Day: Saturday	**Start Time:** 8:30 am	**End Time:** 2:30 pm
Co-Leader:	**Co-Leader**:	**Limit**: 15 people
Transportation: Bus	**Driver:** Bus Driver	**Bus Captain:**
Fees: $14 Transportation Fee	**Travel Distance:** 30 Miles R/T	**Travel Time:** 50 Min R/T

Moderate 4.5-mile Ridgeline Trail and Upper Indian Ladders (falls) Hike at PEEC.

This moderate 4.5-mile trail, featuring an elevation gain of over 570 feet with several ups and downs, is marked with yellow blazes. It winds through oak-hickory forests, ravines, and wetlands, leading into a mature hemlock forest along Spackman's Creek. The Ridgeline Trail overlaps with the Scenic Gorge Trail for the first and last half miles. Remnants of rock walls suggest that this area was once used for farming. You will climb ridges and descend steeply using a rope to reach the gorge while exploring the remains of a cabin and an abandoned dam. The path meanders through wetlands and leads to a 15-foot waterfall on Alicia Creek before returning alongside the stream to its starting point. Additionally, we will visit Upper Indian Ladders Falls, a 30-foot multi-tiered waterfall along Upper Hornbeck's Creek.

- This hike repeats on Sunday.
- Bring standard hiking gear: Hat, Walking Stick, Water, Food, Hiking Shoes
- Pack your lunch during breakfast.
- Time: 8:30 am -2:30 pm
- Limit: 15 People
- Distance from camp: 15 Miles /25 Min one-way
- Vehicle: Bus
- Length: 4.5 miles, loop
- Difficulty: Moderate
- Blaze: Yellow
- Elevation Change: 220 feet with 570 feet gain overall, with all the ups and downs.
- YouTube1 YouTube2

Vendor: **Pocono Environmental Education Center /**538 Emery Rd, Dingmans Ferry, PA 18328 / 570-828-2319
https://www.peec.org / peec@peec.org

Logistics

- 8:30 am – Depart from Camp
- 8:30 am – 9:00 am Travel from Camp Nah-Jee-Wah to Pocono Environmental Education Center
- 9:00 am – 9:15 am Bathroom, Gear Check, Leaders Circle Talk
- 9:15 am – 1:30 pm Hike Ridgeline Trail
- 1:30 – 2:00 pm: Bathroom, people gather.
- 2:00 pm - 2:30 pm Travel from PEEC to Camp

Leaders' Notes:

1. Call Park Dispatch at (570) 426-2435 or (800) 543-4295 for emergencies, then 911. The Delaware Water Gap is located within the National Park Service at http://www.nps.gov/dewa.
2. You will be on a bus with other hikers (Tumbling Waters and Scenic Gorge). Coordinate your timing and exchange phone numbers with the other hike leaders to minimize waiting time for the bus at the end of the hike.
3. During the hike, contact the other trip leaders to see if either group's pace needs to be adjusted.
4. The Ridge hike is scheduled to be four hours. Allowing extra time to enjoy the waterfalls.
5. Expect to spend time at the Indian Ladders Waterfall — a good place for a snack break.
6. For the first half-mile and the last mile of the trail, the Ridgeline Trail runs concurrently with the Scenic Gorge Trail. The Scenic George Trail is a smaller loop of the Ridge Trail.
7. Communicate with the Scenic Gorge Hike Leader and meet at the point where the two trails rejoin to conclude your hike together.
8. There is a long uphill ascent from the waterfall back to the office. Pace yourself.
9. Bring plenty of water.
10. Most of the trail is covered. Wear a hat to keep ticks and bugs off.
11. This trail can be muddy in sections during rainy seasons, so waterproof footwear is recommended.
12. The trail starts behind Cabin #1 and ends behind Cabin #20. Return to the trailhead via the main campus.
13. The restrooms are in the main building, where trail guides and additional information about the Pocono Environmental Educational Center are available for a nominal fee.
14. If transportation is via a School Bus, **do not stop for Ice Cream in Milford** on the way back unless **you are willing to pay Mosaic for the extra bus fees** (over $300 previously) caused by the additional time and stop. Please adhere to the planned transportation schedule.

PEEC's Environmental Study Goals

A. To develop awareness of environmental concerns through formal and non-formal education.
B. To help people acquire the knowledge, skills, attitudes, motivation, and commitment to enhancing the quality of the environment.

PEEC's Environmental Education (EE) Objectives

A. Awareness: To help individuals and social groups develop a strong concern for the environment and the motivation to protect and enhance it actively.
B. Knowledge: To help individuals and social groups understand the environment, its associated challenges, and humanity's crucial role.
C. Attitude: To enable individuals and social groups to adopt social values and develop the ability to make informed choices while fostering environmental sensitivity.
D. Skills: To equip individuals and social groups with the necessary skills to address environmental issues.
E. Evaluation: To guide individuals and social groups in assessing environmental measures and educational programs based on ecological, political, economic, social, and academic criteria.
F. Participation: To encourage individuals and social groups to take necessary actions to address environmental challenges.

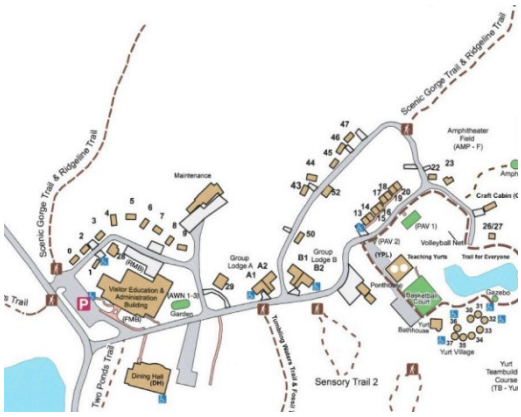
PEEC's Environmental Education (EE) Guidelines

A. EE represents total education within a comprehensive environment, encompassing natural and artificial elements as well as ecological, technological, social, cultural, and aesthetic aspects.
B. EE is a continuous, lifelong process that occurs both formally in school and informally outside of school.
C. EE is interdisciplinary.

