

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SUMMER 2015 NEWSLETTER JUNE – JULY - AUGUST

HHC Web Page: www.HunterdonHikingClub.org

PUBLIC VERSION-----Note: this version of the newsletter does not contain hike meeting locations/contact phone #s

Non club members should contact Bill Claus 908-788-1843 or Lynn Burtis 908-782-6428 for more information before joining a hike

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

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 2015 – May 2016

President:	Bill Claus	908-788-1843
Secretary:	Nardi Beier	
Treasurer:	Tom Wroth	
Website:	Sylvia Crush	
Outdoor Program:	Lynn N., Pat H. Doris S., Liz W. , Pam B.	
Membership:	Loretta Mizeski	ljmski@embarqmail.com
	Gail Jacobsen	Jacobseng@mail.com
Newsletter:	Andy Peterson	
Hospitality:	Laurie Hammond, Betty Nylk and Lynn Nicklen	

2015/2016 Membership Renewals Due By July 31st

Reminder: Membership for the 2014-2015 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 2016). 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 11, 2015 7:00 PM

Hiking Holiday in the Hebrides, Scotland: Presented by Linda Mayerik
Scotland is made for hiking. Join Linda on a photographic journey of hiking in the Hebrides on the isles of Skye, Harris, Lewis, and a bit on the mainland.

No HHC meetings in July and August.

Next HHC meeting: Saturday, September 26 – brief meeting at picnic.

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.

Friday June 26 - Thomas Edison National Historical Park, West Orange

Guided tour of Glenmont Mansion, the 29 room home of Thomas and Myna Edison, followed by a self-guided visit to Edison's laboratory complex and a walk around the beautiful grounds of the Park. Lunch at a local restaurant.
3 miles.

Thursday July 16 – Neue Gallerie, New York City

Visit the historic painting featured in the Helen Mirren film "Woman in Gold". Currently the museum has a special exhibit devoted to the close relationship that existed between the subject and the artist Gustav Klimt. We will have lunch at one of the Austrian cafes in the Museum. 4 miles

Thursday August 13 – Brooklyn Museum and Gardens

Our own Nancy Holland, museum docent, will lead a guided tour for our group. We will walk around the gardens and lunch at the Museum's outdoor cafe. 3 miles

Thursday September 10 – Philadelphia Museum of Art

Discovering the Impressionists. This exhibition traces the development of Impressionism and reveals art dealer Paul Durand-Ruel's role in the movement and in the rise of such artists as Monet, Manet, Pissarro and Degas. 4 miles

Upcoming Events

Monthly Community Theatre - Friday Nights

If interested in Friday night monthly community theatre, contact Laurie H.. 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.

Appalachian Trail Magic - June & July

At the end of June and into July, the Appalachian Trail thru hikers will be coming through New Jersey on the trail on their way to Mt. Katahdin, Maine. We will be providing trail magic to them by cooking hot dogs and hamburgers and serving cold drinks and snacks. We set up on the trail near Millbrook Village, NJ. It is a full day event and we usually have a team of 3 people there. This year, we are trying to do 10 days of trail magic in June and July. If you are interested in working one of the days and haven't already signed up at the May meeting, please call or email Gail J. at jacobseng@mail.com by June 10th. This is a very fun and rewarding day!

35th Annual HHC Picnic, Saturday, September 26

Please hold this date. Details will follow in the Fall Newsletter and on Yahoo Group Updates. Contact Lynn Nicklen to HELP or to RSVP @ cmnicklen2@yahoo.com.

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

Carolyn C. Pat H June B and Meryl M. are the co-leaders.

Bike rides spring, summer, and fall of about 12 miles, mostly on bike paths on the flat with some stops to enjoy the views. Details on the upcoming ride, including ride description and meeting place, will be emailed by the Saturday before the ride via HHC Yahoo Group Updates. Helmets and water are required for all rides. Please bring an extra tire tube and make sure your bike is in good repair. Some rides may not be suitable for road bikes.

Friday Bike Rides

Pat H. hennessypat42@gmail.com

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.

For all HHC Bike rides, you need:



Leaders Needed

Sign up to Lead a Hike this Fall

The Outdoor Committee is now scheduling activities for Saturdays and Sundays in the 2015 Fall months: September, October and November. New leaders, as well as experienced leaders are welcome. Pick a favorite spot for hiking or other activities. Pick a date. Notify Lynn Nicklen [...](#) to have your hike/activity added to the HHC calendar.

