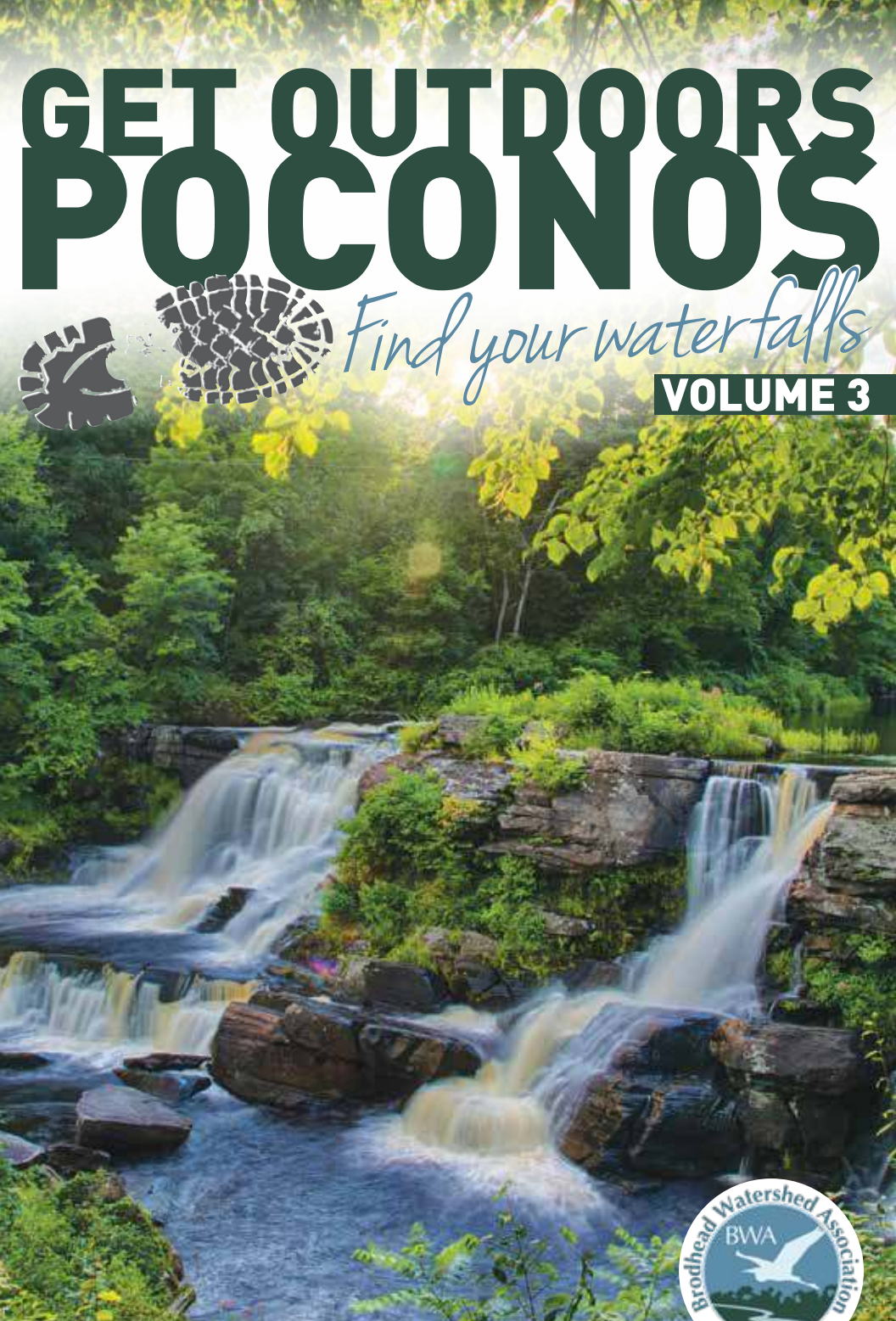


GET OUTDOORS POCONOS



Find your waterfalls

VOLUME 3



COURTESY OF THE BRODHEAD WATERSHED ASSOCIATION



MORE HIKES

This is the third volume of "Get Outdoors Poconos" from Brodhead Watershed Association.

*BWA members and friends can download free Volume 1 & Volume 2 PDFs directly at **brodheadwatershed.org/gopoconos**.*

On cover: Resica Falls by Bob Garcia, 2017



GET OUTDOORS POCONOS

In appreciation of protected land, protected water

THIS GUIDE TO 'GET OUTDOORS POCONOS' was created by the Brodhead Watershed Association and funded by a grant from the William Penn Foundation.

BRODHEAD WATERSHED ASSOCIATION is a non-profit conservation organization formed in 1989. BWA is dedicated to protecting and preserving water resources, water quality and the surrounding environment of the Brodhead watershed.

DISCLAIMER: Brodhead Watershed Association disclaims any liability for accident, illness, psychological injury, rescues, physical injury, inconvenience, loss of life or any other damage that may be sustained by anyone using the information contained in this hiking booklet should they undertake any of the hikes. The users of the hiking booklet are solely responsible for obtaining all the skills, physical conditioning, and equipment necessary for safe remote back-country hikes, and for using their judgment in interpreting and using this information to safely enjoy their own outdoor pursuits. BWA takes no responsibility nor assumes liability for inaccuracies, errors, omission, or incompleteness of any information (including but not limited to difficulty level, maps, descriptions, and/or images).

TO FIND YOUR HIKE

Hikes are listed from moderate to very difficult. Use this key to find the level you're looking for:

MODERATE



1-3+ miles, not always blazed trails, woods, narrow trails, some rocky or wet footing, varied terrain with ups and downs.

Bowers Creek & Gap	4
Caldeno Falls/Table & Lookout Rocks	5
Cherry Valley Ridge Trail	6
Glen Park	7
Lost Lakes	8
Maple Tract Preserve	20
Resica Falls	9
Sixteen Mile Run & Dancing Ridge	10
Stony Run	11
Wolf Rocks	14

DIFFICULT



3+ miles, not always blazed, requires careful attention to trails; expect rocky or wet footing, and steep sections.

Dixon Miller Recreation Area	15
Long Pond Conservation Easement	16
Rattlesnake Falls	17
Spruce Mountain	18

LOCATOR MAP of all sites: Page 12

VERY DIFFICULT



3+ miles in remote location, requiring good physical conditioning and skills such as boulder climbing and navigation; expect long journeys, rocky/wet footing and/or steep sections.

