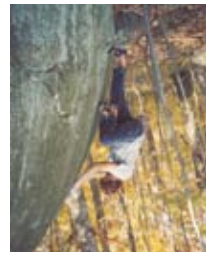




Natural Resources

The Sourland Mountain Preserve is extremely rich in natural resources. It is a natural area that boasts a variety of stream corridors, geologic outcrops, and an ecological preserve that provides a core habitat for a diversity of plant and animal species.



Whether you are a person seeking solitude, or someone who is bringing their family for a day of fun, Sourland Mountain Preserve has something for the outdoors person in all of us.

The Sourland Mountain Preserve offers several recreational opportunities in an undisturbed natural setting, including hiking, mountain biking, bird watching, bouldering and horseback riding.

The name Sourland is believed to be derived from "sorrel-land" which describes the sorrel (reddish-brown) colored soils encountered by the pioneering German farmers.

The Preserve occupies a portion of the northeast "point" of the Sourland Region, which stretches southwest across Hillsborough and Montgomery Townships through southern Hunterdon and northern Mercer counties to the Delaware River.

The 4,000 acre Sourland Mountain Preserve is County owned and administered by the Somerset County Park Commission. The Preserve provides passive recreational opportunities in an undisturbed natural setting.



Sourland Mountain Preserve

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Welcome to the Sourland Mountain Preserve



Somerset County Park Commission

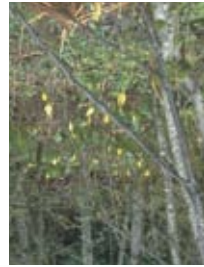
The Sourland Mountain Preserve region performs an important regional water quality function. High quality water flows within the headwaters that originate on the mountain before traveling into other areas of central New Jersey. That water dilutes the affects of downstream pollution and maintains stream flow and the biotic communities supported by these streams.



Hydrology

The Sourland Mountain Preserve region performs an important regional water quality function. High quality water flows within the headwaters that originate on the mountain before traveling into other areas of central New Jersey. That water dilutes the affects of downstream pollution and maintains stream flow and the biotic communities supported by these streams.

The Sourland Mountain Preserve is located in the Piedmont Province, one of five physiographic provinces in New Jersey. The Piedmont in New Jersey covers approximately one-fifth of the state, occupying most of Somerset County. In the area of the Sourland Mountain Preserve, the Piedmont is characterized by rolling relief to steep hillsides. The area is underlain by three major geologic formations: the Lockatong Formation, the Brunswick Formation, and the Diablas Outcrop. All of these formations are Triassic Age sedimentary and igneous rock deposited (or formed) between 150 and 180 million years ago, when the land was covered by the sea.



Geology

The Sourland Mountain Preserve offers an array of watchable wildlife including Red Fox, Gray Fox, coyote, deer, a variety of amphibians and reptiles and many species of migrating and nesting birds. The Sourlands is especially known for its nesting birds on the edges of their breeding areas including Summer Tanager, Winter Wren, and Black-Capped and Carolina Chickadees.



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- Know your physical condition.
- Choose an appropriate trail for your ability before you begin your trip.
- Share the trail. Bikes always yield to others. Hikers yield to equestrians.
- Leave no trace. Please carry out your trash.
- Stay on designated trails.
- Avoid using trails during wet conditions.
- Follow all park rules and regulations.
- Be courteous and alert.
- Be responsible.
- All trails begin and end at the Trailhead.
- Some trail intersections have a numbered wooden post as a reference point.
- Trail symbols are on the trail intersection trees and posts. Where Trail Loops overlap, the symbols of all trails involved are displayed.

Trail Tips



Somerset County Park Commission welcomes everyone to participate in its programs and facilities regardless of race, color, gender, disability, age, sexual orientation, national origin, or religious or political affiliation.

Please follow the posted park regulations so that everyone may enjoy the park. Leave flowers, plants, animals, and other features as you found them. Possessing or consuming alcoholic beverages is not permitted. Pets must be on leashes. The park is open each day from dawn until dusk, unless otherwise posted. Park Rangers are available to assist you.

Protect Your Parks



MISSION STATEMENT

The Somerset County Park Commission is committed to excellence in promoting stewardship of land and resources, providing outstanding recreation opportunities and leisure services, and fostering an environment which is service oriented and responsive to public needs.



Somerset County Park Commission

- Colonial Park • Duke Island Park • North Branch Park
- Lord Stirling Park • Green Knoll Golf Course & Tennis Center
- Quail Brook Golf Course • Spooky Brook Golf Course
- Warrenbrook Golf Course & Park • Woodfern Farm
- Sourland Mountain Preserve • Washington Valley Park
- Leonard J. Buck Garden • Watchung Mountain Greenway
- Little Brook Sanctuary • South Branch Reserve • Natirar
- Neshanic Valley Golf Course • North Branch Greenway Park
- Raritan River Greenway • East County Reserve • Chipman Tract
- Ralph T. Reeve Cultural Center • Torpey Athletic Complex

Somerset County Park Commission

PO Box 5327, North Branch, NJ 08876
www.somersetcountyparks.org

Parks	
Colonial Park Rangers	732 873-2695
Duke Island Park Rangers	908 722-7779
Environmental Education Center at Lord Stirling Park	908 766-2489
Lord Stirling Stable	908 766-5955
Natirar Rangers	908 781-2560
North Branch/Headquarters	908 722-1200
Ranger Headquarters	908 231-0802

Golf Courses	
Green Knoll	908 722-1301
Green Knoll Pitch & Putt	908 722-1302
Neshanic Valley	908 369-8200
Quail Brook	732 560-9528
Spooky Brook	732 873-2242
Warrenbrook	908 754-8402
Tee Time Reservation Service	908 231-1122

Recreation	
Colonial Park Putting Course and Paddle Boats	732 873-8585
Colonial Park Tennis	732 873-2695
Green Knoll Tennis	908 722-1303
Picnic & Athletic Field Permits	908 722-1200 ext. 225
Therapeutic Recreation	908 526-5650
Warrenbrook Pool	908 754-8404

Gardens	
Buck Garden & Wedding Photos	908 234-2677
Rose Garden & Wedding Photos	732 873-2459
Perennial Garden/ Arboretum	732 873-2459

Individuals with speech or hearing impairments may use the Relay Service at 711.

