

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SUMMER 2016 NEWSLETTER
JUNE - JULY - AUGUST

HHC Web Page: www.HunterdonHikingClub.org

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

**Note this Public copy has most personal info omitted call president or membership for further info.
Meembers have access to full copy on yahoo group hhc events**

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. x
Treasurer: Tom W. x
Website: Sylvia Crush x

Outdoor Program:

Lynn N. Pat H.
Liz W. , Pam B.

Membership: Loretta M. ljmski@embarqmail.com
Gail J, Jacobseng@mail.com

Newsletter: Andy P.

Hospitality: Lynn N.

2016/2017 Membership Renewals Due By July 31st

Reminder: Membership for the 2015-2016 year expires on July 31. Please mark your calendars to renew before July 31. (Note that new members who joined after March 1st of this year are paid up through July of 2017). An e-mail reminder will be sent to you if you have not renewed by mid August. **No reminders will be sent by regular mail.** Also remember to include an application with **updated** information with your check. Please contact Loretta at ljmski@embarqmail.com if you have any questions about your membership or if you want to join our Yahoo Group so that you receive e-mail notices about last minute changes to upcoming hikes and other events. Thank you! Loretta Mizeski - Membership Chair

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, June 9, 2016 7:00 PM – Arboretum Nature Walk

The June indoor program will be a nature walk through the Arboretum led by Laura Kroon Bush, Park naturalist. This is a chance to learn about all the things we see when we hike there.

There are no indoor programs in July or August.

Museum Walks

Leaders: Doris Spencer & Rita Koch

Occasional trips combining city (or country) walks with a visit to a museum 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 after the Yahoo Groups notice.

Thursday July 21 - The Met Breuer museum, NYC

Central Park walk and visit this new Metropolitan museum of Contemporary Art at 75th and Madison Ave, at the site of the old Whitney Museum.

Thursday August 18 - The Mutter Museum, Philadelphia

Prepared to be surprised when we visit this museum of medical oddities.

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.

Overnight Bike and Raft Trip in Jim Thorpe, PA Friday & Saturday June 24 & 25

Meet: Friday 10:15 AM 6/24 Pocono Biking, Jim Thorpe.

Friday 6/24 bike the Lehigh Gorge Trail 15-25 easy miles.

Saturday 6/25 raft 12 miles with Jim Thorpe River Adventures Class 2-3 rapids.

RSVP to Yolanda ASAP to reserve a spot.

Yolanda E.

2016 Appalachian “Trail Magic”

HHC “Trail Angels” will provide grilled burgers & hot dogs, cold drinks, and snacks for the through-hikers on the Appalachian Trail on 6/29, 6/30, 7/1, 7/7, 7/8, 7/9, 7/12. More details and instructions about signing up to volunteer has been posted on Yahoo Groups or contact Pam B. (from the organizing comm.)

36th Annual HHC Picnic, Saturday, September 10

Please hold this date. Details will follow in the Fall Newsletter and on Yahoo Group Updates. Contact Lynn N to HELP at xx.

Weekday Outdoor Activities

Tuesday Short Hikes

- see page 12 for the Tuesday hike schedule

Wednesday Hikes

- see page 13 for the Wednesday hike schedule.

Thursday “C Pace” (Energetic) Hikes

- see page 14 for the Thursday hike schedule.

Tuesday Bike Rides

Meryl M. xxx

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. xxx

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. xxx

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 Activity this Fall

The Outdoor Committee is now scheduling activities for Saturdays and Sundays in the 2016 Fall months: September, October and November. New leaders, as well as experienced leaders are welcome. Pick a favorite spot for hiking or other activity. Pick a date. Notify Lynn N. xxx 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: Sun. June 19 (Father's Day), Sun. July 10, Sun. July 24, Sat. Aug 6, Sat. Aug 20, Sat. Sept. 3 and Sun. Sept. 4 (Labor Day Weekend).

