

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



FALL 2016 NEWSLETTER
SEPTEMBER – OCTOBER - NOVEMBER

HHC Web Page: www.HunterdonHikingClub.org

Hunterdon Hiking Club
C/O Hunterdon County Dept of Parks & Recreation
PO Box 2900
Flemington, NJ 08822-2900

FIRST CLASS MAIL

GENERAL INFORMATION ABOUT THE HUNTERDON HIKING CLUB

Who we are!

The Hunterdon Hiking Club (HHC) is an affiliated organization of the Hunterdon County Parks System. The purpose of the club is to provide a forum where individuals may join with others for the personal enjoyment of hiking and other outdoor activities.

What do we do?

Hikes are scheduled for almost every Saturday, Sunday, Tuesday, Wednesday and Thursday. Bicycle rides are scheduled on Tuesdays and Fridays in season and shorter hikes are scheduled for Tuesdays. Canoe/kayak trips and X-country skiing are often scheduled as the weather permits. Weekday trips combining a city walk plus a visit to a museum are occasionally scheduled.

HHC General Membership Meetings

HHC meetings are the second Thursday of the month, at the Parks Office:
1020 Highway 31, Lebanon, NJ 08833 www.co.hunterdon.nj.us/depts/parks/parks.htm.
The meetings start at 7pm. (No meetings in July, August & December).

Hunterdon Hiking Club Officers - June 2016 – May 2017

President: Bill Claus 908-788-1843
Secretary: Hilma P.
Treasurer: Tom W.
Website: Sylvia C.
Indoor Program:
Sylvia C., Doris S.,
Ron G., Pat H.,
Outdoor Program:
Lynn N., Pat H.,
Liz W. , Pam B.
Membership: Loretta Mizeski ljmski@embarqmail.com
Gail Jacobsen 917-939-6391 Jacobseng@mail.com
Newsletter: Andy P.
Hospitality: Lynn N.

Hunterdon Hiking Club Membership Form

Membership Year: August 1st to July 31st

Please check one: _____New _____Renewal (Please renew annually by July 31)

Please Print:

Name: _____

If family membership, please list other family members not included above:

Address: _____

City, State, Zip: _____

Telephone: _____

Email: _____

The HHC Newsletter will be sent to your e-mail address.

Check here if you need to receive a hardcopy newsletter via regular mail: _____.

(Note: Hardcopy costs the club about \$9 per membership/year, plus volunteer labor; e-mails are free!)

Payment Enclosed:

1. Membership: \$ _____ Circle one: single (\$15) family (\$20)
2. HHC Club Patch: \$ _____ # _____ patches @ \$3 each
3. Total Enclosed: \$ _____ (check payable to Hunterdon Hiking Club)
4. Today's Date: _____

Mail completed form with check payable to Hunterdon Hiking Club to:

Loretta Mizeski
130 Philhower Avenue
Califon, NJ 07830

New members need to sign the liability waiver (on next page). Please include it with the application and check. Note that the membership year ends **July 31**. However **new** members who join after March 1 do not have to renew until July of the following year.

Any questions about **new** memberships contact **Gail Jacobsen: jacobseng@mail.com**.

Current members contact **Loretta Mizeski: ljmski@embarqmail.com**

Note: We use emails, sent via Yahoo Group Updates, to send out notices including cancellations and last-minute changes. When you join, you will receive an email with instructions for signing up for our Yahoo Group so you can get these emails.

For Membership Committee use only:

_____Recorded	_____Liability Waiver received (new members)
_____Acknowledged	_____Yahoo Group invitation sent (new members)

HUNTERDON HIKING CLUB MEMBER GUIDELINES AND LIABILITY WAIVER

PURPOSE OF THE CLUB:

To provide an opportunity to explore the outdoors by hiking, biking, canoeing, cross country skiing, etc. with others who have similar interests.

GUIDELINES FOR PARTICIPATION:

1. Choose an activity that is appropriate for your level of expertise. If you have questions about the degree of difficulty, please call the activity leader.
2. Bring water, appropriate footwear, personal first aid kit and clothing for possible inclement weather.
3. Arrive at the meeting place 5-10 minutes before the departure time listed.
4. Familiarize yourself with the plan of the day.
5. Do not bring pets on hikes unless otherwise indicated.
6. Do not consume alcoholic beverages during the hike itself.
7. During the activity, stay with the group. Don't stop, lag behind, or go ahead without the leader's knowledge.
8. Leave the area as you find it: pack out all trash, do not pick wildflowers, etc.
9. Smokers: Please wait for rest stops and be considerate of others. Make sure your cigarettes are extinguished before continuing the activity. It is preferred that you do not smoke.
10. If reservations are required, call leader by date stated. If a deposit is required, the deposit is your reservation, not the phone call. In most cases, deposits cannot be refunded unless a replacement is found.
11. The activity leader reserves the right to terminate the activity if he/she believes the group or an individual's health or safety is in jeopardy.

