

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



**FALL 2017 NEWSLETTER**  
**SEPTEMBER-OCTOBER-NOVEMBER**

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**

**Note : This version was edited for web publication and omits meeting place detail and most leader personal contact info**

## 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 2017 – May 2018

**President:** Pat Hennessy 908-963-7327

**Secretary:** Hilma P.

**Treasurer:** Tom B.

**Website:** Mark H.

### **Indoor Program:**

Gail J. Doris S.

Beth and Bruce M.

### **Outdoor Program:**

Mary C. Lynn N.

June F. Pam B.

**Membership:** Loretta M.

Gail J.

**Newsletter:** Tom N.

**Hospitality:** Lynn N.

## Hunterdon Hiking Club Membership Form

**Membership Year: August 1st to July 31st**

lease check one: \_\_\_\_ New \_\_\_\_ Renewal (**Please renew by July 31**)

### **Please Print Neatly:**

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

If family membership, please list other family members:

\_\_\_\_\_

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: Although we don't currently charge extra, the hardcopy costs the club about \$10 per membership/year, plus volunteer labor; e-mails are free!)

### **Payment Enclosed:**

1. Membership: \$\_\_\_\_\_ **Circle one:** One year Single (\$15) Family (\$20)  
Two years Single (\$30) Family (\$40)

2. HHC Club Patch if desired: \$\_\_\_\_\_ # \_\_\_\_\_ patches @ \$3 each

3. Total Enclosed: \$ \_\_\_\_\_ (check payable to **Hunterdon Hiking Club**)

4. **Today's Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

New members or members with any info changes, please mail application with check to: **Loretta Mizeski, 130 Philhower Ave., Califon, NJ 07830.**

Renewing members with **no changes in info**, please mail check **directly** to treasurer: **Tom Beier, 8 Edna Horn Dr. Stockton, NJ 08559** (no application needed but indicate member name if single membership on joint check and one or two year membership).

**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 Jacobson** [jacobseng@mail.com](mailto:jacobseng@mail.com). Current members contact **Loretta Mizeski** at [ljmski@embarqmail.com](mailto:ljmski@embarqmail.com)

**Note: We use emails, sent via Yahoo Group Updates, to send out notices for cancellations and last-minute changes. When you join, you will receive an invitation to sign up to receive these emails.**

***For Membership Committee use only:***

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\_\_\_\_\_ Recorded

\_\_\_\_\_ Liability Waiver received (new member)

\_\_\_\_\_ Acknowledged

\_\_\_\_\_ Yahoo Group invitation sent (new members)

Rev 5/17

# 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.

# Indoor Program Schedule

## Thursday, October 12, 2017 7:00 PM – Birdwatching 101

The October indoor program will be a Birdwatching Presentation led by Hunterdon Parks Chief Naturalist Tom Sheppard. The presentation will focus on an introduction to bird watching as well as a discussion/slide show on county parks and other locations in the state of New Jersey that provide great bird watching opportunities. Many images were taken by HHC birdwatchers and photographers.

## Thursday, November 9, 2017 7:00 p.m. - Presentation on Ticks, the Diseases They Cause, and How to Protect Yourself

The November indoor program's guest speaker will be Tadhgh Rainey, Manager, Hunterdon County Division of Public Health. Tadhgh will give a presentation on the latest information on ticks, the diseases they cause, and how to protect yourself. Many HHC members have asked for this presentation because it is a major concern of hikers. Don't miss this informative presentation.

There is no indoor program in September.

## 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.

### **October 19 Museum of the American Revolution Philadelphia**

**Leader: Doris S.**

**Gail J.**

The Revolutionary War Museum is a new museum which opened its doors this past April. Museum Highlights Include:

- Orientation film highlighting the drama and reality of the Revolutionary War
- High tech media, engaging films, digital interactives, and hands-on experiences
- Authentic witness objects that include manuscripts, artwork, weaponry, and personal diaries
- Personal stories of America's founding generation including craftsmen, laborers, seamen, farmers, African Americans, women, and Native People
- Immersive environments where visitors will stand beneath Boston's Liberty Tree and read broadsides decrying British tyranny, witness the historic debate among the Oneida people in their decision to join the American Cause, climb aboard a privateer ship and experience the war at sea, and enter the Battlefield Theater where the front line of war is brought to life. We will travel to Philadelphia by train.

# Upcoming Events

## Community Theater- Friday Nights

If interested in Friday night community theater, contact Laurie Hammond. Periodically we will see a play at one of 4 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. And Email will be sent prior to the show date regarding ticket payment.

