

# “It’s All Rocks!” The DWG FA 50K

## 2009 Course Map

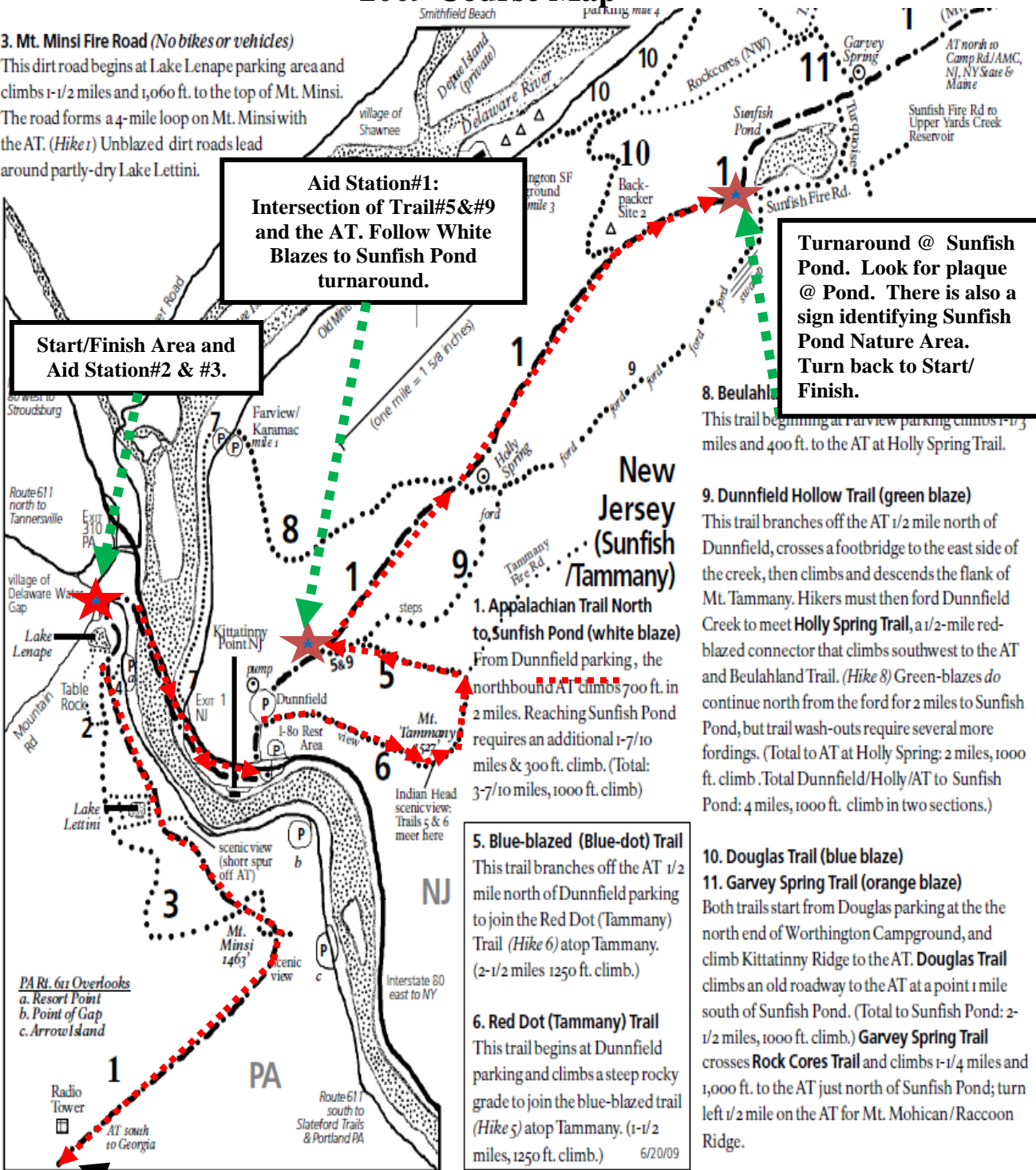
### 3. Mt. Minsi Fire Road (No bikes or vehicles)

This dirt road begins at Lake Lenape parking area and climbs 1-1/2 miles and 1,060 ft. to the top of Mt. Minsi. The road forms a 4-mile loop on Mt. Minsi with the AT. (Hike 1) Unblazed dirt roads lead around partly-dry Lake Lettini.

**Aid Station#1:  
Intersection of Trail#5&#9  
and the AT. Follow White  
Blazes to Sunfish Pond  
turnaround.**

**Start/Finish Area and  
Aid Station#2 & #3.**

**Turnaround @ Sunfish  
Pond. Look for plaque  
@ Pond. There is also a  
sign identifying Sunfish  
Pond Nature Area.  
Turn back to Start/  
Finish.**



**8. Beulahland Trail (green blaze)**  
This trail beginning at Farview parking climbs 1-1/3 miles and 400 ft. to the AT at Holly Spring Trail.

### New Jersey (Sunfish/Tammany)

**1. Appalachian Trail North to Sunfish Pond (white blaze)**  
From Dunnfield parking, the northbound AT climbs 700 ft. in 2 miles. Reaching Sunfish Pond requires an additional 1-7/10 miles & 300 ft. climb. (Total: 3-7/10 miles, 1000 ft. climb)

**5. Blue-blazed (Blue-dot) Trail**  
This trail branches off the AT 1/2 mile north of Dunnfield parking to join the Red Dot (Tammany) Trail (Hike 6) atop Tammany. (2-1/2 miles 1250 ft. climb.)

**6. Red Dot (Tammany) Trail**  
This trail begins at Dunnfield parking and climbs a steep rocky grade to join the blue-blazed trail (Hike 5) atop Tammany. (1-1/2 miles, 1250 ft. climb.) 6/20/09

**9. Dunnfield Hollow Trail (green blaze)**  
This trail branches off the AT 1/2 mile north of Dunnfield, crosses a footbridge to the east side of the creek, then climbs and descends the flank of Mt. Tammany. Hikers must then ford Dunnfield Creek to meet Holly Spring Trail, a 1/2-mile red-blazed connector that climbs southwest to the AT and Beulahland Trail. (Hike 8) Green-blazes do continue north from the ford for 2 miles to Sunfish Pond, but trail wash-outs require several more fordings. (Total to AT at Holly Spring: 2 miles, 1000 ft. climb .Total Dunnfield/Holly/AT to Sunfish Pond: 4 miles, 1000 ft. climb in two sections.)

**10. Douglas Trail (blue blaze)**

**11. Garvey Spring Trail (orange blaze)**  
Both trails start from Douglas parking at the north end of Worthington Campground, and climb Kittatinny Ridge to the AT. **Douglas Trail** climbs an old roadway to the AT at a point 1 mile south of Sunfish Pond. (Total to Sunfish Pond: 2-1/2 miles, 1000 ft. climb.) **Garvey Spring Trail** crosses **Rock Cores Trail** and climbs 1-1/4 miles and 1,000 ft. to the AT just north of Sunfish Pond; turn left 1/2 mile on the AT for Mt. Mohican/Raccoon Ridge.

**Continue on AT, South. Follow the White Blazes!!! You will pass Tott’s Gap and continue to Rte 191, the turn around. We will have a small Aid Station #4 with water, chips, etc.**