HAZARDS AND RISKS:

I understand that during my participation in any Hunterdon Hiking Club activity, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which may be inherent in each activity and cannot be eliminated without destroying the unique character of the activity. I am personally responsible for all risks associated with travel to/from the starting point of any activity. The leaders of these activities are volunteers, not paid professional guides or leaders.

PERSONAL RESPONSIBILITY:

1. No one but myself is responsible for my safety when I choose to challenge my capabilities or personal health conditions. I take responsibility for having appropriate skills and physical conditioning, equipment and supplies for these activities.
2. I also understand that there may not be immediate rescue or medical facilities or expertise necessary to deal with the injuries and damages to which I may be exposed.

LIABILITY WAIVER:

I understand and agree that I am voluntarily participating in an activity with the Hunterdon Hiking Club and assume all risks and hazards incidental to such participation. I waive and release all rights and claims for damages against the Hunterdon Hiking Club, its officers, volunteers, and other participants for any and all injuries that may be suffered while participating in any of their activities. I further agree to indemnify and hold harmless the Hunterdon Hiking Club and each of its members from any claim for loss or damage or injury to me or any member of my family arising from or in connection with any participation in the program listed. **(All adult members in single or family memberships must sign below when they first join.)**

Print Name _____ Signature _____ Date _____

Print Name _____ Signature _____ Date _____

New members only: Please sign and return to the Membership Chair of the Hunterdon Hiking Club.

REVISED 11/2010

Indoor Program Schedule

Thursday, October 13, 2016 7:00 PM – Hiking in the Canyonlands

Presented by Debbie Young. This is a presentation of adventuring in Canyonlands, Arches and surrounding areas. We will visit special spots off the beaten track. See places to experience incredible wilderness in this magical land of red rocks.

Thursday, November 10, 2016 7:00 PM – The D&R Canal

Ted Settle, a photographer, will present a program about the history of the canal and basic facts about it, including the factors that went into designing it and a photographic tour of the main canal from Trenton to Kingston to Griggstown to Blackwell's Mills to Zarephath to South Bound Brook to New Brunswick. The presentation also traces the feeder canal from Bulls Island to Trenton.

December: No meeting. See information elsewhere in the newsletter about the holiday party at Razberry's on Saturday December 10.

Museum Walks

Occasional trips combining city (or country) walks with a visit to a Museum or a Historic building or site, are scheduled. These are full day trips and include a stop for lunch or dinner. Participation is limited. Further information will be sent by the leaders via Yahoo Groups Updates approximately two weeks before the scheduled event and you may sign up for the trips (by email if possible) after the Yahoo Groups notice. Please respond to the leader listed in the Museum walk write-up to sign up.

Thursday, October 13 - Rutherford Hall, Allamuchy, NJ

Leader: Gail Jacobsen

Walk around the lake on the grounds and enjoy a private two hour tour and catered lunch at Rutherford Hall. This beautiful country estate built in the early 1900s was the home of Winthrop and Lucy Mercer Rutherford. Private tour is \$10. Catered lunch is \$15.

**Thursday, November 3 - University of Pennsylvania Museum Philadelphia
Leader: Doris Spencer**

Visit this museum of art and archeology and explore the University campus. Special exhibitions on view for our visit - "The Golden Age of King Midas — view 120 objects from the tomb of King Midas' father , dated to 740 BC. "Magic in the Ancient World" An exhibit of articles used in ancient magic rituals. This museum is full of treasures from around the world in its permanent collections. Admission is \$15.

Upcoming Events

Monthly Community Theatre - Friday Nights

If interested in Friday night monthly community theatre, contact Laurie H. at .. We see a play monthly/ bimonthly at one of 5 local community theaters. We have dinner prior to the show and carpool if needed. All arrangements for tickets and restaurant reservations are made by Laurie. An email will be sent prior to the show date regarding ticket payment.

HHC 36th Annual Picnic

**Saturday, September 10th – Rain or Shine
Deer Path Park Pavilion, West Woodschuch Rd.**

Grilling begins at Noon – Clean up at 4PM

Bring a favorite dish to SHARE. Please - no leftovers left.

Appetizer, Salad or Side Dish

HHC is providing: Hot dogs, Hamburgers, Veggie burgers, Condiments, Apple Cider, Water, Coffee and this year DESSERT (we have our reasons)

BYO Drinks, if you prefer...Soda, Beer or Wine

Please RSVP by Sept 2 to Lynn

Backpacking the Appalachian Trail in Massachusetts and Vermont

Wednesday October 5 to Sunday October 9 23.0 miles Class: 3C 2:00 PM departure
Paul U. .

Join us as we start at the Ashuwillticook rail trail crossing of the AT in Cheshire, Mass., where we left off on May 22, 2016. We will complete Massachusetts on this trip and enter Vermont. Highlights of this section will include Mt. Greylock (3,491 ft., highest point in Massachusetts with climatic conditions similar to northern Canada and the highest point on the AT between Vermont and Virginia), an unusual outcropping of milky quartz atop Mt. Fitch and a footbridge across the Hoosic River (lowest point on the AT in Massachusetts at 640 ft.). Contact leader for details.

