

Daily Plan – Day 3

Monday, June 22, 2026

Day Coordinators:

Kerry Engelhardt – Upper Delaware Council
Lydia Freethy – Delaware Highlands Conservancy
Jess Yoder – Pike County Planning and Mapping

Stretch to be Paddled:

Kittatinny Canoes' Staircase Rapids Access (RM 264) to Airport Park, Matamoras, PA (RM 253)

11 miles through class I & II Rapids

Evening Camping: Worthington State Forest Campsite, Old Mine Rd, Columbia NJ 07832



AMERICA'S 250TH
Our Nation's River

Campers: Break camp at Camp Keowa at Ten Mile River Scout Camps & drive to Airport Park – see directions on pg 2

Arriving Today? Travel to Airport Park

701 Avenue Q, Matamoras, PA 18336 – see link for directions on page 2

- 7:00 a.m. Break Camp at Camp Keowa. Campers drive themselves & gear to Airport Park (~45 min)
- 7:45 a.m. **Arriving today with a boat?** Drop off with NEWE livery first, then register and have breakfast
- 7:45 a.m. Breakfast and registration **for all Sojourners** at Airport Park. **Everyone must register each morning.** Cars will be parked here for the day.
- 8:30 a.m. Livery with boats and NCSP safeties depart for launch location
- 8:45 a.m. Sojourn Welcome
- 9:15 a.m. **Buses arrive and leave Airport Park ASAP** to head for launch
- 9:45 a.m. Safety Talk at launch with National Canoe Safety Patrol
- 10:15 a.m. Optional paddling instruction for new paddlers with National Canoe Safety Patrol.
- 10:30 a.m. Begin launch (RM 264) (~6 miles to lunch)
- 1:30 p.m. Lunch at Sparrowbush, NY Access (RM 258)
- 2:30 p.m. Begin launch after lunch (5 miles to takeout)
- 4:30 p.m. Take-out at Airport Park (RM 253)
- 5:00 p.m. Sojourners drive on their own to Worthington State Forest. **See directions & map on pages 4-5. Sojourners are responsible for their own dinner.**
- 6:30 p.m. Begin setting up camp at Worthington State Forest (**see notes on page 4**)
- 7:30 p.m. Music in camp: Open jam session with the Sojourn Strummers! BYO instrument + some available to try!
- 10:30 p.m. Quiet Hours in camp

EMERGENCY CONTACT NUMBERS:

National Park Service Dispatch: 1-570-426-2457

9-1-1

Please Note: If bringing your own boat, please make sure it has up-to-date registration and/or current launch permits.

Many Thanks to Today's Sojourn Partners:

Delaware River Sojourn Steering Committee; Upper Delaware Preservation Coalition; National Canoe Safety Patrol; Camp Keowa at Ten Mile River Scout Camps; Kittatinny Canoes; Borough of Matamoras; Delaware Highlands Conservancy; Northeast Wilderness Experience; NPS Upper Delaware Scenic & Recreational River; Upper Delaware Council; Pike County Planning and Mapping; NYS Dept. of Environmental Conservation; Konrad's Kitchen; We Transport; and the State of New Jersey, Dept. of Environmental Protection, Division of Parks and Forestry and Worthington State Forest; Sojourn Strummers

****The Sojourn thanks Jessica Yoder for creating our 2026 logo design and Sandy Schultz for designing the 2026 itinerary maps and paddle!****

Special Thanks to 2026 Sojourn Grantors, Donors & Sponsors:

Pennsylvania Organization of Watersheds and Rivers; ShopRite; NPS Lower Delaware Wild and Scenic River; Delaware River Basin Commission; Northampton County Parks, Recreation & Conservation; Explore Warren County; and PPL

