

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



## WINTER 2016-2017 NEWSLETTER DECEMBER - JANUARY - FEBRUARY

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

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

**This version is edited for web publication & does not contain complete meeting place / time details or leader contact information**

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](http://www.co.hunterdon.nj.us/depts/parks/parks.htm).  
The meetings start at 7pm. (No meetings in July, August & December).

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

**President:** Bill Claus 908-788-1843  
**Secretary:** Hilma P-  
**Treasurer:** Tom W-  
**Website:** Sylvia C-  
**Indoor Program:**  
Sylvia C-, Doris S., -,  
Ron G., -, Pat H., -  
**Outdoor Program:**  
Lynn N. -, Pat H. -,  
Liz W. -, Pam B. -  
**Membership:** Loretta M [ljmski@embarqmail.com](mailto:ljmski@embarqmail.com)  
Gail J - [Jacobseng@mail.com](mailto:Jacobseng@mail.com)  
**Newsletter:** Andy P-  
**Hospitality:** Lynn N-

# Hunterdon Hiking Club Membership Form

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

Please check one:  New  Renewal (Please renew annually by July 31)

**Please Print:**

Name: \_\_\_\_\_

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

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

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

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

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

**Payment Enclosed:**

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

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

Loretta M  
130 Philhower Avenue  
Califon, NJ 07830

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

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

Current members contact **Loretta M-: 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:**

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|                    |   |
|--------------------|---|
| _____ 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

**NO PROGRAM IN DECEMBER - HOLIDAY PARTY DECEMBER 10**

## **Thursday, January 12, 2017- - Colorado and New Mexico**

Join B- and Bruce M- as they share photographs of their recent vacation in Colorado and New Mexico. You will see some of our beautiful National Parks, Native American dwellings, petroglyphs, and the Very Large Array, one of the world's premier astronomical radio observatories.

## **Thursday, February 9, 2017, -- Highlights of the Appalachian Trail**

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

## **Museum Walks**

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

### **Thursday January 5: Philadelphia Museum of Art. Paint the Revolution.**

#### **Leader: Doris S-**

An exhibit offering a view of the forces that shaped Mexican modern art, featuring works by Frida Kahlo, Diego Rivera, Jose Clemente Orozco and many others. And, visit the new Asian galleries.

### **Thursday February 9 : MOMA.**

#### **Leader: Doris S-**

Cure Winter doldrums. Walk around NYC and visit the Museum of Modern Art. Exhibits by Nan Goldin, Francis Picabia and more.

# 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.

## Weekend Hiking Trip

April 7-9 Frost Valley YMCA Hiking Weekend, Claryville, NY in the Catskills

Frost Valley is running a package hiking weekend which includes 5 meals, bunk-bed lodging in modern lodges, staff-led hikes for all levels and hiking related classes and other activities. For our group of 16-20, we will have a 4 bedroom lodge to ourselves with 4-5 people in each room; each room with private bath. The lodge has a common room where we can gather (happy hour!) and a fire pit. Entire cost is \$134 per person. Frost Valley is about a 3 hour drive from Flemington area. For more info about the facility in general, see their website: [frostvalley.org](http://frostvalley.org). Contact Loretta M- for the email brochure, more details or to hold a spot- They are tentatively holding one lodge for us so the deadline for payment will be Jan. 10. (Min. 16 - Max. 20 to run trip.)

# **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.** -

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

## **Friday Short Hikes**

**Pat H.** -

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

## **Friday Bike Rides**

**Pat H.** -

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

# **HHC Holiday Party**

**Saturday, December 10, -**

**Razberry's, 834, Route 12, Frenchtown, NJ.**

\$30.00 for members, \$45.00 for non-members.

Cash bar, hors d'oeuvres, dinner, dessert and DJ for dancing.

Send your check made out to HHC to Marianne T-Hopewell NJ 08525 by  
December 3.

