

## Trail Notes for the AT-Sunset Rocks Hike

**Description:** This is a 8.8 mile moderate circuit hike. The first leg of the hike is repeated on the return. The hike features several modest elevation gains, pretty Tom's Run, the remains of a stone barn built by Hessians captured during the Battle of Trenton in the Revolutionary War as well as the vague remains of a WWII POW camp , Camp Michaux. The true highlights, however, have to be a 0.4 mile fun-filled rock scramble and the namesake of the hike, Sunset Rocks itself.

This hike would work well as an introductory backpacking trip since there are 2 AT shelters near the 1/2 way point. We recently added a bailout route on a logging road (Marked read on the map) if for some reason you decide not to do the rock scramble.

**Safety Note:** The rock scramble is tricky to negotiate with crevices to cross and large boulders to climb over. It is relatively difficult for a person in good shape. We strongly advise against taking Fido out on this one.

### [Google Custom Directions](#)

The hike starts at the parking lot near the AT bathrooms and picnic pavilions.

**Trail Notes:** The AT is blazed white. All other trails are blue. The trails/roads through Camp Michaus and the bailout route are shown here in red but are not blazed.

From the parking area return to the intersection of Benderson Rd and Rt 233. Turn left on Rt 233 and walk along the shoulder. Soon turn right onto the next road following the white AT blazes. At about 0.13 miles from leaving Rt 233 the AT will turn right off of the road onto a footpath, pass some cabins and climb a set of erosion dams. You will climb a bit more and descend to a footbridge at Tom's Run (1.16 miles after leaving the last road).

Cross the bridge and turn left onto an old woods road. In 0.23 miles merge with a gravel road that comes in from the right. In 0.47 more miles the AT will bear to the right on a foot path as the woods road continues straight. Pass the Ruins of an old stone barn on the right. In a few more yards arrive at Michaux Rd.

Turn right onto Michaux Rd and walk 0.21 miles to pick up the continuation of the AT on the left side of the road. In about 1.15 miles arrive at Tom's Run shelter, a good place for lunch.

After lunch, cross Tom's Run and immediately turn left on Little Rocky Ridge/Sunset Rocks Trail (blue-blazed). In about 0.64 miles bear left onto an old woods road and explore what is left of Camp Michaux in another 0.11

**miles. There is a spillway close to the road. It's not clear if this was to provide a constant water source for the camp or used for milling.**

**Return to your original route, turning left onto the blue blazed footpath, and in another 0.45 miles return to Michaux Rd. Turn right here. Pass another woods road on the left. The emergency return route mentioned earlier is beyond the log gate. Make the next left turn in 0.13 miles, passing a house on the left but still following the blue blazes. Regain the trail and climb to the top of Little Rock Ridge.**

**Now the fun starts! Continue on. The trail seems to stop at a rock spline. Initially there might be some blue blazes on the rocks but in the end the best route for the next 0.42 miles or so is the one that is in your mind. If you are an avid user of trekking poles now is the time to store them. They are more of a hindrance than a help at this point. You will definitely need your hands for this next segment.**

**On the other side of this rock outcrop you'll pick up the blazed trail again. Soon arrive at a saddle. Continue straight, passing the blue blazed connector trail on the left that you'll use later. Climb the other side of the saddle and arrive at Sunset Rocks.**

**After resting and taking in the view, return to the connector trail and turn right onto it. Over the next 0.39 miles walk through a recently lumbered area. You might want to put your blinders on here as it is a pretty dreadful sight. Return to the footbridge at Tom's Run and the AT. Turn right and retrace your earlier steps back to the car.**