Deep Lake & Wolf Swamp Lake	19
Devil's Hole Falls	22
Fern Ridge Bog	20

TO FIND YOUR ACTIVITY

Look for these icons on each hike page to find your favorite activity:



Biking



Birding



Waterfalls



Ruins



Views

BOWERS CREEK & GAP

Protects the waters of McMichael's Creek

GPS: 41.002408, -75.409878 [moderate]

WHERE: From Route 715, turn onto Hyspie Gap Road, travel 0.9 miles along the gravel road, cross a culvert over creek, and park at the trailhead with a wooden kiosk.

TRAIL INFO: Out-and-back trail. The trail system has two parts. First, from kiosk parking, up along the creek, to Jackson Road (1.15 miles). Three creek crossings on small bridges. All the trails are beaten, fairly well maintained, but not blazed.



Bowers Gap: (0.55 miles) Exit onto Jackson Road, walk about 150 feet to the un-marked Bowers Gap trailhead (gravel parking area). This unmarked but beaten trail keeps to the creek to the west until the Gap.

IF YOU GO: Once heading back from Bowers Gap, remember to walk 150 feet back to trailhead near where the river crosses Jackson Road.

CALDENO FALLS/TABLE & LOOKOUT ROCKS



Protects waters of Cherry Creek & Delaware River **GPS:** 40.979949, -75.141636 (moderate)

WHERE: Immediately past the Deer Head Inn, go right on Mountain Road about three-tenths of a mile. Take left into Lake Road with marked sign entrance for National Recreation Area and parking.

TRAIL INFO: Two options at Lake Lenape: East to Council Rock and Lookout Rock Trail (2+ mile out and back), or south to Caldено Falls, Table Rock trail (1+ mile loop).



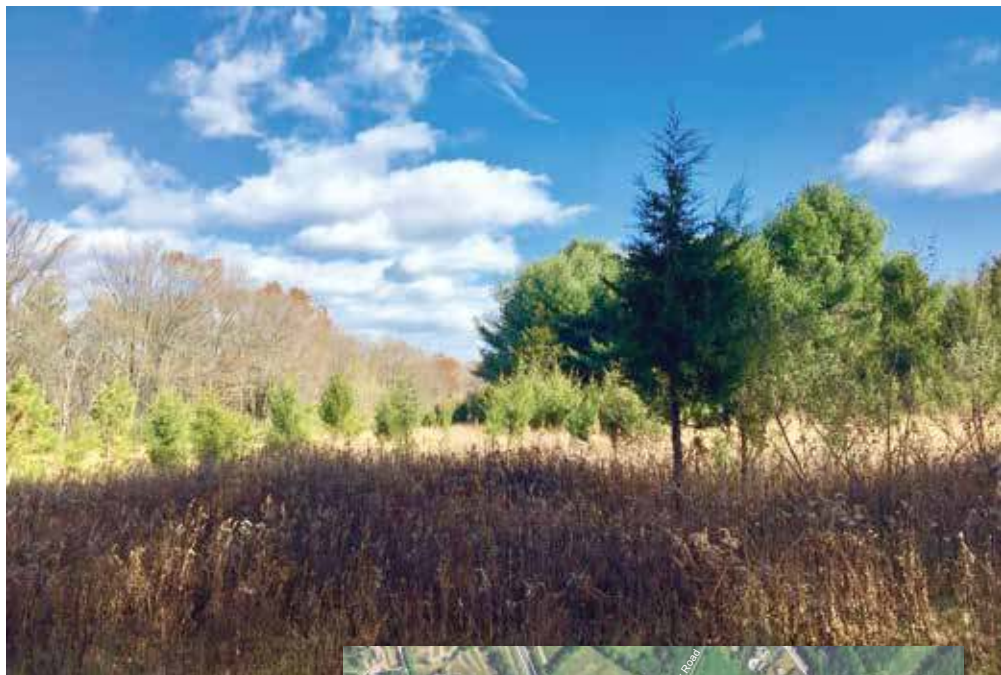
For falls trail, head south, up the slope. When trails veer off to south, take a hard west turn and bear north. Continue along the trail with Caledonia Creek on your west (slide rapids called "Diana's Bath"). Continue and take an eastern path to Table Rock. Return the way you came. Head downstream to Caldено Falls and loop back around Lake Lenape to parking area.

IF YOU GO: Paths are not marked, but beaten. Scenic views are best observed in fall, winter, spring.

CHERRY VALLEY RIDGE TRAIL

Protects the waters of Cherry Creek

GPS: 40.884063, -75.308476 (moderate)



WHERE: Within Cherry Valley National Wildlife Refuge, Stroud Township. Take Route 33 to the Saylorsburg exit. Go south on Route 115, then left on Lower Cherry Valley Road. Just under Route 33 and before the winery, go right to the trailhead.

TRAIL INFO: Challenging hike of about 2 miles. Trails are steep and often rocky. Along the creek, trails may be wet. Wear sturdy boots, take water and a snack.

