

<b>Day:</b> Sunday	<b>Start Time:</b> 8:00 am	<b>End Time:</b> 4:30 pm
<b>Co-Leader:</b>	<b>Co-Leader:</b>	<b>Limit:</b> five people
<b>Transportation:</b> Van or Personal Cars	<b>Driver:</b>	<b>Radios 2 / First Aid Kit 1</b>
<b>Fees:</b> \$18 Transportation Fee (drivers are free)	<b>Travel Distance:</b> 40 Miles one-way	<b>Travel Time:</b> 1 Hr. – one way

## Dunnfield Creek to Sunfish Pond Loop: Moderate to Strenuous Hike

Hike four miles along the Appalachian Trail to Sunfish Pond, which features a steady uphill climb along a rocky path. After 3.7 miles, you will reach a monument marked with a sign for Sunfish Pond, having ascended 1,000 feet. This destination is popular for its beautiful New Jersey forests, which lead to a glacial lake located 1,000 feet above sea level. After lunch at the pond, we will return via Dunnfield Creek Trail, which follows the creek southwest to the Delaware River. The first mile is rocky, but it smooths out afterward. The trail winds around the shallow creek, requiring multiple crossings. About three miles in, it crosses near Dunnfield Falls, and then it is a short distance back to the vehicles along the AT.

Sunfish Pond is well loved, and rightly so. The hike is manageable for newer hikers but challenging as the nine miles can feel long. On our return, we encountered tired hikers asking, “How much farther to the pond?” Please assess your fitness level honestly—this hike is not suitable for beginners.

- Bring standard hiking gear: Hat, Food, Water, Walking Stick, Sturdy Hiking Shoes
- Pack lunch during breakfast.
- [AMC](#) / [NJHiking.com](#) / [Pics of Sunfish Pond Loop](#)
- Distance from camp: 40 Miles / 1 Hr.
- 8 am - 4:30 pm

### Leader’s Notes:

1. Make sure to take radios. The cell phone connection is okay while on the ridge but not while at the parking lot or in certain parts of the trail.
2. Ensure you obtain the cell phone number from your co-leader(s).
3. **Trail surface:** The Gap is notorious for its rocky terrain, which can take a toll on feet and joints. Sturdy hiking boots with good ankle support are STRONGLY recommended.
4. **Water crossings:** The Dunnfield Creek (GREEN) trail features several rock hops across the creek. After heavy rain, they can be a bit tricky to negotiate. Trekking poles or a stick can come in handy.
5. Standard hiking gear:
 

<ol style="list-style-type: none"> <li>a. Good hiking shoes with ankle support are recommended.</li> <li>b. 2 to 3 liters of water</li> <li>c. Food/lunch</li> <li>d. Backpack to carry the gear. Light Rain gear</li> <li>e. A walking stick is strongly suggested.</li> </ol>	<ol style="list-style-type: none"> <li>f. Hat</li> <li>g. Map</li> <li>h. First Aid Kit</li> <li>i. Walkie Talkie Radios</li> <li>j. Sunscreen</li> <li>k. bug spray</li> </ol>
---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

### Logistics

- 8:00 am Depart from Camp
- 8:00 am – 9:15 am Travel from Camp Nah-Jee-Wah to Dunnfield Creek Natural Area Parking Lot
- 9:15 am – 9:30 pm Final gear check and prep.
- 9:30 am – 3:00 pm Hike (Lunch at Sunfish Pond)
- 3:00 pm – 4:15 pm Travel from Dunnfield Parking Lot to Camp Nah-Jee-Wah

## Sunfish Pond from Dunnfield Creek Natural Area Parking Hike

This is an out-and-back route along the Appalachian Trail (AT), covering 8.3 miles if you return via the AT (or approximately nine miles if you choose to return via the Dunnfield Hollow Trail), rated as moderate difficulty. Travel up Dunnfield Creek past Dunnfield Creek Falls to a scenic spot beside this unique pond for lunch and then head back—there are abundant opportunities to see wildlife. Take a look at the rock sculptures on the north side of the pond.

