

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



**SPRING 2017 NEWSLETTER**  
**MARCH - APRIL - MAY**

HHC Web Page: [www.HunterdonHikingClub.org](http://www.HunterdonHikingClub.org)

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

**This Version Is Edited for Web and Does  
Not contain meeting place detail**

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:

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The meetings start at 7pm. (No meetings in July, August & December).

## Hunterdon Hiking Club Officers - June 2016 – May 2017

**President:** Bill C. 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](mailto:ljmski@embarqmail.com)  
Gail Jacobsen [jacobseng@mail.com](mailto:jacobseng@mail.com)  
**Newsletter:** Tom N- -  
**Hospitality:** Lynn N-

# Hunterdon Hiking Club Membership Form

## Membership Year: August 1st to July 31<sup>st</sup>

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 J-** [jacobseng@mail.com](mailto:jacobseng@mail.com).

Current members contact **Loretta M-** [ljmski@embarqmail.com](mailto: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, March 9, 2017, 7:00 PM - Highlights of the Appalachian Trail

Bill Claus and Bruce Michael have hiked portions of the Appalachian Trail from Maine to Georgia. They will describe their experiences with words and photographs. Iconic highlights and scenic views from fourteen states will be shown.

## Thursday, April 13, 2017, 7:00 PM – Build Your Own Wildlife Sanctuary

Joan Rottkamp will discuss how to make your backyard a wildlife sanctuary; and how to attract birds, butterflies and wildlife.

## Thursday, May 11, 2017, 7:00 PM – Rail Trip Across Canada

Join Ron Good and Loretta Morris on their adventurous rail trip across Canada on the Via Canada and Rocky Mountaineer.

## 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 April 27: Hagley MUSEUM in Wilmington, Delaware.**

#### **Leader: Gail Jacobsen**

Located on 235 acres along the banks of the Brandywine River, Hagley is the site of the gunpowder works founded by E.I. duPont in 1802. This example of early American industry features indoor and outdoor exhibits including restored mills, the powder yard, a worker's community, and the ancestral home and garden of the duPont family.

### **Thursday May 25: Tenement Museum, NYC**

#### **Leader: Doris Spencer**

We are a nation of immigrants and this unusual New York City museum tells the story and the struggles of individuals and families from many countries who came to the USA between 1863 and 1935. We will have the opportunity to experience programs, which dramatize the experiences of an Italian family, a Jewish family and an Irish family as they try to make new lives for themselves on the Lower East Side of New York. We will also have a walking tour of the East Side neighborhood.

# Upcoming Events

## Monthly Community Theatre - Friday Nights

If interested in Friday night monthly community theatre, contact Laurie Hammond at ourtwinkids@comcast.net. 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.

## Frost Valley Hiking Weekend

**Friday - Sunday, April 7-9 Frost Valley YMCA, Claryville, NY**

This weekend in the Catskills listed in the Winter newsletter is **FULL**. However, if there is further interest, there may be cabins available at the same cost, \$134 per person, which includes 5 meals, bunkbed lodging, staff-led hikes for all levels and hiking related classes and other activities. Frost Valley is about a 3hour drive from Flemington area. For more info about the facility in general, see their website: frostvalley.org. Contact Loretta M- to check cabin availability or to be put on a waiting list for our lodge and for more details. Or call her.

## Backpacking the Appalachian Trail in Vermont

**Monday - Sunday, May 15 - 21 33.8 miles Class: 3C 11:30 AM departure  
Paul U. - =**

Join us as we start at County Road in VT (where we left off on 10/09/16). Highlights of this section will include the stone foundation of a 19th century tavern, Sucker Pond - Bennington VT's public water supply, the open summit of Harmon Hill, Glastonbury Mountain Fire Tower and the longest section (22.6 miles) of the Trail in VT that doesn't cross a road. Six views are shown on the map for this section. 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. Cell: -**

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 weekly 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.

## Leaders Needed

### Sign up to Lead an Outdoor Event this Summer

The Outdoor Committee is now scheduling activities for Saturdays and Sundays in the 2017 Summer months: June, July, August. New leaders, as well as experienced leaders are welcome. Pick a favorite spot for hiking or other activity. Pick a date. Notify Pat - to have your hike/activity added to the HHC calendar.