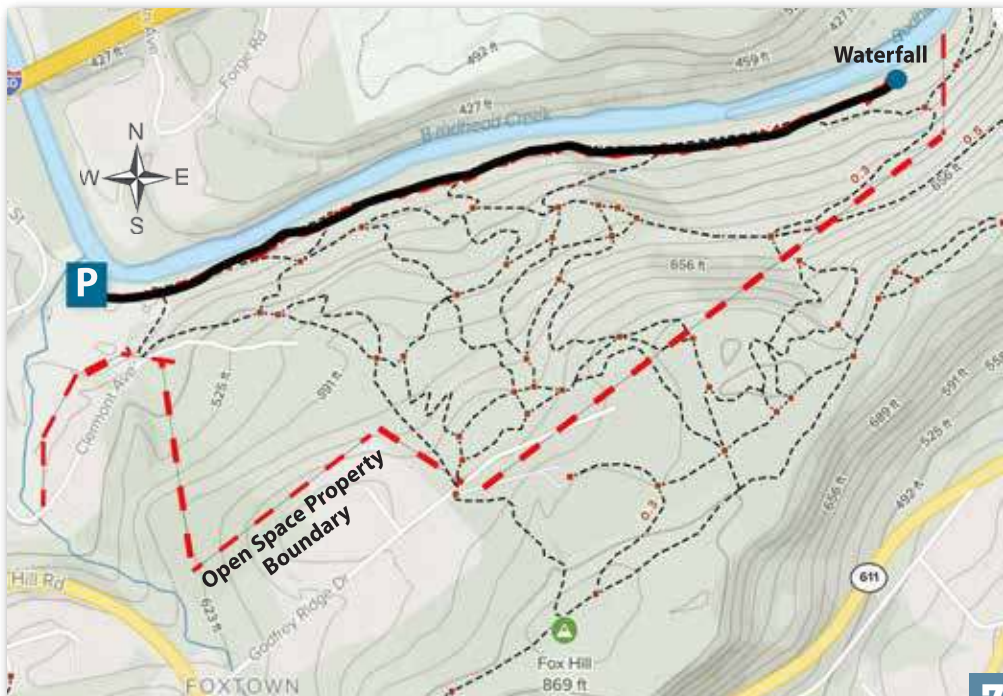
IF YOU GO: No pets. The white-blazed trail loops through a wildflower meadow. The utility easement, with wildflowers, can also be hiked.



WHERE: In Brodhead Gorge, below the confluence of the McMichaels and Brodhead creeks. The parking area and trailhead are at: Glen Park, 152 Collins St., Stroudsburg, PA 18360.

TRAIL INFO: 2+ mile out-and-back to waterfall and loop trails up to the open space property lines. Trails are beaten but unmarked. The falls, formed from an old hydroelectric dam, is at the edge of the public access property line.

IF YOU GO: Recommended to not go alone. If ascending the ridge loops, please respect adjacent property owners. Public open space property ends at Godfrey Ridge Road and at the waterfall. Trail system good for mountain bikers.



LOST LAKES



Protects the waters of Tobyhanna Creek

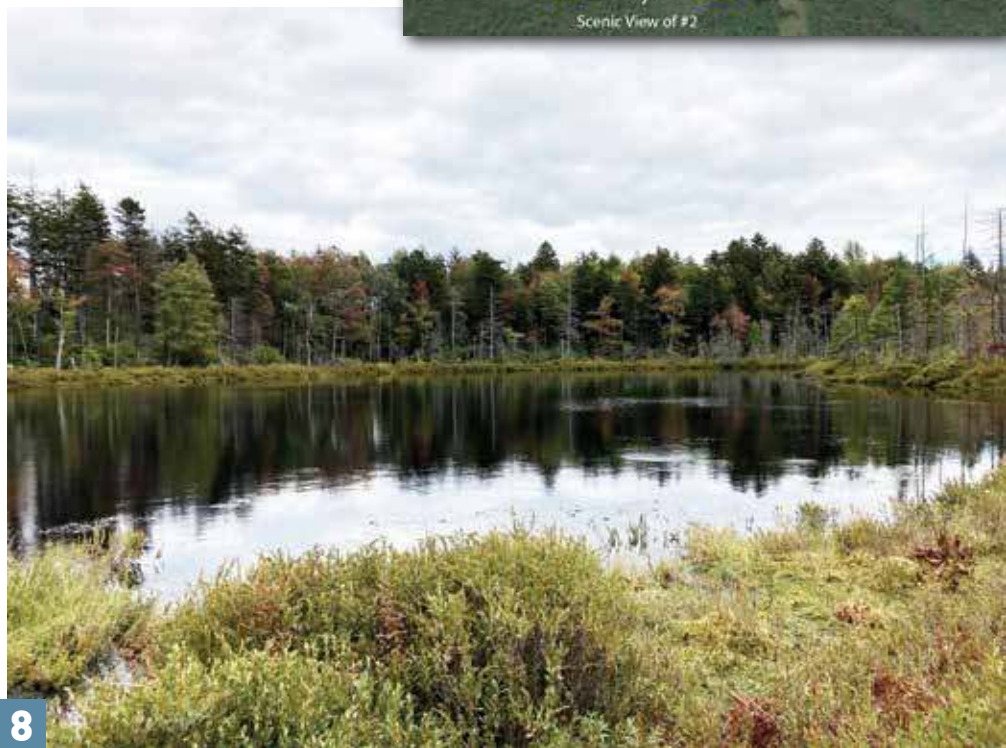
GPS: 41.097789, -75.492748 (moderate)

WHERE: From Route 940 in Pocono Pines, turn onto Stoney Hollow Road; parking is on gravel lot, with "Lost Lakes" trailhead kiosk; do not block gate.

TRAIL INFO: 2.5 to 4.5 miles; out and back or semi-loop. From parking lot, follow the gravel then grassy road; eventually continue south at intersection to reach an old red maple tree with Lost Lakes pointers for #2 and #1. Lake #1 is quick and easy to find; lake #2 is longer, on a non-maintained trail through brush to the scenic overlook of #2 and back.

To return to parking; out and back via northern grassy road; or take western grassy road, looping back to Stoney Hollow Road (warning: not much safety shoulder on the road).

IF YOU GO: Avoid the #2 trail if you're not comfortable with non-maintained remote trails. Bring binoculars during peak birding season.