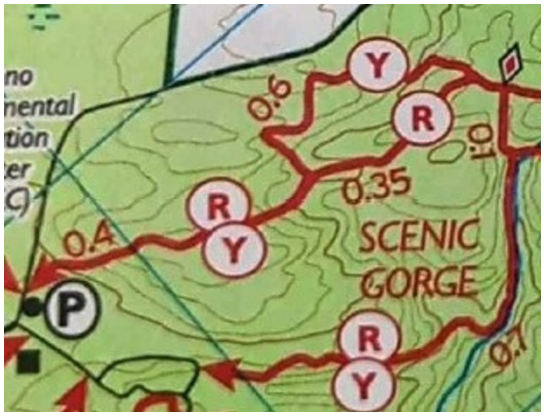
D. EE emphasizes the active involvement of individuals in preventing and resolving issues.
E. EE examines issues from a global viewpoint while considering regional differences.
F. EE focuses on environmental conditions now and in the future.
G. EE examines all development and growth from an ecological perspective.
H. EE promotes local, national, and international cooperation to address environmental challenges.

Ridgeline Trail Hiking Directions

Note: The trail is marked with a yellow blaze. It begins at Cabin 1 and ends on the lower campus. It runs along the Scenic Gorge Trail, blazed in red. Ridgeline Trails forms a figure eight. Scenic George stays in the lower part of the figure eight, and the Ridgeline trail continues to the upper part of the figure eight.



1. Head from the main building to Cabin 1 to the trailhead for the Ridgeline and Scenic Gorge Trails
2. Follow the Yellow Markers for the Ridgeline Trail. The elevated mounds you will pass are part of a series of septic mounds that hold wastewater from PEEC's campus.
3. You will come to a sign. Bear left to stay on Ridgeline Trail (Scenic George is to the right), then right.
    a. If time is an issue, follow the Red Scenic George route to cut ¼ mile. Both trails meet up again about ½ mile down the trail.
4. Come to a bridge where the red Scenic George trail meets again briefly.
5. Stay left at the fork to stay on Ridgeline Trail. This is the start of the upper part of the figure eight.



6. Continue 7/10 miles to the next intersection and the top of the figure eight.
7. If time allows, bear left to take the green connector trail for 0.35 miles to see the upper section of Indian Ladders Falls.
8. Enjoy the falls and return on the same connector trail (0.35 miles) the way you came.
    a. Note: A parking lot is nearby for emergency takeout.
9. Turn left to return to Ridgeline Trail.
10. Follow the Ridgeline trail for 1.2 miles, where it will meet up with the Scenic George Trail, completing the upper part of Figure Eight. Along the way, you will cross the stream twice via bridges.
11. Both trails remain together for the next 7/10 miles, finishing at the road within the PEEC campus.
12. Beer right on the road. It will end at a T between group lodges A and B.
13. Turn right at this intersection. Then, head back to the main building, where the bus will be waiting for you.
14. Bathrooms are in the main building.

Ridgeline TRAIL GUIDE by PEEC

1. WELCOME

Welcome to the Ridgeline Trail, formerly known as the Sunrise Trail, at the Pocono Environmental Education Center. Plan to spend 3 hours on this 4.5-mile loop, which traverses ridged sedimentary rock, forested wetlands, and a mature Hemlock Forest along Spackman's Creek. The trail features yellow blazes, starting at Cabin 1 and ending on the lower campus, next to the red-blazed Scenic Gorge Trail. Exercise caution at trail intersections. Please keep nature undisturbed and take only memories with you. Look for yellow-numbered signs that correspond to the provided text. ***Caution: The trail ascends through a mixed pine forest where poison ivy is present on many trees, including hairy, climbing vines that can cause skin irritation year-round.***

2. TAMARACK TREES

Tamarack trees, also known as larches, are unique conifers that shed their needle-like leaves, which turn bright yellow in autumn. European tamaracks (Larix decidua) are harvested for timber, while American larch (Larix laricina) thrives in the high-elevation bogs of Pennsylvania. In winter, small, round seed cones decorate the branches, providing food for the ruffed grouse, Pennsylvania's state bird.

The elevated septic mounds at PEEC's campus, known as 'turkey mounds,' support wild turkeys (Meleagris gallopavo) that feed on the grass. These fields create valuable edge habitats for a variety of species. Rodents, eastern cottontail rabbits, wild turkeys, and white-tailed deer rely on seeds and vegetation for sustenance, while hawks, owls, foxes, and coyotes utilize the area for hunting.

3. WITCH HAZEL

Witch hazel (Hamamelis virginiana) thrives in low, moist areas. This small understory tree forms clumps with multiple stems and leaning trunks. Known for their medicinal properties, witch hazel extracts are astringents used in skin lotions and eyewashes. Its small yellow flowers bloom in winter, featuring strap-like petals. The woody seed capsule matures within a year, producing a sound as it ejects two shiny black seeds, which are often found at the ends of twigs.

4. OAK-HICKORY FOREST

The forest that surrounds you exemplifies the oak-hickory type found in the Appalachians. It includes valuable nut-producing trees like chestnut oak, white oak, red oak, black oak, pignut hickory, and shagbark hickory. You can easily spot nuts and their coverings underfoot. Acorns are produced in "bumper crops" every 2 to 4 years, with a single oak yielding between 2,000 and 7,000 acorns during those years. Black bears, white-tailed deer, wild turkeys, southern flying squirrels, chipmunks, and blue jays consume these nuts in copious quantities to build fat reserves for the fall. The understory consists of shadbush (Serviceberry), which produces white flowers in the spring and sweet, red berries in the summer. Its smooth gray bark aids in identification. Blueberry and huckleberry bushes provide fruits for wildlife throughout the shrub layer.