## Weekend Outdoor Activities

**OPEN DATES: NO LEADER** – There are several open dates this Spring. Please sign up on Yahoo Updates to lead a hike on any of these “Open” dates. Please contact a member of the Outdoor Committee if you need help getting the required Sign-In / Liability Waiver, Leader Guidelines or any other information.

**Currently Open Dates** – Sun. Apr. 16 (Easter); Sun. May 28 (*Monday is Memorial Day*); Sun. June 4

**Saturday, March 4**                      **Miquin Woods**                      **3-4 miles**                      **Class: 2B**  
**10:00 AM Meet:** -  
**Sylvia C.**                      --

Look for signs of spring on the trails at the former Boy Scout property.

**Sunday, March 5**    **Califon Firehouse Breakfast/Road Hike**    **4+ miles**    **Class: 2B**  
**9:30 AM Meet:** -  
**Loretta M.**    -

Walk a short distance from Califon Island Park to the Firehouse for an all-you-can-eat-breakfast (\$7/\$6 Seniors) then walk it off on a scenic loop out of town with one short steep hill and a beautiful view of the valley. If you want to do only the walk, meet outside the Firehouse at 10:30. Rain cancels. Sneakers are fine. Directions: Rt. 513 to Main St., Califon (Rt. 512). Bear left after the bridge, go one block (Firehouse ahead on right). Turn left onto Bank St. Califon Island is one-quarter mile on the left.

**Saturday, March 11**    **High Point Park**    **6-7 miles**    **Class: 3B**  
**9:30 AM Meet:** -  
**Ron G.**    -

Several views of NYC skyline; trail is rocky, varied elevations, sturdy hiking boots needed. Bring plenty of water and lunch.



**Sunday, March 12** (*Daylight Savings begins*) **Princeton Plus 4-5 miles Class: 1A**

**9:30 AM Meet-**

**Ann W. -**

Stroll through Princeton University, the downtown area, Marquand Park and the D&R Greenways Land Trust property/Johnston Education Center. There may be some artwork on display at the Education Center.

**Saturday, March 18 Hill and Dale Preserve 3.5 miles Class: 2B**

**9:30 AM Meet: -**

**Joan S-**

Rolling hills, open fields and woods. [www.njconservation.org](http://www.njconservation.org)

Directions: Route 523 North toward Oldwick, pass through Oldwick, left turn on Hill & Dale Road, right on Parsonage Lot Road, Tewksbury Township. Trailhead & parking lot on right after about ¼

mile.<http://www.njconservation.org/>

<http://www.njconservation.org/>

**Sunday, March 19 Washington Crossing State Park 3.5 miles Class: 2B**

**10:00 AM Meet: -**

**Pam B-**

Early Spring loop walk through the woods with gentle climbs/descents; second loop on the nature trail. Poles suggested for a possible stream crossing. Directions: Rt. 31 to Rt. 579 (Bear Tavern Road) to Pennington-Titusville Rd. (Rt. 546). Turn right. Park entrance on the right. Follow park signs to Nature Center. OR Take Rt. 29 (River Rd.) to Titusville/Pennington Rd. (Rt. 546). Turn left. Park entrance is on the left. Follow park signs to the Nature Center.

**Saturday, March 25 Sourland Mountain Ecosystem Preserve approx. 5 miles Class: 3B**

**10:00 AM Meet: - (driving directions will be sent on Yahoo Updates before hike)**

**Lynn -**

A beautiful hike in the woods, mostly flat, but quite rocky, with stream crossings. Depending upon the weather, the trails may be muddy. Hiking poles recommended.

**Sunday, March 26 Heylar Woods at Rutgers Gardens, New Brunswick 4 miles Class: 1C**

**10:00 AM Meet:-**

**Linda M. -**

Exploratory walk; I will use a map. Directions: From Ryder's Lane, turn left onto Log Cabin Road. At stop sign, turn right to parking lot behind Holly House.

