

## Jersey Journey

Travel to the Northwest corner of New Jersey where the black bears and bald eagles reign! This trip features day trips of hiking, rock climbing, whitewater rafting, and mountain biking. Bonus activities include visiting an ostrich farm, swimming in a glacial lake, and shopping in the local touristy town of Jim Thorpe. Experience everything the Delaware Water Gap and Lehigh Valley has to offer and more!

Day	Activity	Location	Camping Location at Night
Sunday	Arrival/ Teambuilding	Camp Fitch	Camp Fitch #
Monday	Drive/ Begin Hike	Delaware Water. Gap	Catfish Fire Tower Campsite
Tuesday	Hike	Appalachian Trail	Catfish Fire tower Campsite
Wednesday	Climb	Rick's Rocks	Mauch Chunk Lake#
Thursday	Raft	Lehigh River PA	Mauch Chunk Lake#
Friday	Mountain Bike	Switchback Trail	Camp Fitch #
Saturday	Pick up	Camp Fitch	

Day	AM	PM	EP	Notes
Sunday		Arrive/ Teambuilding	TBD	
Monday	Drive to Delaware Water Gap		Make camp at Catfish Mt.	Frank's Pizza
Tuesday	Ostrich Farm and then Hike the Appalachian Trail		Crater Lake Swim	
Wednesday	Climbing at Rick's Rocks		Drive to Jim Thorpe, PA	Swim in Lake if time.
Thursday	Kayak Lehigh River		Shop and Explore in Jim Thorpe	Ice Cream
Friday	Mountain Bike Switchback Trail		Drive Back to Camp Fitch	Dinner on road.
Saturday	Parent Pick Up			



## History

- The Delaware River makes up the boundary of New Jersey and Pennsylvania. Both the Delaware and the Lehigh Rivers were formed by glaciers in the last Ice Age. Both rivers flow through Philadelphia and exit in the Atlantic Ocean.
- George Washington crossed the Delaware River on Christmas Day 1776 south of the gap during the American Revolution. The gap is a result of the southernmost glacier trying to squeeze its way over the Kittatinny Ridge which runs through Eastern Pennsylvania and Western New Jersey.
- In 1962 a dam was planned to create a lake for management of hurricanes. People were forced to move, and towns were bought by the government. When the dam was not made due to diverse environmental factors, including snails found nowhere else in the world, the project got shut down and the area became a national recreational area and is closer and closer to becoming a National Park. Commercial Logging and Fishing are the only things preventing it.
- The Lehigh River was dammed with several locks, levees, and low head dams to prevent the flooding of towns such as Jim Thorpe. Just like the whitewater rivers of the southeast controlled by dams, the low water levels allow the river to show its whitewater whereas if it was not dammed, it would be one flat pool like the lower Delaware.
- The Switchback trail we will be biking on is an old railroad bed like the Virginia Creeper Trail on the Grayson Highlands trip. In the old days, it was used to transport coal mined to the Lehigh River (before it was dammed) to float down to Philadelphia.
- Jim Thorpe is the new name of the town by the Lehigh River. The old name was Mauch Chunk. Mauch Chunk means “place of the sleeping bear” in a Native American language. The town was renamed Jim Thorpe in 1953 after the death of a beloved citizen who was an Olympian.
- The town also loves its athletes as a church nearby is called Immaculate Conception, a play on words for the famous Immaculate Reception by Steelers player Franco Harris, who grew up in Fort Dix, NJ and played football in around the Jim Thorpe, PA area. Obviously, the church name plays meaning to Jesus Christ and the Virgin Mary- but the town had fun with it.