## Leaders Needed

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

The Outdoor Committee is now scheduling activities for Saturdays and Sundays in the 2017 Spring months: March, April and May. New leaders, as well as experienced leaders are welcome. Pick a favorite spot for hiking or other activity. Pick a date. Notify Liz at - xto have your hike/activity added to the HHC calendar.

## Weekend Outdoor Activities

**OPEN DATES: NO LEADER** - There are several open dates this winter. Please sign up on Yahoo Updates to lead a hike on any of these "Open" dates. The weather may be perfect for cross country skiing, snow shoeing, a hike in the woods or whatever. Please contact a member of the Outdoor Committee if you need help getting the required Sign-In / Liability Waiver, Leader Guidelines or any other information.

**Currently Open Dates** - Sat. Dec. 10 (HHC Holiday Party); Sun. Dec 25 (Christmas Day); Sat Dec. 31 (New Year's Eve); Sun. Jan 22; Sat Jan. 28; Sat. Feb. 11; Sat. Feb. 18; Sat. Feb. 25

**Saturday, December 3 50th Trenton Historic Mill Hill House Tour 2 miles Class: 1A**  
- Meet: Artworks parking lot – 19 Everett Alley and South Stockton Street, Trenton  
Ann W. :-

This is the 50<sup>th</sup> consecutive Holiday tour of these historic houses in the Mill Hill District and it promises to be a very special celebration. Contact Ann by phone or email to reserve a place. A check (\$15 in previous years) will be needed by Nov 18 (Fall Newsletter had said by Nov. 25, Yahoo Updates will provide current tour information). Check out the website and Yahoo Updates. <http://trentonmillhill.org/events/holiday-house-tour>

**Sunday, December 4 Peters Brook Greenway 4 miles Class: 1A**  
- Meet: Bridgewater Mall parking lot, area #5, outside of Macy's lower level (men's dept.) on the south side, i.e. Route 22 side. There is a pedestrian bridge over Route 22 easily visible when you are in the meet up area.  
Pete B-

We'll walk about 3 hours from the Bridgewater Mall through Somerville on mostly paved paths. We'll briefly visit this cemetery.

[http://youtu.be/s7v4eAHuO\\_E](http://youtu.be/s7v4eAHuO_E) Lunch optional.



**Saturday, December 10 (HHC Holiday Party) No leader.**

**Sunday, December 11 Christmas in the Castle – Tour of Glen Cairn Castle in Bryn Athyn, PA - easy meander**

**- Meet: Taco Bell, Flemington, Route 202**

**Yolanda -**

Carpool to Bryn Athen, have lunch, visit the Gothic Revival cathedral, take a scheduled guided tour of the 20<sup>th</sup> century Romanesque castle decorated for the holiday. \$10.00 Seniors, \$12.00 others. RSVP by December 5.

**Saturday, December 17 Walpack Ridge and Van Campen Inn 6 miles Class: 2C**

**- Meet: Hampton, old A&P parking lot, Rt.31, opposite McDonald's**

**Peggy G.-**

We will walk the Walpack Ridge trail to Military Road and then to the Old Mine Road for a stop at the Van Campen Inn. Perhaps we'll do a little exploring in the surrounding woods. Bring lunch and plan for a possible stop on the way home. Heavy rain cancels.

**Sunday, December 18 Rosedale Park Hike, 422 Federal City Road, Pennington 08534 6 miles Class: 2B**

**- Meet: Mercer County Park,**

**Entrance at corner of Keefe & Cold Soil Road, Lawrenceville, NJ**

**Mary E-**

Dave Carroll will lead a hike from Rosedale Lake to the Pole Farm and back. Mix of gravel, grass, and dirt paths. Heavy rain cancels hike. Lunch will be soup at Mary's and Dave's around 12 noon after the hike. The invitation stands even if the hike is canceled or if you don't do the hike. Just let us know if you are planning on coming to lunch by Friday, December 16 and we'll send you the address.