Weekend Outdoor Activities

OPEN DATES – NO LEADERS – Please sign up on Yahoo Group Updates to lead a hike on the Open Dates with NO LEADERS: Sat. June 27, Sun. July 26, Sat. Aug. 1.

NOTE: Changes and cancellations may occur. They will be announced via Yahoo Group Updates. **You must join this group to receive email notices.** Please check your email prior to hikes or call the leader if bad weather may be an issue.

Saturday, June 6 Belmar to Sea Girt and Return 8 miles Class: 1C
Linda M.

We will walk on 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 can be something you bring from home or buy there. Bring water. Heavy rain cancels. If you want to carpool, email me and I'll connect those who want to.

Sunday, June 7 Bike Ride from Holcombe-Jimison Farmstead 15-20 miles Class: 3C
9:30 AM Meet: Holcombe-Jimison Farmstead, Lambertville
David C.

Terrain will be mostly quiet roads, includes hills and short portion on canal path. Pace will be moderate overall moving 10-11 mph. We will wait for stragglers.

Saturday, June 13 Holland Township Bike Ride 17-19 miles Class: 3C
9:30 AM Meet: Milford Public Library parking lot across from Milford School
Joan S.

Terrain is hilly & rolling with flat recoveries. Moderate pace. No one dropped. Bring water & snack. Lunch optional.

Sunday, June 14 Tohickon Creek 5-6 miles Class: 3C

Mark H.

Carpool to Tohickon Valley Park picnic grounds north of Point Pleasant on Cafferty Rd. Hike through a scenic gorge and to great views from High Rocks. Bring lunch or snacks. Heavy rain cancels.

Saturday, June 20 Walpack Trail, Van Campen Inn 5 miles Class: 2B

Peggy G. We will hike the Walpack Trail, Military Road and visit the Van Campen Inn on the Old Mine Road. Bring lunch and snacks. Heavy rain cancels.

Sunday, June 21 Dad's Day hike in Tourne County Park in Boonton 5 miles Class: 2B

Bob and Susan S.

We'll loop through the park, with an optional "C" climb to the "Top o' the Tourne" to take in a great view of NYC. A bonus stroll through the Wild Flower Garden should reward us with lovely blooms. Dads: bring your child(ren) and receive a home-baked treat! Leaders will be traveling farther north after the hike, so be prepared to drive. Heavy rain cancels.

Saturday, June 27 NO LEADER

Optional event – Waterloo Village Heritage day <http://www.canalsocietynj.org/CSNJ/index.html>

Sunday, June 28 Chimney Rock 3+ miles Class: 2B

Peter B.

Route-leaders choice, no long hills. Time on trail-approx. 2 hours. Lunch at Chimney Rock Inn. Directions: From Route 22 use Thompson Road exit in Bridgewater and go north towards Martinsville. Bear right at the stop sign onto Chimney Rock Road. In less than a mile, just after Gilbride Road, you will see ball fields. Go into this parking lot. Chimney Rock information: <http://www.somersetcountyparks.org/parksFacilities/washValley/WashingtonValleyPk.html> GPS Coordinates for Chimney Rock Park 40.594427,-74.560607 Trail map: http://www.mtbnj.com/w/images/3/37/Chimney_Rock_Norm.jpg

Saturday, July 4 Bike Ride to the Lebanon Independence Day Parade 8 miles Class: 3C

Pat H.

We will bike to the parade which starts at 10:00. This is a great parade. There are free hotdogs. We can also bring our lunch and have a picnic back at Pickell Park when we get back. This ride is quite hilly. Directions: From Flemington take Route 523 towards Whitehouse Station. Pass the light at Readington Road. In ¾ mile turn left on Mountain Road; the park is the next left. From the north take 523 South through Whitehouse Station and turn right onto Mountain Road then left into the park.

Sunday, July 5 Bike or Hike Governor's Island 5 miles Class: 2B

Pat H. and Marianne V.

We will drive to the Staten Island Ferry. Parking is free on Sunday. Take the free ferry to NY and then take the ferry to Governor's Island. \$1.00 for Seniors, \$2.00 for everyone else. I will lead the cyclers and Marianne will lead the hikers. Bring snacks. There may be limited places for lunch. We should be back around 5:00. Rain cancels.

Saturday, July 11 Deer Path Hike, Swim, Lunch 5 miles Class: 2B

Jeff A.

Start from parking lot, through open fields, then a nice hike through wooded trails over Round Mountain. If interest, lunch (supplied by me) and swim at my home down the street. If you only want to do lunch/pool meet at my home 12:30ish. **If you have a favorite side dish to bring, let me know.** Pool will be open; bring bathing suit, towel and chair. **RSVP by 7/7/15.**

Sunday, July 12 NYC Morgan Library & Murray Hill Neighborhood 5 miles Class: 1C

Marianne V.

