

**Delaware River Water Trail at Worthington** From the boat launch, turn right to proceed upriver. There is no marked trail, but a suggested route is drawn on the map. You can stop off on the rocky shorelines of Woodcock Bar and have a rest and a picnic before returning to the boat launch.

Going beyond Woodcock Bar is not recommended. The return trip is faster because you're paddling with the current. When the resort becomes visible (downstream and to your right) look for the boat launch on your left. Please don't proceed further downstream from boat launch because currents are strong.

## BIRDS

**Bald eagles** are easily identified by their white heads and tails and 7-foot wingspans. These majestic birds of prey nest along the Delaware River. Their diet consists of fish, carrion and rodents.



**Belted kingfisher** may be seen perched on branches at the water's edge or swooping between two vantage points as they hunt for small fish, crayfish and frogs. Their call is a characteristic loud chattering.



**American wood duck** are small ducks that nest in tree holes at the water's edge. While the males are boldly colored, females blend in to the browns of their surroundings. They eat seeds, plants and invertebrates.



**Great blue heron** may be seen in shallow waters stalking their prey, which they catch with a stab of their long yellow bills. These large wading birds stand close to 4 feet tall and eat a variety of food including fish, frogs, rodents, crustaceans and small birds.



## MAMMALS

**American black bear** roam throughout the forest and occasionally cross the river. Typically shy of humans, they are solitary and usually active at dawn and dusk. In January, females give birth to one to three cubs while in torpor (deep rest) in their winter dens.



**White-tailed deer** have highly developed senses of smell, sight and hearing. When alarmed, they try to sneak away quietly. If that doesn't work, they quickly run away, raising their tails as a large warning signal for other deer.



**Muskrats** have thick, brown waterproof hair and a long, naked tail. They live in or near marshes, lakes and ponds. Their diet consists of fish, clams and plants.



## PLANTS & MUSSELS

**Eel grass** is a slender-leaved plant that grows under the water. It provides shelter to young fish and produces oxygen that is released into the river.



**Mussels** feed by sucking in and filtering water, trapping food, dirt and other pollutants. They then discharge clean water back into the Delaware River.



**Purple loosestrife** is a beautiful but invasive plant, growing in many locations along the shoreline.



## Delaware River Fun Facts

- The Delaware River originates in New York State and runs 419 miles to its end where the Delaware Bay meets the Atlantic Ocean between Delaware and New Jersey.
- For 253 miles, the Delaware River separates Pennsylvania and New Jersey.
- The Delaware Bay is 134 miles long from the falls at Trenton to the Atlantic Ocean.
- Delaware Bay is home to the world's largest horseshoe crab population!
- There are 62 islands along the river.
- About 4% of the USA population relies on this river for their water needs.
- There more than 40 tributaries that feed the Delaware, including the Paulin's Kill, Pequest and Musconetcong Rivers.

## RIVER FISH

**Muskellunge** is also known as the Musky. Typically 28" – 48" long and weighing 15 – 36 lbs, this fish is the largest member of the pike family. They eat fish, frogs, ducklings, snakes and small mammals.



**Small mouth bass** are in the sunfish family and are usually brown but can be black or green. They are a popular game fish for anglers with females weighing as much as 6 lbs and males around 2 lbs.

**American shad** spend most of their time in the Atlantic Ocean but swim upriver to spawn. Adults weigh between 3 lbs and 8 lbs, with females being highly prized for their roe (eggs). Shad eat plankton, shrimp and fish eggs.



## WORTHINGTON STATE FOREST

# DELAWARE RIVER WATER TRAIL at WORTHINGTON



## Delaware River Water Trail at Worthington

Welcome to Worthington State Forest and the self-guided river trip along the Delaware River Water Trail. River trips begin at the boat launch located behind the forest office and proceed upriver to Woodcock Bar and back. The round trip takes approximately two hours, depending on river current, wind and the paddler's ability.

Along the way you may encounter a few of the common plants and animals highlighted in this brochure. Please respect the wildlife and keep a safe distance.

## Vessel Rentals

As conditions permit, canoes, kayaks and stand-up paddleboards, including paddles and lifejackets, are available to rent for self-guided, interpretive tours.

**Maximum rental time: 2 hours**  
*Late returns incur a late fee.*

Please contact forest office for prices, availability and reservations: 908-841-9575.

If you have your own canoe, kayak or stand-up paddleboard, you can put in at the boat launch behind the forest office free of charge.

## Rules & Safety

### Life Vests

In accordance with New Jersey Boating Regulations, a U.S. Coast Guard approved personal flotation device must be worn at all times while on the water.

**DO NOT STAND UP IN THE BOAT.**

### If you capsizes

Swim (do not walk) to shore. Be aware of obstacles below the water, like branches and slippery rocks.

### Hand signals

Hand up with palm out means STOP! Tap fingers to your head to ask if someone else is OK.

**SWIMMING IS NOT PERMITTED.**

### Keep Your Forest Clean

You can help us keep the forest clean and beautiful by carrying out the trash you carry in.

**EMERGENCY: 1-877-WARN-DEP (1-877-927-6337) OR 911**



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This brochure is funded by Federal Highway Administration's Recreational Trails Program through the New Jersey Department of Environmental Protection.

## INTERPRETIVE TRAIL GUIDE