

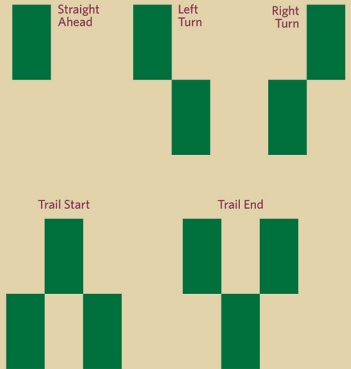
# High Mountain Trail Map



## HOW TO READ A TRAIL BLAZE

Ever wonder what are those rectangles painted on the trees?

These are trail blazes and they function as a way of guiding people through the wilderness without causing significant impact to a park's natural appearance. As you get further into the backcountry, the ability to read these symbols will become crucial in making it to your destination and, most importantly, finding your way back. Here's how:



The Nature Conservancy



Natural Lands Trust  
*Land for Life*



Trails in this park are maintained by volunteers through the New York-New Jersey Trail Conference. Learn more about volunteering at [njtc.org](http://njtc.org).

