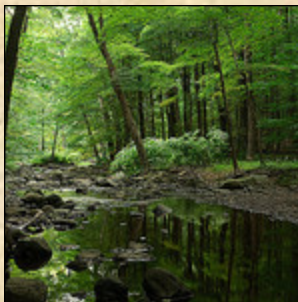
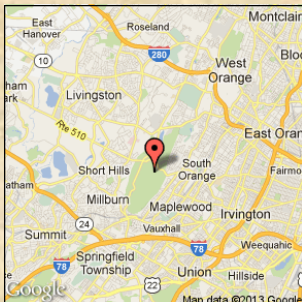


# South Mountain Reservation Hiking Trip

## 海外香港協會 Overseas Hong Kong Association



# 登山之旅

**Date:** 9/29/2013 Sunday

**Time:** 9:00 AM sharp

**Location:** South Mountain Reservation

**Direction & Meeting Area:** Entrance at West S. Orange Ave and Crest Drive, South Orange, NJ 07079. After entered the park, drive on Crest Drive and look for parking lot by the Dog Park. (Also see next page for details)

**Duration:** 3 hours

*Start with a favorite morning hike on this beautiful trails. Please visit the website for more information about the South Mountain Trails.*

<http://hikenj.net/parks/south-mountain-reservation/>

South Mountain Reservation is a 2000+ acre park located in Essex County bordering the towns of Millburn, South Orange and Maplewood. The hilly park follows along the ridge of the lower Watchung mountain range and offers many easy to moderate hiking options for those looking to get in a long day or just going out with the children. The 34 mile Lenape Trail [yellow blazes] runs the length of the park. Geographic highlights include two ponds along dammed sections of the Rahway River, Hemlock Falls and a few other smaller water falls, basalt rock formations [including the famous Turtle Back Rock], and various overlooks to the east with views of the Hudson River and New York City Skyline.

If you are interested in joining us for this hiking trip.  
Please contact Frank Lau @ **908-675-6559**.

Mail form to address below or RSVP by email OHKA.email@yahoo.com.

### 2013 OHKA Hiking Trip

會員姓名 Member's Name:

會員號碼 Membership Number:

聯絡電話及電郵 Phone & Email:

參加人數 No. of Participants:

Name of Participant

Name of Participant

Name of Participant

Name of Participant

Name of Participant (Please use back of form for additional names.)

**Mail Form to:**

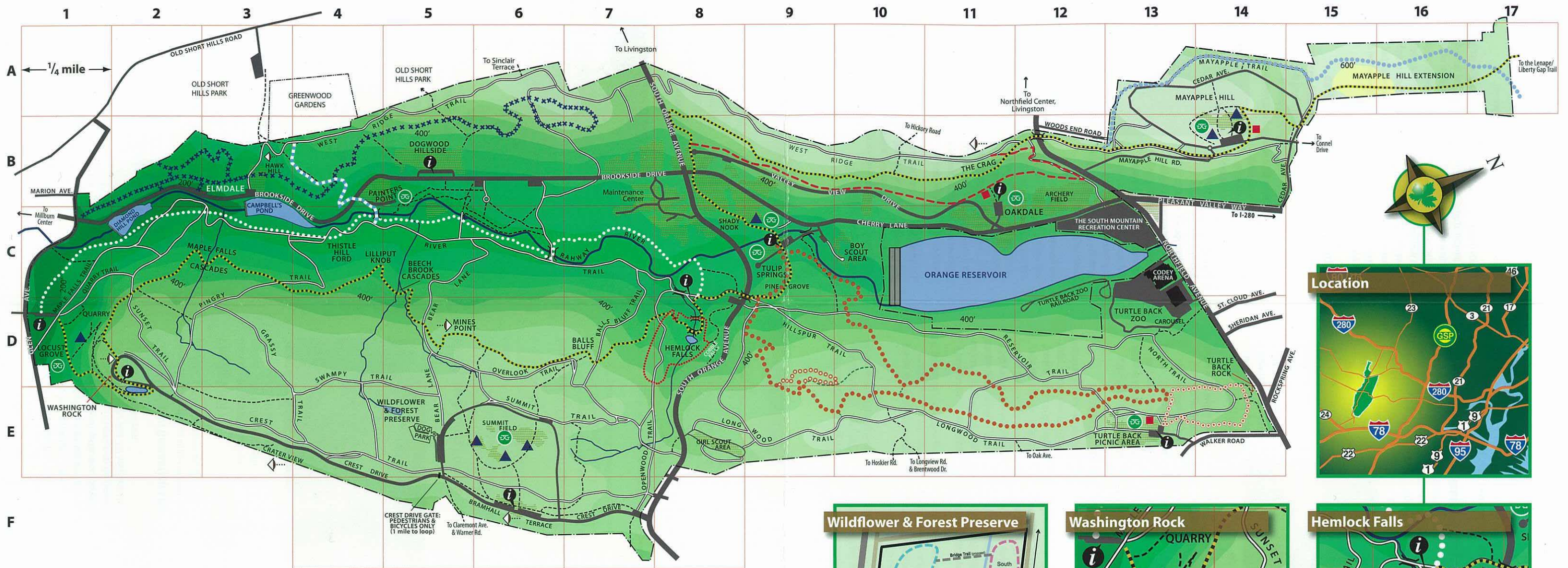
**OHKA**  
**P.O. Box 254**  
**Franklin Park, NJ 08823**