RESICA FALLS

Protects the waters of "big" Bushkill Creek

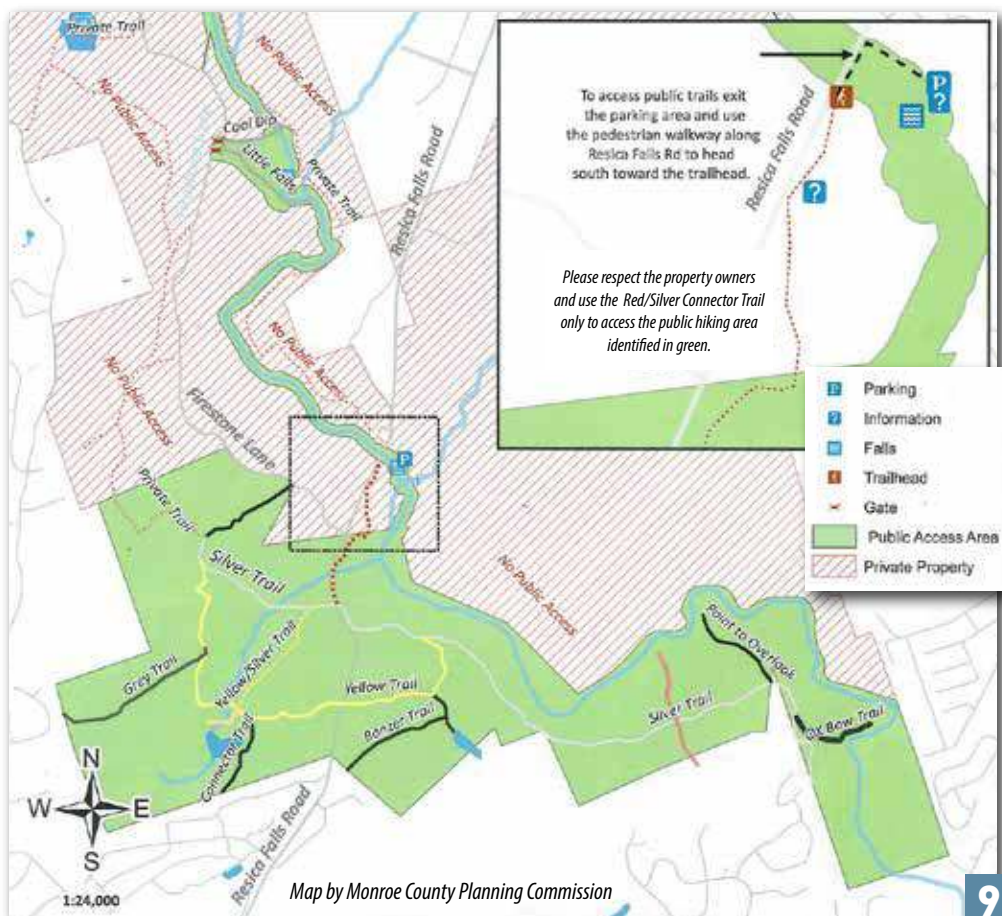
GPS: 41.110745, -75.093921 (moderate)



WHERE: Resica Falls is just off Resica Falls Road at the following coordinates: 41.110319, -75.094392. Do not drive into the camp.

TRAIL INFO: Waterfall at the parking area. There's an extensive public trail system that can be accessed by exiting the parking area and using the pedestrian walkway to head south over Bushkill Creek to the Red Silver Trail. The Red Silver Trail leads to the Silver Trail, which has two options: east to a vigorous mountainous path or west to the Yellow Trail Loop. Yellow Trail Loop has a beaver wetland to the southwest. The trails, poorly marked, are just beaten paths.

IF YOU GO: Bring a compass, food, and water. Please respect the property owners and use the Red Silver Trail only to access the public access area of the Resica Falls Conservation Easement. No dogs.



SIXTEEN MILE RUN & DANCING RIDGE



(moderate)

Protects waters of Upper Brodhead and "Big" Bushkill creeks

GPS: 41.173048, -75.167881



WHERE: From Route 447, turn on Snow Hill Road and go 3.3 miles. Turn onto Angler Road turn at 41.161287, -75.177904. Take Angler Road 1.1 miles; see Dancing Ridge and Sixteen Mile Trail signs.

TRAIL INFO: Out and back. Through the gate down the gravel road to creek crossing of High Swamp Run. Up the hill, boulders mark the scenic outlook entrance on a large stone outcropping (0.6 miles from parking area).

Optional. Out and back, 4 miles. After scenic lookout, continuing down gravel road, cross two more creeks. Take sharp northern turn, then 1+ mile. Hang northeast at the fork for roughly 500 feet. Reach Sixteen Mile Run creek crossing.

IF YOU GO: Habitat restoration area. Important bird area. Optional 1-mile loop trail of Dancing Ridge across from parking lot.



STONY RUN

Protects the waters of Upper Brodhead Creek

GPS: 41.150555, -75.217612 (moderate)