Saturday, June 4 Point Mountain Hike 5 miles Class: 2B
9:30 AM Meet: Spruce Run lot nearest Rte. 31
Liz and Tom W. xxx

We begin the hike at Mountain Top Road parking lot. Participants can meet us there at 9:45-10:00 AM. The hike includes a grassy field, woods, some rocky areas and a steep incline until we reach Point Mountain overlook, good place to break and enjoy the view with snacks. The hike continues along the ridge with parts of the trail being rough, rocky and steep. Heavy rain cancels. Call leader if weather is an issue.

Sunday, June 5 Bike Ride at Tyler State Park Approx. 12 miles Class: 3B
10:30 AM Meet: Fisherman's Parking Lot in Tyler State Park (driving directions will be sent on Yahoo updates)Lynn E. xxx Expect some moderate elevation, as the ride includes hills, also a ride through the covered bridge, and pretty views along the lake and streams. Bring a lunch you can carry on your bike to eat at the dam in the park.

Saturday, June 11 Trenton Mill Hill Garden Tour 1-2 miles Class: 1A
11:45 AM Meet: Artworks parking lot, 19 Everett Alley and South Stockton St., Trenton
Carpooling is on your own. Parking is free.

Ann W. xxx Tour these lovely urban house gardens and view the art on display at Artworks. \$15.00 check will be needed by June 3. Contact Ann by phone or email to reserve your spot (limited to 15).

<http://trentonmillhill.org/events>

Also on June 11 ~ Alternative Opportunity:

Saturday, June 11 Morales Park Community Workday 2-3 miles Class: 1A
9:00 AM Meet: Morales Park 103 Capner Street, Flemington Pat H. This is trail maintenance for this preserve that many of us use a lot. We will clip trails and lay down wood chips. Please bring clippers or other trail maintenance tools. Other members of the community will be there. Drinks, snacks and hotdogs for lunch provided.

Sunday, June 12 Hike Negri-Nepote Native Grassland Preserve, Franklin Township, Somerset County 3 miles Class: 2B

10:00 AM Meet: Negri Parking Lot Skillman Rd.

Pete B.

This is 3 miles (about 1 ½ hours) on a groomed pathway, maybe some wet areas.

Directions: This is in the vicinity of Six Mile Run but out of the way. The Negri parking lot is on Skillman Rd. which goes between Rte 27 and Middlebush Rd. only. The landmark is the One World Café, about one mile north of the Six Mile Run River crossing. One World Cafe is on rte. 27 at the corner with Skillman road. The other access is from Middlebush road. There is no landmark but it is also north of the Six Mile River.

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

Saturday, June 18 Mt. Minsi Hike with Shuttle 5 miles Class: 2B

9:30 AM Meet: Spruce Run Reservoir lot nearest Rte. 31

Geoff N.

After spotting a shuttle car at the finish point, we drive to the start at Totts Gap. Hike up to the AT; this is the only uphill. Next, hike along the ridge to the overlook at the Delaware Water Gap. The views are spectacular. Finally we descend to our spotted car. Pack a snack. Optional lunch on the way home.

Sunday, June 19 (Father's Day) No Leader

Friday, June 24 & Saturday, June 25 Jim Thorpe Bike & Raft Trip.... see page 6.

Saturday, June 25 Mimi's & Peter's Trail / Lockatong 6 miles Class: 2B

9:30 AM Meet: Bulls Island outer parking lot

Sylvia C. xx

Through forest and some open field with an opportunity for a cool toe dip. Poles recommended for two steep hills and for rocky areas.

Sunday, June 26 Bike Ride 18-20 miles Class: 3C

9:30AM Meet: Mine Brook Park parking lot on Old Croton Road, Flemington

Joan S. From Mine Brook we'll wind our way around Delaware and Franklin and Raritan Townships. Mostly flat with a few mild hills. No one dropped. Helmets and water a must. Optional lunch.

Saturday, July 2 Bull's Island to Carversville, Pa and back 4.5 miles Class: 2B

10:00 AM Meet: Bull's Island parking lot.

Susan F. & Peter S.