**Saturday, December 24 (Christmas Eve) Princeton Plus 4-5 miles Class: 1A**

**- Meet: in front of the theater on the corner of Nassau St. & Vandeventer Ave.**

**Ann -**

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

**Sunday, December 25 (Christmas Day) - No leader**

**Saturday, December 31 (New Year's Eve) - No leader**

**Sunday, January 1 (New Year's Day) St. Michael's Hike 3.5 miles Class: 2B**

**- Meet: St. Michael's Trailhead, Hopewell**

**Pat H. -**

This is a nice hike through fields and woods.

Directions: From Route 31, take Route 518 East to Hopewell. Go to the end (light); bear left to go through town. Take the second light to turn right. You will see the trailhead parking lot in about a half a mile on the left. All are welcome back to my house for coffee and dessert.

**Saturday, January 7 Voorhees State Park Hike 5 miles Class: 2C**

**- Meet: Voorhees State Park at the Park Office parking lot**

**Tom N. -**

A nice hike around the park with one long hill. Lunch at Gronsky's after the hike.

**Sunday, January 8 Dry Run Creek and Rockhopper Trails approx. 6 miles Class: 3B**

- **Meet: At trail head on Wooden's Lane, near Howell Living History Farm in Lambertville (driving directions will be sent on HHC Updates before the hike)**

**Lynn E-**

The Dry Run Creek is a 1 ½ mile trail through the woods from the trailhead up to Route 518. Crossing 518, the trail continues, now called Rockhopper, for another 1 ½ mile toward Lambertville, returning by the same trails for a distance of approx. 6 miles. The trail features views of the valley, rock stairways, streams and bridges, and follows a portion of the route taken by Washington's troops on their trek to Princeton.

**Saturday, January 14 Peace Valley Park, Doylestown, PA 6.5 miles Class: 1C**

- **Meet: Frenchtown by the Delaware River Bridge**

**June F. -**

Starting at Peace Valley Nature Center, we'll circle Lake Galena on mostly paved paths. Bring snacks or a packed lunch.

**Sunday, January 15 Billy Johnson Mountain Nature Preserve 3-4 miles Class: 2B**

- **Meet: Nature Preserve Parking Lot**

**June B.-**

Directions: Go south on Rt. 206 from the intersection of Rt. 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. Optional lunch to follow. Bad weather cancels.

**Saturday, January 21 Duke Farms, Hillsborough 5 miles Class: 1C**

- **Meet: Duke Farms Visitor Center, 1112 Dukes Parkway West, Hillsborough**

**Linda M. -**

Moderately paced hike meandering through the woods, past the lakes, up to the pet cemetery. We'll make a short stop at the orchid house. Bring water. Sneakers OK. Lunch afterwards at the Farm's café if there is interest.

**Sunday, January 22 - No leader.**

**Saturday, January 28 - No leader.**

**Sunday, January 29 Jockey Hollow National Park 5 miles Class: 2B**

- **Meet: In front of the Visitor's Center (Approx. GPS address: 580 Tempe Wick Road, Morristown NJ 07960)**

**Eileen G. -**

Wooded trails with rolling hills and some steeper inclines. Bring water, a snack and hiking boots.

**Driving Directions:** From Interstate 287, North and South Bound

•Take Exit 30B - Bernardsville Exit. At the top of the ramp turn right.

•At the traffic light, turn right onto Route 202 North.

•At the next traffic light turn left onto Tempe Wick Road (Route 646). •Continue on Tempe Wick Road for about another 1 ½ miles. The entrance to the Jockey Hollow will be on your right.

**Saturday, February 4 Milford Bluffs Hike. 4.5 miles Class: 2B.**

**- Meet: in Frenchtown by the Delaware River Bridge.**

**Geoff N- -**

This is a circular hike on trails and across fields with views of the Delaware looking down from the cliffs. There is one steep up hill. Note that parking is very limited at the trail head. Three cars maximum. So we will car pool there and no option to meet at the trailhead. Dress for the weather. Snow does not stop the hike. Optional lunch at Joey Grille in Milford.