The Morgan Library & Museum is the only institution in the world to possess three copies of the Gutenberg Bible. First we will explore the Murray Hill neighborhood which is known for its townhouses, largely constructed between 1853 and 1910. After visiting the library it is on to a New York style beer garden; it is not in a garden. Bring food and water. **Please email leader to register for this hike.**

Saturday, July 18 Rosedale Park, Federal City Road, Pennington, NJ 3.5 miles Class: 2B

Mary E.

Hike from Rosedale to Hunt House and back including section along Stony Brook. Mix of gravel, grass, and dirt paths. Heavy rain cancels.

Sunday, July 19 Hoffman Park, Union Township 4 miles Class: 1B

Peggy G. A lovely walk in the park. Heavy rain cancels.

Saturday, July 25 Bike Tour of Peace Valley and Doylestown 15 miles Class: 2B

Sylvia C.

A leisurely summer ride on bike paths with a bit of small roads mixed in as we circle the picturesque New Galena Lake and surrounding area. Bring a bag lunch so we can eat at the lake. Check HHC Events updates for changes.

Sunday, July 26 NO LEADER

Saturday, August 1 NO LEADER

Sunday, August 2 Bike loop from Ringoes to Neshanic and back 24 miles Class: 3A

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Lynn E

This ride includes hills and gravel.

Saturday, August 8 Dunnfield Creek 8 miles Class: 3C

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Ron G.

Follow Dunnfield Creek; will cross the creek several times. Neat views along the creek. We lunch at Sunfish Pond, then take AT back down to parking lot. Heavy rain cancels.

Sunday, August 9 Tulpehaking* Nature Center 3 miles Class: 1A

Lynn N.

After learning about this Native American site we will walk the uplands and lowlands of the Abbott Marshlands. Late afternoon meal at the Sticky Wicket for those who wish.

* Lenape for "Land of the Turtle". This is a makeup event which was cancelled in Feb. due to icy conditions. <http://www.mercercountyparks.org/parks/tulpehaking-nature-center/>

Saturday, August 15 Merrill Creek Hike 6 miles Class: 2C

Linda M.

Circular hike through woods and along stony paths. Hike starts from the Visitor Center at 10:00; participants can meet us there. Bring lunch and plenty of water.

Sunday, August 16 Whittemore Wildlife Preserve 3.5 miles Class: 2B

Peggy G.

Beautiful wildlife sanctuary with woods along Rockaway Creek. Possible lunch in Oldwick. Heavy rain cancels.

**Saturday, August 22 Delaware River Canoe Trip - Phillipsburg to Riegelsville 9 miles
Class: River Class 1**

Geoff Nicklen

Come prepared with life jacket, river lunch, sunglasses, bug spray, river shoes, clothes for weather of the day all tied secure in your boat. At the boat launch we will shuttle up to the put-in at Phillipsburg. We will leave enough cars at Riegelsville sufficient to take drivers back to P'burg at trip's end. Your boat may be put on another car. Double racks and pick-up trucks help with this. Co-operation is absolutely needed on this.

Some like to swim at the lunch spot. Rain does not stop this trip. Après beer at Riegelsville Inn. This is a beautiful moving river. Some riffles and cross currents. Basic paddling skills are needed. Allow all day for this event.

Sunday, August 23 Bike Ride from Sergeantsville to Sky Manor Airport 29 miles Class: 3C

Jane McB.

29 mile loop (all road riding) with rolling hills; moderate pace (10-12 miles/hour); helmet, water and extra tube required. Bring snacks for Sky Manor rest stop/plane watching or possible lunch. Rain cancels, but please call leader if questionable. Yahoo Updates will be sent if weather cancellation is necessary.

Saturday, August 29 Full Moon Hike 4.5 miles Class: 2B

Doris S.

Towpath walk by moonlight (hopefully). Bring flashlights!!
Pre-hike dinner at Maria Rosas restaurant on Rte. 523 if there is interest.

Sunday, August 30 Kayak and Hike - Split Rock, Rockaway Twp. 9 miles

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Beverly O.

We'll stop at an island or two to walk around & at a trail at north end of lake to eat lunch on rocks and hike a mile or two. Life vests required; pack lunch, sun & bug screen, lock to tie up kayaks. Parking lot is small, so share vehicles if possible.

Saturday, September 5 Ringoes Bike Ride Loop 24 miles approx. Class: 3A

Lynn E.