### Hiking Directions:

From the parking lot, head north on the white-blazed Appalachian Trail. It's a gradual, steady uphill hike along a wide, rocky path. You'll reach a monument and sign for Sunfish Pond 3.7 miles after climbing nearly 1,000 feet. You can walk around the pond by continuing along the white-blazed trail, which guides you past an intriguing rock garden along the pond's edge. At the far end of the pond, turn right onto the turquoise-blazed Spring Trail. Soon, Spring Trail will lead you to a rocky ledge with a fantastic viewpoint of Sunfish Pond, known as Lunch Rock. This is an excellent spot to take a lunch break and enjoy the scenery.

After lunch, you can either return the way you came to the other end of Sunfish Pond, where you found the monument, or continue along Spring Trail until it turns right onto a wooded road (this is called the Sunfish Fire Road, although it isn't marked by name). Follow the wooded road, keeping the pond on your right side.

Your goal is to reach the other end of Sunfish Pond, where the AT intersects with the Dunnfield Hollow Creek Trail at the monument.

### Easier Alternative (Return on Appalachian Trail):

Approximately one mile from the start of your hike around Sunfish Pond, the wooded road will bring you back to the monument and the Appalachian Trail (AT). Turn left on the white-blazed AT and follow it back to the parking lot.

### More Strenuous Alternative (Return via Dunnfield Hollow Trail):

1. On the Sunfish Fire Road, just before reaching the monument, make a sharp left turn and follow the green-blazed Dunnfield Hollow Trail.
2. This trail is more rugged, featuring a 1,000-foot descent over a 1-mile distance. (Note: The blazes can be challenging to see, and six stream crossings are not recommended for traversal immediately after heavy rainfall.)
3. One mile after leaving Sunfish Pond, following a steep and rocky descent, you will reach the banks of Dunnfield Creek.
4. In another 0.25 miles, you will cross the creek by rock-hopping.
5. At 1.6 miles from Sunfish Pond (6.2 miles from the start of the hike), you will cross the creek again, and just a few yards later, you will return to the opposite side of the creek.
6. At 2.2 miles from Sunfish Pond, the Holly Springs Trail, marked by red blazes, will appear on your right.
7. The Holly Springs Trail is a short 0.6-mile connector to the junction of the AT and the Beulahland (Fairview) Trail.
8. Pass the Holly Springs trailhead and continue along the green-blazed Dunnfield Hollow Trail with the creek on your left.
9. At 2.8 miles, you will arrive at a Y intersection; bear left and follow the green-blazed Dunnfield Hollow Trail.
10. At approximately 8.5 miles into the hike, 3.75 miles from the start of the Dunnfield Hollow Trail, you will reach the intersection with the Blue Dot Trail, which enters from the left. A lovely waterfall will be on your right. The two trails will merge and continue down toward the creek.
11. At the 4-mile mark, the Blue Dot Trail and the Dunnfield Hollow Trail will converge at a dead end, where they meet the white-blazed Appalachian Trail.
12. Turn left and follow the white-blazed trail.
13. Then, bear left over a footbridge to return to the parking lot.

JOE 2025 Information Packet for Dunnfield Creek to Sunfish Pond Loop: Moderate to Strenuous Hike

**Hike through some of New Jersey's prettiest forests to a glacial lake 1,000 feet above the surrounding area.**

**Hike Info:** There are several ways to get to Sunfish Pond. These are the routes from the Rt 80 Dunnfield lot:

ROUTE	MILES
Appalachian Trail (WHITE) – Sunfish Pond – Appalachian Trail (WHITE)	7.6
Appalachian Trail (WHITE) .5 miles – Dunnfield Creek Trail (GREEN) – Sunfish Pond – Appalachian Trail (WHITE)	7.9
Appalachian Trail (WHITE) .5 miles – Dunnfield Creek Trail (GREEN) – Sunfish Pond – Dunnfield Creek Trail (GREEN)	8.2
Appalachian Trail (WHITE) .5 miles – Dunnfield Creek Trail (GREEN) – Sunfish Pond – Around the pond: Fire Road, Turquoise Trail – Appalachian Trail (WHITE)	9.5
Red Dot – Mt. Tammany Summit – Fire Road – Turquoise Trail – Sunfish Pond – Dunnfield Creek Trail (GREEN) – <i>[Challenging]</i> <a href="#">[Directions: Mt. Tammany and Sunfish Pond]</a>	11.3
Appalachian Trail (WHITE) .5 miles – Dunnfield Creek Trail (GREEN) – Sunfish Pond – Around the pond: Fire Road, Turquoise Trail – Appalachian Trail North (WHITE) to park boundary sign – turnaround and take AT back to a lot <i>[Challenging]</i>	13.2

Mileages are based on our GPS data; your results may vary slightly.