**Sunday, February 5 Cedar Ridge Trail approx. 4 miles Class: 2B**

**- Meet: at Lynn E- home in Hopewell Twp. (directions will be sent on HHC Updates before the hike)**

**Lynn E-**

The hike begins with a walk down the road to the trailhead, then proceeds through fields and woods. No stream crossings. Soup on the woodburning stove afterward for lunch, and a visit to the barn to see the goats, sheep, and horses.

**Saturday, February 11 No Leader**

**Sunday, February 12 Stockton and Bulls Island Canal Circular 6 miles Class: 1B**

**- Meet: Prallsville Mills, Stockton**

**Peter B. -**

Enjoy the canals and the Delaware River in Winter. Stop for a snack in Lumberville after crossing the suspension bridge if the store is open.

**Saturday, February 18 - No leader**

**Sunday, February 19 Solebury Road Walk 5 miles Class: 1C**

**- Meet: Stockton on Railroad Ave. (side street off of Bridge St)**

**Walk Paxton/Cutaloosa Roads**

**Yolanda -**

**Saturday, February 25 No leader**

**Sunday, February 26 Duke Island Park, Bridgewater 5 miles Class:1C**

**- Meet: Parking lot by Visitor's Center, Duke Island Park, Old York Rd., Bridgewater**

**Linda M. -**

Flat walk along the canal on uneven dirt path and through the woods on asphalt surface. Bring water and lunch or snack for our midway stop.

**Saturday, March 4 Miquin Woods 3-4 miles Class: 2B**

**- Meet: Spruce Run Lot near Rt. 31**

**Sylvia C. -**

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

**Sunday, March 5 Califon Firehouse Breakfast/Road Hike 4+ miles Class: 2B**

**- Meet: Califon Island Park, Bank Street, Califon**

**Loretta M. -**

Walk a short distance from Califon Island Park to the Firehouse for an all-you-can-eat-breakfast (\$7/\$6 Seniors) then walk it off on a scenic loop out of town with one short steep hill and a beautiful view of the valley. If you want to do only the walk, meet outside the Firehouse at 10:30. Rain cancels. Sneakers are fine.

Directions: Rt. 513 to Main St., Califon (Rt. 512). Bear left after the bridge, go one block (Firehouse ahead on right). Turn left onto Bank St. Califon Island is one-quarter mile on the left.