Weekday Outdoor Activities

Tuesday Short Hikes

- see page 13 for the Tuesday hike schedule

Wednesday Hikes

- see page 14 for the Wednesday hike schedule.

Thursday “C Pace” (Energetic) Hikes

- see page 15 for the Thursday hike schedule.

Tuesday Bike Rides

Meryl M. . .

Bike rides spring, summer, and fall of about 12 miles, mostly on bike paths with some stops to enjoy the views. Details on the upcoming ride, including meeting place, will be emailed each Saturday via Yahoo Group Updates.

Friday Short Hikes

Pat H. .

Friday short hikes of approximately three miles. Specifics will be emailed weekly via the Yahoo Group Updates. If you are not on the Yahoo Group Updates, you can email Pat or telephone her each week for details.

Friday Bike Rides

Pat H. .

Friday rides in spring, summer, and fall of twelve to twenty-five miles, followed by lunch. Details are emailed weekly via on the Yahoo Group Updates. If you are not on the Yahoo group you can email Pat or telephone her each week for details.

HHC Holiday Party

**Saturday, December 10, .
Razberry's, 834, Route 12, Frenchtown, NJ.**

\$30.00 for members, \$45.00 for non-members.
Cash bar, hors d'oeuvres, dinner, dessert and DJ for dancing.
Send your check made out to HHC to Marianne T.

Leaders Needed

Sign up to Lead an Outdoor Event this Winter

The Outdoor Committee is now scheduling activities for Saturdays and Sundays in the 2016-17 Winter months: December, January and February. New leaders, as well as experienced leaders are welcome. Pick a favorite spot for hiking or other activity. Pick a date. Notify Pam at .. to have your hike/activity added to the HHC calendar.

Weekend Outdoor Activities

OPEN DATES – NO LEADER - Please sign up on Yahoo Group Updates to lead a hike on the Open Dates with NO LEADER: Sat. Sept. 3; Sun. Nov. 27; Sun. Dec. 4.

Saturday, September 3 (Labor Day Weekend) No leader

Sunday, September 4 Negri-Nepote Native Grassland Preserve Hike 3 miles Class: 1B

Meet: Negri-Nepote parking lot (Franklin Township, Somerset County)

The parking lot is in the vicinity of Six Mile Run but out of the way. It is on Skillmans Lane about 1 mile from Rte. 27 or Middlebush. Skillmans Lane goes between Rte. 27 and Middlebush Road ONLY. The landmark on Rte. 27 is the Better World Market, 1743 Rte. 27, Somerset NJ, about 1 mile north of the Six Mile Run River crossing. There is no landmark on Middlebush but it is also north of the Six Mile Run or just south of Blackwells Mills Road.

Pete B.

Negri-Nepote Native Grassland Preserve - 1 1/2 hours, 3 miles level on a groomed pathway; there may be some wet areas. The Better World food market opens at 7:00 AM for breakfast and it has a public restroom. Info website with photos, link to trail map, link to Audubon fact sheet on why this is interesting -

<http://www.danbalogh.com/negri.html>

Saturday, September 10 36th Annual HHC Picnic
RSVP by Sept 2 to Lynn at . See page 8 for details.

Sunday, September 11 Ringoes Bike Ride 18.5 miles Class: 3B
. Meet: Marion Clawson Park, Ringoes
Lynn E.) .

Bike ride from Ringoes to Mt. Airy to Hopewell Twp. to E. Amwell with return to Ringoes. Includes hills. No hurry, easy pace. Lunch afterwards if there is interest.

Saturday, September 17 Hamilton - Downtown New York 5 miles Class: 2B
. Meet: At the Statues in the Port Authority, NYC
Marianne V. .

We will visit various places including Battery Park where Hamilton led a militia company, Federal Hall, and City Hall Park where Hamilton spoke in favor of American Independence. This is the downtown Hamilton tour which will complement the uptown tour on Oct 30.

Sunday, September 18 Stonetown Circular Hike 11 miles Class: 3C
. Meet: Kings parking lot in Whitehouse (Route 22 & 523)
Mark H. .

This hike offers beautiful views of the Wanaque Reservoir and the Manhattan Skyline. This is a challenging hike with many hills to climb. Be prepared to be on the trail for at least 6 or 7 hours, but it will be more than worth it. Please bring lunch and extra water. We'll be at the recreation center parking lot on Mary Roth Drive, Ringwood, NJ at 9:30 for those who would like to meet us there.

Saturday, September 24 Mosaics and Murals....A Philadelphia Neighborhoods Walk
6 miles Class 1A
Doris S.

Walk through Center City neighborhoods. View some of Philadelphia's famous murals and visit the Magic Gardens. Travel to Philadelphia by train. It will be a full day. Lunch at a local restaurant. Trip is limited. Sign up by email. Meeting place & additional details will be provided after signups.

Sunday, September 25 Sourland Mountain Preserve, Hillsborough 5-6 miles Class: 3C
9:30 AM Meet: Sourland Mountain Preserve, East Mountain Road, Hillsborough
Linda M. .

