

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

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

FIRST CLASS MAIL

Hunterdon Hiking Club
Organized 1980
Affiliate of the Hunterdon County
Department of Parks and Recreation



WINTER 2014/2015 NEWSLETTER
DECEMBER - JANUARY - FEBRUARY

HHC Web Page: www.HunterdonHikingClub.org

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 2014 – May 2015

President:	Bill Claus	908-788-1843
Indoor Program:	June Filipski	
Secretary:	Nardi Beier	
Treasurer:	Bill Groah Tom Wroth	
Website:	Sylvia Crush	
Outdoor Program:	Peg G., Lynn N., Pat H., Doris S., Liz W.	
Membership:	Loretta Mizeski	ljmski@embarqmail.com
	Gail Jacobsen	917-939-6391 Jacobseng@mail.com
Newsletter:	Andy Peterson	Andrew@Teaberrys.com
Hospitality:	Laurie Hammond, Betty Nylk and Lynn Nicklen	

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

December 2014 - No meeting. Holiday Party December 13, 2014.

Thursday, January 8, 2015

“Meet the First Hikers in America” presented by Gloria C

Come learn about America's first hikers - Native Americans. Through dancing costumes, farming tools, totems, and stories... life on the Plains 200 years ago will be relived.

Thursday, February 12, 2015

“Hiking North Cascades National Park in Washington State”

presented by Bruce M and friends

In August of 2014, five friends from New Jersey and four friends from Washington State met in North Cascades National Park for a week of challenging day hiking. The reward for the strenuous hiking was wonderful vistas, often filled with wildflowers, glaciers, and remaining snowfields.

Museum Walks

Leader: Doris Spencer

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 leader 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, December 11 - New York City

Metropolitan Museum of Art, Fifth Avenue and Rockefeller Center Holiday walk.

Friday, January 2 – Princeton

End the holiday season at the Festival of Trees at Morven Museum. The rooms of this historic mansion are filled with beautifully decorated trees. Also on view is "Hail Specimen of Female Art" - a special exhibit of New Jersey schoolgirls' needlework from 1726 to 1860.

Saturday February 14 – Philadelphia

A Valentine's Day special: “The Love Letter Tour”. A guided tour aboard Philadelphia's Elevated Train in West Philadelphia to view outdoor art: 50 murals on rooftops and buildings that collectively are a love letter from a guy to a girl, an artist to his hometown, and residents to their neighborhood.

Upcoming Events

Monthly Community Theatre - Friday Nights

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

Basket Making with LYNN EBLING - Monday Feb 23

Back by popular demand, Lynn has graciously agreed to do another class for the HHC ~ giving you an opportunity to go home with a lovely creation of your very own. Meet at Lynn's home for light breakfast fare (Bagels, coffee, etc.). Participants should bring a packed lunch. You will be making a ribbed (egg or melon) basket. The Cost will be approximately \$20-25, depending on cost of the materials. There is no charge for instruction. Lynn can accommodate 15. Anyone wishing to take the class should email or call to save a space. Confirmation of your participation, directions and a list of tools will be sent on HHC updates closer to the date of the class. **RSVP by Feb 2.**

HHC Annual Holiday Party

DATE: Saturday, December 13, 2014, 6 pm - 9 pm.

PLACE: Razberrys

This will be a full dinner. There will be a DJ for your music listening and dancing pleasure. You must sign up ahead of time. Please RSVP by sending your check by Dec 5. The cost is \$20 per member; \$30 per guest. (club to pay \$10. per member). Cash bar for beer and wine. Look for more information on yahoo updates before the event. Questions: contact Pat Hennessy at 908-963-7327 or hennessypat42@gmail.com. Make checks payable to the HHC and send to: Pat Hennessy

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.

Friday Short Hikes - Pat H.

Pat H.

Friday short hikes of approximately three miles. Specifics will not be listed in the newsletter but emailed weekly on the Yahoo Group Updates. If you do not have email, telephone Pat to get details weekly.

Hike Leaders Needed

Sign up to Lead a Hike this Spring

The Outdoor Committee is now scheduling activities for Saturdays and Sundays in the 2015 Spring months: March, April and May. New leaders, as well as experienced leaders are welcome. Pick a favorite spot for hiking or other activities. Pick a date. Notify Liz Wroth at 908-310-3166 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 one of the Open Dates with NO LEADER: Dec 13, Dec 27, Jan 3, Jan 11, Jan 17, Jan 31, Feb 21, Mar 8

Saturday, December 6 Coppermine Trail 5 miles Class: 3C

Ron G.

