



Frog Rock

Stone Road parking ---->

N  
W + E  
S

B/Y W

4 mi

W

B/Y

Stone Road

W/R

W/R

W/R

W/B

W/B

2 mi

W/B

Blue Trail Junction ---->

W

W/G

W/G

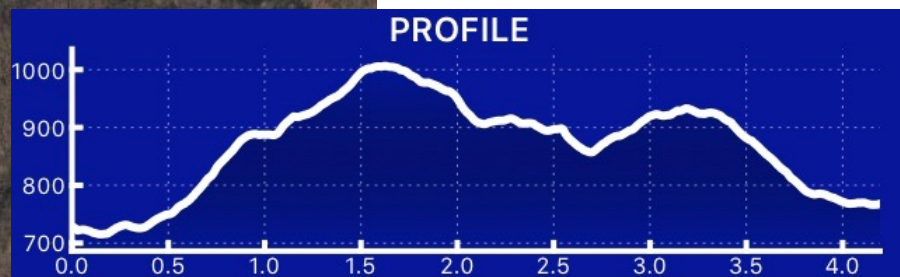
3 mi

W

W/G

--- = connecting trail

Red Trail junction



Hike / Bike

## Patriot Trail:

Class 1

4.2 miles

860' vertical

2.0 hours hiking

100% bike trail

The original bike trail marker is a painted white rectangles. The newer bike trails have blue or red added. Hiking trails now have blue plastic rectangles & most have a second color at the base. Hikers should respect the bike trails by stepping aside to allow any bikers to pass.

This loop hike follows the red, white, and blue mountain bike trails for a significant distance, hence its name. The order, however, is not in the traditional sequence. The hike begins from the 10 car parking lot ( 41.755306, -72.939944 ) on Stone Road just south of the junction with George Washington Turnpike. At the south end of the lot, you will see a NEMBA trail kiosk for the bike trails. Follow the White trail ( W ) bearing left passing the kiosk to head south. The W trail will parallel Stone Road for a short distance and reach the junction with the Blue/Yellow ( B/Y ) hiking trail at 0.5 miles. Continue on the W trail to the sign at the junction with the White/Red ( W/R ) bike trail at 0.7. Turn right to ascend on the W/R. At 1.1 you will see on your right sections of the Nassahegan State Forest that was logged in 2003 and 2020. Turn left at the junction sign for the White/Blue ( W/B ) bike trail at 1.5 miles. Follow the W/B gradually downhill to the junction with the W trail at 2.5 miles. The W trail makes a hairpin turn here, so be sure to bear left and not downhill. At 2.7 miles continue straight on the W trail across the White/Green ( W/G ) bike trail. Glacial erratics are fairly common on this hike, but Frog Rock has a very unique shape. At 3.5 miles you return to the junction sign for the W/R. Continue on the same W trail you started with to return to your car.

*Hiking on bike trails improves your skills, since bike trail markers can be very far apart, you have to really focus on following the tread left by others.*

Alan M Perrie

11 - 1 - 21