Inquires:  
Frank Lau @ 908-675-6559

## **DRIVING DIRECTIONS**

**From New Jersey:** Rt. 280 West to Exit 10 (W Orange/S Orange/Montclair), turn Left onto Northfield Ave., turn Left onto County Route 577 (Gregory Avenue). Drive on Gregory Ave about 2.3 miles (street name may change), when see South Mountain Elementary School on your left, turn slight Right onto Route 510 (S Orange Avenue) and go straight. You will see Entrance of Crest Drive on your left. Follow Crest Drive to the parking lot by the Dog Park.





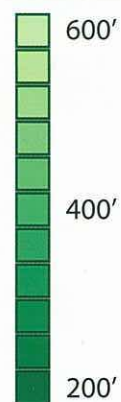
## Legend

- PAVED ROAD
- PARKING
- WOODS ROAD
- UNBLAZED HIKING TRAILS
- CONNECTING PATH
- WATERWAYS
- BRIDGE
- DAM
- SCENIC OVERLOOK
- OPEN FIELD
- PICNIC GROVE
- SHELTER
- COMFORT STATION
- MAP & INFO KIOSK

## Blazed Trails

- LENAPE (Yellow Blazes) 6 miles
- RAHWAY (White) 2 1/4 mi.
- ELMDALE (Blue) 2 mi.
- PAINTERS POINT (Blue/White) 1/2 mi.
- OAKDALE (Red) 1 mi.
- TURTLE BACK (Orange) 2 3/4 mi.
- INTERPRETIVE (White/Orange) 1/2 mi.
- TURTLE BACK EXTENSION (Orange/White) 1/2 mi.
- FALLS OVERLOOK LOOP (Red Dot) 1 mi.
- MAYAPPLE (Blue)

## Elevations



## Trail Blaze Symbols

- START
- END
- SPUR TO ANOTHER TRAIL
- RIGHT TURN
- LEFT TURN

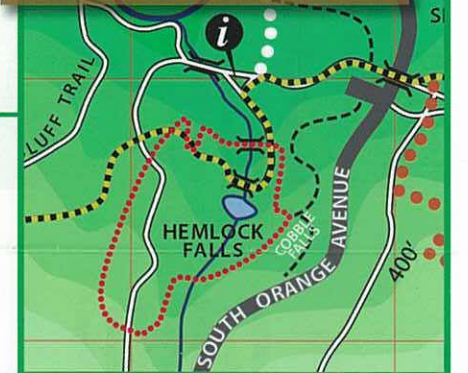
## Wildflower & Forest Preserve



## Washington Rock



## Hemlock Falls



# SOUTH MOUNTAIN RESERVATION



ESSEX COUNTY PARK SYSTEM

## TRAIL MAP



MAY 2010  
© 2010 by the South Mountain Conservancy. All rights reserved.