We will see one of the old mines, hike uphill to the AT, lunch at Camp Mohican if desired, take the AT to Kaiser Road, then back to Coppermine Trail.

Sunday, December 7 Dry Run Creek/Rock Hopper Trail 7 miles Class: 3B

Lynn E.

Hilly and rocky at times. Hike from Howell Living History Farm to Lambertville and return.

Directions will be sent on Yahoo Updates.

Saturday, December 13 (Holiday Party) – NO LEADER

Sunday, December 14 Macculloch Hall Historical Museum, Morristown 1.5 miles Class: 1A

Linda M.

A docent-led tour of the 1810 historical house museum with period rooms decorated for Christmas, a special antique Christmas toys and decorations exhibit, and the nation's largest collection of original art by political cartoonist Thomas Nash. Our tour at 12:30 and viewing of the exhibits will be followed by a walk around the Morristown Green to see the decorated tree and nativity, then early supper (optional) at the Famished Frog. Cost of \$6 is non-refundable and there is a limit of 15 people. Email leader for details. Also, eat brunch/lunch before meeting us at 11:30.

Saturday, December 20 Chimney Rock 3+ miles Class: 2B

Peter Beck

We will hike on the yellow trails of Washington Valley Park uphill (300') to Chimney Rock. Slope is gradual and trail is uneven dirt. Time on trail – apx 2 hrs. 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

Sunday, December 21 Prallsville Mill to Bulls Island 5.25 miles Class: 1C

Gloria C.

Get a head start on those holiday calories. Hike at moderate pace. Light lunch or coffee at General Store across Bulls Island Bridge if desired. Snow or ice on the ground cancels.

Saturday, December 27 – NO LEADER

**Sunday, December 28 Billy Johnson Mountain Nature Preserve 3-4 miles Class: 2B
June B**

Walk will include tour of park and continue into Princeton for lunch. We will also be looking for Holiday decorations. Bad weather cancels. Directions: Go south on Rte. 206 from the intersection of Rtes. 518 and 206 outside of Rocky Hill. Turn right at the 3rd traffic light onto Mountain Lake Road (sign for Preserve at this light). Parking lot is the next right.

Saturday, January 3 – NO LEADER

Sunday, January 4 Teetertown Preserve 4-5 miles Class: 2B

Beth & Bruce M. This will be a beautiful winter hike to the Crystal Springs Section of the Teetertown Preserve which will include hiking in open fields as well as a wooded up and down trail. If there is enough snow, bring your snowshoes. Bring snacks to eat along the trail.

Saturday, January 10 Horseshoe Bend Park 4 miles Class: 2B

Joan Sampson

Classic hike on blazed trails through fields and woods, a couple of gentle hills and two stream crossings. Rain or bad weather cancels. Lunch optional at Galasso's.

Sunday, January 11 – NO LEADER

Saturday, January 17 – NO LEADER

Sunday, January 18 Upper Tohickon Trail 5 miles Class: 2B

Geoff N

The hike starts at the High Rocks parking lot and follows the Tohickon Creek upstream. A high trail loops us back to High Rocks. Optional lunch after the hike. Heavy rain cancels.

**Saturday, January 24 NYC – Morgan Library/Museum & Murray Hill area 5 miles Class: 1C
Marianne V.**

The Morgan Library & Museum (\$18 Adults / \$12 Seniors – 65 and over) is the only institution in the world to possess three copies of the Gutenberg Bible. We will also explore the Murray Hill neighborhood, which is known for its townhouses, largely constructed between 1853 and 1910. We will have lunch together when you arrive. Bring water and snacks.

Sunday, January 25 Merrill Creek Reservoir 5.5 miles Class: 2B

Ron G.

We will walk the perimeter trail, scenic views, possibly see snow geese, other wildlife.

Saturday, January 31 – NO LEADER

Sunday, February 1 Sourland Mountains – Somerset County Park 6 miles Class: 3B

Jackie S Steep climb at the beginning of hike. Bring lunch to eat on the trail.

Saturday, February 7 Country Road Walk 4 miles Class: 1B

KathyAnn F. Country road walk in the Northern Stony Brook Greenway, Sourland Mountain area. For directions to the meeting place, go to Northern Stony Brook Greenway on the nynjtc.org website (<http://www.nynjtc.org/park/northern-stony-brook-greenway>). It is on Mountain Road between Rileyville and Runyon Mill Roads. If there is interest, lunch at Hillbilly Hall will follow the hike.

Sunday, February 8 Tourne Park Trek in Boonton 6-7 miles Class: 2C

Susan S.

