Protection: Bring insect repellent, wear light-colored clothing, tuck pants into socks, stay on trails, check yourself thoroughly, shower and launder clothes immediately.
Bear Aware: Black bears are found throughout New Jersey. Do not approach or attract bears by making food available. Feeding bears is dangerous and illegal. Never run from a bear! To report an aggressive bear call 1-877-WARN-DEP (1-877-927-6337) immediately. Please report any damage or nuisance behavior to the forest office. Visit the New Jersey Division of Fish and Wildlife at www.njfishandwildlife.com for additional information on bear safety.
Emergency Numbers: 1-877-WARN-DEP (1-877-927-6337) or 911

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