5. SUCCESSION

Picture a forest surrounding you, filled with trees. Most Pocono forests were cleared for timber and agriculture during the 1800s and early 1900s, with cattle grazing in vast hay fields. The shallow, rocky soil required the removal of rocks, which were stacked like fence stones to outline property boundaries. When farming ceased, nature gradually reclaimed the land, transforming it into a flourishing forest through a process known as succession.

6. SEDIMENTARY ROCK

The ridge you see is typical in the local landscape. Most exposed cliffs and ridgelines consist of sedimentary rock formed about 360 million years ago during the Devonian era from silt deposits in a shallow sea. Under heat and pressure, the silt lithified into shale, often revealing fossils of marine organisms. These rock layers were uplifted during the Alleghenian orogeny, a mountain-building event that occurred approximately 290 million years ago during the Permian Period, when Africa collided with North America. Erosion from water, wind, and ice has since carved ravines and exposed ridges. These ridges serve as den sites for gray foxes, porcupines, and black bears.

7. WETLANDS

Wetlands are areas where water saturation influences soil development and the related plant and animal communities (USFS). Globally, they rank among the most biologically productive ecosystems. These delicate habitats are easily disturbed by human activity. This wetland highlights green mosses that retain moisture, along with ferns and wildflowers blooming from hummocks in the spring and summer. The rich, deep soil is rich in decomposed organic matter and remains cool during hot weather. A canopy of American elm and yellow birch flourishes in these organic soils. Observe and listen to various birds during the spring and summer.

8. WHITE PINE TREE

A white pine tree (Pinus strobus) was struck by lightning. Cloud-to-ground lightning occurs when negatively charged electrons in the cloud base attract positively charged particles on the ground, creating a conductive path for the flow of electricity. A tall tree offers a shorter route for lightning to reach the ground. When lightning strikes, sap boils and gases expand, causing the wood and bark to explode. A large piece broke off as the current exited the trunk and traveled to the ground.

9. VERNAL POOLS

In the forest, shallow depressions turn into temporary wetlands every spring after snowmelt and rain, known as vernal pools. These pools are crucial breeding grounds for spotted salamanders, wood frogs, spring peepers, and gray tree frogs. Because they rarely hold water all year, there are no fish to prey on amphibian eggs and larvae. Sphagnum mosses and highbush blueberries thrive here, attracting black bears in search of food and shade. When the pools overflow, they drain into Spackman's Creek, which widens as tributaries merge and eventually flows into the Delaware River, leading to Delaware Bay and the Atlantic Ocean.

10. HEMLOCK WOOLLY ADELGID

This large, old hemlock tree, which had been healthy, transformed into a dead one in just over three years (2002-2005) due to the hemlock woolly adelgid (Adelges tsugae), a pest known as HWA. This destructive pest, which originated in Southeast Asia, entered North America in 1927 and was first discovered in the East in 1995 in North Carolina. It has devastated eastern hemlocks (Tsuga canadensis) from Maine to Georgia by sucking sap from the tree needles, causing death within a few years. To combat this, an Asian ladybug species (Sasajiscymnus tsugae), a natural predator of the HWA, has been released in various regions.

11. FARMED LAND

This area has been farmed for centuries. The residents who built the rock walls left evidence of their way of life. Here, a stone chimney made of local rocks stands tall. You can also see the foundation of a small home or camp. Further along the trail, a wet depression indicates an earthen dam that created a pond, 7 to 8 feet deep, fed by water from a seasonal pool. These ponds were utilized for fire prevention.

12. WALKING FERN

This fascinating evergreen fern, known as the walking fern (Camptosorus rhizophyllus), is rarely found in our area. It thrives on damp, moss-covered rocks, favoring limestone but also tolerating other types of stone. The fern reproduces vegetatively through short leaps, spreading in all directions. The slender leaf tips of the parent plant bend down to the ground and root, producing new plants. As these new plants develop, they also arch and root, forming even more plants. In just a few generations, walking ferns can spread significantly. Observe this fern's growth, but please avoid touching it, as it is the only known location for this species at PEEC.

13. WHITE-TAILED DEER

In Pennsylvania, white-tailed deer (Odocoileus virginianus) have become overpopulated due to a lack of predators and increased open areas, resulting in overcrowded forests. These herbivores consume herbs, leaves, and new shoots during the growing season, and twigs in the winter. Over-browsing impedes forest regeneration, negatively affecting ground-nesting and shrub-nesting songbirds. If you notice a lack of new tree growth in a deciduous forest, it may be due to an overabundance of deer.

14. HEMLOCK FOREST

Stand and embrace the magic of this forest! Here, tall trees stretch toward the sunlight, providing shade for the forest floor. Fallen hemlock needles enrich the soil, making it acidic and limiting plant growth. Their shallow roots spread wide, anchoring the soil on steep slopes. Hemlock forests create a cool microclimate, trapping moisture and keeping mountain streams cold during the summer. Snow accumulates less beneath hemlocks, making it easier for mammals to travel in winter. All the old-growth hemlocks here were logged from 1850 to 1920 for their bark, which was rich in tannic acid and used in leather tanning. This forest is already declining due to an insect that is attacking the trees. Imagine the impact on animals, water, and soil if these trees disappear!

15. POLYPORES

This fallen American beech (Fagus grandifolia) illustrates the process of forest decomposition. Climate, woodpeckers, bacteria, fungi, and termites play vital roles in this process. Decomposers feed on and break down wood into more straightforward materials, releasing essential nutrients like nitrogen into the soil and atmosphere. Various organisms depend on these nutrients for growth. Eventually, this tree will become part of the soil, where microorganisms will continue to decompose organic matter. The resilient fungi seen here are called polypores, which protrude from dead wood and are also known as shelf or bracket fungi, recognizable by the tiny pores on their undersides that release spores. s.