## Backpacking the Appalachian Trail in Vermont

**Monday - Sunday, September 18-24**

**33.8 miles Class: 3C 11:30 AM departure**

**Paul U.**

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

## September hike/bike Overnighter in PA Amish Area Sept 19 / 20/ 21(Trip Full)

We check into the Comfort Inn in Pine Grove PA Tues Sept 19 and depart Thurs 21. Pine Grove is an easy 1.5 hour drive where there are great hikes and bike rides. Carsonville, the best bike ride ever is nearby. I have reserved 4 rooms (with kitchen facilities) enough for 8. Cost is \$104 pp for the 2 nights, breakfast is included. Dinner we eat out. Lunches we pack. Reserve with a check for \$104 by Sept 9. If more than 8 wish to come, the motel has more rooms. Geoff N.

## October hike Overnighter in the Endless Mtns. PA Oct 24/25/26(Trip Full)

We stay in a VRBO rental (# 429914) near Dushore PA. Check in Tues Oct 24 and depart Oct 26th. This is a nice 2.5 hour drive where we will hike the Loyalsock trail and then a long favorite, Ricketts Glen. The fall colors will be great. We have stayed at this house before. It is very comfortable. There is room for 8. You make your own breakfasts and lunches. Dinners TBD. Cost is \$75 pp for the 2 nights. To reserve send me a check for \$75 by Oct 14. If more than 8 wish to come, they can contact the owners who have an adjacent house for 4. Geoff N.

# Upcoming Events

## **37th Annual HHC Picnic**

Saturday, September 16th – Rain or Shine

Deer Path Park Pavilion, West Woodschurch Rd.

Grilling begins at noon – Cleanup is sometime after 4

Bring a favorite dish to SHARE. Please, no leftovers left.

APPETIZER, SALAD, SIDE DISH or DESSERT

HHC is providing: Hot dogs, Hamburgers, Veggie burgers, condiments, Apple cider, Water,  
Coffee

BYO Drinks, if you wish ... Soda, Beer or Wine

And something new this year – for those who have had enough sitting around eating and  
drinking – GAMES!

Please RSVP by Sept 8 to Lynn

## **Hiking Club Holiday Party,2017**

WHEN: Saturday December 9 6 to 10 pm WHERE: Razberry's 834 state route 12 in  
Kingwood

COST: Members: 35.00 Guests: 50.00

Cocktail hour with hor d'oeuvres ( cash bar) Buffet dinner with vegetarian options DJ Music  
for listening or dancing

Mail checks made out to Hunterdon Hiking Club to:

Gail J.

Mail checks by November 27



# Upcoming Events

## Upcoming Weekend Hiking Trip

April 13-15, 2018 Frost Valley YMCA Hiking Weekend, Claryville, NY in the Catskills

Frost Valley YMCA is running a package hiking weekend which includes 5 very good meals, bunkbed lodging in modern lodges, staff-led hikes for all levels and hiking related classes and many other activities. We had a great time last year and many said they wanted to do it again! For each group of 12-20, we will have a 4 large/ 2 small bedroom lodge to ourselves with 2-4 people in each room; with 4 separate private bathrooms. The lodge has a common room where we can gather (happy hour!) and a fire pit. I am reserving one lodge which holds 12-20 but I can reserve a second if there is enough interest (minimum 24 participants). I am hoping to get two lodges with only 12 in each (minimum they require) so top bunk bed use can be kept to only two per lodge. There is plenty of room for up to 20 in each lodge but most members prefer the bottom bunk. There are other options for modern cabins with less people if we need them but they do not offer a common room. Entire cost is \$139 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 more details or to hold a spot. I have placed a deposit for one lodge for us so the deadline for payment will be soon. I will post a message on updates and contact those who have expressed an interest.**

# **Weekday Outdoor Activities**

## **Tuesday Short Hikes**

- see page 14 for the Tuesday hike schedule

## **Wednesday Hikes**

- see pages 15-16 for the Wednesday hike schedule.

## **Thursday “C Pace” (Energetic) Hikes**

- see page 17 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.

## Leaders Needed

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

The Outdoor Committee is now scheduling activities for Saturdays and Sundays in the 2017-18 winter months: December, January and February. New leaders, as well as experienced leaders are welcome. Pick a favorite spot for hiking or other activity. Pick a date. Notify Pam. to have your hike/activity added to the HHC calendar. Additionally, you can use the new leader sign up system. Look for Pam's directions in October.