Ride includes hills and gravel. Lasagna for lunch afterwards at Lynn's house. Bring your own drinks.

Sunday, Sept 6 Storm King Sculpture Park 4 miles Class: 1B

Yolanda E.

A leading sculpture garden on 500 acres of rolling hills, fields and woodlands. The setting for a collection of over 100 monumental sculptures dotting the serene landscape. Easy walking. Buy or bring lunch.

Admission: \$15.00/\$12.00 Seniors

Tuesday Short Hikes – Summer 2015

Class: 1B – 3B.

Leader: See individual hikes.

Meeting times: 9-30am.

Leaders: Sylvia C., Lynn E., Gail, 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>June 2nd. Marble Hill/Highlands Trail.</u></p> <p>Class: 2B. Miles: 3. Leader: Gail J. Lunch: Brass Rail, Lopatong. PS. The Rhododendrons may be in bloom.</p>	<p><u>July 21st. Fiddlers Creek Preserve.</u></p> <p>Class: 2B. Miles: 3. Leader: Lynn E. Lunch: Orlandos.</p>
<p><u>June 9th. NJ Fish Hatchery. Rte 46, NJ.</u></p> <p>Class: 1A. Miles: 3. Leader: Mary L. Lunch: Villa Venice.</p>	<p><u>July 28th. Easton-Lafayette, Cemetery, Sigal Mus'</u></p> <p>Class: 2B. Miles: 3. Leader: Gail J. Lunch: Bring packed lunch. Sigal museum optional after lunch. Cost is \$7.00.</p>
<p><u>June 16th. Duke Farms Pet Cemetery trail.</u></p> <p>Class: 2B. Miles: 4.5. Leader: RoseMary Mangano. Lunch: Duke Farms Café.</p>	<p><u>Aug 4th. Peace Valley Nature Center. PA.</u></p> <p>Class: 1A. Miles: 3. Leader: Doris S Lunch: Bring a picnic lunch.</p>
<p><u>June 23rd. Coffman Hill.</u></p> <p>Class: 2B. Miles: 3.5. Leader: Geoff Nicklen. Lunch: Bridgeton Hill Deli by the canal.</p>	<p><u>Aug 11th. Upper Tohickon Creek.</u></p> <p>Class: 2B. Miles: 4. Leader: Geoff N. Lunch: Bring a packed lunch. Opportunity to take a dip in the river too.</p>
<p><u>June 30th. Stanton Station.</u></p> <p>Class: 2B. Miles: 3.5. Leader: Joe T. Lunch: Red Horse Café. Rte 31. Allerton.</p>	<p><u>Aug 18th. Prydes Point Preserve.</u></p> <p>Class: 2B. Miles: 2.8. Leader: Doris S. Lunch: Orlandos.</p>
<p><u>July 7th. Columbia trail / Ken Lockwood Gorge.</u></p> <p>Class: 1A. Miles: 4. Leader: RoseMary M. Lunch: Gronsky's.</p>	<p><u>Aug 25th. Thatchers Hill. N of Flemington.</u></p> <p>Class: 2B. Miles: 3.5. Leader: Sylvia C. Lunch: Flemington Raritan Diner.</p>
<p><u>July 14th. Brook tour of the Backwoods. Flemington</u></p> <p>Class: 2B + bit of bushwacking. Bring poles and spray. Miles: 4. Leader: Sylvia C. Lunch: Cook to Order. Main St. Flemington.</p>	<p><u>Sept 1st. Grounds for Sculpture.</u></p> <p>Class: 1A. Miles: 3. Leader: Lynn E. Lunch: Grounds for Sculpture cafeteria.</p>