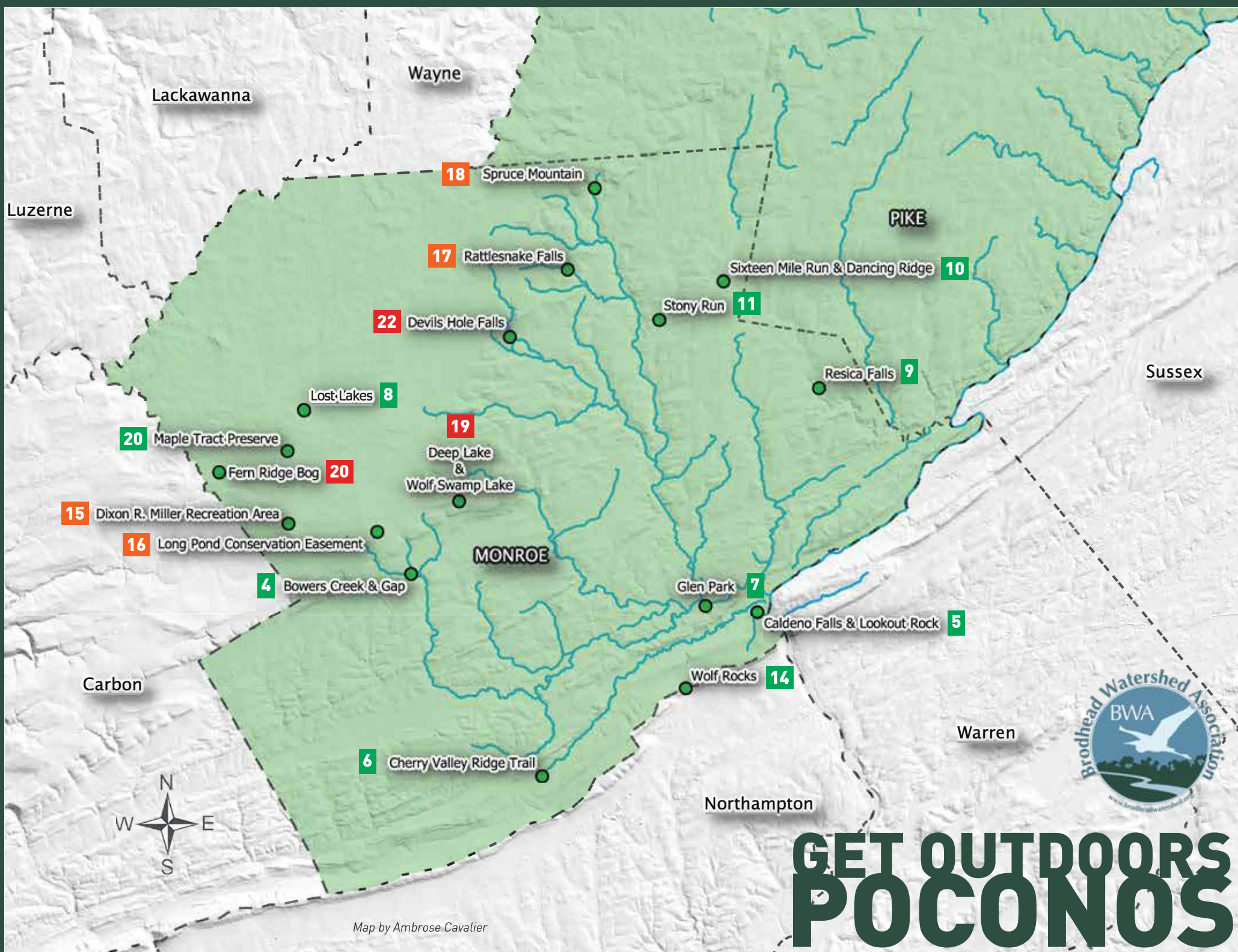


WHERE: From Route 447 in Price Township, take Snow Hill Road for eight-tenths of a mile. The gravel parking area ringed with boulders is on your right. No signage.

TRAIL INFO: Beaten, unmarked trails vary from wide, grassy and flat to steep and rocky. To access the slide rapids, proceed down to the creek, cross the bridge, head off trail for a bit, following the creek downstream. Stone ruins here.

IF YOU GO: Multiple loop trails through mixed oak forests, riparian forests, and huckleberry understory.





Map by Ambrose Cavalier



GET OUTDOORS POCONOS

WOLF ROCKS



Protects the waters of Cherry Creek & Martins Creek **GPS:** 40.93545, -75.19705 (moderate)

WHERE: Take Route 191 south through Stroudsburg. Route 191 becomes Bangor Mountain Road and then Valley View Drive. Trailhead is on Valley View Drive, Bangor, at the top of the mountain, just south of Kirkridge Retreat Center. Very small parking lot.

TRAIL INFO: 4+ miles in a semi-loop. From parking, after 1+ miles, reach the fork. One can proceed directly up the rocky, lengthy boulder scramble (AT blazes). Or take the 1 mile Bypass Loop; then at next fork, take sharp northeast turn back onto blazed Appalachian trail and back to parking area.

IF YOU GO: For best 180-degree view of Cherry Valley and beyond, visit after leaves have fallen.



DIXON R. MILLER RECREATION AREA



Protects the waters of Dilldown Creek

GPS: 41.031812, -75.504889 (difficult)

WHERE: From I-80 Blakeslee exit, take Route 115 for five miles, to brown/white entrance sign on right.

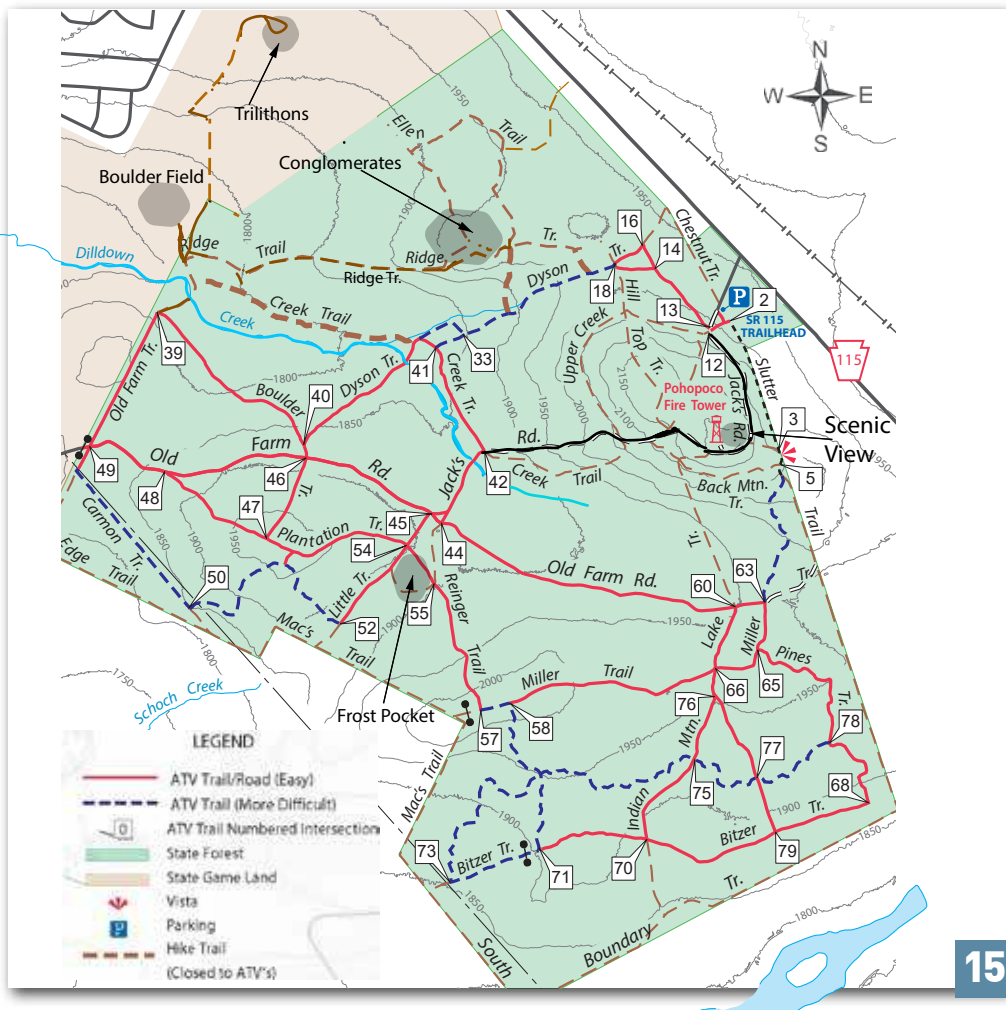
TRAIL INFO: (6-mile loop) Boulder Field and Trilithons. From parking to intersection #12, take road uphill to scenic view. Then past gate, downhill to #42 clearing. Take Creek Trail past #41 to blue-blazed dirt Creek Trail. 1 mile to reach Boulder/Trilithon wooden signs. Boulder Field is 600 feet. Trilithons is 2 mile out-and-back, via path with blue-blazed trees.