## Weekend Outdoor Activities

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

**Open Dates with No Leader** – Sign up on Yahoo Updates to lead a hike on any of the “Open” dates. Please contact a member of the outdoor Committee if you need help getting the required Sign-in / Liability Waiver, Leader Guidelines or any other information.

**Currently Open Dates** – September 2, 10, 30    October 7, 15    November 25

**Saturday, September 2, Open-No Leader**

**Sunday, September 3    Road Walk to Paxson Hill Farm    3 Miles    Class: 1A**  
**10 AM    Meet:**

**Yolanda E**

Country road walk to Paxson Hill Farm. Enjoy the annual Art in the Garden event. Tour the farm and gardens and see local artwork. Free. <http://www.paxsonhillfarm.com/calendar.html>

**Saturday, September 9    Point Mountain    4.5 Miles    Class: 2B**

**10 AM    Meet:**

**Geoff N**

First a fair climb to the ridge. Then along the ridge and down to the Musconetcong River and back to our cars. Optional lunch at the Hampton Junction Cafe.

**Sunday, September 10    Open-No Leader**

**Saturday, September 16, 37th Annual HHC Picnic, 0 Miles, Class 1A**

**12 PM Noon Meet:**

**Lynn N**

RSVP to Lynn by September 8

**Sunday, September 17 Ringoes/East Amwell bike ride 24-25 Miles Class: 3B**

**10 AM Meet: Driving directions to be sent on HHC Updates nearer to time of ride.**

**Lynn E**

The ride will be on pretty back roads in Ringoes and East Amwell. Expect hills and possible gravel. I will make a picnic lunch to eat on my back porch after the ride.

**Saturday, September 23 Perrineville Lake Park 5 Miles Class: 1A**

**10 AM Meet:**

**Avi A.**

Nice hike with views of forests, lake and fields on the Rocky Brook trail. Option to go to lunch afterwards. If bad weather, look for an update in the morning. Park pamphlet and trail map are available at [http://co.monmouth.nj.us/documents/130/perrineville\\_brochure\\_june2016.pdf](http://co.monmouth.nj.us/documents/130/perrineville_brochure_june2016.pdf)

**Sunday, September 24 The Riegelsville Apple tree bike ride 20 Miles Class: 2B**

**10 AM Meet:**

**Geoff N**

We explore the area north of Riegelsville. Very quiet country roads but with one long substantial hill. One objective is to visit an amazing apple tree (Last year we found the tree but too late.). The pace is very slow. No rest stop but optional lunch after at Muellers café. I have invited the Bucks Co cycle club to join us. Rain cancels.

**Saturday, September 30 Open-No Leader**

**Sunday, October 1 Hike the Watershed Reserve 5-6 Miles Class: 1C**

**9:00 AM Meet:**

**Linda M**

Flat hike with dirt paths and some boardwalks through forest, meadow, wetlands, past an organic farm, and to the Stony Brook River where we may see wood ducks, kingfishers and other wildlife. There is a lovely environmental center with exhibits, limited beverages, and bathrooms as well as a butterfly conservancy. At 1 PM, there is a free environmental film screening. Bring lunch to enjoy after the hike and stay for the film. See [www.thewatershed.org](http://www.thewatershed.org)

**Saturday, October 7 Open-No Leader**

**Sunday, October 8 Bike Ride full length of Columbia Trail approx. 30 Miles Class: 3B**

**10 AM Meet:**

**Lynn E**

We will ride all the way to the end of the Columbia Trail in Long Valley. The Trail is about 15 miles long, so doing the whole thing will be about 30 miles, but it's mostly flat and easy to pedal. On the way back we can ride through the Ken Lockwood Gorge.

**Saturday, October 14 Round Valley Reservoir 4-5 Miles Class: 2B**

**10 AM Meet:**

**Sylvia**

A scenic ramble through the woods and along the reservoir edge. Bring a snack and drink.

**Sunday, October 15 Open-No Leader**

**Saturday, October 21 Autumn Ramble at Roaring Rock Park 4-5 Miles Class: 2B**

**9:30 AM Meet:**

**Rich P**

Come see the leaves and enjoy the Fall in Washington (New Jersey). One summit of 975 feet. Bring lunch/snacks.

**Sunday, October 22 Walpack Maintenance Hike 4 Miles Class: 2B****9:30 AM Meet:****Peggy G**

Bring loppers, clippers, hand saws, work gloves and snacks. We'll stop for a late lunch on the way home. Heavy rain cancels.

