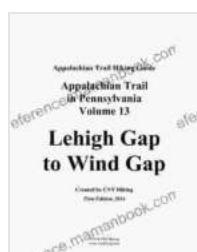


Appalachian Trail in Pennsylvania: Hiking Guide from Lehigh Gap to Wind Gap

The Appalachian Trail (AT) is a legendary hiking trail that stretches over 2,190 miles from Georgia to Maine. In Pennsylvania, the AT traverses the state's eastern counties, offering hikers a diverse range of landscapes and experiences.



Appalachian Trail in Pennsylvania Hiking Guide - Lehigh Gap to Wind Gap by Darren G. Burton

★★★★★ 5 out of 5

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Screen Reader : Supported
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This guide will focus on the section of the AT from Lehigh Gap to Wind Gap, a distance of approximately 27 miles. This section of the trail is characterized by rolling hills, lush forests, and stunning views of the Delaware Water Gap National Recreation Area.

Trail Description

The AT from Lehigh Gap to Wind Gap begins at the Lehigh Gap Trailhead, located just off PA Route 145. The trail immediately ascends Little Gap,

gaining 600 feet in elevation over 1.5 miles. From the summit of Little Gap, the trail continues along a ridge with gradual ups and downs, passing through hardwood and hemlock forests.

At 5.8 miles, the AT intersects the Blue Mountain Lakes Trail, which leads to the stunning Blue Mountain Lakes. The trail then continues through more forest, with occasional views of the Delaware River and the Kittatinny Mountains. At 11.2 miles, the AT reaches Bake Oven Knob Shelter, one of the few shelters on this section of the trail.

Beyond Bake Oven Knob, the AT continues along the ridge, passing through more forest and over several smaller peaks. At 18.5 miles, the trail descends into the scenic Dunnfield Creek valley, where it crosses the creek and begins a gentle climb out of the valley.

The final stretch of the trail to Wind Gap is relatively flat and easy, passing through forests and fields. At 26.9 miles, the AT reaches the Wind Gap Trailhead, located just off PA Route 33.

Elevation Profile



The elevation profile of the AT from Lehigh Gap to Wind Gap is relatively moderate, with a total elevation gain of approximately 4,000 feet and a total elevation loss of approximately 3,500 feet. The steepest climb is the initial ascent of Little Gap, while the most significant descent is into the Dunnfield Creek valley.

Campsites

There are several designated campsites along the AT from Lehigh Gap to Wind Gap:

- Appalachian Trail Shelter at Little Gap (mile 1.5)

- Bake Oven Knob Shelter (mile 11.2)
- Pine Grove Furnace State Park Campground (mile 13.5)
- Dunnfield Creek Primitive Campsite (mile 18.5)

In addition to these designated campsites, there are numerous dispersed camping opportunities along the trail.

Points of Interest

The AT from Lehigh Gap to Wind Gap offers several notable points of interest:

- **Lehigh Gap:** The starting point of the hike, Lehigh Gap is a scenic gorge that was created by the Lehigh River cutting through the Kittatinny Mountains.
- **Little Gap:** The first major climb on the hike, Little Gap offers stunning views of the Delaware Water Gap National Recreation Area.
- **Blue Mountain Lakes:** A series of three beautiful lakes located just off the AT. The lakes are a popular destination for swimming, fishing, and camping.
- **Bake Oven Knob:** A prominent peak along the ridge, Bake Oven Knob offers panoramic views of the surrounding mountains and valleys.
- **Dunnfield Creek Valley:** A scenic valley that the AT crosses. The valley is home to a variety of plant and animal life, including deer, turkey, and black bears.
- **Wind Gap:** The endpoint of the hike, Wind Gap is a small town that offers a variety of amenities for hikers, including restaurants, lodging,

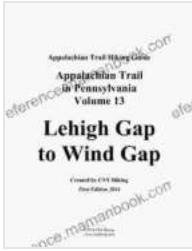
and a grocery store.

Planning Your Hike

When planning your hike from Lehigh Gap to Wind Gap, consider the following:

- **Distance:** The total distance of the hike is approximately 27 miles.
- **Elevation Gain:** The total elevation gain is approximately 4,000 feet.
- **Elevation Loss:** The total elevation loss is approximately 3,500 feet.
- **Trail Conditions:** The trail is generally well-maintained, but there may be some rough sections, especially after rain or snow.
- **Water Sources:** There are several water sources along the trail, but it is always a good idea to carry extra water, especially during hot weather.
- **Camping:** There are several designated campsites along the trail, as well as opportunities for dispersed camping.
- **Resupply:** The only resupply point along this section of the trail is Pine Grove Furnace State Park Campground, which is located at mile 13.5.

With its stunning scenery, moderate elevation profile, and abundance of amenities, the AT from Lehigh Gap to Wind Gap is a perfect section of trail for hikers of all levels. Whether you're looking for a day hike, a weekend backpacking trip, or a longer thru-hike, this section of the AT offers something for everyone.



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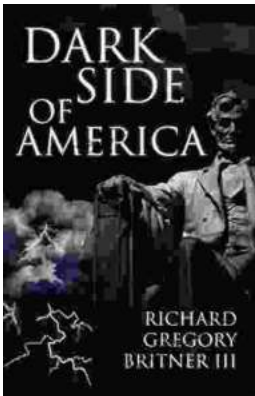
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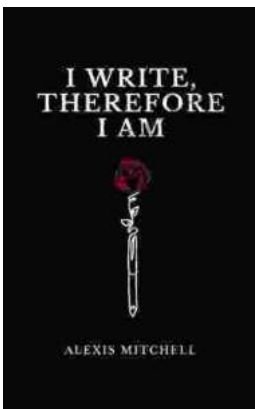
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