# RECREATIONAL FACILITIES

## Hiking Trails

Eight blazed trails provide over 21 miles of hiking paths. The Lenape Trail (D1-A17) runs the length of the Reservation. It is a southern extension of the 130-mile Liberty-Water Gap Trail ([www.libertygap.org](http://www.libertygap.org)) which connects five counties in northern New Jersey.

## Woods Roads

Twenty-seven miles of broad, gravel, rock and dirt "roads" are popular for jogging, walking, and cross-country skiing.



Woods Road

## Fishing

Diamond Mill Pond (C2) and the West Branch of the Rahway River are stocked by the NJ Division of Fish & Wildlife. A state fishing permit is required. For information, visit the Division at [www.state.nj.us/dep/fgw/](http://www.state.nj.us/dep/fgw/).

## Picnicking

Nine picnic areas with tables and fire grates are available; Summit Field, Oakdale, Turtle Back, and Mayapple Hill being the largest ones. Cherry Lane and Brookside Drive provide vehicular access to interior picnic areas, while Crest Drive leads to Summit Field (E6). For groups over 20, call (973) 268-3500 to obtain a permit from the Department of Parks, Recreation and Cultural Affairs.



Turtle Back Picnic Area (E13)

## Richard Codey South Mountain Arena (C13)

The Arena houses two year-round ice skating rinks and has an adjoining parking facility. Both public skating and skating lessons are offered. The former hockey training facility of the New Jersey Devils is located here. Call (973) 731-3828, or go to [www.essex-countynj.org](http://www.essex-countynj.org) for information.

## Turtle Back Zoo (D13)

Covering about 15 acres, the zoo is home to over 500 animals and 75 species including black bear, cougar, bison, and eagles. Facilities include a reptile house, petting farm, the Turtle Back Junction Train that runs into the Reservation, an amphitheater, food court, picnic area, playground, education center, carousel, and gift shop. The Zoo is open every day (weather permitting) and holds special events throughout the year. For hours and rates, call (973) 731-5800 or visit [www.turtlebackzoo.com](http://www.turtlebackzoo.com).

## South Mountain Recreation Center (C12 - C13)

This new complex offers an African-themed miniature golf, a restaurant, overflow parking for the zoo (with a shuttle to it), and (in the future) a boathouse.

## Dog Park (E5)

The 2-acre dog park offers separate fenced in areas for large and small dogs to exercise. Water for dogs and people, an owner "observation" shed, and "time out" pens for unruly dogs are available. Owners must pick up after their dogs.



Dog Park

## Wildflower & Forest Preserve (E5)

This 14-acre enclosure is the largest of 42 forest regeneration sites and the only one open to the public. Cultivated with 26,000 native species, it will generate seeds to restore the surrounding forest understory. The preserve includes interpretive trails and a meadow that attracts hummingbirds and butterflies. Dogs are prohibited.

## Boy Scout (C10) and Girl Scout (E8) Camping Area

The Boy Scout camp area at C10 is out of use though remnants of the encampments remain. The Girl Scout camp at E8 is used by regional troops and has a number of cabins accessible off South Orange Ave. available by permit only.

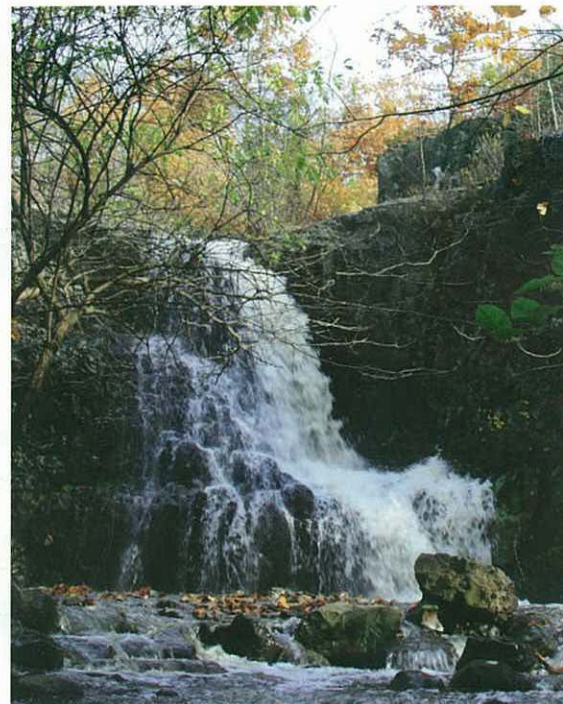
**Thanks to:** Peter Cascio for creative direction and digital execution; Joe Lanzara of the Essex County Department of Parks and Cultural Affairs for drawing the original version; and Greg Koch, Neil DiBernardo, Dave Hogenauer and Dennis Percher for field work. Pictures by D. Percher. Project coordination by Andrew Joyce and Glenn Butcher.