## Tuesday Short Hikes – Winter 2016-2017

**Class: 1A – 3B.**

**Leader: See individual hikes.**

**Meeting times: -.**

**Leaders:** Sylvia C.-Lynn E 609-466-0695. Gail J -. Mary L - Rose Mary M (- Geoff N - Joe T - Doris S 908-310-3654.

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

|   |  |
|---|--|
| <p><b><u>Dec 6<sup>th</sup>. Curlis Lake Woods. Pennington. NJ.</u></b><br/>           Meet: Pennington Shopping Center. (Or trailhead)<br/>           Class: 1A. Miles: 3.5. Leader: Lynn E-.<br/>           Lunch. TBD.</p>   | <p><b><u>Jan 24<sup>th</sup>. Schicks Preserve.</u></b><br/>           Meet: Frenchtown by the Delaware River Bridge.<br/>           Class: 2B. Miles: 2.8 Leader: Geoff N-.<br/>           Lunch: Little York Inn.</p>                          |
| <p><b><u>Dec 13<sup>th</sup>. Minquin Woods. Nr Glen Gardner.</u></b><br/>           Meet: Spruce Run Parking lot nearest to Rte 31.<br/>           Class: 2B. Miles: 3. Leader. Gail J-.<br/>           Lunch: Hampton Junction.</p>                                     | <p><b><u>Jan 31<sup>st</sup>. S. Branch river trail.</u></b><br/>           Meet: Deerpath Park near the restrooms.<br/>           Class: 2B. Miles: 3.5. Leader: RoseMary M-.<br/>           Lunch: Flemington Diner.</p>                       |
| <p><b><u>Dec 20<sup>th</sup>. Teetertown Preserve. Mtn Farm section.</u></b><br/>           Meet: Highbridge Municipal Park or trailhead 10am.<br/>           Class: 2B. Miles: 3 to 3.5 Leader. Mary L-.<br/>           Lunch: Franks Pizza, Califon.</p>                | <p><b><u>Feb 7<sup>th</sup>. Voorhees State Park</u></b><br/>           Meet: In the park by the restroom.<br/>           Class: 2B. Miles: 3 to 3.5. Leader: Mary L-.<br/>           Lunch: Hampton Junction.</p>                               |
| <p><b><u>Dec 27<sup>th</sup>. Xmas hikes around Bulls Island.</u></b><br/>           Meet: Bulls Island parking nearest Rte 29.<br/>           Class:2A. Miles: 2/3/5 options. Leader. Geoff N--<br/>           Lunch: At our house. Ask Lynn what to bring.</p>          | <p><b><u>Feb 14<sup>th</sup>. St Michaels Farm.</u></b><br/>           Meet: Orlandos Rte 31 or trailhead 10am. (Directions to be sent via HHC update.)<br/>           Class: 2B. Miles: 3. Leader: Lynn E-.<br/>           Lunch. Orlandos.</p> |
| <p><b><u>Jan 3<sup>rd</sup>. Huey Preserve. Joe Ent Rd n'r Flemington</u></b><br/>           Meet: Hunterdon County Library Parking lot Rte 12.<br/>           Class: 1A. Miles: 2. Leader: Doris S-<br/>           Lunch: At Doris's house. Ask Doris what to bring.</p> | <p><b><u>Feb 21<sup>st</sup>. Lower Creek Rd. Del Township.</u></b><br/>           Meet: Prallsville Mill<br/>           Class: 2A. Miles: 3. Leader: Doris S-.<br/>           Lunch: Maria Rosas.</p>   |
| <p><b><u>Jan 10<sup>th</sup>. Highbridge Nassau trail &amp; Mini history walk. Part 2.</u></b><br/>           Meet: Highbridge Municipal Park<br/>           Class: 1B. Miles: 3. Leader: Gail J-.<br/>           Lunch: Casa Maya.</p>                                   | <p><b><u>Feb 28<sup>th</sup>. Rockaway Creek.</u></b><br/>           Meet: Kings Shopping Center. Rte 22 &amp; 523.<br/>           Class: 2B. Miles: 3. Leader: RoseMary M-.<br/>           Lunch: TBD.</p>                                      |
| <p><b><u>Jan 17<sup>th</sup>. Goat Hill. Lambertville.</u></b><br/>           Meet: Holcombe Jimison Farm. Rtes 202 and 29.<br/>           Class: 2B. Miles: 3. Leader: Sylvia C-<br/>           Lunch: TBD.</p>  | <p><b><u>Mar 7<sup>th</sup>. White Oak trail. Opposite Bulls Island.</u></b><br/>           Meet: Bulls Island inner lot.<br/>           Class: 2B. Miles: 4. Leader: S-.<br/>           Lunch: TBD.</p>   |