CAMPERS--

**Directions to Airport Park (701 Avenue Q, Matamoras, PA 18336) from Camp Keowa at Ten Mile River:
(~45-minute drive)**

- Take Keowa Road northeast.
- Turn left onto Crystal Lake Road (County Route 26). Drive approximately 1.9 miles.
- Turn right onto State Route 55 west. Drive south approximately 11.2 miles.
- Turn left onto State Route 97 south. Drive approximately 18.3 miles.
- Turn right onto US 6 West/US South 209 (Pike Street), 0.6 mi.
- Continue on US 6/209 (Pennsylvania Ave), 0.5 mi.
- Turn left onto 7th Street. Continue to T-intersection.
- Turn right onto Avenue S.
- Make the next left onto 9th Street Ex. Drive to end for parking.

ARRIVING TODAY?

Head to Airport Park (701 Avenue Q, Matamoras, PA 18336)

- [Click here for a link to make your own directions to Airport Park](#)

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9-1-1

BREAK CAMP AND TRAVEL ON YOUR OWN TO MATAMORAS AIRPORT PARK 

**STAIRCASE RAIDS
KITTATINNY CANOE -
SAFETY TALK
10:30 A.M. LAUNCH**



AMERICA'S 250TH
Our Nation's River

Day 3 ~ Monday, June 22, 2026

Staircase Rapids Kittatinny Canoe (RM 264)

To Matamoras Airport Park (RM 253)

11 Miles, Class I & II Rapids

**1:00 P.M. LUNCH AT
SPARROWBUSH**



**7:45 A.M. AT MATAMORAS AIRPORT PARK -
BREAKFAST & REGISTRATION**

9:00 A.M. WELCOME

9:15 A.M. BUS TO POND EDDY

**6:00 P.M. SET UP CAMP AT
WORTHINGTON STATE PARK**



**4:00 P.M. TAKE OUT AT
MATAMORAS AIRPLANE PARK &
ON YOUR OWN, DRIVE TO 40 MILES
WORTHINGTON
DINNER ON YOUR OWN**



PA NY
NJ

DRIVING DIRECTIONS FROM AIRPORT PARK TO WORTHINGTON STATE FOREST

**701 Avenue Q, Matamoras, PA to Worthington State Forest Campsite, Campground Rd., Columbia, NJ 07832
(~1 hr 15 minutes)**

- [Click here for a link to Google Maps for directions from Airport Park](#)
- [Click here for a link to get general directions to Worthington State Forest](#)

The Worthington Forest State Park Group camping area is located off of Old Mine Road in Warren County, NJ. Enter at second gate entrance, look for Delaware River Sojourn signs. GPS: 40 degrees 58'36.01" N & 75 degrees 8'4.68" W