Moderately paced hike on the ridge trail with some minor elevation gains, boardwalks, and rocky paths. Bring snacks and beverages. Lunch afterwards at local Italian restaurant if interest. Check Yahoo Updates the morning of the hike if weather questionable.

Saturday, October 1 South Bound Brook Lock to Demott Lane & Return, 6.4 miles Class: 1C
. Meet: D&R Canal Road parking lot in South Bound Brook (Rt. 22 E to I-287 S to Weston Canal Rd Exit then right)
Linda M. .

Flat walk on a section of the canal rarely visited. View historic Van Wickle House exterior (1722) at turn around point. Sneakers OK.

Sunday, October 2 Walpack Maintenance 4 miles Class: 2B

. Meet: Hampton old A & P parking lot, Rt. 31, opposite McDonalds

Peg G.

Beautiful lake and always fun to see the swans, maybe even a bear. We saw a Mom with 3 cubs last spring. Bring loppers, clippers, hand saws, work gloves and snacks. We'll stop for a late lunch on the way home. Heavy rain cancels.

Wednesday October 5 to Sunday October 9 Backpacking the AT in MA. and VT. (see Page 7)

Paul U.

Saturday, October 8 Round Valley Ramble 6 miles Class 2B

. Meet: Round Valley South Parking Lot (first right after park office)

Sylvia C.

Hiking the trails through forest overlooking the picturesque lake and hills. Bring water and a snack.

Sunday, October 9 The following promotional event does not preclude having another activity. If someone wishes to lead one, please post on Yahoo group updates.

HHC Promotional Event

Sunday, October 9 Duke Island Park, Old York Rd, Bridgewater

, (with setup and takedown before and after)

Linda M.

Three volunteers needed to promote HHC to participants and visitors at the Friends of the Somerset Regional Animal Shelter fundraising 5K run and dog walk on October 9. Promotional materials used previously will be available. You supply the smile and enthusiasm. Please contact Linda immediately if you are interested in volunteering.

Saturday, October 15 Nockamixon hike - South side of the Reservoir 4.5 miles Class: 2B

, Meet: Frenchtown parking lot nearest Delaware River Bridge

Geoff N,

A circle hike along the south side of the reservoir and back via woods and meadows. Heavy rain cancels. Optional lunch at Tohickon Tavern or Bridgeton general store.

Sunday, October 16 High Point State Park 6+ miles Class: 3C

. Meet: Kings Parking lot in Whitehouse (Rt. 22 & 523)

Pete G.

Enjoy Fall colors, scenic views and lunch along a beautiful natural lake. Hike the AT along a mountain ridge and descend to a trail along Lake Rutherford. Typical AT: rocky with elevation changes including a steep incline on a narrow ridge trail with some scrambling. This hike does not go to the monument. Pack lunch; hiking boots required and poles recommended. Rain cancels.

Saturday, October 22 Princeton Triple Play 4-5 miles Class: 1A

. Meet: Pennington Market parking lot, Route 31, near Burger King

Rich P.

Hike through the Princeton Battlefield State Park, Charles H. Rogers Wildlife Refuge and the Institute for Advanced Studies. Along the way, we shall see the Thomas Clark Farmhouse, the Friends Meeting House and Cemetery, the Swinging Bridge (to nowhere), the Washington March Monument, a couple of observation platforms and one cool sculpture.

Sunday, October 23 Ken Lockwood Gorge Hike 5.5 miles Class: 1B

. **Meet: High Bridge Municipal Lot**

Peter B.

Hike the Columbia Trail through Lockwood Gorge to the old Railroad Bridge. Potential scramble down to the river. Pack a lunch or snack to eat during break at the bridge.

Saturday, October 29 Sky Manor Bike Ride 18-20 miles Class: 2C

. **Meet: Frenchtown Borough Park (not by the river), by creek on Rt 12**

Joan S. Nice Autumn ride from Frenchtown to Sky Manor & back. Rest and snack stop at the airport. Some rolling hills (not many). Return via Creek Road (1 ½ miles of gravel road – road bikes have done this before – option to walk the gravel section if you want.) Helmets and water required. Moderate pace. Stops as needed.

Sunday, October 30 Hamilton's Home and Neighborhood - NYC 3 miles Class: 1B

. **Bus Meet: Clinton Park & Ride in time for the - Bus to Port Authority**

Yolanda E.

A short subway ride to an area rich in history. We will visit Alexander Hamilton's country home and have a guided tour. Next, we'll walk about 20 blocks to the Morris-Jumel Mansion. We will have a docent led tour of a home where Aaron Burr lived. Fee is \$12 for seniors 64+ and \$16 for adults. RSVP by Oct 15th to reserve a spot. Bring lunch to eat on the grounds of the Morris-Jumel Mansion.

Saturday, November 5 Cooper Grist Mill 7 miles Class: 2C

. **Meet: Kings parking lot in Whitehouse (Route 22 & 523)**

Judy M.

Hike along the Black River; visit ruins.