Hike from Bull's Island to Carversville, Pa. and back. We'll cross the walking bridge and hike up Old Carversville Road (dirt) and stop at the Carversville Store for a snack. Then down Fleecydale Road (frequently unused and closed to traffic except local). Look for Venus De Milo carved from a tree, a house made from a silo and caboose and a Frank Lloyd Wright original. Any ambitious walkers may join Peter and me for an extended walk on the tow path to Centre Bridge, cross to Stockton and enjoy a real lunch at Cravings. Then back to Bull's Island. This will be a combined walk with Batona Hiking Club from Philadelphia, one of the oldest clubs in Pa. Heavy rain cancels.

Sunday, July 3 Bike Ride 15-20 miles Class: 3C
9:30 AM Meet: Holcombe-Jimison parking lot outside and beyond the farm entrance
David C.

Terrain is mostly quiet roads; includes hills and a short portion on the canal path; pace is moderate, overall moving average 10-11 mph. No one left behind.

Saturday, July 9 Deer Path Hike, Swim & Lunch 5 miles Class: 2B
10:00 AM Meet: Deer Path Park-at parking lot by Bandstand
Jeff. A.

Start from parking lot, through open fields, then a nice hike through wooded trails over Round Valley Mountain. If interest, lunch (supplied by me) and swim at my home down the street. If you only want to do the lunch/pool meet at my home 12:30 ish. **If you have a favorite dish to bring, let me know.** Pool will be open; bring bathing suit, towel and chair. **RSVP by 7/7/16.**

Sunday, July 10 No Leader

Saturday, July 16 Clinton / Pittstown Trails shuttle 5-6 miles Class: 2B
8:30 AM Meet: at Clinton in parking lot next to Fox Lumber - details to follow on yahoo groups.
Sylvia C.

An easy hike along the mostly shady Raritan south branch and winding brook on the converted Landsdowne/Coopalong rail trail. **Expect carpool to leave at 8:45**

Sunday, July 17 Belmar to Sea Girt and Return 7-8 miles Class: 1C
9:30 AM Meet: In front of the 7-Eleven at Ocean Ave and 8th St., Belmar
(Free parking available on 8th and adjoining streets)
Linda M.

We will walk the boardwalk from Belmar to Sea Girt and return with a detour through lovely Spring Lake Park and downtown. Lunch in Spring Lake or on Belmar boardwalk. Bring water. Heavy rain cancels. If you want to carpool, email me and I'll connect those who want to share a ride.

Saturday, July 23 Flemington Greenways hike 3.5-4 miles Class: 2B
9:00 AM Meet: Minebrook Park parking across from Morales Preserve 103 Capner St.
Sylvia C.

Hike through Dvoor farm along mostly shaded Minebrook and tributaries - some minor stream crossings. Bring a snack & water.

Sunday, July 24 No Leader

Saturday, July 30 Morales Preserve 3-4 miles Class: 2B
9:30 AM Meet: Morales parking lot 103 Capner Street, Flemington
Peg M.

Hike Morales Nature Preserve across from last week's Greenway hike. Lunch TBD.

Sunday, July 31 Copper Mine Trail 5 miles Class: 3C
9:00 AM Meet: Spruce Run parking lot near Rte. 31
Ron G.

We will check out the old mine entrance. Gradual climb up to the AT/Camp Mohican for lunch. Back onto the AT, over to Kaiser Road Trail, down to connector road, back to Copper Mine Road starting point. Bring lunch.

Saturday, August 6 No Leader

Sunday, August 7 **Bike Ride** **Approx. 20 miles** **Class: 3B**
9:30 AM **Meet: Lynn Ebelings house, driving directions on HHC updates.**
Lynn E.

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

Saturday, August 13 **Ken Lockwood George and Columbia Trail** **8 miles** **Class: 2C**
10:00 AM **Meet: High Bridge Municipal Parking Lot**
Judy M.

Hike in Ken Lockwood George. Return via the Columbia Rail Trail. Bring snack/lunch.

Sunday, August 14 **Hike at Jockey Hollow** **3.5- 4 miles** **Class: 2B**
10:00 AM **Meet: Jockey Hollow Parking lot off of Tempe Wick Rd**
Pat H.