Driving Directions

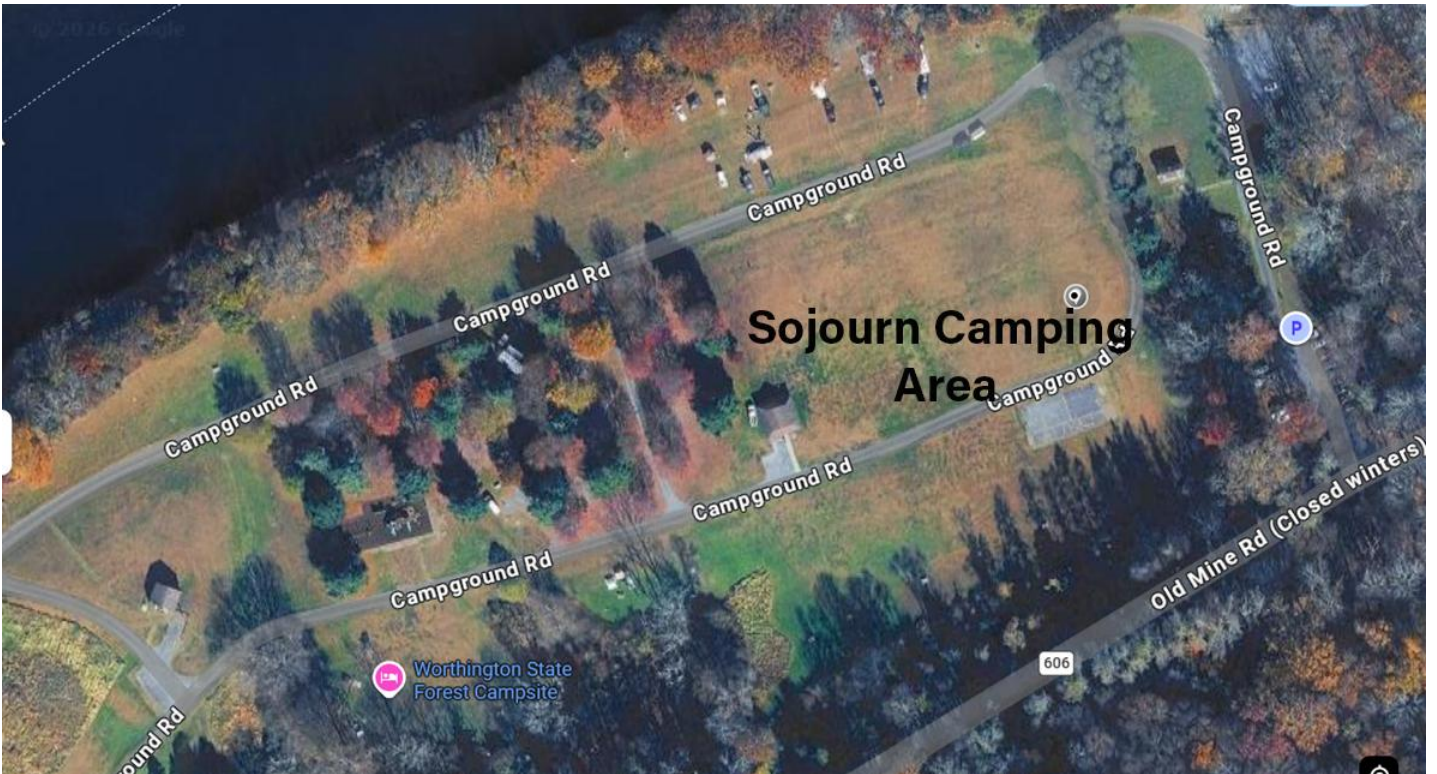
Start: Airport Park, Matamoras, PA

- Head toward Avenue Q
- Take 7th Street towards Rt. 209 (0.3 mi)
- Turn left onto US-209 S/US-6 W/Pennsylvania Ave
- Continue to follow US-209 S/US-6 W (6.2 mi)
- Turn left onto E Harford St (0.4 mi)
- Slight right onto US-206/US-209/Federal Rd (0.2 mi)
- Slight right onto US-206/US-209 S (24.2 mi)
- Slight left onto Hollow Rd/T461 (4.1 mi)
- Turn right onto River Rd (2.5 mi)
- At the traffic circle, take the 3rd exit onto Broad St (0.2 mi)
- Use the right lane to merge onto I-80 E via the ramp & take I-80 E, entering New Jersey (1.6 mi)
- Take the River Road exit
- Sharp right onto River Rd (1.1 mi)
- Continue onto Old Mine Rd (3.2 mi)
- Turn left onto Campground Rd
- Turn left to stay on Campground Rd

End: Worthington State Forest Campsite, Columbia, NJ

Notes about Worthington State Forest Campground
Park maps on pages 5-7

- There are full shower and bathroom facilities at [Worthington State Forest](#).
- Portable restrooms are also provided.
- Sojourners will follow all Worthington State Forest rules, including no alcohol permitted.
- Be bear aware! Do not leave food unattended in tents or open cars; properly dispose of all garbage.



Worthington State Forest Campground Map



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9-1-1

TRAILS OF WORTHINGTON STATE FOREST

Worthington State Forest is located near the southern end of the Delaware Water Gap National Recreation Area in Warren County, New Jersey.