Daylight Savings Time Ends

Sunday, November 6 Riegelsville 3 loop Bike Ride 20 miles Class: 2B

. **Meet: Parking lot just before bridge crossing Delaware at Riegelsville-NJ side**

Geoff N.

This ride is in the more remote part of NJ. It is mostly flat to undulating but with one big class 4 hill. After this hill we pass the most incredible apple tree in NJ. Have a space to bring a few home. The scenery, streams and old stone buildings are at their best. Helmets required. Optional lunch after at Mueller's Café. Rain cancels.

Saturday, November 12 Goat Hill via Lambertville 4-5 miles Class: 2B

. **Meet: Lambertville D&R Trail parking lot behind the Lambertville Inn**

Sylvia C.

Beautiful views of the Delaware Valley and River face on the PA side.

Sunday, November 13 Country Road Walk in Solebury 5 miles Class: 2B

. **Meet: Stockton – alley (S. Railroad Ave.) off Bridge St. (additional public parking 1.5 blocks north in the Stockton Borough Park at Ferry St. & N. Railroad Ave.)**

Yolanda E.

Scenic, roads, including Cutaloosa Rd. Lunch in Stockton.

Saturday, November 19 Pyramid Mountain 4.9 miles Class: 2B

. Meet: Pyramid Mt. parking lot, 472 Boonton Ave., Montville, NJ 07045

Mary Ann G.

The trail has it all, unusual glacial erratics, dramatic rock outcrops, extensive wetlands, waterfalls and several scenic overlooks, including view of the Manhattan skyline, if the weather is clear. Bring water and lunch. Trail is rocky in parts and good hiking boots recommended. For more details, park map and directions to Visitor's Center parking lot: <http://morrisparks.net/index.php/parks/pyramid-mountain-natural-historic-area/>

Sunday, November 20 Hike on Baldpate Mt. from Rt. 29 Trailhead Approx. 4-5 miles Class: 3C

.Meet: Carpool from Washington Crossing State Park on NJ side next to bridge, by public bathrooms

Lynn E.

Carpool to trailhead on Rt. 29. Hike includes two steep climbs to the top of Baldpate Mt., the highest point in Mercer Co. If weather permits, we'll carry lunch & picnic on top of the mt.

Saturday, November 26 Turkey Walk-Off Hike at Merrill Creek 5 miles Class: 3B

. Meet: Spruce Run parking lot near Rt. 31

Ron .

Sunday, November 27 No Leader

Saturday, December 3 50th Trenton Historic Mill Hill House Tour 2 miles Class: 1A

. Meet: Artworks parking lot-19 Everett Alley & South Stockton Street, Trenton

Ann W. .

This is the 50th consecutive Holiday tour of these historic houses in the Mill Hill District and promises to be a very special celebration. Contact Ann by phone or email to reserve a place. A check (\$15 in previous years) will be needed by Nov 25. Check out the website and look for more details on Yahoo Group Updates.

<http://trentonmillhill.org/events/holiday-house-tour>

Sunday, December 4 No Leader

Tuesday Short Hikes – Fall 2016

Class: 1A – 3B.

Leader: See individual hikes.

Meeting times: .

Leaders: Sylvia C... Lynn E .. Gail J .. Mary L ..

Rose Mary M . Geoff N .. Joe T .. Doris S ..

Note: If bad weather, check your e-mail for Yahoo Group Updates or call leader to see if the hike is on.

