Hiking Trails

Accessible from
Englewood Picnic Area &
Boat Basin, Ross Dock,
and
Fort Lee Historic Park
Palisades Interstate Park
in New Jersey
njpalisades.org
201-768-1360

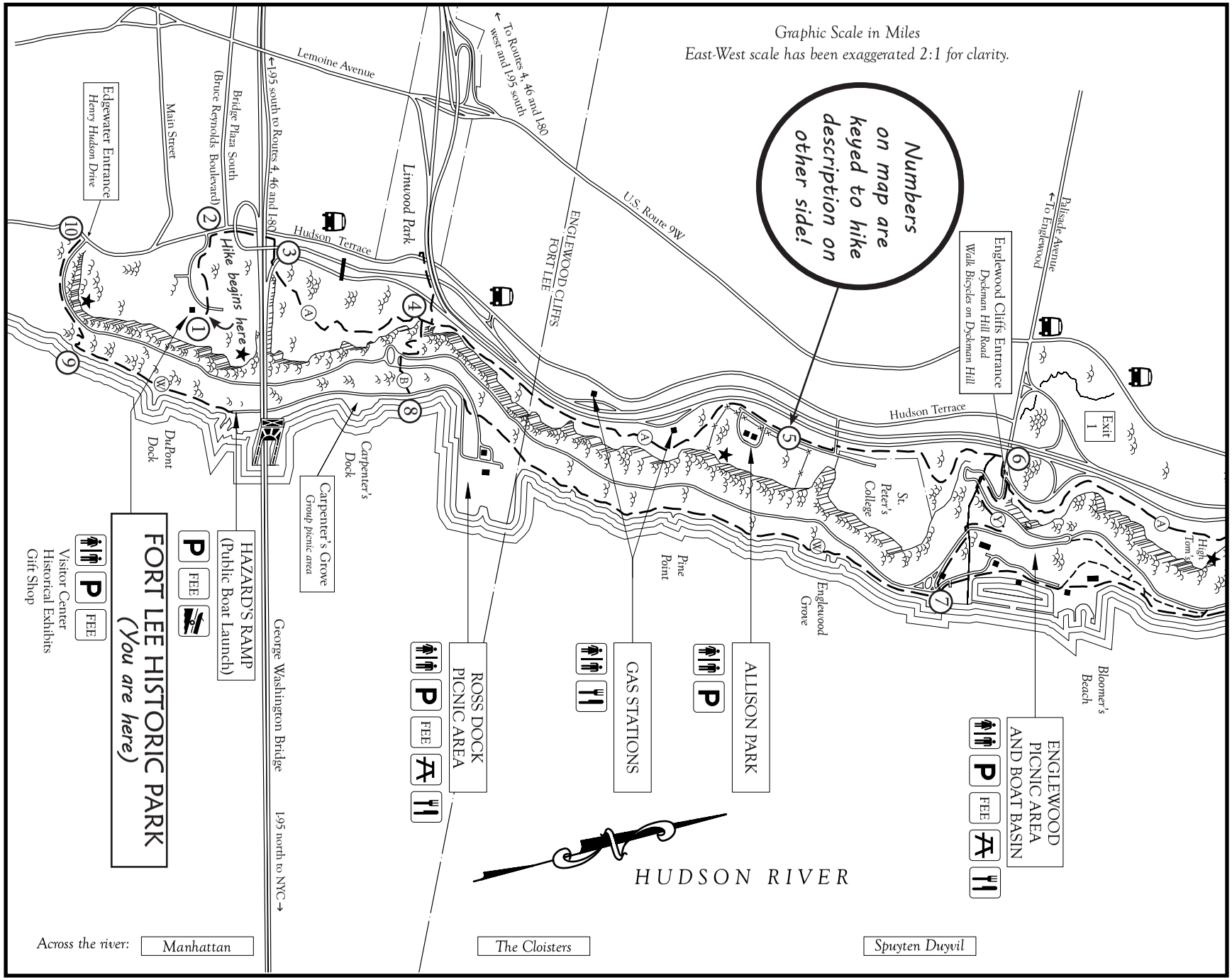
Emergency: 201-768-6001

TRAILS

- Ⓐ LONG PATH (aqua blaze)
- Ⓦ SHORE TRAIL (white blaze)
- Ⓑ Carpenter's Trail (blue blaze) Steep: 320 ft. climb
- Ⓨ Dyckman Hill Trail (yellow blaze) Moderate: 340 ft. climb

LEGEND

- Public Restrooms
- Parking Area
- Parking Fee (In-Season)
- Picnic Area
- Food, Drinks, and Snacks (Seasonal only at picnic areas)
- Boat Launching Ramp
- Building or Structure
- Hiking Trail
- Cross-Country Ski Trail
- View Point
- Bus Stop
- Improved Road
- Unimproved Road
- Hiking Trail
- Stream
- Boundary
- Fence
- Cliff Edge



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 repellant 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 kept on a leash 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

Palisades Interstate Park Commission

New Jersey

Revised Winter 2017

Fort Lee Historic Park Hike

Moderate. About 5.5 mi., 2.5 hrs. round-trip.

(The numbers in this description are keyed to the map on the other side.)

1. Find the trailhead just outside the Visitor Center. Take the Long Path (aqua markers) down the steps alongside the Historic Park entrance road.
2. At Hudson Terrace turn right (north) to walk on the sidewalk beneath the roadways that go onto the George Washington Bridge.
3. On your right (east), find where the Long Path goes up a series of steel steps and into the woods. Stay on the Long Path as it goes north.
4. In about 0.5 mi. the Long Path will cross Carpenter's Trail (blue markers).

> For a shorter hike, you can turn right (east) on Carpenter's Trail and take this steep trail down to the river. At the bottom, turn right (south) on the Shore Trail (white markers) and follow the route from 8, below.

5. After about 1 mile, the Long Path will pass Allison Park (restrooms and great views here) and follow along a road. Just past the overpass look for where the trail goes up and alongside St. Peter's College (private property).
6. When you come out of the woods at Palisade Avenue, turn right (east) and at the park entrance, cross the road to pick up Dyckman Hill Trail (yellow markers). Follow this as it zigzags down the mountain along a stream to Englewood Picnic Area & Boat Basin.
7. Use caution to cross the road and at the bottom, turn right (south) onto the Shore Trail (white markers) and take it south through Ross Dock Picnic Area.
8. South of Ross Dock you will pass the bottom of Carpenter's Trail. Continue south on the Shore Trail.
9. In about a mile the Shore Trail will turn right (west) and ascend on stone steps to the summit.
10. At the top turn right (north) and take the multi-use path back to the Historic Park entrance 2, and take the walkway back to start. You're done! Great job!