

With over 30 miles of trails in this park, there's a lot to explore! To help you get started, this map has some suggested hike routes, keyed to start and end at STATE LINE LOOKOUT!

In case of emergency, call the Parkway Police before calling 9-1-1:

201-768-6001

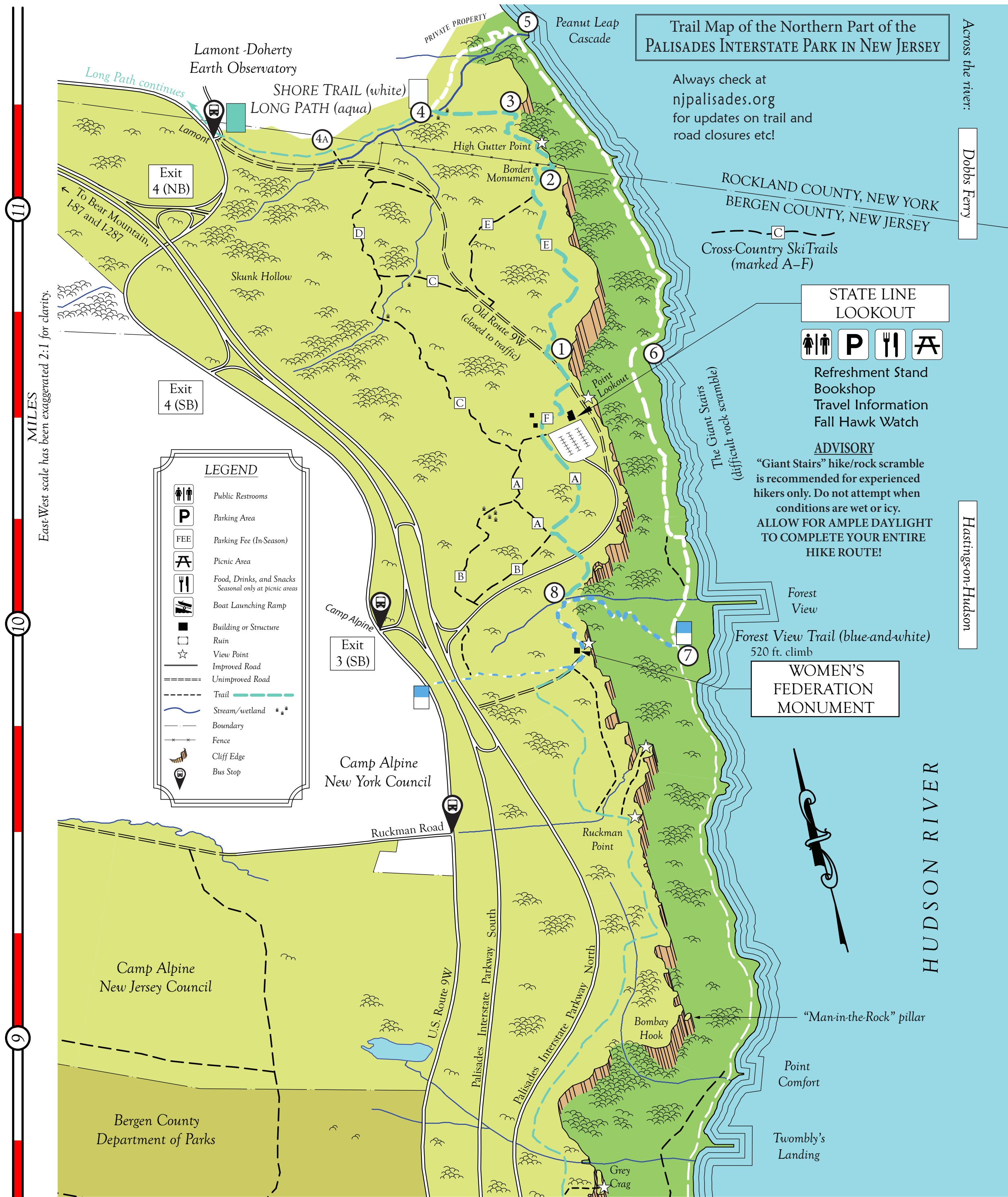
Tips for Palisades Hikers

Many first-time Palisades hikers are surprised at how rugged our trails can get. Please be prepared!