**Saturday, April 1 Bamboo Creek – Willowood Ramble 4.5 miles Class: 1A**

**10:00 AM Meet: -**

**Geoff N-**

A stroll through two sets of grounds and gardens plus a small loop out on the Patriots Path. Optional lunch after at the Oldwick General Store.

**Sunday, April 2 Brand New Second Ave. Subway and Jewish Museum approx. 4 miles Class: 1C**

**Meet for the 8:30 AM Bus from Clinton Park and Ride**

**Yolanda E-**

Check out the brand new Second Ave. subway Station at 72nd St. then the Jewish Museum on Fifth Ave. and walk a little in Central Park

**Friday - Sunday, April 7-9 Frost Valley Hiking Weekend** (see Upcoming Events for details)

**Saturday, April 8 Carversville – Suspension Bridge Loop 4 miles Class: 2B**

**10 AM Meet:**

**Peter B. -**

Cross suspension bridge and go up Fleecydale Rd. to Carversville, return via Old Carversville Rd. Snack in Carversville.

**Sunday, April 9 Metuchen Greenway 4 miles Class: 1B**

**10:00 AM Meet: -**

**Pete B.**

Hike will probably be about 2 hours, 4 miles on a paved path. Directions: from 287 South towards Perth Amboy, take Exit 3, New Durham Road, Metuchen. Turn left at the end of the ramp onto New Durham Road (CR 501 East). Follow New Durham Road through two traffic lights; New Durham Road will bend sharply left, becoming Middlesex Avenue; Greenway Trailhead on the right just before the railroad embankment.

Additional directions:

<http://www.middlesexcountynj.gov/About/ParksRecreation/Pages/PR/GreenWDirections.aspx>

Lunch optional in Metuchen. Scouting of abandoned RR ROW before the official greenway was established. Our hike will start at mile 1.72 in this write up.

<http://www.metrotrails.org/Metrotrails/Gateway.html><http://www.metrotrails.org/Metrotrails/Gateway.html>

**Saturday, April 15 Princeton Triple Play 4-5 miles Class: 1A**

**9:30 AM Meet: -**

**Rich .**

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, April 16 (Easter) NO LEADER**

**Saturday, April 22 (Earth Day) Columbia Trail and Ken Lockwood Gorge Loop 8 miles Class: 2C**

**9:30 AM Meet: -**

**Peter G-**

Start your Earth Day celebrations with an energetic paced hike on one of the most scenic trails in the County! Hike on the Columbia Rail Trail along the shelf of the gorge and return on the floor of Ken Lockwood Gorge along the South Branch of the Raritan River. A portion of the hike will be on quiet neighborhood public roads. Bad weather cancels (check Yahoo Updates)

**Sunday, April 23 New York City Walk 5 miles Class: 1C**

**10:00 AM Meet: -**

**Marianne V.**

There are a lot of things to do in the Spring in New York City and I would like to keep some options open for something new and interesting.

**Saturday, April 29 Davidsons Mill Pond County Park, South Brunswick 2.25 miles Class: 1A**

**10:00 AM Meet: -**

**Avi A. -**

Nice hike with views of forests and fields. Option to go to lunch afterwards. If bad weather, will send out update re cancellation or rescheduling via Yahoo Updates morning of hike. Park website and trail map are available at:

<http://www.middlesexcountynj.gov/About/ParksRecreation/Pages/PR/Davidson%27s-Mill-Pond-Park.aspx>

**Sunday, April 30 Round Valley Reservoir 6 miles Class: 3C**

**9:30 AM Meet: -**

**Mark H-**

Hike the north side of the reservoir on some new trails. Bring lunch.

**Saturday, May 6 Belmar to Asbury Park and Return 7 miles Class: 1C**

**9:30 AM Meet: -**

**(Free parking available on 8th and adjoining streets)**

**Linda M. -**

We will walk the boardwalk from Belmar to Asbury Park and return. Lunch, which you can buy or bring, will be somewhere on the boardwalk. Carrying water is suggested. Heavy rain cancels.

**Sunday, May 7 The Highline and West Village down to Battery Park 5 miles Class: 1C**

**Meet -**

**Yolanda E.-**

Walk the Highline with a detour through some lovely streets in the West Village. Continue along the Hudson River Park to Battery Park.

