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The Kittatinny Mountains

The northwestern corner of New Jersey is a mountainous area known as The Appalachian Ridge and Valley Region. It is part of the Appalachian Mountains that run from New York to Alabama. In New Jersey, the Kittatinny Mountains are a part of this region. The highest point in the range, High Point, is also the highest point in the state. It rises 1,803 feet above sea level. An archeological site proves that humans have lived in this area since around 8000 B.C.