We'll take a winter trek through Tourne Park to take in the view at "Top of the Tourne." Rolling terrain with one good climb. Trek is a figure-8, so if a very cold day, we can shorten the hike. No-go if rain. If 6" or more snow on ground, we morph into a X-C ski trek! Check Yahoo updates by Friday.

Saturday, February 14 Museum Walk – See page 5 for details

Sunday, February 15 Cedar Ridge Preserve, Hopewell Twp. 4 miles Class: 2B

Lynn E.

Hike approximately ½ mile on the road to the Cedar Ridge Preserve. Hike through woods and fields, easy hills, the ground may be wet and muddy, hiking poles helpful. Soup on the wood stove for lunch at my house after the hike.

Saturday, February 21 – NO LEADER

Sunday, February 22 Tulpehaking* Nature Center 3 miles Class: 1A

Lynn N.

at the Nature Center -.

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

* Lenape for "Land of the Turtle".

Saturday, February 28 Horseshoe Bend Park 6.5 miles Class: 2B

Sylvia C

We will plan to hike the newest miles of freshly cut trails and traverse some of the improved existing trails in the southern section of the park. If snow cover is deep we may use our winter fun gear snow shoes or skis in the park and shorten the distance.

Sunday, March 1 Califon Firehouse Breakfast/Road Hike 4+ miles Class: 2B

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 bridge, go one block (Firehouse ahead on right), turn left onto Bank St. Califon Island Park is one-quarter mile ahead on the left.

Saturday, March 7 Seven Bridges Road Walk, Tuckerton 7 miles Class: 1B

Doris S

An early spring trip to the Jersey Shore. Walk along a quiet road, over wooden bridges and past tidal creeks and wetlands to the inter-coastal waterway. Possible visit to Tuckerton Seaport, Little Egg Harbor Bay, across from Long Beach Island. Bring cameras and binoculars.

Sunday, March 8 – NO LEADER

Tuesday Short Hikes - Winter 2014/2015

Class: 1B – 3B.

Leader: See individual hikes.

Meeting times:

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

Rose Mary M. Geoff 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>Dec 2nd. Prydes Peak.</u> Class: 2A. Miles: 3. Leader: Doris Spencer. Lunch: Orlandos.</p>	<p><u>Jan 20th. Duke Farms. Nr Somerville NJ.</u> Per Leader Class: 2A. Miles: 4. Leader: Rose Mary Mangano Lunch: Café in the park.</p>
<p><u>Dec 9th. Washington Valley Park Reservoir hike.</u> Class: 2B. Miles: 4.5. Leader: Sylvia Crush-Stanton. Lunch: Time to Eat Diner.</p>	<p><u>Jan 27th. Taylor Steelworks Greenway.</u> Class: 1B. Miles: 3.5. Leader: Gail Jacobsen. Lunch: Gronsky's Milk house.</p>
<p><u>Dec 16th. Tour of Hopewell Boro w/ local Historian.</u> Class: 1A. Miles: 2-3. Leader: Lynn E. Lunch: Orlandos.</p>	<p><u>Feb 3rd. Union Forge Preserve.</u> Class: 2A. Miles: 3. Leader: Joe T. Lunch: Riley and Jakes, Route 31.</p>
<p><u>Dec 23rd. Morales Preserve. Flemington.</u> Class: 2A. Miles: 3. Leader: Doris Spencer. Lunch: Doris will host a holiday lunch at her home. Contact Doris on what you could bring.</p>	<p><u>Feb 10th. Flemington/Raritan Greenway walk.</u> Class: 1B. Miles: 3.5. Leader: Sylvia C. Lunch: Shaker Café.</p>
<p><u>Dec 30th. White Oak trail w/ Mimi Upmeyer option</u> Class: 2A Miles: 3 (4.5). Leader: Geoff N. Lunch: Lynn will host a New Years eve lunch at her Home. Contact Lynn on what you could bring.</p>	<p><u>Feb 17th. St Michaels Preserve, Hopewell.</u> Class: 2B. Miles: 3. Leader: Lynn E. Lunch: TBD.</p>
<p><u>Jan 6th. Marble Hill. Highlands trail.</u> Class: 2A. Miles: 3.5. Leader: Gail J. Lunch: Brass Rail.</p>	<p><u>Feb 24th. Musconetcong Gorge short loop.</u> Class: 2B. Miles: 3. Leader: Geoff N. Lunch: Little York Inn.</p>
<p><u>Jan 13th. Jenny Jump.</u> Class: 2A. Miles: 3-4 Leader: Mary Le Lunch: Villa Venice. Pequest NJ</p>	<p><u>Mar 3rd. Christie Hoffman Farm Pk/Tewkesbury</u> Class: 2A. Miles: 3. Leader: Rose Mary M Lunch: TBD.</p>

Wednesday Hikes - Winter 2014/2015

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 B Nancy B.