Bathroom facilities at Kittatinny Point Visitors Center



Kittatinny Point Visitors Center



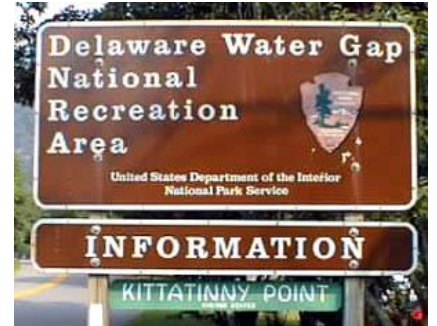
Dunnfield Creek Natural Area in Worthington State Forest features a parking lot that the Appalachian and Red Dot trails pass through. Try to pull in here.



The entrance to the second parking lot.



The Appalachian Trailhead is where you will start the hike.

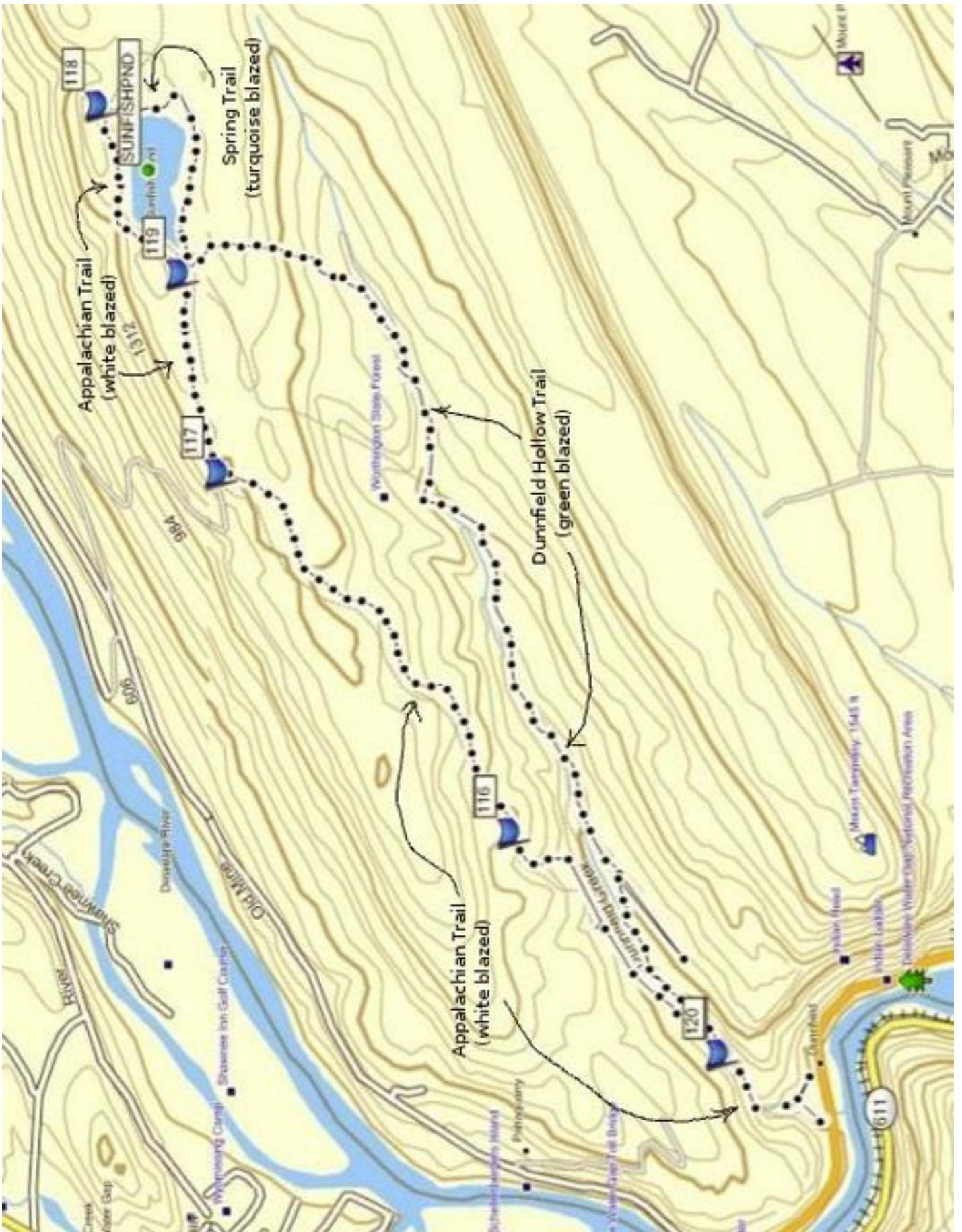


The Mt Tammany Trail trailhead is where you will end the hike.



**Sunfish Pond**

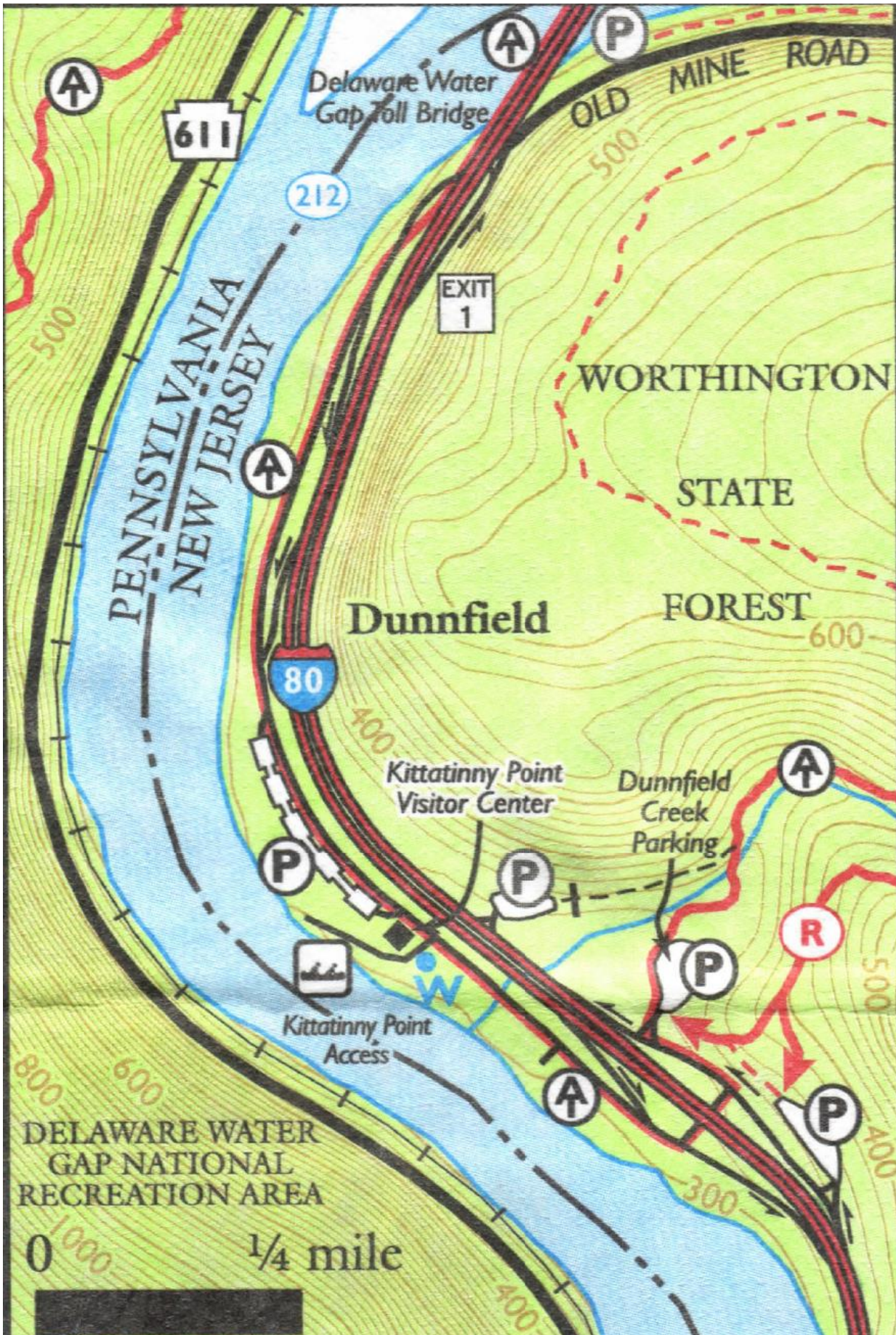
JOE 2025 Information Packet for Dunnfield Creek to Sunfish Pond Loop: Moderate to Strenuous Hike