Wednesday Hikes – Summer 2015

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 BNancy BLynn E

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 3 - Lord Stirling Park Swamp Walk</u></p> <p>.</p> <p>Class: 1B Miles: 4 Leader: Linda de N Lunch: Minuteman Restaurant</p>	<p><u>July 22 - Kayak Raritan River Hamden to Lipton Tea</u></p> <p>.</p> <p>Class: River 1 Miles: 10 Leader: Geoff N. Lunch: pack river lunch: life jackets and all river gear required.</p>
<p><u>June 10 – Merrill Creek</u></p> <p>Class: 2B Miles: 6 Leader: Teri M. Lunch:Warrenside Tavern24</p>	<p><u>July 29 - Califon Circular</u></p> <p>.</p> <p>Class: 1B Miles: 4 Leader: Tom Norwood Lunch; Loretta’s House in Califon Check Yahoo Updates for directions and details on what to bring.</p>
<p><u>June 17 – Musconetcong Gorge Preserve</u></p> <p>Meet: Frenchtown Lot by river Class: 2B Miles: 4 Leader: Katherine B. Lunch: Ship’s Inn - Milford</p>	<p><u>August 5 - Cushetunk Picnic and Round Valley Wading</u></p> <p>Meet: 106 Mtn. Road Lebanon, NJ, by railroad tracks Class: 3B Miles: 6 Leader: Linda B. Lunch: Pack lunch and swimsuit</p>
<p><u>June 24 – Lambertville Roundabout Canal Walk</u></p> <p>.</p> <p>Class 1 B Miles: 4 Leader: Linda de N. Lunch: Thai Tida w/ Roja coffee and OWOW Cow ice cream options after.</p>	<p><u>August 12 - Ken Lockwood Gorge Back and Forth River Ramble</u></p> <p>.</p> <p>Class:1B Miles: 4 Leader: Linda de N.. Lunch: Cryan’s (the old Miller’s Tavern)</p>
<p><u>July 1 – Nockamixon Southside Hike</u></p> <p>.</p> <p>Class: 2B Miles: 5 Leader: Nancy B. Lunch: Pulp in Frenchtown</p>	<p><u>August 19 – Baldpate Mountain</u></p> <p>.</p> <p>Class: 3B Miles: 5 Leader: Lynn E. Lunch: It’s Nutts</p>
<p><u>July 8 – Tohicken Valley State Park</u></p> <p>.</p> <p>Class: 2B Miles: 5 Leader: Maria K. Lunch: Bring lunch to eat by creek halfway</p>	<p><u>August 26 - Ralph Stover, Tohicken Park</u></p> <p>.</p> <p>Class: 3B Miles: 5 Leader: Yolanda E. Lunch: Pack lunch for picnic at tables by Creek</p>
<p><u>July 15 – Watchung Reservation trail.</u></p> <p>.</p> <p>Class: 1B Miles: 4.5 Leader: Geoff Nicklen Lunch: Nancy Holland’s Fairview Ave. Chatham NJ Call Nancy on what to bring 973-980-9306</p>	<p><u>Sept. 2 - Ringing Rocks</u></p> <p>.</p> <p>Class: 2B Miles: 4 Leader: Nancy Broadbent Lunch: Nicola’s Pizza Frenchtown</p>

Thursday “C Pace” (Energetic) Hikes – Summer 2015

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. .; Jackie S. ., Bill W. John S.

<p><u>June 4 - Mt. Tammany Fire Road/Sunfish Pond</u> .</p> <p>Class: 3C 10 miles Leader: Ron G.</p>	<p><u>July 23 - Buttermilk Falls</u></p> <p>Class: 3C 6 miles Leader: John S.</p>
<p><u>June 11 - Stokes State Forest</u></p> <p>Class: 3C 6.5 miles</p> <p>Meet: King’s lot, Rt. 22 at Rt. 523, Whitehouse Leader John S.</p>	<p><u>July 30 - Franklin Parker Preserve, Pine Barrens</u> <u>--Red Trail</u></p> <p>Class: 2C 6 miles Leader: Bill W.</p>
<p><u>June 18 - Terrace Pond Shuttle</u></p> <p>Class: 3-4C 7 miles Leader: Mark H.</p>	<p><u>August 6 - Horseshoe Bend Park</u></p> <p>Class: 2C 6 miles Leader: Jackie S.</p>
<p><u>June 25 - Water Gap AT Shuttle Raccoon Ridge</u> .</p> <p>Class: 3C 6 miles Leader: Bill W.</p>	<p><u>August 13 - Rattlesnake Swamp/ A.T.</u></p> <p>Class: 3 C 6.5 miles + Leader: Ron G.</p>
<p><u>July 2 - Black River from Coopers Mill</u></p> <p>Class: 2C 6 miles</p> <p>Leader: Jackie S.</p>	<p><u>August 20 - Delaware Township preserves & roads</u></p> <p>Class: 2C 6 miles</p> <p>Leader: John S.</p>
<p><u>July 9 - Mt. Minsi</u></p> <p>Class: 3C 5.4 miles Leader: Ron G.</p>	<p><u>August 27 - Round Valley Reservoir</u></p> <p>Class: 3C 6 miles Leader: Mark H.</p>
<p><u>July 16 - Washington Crossing Park to Howell Farm Shuttle</u></p> <p>Class: 3C 8 miles Leader: Mark H.</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-Jimson 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-Jimson 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)