- Always tell someone where you're going and when you expect to be back. This is just good hiking sense, no matter where you go.
- Bring plenty of water – and drink it as you go. Some basic first aid supplies are always a good idea, too, as are some snacks.
- Wear sturdy shoes that are designed for hiking.
- Dress or pack for all possible weather conditions forecast for the day. Layers are the wisest way to dress for the outdoors – you can add or remove as you go. We also recommend long-sleeved clothing, even in warmer weather. Poison ivy thrives on the Palisades. Ticks are common. Long clothing with a spray of repellent at the cuffs is your best defense.



Revised Winter 2021



Trail Map of the Northern Part of the PALISADES INTERSTATE PARK IN NEW JERSEY

Always check at njpalisades.org for updates on trail and road closures etc!

STATE LINE LOOKOUT

Refreshment Stand
Bookshop
Travel Information
Fall Hawk Watch

ADVISORY
"Giant Stairs" hike/rock scramble is recommended for experienced hikers only. Do not attempt when conditions are wet or icy. ALLOW FOR AMPLE DAYLIGHT TO COMPLETE YOUR ENTIRE HIKE ROUTE!

- ### PEANUT LEAP CASCADE
- About 2.5 mi., 2 hrs. round-trip. Moderate.
- 1 Begin this hike on Old Route 9W a little north of Point Lookout, where the Long Path (aqua markers) heads into the woods. Stay on the Long Path headed north.
 - 2 In about half a mile, the Long Path turns right (east) near the "Eastern Witness" border monument, then left (north) to go through a gate in a fence. The trail then descends on steep stone steps. Just beyond "High Gutter Point" (this is the point where you can see sweeping views to the north) are more steep steps. Use caution and take your time on these to the bottom.
 - 3 At the bottom of the steps the trail turns left (west).
 - 4 In about 1/8 mile, the trail crosses a stream. After you cross the stream turn right (east). This is the start of the Shore Trail (white markers). Follow the Shore Trail to the river and Peanut Leap Cascade. Sections are rocky and the final descent is steep – use caution!
 - 5 Enjoy this picturesque spot, then RETURN VIA THE SAME ROUTE.
- Note:* If you'd like to skip the steep stairs by High Gutter Point on the return, do not recross the stream at 4. Instead, take the Long Path north for about 1/8 mile, then look on the left for another stream crossing on stepping stones 4A. Cross here, go up the short hill to Old Route 9W, and then turn left (southeast) and follow it back to the Lookout.

- ### THE GIANT STAIRS
- About 4 mi., 3 hrs. round-trip. CHALLENGING. Includes a difficult rock scramble followed by a steep ascent. RECOMMENDED FOR EXPERIENCED HIKERS ONLY! This hike is NOT recommended for dogs or very young children or when conditions are wet or icy. ALLOW AMPLE DAYLIGHT TO COMPLETE THE ENTIRE HIKE!
- 5 From Peanut Leap Cascade, continue south on the Shore Trail (white markers).
 - 6 Following the white markers, you'll scramble almost a mile across the boulder field called "the Giant Stairs."
 - 7 About 1/4 mile south of the boulder field, find the steep Forest View Trail (blue-and-white markers) and take it up to its intersection with the Long Path (aqua).
 - 8 Turn right (north) on the Long Path, cross the stream, and take the aqua trail back to the Lookout.
- THIS LOOP CAN ALSO BE HIKED THE OPPOSITE DIRECTION: Use the directions for "Women's Federation Monument" (below), but after crossing the stream 8, follow the Forest View Trail to the Shore Trail 7, then go north and scramble across the Giant Stairs to Peanut Leap Cascade 5 and return using the directions from that hike (above).

- ### THE WOMEN'S FEDERATION MONUMENT
- About 2 mi., 1 hr. round-trip. Easy.
- This short hike is ideal for children, who will find the ravine just challenging enough, the "castle" at the end a fun destination. Head south to where the Long Path crosses the entrance road to State Line Lookout, using caution when you're alongside or crossing the active roadway. Stay on the Long Path south (aqua markers) as it goes through a gap in the parapet stones and toward the cliff edge. The trail goes down a ravine on stone steps. At the base of the ravine (marker number 8 on the map), cross the stream, and the aqua Long Path will intersect with the blue-and-white-marked Forest View Trail. Continue south (as you go up the other side of the ravine, the two trails overlap). At the top you will find the Women's Federation Monument, which is in the shape of a medieval watchtower. Explore a bit (can you find the old swimming pool a little south of the Monument?), then return on the same route.