**Saturday, May 13 Walpack Maintenance 4 miles Class: 2B**

**9:30 AM Meet: -**

**Peg G-**

Beautiful lake and always fun to see the swans, maybe even a bear. We saw a Mom and 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.

**Sunday, May 14 (Mother's Day) East Amwell Bike Ride approx. 20 miles Class: 3C**

**10:00 AM Meet: - (directions will be sent on Yahoo Updates before the bike ride)**

**Lynn E--**

Ride on pretty country roads in Ringoes and East Amwell, includes hills and maybe some gravel. I shall have a picnic lunch of hot dogs, salads and beans for you at my house afterwards.

**Monday - Sunday, May 15 - 21 Backpacking the AT in Vermont (see Upcoming Events for details)**

**Saturday, May 20 Watchung Reservation History Trail 7 miles Class: 2C**

**9:00 AM Meet: -**

**June F. -**

The Watchung Reservation History Trail passes and identifies sites of historic interest in Union County's Watchung Reservation, a 2,000+ acre preserve located in the northern portion of the County. We'll extend our hike to visit the deserted village of Feltsville for some possible photos. Wear hiking boots and bring trail lunch/water. Rain cancels.

**Sunday, May 21 Trail Maintenance on Musconetcong 4.5 miles Class:2B**

**9:30 AM Meet: -**

**Ron G. -**

Bring clippers, loppers, hand saw for limited trail clean up. Bring snack or lunch to have on trail.

**Saturday, May 27 Plainsboro – Cranbury Bike Ride 16 miles Class: 1A**

**10:30 AM Meet:**

**Meryl M.**

Bike ride 16 miles from Plainsboro to Cranbury, ride the streets and Heritage Park, which has an awesome wonderful secret place, then ice cream. Picnic lunch after the ride on my patio.

Surface: Road and paved trails, some narrow shoulders, mostly flat. Required: helmet, water, extra inner tube. Directions will be sent on Yahoo Updates before the ride.

**Sunday, May 28 (*Monday is Memorial Day*) – NO LEADER**

**Saturday, June 3 Bike LHT (Lawrenceville-Hopewell Trail) 20 miles Class: 1B**

**10:00 AM Meet:**

**Meryl M.**

Some road then on unpaved path, and go through Rosedale Park, the historic Pole Farm to Village Park in Lawrenceville. Then turn around. Directions sent before event via HHC Yahoo Groups.