<p><u>Sept 6th. Kenwood Lockwood Gorge, beginning to end & back.</u> Meet: Highbridge Municipal lot. (Then carpool to the entrance of Ken Lockwood Gorge.) Class: 1B. Miles: 3. Leader: Lynn . Lunch: Gronskis Milkhouse.</p>	<p><u>Oct 25th. Ellis Road/ Little York. NJ</u> Meet: Frenchtown by the Delaware River Bridge Class: 2B. Miles: 3.75. Leader: Sylvia C. Lunch: TBD.</p>
<p><u>Sept 13th. Stoney Brook Preserve.</u> Meet: Orlandos Restaurant. Rte 31/518 Class: 1A. Miles: 3. Leader. Geoff N. Lunch: Orlandos.</p>	<p><u>Nov 1st. Frenchtown Preserve.</u> Meet: Frenchtown by the Delaware River Bridge Class: 2B. Miles: 4.5. Leader: Sylvia C. Lunch: Frenchtown Café.</p>
<p><u>Sept 20th. Voorhees State Park. Rte 513. NJ.</u> Meet: In the park by office and restrooms. Class: 1B. Miles: 3.5. Leader. Mary L. Lunch: TBD. Maybe Gronskis.</p>	<p><u>Nov 8th. Bouman Stickney Farmstead.</u> Meet: Hunterdon County Park office. Route 31 Class: 2B. Miles: 3. Leader: Joe T. Lunch: Stanton General Store.</p>
<p><u>Sept 27th. Stanton Station.</u> Meet: Walmart lower lot in Clinton. Class: 2A. Miles: 3. Leader. Gail J. Lunch: TBD.</p>	<p><u>Nov 15th. West side of Tohickon Creek and back.</u> Meet: Frenchtown by the Delaware River Bridge. Class: 2A. Miles: 3. Leader: Doris S.. Lunch. The Local. Point Pleasant.</p>
<p><u>Oct 4th. River Trail. (Raritan South branch)</u> Meet: Deer Path Park. WoodChurch Rd. Flemington. Class: 1B. Miles: 4. Leader: Rose Mary M Lunch: Flemington Diner.</p>	<p><u>Nov 22nd. Willow Wood & Bamboo Creek.</u> Meet: Kings Parking lot.Outer Ring.Whitehouse. Class: 1A. Miles: 3. Leader: Geoff N. Lunch: Oldwick General Store.</p>
<p><u>Oct 11th. Hike in the Giving Pond vicinity.</u> Meet: Frenchtown by the Delaware River Bridge Class: 1A. Miles: 3. Leader: Doris S. Lunch: TBD.</p>	<p><u>Nov 29th. Pleasant Run Greenway.</u> Meet: Greenway Park. Summer Rd. 4 miles N of Flem circle up Rte 202, Left turn via jug-handle. Class: 1B. Miles: 4. Leader: Rose Mary M. Lunch: TBD.</p>
<p><u>Oct 18th. Charlestown Preserve. NJ.</u> Meet: Spruce run parking nearest to Rte 31. Class: 2B. Miles: 3. Leader: Gail J. Lunch: Hampton Junction.</p>	<p><u>Dec 6th. Curlis Lake Woods. Pennington. NJ</u> Meet: Pennington Shopping Center. (Or trailhead. Class: 1A. Miles: 3.5. Leader: Lynn E. Lunch. TBD.</p>

Wednesday Hikes – Fall 2016

Class: 1B – 4B

Leaders: See individual hikes

Meeting times: -

Leaders: Linda B-. Linda DeN-.

Yolanda E-Maria K-. Teri M-.

Geoff N-. Tom N-.

Katherine B-, Lynn E-.

Note: If bad weather, check your e-mail for Yahoo Group Updates or call leader to see if hike is on.

<p><u>Sept. 7 – No Hike Scheduled</u></p>	<p><u>Oct. 26 – Jenny Jump</u> Meet: Spruce Run Lot nearest Rte. 31 Class: 3C Miles: 5 Leader: Yolanda E Lunch: pack to eat on trail</p>
<p><u>Sept. 14 – Lambertville Canal Walk + Hotspots</u> Meet: Holcombe-Jimison Parking Lot end of road Class: 2B Miles: 5 Leader: Linda de N Lunch: Inn of the Hawk + optional Owowcow after</p>	<p><u>Nov. 2 – Baldpate Mountain w/ Shuttle</u> Meet: Holcombe-Jimison Farm Lambertville Class: 2B Miles: 4.5 Leader: Geoff N Lunch: Nicola’s Pizza</p>
<p><u>Sept. 21 – Pryde’s Point - Alexauken Creek</u> Meet: Orlando’s Café 310 Rte. 31 Hopewell Class: 2B Miles: 4.5 Leader: Linda B Lunch: Orlando’s Cafe</p>	<p><u>Nov. 9 – Worman’s Rd./Lower Creek Rd.</u> Meet: Prallsville Mill Stockton Class; 1C Miles: 4 Leader: Yolanda E Lunch: TBD</p>
<p><u>Sept.28 – Musconetcong Gorge</u> Meet: Frenchtown Delaware River Lot or 10:00 Trailhead Lot Class: 3C Miles: 6 Leader: Yolanda E Lunch: TBD</p>	<p><u>Nov. 16 – Mimi’s and Peter’s Trail</u> Meet: Bull’s Island Lot by Bathrooms Class: 2B Miles: 4-5 Leader: Maria K Lunch: Lumberville Store</p>
<p><u>Oct. 5 – Shawangunk Day Trip - Minnewaska SP, Kerhonksin, NY</u> Meet: Clinton Walmart Lot to carpool for 2 hour trip sharing tolls, \$10. per car parking fee, etc. Class 2B Miles: 5 Leader: Linda de N Lunch: bring trail snack; then early supper at Mountain Brauhaus, New Paltz, NY</p>	<p><u>Nov. 23 – PPL Preserve Tekening Hiking Trails in Martin’s Creek PA</u> Meet: Spruce Run Lot nearest Rte. 31. Directions to meet at trail head to follow on Updates Class: 2B Miles: 5 Leader: Lynn E Lunch: TBD</p>
<p><u>Oct. 12 – Sandy Hook Ocean Walk</u> Meet: Clinton Walmart or 11:00AM at place on beach TBA on Updates Class 2B Miles: 5 Leader: Teri M Lunch: Bahr’s Landing</p>	<p><u>Nov. 30 – Loop Hike to Lindbergh Highfields Estate</u> Meet: Parking Lot opposite 105 Featherbed Lane Hopewell Twshp. 08525 near Rileyville Rd Class: 3B Miles: 5 Leader: Lynn E Lunch: TBD</p>
<p><u>Oct. 19 – Black River Wilderness Mgmt. Area Shuttle</u> Meet: High Bridge Muni Lot or . Cooper Mill Class : 2B Miles: 4-5 Leader: Geoff Lunch: The Old Mill or Long Valley Pub</p>	<p><u>Dec. 7 – Winter Hikes Begin - TBA</u></p>

