Rockaway appears to be the white man's shortening of the Indian name of the river, roga weighwero, which means "running out of a deep gorge." Green Pond Mountain separates the East and West Branches which form the headwaters of the river. The East Branch rises in Green Pond, a lake two and one-half miles long at the foot of the mountain. Here for more than a mile is a granite cliff rising 150 feet from the lake. Leaving the lake, the brook races through a boulder-strewn ravine between steep rock walls, and drops 300 feet in less than four miles in a series of cataracts and waterfalls. Halfway between Green Pond and Lake Denmark there is a waterfall with a sheer drop of nearly 100 feet from the summit of Green Pond Mountain to the brook. There is an old road paralleling the stream, passable only on foot or horseback. In rainy seasons or swollen with melting snows in spring, the stream overflows its banks and runs over the road.

This region today contributes far more to the war strength of America than it did during the Revolution. Here is forest-lined Lake Denmark, where the Navy has a large ammunition storehouse. Down the stream a mile and a half is Lake Picatinny, where the Army makes ammunition at Picatinny Arsenal for military forces in the New York area. These munitions depots are on the sites of Colonial iron centers.

The main stream, or West Branch of Rockaway River, emerges from Lake Swannanoa in the northwest corner of Morris County and flows southward through Longwood Valley. In addition to Lake Swannanoa there are nine lakes in this section, nearly all of which have served early industry in some form.

In Rockaway Borough a dam furnishes waterpower for the old Rockaway gristmill. From Rockaway the river turns sharply north for about eight miles to the Powerville Dam. This stretch of quiet water, shaded by trees whose branches often meet over head, is popular with canoeists and fishermen. The New Jersey Fish and Game Commission stocks the stream with thousands of trout each year.

South of the river around Denville are Arrowhead Lake, Rainbow Lake, Indian Lake and Lake Estline, with log cabins and summer bungalows on their shores. From the north, Deer Pond, Lake Valhalla, Surprise Lake, Ideal Lake, Fayson Lake and Dixon's Pond, feed the Rockaway. All are popular with summer visitors. East of the river between Denville and Boonton is a group of five lakes around which has grown up the modern commuters' town of Mountain Lakes.

From Powerville the river continues over a steep rocky course to plunge over 22-foot Boonton Falls and into a rugged gorge, one of the outstanding scenic features of Morris County. At the foot of the gorge is a bridge that carries the highway into the manufacturing town of Boonton. From here in season fishermen cast their lines into the stream. Southeast of the town the river flows into Boonton Reservoir, which covers the site of old Boonetown, an important iron town in 1834 and earlier.

Emerging from the northeast corner of the reservoir the river bends northward for a short stretch and then turns abruptly southeast through a stretch of flat meadowland to join Whippany River between Pine Brook and Hanover Neck.

For many years it has been proposed to huild a dam two miles long at this point to form a lake which would cover 25 square miles of now worthless meadow drained by the Whippany and Rockaway Rivers. This project would destroy more than 5,000 acres of mosquito breeding ground and prevent floods in the Passaic Valley.