16. STREAM SPECIES

This stream features excellent water quality. In the hemlock forest near its source, the water remains uncontaminated. A variety of macroinvertebrates and amphibians indicates a healthy aquatic ecosystem. Turn over rocks to discover what lies beneath, but make sure to replace them afterward and return any creatures to the water. Look for small pebble cases glued together, which serve as homes for caddisfly larvae. You may also encounter two species of red salamanders, the northern red salamander (Pseudotriton ruber) and the spring salamander (Gyrinophilus porphyriticus), hiding under flat rocks in shallow waters. The tranquil stream transforms into a series of waterfalls as it descends the plateau toward the Delaware River. The brook trout (Salvelinus fontinalis), Pennsylvania's state fish, inhabits the deeper pools below the falls.

17. AMERICAN BEECH

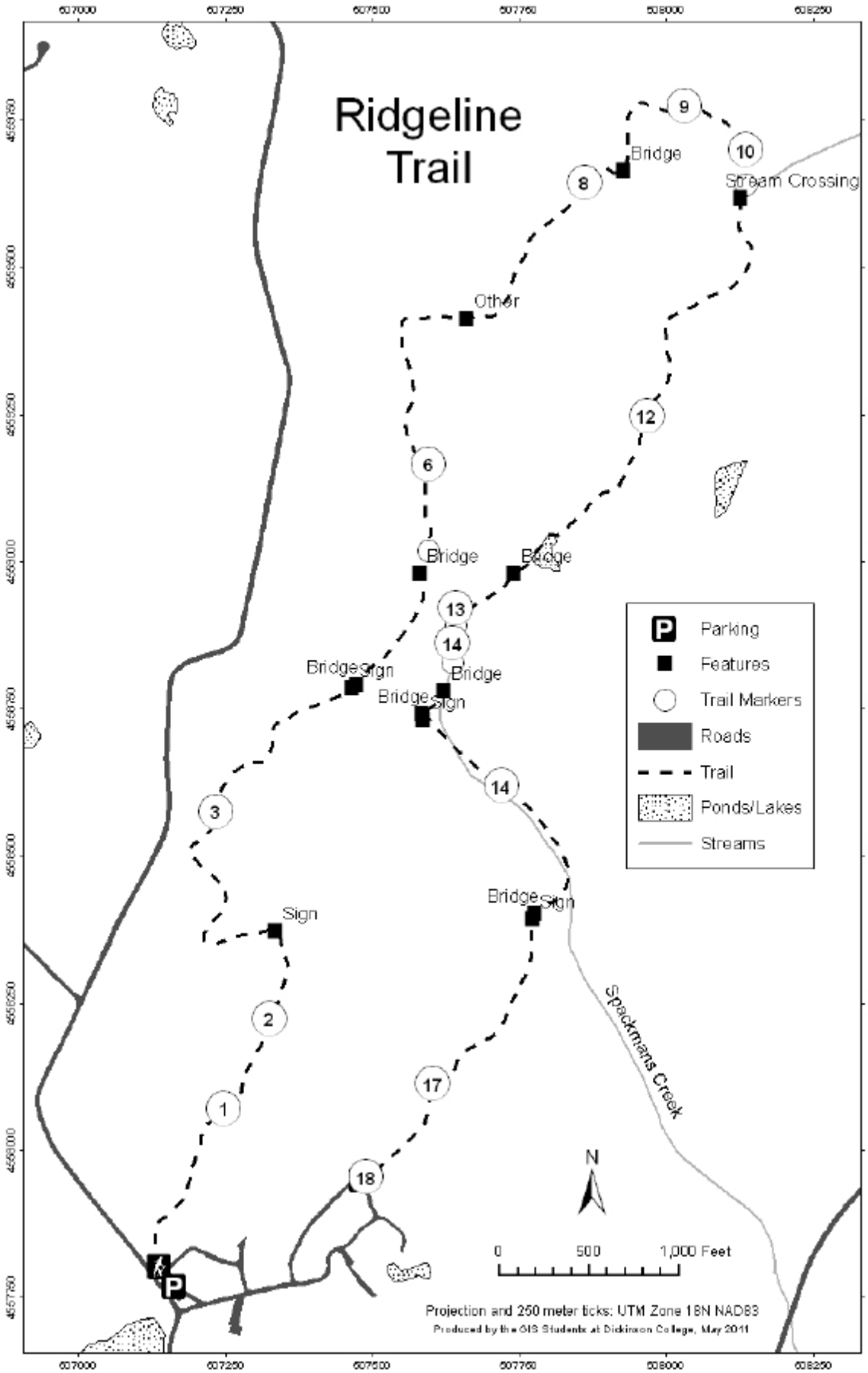
The American beech (Fagus grandifolia) has smooth, gray bark and elongated orange buds that resemble cigars. It keeps its dead leaves throughout winter, which rattle in the wind and turn golden-brown. Look out for claw marks from black bears (Ursus americanus) feeding on beech nuts in early fall. Many local beech trees are affected by the beech-scale insect (Cryptococcus fagisuga), which spreads a fungal disease (Nectria coccinea) characterized by cracked bark with black edges resulting from cankers beneath the surface.