It covers 6,660 acres and stretches for more than seven miles along the Kittatinny Ridge. This state forest offers 10 scenic trails with more than 22 miles for hiking, including 6.6 miles of the Appalachian Trail, which passes through the forest.

Appalachian Trail

White • 6.6 miles (in Worthington) • Hiking
Moderate • Historic Scenic Trail

Trailhead: Parking area off Route 80. **The Appalachian Trail (AT)** is a historic national scenic trail. There are 6.6 miles of the 2,180-mile trail within Worthington State Forest. Along this section, the trail follows Kittatinny Ridge with excellent views. The trail can be reached from Dunnfield Creek Natural Area as well as from Douglas Trail and Garvey Springs Trail. Be prepared for a steep and rocky climb to the ridge. There is a backpacker campsite located near the intersection with Douglas Trail.



Buckwood Trail

Teal • 1.3 miles • Hiking

Easy • Less traveled trail to Mount Tammany Fire Road

Trailhead: Appalachian Trail east of Sunfish Pond. **Buckwood Trail** (formerly Turquoise Trail) is an isolated trail that connects the Appalachian Trail with the Mount Tammany Fire Road. The trail descends from Kittatinny Ridge, crosses the upper reaches of the Dunnfield Creek drainage and connects to the fire road along the southern boundary of the forest.

Douglas Trail

Dark Blue • 1.7 miles • Hiking
Moderate • Connector to Appalachian Trail

Trailhead: Douglas parking lot on Old Mine Road.

Douglas Trail begins heading southwest and proceeds uphill to Kittatinny Ridge. Several switchbacks along the route help with this 1,200-foot climb. The beginning of the trail follows the drainage stream from Sunfish Pond. Laurel Falls, a rocky cascade, is only a short walk up the trail. At the first switchback, Douglas Trail intersects with Rockcores Trail, then continues its climb. Once on top of the ridge, Douglas Trail ends as it meets the Appalachian Trail at a backpacker campsite.



Dunnfield Creek Trail

Light green • 3.4 miles • Hiking

Moderate • Trail along scenic Dunnfield Creek

Trailhead: Pahaquarry Trail or AT. **Dunnfield Creek Trail** is a rocky and sometimes steep trail following Dunnfield Creek upstream from the Delaware River. The trail passes through a ravine lined with rhododendrons, mature hemlock and mixed hardwoods. Dunnfield Creek is a natural trout stream and boasts several small waterfalls. Leaving the ravine, the trail turns north and ascends a hillside to reach the AT and Sunfish Pond, a glacial lake surrounded by oak and chestnut forest.

Farview Trail

Yellow • 1.3 miles • Hiking
Moderate • Trail leads to Appalachian Trail

Trailhead: Parking area on Old Mine Road.

Farview Trail begins in gently sloping forest terrain. Heading south from the Delaware River, the trail turns east and joins a two-track path while continuing up a gradual hillside to meet with the Appalachian Trail and Holly Springs Trail.

Garvey Springs Trail

Orange • 1.2 miles • Hiking
Moderate • Trail to Appalachian Trail

Trailhead: Douglas parking lot on Old Mine Road. **Garvey Springs Trail** begins along Old Mine Road and travels southeast climbing forested hillsides. This is a steep and rocky trail that climbs 1,100 feet to Kittatinny Ridge and meets with the Appalachian Trail east of Sunfish Pond. A small trail leads around the pond for scenic views. For a scenic loop, head west on the AT then return to the trailhead via Douglas Trail.

Holly Springs Trail

Red • 0.5 miles • Hiking
Easy • Short connector trail

Trailhead: Appalachian Trail or Dunnfield Creek Trail. **Holly Springs Trail** is a short trail connecting the Appalachian Trail with Dunnfield Creek Trail. The forested two-track trail leads across a gradual hillside from the creek to the ridgeline.