This is a pretty hike with a few hills.

Directions: Take I-287 North. Exit 30B toward Bernardsville. At the first light go right then left at the next light onto Tempe Wick Rd. The entrance is about 1 mile on the right.

Saturday, August 20 **No Leader**

Sunday, August 21 **Lazy summer Days Hike and Brunch** **4 miles** **Class: 2B**
10:00 AM **Meet: Morales Park on Capner Street, Flemington**
Doris S.

Hike at Morales Park and have brunch at leader's nearby home.

Saturday, August 27 **Bike Ride** **Explore Hopewell Township!** **15 miles** **Class: 3C**
9:30 AM **Meet: Orlando's (310 Rte. 31, Hopewell NJ - park along wooden fence on south side of building)**
David C.

Intermediate, including some hills, paved roads and some paved bike paths. Moderate pace; wait for all riders.
Lunch at Orlando's at conclusion of ride.

Sunday, August 28 **Bike Ride** **20 miles** **Class: 3B**
9:00 AM **Meet: Marion Clausen Memorial Park, Rte. 514 Ringoes**
Lynn E.

Bike ride on back roads with some hills. Lunch at Mom's Restaurant following ride.

Saturday, September 3 **(Labor Day weekend)** **No Leader**

Sunday, September 4 **(Labor Day weekend)** **No Leader**

Tuesday Short Hikes – Summer 2016

Class: 1A – 3B.

Leader: See individual hikes.

Meeting times: 9-30am.

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

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>June 8th. Canal Walk. Easton PA.</u> Meet: Riegelsville. Park lot, NJ side next Del R bridge Class: 1A Miles: 4. Leader: Mary L. Lunch: Muellers Too. Riegelsville PA.</p>	<p><u>July 26th. Mountain Lakes Preserve Princeton. NJ.</u> Meet: Taco Bell. Rte 202, Flem or 10-15 am at Mtn Lake Preserve. 57 Mountain Ave, Princeton. Class: 2B. Miles: 3. Leader: Lynn E. Lunch: Contes Pizza. Princeton.</p>
<p><u>June 14th. Dry Run Creek to Lambertville.</u> Meet: Orlandos. Rte 31 and 518. Class: 1A. Miles: 3. Leader: Doris S. Lunch: Orlandos.</p>	<p><u>Aug 2nd. Lockatong Preserve. Rte 519.</u> Meet: Behind the Sergeantsville Firehouse. Rte 523. Class: 2B. Miles: 3. Doris S. Lunch: Maria Rosas.</p>
<p><u>June 21st. Whitehouse Station Area History Walk</u> Meet: Pickel Park. Rte 523 behind Municipal Building. Class: 1B. Miles:3 appr Leader: Sylvia C. Lunch: Jerrys Brooklyn Grill.</p>	<p><u>Aug 9th. Hike around Reigelsville PA.</u> Meet: Frenchtown by Delaware River Bridge. Class: 2B. Miles: 3. Leader: Sylvia C. Lunch: Riegelsville Inn.</p>
<p><u>June 28th. Lord Stirling Park.</u> Meet: Kings Shopping Center. Rte 22, Whitehouse Stn Class: 2A. Miles: 3. Leader. Geoff N. Lunch: Nancy Holland will host us at her house.</p>	<p><u>Aug 16th. Nockamixon Reservoir West side.</u> Meet: Frenchtown by Delaware River Bridge. Class: 2B. Miles: 3. Leader: Geoff N. Lunch: Bridgetown General Store.</p>
<p><u>July 5th. Marble Hill/ Highlands. Lopatong, P'Burg.</u> Meet: Clinton Walmart parking lot. Class: 2B. Miles: 3. Leader: Gail J Lunch: Brass Rail. Lopatong.</p>	<p><u>Aug 23rd. Morris Canal Plane 9 West Museum.</u> <u>Tour guide will show us round.</u> Meet: Clinton Walmart parking lot. Class: 1A. Miles: 2 Leader: Gail J. Lunch: Pack lunch. Eat in Museum grounds</p>
<p><u>July 12th. Minquin Woods.</u> Meet: Spruce Run lot nearest to Rte 31. Class: 2A. Miles: 2.5. Leader: Mary L. Lunch: TBD.</p>	<p><u>Aug 30th. Whitmore Wild life Sanctuary.</u> Meet: Kings Shopping Center. Rtes 22 and 523. Class: 2A. Miles: 3.5. Leader: Rose Mary M. Lunch: Whitehouse Gen' Store (or Mount'ville café)</p>
<p><u>July 19th. Landsdowne Trail.</u> Meet: Clinton Library. Halstead St. Clinton. Class: 1A. Miles: 3.5. Leader: Rose Mary M. Lunch: Clinton Towne Restaurant.</p>	<p><u>Sept 6th. The length of Kenwood Lockwood Gorge and back. (Bagel? breakfast in Gorge.)</u> Meet: Highbridge Municipal lot.(Then drive to Union Forge Park, Washington St. Class: 1B. Miles: 3. Leader: Lynn E. Lunch: Gronskis Milkhouse.</p>