## Wednesday Hikes – Winter 2016-17

**Class: 1B – 4B**

**Leaders: See individual hikes**

**Meeting times: -.**

Leaders: Linda B-Linda DeN-

Yolanda El-Maria K-Teri M-

Geoff N-Tom N-

Katherine B-Lynn E-cell -

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

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|--|---|
| <p><b><u>Dec. 7 – Califon to Long Valley Brew Pub One Way via Columbia Trail</u></b><br/>           Meet: Califon island Park, Bank Street, Califon<br/>           Class: 1C Miles: 6 Leader: Linda de N-<br/>           Lunch: Long Valley Brew Pub</p>   | <p><b><u>Jan. 25 – Mountain Lakes Preserve, Princeton</u></b><br/>           Meet: Mt. Lakes Preserve, 57 Mt. Ave. Princeton (directions on HHC Updates before hike)<br/>           Class: 2B Miles: 4-5 (includes walk to restaurant after hike) Leader: Lynn E-<br/>           Lunch: Conte’s Pizza, Witherspoon St., Princeton</p> |
| <p><b><u>Dec. 14 – Bucks County Scramble</u></b><br/>           Meet: Prallsville Mill Rte. 29 Stockton<br/>           Class: 2B Miles: 4 Leader: Geoff N-<br/>           Lunch: Maria Rosa’s</p>  | <p><b><u>Feb. 1– Winter Ocean Beach Walk-South Portion Sandy Hook</u></b><br/>           Meet: Clinton Walmart Lot, or HHC Updates for Sandy Hook meetup location<br/>           Class: 1C Miles: 5 Leader: Linda de N-<br/>           Lunch: Bahr’s Landing</p>  |
| <p><b><u>Dec. 21 – No Hike Scheduled</u></b></p>   | <p><b><u>Feb. 8 – No Hike Scheduled</u></b></p>   |
| <p><b><u>Dec. 28 – Baldpate Mt. from Washington Crossing SPNJ</u></b><br/>           Meet: Nature Center at Washington Crossing SPNJ (Look for directions on HHC Updates before hike)<br/>           Class: 3B (rocky w/ some elevation) Miles: 4-5<br/>           Leader: Lynn E-Lunch: It’s Nutts, Rte. 29</p> | <p><b><u>Feb. 15 – Merrill Creek Reservoir Circle</u></b><br/>           Meet: Spruce Run Parking Lot nearest Rte. 31<br/>           Class: 2B Miles: 5 Leader: Geoff N-<br/>           Lunch: Warrenside Tavern, Bloomsbury</p>  |
| <p><b><u>Jan. 4 – Worman’s Road/Lower Creek Road</u></b><br/>           Meet: Prallsville Mill, Stockton<br/>           Class 1C Miles: 4 Leader: Yolanda E-<br/>           Lunch: TBD</p>   | <p><b><u>Feb. 22 – Lord Stirling Park Environmental Center, Basking Ridge</u></b><br/>           Meet: King’s Parking Lot Rte. 22E Whitehouse<br/>           Class: 1C Miles: 5 Leader: Linda B-<br/>           Lunch: Bella’s Burger Shack, Basking Ridge</p>  |
| <p><b><u>Jan. 11 – Walk from Tinicum Park</u></b><br/>           Meet: Frenchtown Lot by Bridge<br/>           Class 1B Miles: 4 (canal path, one steep hill, quiet country roads) Leader: Yolanda E-<br/>           Lunch: Galusso’s Frenchtown</p>   | <p><b><u>March 1 – Columbia Trail/Ken Lockwood Gorge</u></b><br/>           Meet: High Bridge Municipal Parking Lot by trailhead<br/>           Class: 1C Miles: 8 Leader: Yolanda E-<br/>           Lunch: TBD</p>   |
| <p><b><u>Jan 18 – No Hike Scheduled</u></b></p>  | <p><b><u>March 8– Miquin Woods</u></b><br/>           Meet: Spruce Run Lot nearest Rte. 31<br/>           Class: 2B Miles: 3+ Leader: Maria K-<br/>           Lunch: Riley and Jake’s</p>   |