Mount Tammany Trail

White & red • 1.5 miles • Hiking
Difficult • Steep trail to summit of Mount Tammany

Trailhead: Dunnfield Creek Natural Area.

Mount Tammany Trail begins along the Delaware River, heads southeast and climbs a steep hillside. After a tough and rocky climb of 1,200 feet, the trail reaches Mount Tammany. At an elevation of 1,527 feet, the summit offers great 360-degree views of the Delaware Water Gap and Kittatinny Ridge.

Pahaquarry Trail

Light blue • 1.4 miles • Hiking

Moderate • Alternate route to Mount Tammany

Trailhead: Appalachian Trail. **Pahaquarry Trail** (formerly Blue Dot Trail) provides an alternate route to Mount Tammany. Most hikers take Mount Tammany Trail up the mountain and come back down Pahaquarry Trail. Starting with the Appalachian Trail, Pahaquarry Trail continues along Dunnfield Creek until climbing a hillside and approaching Mount Tammany from the north side.



Rockcores Trail

Green • 2.9 miles • Hiking

Moderate • Interpretive Trail

Trailhead: Parking pull-off on Old Mine Road near forest office. **Rockcores Trail** begins and ends along the Delaware River. From its start near the forest office, the trail follows an old two-track forest road along a broad hillside. In the 1950s, this road allowed access for engineers to take rock samples to determine whether the soils and bedrock in the area could withstand the proposed Tocks Island Dam. The trail remains generally flat as it parallels the ridge line, crossing Douglas Trail and the scenic, rocky outlet stream from Sunfish Pond. Continuing east, the trail crosses Garvey Springs Trail and then descends a few switchbacks to return to Old Mine Road.

Explore Trail Tracker
The Interactive Trails
Map of NJ State Parks



spstrailtracker.nj.gov

TRAIL SENSE AND SAFETY

Trail Markings: Official trails are marked by colored blazes on posts and trees. For your safety and habitat protection, please stay on the trails and do not alter trail markings or create new trails.

Be Prepared: Consider bringing water, snacks, sunscreen, wear insect repellent and a hat. Dress for the weather. Tell someone where you plan to go and when you expect to return. Be aware of changing trail conditions.

Hunting: Sections are open to hunting. Bright orange clothing is recommended during hunting season.

Pets: Pets must always be on a leash no longer than six feet in length and under the control of the owner at all times. Please clean up after your pets.

Keep It Clean and Green: Bring a bag or two and carry your trash out with you. Trash cans are not provided. Don't forget to recycle!

Tick Protection: Wear insect repellent, wear light-colored clothing, tuck pants into socks, stay on trails, check yourself thoroughly, shower and launder clothes immediately.

Bear Aware: Black bears are found throughout New Jersey. Do not approach or attract bears by making food available. Feeding bears is dangerous and illegal. Never run from a bear! To report an aggressive bear, call 1-877-WARN-DEP (1-877-927-6337) immediately. Please report any damage or nuisance behavior to the forest office. Visit New Jersey DEP Fish & Wildlife at njfishandwildlife.com/bears for additional information on bear safety.

Hours: Visitors are welcome on the trails from dawn to dusk. Trail use is not permitted after sunset.

Forest Office Phone: 908-841-9575

Emergency Numbers:
1-877-WARN-DEP (1-877-927-6337)
or 911



WORTHINGTON STATE FOREST
HC 62 Box 2
Old Mine Road
Columbia, NJ 07832
908-841-9575