Wednesday Hikes – Summer 2016

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 hike is on.

<p><u>June 1 – Christie Hoffman Farm Park</u> Meet: King’s Parking Lot Rtes 523&22 East Whitehouse or Christie Hoffman Parking Lot 9:50 Class 2B Miles: 4 Leader: Linda de N Lunch: Oldwick General Store</p>	<p><u>July 20 – Califon Road Walk, Picnic, and Swim</u> Meet: Califon Island Park, Bank St., Califon Class 1B Miles: 4.5 Leader: Tom N Lunch: LM’s House in Califon – check Yahoo Updates for directions and what to bring</p>
<p><u>June 8 – Merrill Creek</u> Meet: Spuce Run Lot nearest Rte. 31 Class: 2B Miles: 6 Leader: Teri Moorhead Lunch: Warrenside Tavern</p>	<p><u>July 27 – Cushetunk Picnic & Round Valley Wading</u> Meet: 106 Mountain Rd., Lebanon NJ, near RR (Cushetunk Lot) Class: 2B Miles: 6 Leader: Tom N. Lunch: pack picnic</p>
<p><u>June 15 – Catfish Pond</u> Meet: Spruce Run lot nearest Rte. 31 Class: 2B Miles: 6 Leader: Geoff N. Lunch: pack a lunch Blairstown Inn after</p>	<p><u>August 3 – Lewis Morris Park</u> Meet: King’s Parking Lot Rtes. 523+22E Whitehouse Class; 3B Miles: 5 Leader: Linda B. Lunch: pack to eat on trail</p>
<p><u>June 22 – West Fairmount Park Philadelphia (Japanese Tea House, grounds, mansion, Underground RR museum)</u> Meet: Pennington Shoprite Rte.31 Circle Class: 1B Miles: 2+ Leaders: Yolanda E and Ann W (609-462-1830) seniors \$19.; others \$21. Min. 10:Max. 20 Check to Ann Wolf, 32 Steven Ave. Hamilton, NJ 08619 by June 13 Lunch: pack for picnic (must wear socks in teahouse)</p>	<p><u>August 10 – Delaware River Paddle Trip Philipsburg=Riegellsville</u> Meet: Boat launch Old River Rd. just south of Riegellsville on Nj side. Life jackets required. Class: 1 Miles: 8 Leader: Geoff N. Lunch: pack for on river; Riegellsville Inn after trip</p>
<p><u>June 29 – Tohickon Valley – Ralph Stover</u> Meet: Frenchtown by Bridge or at Tohickon Park on Cafferty Rd. at 10:00 AM Class 3B Miles: 4.5 Leader: Maria K Lunch: bring one to eat half way by creek</p>	<p><u>August 17 – High Bridge to Califon via Ken Lockwood + Columbia Trail (one way shuttle)</u> Meet: High Bridge town parking lot by trailhead Class: 2B Miles: 6 Leader: Linda de N Lunch: Bex Califon Fine Foods</p>
<p><u>July 6 – Mountain Lakes Preserve - Princeton</u> Meet: Taco Bell Flemington or Preserve Parking Lot Mountain Road 10:00 AM Class 2B Miles: 4 Leader: Yolanda E Lunch: TBD</p>	<p><u>August 24 – Sourland Mountain Ecosystem Preserve</u> Meet: Parking Lot opposite 105 Featherbed Lane + Rileyville Rd. Hopewell Twshp. 08525 Class: 3B Miles: approx. 5 Leader: Lynn E Lunch: TBD</p>
<p><u>July 13 – Loop Hike to Lindbergh Estate</u> Meet: Parking Lot opp. 105 Featherbed Lane+Rileyville Rd. Hopewell Township 08525 Class : 3B Miles: 5 Leader: Lynn E Lunch: TBD</p>	<p><u>August 31 – Voorhees State Park</u> Meet: Voorhees SP Visitor’s Center Lot, across from Voorhees HS, Rte.513 north of High Bridge Class: 3B Miles: 5 Leader: Tom N Lunch: Riley and Jake’s</p>