**Saturday, October 28 Cheesequake State Park 6 Miles Class: 2B****9:30 AM Meet:****Charlie B**

Hike over rolling hills and through beautiful salt marshlands with the assistance of numerous boardwalks. Bring lunch.

**Sunday, October 29 Wissahickon Gorge Hike 6 Miles Class: 2B****9:30 AM Meet:****Yolanda E**

Easy to moderate hike in the Wissahickon Gorge of Fairmont Park. First half on easy wide carriage road (1B) second half, moderate hike in woods, rocky trail with some ups and downs (3C) Very attractive & historic. 1 hr 5 mins from Flemington. Bring lunch

**Saturday, November 4 Tohickon Creek and High Rocks 6 Miles Class: 3C****9:30 AM Meet:****Mark H**

This is the weekend of the water release from Lake Nockamixon into Tohickon Creek with lots of kayakers.

**Sunday, November 5 Jockey Hollow 6.5 Miles Class: 2C****9:30 AM Meet:****Pete G**

We will hike the scenic white trail around the perimeter of the park. Up & down hills and rocky sections. Hiking boots recommended. Rain cancels.

**Saturday, November 11 Goat Hill 4-5 Miles Class: 2B****10 AM Meet:****Sylvia 908-552-8469 (C)**

We hike up the hill to the scenic overlook for views of the Delaware and PA. Bring a snack.

**Sunday, November 12 Watchung Reservation History Trail 7 Miles Class: 2C****9:00 AM Meet:****June F**

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

**Saturday, November 18 Hike Merrill Creek Reservoir 6 Miles Class: 2B**

**9:30 AM Meet:**

**Joan S**

Fall hike around Merrill Creek. Wooded and open areas. Bring snacks & water. Rain cancels. Optional lunch afterwards.

**Sunday, November 19 Columbia Trail/Ken Lockwood Gorge 8 Miles Class: 1C**

**10 AM Meet:**

**Yolanda E**

An easy, flat walk

**Saturday, November 25 Open-No Leader**

**Sunday, November 26 Mercer County Park 6-6.5 Miles Class: 1B**

**9:30 AM Meet:**

**Ann L**

From Marina, we will head east towards finish tower and tennis center and follow lake around to the Casperson Rowing Center on scenic wooded trails; then head back on some trails that are different and some the same. Snack break at the rowing center. Optional Lunch TBD.

## Tuesday short Hikes. Fall Schedule for 2017.

**Class: 1A – 3B.**

**Leader: See individual hikes.**

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

**Leaders:** Sylvia C. Lynn E. Ruth F. Gail J. Mary L. Rose Mary M. Geoff N. John S.

**Note: 1.** If bad weather, check your e-mail for HHC updates or call leader to see if the hike is on.

<p><b><u>Sept 5<sup>th</sup>. Stoneybrook/Rocky Brook.</u></b> Class: 2B. Miles: 3. Leader: Lynn E. Lunch: Orlandos.</p>	<p><b><u>Oct 24<sup>th</sup>. Musconetcong Mtn.</u></b> Class: 2B. Miles: 4. Leader: Sylvia C Lunch: Pack a lunch.</p>
<p><b><u>Sept 12<sup>th</sup>. Jenny Jump S.F. Ghost Lake trail.</u></b> Class: 3B. Miles: 3. Leader: John S. Lunch: Villa Venice.</p>	<p><b><u>Oct 31<sup>st</sup>. Sourland Mountain. Mc Burney Woods.</u></b> Class: 2B. Miles: 3. Leader: Lynn E Lunch: Orlandos.</p>
<p><b><u>Sept 19<sup>th</sup>. Teetertown Ravine.</u></b> Class: 2B. Miles: 3. Leader: Mary L. Lunch: Califon Pizza.</p>	<p><b><u>Nov 7<sup>th</sup>. Deerpath Park &amp; Wings Section.</u></b> Class: 1A. Miles: 3. Leader: Ruth F. Lunch: Stanton General Store.</p>
<p><b><u>Sept 26<sup>th</sup>. Mountain Lakes. Princeton.</u></b> Class: 1B. Miles: 3. Leader: Geoff N. Lunch: Vera Pizza. Montgomery shopping Center.</p>	<p><b><u>Nov 14<sup>th</sup>. Schicks Preserve.</u></b> Class: 1B. Miles: 2.5 Leader: Peg G Lunch: Deli shop next to the Milford P.O.</p>
<p><b><u>Oct 3<sup>rd</sup>. Minquin Woods.</u></b> Class: 1B. Miles: 3. Leader: Ruth F. Lunch: Hampton Junction.</p>	<p><b><u>Nov 21<sup>st</sup>. Voorhees S.P.</u></b> Class: 2B. Miles: 3. Leader: John S. Lunch: Gronskis Milkhouse.</p>
<p><b><u>Oct 10<sup>th</sup>. Lockatong Wildlife Mgt Area. Rte 518.</u></b> Class: 1B. Miles: 3. Leader: Geoff N. Lunch: Maria Rosas.</p>	<p><b><u>Nov 28<sup>th</sup>. Pleasant Run Greenway.</u></b> Class: 2B. Miles: 4. Leader: RoseMary M. Lunch: TBD</p>
<p><b><u>Oct 17<sup>th</sup>. Montgomery Walkway.</u></b> Class: 1B. Miles: 3. Leader: Pete B. Lunch: Montgomery Shopping Center.</p>	<p><b><u>Dec 5<sup>th</sup>. Washington NJ History Walk.</u></b> Class: 1A. Miles: 2. Leader: Gail J. Lunch: Draught House.</p>