To return: A) (Moderate) Return via Creek Trail, Dyson Trail, to #18, #14 to parking.

B) (Difficult, no path) "Ridge" trailhead is 200 feet from Trilithon wooden sign. Blue-blazed tree scavenger hunt; hang east at "V" in pine plantation, up ridge to Conglomerates; to Dyson Trail #18, #14 to parking.



IF YOU GO: Main trails (red and blue on map) are bicycle accessible. Well maintained and marked roads. Some roads here flood after a rain.



LONG POND CONSERVATION EASEMENT



(difficult)

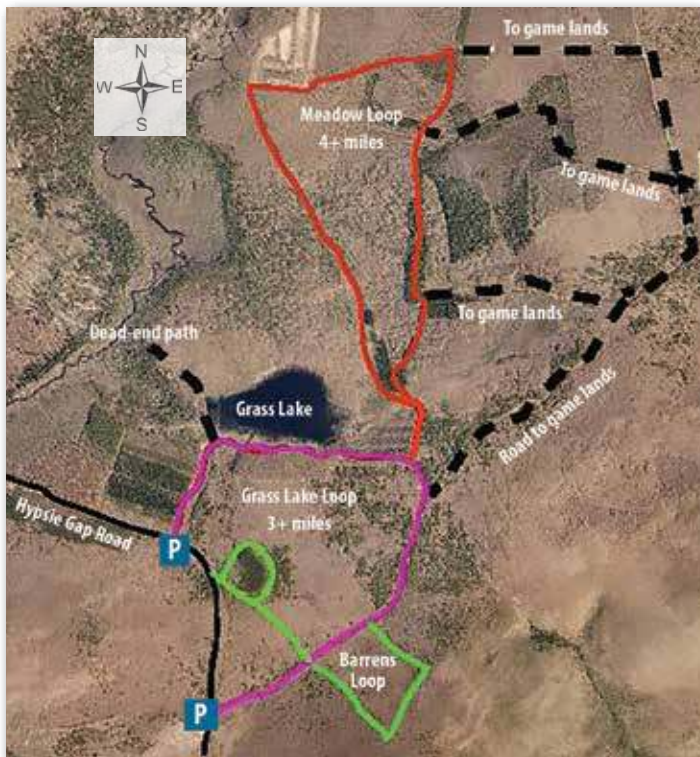
Protects the waters of McMichaels and Tunkhannock creeks

GPS: 41.027037, -75.436074

WHERE: From Kuhenbeaker Road turn onto the gravel Hypsie Gap Road for 1+ miles, pass two gates, and pass over bridge across creek, to third gate (do not park in front).

TRAIL INFO: Grass Lake Loop: (3+ miles) Walk north-east to Grass Lake, and turn east; hike past the lake – keep going southeast, then at next intersection turn south onto main dirt road. Half a mile off the main dirt road are unmarked Barrens Loop beaten paths through the scrub oak barrens.

Meadow Loop: (4+ miles). Past Grass Lake, take sharp north turn at first intersection. Proceed past first three-way intersection, passing two more three-way intersections for 1+ mile until finally reaching a four-way intersection. Turn west here. 0.4 miles to meadow. Return loop path is on southwestern corner of meadow.



IF YOU GO: Bring food, water, compass, and GPS. If riding a bicycle, one can take the roads over to game lands for a more extensive adventure.



RATTLESNAKE FALLS



[difficult]



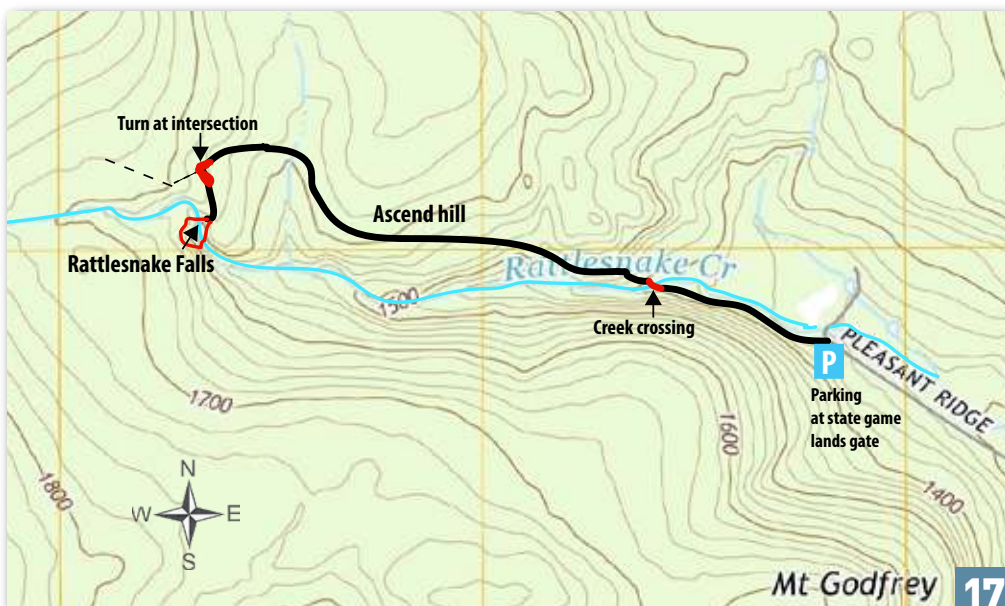
Protects the waters of Mill Creek & Upper Brodhead

GPS: 41.179887, -75.288622

WHERE: Near Mountainhome, from Route 191 turn onto Mono-monock Road, then onto Pleasant Ridge Road. Continue past the farm, until reaching the State Gamelands 221 sign and gate.