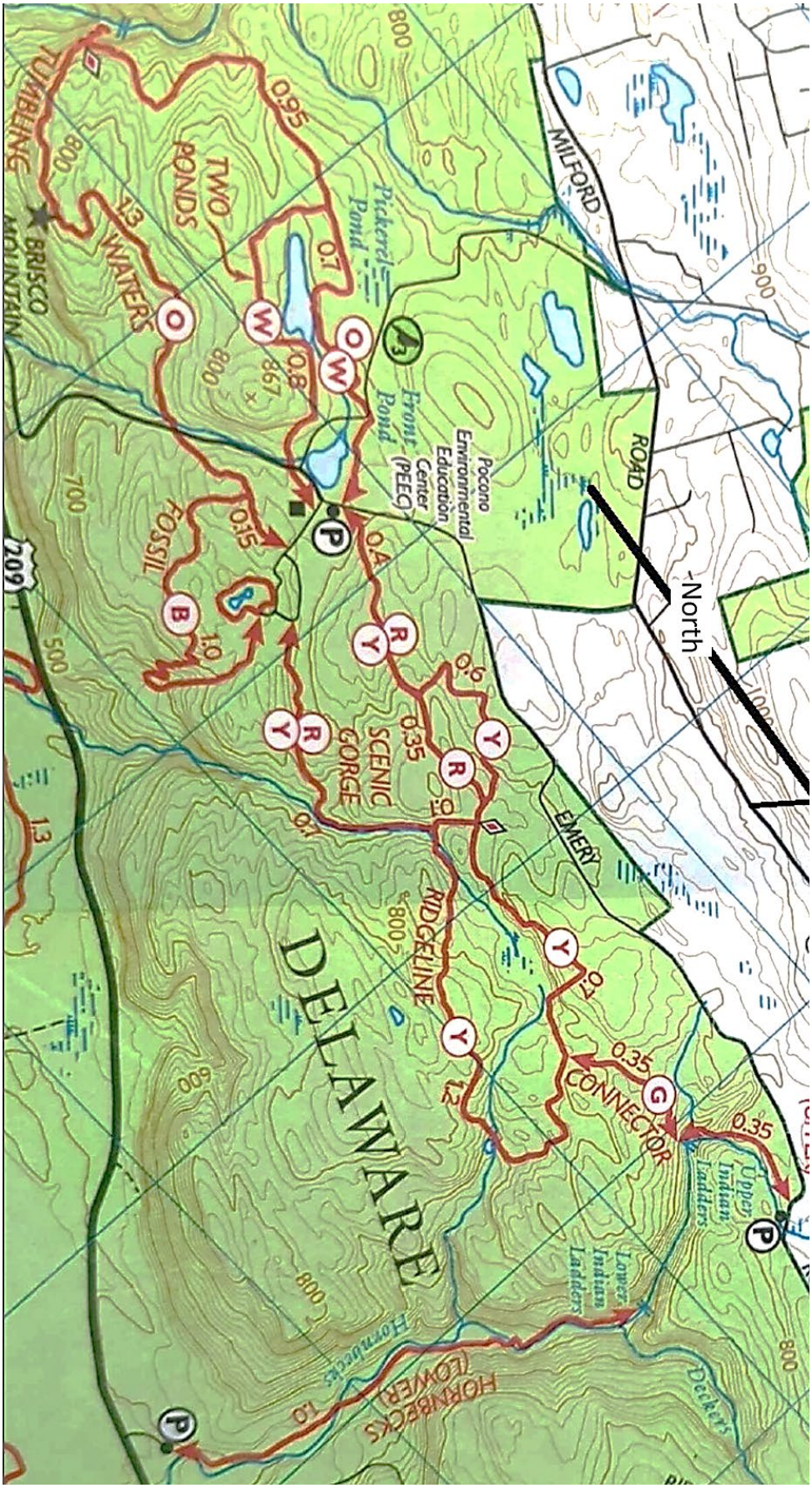
18. LICHENS

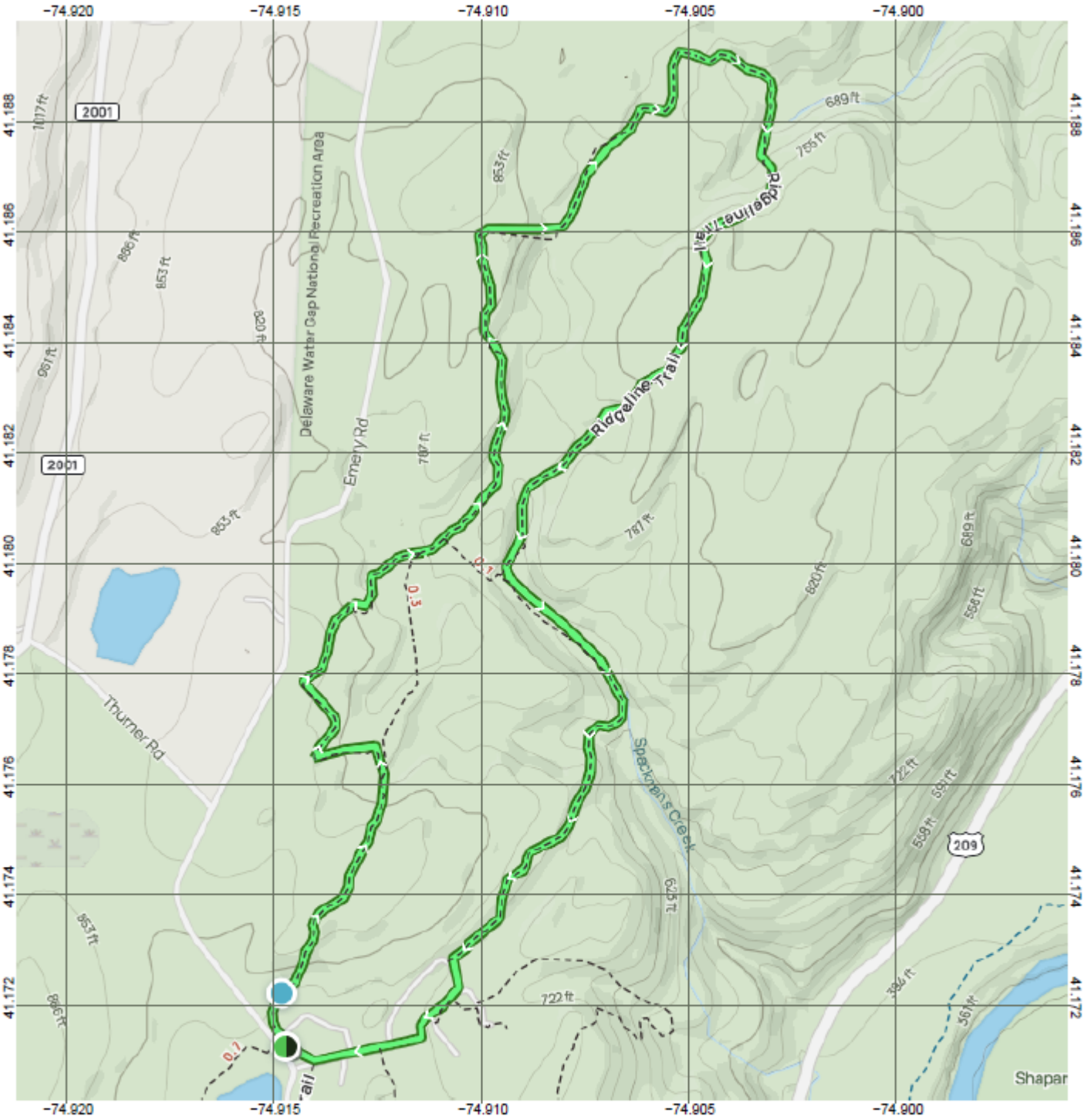
If it is lichen, you'll like it! Its presence signifies clean air! Look around; someone has splattered green and gray paint on the trees. Lichen is a dual organism composed of a fungus and green algae or cyanobacteria, existing in a symbiotic relationship. The fungus cannot photosynthesize, so it obtains food from its partner by secreting mild acids that break down organic matter and absorb nutrients. The algae photosynthesize, providing carbohydrates to the fungus. In return, the fungus offers a moist environment and protection. Lichen appears in various forms—see how many you can find.