## Thursday “C Pace” (Energetic) Hikes – Winter 2016-2017

**Class: 1C – 3C Meeting times-. Always bring a packed lunch to eat on the trail. Note: In case of bad weather call leader to make sure hike is on, or check YahooUpdates. Leaders: Ron G. - Mark H. -John S. - Jackie S.-C 908-268-2219; Bill W. -, -**

|  |  |
|--|--|
| <p>December 1      Six Mile Run<br/>         Meet: Taco Bell, Flemington, lot to south of restaurant<br/>         Class: 2C    6.5 miles<br/>         Leader: Bill W.</p>          | <p>January 19    Brendan Byrne State Forest<br/>         Meet: Pennington Market lot near Burger King<br/>         Class: 2C    6 miles<br/>         Leader: Bill W.</p>         |
| <p>December 8    Jenny Jump State Forest<br/>         Meet: Spruce Run, lot nearest Rt. 31<br/>         Class: 3C    6 miles<br/>         Leader: John S.</p>                      | <p>January 26    Jonathan's Woods<br/>         Meet: King's lot, Rt. 22 at Rt. 523, Whitehouse<br/>         Class: 3C    7 miles<br/>         Leader: Mark H.</p>                |
| <p>December 15    Apschawa Preserve<br/>         Meet: King's lot, Rt. 22 at Rt. 523, Whitehouse<br/>         Class: 3C    7 miles<br/>         Leader: Jackie S.</p>              | <p>February 2    Merrill Creek Reservoir<br/>         Meet: Spruce Run, lot nearest Rt. 31<br/>         Class: 1C    6.5 miles<br/>         Leader: Ron G.</p>                   |
| <p>December 22    Mt. Minsi, PA<br/>         Meet: Spruce Run, lot nearest Rt. 31<br/>         Class: 3C    5.5 miles<br/>         Leader: Ron G.</p>                              | <p>February 9    Point Mountain Reservation (Shuttle)<br/>         Meet: Spruce Run, lot nearest Rt. 31<br/>         Class: 3C    6.3 miles<br/>         Leader: John S.</p>     |
| <p>December 29    Wickecheoke Greenway<br/>         Meet: Jackie's house (jjstrigl@gmail for directions)<br/>         Class: 2C    6.5 miles<br/>         Leader: Jackie S.</p>    | <p>February 16    Lake Nockamixon Mountain Bike Trails<br/>         Meet: Frenchtown by Delaware River Bridge<br/>         Class: 2C    6 miles<br/>         Leader: Bill W.</p> |
| <p>January 5      Mount Tammany Sunrise Hike<br/>         Meet: Meet -5 AM <i>sharp</i> departure<br/>         Class: 3 C    4.5 miles<br/>         Leader: Mark H.</p>            | <p>February 23    Pyramid Mountain<br/>         Meet: King's lot, Rt. 22 at Rt. 523, Whitehouse<br/>         Class: 2C    6 miles<br/>         Leader: Mark H.</p>               |
| <p>January 12    Watchung Reservation-Sierra Trail<br/>         Meet: King's lot, Rt. 22 at Rt. 523, Whitehouse<br/>         Class: 2C    9 miles<br/>         Leader: John S.</p> |  |

# Hike and Bike Ride Classifications

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

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

## **Hiking Guidelines**

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

## **Bicycle Ride Guidelines**

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



## **A Selection of Directions from Flemington to HHC Hike Starting Points**

### **Bulls Island State Park**

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

#### Alternate Route 1:

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

#### Alternate Route 2:

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

### **Clinton Commuter Lot, Clinton, NJ**

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

### **Clinton Wal-Mart from Route 78 West**

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

### **Deerpath Park**

#### From Flemington:

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

#### From Clinton:

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

### **Frenchtown by Delaware River Bridge**

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

### **High Bridge Municipal Lot**

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

### **Holcombe-Jimison Farm, Lambertville, NJ**

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

### **Morales Park, Flemington**

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

### **Pennington Market**

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

### **Prallsville Mill, Stockton, NJ**

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

### **Spruce Run**

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

### **Taco Bell, Flemington**

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