

Delaware Water Gap - MOUNT TAMMANY



There is no question if you want to hike in the Pocono Mountains there is no better place to go than the Delaware Water Gap. You can hike the Appalachian Trail as well as climb two of the scenic wonders on the east coast – Mount Tammany on the New Jersey side of the Gap and Mount Minsi on the Pennsylvania side of the Gap. Both mountains are challenging and both offer breathtaking views of the Gap and Delaware River.

Hiking Mount Tammany starts at the I-80 Rest Area at the Dunnfield Parking area. You can pick up a map in the rest area with the National Park Service. The trail is clearly marked as a “Red Dot” Trail and begins as a moderate climb with some steep rocky grades but nothing that is too difficult even for an inexperienced hiker.

At approximately the $\frac{3}{4}$ mile mark there is an overlook that takes your breath away. You can clearly see the steepness and majestic beauty of both sides of the Gap as well as a spectacular vista of the Delaware River. The hike continues another $\frac{3}{4}$ mile to the peak of Mount Tammany at what is called “Indian Head.” Again, spectacular views abound of the river and Mount Minsi. At this point the hike has taken a vertical climb of 1,250 feet and 1 $\frac{1}{2}$ miles. Mount Tammany has an elevation of 1,527 feet above seal level. At this juncture the trail changes to a “Blue-Dot” Trail for the trip down the back side of the mountain. The trip down is a 2 $\frac{1}{2}$ mile moderately sloped trail that hooks up with a stream and a number of small waterfalls. The last $\frac{1}{2}$ mile hike is along the Appalachian Trail back to the parking lot. The trip takes approximately 2 $\frac{1}{2}$ to 3 $\frac{1}{2}$ hours in length depending on pace.

I cannot think of a better hike to take. Not only can you climb a small mountain but you can also walk along the Appalachian Trail and do it all in 3 hours! It does not get a lot better than that!