**South Mountain Conservancy** is a 501(c) (3) non-profit, volunteer organization dedicated to preserving and protecting the South Mountain Reservation and promoting its wise use through education and public service. Founded in March 2000, it works in concert with the Essex County Department of Parks and Recreation. For more information on its mission, guided hikes, volunteer activities, supporting its programs, and how to get a copy of this map, visit the Conservancy website at [www.somocon.org](http://www.somocon.org), or write PO Box 273, S. Orange, NJ 07079.

# SOUTH MOUNTAIN RESERVATION

ESSEX COUNTY, NEW JERSEY

## TRAIL MAP



Hemlock Falls (D8)

 **South Mountain Conservancy**  
Preserve • Promote • Partner

A Non-Profit Corporation  
P.O. Box 273, South Orange, NJ 07079  
[www.somocon.org](http://www.somocon.org)

May 2010

© 2010 by the South Mountain Conservancy. All rights reserved.



# RESERVATION HISTORY AND RESOURCES



## A Unique Asset

The South Mountain Reservation, the largest park in the Essex County Park System, is a unique 2,110-acre public land. Endowed with hills, rivers and wetlands the Reservation has been preserved primarily in its wild state. Numerous trails and overlooks offer inspiring scenery: vistas of New York City, a dramatic 25-foot waterfall at Hemlock Falls, the cascade of Maple Brook in the deep woods, and millponds, streams, and open fields in the interior valley. The Reservation also surrounds a reservoir owned by the City of Orange. After more than 100 years, it remains a green island in the midst of the sea of urbanization.

## Early History

Behind South Mountain's scenery are local events woven into the fabric of American history. The presence of the early Lenape Indians lingers in the name given to the Watchung ridges of New Jersey that form the reservation's eastern and western boundaries. To the Lenape, the Watchung were "the high hills". By colonial times, sawmills were flourishing on the Rahway River meeting the demands of the logging industry.

During 1779-80, the Revolutionary War was centered here. The eastern ridge, with its easily defended passes, protected the Continental Army's encampment at Morristown and afforded observation posts. Washington Rock Lookout was the location of Beacon Signal Station 9, one of the 23 beacons built by General Washington to observe the movement of British troops quartered on Staten Island and Manhattan. It was from this lookout that, on June 23, 1780, Essex County and Newark militias were first warned that the British had launched an attack westward. In a pincer movement designed to gain access to Hobart Gap, Hessian troops fought bitterly along Vaux Hall Road while the British advanced along Galloping Hill Road before being repelled. Washington Rock served again as the lookout for the Army when reactivated during the War of 1812.



Washington Rock and Lookout (D2)

By the 1790's, paper was in growing demand. Samuel Campbell, a Scottish immigrant, was the first to dam the Rahway River to establish a paper mill. Campbell's Pond (B3) carries his name. By the 1820's, the Diamond Paper Mill Company had dammed the river to sluice water to their mill, which was located at the current site of the Paper Mill Playhouse in Millburn.

## Bramhall's Vision Becomes An Olmstead Park

The Essex County Park Commission was permanently established in 1895 as the first such commission in the nation and soon began purchasing private lands for the purpose of forming the Reservation. Most of the land had not been cultivated for agriculture because of the rocky and uneven terrain, but consisted of "wood



Bramhall Terrace (F6)

lots" cleared to supply timber to the paper mills. It took decades to complete all purchases and develop the Reservation into its current size and condition. George W. Bramhall (of South Orange) and the early Park Commission hired Olmstead's firm who issued their first report in January 1895.