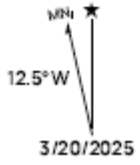
This wraps up the Ridgeline Trail review. We hope you enjoyed exploring and gained insight into the forest's components. From amphibians in vernal pools to the challenges facing hemlock forests, everything is interconnected in a delicate balance. External factors, including acid rain and invasive species, pose a threat to this sensitive system. We must function as stewards of this land, protecting it for future generations.

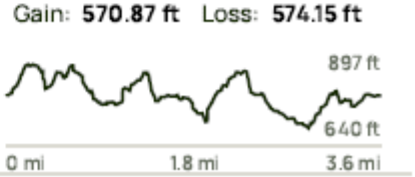
You can follow the campus road back to the Main Building and the parking lot.


Ridgeline Trail
Bridge
Stream Crossing
Other
Bridge
Bridge
Bridge
Sign
Bridge
Bridge
Sign
Bridge
Sign
Sign
Spackmans Creek
Parking
Features
Trail Markers
Roads
Trail
Ponds/Lakes
Streams
N
0
500
1,000 Feet
Projection and 250 meter ticks: UTM Zone 18N NAD83
Produced by the GIS Students at Dickinson College, May 2011


TUMBLING
BRISCO MOUNTAIN
TWO PONDS
WATERS
Pickerel Pond
Front Pond
Pocono Environmental Education Center (PEEC)
MILFORD
ROAD
North
FOSSIL
SCENIC GORGE
RIDGELINE
EMERY
CONNECTOR
Upper Indian Ladders
Lower Indian Ladders
HORNBECKS (LOWER)
DELAWARE
209
0.95
0.7
0.8
0.15
0.4
0.6
0.35
0.9
0.7
0.35
1.2
0.35
1.0
1.3
1.0