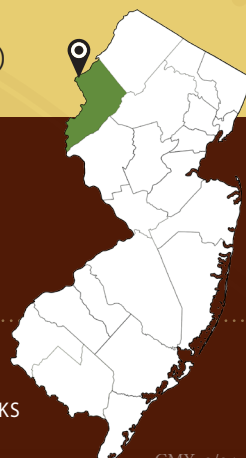
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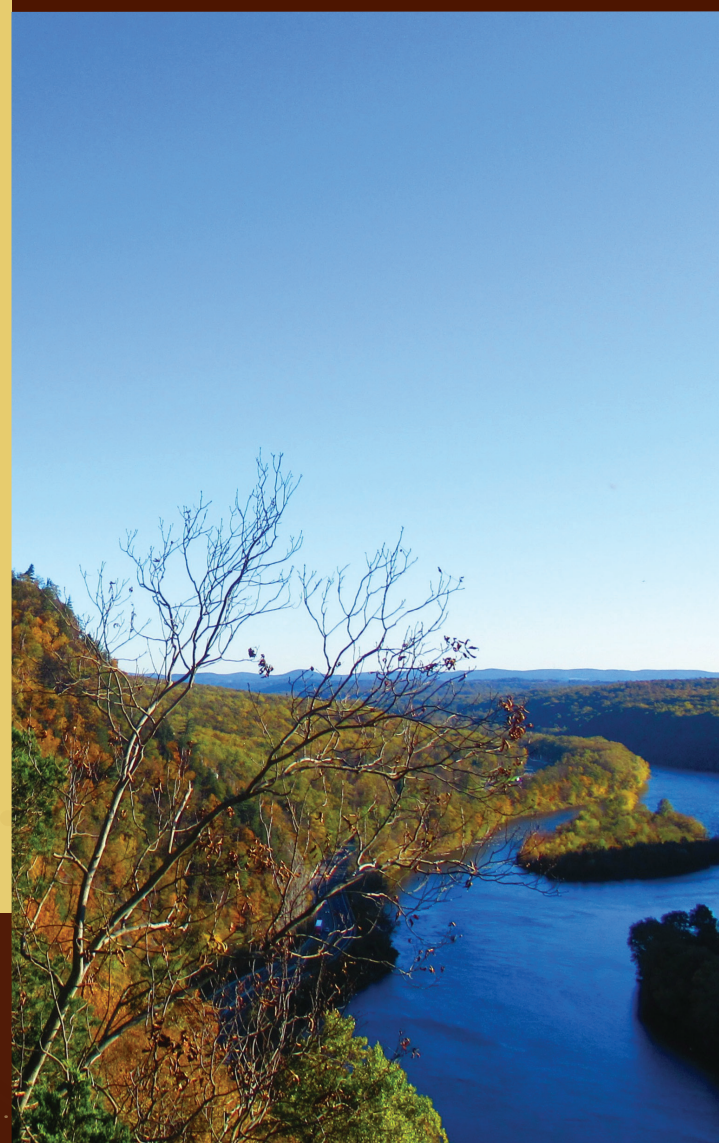


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TRAILS

Worthington State Forest



This brochure was funded by the Federal Highway Administration's Recreational Trails Program through the New Jersey Department of Environmental Protection.



State of New Jersey
Department of Environmental Protection
State Park Service

WORTHINGTON State Forest



Forest Office

Camping Area

Trail Blaze Symbols

NOT PERMITTED

ATVs, alcoholic beverages, drones, smoking and vaping* are NOT permitted in this park.

*Smoking and vaping permitted only inside your personal vehicle.

Open Field or Grass	Water	Appalachian Trail (6.6 mi)	Farview Trail (1.3 mi)	Pahaquarry Trail (1.4 mi)	AT Campsite	Fishing	Playground
Forest	Wetland	Buckwood Trail (1.3 mi)	Garvey Springs Trail (1.2 mi)	Rockcores Trail (2.9 mi)	Boat Launch	Group Campground	Restrooms
Developed Area		Douglas Trail (1.7 mi)	Holly Springs Trail (0.5 mi)	Mount Tammany Trail (1.5 mi)	Canoeing	Parking	Scenic View
		Dunnfield Creek Trail (3.4 mi)			Drinking Water	Picnic Area	Shower