Jay Mountain (3,600 feet) The only designated trail in the wilderness is a recently rerouted 2.5-mile trail to the western end of the Jay Mountain Ridge. The trail is accessed from a parking area along the Jay Mountain Road near the intersection with the Upland Meadows Road. The new Jay Mountain Trailhead is located on Forest Preserve lands 300 feet downhill from the site where the old herd path left the road. At the end of the new trail, a short spur trail to the north leads to an overlook that provides a spectacular 360 degree scenic view shown on the map. Hikers can also continue along the ridge line, following rock cairns, for approximately 1.5 miles to the summit of Jay Mountain.