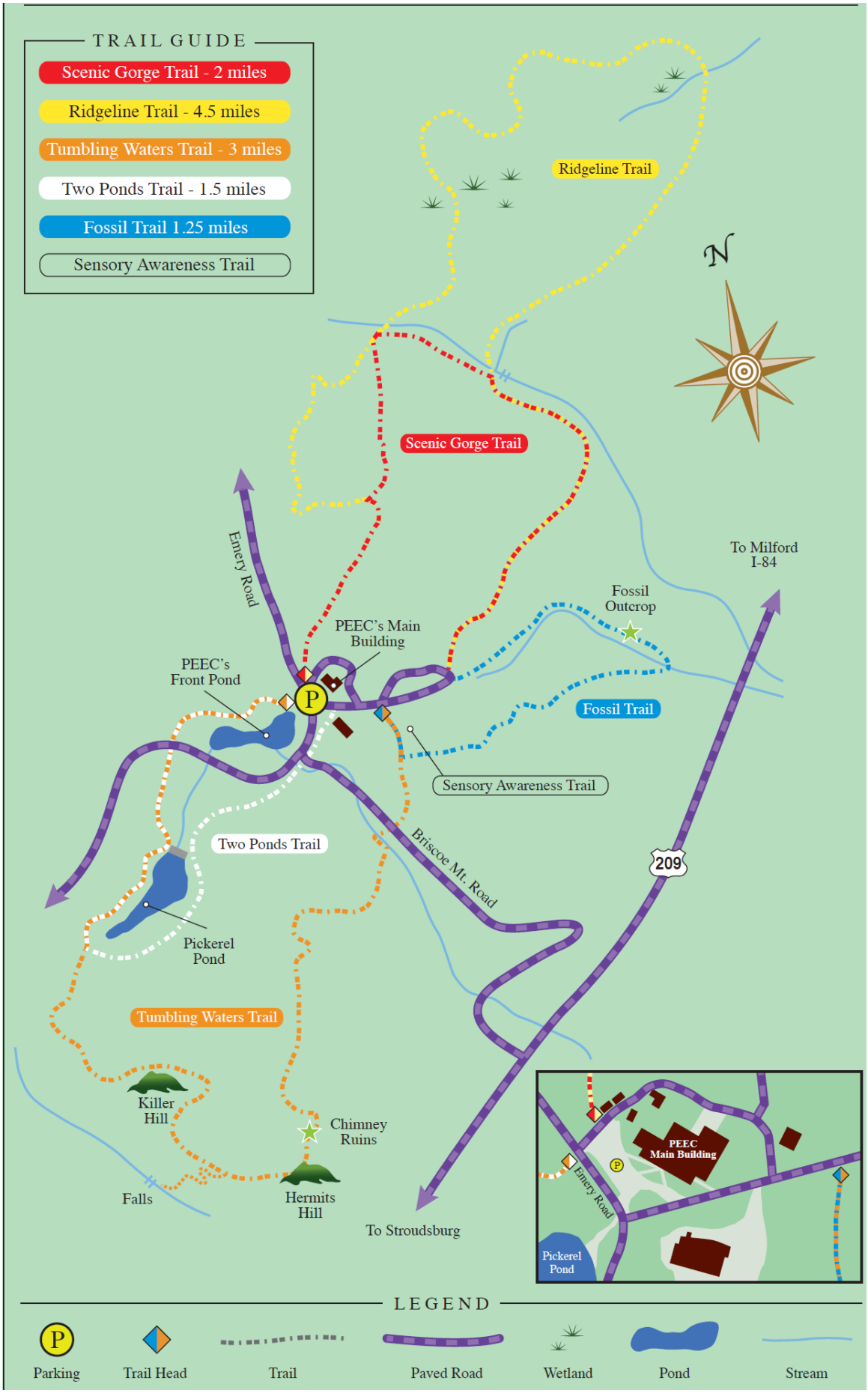






Ridgeline Trail Loop
Dingmans Ferry, PA

AllTrails

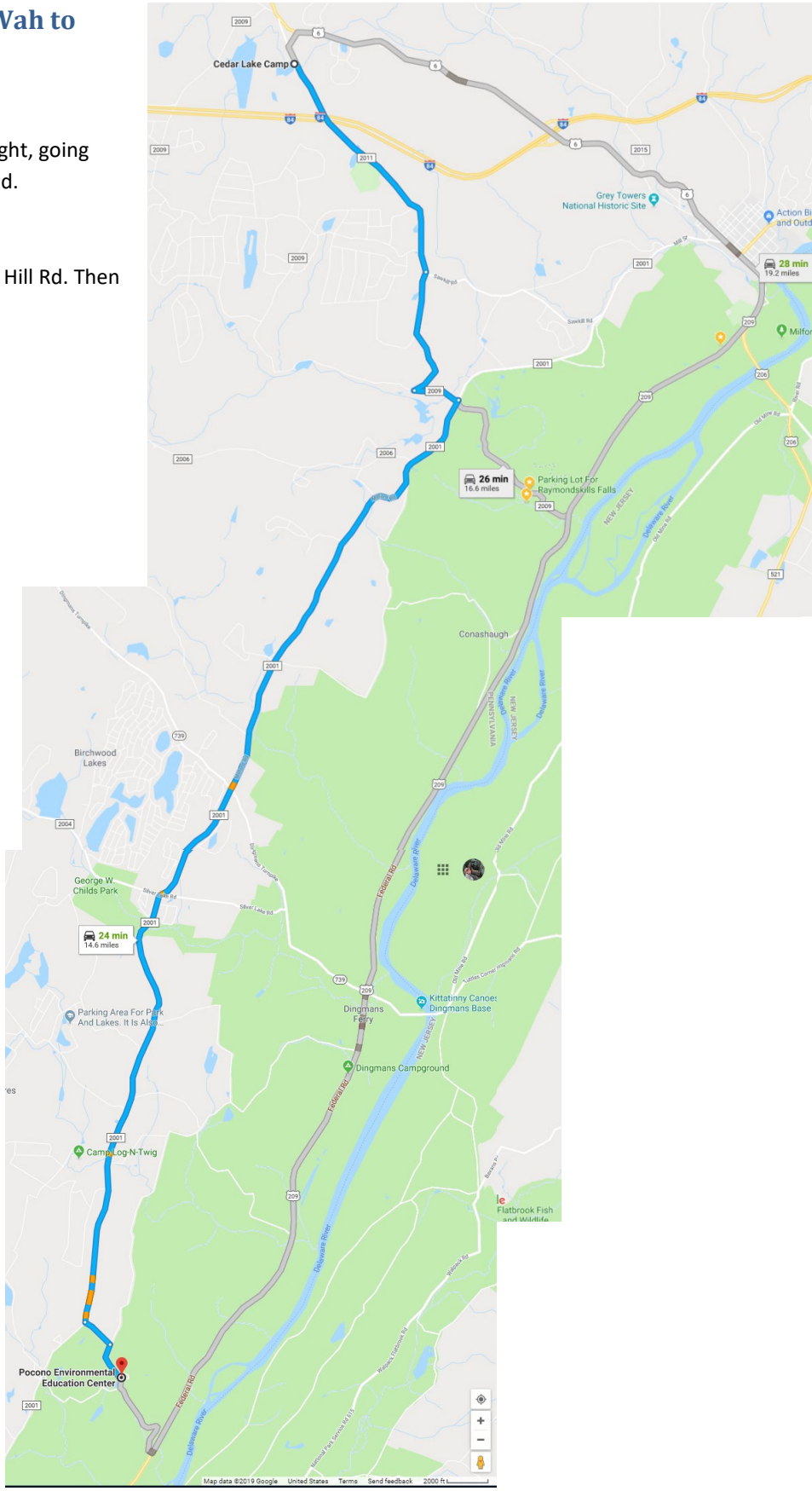

TRAIL GUIDE
Scenic Gorge Trail - 2 miles
Ridgeline Trail - 4.5 miles
Tumbling Waters Trail - 3 miles
Two Ponds Trail - 1.5 miles
Fossil Trail 1.25 miles
Sensory Awareness Trail
N
Ridgeline Trail
Scenic Gorge Trail
Emery Road
To Milford
I-84
Fossil
Outcrop
PEEC's Main
Building
PEEC's
Front Pond
P
Fossil Trail
Sensory Awareness Trail
Two Ponds Trail
Briscoe Mt. Road
209
Pickerel
Pond
Tumbling Waters Trail
Killer
Hill
Chimney
Ruins
Falls
Hermits
Hill
To Stroudsburg
PEEC
Main Building
Emery Road
Pickerel
Pond
LEGEND
Parking
Trail Head
Trail
Paved Road
Wetland
Pond
Stream