**Sunday, June 4 – NO LEADER**

## Tuesday Short Hikes – Spring 2017

**Class: 1A – 3B.**

**Leader: See individual hikes.**

**Meeting times: 9-30am.**

**Leaders:** Sylvia C-Lynn E -. Ruth F -. Gail J -.

Mary L -. Rose Mary M -. Geoff N -

John S -. Doris S -

**Note:** If bad weather, check your e-mail for HHC updates or call leader to see if the hike is on.

<p><b><u>Mar 7<sup>th</sup>. White Oak trail. Opposite Bulls Island.</u></b>            Meet: -            Class: 2B. Miles: 4. Leader: Sylvia C-.            Lunch: TBD.</p>	<p><b><u>April 25<sup>th</sup>. Bowmans Hill Wildflower Preserve.</u></b>  <b>Note.</b> There is a \$5.00 pp entrance fee.            Meet: -            Class: 1B. Miles: 3. Leader: Lynn -            Lunch: Bowman’s Hill Tavern.</p>
<p><b><u>Mar 14<sup>th</sup>. Pleasant Run Greenway.</u></b>            Meet: -.            Class: 2B. Miles: 4. Leader: RoseMary M-            Lunch: TBD.</p>	<p><b><u>May 2<sup>nd</sup>. Morales. Flemington.</u></b>            Meet: -            Class: 1B. Miles: 2.9. Leader: Rich D-.            Lunch: Meals to Order.</p>
<p><b><u>Mar 21<sup>st</sup>. Schicks Preserve.</u></b>            Meet: -            Class: 2B. Miles: 2.8. Leader: Doris S-.            Lunch: Little York Inn.</p>	<p><b><u>May 9<sup>th</sup>. Hoffman Park. Near Clinton.</u></b>            Meet: -            Class: 1B. Miles: 3. Leader: Mary L-            Lunch: Clinton Station Diner.</p>
<p><b><u>Mar 28<sup>th</sup>. Arboretum, Hunterdon Co Park Office.</u></b>            Meet: -            Class: 1A. Miles: 3. Leader. Ruth F-            Lunch: Stanton General Store.</p>	<p><b><u>May 16<sup>th</sup>. Blairstown History Walk.</u></b>            Meet: -            Class: 1B. Miles: 2+ Leader: Gail J-.            Lunch. TBD.</p>
<p><b><u>April 4<sup>th</sup>. Trenton historic area.</u></b>            Meet: -            Class: 1A Miles: 3-4. Leader.Lynn E-.            Lunch: TBD. ( Also pack snack)</p>	<p><b><u>May 23<sup>rd</sup>. Peace Valley ramble. PA.</u></b>            Meet: -            Class: 2B. Miles: 3.5. Leader: Geoff N-.            Lunch: Gardenville Inn. PA.</p>
<p><b><u>April 11<sup>th</sup>. Scherman Hoffman Sactuaries.</u></b>            Meet: -            Class: 2B. Miles: 3-4. Leader: June F-.            Lunch: TBD.</p>	<p><b><u>May 30<sup>th</sup>. Musconetcong Short loop.</u></b>            Meet: -            Class: 1B. Miles: 3. Leader: Geoff N-.            Lunch: TBD.</p>
<p><b><u>April 18<sup>th</sup>. Capooling Trail.</u></b>            Meet: -            Class: 1A. Miles: 3. Leader: Doris S-.            Lunch: Dukes Luncheonette.</p>	<p><b><u>June 6<sup>th</sup>. . Jenny Jump SF. Ghost lake entrance</u></b>            Meet: -            Class: 1B. Miles: 3. Leader: John S-            Lunch: Villa Venice. Rte 46.</p>

## Wednesday Hikes – Spring 2017

**Class: 1B – 4B**

**Leaders: See individual hikes**

**Meeting times: 9:30 a.m.**

**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 the hike is on.

<p><b><u>March 15 – No hike scheduled</u></b></p>	<p><b><u>May 3 – Minnewaska SP – Kerhonkson, NY</u></b>                  Meet: -                  Class: 2C Miles: 5 -6 Leader: Linda de Neufville                  Lunch: pack snacks for trail w/ early dinner Mountain Brauhaus near New Paltz</p>
<p><b><u>March 22 – No hike scheduled</u></b></p>	<p><b><u>May 10+11 Milford PA Overnighter or Wed. Day Hike</u></b>                  Meet: -                  Wed: 5.5 miles Kittatinny L. or Stokes SP- no reservation needed -Leader: Geoff Nicklen                  Wed Nite: Myer Motel Milford \$80./2 bed; reserve w/ Geoff N. April 1 latest w/ \$40. Deposit. Full details later.</p>
<p><b><u>March 29 – Ralph Stover/Tohicken Creek</u></b>                  Meet: -                  Class: 3B (rocky trail) Miles: 4 ½ Leader: Yolanda E-                  Lunch: Pack for on the trail</p>	<p><b><u>May 17 - Wissahickon Gorge</u></b>                  Meet: -                  Class: 1<sup>st</sup> ½ - 1C; 2<sup>nd</sup> ½ - 3C Miles: 6 Leader: Yolanda E-                  Lunch: pack for trail</p>
<p><b><u>April 5: – No hike scheduled</u></b></p>	<p><b><u>May 24– Baldpate Mt. from Washington Crossing SP</u></b>                  Meet: -                  Class: 3B (rocky w/ some elevation) Miles: 4-5                  Leader: Lynn E-                  Lunch: TBD</p>
<p><b><u>April 12 – Round Mountain</u></b>                  Meet: -                  Class 2B Miles: 4-5 Leader: Linda B-                  Lunch: pack to eat at Park Pavillion</p>	<p><b><u>May 31 – Fairview Farm - Bedminster NJ</u></b>                  Meet: -                  Class: 2C Miles: 5 Leader: Linda de Neufville                  Lunch: Gladstone Tavern</p>
<p><b><u>April 19– Loop Hike to Lindbergh Estate</u></b>                  Meet: -Updates before hike                  Class 3B Miles: 5                  Leader: Lynn E-                  Lunch: TBD</p>	<p><b><u>June 7 – Tohicken State Park</u></b>                  Meet: -                  Class: 2B Miles: 4-5 (bring poles)                  Leader: Maria K-                  Lunch: pack to eat by creek</p>
<p><b><u>April 26 – Catfish Pond NJ North of Blairstown</u></b>                  Meet: -                  Class: 2B Miles; 5.5 Leader: Geoff N-                  Lunch: pack to eat on trail w/ optional stop after</p>	<p><b><u>June 14 - Road/Canal Walk starting from Stockton</u></b>                  Meet: -.                  Class: 2B Miles: 5 Leader: Yolanda E-                  Lunch: Dilly's Bridge St.</p>

