

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 ALPINE PICNIC AREA!

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

201-768-6001

Tips for Palisades Hikers

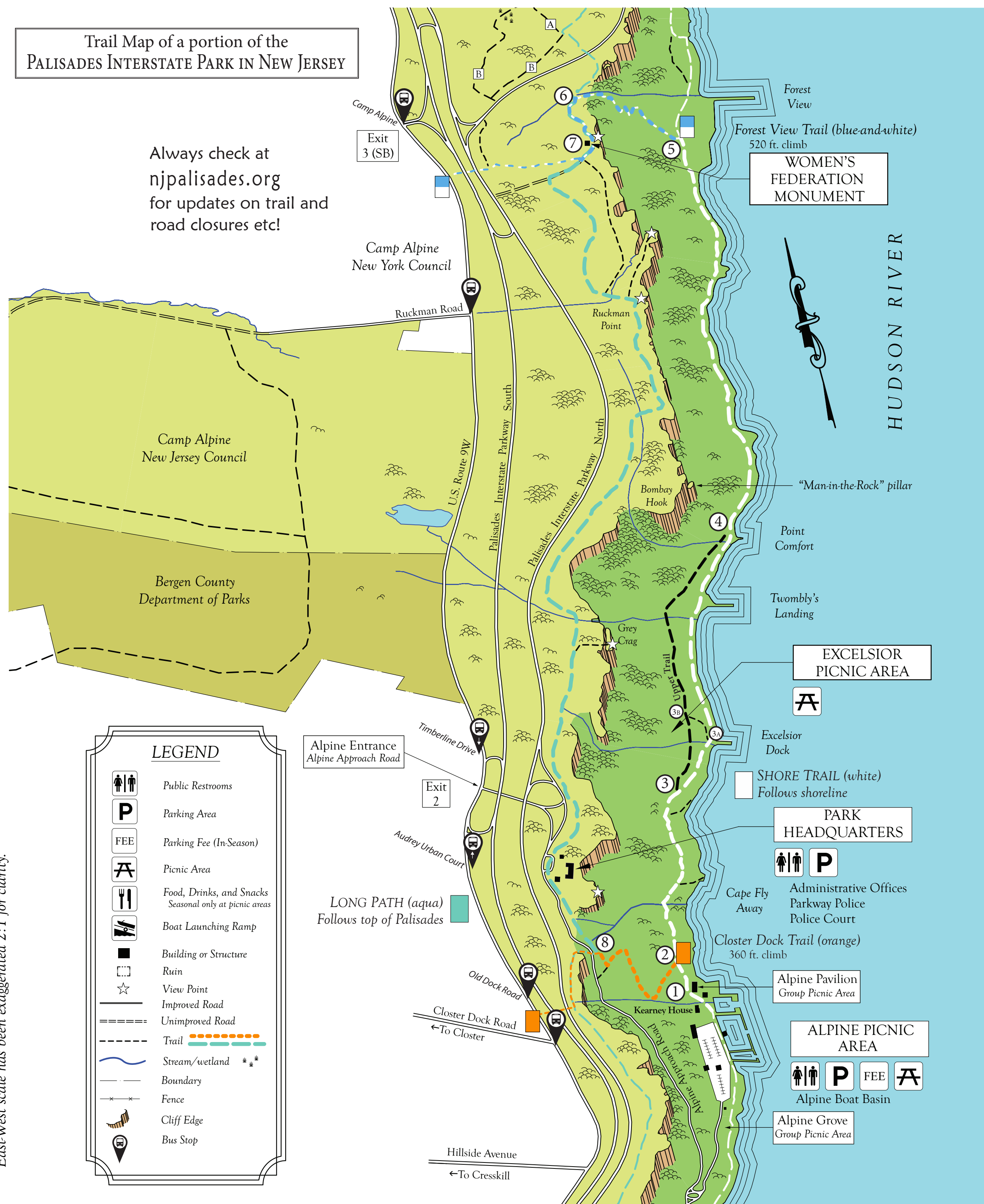
Many first-time Palisades hikers are surprised at how rugged our trails can get. Please be prepared!

- 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.



Trail Map of a portion of the PALISADES INTERSTATE PARK IN NEW JERSEY

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



CAPE FLY AWAY HIKE

Easy. About 3 mi., 1.5 hrs. round-trip.

- 1 Start at the north end of Alpine Picnic Area, where the Shore Trail (white markers) goes up the hill behind Alpine Pavilion. Head up this wide trail north about 500 feet to where it levels off.
- 2 Pass the trailhead for the Closter Dock Trail (orange markers) on your left and continue straight (north), following the white markers of the Shore Trail.
- 3 In about 1/2 mile, the trail will split. To the right, the white markers go downhill. To the left, a wide unmarked trail, called the "Upper Trail," continues straight. Take either of these – you can return on the other one. (Note that the Shore Trail section along the river is rocky in places and can be prone to poison ivy.)
- 4 In about 3/4 mile, the Upper Trail and the Shore Trail come together again at river level. Turn south and head back along either trail, passing where the two trails first split 3, and return to the start.

For a shorter version of this hike...

Start by using the directions above.

- 3 At the Upper Trail split, keep right and follow the white-marked Shore Trail downhill toward the river.
- 3a Opposite the large stone jetty near the base of the hill, find the unmarked trail that goes uphill through the woods.
- 3b At the top, turn left (south) on the Upper Trail to return past the split with the Shore Trail 3 and back to start.

BOMBAY HOOK

Moderate. About 7 mi., 4+ hrs. round-trip.

- 4 Use the Cape Fly Away directions, above, but continue north after the Upper Trail and Shore Trail come together again.
- 5 In about another mile, you will come to the base of the Forest View Trail (blue-and-white markers). Take this steep trail up through a series of switchbacks to its junction with the Long Path (aqua markers).
- 6 Head south at the junction (left turn). The Long Path and the Forest View Trail overlap as they ascend to the summit.
- 7 At the summit is the Women's Federation Monument, with excellent views. From here, stay on the Long Path south for about 2 mi., passing several good viewpoints and some interesting side trails you can explore.
- 8 Shortly after you pass Park Headquarters, the Long Path will intersect with the Closter Dock Trail (orange markers). Take orange down in switchbacks to the Shore Trail (white markers).
- 2 At the Shore Trail, turn right (south) to return to start.