Thursday “C Pace” (Energetic) Hikes – Fall 2016

Class: 1C – 3C Meeting times: -. Always bring a packed lunch to eat on the trail. Note: In case of bad weather call leader to make sure hike is on, or check Yahoo Group Updates. Leaders: Ron G. -; Mark H.-; John S. -;
 Jackie S. -, C -; Bill W. -

<p><u>Sept. 1 Rock Cores Trail</u> Meet: - Spruce Run, lot closest to Rt. 31 Class: 3C 5 miles Leader: Ron G.</p>	<p><u>Oct. 20 Part 3 Batona Trail: Carranza Memorial to Apple Pie Hill</u> Meet: - Pennington Market lot near Burger King Class: 2C 8 miles Leader: John S.</p>
<p><u>Sept. 8 Sourland Mountain Preserve</u> Meet: Taco Bell lot, Flemington, south side of restaurant Class: 3C 6 miles Leader: Bill W.</p>	<p><u>Oct. 27 Farview (Beulahland) to Sunfish Pond</u> Meet: Spruce Run, lot closest to Rt. 31 Class: 3C 7.5 miles Leader: Bill W.</p>
<p><u>Sept. 15 Apschawa Preserve</u> Meet: King’s, outer lot, Rt.523 and Rt. 22, Whitehouse Class: 3C 6 miles Leader: Jackie S.</p>	<p><u>Nov. 3 Mt. Tammany fire road to Sunfish Pond</u> Meet: - Spruce Run, lot closest to Rt. 31 Class: 3C 10 miles Leader: Ron G.</p>
<p><u>Sept. 22 Michael Huber Prairie Warbler Preserve</u> Meet: Pennington Market lot near Burger King Class: 2C 7-8 miles Leader: John S.</p>	<p><u>Nov. 10 Ramapo Forest & Millstone Hill</u> Meet: King’s, outer lot, Rt.523 and Rt. 22, Whitehouse Class: 3C 7.5 miles Leader: Mark H.</p>
<p><u>Sept. 29 Harrington Park/Schooley’s Mountain to Cooper Grist Mill, shuttle</u> Meet: - High Bridge park (the Commons) or alternatively, Cooper’s Mill at at 9:30 Class: 3C 8 miles Leader: Mark H.</p>	<p><u>Nov. 17 AT from Millbrook Rd. to Blue Mt. Lake via Hemlock Pond, shuttle</u> Meet: - Spruce Run, lot closest to Rt. 31 Class: 3C 8 miles Leader: Bill W.</p>
<p><u>Oct. 6 AT/Catfish Pond/Rattlesnake Swamp loop</u> Meet: Spruce Run, lot closest to Rt. 31 Class: 3C 7.5 miles Leader: Jackie S.</p>	<p><u>Nov.24 Happy Thanksgiving—No hike</u></p>
<p><u>Oct. 13 Part 2 Batona Trail: Pakim Pond to Apple Pie Hill, shuttle</u> Meet: - Pennington Market lot near Burger King Class: 2C 8 or 10 mile options (TBD) Leader: John S.</p>	<p>.</p>

Hike and Bike Ride Classifications

Hikes and bike rides are rated based on type of terrain and pace. It is important that you select physical activities based on your personal abilities.

Terrain Classification	Hikes	Rides
Class 1	Easy, mostly flat.	Easy, flat. Mostly on bike paths, gravel or paved. Occasionally on roads that will have a small amount of traffic
Class 2	Intermediate, rolling hills, some stone or rocks on trail.	Easy, some moderate hills (ascended slowly). Mainly on quiet roads, sometimes on busier county roads. May include some unpaved, gravel sections.
Class 3	More difficult, steep ups and downs, trail rocky but stable.	Intermediate, includes hills. Primarily roads (quiet as well as busier county); but may include some unpaved sections.
Class 4	Most difficult, very steep ups and downs, unstable footing, hand holds may be necessary.	Intermediate, including hills, some steep and long. Primarily roads (quiet as well as busy). Bike paths, if involved, must be paved.
Pace Classifications	Hikes	Rides
Class A	Leisure pace, accommodates the leisure hiker Amble, unhurried, with frequent stops	Leisurely pace, cruise on flat 7 to 12 mph; Overall average 7 to 8 mph; frequent stops
Class B	Amble, unhurried, with frequent stops	Steady but leisurely pace. Cruise on flat 9 to 13 mph; Overall moving average 9 to 10 mph
Class C	Moderate, energetic to cover a proposed distance.	Moderate. Cruise on flat 11 to 14 mph, Overall moving average 10 to 11 mph.
Class D	Brisk, capable of walking at a quick pace for prolonged periods	Cruise on flat 12 to 16 mph; Overall moving average 11 to 12 mph.