## Thursday “C Pace” (Energetic) Hikes – Spring 2017

**Class: 1C – 3C Meeting times: 9:30 AM unless otherwise noted. 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 YahooUpdates.**

**Leaders: Ron G. - Mark H.- John S. -; Jackie S. -**

<p>March 2 Cheesequake State Park Meet: - Class: 2C 7 miles Leader: Charlie B. -</p>	<p>April 20 Stokes St. Forest Blue Mountain Trail <b>Meet: 9:00 AM -</b> Class: 3C 9 miles Leader: Charlie B.-</p>
<p>March 9 Water Gap AT Shuttle Raccoon Ridge Meet: - Class: 3C 6 miles Leader: Bill W.</p>	<p>April 27 Wissahickon Gorge <b>Meet: 9:00 AM -</b> Class: 3C 8 miles Leader: Judy M. 609-466-9049, Cell: 609-439-9077</p>
<p>March 16 High Mountain Park Preserve, Wayne NJ Meet: - Class: 3C 8 miles Leader: Ron G.</p>	<p>May 4 Apshawa Preserve Meet: - Class: 3C 7 miles Leader: Jackie S.</p>
<p>March 23 South Mountain Reservation Meet: - Class: 2C 7 miles Leader: Jackie S.</p>	<p>May 11 Mt. Tammany Fire Road to Sunfish Pond Meet - Class: 3C 10 miles Leader: Ron G.</p>
<p>March 30 Four Birds Trail Meet: - Class: 3C 8 miles Leader: Mark H.</p>	<p>May 18 Pine Barrens Batona Trail, Part 4, Carranza Memorial to Atison Lake; shuttle <b>Meet: 9:00 AM -</b> Class: 2C 10 miles Leader: John S.</p>
<p>April 6 Wyanokie High Point, Norven Green Meet- Class: 3C 7 miles Leader: Jackie S.</p>	<p>May 25 Stonetown Circular Meet: -8:30am Class: 3C 11 miles Leader: Mark H.</p>
<p>April 13 Blue Mtn. Lakes to Millbrook Rd. via Hemlock Pond (Shuttle) Meet: Class: 3C 8.5 miles Leader: Bill W.</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.

<b>Terrain Classification</b>	<b>Hikes</b>	<b>Rides</b>
<b>Class 1</b>	Easy, mostly flat.	Easy, flat. Mostly on bike paths, gravel or paved. Occasionally on roads that will have a small amount of traffic
<b>Class 2</b>	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.
<b>Class 3</b>	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.
<b>Class 4</b>	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.
<b>Pace Classifications</b>	<b>Hikes</b>	<b>Rides</b>
<b>Class A</b>	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
<b>Class B</b>	Amble, unhurried, with frequent stops	Steady but leisurely pace. Cruise on flat 9 to 13 mph; Overall moving average 9 to 10 mph
<b>Class C</b>	Moderate, energetic to cover a proposed distance.	Moderate. Cruise on flat 11 to 14 mph, Overall moving average 10 to 11 mph.
<b>Class D</b>	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)