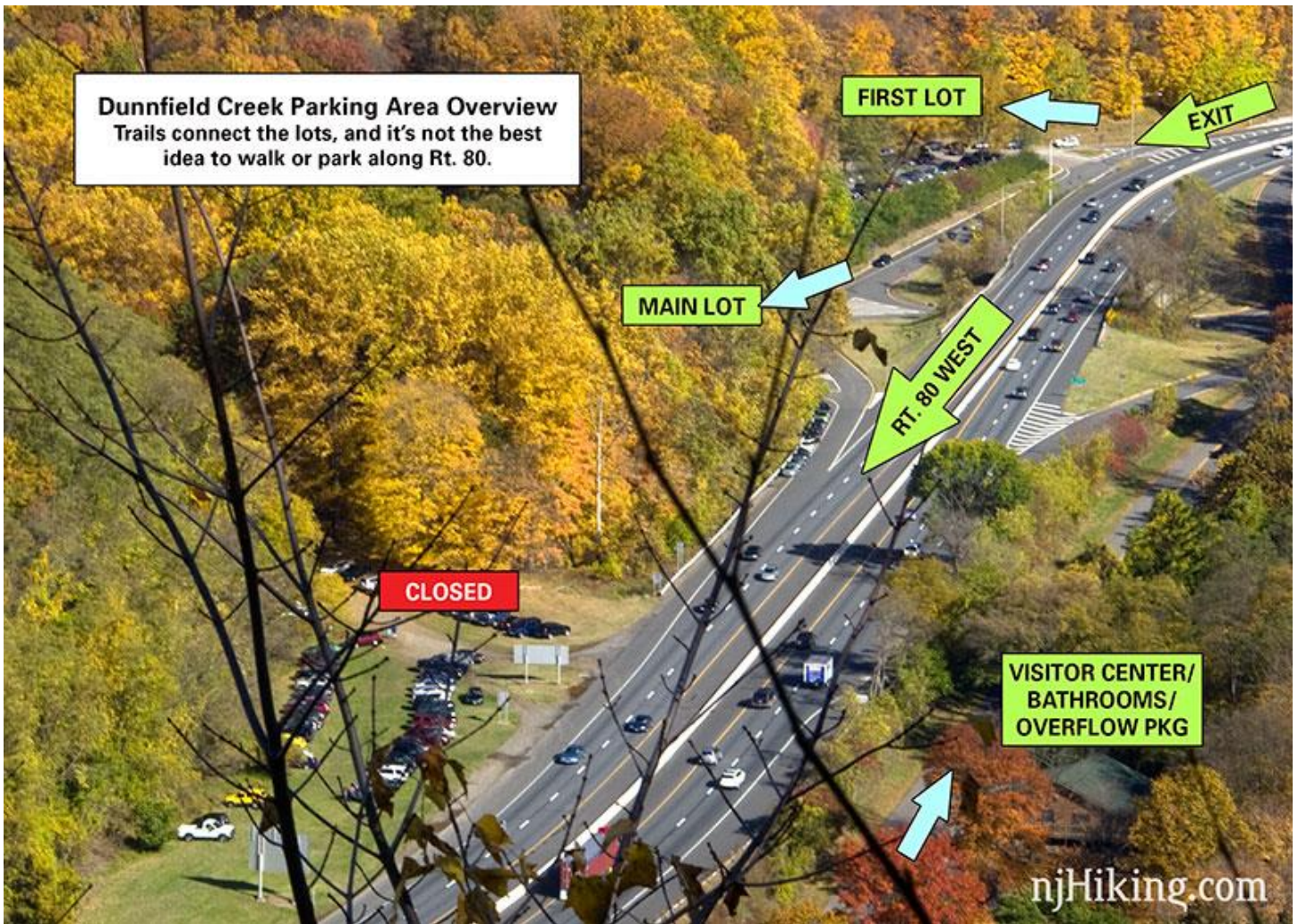






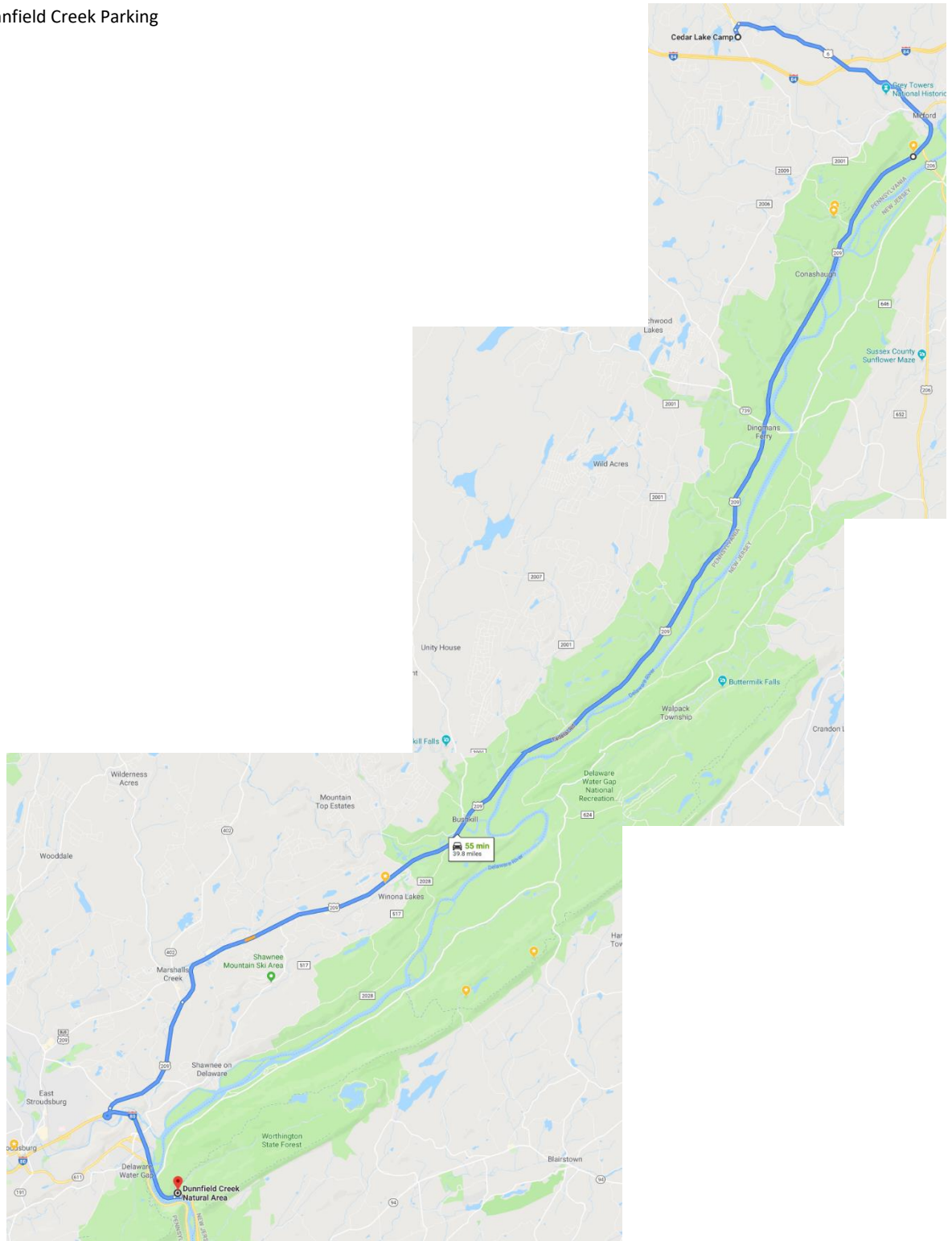


**Delaware Water Gap National Recreation Area, Columbia, NJ 18324 40.971671, -75.125682**



# JOE 2025 Information Packet for Dunnfield Creek to Sunfish Pond Loop: Moderate to Strenuous Hike

Camp Nah-Jee-Wah to Dunnfield Creek Parking



Camp Nah-Jee-Wah to Dunnfield Creek Parking

Est fuel cost: \$3.33

1. Head out of camp and turn left, heading northwest on Sawkill Road toward Bridge Road.
  - a. Then 0.21 miles 0.21 total miles
2. Turn right onto Bridge Road.
  - a. If you reach Grand Army of the Republic Hwy (Rt. 6), you have gone about 0.2 miles too far.
  - b. Then 0.16 miles 0.37 total miles
3. Turn right onto Grand Army of the Republic Hwy/US-6 E. Continue to follow US-6 E.
  - a. You will pass through the town of Milford.
  - b. Then 4.88 miles 5.25 total miles
4. Stay straight to continue onto E. Harford St./US-209 S.
  - a. Then 0.85 miles 6.10 total miles to where Rt. 206 heads across bridge to NJ
5. Continue going south on US-209 S.