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

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 Yahoo Group Updates. Leaders: Ron G. ; Mark H. John S. Jackie S. C Bill W. , x

<p><u>June 2 Lockatong Preserves, incl. High Falls in WMA: shuttle</u> Meet: Bulls Island State Park lot near restrooms Class: 2C 6.5 miles Leader: Jackie S.</p>	<p><u>July 21 Franklin Parker Preserve - Red Trail</u> Meet: <i>Special Time: 9 AM</i> Pennington Market, lot near Burger King Class: 2C 6 miles Leader: Bill W.</p>
<p><u>June 9 Dunnfield Creek & AT</u> Meet: : Spruce Run, lot nearest Rt. 31 Class: 3C 8 miles Leader: Ron G.</p>	<p><u>July 28 Howell Farm to Washington Crossing Park shuttle</u> Meet: Howell Living History Farm, 70 Woodens Ln, Lambertville Class: 3C 7 miles Leader: Mark H.</p>
<p><u>June 16 High Point State Park AT trail to Monument Trail</u> Meet: <i>Special Time: 9 AM</i> King’s Lot Whitehouse Station Class: 3C 5-6 miles Leader: John S.</p>	<p><u>August 4 Delaware Water Gap Nat’l Rec Area (PA) Trails near the Pocono Environmental Ed. Center</u> Meet: : <i>Special Time: 9 AM</i> Spruce Run, lot nearest Rt. 31 Class: 3C 7 miles Leader: John S.</p>
<p><u>June 23 Wawayanda Mountain</u> Meet: <i>Special Time: 9 AM</i> King’s Parking Lot, Whitehouse Station Class: 3C 7 miles Leader: Mark H.</p>	<p><u>August 11 Wickecheoke Greenway shuttle</u> Meet: Prallsville Mill, Stockton Class: 2C 7.5 miles Leader: Jackie S.</p>
<p><u>June 30 Jacobsburg State Park, Wind Gap, PA</u> Meet: Spruce Run, lot nearest Rt. 31 Class: 2C 6 miles Leader: Bill W.</p>	<p><u>August 18 Black River Park Trails – Shuttle Hike</u> from Willowwood Arboretum to Chubb Park Meet: King’s lot, Whitehouse Station Class 3C 6-7 miles Leader: John S.</p>
<p><u>July 7 AT to Catfish Pond/Rattlesnake Swamp</u> Meet: Spruce Run, lot nearest Rt. 31 Class: 3C 7.5 miles Leader: Jackie S.</p>	<p><u>August 25 Ramapo Forest and Millstone Hill</u> Meet: King’s Parking Lot, Whitehouse Station Class: 3C 7 miles Leader: Mark H.</p>
<p><u>July 14 Copper Mine Trail</u> Meet: Spruce Run, lot nearest Rt. 31 Class: 3C 7 miles Leader: Ron G.</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)