TRAIL INFO: 2.5+ miles out and back. Uphill climb for 1+ mile, bridgeless stream crossing, then an intersection. Make a hard left at this intersection, walk until path dead-ends into a clearing. One should hear the falls now. Rattlesnake Falls is at the following coordinates: 41.182583, -75.306117.

IF YOU GO: Descent to falls is dangerous. Only should be attempted by those comfortable climbing cliffs. Wear sturdy footwear, bring food and water; do not attempt alone.



Mt Godfrey

17

SPRUCE MOUNTAIN



(difficult)



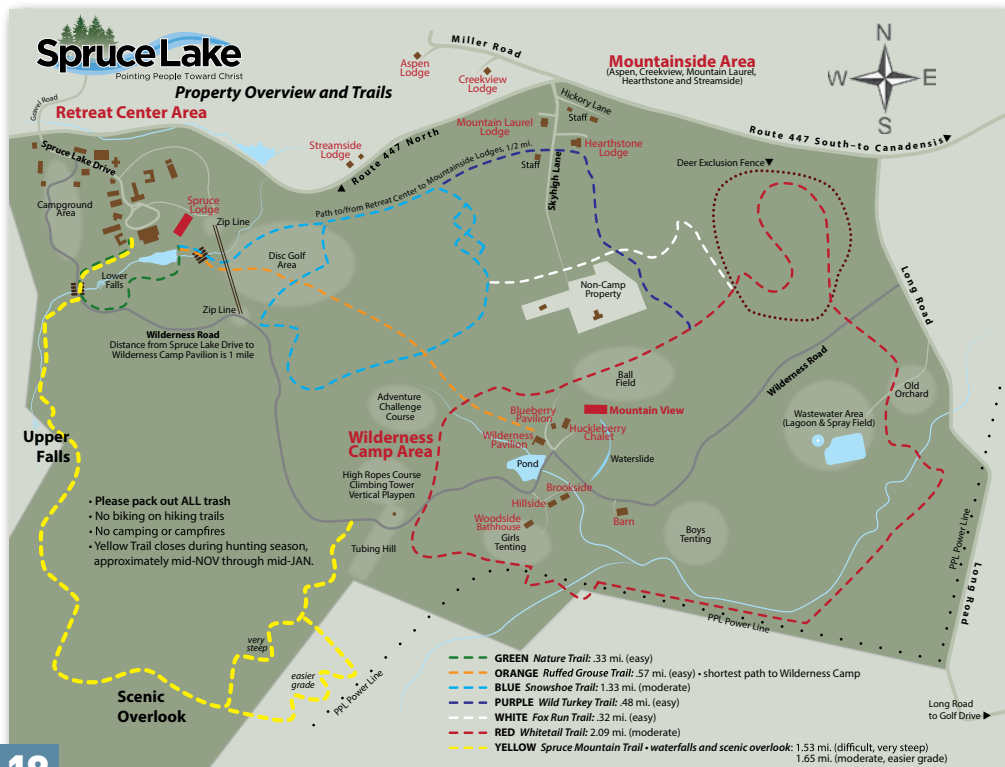
Protects the waters of the Middle Branch & Upper Brodhead

GPS: 41.227208, -75.267647

WHERE: From the Canadensis intersection of Route 447 and Route 390, take Route 447 roughly 2 miles until reaching Spruce Lake Drive; turn left and follow signs to the office parking area. Park in any spaces available in the two lots adjacent to Spruce Lodge.

TRAIL INFO: Yellow Trail (Spruce Mountain) is 2.5 miles round trip and difficult — rocky, wet, and steep 400+ feet elevation change. Rewarding mini-falls along the way, and a view across the valley to Delaware Water Gap.

IF YOU GO: Spruce Lake Retreat charges a \$5 per-person fee for public access to trails. This fee includes access to other resort facilities for the day. Payable at the office.



DEEP LAKE & WOLF SWAMP LAKE



Protects the waters of Pocono Creek

GPS: 41.044864, -75.372737 (very difficult)

WHERE: Parking for Deep Lake/Wolf Swamp is on the way to Big Pocono State Park, off Big Pocono Road.

TRAIL INFO: 5+ mile Loop Trail (about 3 hours). Cross gate at parking area, and immediately turn north downhill along the utility line. Follow all the way down, until gravel road veers into forest. Take southwestern turn, continuing on main road high above the creek. After 0.25 miles, take sharp turn off gravel road onto the beaten Deep Lake Trail. Go 1+ mile up the mountain to Deep Lake. Optional scenic beaten path to Sand Spring.



Past Deep Lake, turn south/southeast onto wide gravel main road. 1+ mile over Wolf Swamp Lake dam, up hill to gravel road junction. Take sharp eastern turn. Then 1+ mile on gravel road, past the cell towers to parking area.

IF YOU GO: Long hike; must bring food and water. Not for dogs or children.



Need alternatives?

Try **FERN RIDGE BOG NATURE PRESERVE**
for two levels of hiking in one area.

MAPLE TRACT PRESERVE



Protects the waters of Tunkhannock Creek

GPS: 41.074030, -75.505630 (moderate)



WHERE: 271 Stoney Hollow Road, Long Pond. From Route 115, take Long Pond Road to Stoney Hollow Road. Proceed to the kiosk signed gravel road to parking area (before reaching the Route 80 overpass).

TRAIL INFO: Many loop trail options; most are well maintained and blazed. To scenic Tunkhannock Creek, take Brian's Trail (blazed orange) to Red Trail. Red trail continues past creek back to Brian's Trail & Blue Trail. Recommend taking the Blue Trail loop return option; they are well marked along the loop.

IF YOU GO: Do hike to the creek. Note the full (orange) Brian's Trail is an adventure.

FERN RIDGE BOG



Protects the waters of Tunkhannock Creek

GPS: 41.061712, -75.558565 (very difficult)

WHERE: In Blakeslee, follow Route 115 until reaching Deppners Road; take left onto gravel lot. Big blue kiosk directly across Route 115 highway (danger – cars drive very fast).

TRAIL INFO: After kiosk, take right, then 40 feet after open field is trailhead with little white marker (trailhead GPS is 41.061818, -75.556320). One mile to the pipeline clearing with scenic view of Bald Mountain.