Hiking Guidelines

1. Questions about a hike should be directed to the hike leader prior to day of the hike.
2. Hiking boots are required for all hikes other than those classified as 1A. Sneakers may be appropriate for a Class 1A hike. Check with hike leader.
3. Many find that hiking sticks increase stability on steep and/or rocky trails. Consider bringing one!
4. Remember to contribute towards gas when you are a passenger in a carpool.
5. What to Bring on a Hike:
 - a. adequate drinking water, especially during hot weather.
 - b. your own snacks, as needed. If lunch is planned following the hike, it may be later than a normal lunch time meal.
 - c. your own basic first-aid kit. Leaders are not trained in first aid and are not expected to provide first-aid supplies.
 - d. weather-appropriate clothing items to layer as conditions change.

Bicycle Ride Guidelines

1. On all rides, leader will wait at intervals for all riders to catch up.
2. Questions about a ride should be directed to the ride leader prior to day of the ride.
3. A suitable bicycle, helmet and water are required for ALL rides.
4. For most HHC rides a hybrid bicycle is very suitable. For longer faster rides a road bicycle might be considered. Note that hybrids with their wider tires excel on all types of surfaces and are sturdy and reliable. Road bikes with their narrow high-pressure tires roll easier but are not good on gravel.
5. Your bicycle must be in good operating condition, especially the brakes and gears.
6. Tires should be fully inflated and wheels securely fastened.
7. A cell phone is recommended. A spare inner tube, levers and a multi-tool are useful items to carry. Also a small first aid kit for treating cuts, grazes etc. Leaders are not trained in first aid and are not expected to provide first aid supplies.

A Selection of Directions from Flemington to HHC Hike Starting Points

Bulls Island State Park

- Route 202 South to Lambertville exit (last exit in NJ, just before toll bridge)
- Left at end of exit ramp; Right at stop sign onto Route 29 North; continue through Stockton
- Left onto Route 29 North after passing Prallsville Mill; continue three miles to Bulls Island on the left
- Park in first parking on the right

Alternate Route 1:

- Route 12 West to Frenchtown
- Left at blinking light, then first Left onto Route 29 South; continue nine miles to Bulls Island on the right

Alternate Route 2:

- Route 523 to Stockton; Right onto Route 29 North; follow directions above from Stockton

Clinton Commuter Lot, Clinton, NJ

- Route 31 North to intersection with Route 78
 - Take the first right, the first right again, and left at the first traffic signal.
 - Parking lot is on the right, across from McDonald's
- From Route 78 East: exit 16, right at first light
From Route 78 West: exit 17 onto Route 31 North

Clinton Wal-Mart from Route 78 West

- Exit 15: Left onto Route 513 South to second traffic light
- Turn Left, go up hill, Right at stop sign into parking lot; park in area farthest from the stores

Deerpath Park

From Flemington:

- Route 31 North, Right onto West Woodschurch Road; continue 0.7 mile to park entrance on right (follow YMCA and Deerpath signs)
- Continue past YMCA and soccer fields to main parking lot at end of driveway near rest rooms

From Clinton:

- Route 31 South 6.5 miles from I-78 to West Woodschurch Road jug handle
- Cross over Route 31 and follow directions above

Frenchtown by Delaware River Bridge

- Route 12 West to traffic light in Frenchtown
- Turn Left and follow road around to the right
- Parking lot is on Left just before bridge, after Bridge Street Café

High Bridge Municipal Lot

- Route 31 North, Right onto Route 513 towards High Bridge
- Right just before train station onto Route 513 and continue under the overpass
- Left onto Main Street; continue a few blocks almost to end, then Left into parking lot just before Route 513 turns right

Holcombe-Jimison Farm, Lambertville, NJ

- Route 202 South to Lambertville exit (last exit in NJ).
- Left at stop sign at bottom of ramp, right at the stop sign onto Route 29 North
- Immediate left into Holcombe-Jimison Farmstead.
- Follow entrance road to the end and park on left just before towpath.

Morales Park, Flemington

- Route 202 to Flemington circle; follow signs for Route 12 West.
- Pass another circle (Hess station), continue on Route 12 past third circle (Dvoor Farm)
- Right onto Old Croton Road; Right at Capner Street; parking lot is on the right.

Pennington Market

- Route 202/31 South six miles; Route 31 South eight miles to Delaware Avenue, Pennington
- Park at south end of lot, away from buildings

Prallsville Mill, Stockton, NJ

- Route 523 South to Stockton.
- Right on Route 29.
- Go 1/2 mile to Mill on left.

Spruce Run

- Route 31 North past Clinton and High Bridge.
- LEFT at Van Syckles Road traffic light (Toyota dealer)
- Park in the first lot on the left by the water.

Taco Bell, Flemington

Route 202, one-fifth mile south of Flemington Circle (Shop-Rite, Marshalls, Dollar Tree)