



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 • East County Park
Green Knoll Golf Course & Tennis Center • Leonard J. Buck Garden
Lord Stirling Park Environmental Education Center and Stable
Little Brook Sanctuary • Natirar Park • Neshanic Valley Golf Course
North Branch Greenway Park • North Branch Park • Mountain View Park
Quail Brook Golf Course • Ralph T. Reeve Cultural Center
Raritan River Greenway • Skillman Park • Sourland Mountain Preserve
South Branch Greenway • Spooky Brook Golf Course
Torpey Athletic Complex • Warrenbrook Golf Course & Pool
Washington Rock Park • Washington Valley Park

Somerset County Park Commission

P.O. Box 5327, North Branch, NJ 08876

www.somersetcountyparks.org

908 722-1200

Park Information

Event Hotline	Ext. 5351
Lord Stirling Park	
Environmental Education Center	Ext. 5002
Lord Stirling Stable	Ext. 5010
North Branch Park / Headquarters	Ext. 5200
Park Rangers (Cell)	908 285-3800
Park Rangers (Office)	Ext. 5121

Field Playability

Colonial Park & Howe Athletic Complex	Ext. 5355
Duke Island Park	Ext. 5354
Mountain View Park	Ext. 5358
North Branch Park	Ext. 5353
Quail Brook Park	Ext. 5356
Torpey Athletic Complex	Ext. 5352

Golf Courses

Golf Office/Information	Ext. 5428
Green Knoll	Ext. 5005
Neshanic Valley Clubhouse	Ext. 5006
Neshanic Valley Learning Center	Ext. 5020
Quail Brook	Ext. 5004
Spooky Brook	Ext. 5003
Warrenbrook	Ext. 5016

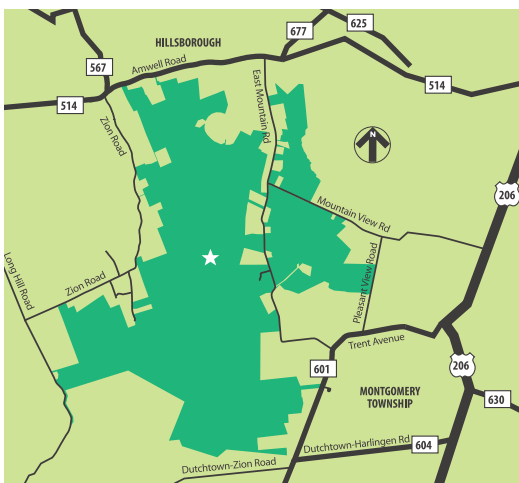
Recreation

Colonial Park Putting Course/Paddle Boats	Ext. 5023
Colonial Park & Green Knoll Tennis	Ext. 5021
Permits	Ext. 5225
Therapeutic Recreation	908 526-5650
Warrenbrook Pool	Ext. 5018

Gardens

Buck Garden General Info	Ext. 5011
Buck Garden Photo Permits	Ext. 5621
Colonial Park Gardens General Info	Ext. 5008
Colonial Park Gardens Photo Permits	Ext. 5721

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



Welcome to the Sourland Mountain Preserve



**Somerset County
Park Commission**



Sourland Mountain Preserve



The 6,358 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. 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 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 Sourland Mountain Preserve offers several recreational opportunities in an undisturbed natural setting, including hiking, mountain biking, bird watching, and bouldering.

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 outdoor person in all of us.



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.

The Sourland Mountain Preserve offers an array of watchable wildlife including red fox, coyote, deer, black bear, 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.



Geology



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 Diabas 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.

Hydrology

The Sourland Mountain 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.



Protect Your Parks

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.

Trail Tips

- The Sourland Mountain Trail System consists of steep, rocky, uneven terrain.
- Proper footwear is recommended.
- Trails are marked with colored blazes.
- Share the trail. Bikers always yield to others. Hikers yield to equestrians.
- Stay on designated trails.
- Several trail intersections have a numbered wooden post as a reference point.
- Avoid using trails during wet or icy conditions.
- Be aware of changing weather conditions.
- Plan your hike to ensure adequate time to return to the parking lot before dark.



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.

Thank you.