

# Appalachian Trail in New Jersey: Hiking Guide from US 206 to Sunrise Mountain



## Appalachian Trail in New Jersey Hiking Guide - US 206 to Sunrise Mountain by William F. Aicher

★★★★★ 5 out of 5

Language	: English
File size	: 989 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 6 pages
Lending	: Enabled



Embrace the pristine beauty and tranquility of the Appalachian Trail as you embark on an unforgettable hike from US 206 to Sunrise Mountain in New Jersey. This 10.2-mile section offers a diverse and rewarding experience, traversing through lush forests, panoramic vistas, and historic landmarks.

### Trail Description

- **Distance:** 10.2 miles
- **Elevation Gain:** 3,150 feet
- **Difficulty:** Moderate to strenuous
- **Estimated Hiking Time:** 5-7 hours

### Section 1: US 206 to Wawayanda Mountain

Begin your hike at the US 206 Trailhead, marked by a sign and a small parking lot. As you ascend the Appalachian Trail, admire the towering hardwoods and gaze upon the expansive views of the Kittatinny Mountains. At 1.4 miles, reach the scenic overlook of Wawayanda Mountain, offering breathtaking panoramas of the surrounding landscape.



## **Section 2: Wawayanda Mountain to Stairway to Heaven**

Continue along the trail, encountering a series of gradual climbs and descents. Cross over mountain streams and savor the serene ambiance of the forest. As you approach the 2.7-mile mark, ascend the "Stairway to Heaven," a challenging section of boulders and switchbacks that leads to a secluded overlook.



Stairway to Heaven

### **Section 3: Stairway to Heaven to High Point Monument**

After conquering the Stairway to Heaven, proceed along a relatively flat section before reaching High Point Monument State Park, the highest point in New Jersey. Ascend the observation tower to witness unparalleled views of four different states.



#### **Section 4: High Point Monument to Sunrise Mountain**

Descend from High Point Monument and continue hiking southward. Immerse yourself in the verdant forest, crossing babbling brooks and navigating rocky passages. As you approach Sunrise Mountain, the trail becomes more challenging, with steep ascents and rocky outcroppings.



Sunrise Mountain Outlook

## **Section 5: Sunrise Mountain to US 206**

Summit Sunrise Mountain and be rewarded with breathtaking 360-degree panoramas. Marvel at the distant vistas and enjoy a well-deserved break amidst the tranquility of the mountaintop. After taking in the scenery, descend back down the Appalachian Trail to US 206, completing your memorable hike.

### **Insider Tips**

- Start your hike early to avoid crowds and enjoy the sunrise at Sunrise Mountain.
- Bring plenty of water and snacks as there are no water sources along the trail.

- Wear sturdy hiking boots and appropriate clothing for the weather.
- Check trail conditions before hiking, especially during peak season or after inclement weather.
- Consider staying overnight at the Appalachian Trail shelter at Wawayanda Mountain.

The Appalachian Trail from US 206 to Sunrise Mountain offers an unforgettable hiking experience in the heart of New Jersey. From stunning vistas to challenging ascents, this trail showcases the diverse beauty of the Appalachian Mountains. Embark on this adventure, immerse yourself in nature, and create memories that will last a lifetime.



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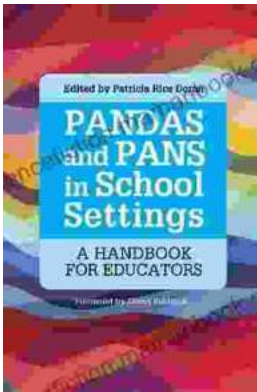
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