Driving directions from Camp Nah-Jee-Wah to PEEC

: https://maps.app.goo.gl/nwi5eARcd4ZwdHEN7

1. Start heading out of the driveway and turn right, going southeast on Sawkill Rd. toward Honeywell Rd.
    a. Then 2.35 miles, 2.35 total miles
2. Turn right onto Kiesel Rd.
    a. Kiesel Rd is 0.1 miles past Vanauken Hill Rd. Then 1.26 miles, 3.60 total miles
3. Turn left onto Raymondskill Rd.
    a. Then 0.44 miles, 4.04 total miles
4. Turn right onto Route 2001/SR2001.
    a. Then 1.83 miles, 5.88 total miles
5. Route 2001/SR 2001 becomes Milford Road.
    a. Then 7.99 miles, 13.87 total miles
6. Turn left onto Thurner Rd.
    a. Then 0.32 miles, 14.18 total miles
7. Turn right onto Emery Rd.
    a. Then 0.40 miles, 14.58 total miles
8. Arrive at Pocono Environmental Education Center, 538 EMERY RD.
    a. If you reach Brisco Mountain Rd going downhill, you have gone too far.

26MIN 14.6MI Total



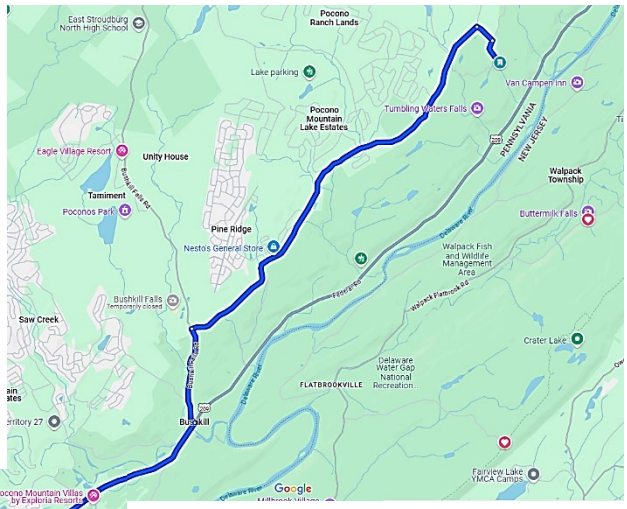
Emergency Phone Numbers:

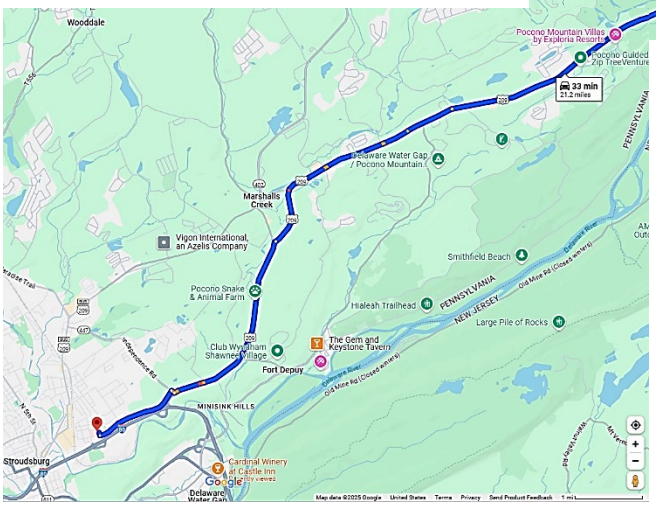
Pocono Environmental Education Center 570-828-2319
The Delaware Water Gap of the National Park Service:
http://www.nps.gov/dewa
Call Park Dispatch at (570) 426-2435 or (800) 543-4295 for emergencies.

The nearest level III trauma center for an urgent situation is the

Lehigh Valley Hospital - Pocono Medical Center

206 E Brown St, East Stroudsburg, PA 18301
(570) 421-4000 General Switchboard
Emergency Services (Mattioli Emergency Center) 570-476-3353





from Pocono Environmental Education Center, 5... to 206 E Brown St, East Stroudsburg, PA 18301

via Milford Rd and US-209 S
Fastest route, the usual traffic

Pocono Environmental Education Center
538 Emery Rd, Dingmans Ferry, PA 18328

- Take Milford Rd to US-209 S — 14 min (8.8 mi)
  - Head west on Campus Dr toward Emery Rd — 43 ft
  - Turn right onto Emery Rd — 0.4 mi
  - Turn left onto Thurner Rd — 0.3 mi
  - Turn left onto Milford Rd — 6.7 mi
  - Turn left onto Bushkill Falls Rd — 1.5 mi
- Continue on US-209 S to East Stroudsburg. Take exit 308 from I-80 W/US-209 S — 19 min (12.5 mi)
  - Turn right onto US-209 S — Pass by Taco Bell (on the left in 5.6 mi) — 8.0 mi
  - At the traffic circle, take the 2nd exit onto US-209 — 3.2 mi
  - Use the right lane to merge onto I-80 W/US-209 S via the ramp to Stroudsburg — 1.1 mi
  - Take exit 308 toward East Stroudsburg — 0.2 mi
- Continue on Prospect St to your destination — 2 min (0.3 mi)
  - Turn right onto Prospect St — 0.1 mi
  - Turn right onto E Brown St — 0.1 mi
  - Turn left — Destination will be on the left — 246 ft

206 E Brown St
East Stroudsburg, PA 18301