South Mountain Reservation was the last public work to receive the attention of Frederick Law Olmsted, the father of landscape architecture in the U.S. Olmsted believed in nature's restorative power to heal and inspire people living in an alien city environment. Seeing the beautiful parks of England and France, he became a vigorous advocate for city parks. As he did with New York's Central Park, Olmsted's intent was to make woodland beauty available to all people. Among the benefactors of this movement was Essex County.

## From Initial Planting to Current Restoration

To increase the variety of vegetation, the forest was judiciously thinned according to plans developed by the Olmsted Brothers firm, with Olmsted's stepson, John C. Olmsted, doing most of the design work. Massive plantings of mountain laurel, wild azalea, dogwood, and rhododendron were set out. Hemlocks, white pine, various oaks, tulip trees, beech and other evergreens were reintroduced. Much of the construction work — trails, footbridges, and shelters — was carried out by the Civilian Conservation Corps (CCC) in the 1930's. The CCC's main encampment was at the current Turtle Back Picnic Area. (See "The History of the South Mountain Reservation," a slide show at the Conservancy Web site, [www.somocon.org](http://www.somocon.org).)

When the Commission was abolished in 1979, a newly created Department of Parks, Recreation, and Cultural Affairs within the County government assumed its responsibilities. Increasing budgetary constraints, however, limited maintenance and improvements.

In 1998, Essex County voters approved a one-percent County tax for improving the County parks and preserving open space. In 2005, these funds along with matching State Green Acres grants were used for trail reconstruction as part of

a series of improvements. That same year, a comprehensive assessment and restoration plan, championed by the South Mountain Conservancy, was completed by the County to identify problems and direct efforts toward needed improvements, maintenance and forest management.

In 2009 these funds helped launch an unprecedented 20-year forest regeneration program championed by the Conservancy to restore the understory vegetation decimated by the browsing of an overabundant white-tailed deer population. By planting 48,000 native species protected in 42 fenced enclosures scattered throughout the Reservation, the program aspires to slowly restore the aging forest as the deer population is reduced to ecologically sustainable levels. That same year, these funds were again used to expand the Reservation by 63 acres in West Orange allowing the extension of the Lenape Trail north to the Lenape/ Liberty-Gap Trail.

## Natural Resources of the Reservation

South Mountain Reservation is located in the Newark Basin within the Piedmont Physiographic Province. The First and Second Watchung Mountains form the main Northeast-Southeast oriented ridges in the park. The West Branch of the Rahway River runs between these ridges and is dammed in several places to form a reservoir and several small ponds. It provides water for local wildlife and fish, as well as an abundance of aquatic macroinvertebrates. Bedrock, just below the mostly Boonton-type soil, can be seen as it emerges in many places. The famous Turtle Back Rock (D14) dates back 200 million years when lava cooled and cracked into polygons creating huge columns. What we see are the turtle-like markings at the top of the mostly buried columns.



Turtle Back Rock (E14)

The Reservation contains a great variety of plant species. In general, the vegetation is of the mixed oak forest region of the eastern deciduous forests. Red and white oak and American beech inhabit the well-drained areas while maple-leaf viburnum is the dominant shrub. Winged euonymus, Japanese barberry, and Japanese knotweed are invasive understory shrubs in these areas. Chestnut oak is important on some of the drier slopes while the tulip tree thrives on the moister slopes. Red maple, spicebush and witchhazel shrubs are increasing in the poorly drained areas. Wildflowers struggle to exist among encroaching weeds, deer and invasive shrubs.

The Reservation's forest is critical to dozens of species of migratory songbirds such as warblers, vireos, and thrushes. Species such as the Northern Cardinal and pileated woodpecker are year-round residents. Other common species of wildlife that find a home here include deer, raccoons, foxes, turtles, squirrels, rabbits, and wild turkeys.

Note: Letters and numbers (e.g. B2) next to locations refer to their grid coordinates on the map.