Cannonball Trail
Red • 0.6 miles (in Ringwood) • Multi-use Moderate • Connects to Ramapo Mountain State Forest Trailhead Shore Trail on south side of Bear Swamp Lake. Cannonball Trail travels south from Bear Swamp Lake and continues into Ramapo Mountain State Forest.

Cupaw Lake. The trail heads east along the hillside under construction. To many other trails within the park. A short reroute and ends at Cannonball Trail. Along the way, the trail ascends to a parking lot with the north end of Manor Trail. The trail passes many small ponds and a colonial-era cemetery then loops through the forested hillside above Ringwood Manor.

Cooper Union Trail
Yellow • 4.7 miles • Multi-use Moderate • Leads to scenic view of Wanaque Reservoir Trailhead Sloatsburg Road on north side of the park. Cooper Union Trail is a lollipop loop trail that begins approximately 0.5 miles north of Ringwood Manor on Sloatsburg Road. The trail heads south through forested hillside. Near its southern end, the trail diverges to the left and right to make a loop. At the end of the loop, there is a scenic view of Wanaque Reservoir.

Creek Trail
White • 0.8 miles • Multi-use Moderate • Trail across park Trailhead Parking area near Carriage Barn. Crossbrook Trail heads southeast across the park and ends at Cannonball Trail. Along the way, the trail passes by Skylands Manor and provides access to many other trails within the park. A short reroute of Crossbrook Trail north of Skylands Manor is under construction.

Cupaw Brook Trail
Light blue • 1.4 miles • Multi-use Moderate • Rocky trail follows creek drainage Trailhead Cooper Union Trail. Cupaw Brook Trail follows a small drainage downhill towards Cupaw Lake. The trail heads east along the hillside on single-track and then descends into a ravine. As the trail continues, it follows along a creek drainage and joins Ringwood-Ramapo Trail for a short distance. Cupaw Brook Trail ends when it meets Cooper Union Trail again.

Five Ponds Trail
Pink • 4.8 miles • Multi-use Easy to Moderate • Long loop trial through Skylands area Trailhead Skylands Parking Lot C. Five Ponds Trail follows mostly woods roads on a circuit of five of the Skylands area's ponds - Gatun, Brushwood, Weyble, Glasmere and Swan Pond. Halifax Trail
Green • 0.4 miles (in Ringwood) • Hiking Moderate • East-west trail across park Trailhead Five Ponds Trail east of Glaston Pond. Halifax Trail is a hiking-only trail that crosses Ringwood in an east-west direction. The trail begins on single-track and ascends switchbacks to gain a ridge line. As it continues east, Halifax Trail crosses numerous other trails and leads into Ramapo Valley County Reservation.

Hasenclever Iron Trail
Yellow • 1.6 miles (in Ringwood) • Multi-use Easy • Cross country woods road explores history of iron works Trailhead Ringwood Manor. Hasenclever Iron Trail follows an old woods road that connected the ironworks operating at Long Pond Ironworks State Park and Ringwood State Park. There are interpretive signs and waypoints along the trail that describe the history of iron work in the area.

Hewitt Connector Trail
White • 1.2 miles • Multi-use Easy • Short loop trail Trailhead Ringwood Manor parking lot past playground area. Hewitt Connector Trail links the parking lot with the north end of Manor Trail. The trail follows single-track and then widens to double-track as it meets with Manor Trail.

Hoeferlin Memorial Trail
Yellow • 2.8 miles (in Ringwood) • Multi-use Moderate • Connects to Ramapo Mountain State Forest Trailhead Numerous access points throughout the park. Hoeferlin Memorial Trail is a long trail connecting to Ramapo Mountain State Forest. The trail ascends from Bear Swamp Lake, reaches a ridge line and turns south. Hoeferlin Memorial Trail continues south along a primary ridge line between the Wanaque Reservoir (to the west) and Ramapo River (to the east).

Manor Trail
Blue • 2.8 miles • Multi-use Easy • Short loop trail above Ringwood Manor Trailhead Ringwood Manor. Manor Trail follows a mix of gravel road and single-track path past Sally’s Pond and a colonial-era cemetery then loops through the forested hillside above Ringwood Manor.

Mountain Bike Trail
Brown & silver • 4.7 miles (in Ringwood) • Multi-use Moderate • Loop trail on forest roads across varied terrain Trailhead Ringwood - Ramapo Trail. Mountain Bike Trail is a long loop trail on a network of woods roads through the hilly landscape of Ramapo Mountain. The trail passes many small ponds as it makes its loop to return to Shephard Lake.

Piersen Ridge Trail
Blue • 1 mile • Multi-use Easy • Short loop trail on ridgeline Trailhead Halifax Trail (north end) or Ringwood – Ramapo Trail (south end). Piersen Ridge Trail follows a wide and flat woods road along a ridge line until it intersects with Crossbrook Trail.

Ringwood - Ramapo Trail
Red • 3.5 miles (in Ringwood) • Multi-use Moderate • Long trail to Ramapo Mountain State Forest Trailhead Parking area near Ringwood Carriage Barn. Ringwood-Ramapo Trail leads from the northern section of Ringwood State Park toward the east, through Ramapo Mountain State Forest. The trail follows a mix of single-track path and forest roads.