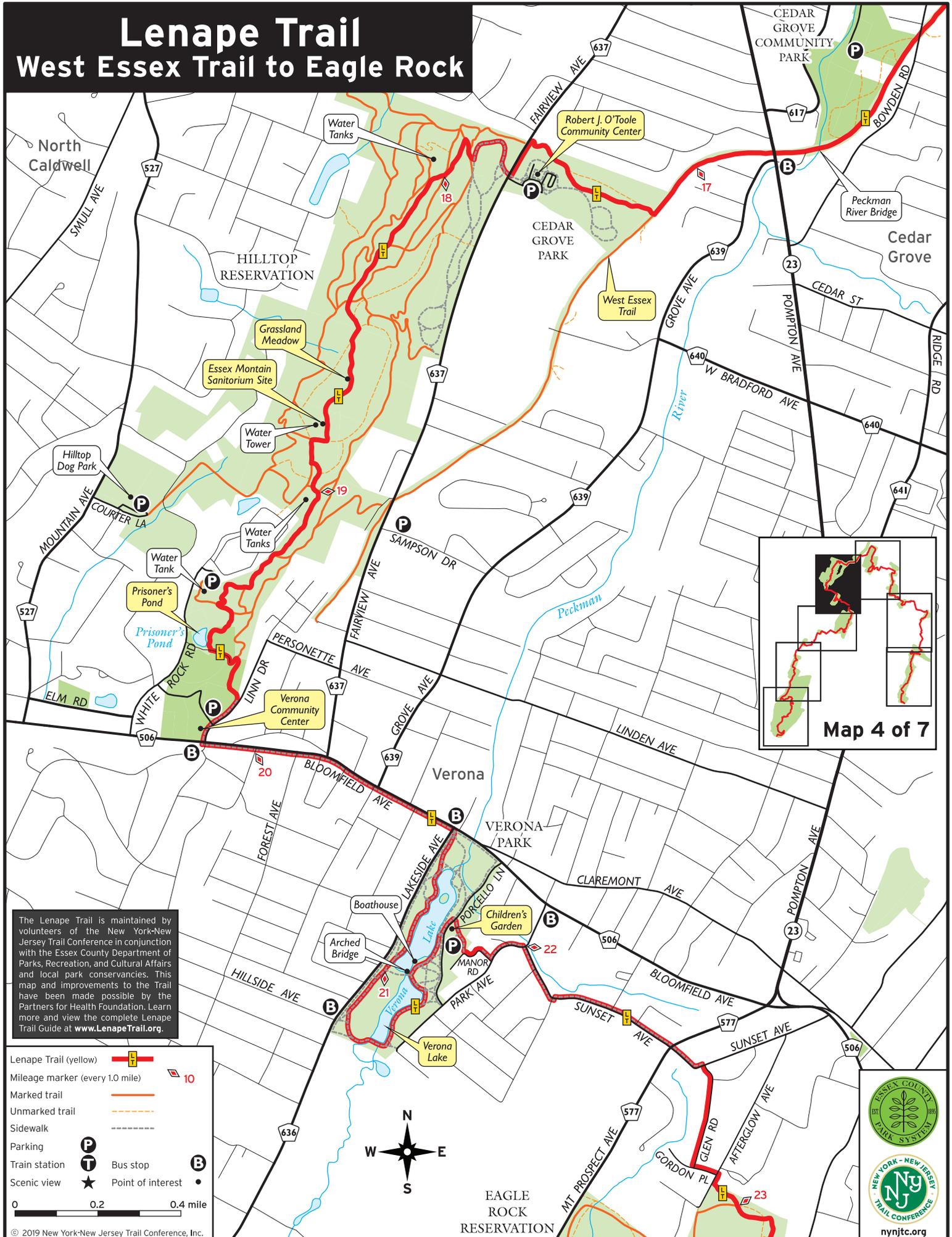


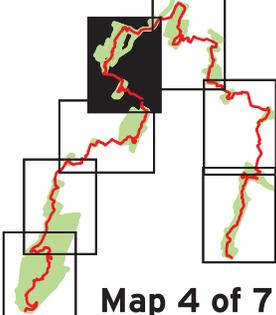
# Lenape Trail

## West Essex Trail to Eagle Rock



The Lenape Trail is maintained by volunteers of the New York-New Jersey Trail Conference in conjunction with the Essex County Department of Parks, Recreation, and Cultural Affairs and local park conservancies. This map and improvements to the Trail have been made possible by the Partners for Health Foundation. Learn more and view the complete Lenape Trail Guide at [www.LenapeTrail.org](http://www.LenapeTrail.org).