Red (loop) 3.5+ miles. After pipeline clearing is a V – hang right, and proceed with dual blazes, through a rhododendron tunnel to Red/White divergence point. Take a sharp left – following red-blazed trees (no paths). Enter the giant rhododendron tunnel, following red blazes. After tunnel, follow red-blazed trees, to eventually be on an old road trail which loops back.

White (out and back) 3.5+ miles: Where Red and White diverge, hang right following white-only blazes to hemlock cathedral with two stream crossings. No paths from this point forward. Follow white blazes on trees, out of cathedral, to large open “barrens” clearing. Follow the single “deer path” to reach a white-blazed tree, enter back into the forest. From here, no path; white-blazed trees eventually lead to a mossy wetland crossing and a dead end.



MAPLE TRACT PRESERVE



FERN RIDGE BOG



DEVIL'S HOLE FALLS

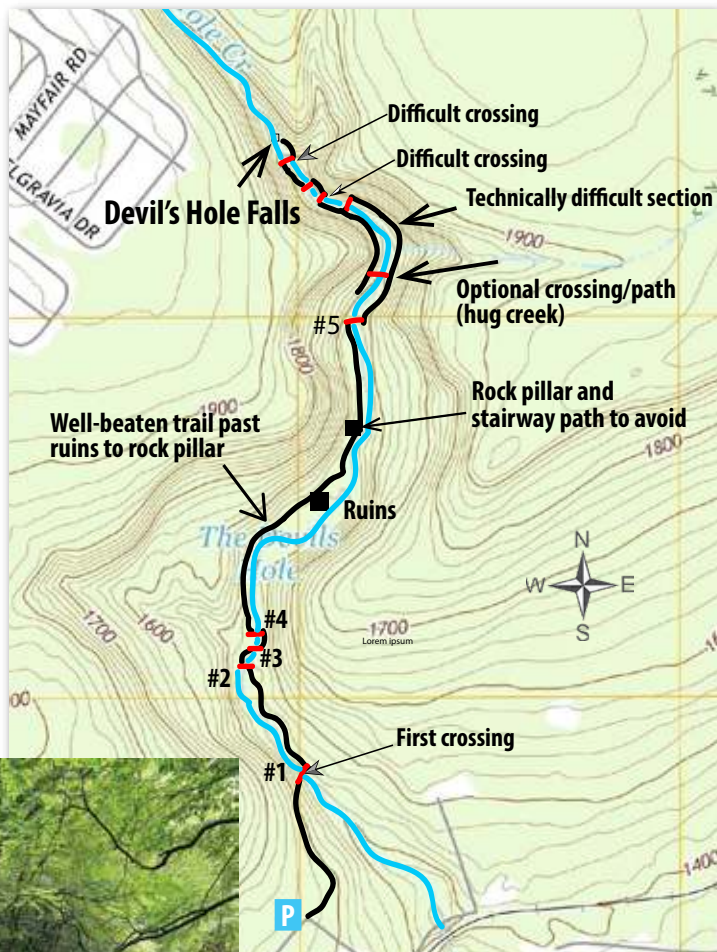
Protects the waters of Paradise Creek

GPS: 41.140666, -75.333450 [very difficult]



WHERE: From Route 940, turn onto Devil's Hole Road, drive to State Game Lands 221 gravel parking area (SGL kiosk states "Devil's Hole Creek").

TRAIL INFO: 3.4 miles out and back, 2- to 3-hour hike. Downhill trail to first creek crossing (creek on west), then to a second creek crossing (creek on east) into a rocky zone to a third creek crossing (creek on west). Then a fourth creek crossing (creek on east). This well-beaten gravel path leads past the ruins until finally reaching an old stone pillar along the creek. Don't cross here, and don't take the stone staircase up the hill. Instead, turn upstream along a stony, unmarked path, eventually reaching a fifth creek crossing (creek on west).



In a gorge now, hugging creek. Very difficult unmarked path to a sixth crossing (creek now on east). A small waterfall and a seventh crossing (creek on west). Continue to an eighth crossing (creek on east). Continue upstream a bit to the final, ninth crossing with small waterfalls and Devil's Hole Falls.

WARNING: Do not go alone. Technical, some boulder climbing on wet rocks, extremely strenuous and non-intuitive. Wear shorts and waterproof boots. If lost or confused, follow the creek.

Love outdoor adventures? This is the place for you!



In this volume, you'll find ancient stone outcrops carved by receding glaciers on the Kittatinny Ridge, a 1,000+ acre glacial moraine bog complex, vast expanses of dwarf tree and shrub "till barrens," hidden lakes and wetlands, and exceptional scenic vistas for all seasons. The Poconos and the Kittatinny Ridge have unique ecological habitat mosaics and high biological diversity of plant and animal species.

You'll also find your choice of outdoor adventures. Take a stroll over to Resica Falls in Middle Smithfield, hike near downtown Stroudsburg to Glen Park, or adventure into the glacially carved ravines of RattleSnake Creek and Devil's Hole. Mountain bicycle the gravel road system of Delaware State Forest, bring snowshoes and cross-country skis over to Grass Lake and various state game lands, or backpack into the wilderness.

You'll find creeks, streams, and wetlands on almost every hike. There's a reason for that: Pure, safe water is important! Conserving land that protects water quality must be a priority of county and municipal open space land programs. Citizens of the Poconos have voted to purchase and preserve these public lands to protect our water supply and that of future generations — and that same land offers healthy outdoor adventures for all.

Members of Brodhead Watershed Association are dedicated to preserving and protecting our creeks, streams, and drinking water, as well as the forested land it depends on. Please support this important work!

Join us!

Student/senior, \$20 annually
Guardian, \$50 annually
Protector, \$100 annually
Champion, \$250 annually
Stream Steward, \$500 annually

Please send your check to: BWA, PO Box 339, Henryville, PA 18332

You can also join or donate at brodheadwatershed.org/support/

Brodhead Watershed Association is a grassroots nonprofit 501(c)(3) conservation organization dedicated to protecting and promoting clean and abundant water in the Brodhead Creek and Cherry Creek watersheds. Your gift is tax deductible.

GET OUTDOORS POCONOS

Find your waterfalls

brodheadwatershed.org/gopoconos