  - a. The speed limit is between 35 MPH and 45 MPH, and park rangers love to issue tickets. Watch your speed.
  - b. Then 27.09 miles 33.19 total miles
6. Enter the next roundabout and take the second exit onto Seven Bridge Rd/US-209 S.
  - a. Then 3.14 miles 36.33 total miles
7. Merge onto I-80 E toward Delaware Water Gap (Crossing into New Jersey).
  - a. Then 3.26 miles 39.59 total miles
8. Take the first exit after crossing the bridge over the Delaware into New Jersey. You do not pay a toll this way.
  - a. Then 0.12 miles 39.71 total miles
9. Proceed down the ramp and continue straight to reach Old Mine Rd. Slowly go past the Visitors Center.
  - a. Then 0.01 miles 39.73 total miles
10. At the end of the visitors' center, turn left to go underneath Rt. 80.
  - a. If you reach I-80 E, you have gone about 0.1 miles too far. Then 0.11 miles 39.83 total miles
11. Once on the other side of the underpass, turn right.
  - a. If you reach I-80 W, you have gone a little too far. Then 0.02 miles 39.85 total miles
12. Take the first right. Into the parking lot
  - a. Then 0.02 miles 39.87 total miles
13. If the first parking lot is full, try the second parking lot on the right. Then 0.04 miles 39.91 total miles
14. APPALACHIAN NATIONAL SCENIC TRL. - 40.972055, -75.126158

## Emergency Contacts

**For Emergencies, while in the Delaware Water Gap Park, call Park Dispatch  
At (570) 426-2435 or (800) 543-4295. Do not call 911 first. This will delay your response.**

The nearest level III trauma center for an urgent situation is the Newton Medical Center:

### **Pocono Medical Center**

206 E Brown St, East Stroudsburg, PA 18301

(570) 421-4000 General Switchboard

Emergency Services (Mattioli Emergency Center) 570-476-3353

<https://maps.app.goo.gl/NQbQnTgK3KJe6j118>

Pocono Medical Center (PMC) is located just off Route 80.

From Route 80, take Exit 308 (East Stroudsburg University Exit)

At the stop sign, turn right onto Prospect Street.

At the first light, turn right onto East Brown Street.

PMC is located on the left, at 206 East Brown Street. Main Visitor Parking is located on the right side of East Brown Street, across from PMC.