Lenape Trail (yellow)   
 Mileage marker (every 1.0 mile)  10  
 Marked trail   
 Unmarked trail   
 Sidewalk   
 Parking   
 Train station  Bus stop   
 Scenic view  Point of interest   
 0 0.2 0.4 mile



Map 4 of 7



Map 4

## West Essex Trail to Eagle Rock Reservation

From Bowden Road, the Lenape Trail continues along the route of the West Essex Trail before turning right onto a footpath into Cedar Grove Park. After crossing Fairview Avenue, it follows paved paths and turns onto footpaths into Hilltop Reservation, where the yellow blazes should be followed carefully to avoid turning onto other trails. The Lenape Trail continues along a mix of footpaths and old woods roads to reach the Verona Community Center, where it continues along road sidewalk to reach Verona Park. It follows sidewalk within Verona Park, and then road sidewalks and roadwalks are followed to reach the northern end of Eagle Rock Reservation.

### Points of Interest:

**West Essex Trail:** The West Essex Trail is situated on the former Caldwell Branch of the old Erie-Lackawanna Railroad. Acquired in 1985 through Green Acre funding, the 2.84-mile trail runs from the Passaic County line southwest to Arnold Way in Verona.

**Robert O'Toole Community Center:** The Robert J. O'Toole Community Center, within the 77-acre Essex County Cedar Grove Park, was named for Robert O'Toole, the township's retired three-term mayor. The park was developed on the site of the 121-year-old Essex County Hospital Center, also known as the Overbrook Asylum. Adjacent to the community center are four bocce courts and a playground designed with a farming theme in recognition of the site's history that included a farm to support the hospital. The Community Center itself provides restrooms and water fountains that hikers may use during operating hours.

**Hilltop Reservation Grassland Meadow:** This stunning 15-acre natural meadow is home to numerous varieties of native grasses and wildflowers and creates an excellent habitat for butterflies. Hilltop Reservation's location on the Second Watchung Mountain puts it in the middle of the Atlantic migratory flyway, providing great bird-watching opportunities year-round.

**Essex Mountain Sanatorium Site:** The grassland meadow is located at the site of the former Essex Mountain Sanatorium. Built in 1907 as a facility aimed at curing tuberculosis, the sanatorium was demolished in the 1990s. The Hilltop Conservancy initiated a major restoration project in 2005 to return the site to its natural state. Restoration continues through stewardship and expansion plans for the meadow.

**Prisoner's Pond:** This spring-fed pond has fish, frog, and turtle residents, along with occasional ducks and herons. The pond is named Prisoner's Pond after the Essex County Penitentiary that occupied the land around it for most of the 20th century. Built in 1872, it closed in 2004, prompting a rediscovery of the pond and efforts to reclaim the area. Most recently, the Hilltop Conservancy has embarked on a 5-year plan to regenerate 5 acres of area surrounding the pond with native trees.

**Verona Community Center:** The community center offers an activity hall and small party rooms within its 8,200 square-foot space, as well as restrooms open to the public during operating hours. The center is also notable for being one of the first municipal buildings in the area to feature solar panels. Adjacent to the center is a baseball field, jungle gym, and playground.

**Verona Lake:** The park's 13-acre lake is used for boating and fishing and provides an excellent habitat for double-crested cormorants, mallard ducks, egrets, and Canada geese. The boathouse is used for community gatherings and there is an ornamental pedestrian bridge that crosses the lake.

**Verona Park Children's Garden:** The Children's Garden was opened in 2003 to give children the opportunity to observe and appreciate nature. The plantings include ornamental trees, shrubs, perennial and annual flowers, herbs, and vegetables.