

MILES

(Horizontal scale has been exaggerated 2:1 for clarity.)

Numbers on map are keyed to hike descriptions on other side!

LEGEND

- Public Restrooms
- Parking Area
- Parking Fee (In-Season)
- Picnic Area
- Building or Structure
- Hiking Trail
- View Point
- Bus Stop
- Improved Road
- Unimproved Road
- Hiking Trail
- Stream
- Cliff Edge

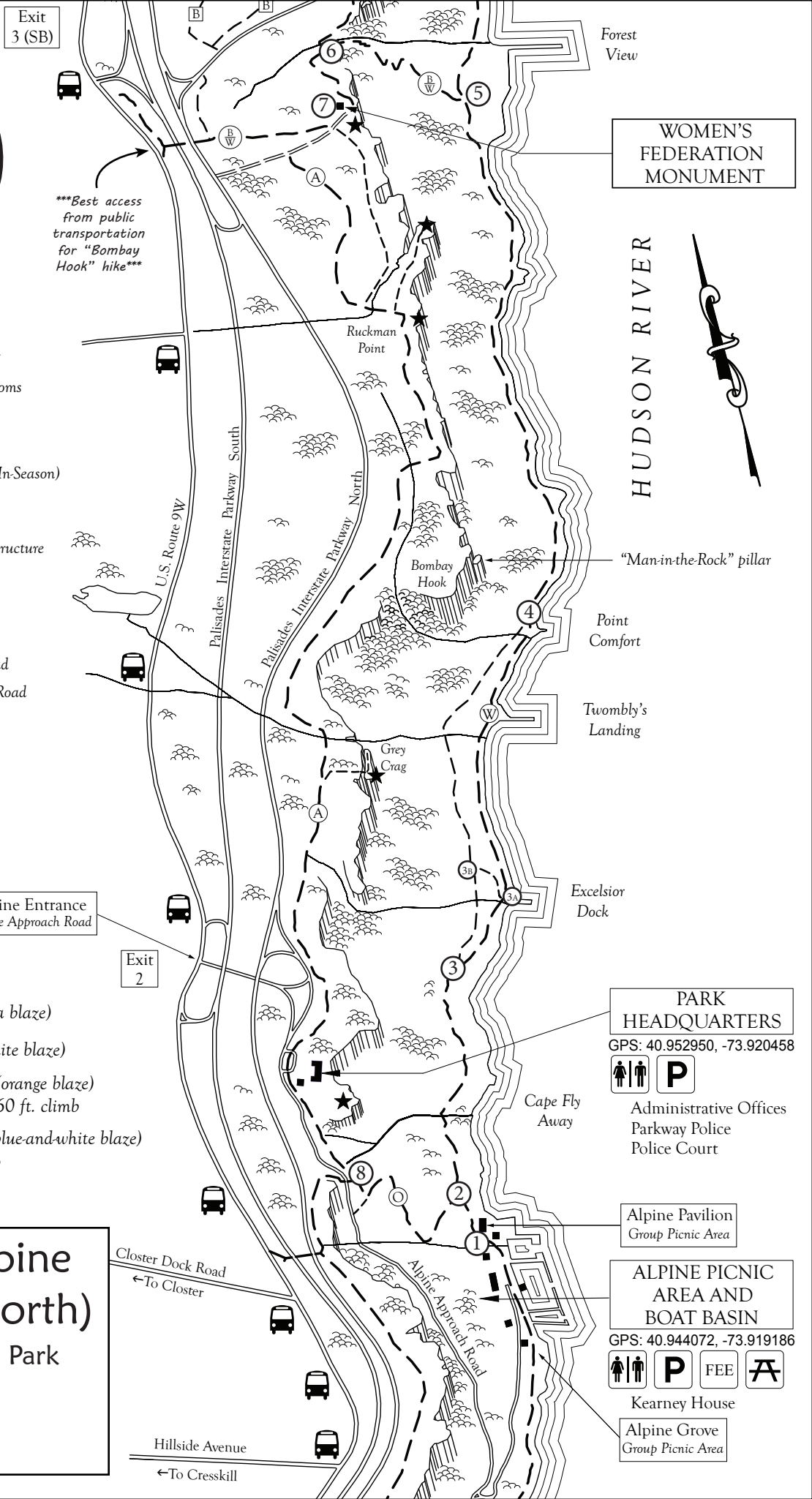
TRAILS

- (A) LONG PATH (aqua blaze)
- (W) SHORE TRAIL (white blaze)
- (O) Closter Dock Trail (orange blaze)
Moderate-Steep: 360 ft. climb
- (B/W) Forest View Trail (blue-and-white blaze)
Steep: 520 ft. climb

Hiking at Alpine Picnic Area (north)

Palisades Interstate Park
in New Jersey

EMERGENCY:
201-768-6001



Best access from public transportation for "Bombay Hook" hike

WOMEN'S FEDERATION MONUMENT

HUDSON RIVER



"Man-in-the-Rock" pillar

Point Comfort

Twombly's Landing

Excelsior Dock

PARK HEADQUARTERS

GPS: 40.952950, -73.920458



Administrative Offices
Parkway Police
Police Court

Alpine Pavilion
Group Picnic Area

ALPINE PICNIC AREA AND BOAT BASIN

GPS: 40.944072, -73.919186



Kearney House

Alpine Grove
Group Picnic Area

Exit 3 (SB)

Exit 2

Closter Dock Road
←To Closter

Hillside Avenue
←To Cresskill

10

9

8

7

TIPS FOR HIKERS

Perhaps because of our proximity to New York City, many first-time Palisades hikers are surprised at how rugged our trails can be. Please be prepared! Some tips:

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.

Wear sturdy, comfortable shoes that are not brand new. Ankle support is crucial. Shoes not broken in can cause blisters.

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.

Dress or pack for all possible weather conditions forecasted for that 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.

Look out for poisonous snakes. The copperhead is relatively common here, if seldom seen. Snakes tend to be shy, so watch your step—and don't reach where you cannot see. **THESE ANIMALS ARE PROTECTED BY LAW.**

Your dog is welcome to enjoy our trails with you, but must be leashed at all times. Please clean up after your pet.

The steepness and erodability of our trails make them unsuitable for bicycles. Violators are subject to fine.

Accident, fire, emergency: 201-768-6001

njpalisades.org



New Jersey

Revised Summer 2017

The numbers in these descriptions are keyed to the map on the other side.

CAPE FLY AWAY HIKE

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

- ① Begin this hike at the north end of Alpine Picnic Area, where the Shore Trail (white markers) goes uphill behind Alpine Pavilion. Head up this trail north about 500 feet to where it levels off.
- ② Pass the beginning of 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...

Easy. About 1.5 mi., 1 hr. round-trip.

Start by using the directions above.

- ③ At the Upper Trail split, turn 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., 5 hrs. round-trip.

- ④ Using the Cape Fly Away directions, continue north from where the Upper Trail and the Shore Trail come together again.
- ⑤ In about 2 mi. you will arrive at 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 Heading 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.

*****THIS MAKES THE BEST START/END POINT IF YOU COME BY PUBLIC TRANSPORTATION TO THE FOREST VIEW TRAILHEAD (ADJUST ROUTE DESCRIPTION ACCORDINGLY)*****

Stay on the Long Path south from here for about 2 mi., passing several good viewpoints and 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.