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

<p><u>December 3, Lewis Morris Park</u></p> <p>Class: 2B Miles: 5, Lunch: Minuteman Restaurant Leader: Linda B</p>	<p><u>January 14, Fleecydale/ Old Carversville Rd</u></p> <p>Class: 2A Miles:4.5 snack at Carversville General Store Lunch: Lumberville General Store Leader: Maria K</p>
<p><u>December 10, Mt Lakes Section - Jenny Jump</u></p> <p>Class: 2B. Miles: 4.5, Lunch: Villa Venice Leader: Geoff Nicklen</p>	<p><u>January 21, Merrill Creek</u></p> <p>Class 2 B Miles: 6, Lunch: Dicola's Pizza Leader: Linda Bradway</p>
<p><u>December 17, Nockamixon SP, quarry/old mill trails</u></p> <p>Class: 2B Miles: 5 Lunch: Becker's Corner Tavern Leader: Nancy B</p>	<p><u>January 28, Tyler State Park</u></p> <p>Class: 2B Miles: 5, Lunch – Isaac Newton Leader: Nancy B.</p>
<p><u>December 24, Christmas eve no hike</u></p>	<p><u>February 4, Howell Farm, Near Lambertville</u></p> <p>Class: 2B. Miles: 6, Lunch: Nicolas Pizza Leader: Geoff N.</p>
<p><u>December 25 HAPPY HOLIDAY TO ALL</u></p>	<p><u>February 11, Tincum Park Scenic Road Walk</u></p> <p>Class 2B. One steep hill. Miles: 5, Lunch: TBD Leader: Yolanda E.</p>
<p><u>December 31 New Years Eve no hike</u></p>	<p><u>February 18, Musconetcong Preserve</u></p> <p>Class 2B Miles: 4, Lunch: Galasso's Leader: Katherine B</p>
<p><u>January 1, 2015 HAPPY NEW YEAR TO ALL</u></p>	<p><u>February 25, Allamuchy State Park</u></p> <p>Class: 2B Miles: 5. Lunch: Marleys Tavern Leader: Tom Norwood</p>
<p><u>January 7 Lake Nockamixon (Pa) Bike Trail</u></p> <p>Class: 2B - 5 Miles, Lunch: Galasso's, Frenchtown Leader: Teri Moorhead</p>	<p><u>March 4, Solebury, Canal Path & Road Walk</u></p> <p>Class 2B. 5 Miles Lunch TBD Leader: Yolanda E</p>

Thursday “C Pace” (Energetic) Hikes – Winter 2014/2015

Class: 1C – 3C Meeting times: promptly at 9:30 AM. 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., C;
Bill W.**

<p><u>December 4 Sourland Mountains, Somerset County Park</u></p> <p>Class: 3C 6 miles Leader: Bill W.</p>	<p><u>January 22 January 29 Black River from Coopers Mill</u></p> <p>Class: 2C 6.5 miles Leader: Jackie S</p>
<p><u>December 11 Rock Cores Trail @ the Gap</u></p> <p>Class: 3C 5 miles Leader: Ron G.</p>	<p><u>Tourne Park, Boonton NJ</u></p> <p>Class: 2C 6-7 miles Leader: Susan S.,</p>
<p><u>December 18 Wickecheoke Greenway</u></p> <p>Class: 2C 5.5 miles Leader: Jackie S.</p>	<p><u>February 5 Brendan Byrne State Forest</u> (with Tundra Swans, we hope)</p> <p>Class: 2C 6 miles Leader: Bill W.</p>
<p><u>December 25 Merry Christmas! No Hike</u></p>	<p><u>February 12 Mt. Minsi, PA</u></p> <p>Class: 3C 5.4 Miles Leader: Ron G.</p>
<p><u>January 1 Happy New Year! No Hike</u></p>	<p><u>February 19 Merrill Creek</u> (with snow geese, we hope)</p> <p>Class: 1C 6 miles Leader: Mark H.</p>
<p><u>January 8 Lake Nockamixon Mountain Bike Trails</u></p> <p>Class: 2C 6 miles Leader: Bill W.</p>	<p><u>February 26 Jenny Jump State Forest</u></p> <p>Class: 3C 6 miles Leader: Jackie S.</p>
<p><u>January 15 Dunfield Creek to Sunfish Pond</u></p> <p>Class: 3C 8 Miles Leader: Ron G.</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 baths, 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)