## Wednesday Hikes – Fall 2017

**Class: 1B – 4B**      **Leaders: See individual hikes**      **Meeting times: 9:30 a.m.**

Leaders: Geoff N, Linda B, Linda de N, Lynn E, Maria K, Mary Ellen B, Yolanda E

Note: If bad weather check your e-mail (HHCEventUpdates) or call hike leader to see if hike is on.

<p>Sep 6, Kay Environmental Center Class: 3B Miles: 4 Leader: Mary Ellen B Lunch: TBD</p>	<p>Oct 25, Minnewaska State Park, Kerhonkson, NY Class: 2B Miles: 5-6 Leader: Linda de N. Lunch: Mountain Brauhaus New Paltz, NY</p>
<p>Sep 13, No Hike Scheduled</p>	<p>Nov 1, Jenny Jump Class: 3C Miles: 5 Leader: Yolanda E Lunch: Bring lunch to eat on the trail</p>
<p>Sep 20, Columbia Trail Califon to Long Valley Brew Pub Class: 2B Miles: 5-6 Leader: Linda de N. Lunch: Long Valley Brew Pub</p>	<p>Nov 8, Jenny Jump Mid section/shuttle. Class: 2B Miles: 5 Leader: Geoff Nicklen. Lunch: Villa Venice. None</p>
<p>Sep 27, Mountain Lakes Preserve and Woodfield Preserve in Princeton Class: 2B Miles: 4+/- Leader: Lynn E. Lunch: Princeton shopping center</p>	<p>Nov 15, Noxamixon State Park Quarry/Old Mill Trails Class: 2B Miles: 5 Leader: Linda Bradway Lunch: Beckers Corner Tavern Quakertown, PA</p>
<p>Oct 4, Walk from Tinicum Park Class: 1B Miles: 4 Leader: Yolanda E Lunch: Galasso's Canal, quiet country roads, one steep uphill</p>	<p>Nov 22, Baldpate Mountain, yellow trail Class: 3B Miles: 4 -5 Leader: Lynn E. Lunch: weather permitting, pack a picnic lunch to eat on top of the mountain</p>
<p>Oct 11, Point Moutain Class: 3B Miles: 4.5 Leader: Lynn E. Lunch: tbd</p>	<p>Nov 29, Point Mountain Class: 2B Miles: 4 Leader: Maria K. Lunch: Galassos, Frenchtown</p>
<p>Oct 18, Schooleys Mtn. Class: 2B Miles: 5 Leader: Geoff Nicklen. Lunch: Valley Restaurant &amp; Pub.</p>	



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

Class: 1C – 3C, Meeting Times: see hike listing. Always bring a packed lunch to eat on the trail.

Note: If bad weather check your e-mail (HHCEventUpdates) or call hike leader to see if hike is on.

<p><b>Sep 7, Mt. Minsi</b> Class: 3C Miles: 5.1 Leader: Ron G.</p>	<p><b>Oct 26, Baldpate Mountain &amp; adjacent preserves: Shuttle</b> Class: 2C Miles: 8-9 Leader: Jackie S.</p>
<p><b>Sep 14, Wells Mills County Park, white trail</b> Meet: 9:00 AM Class: 2C Miles: 8.4 Leader: John S.</p>	<p><b>Nov 2, Jacobsburg State Park</b> Meet: 9:30 AM Class: 2C Miles: 6.5 Leader: Bill W.</p>
<p><b>Sep 21, South Mountain Reservation</b> Meet: 9:30 AM Class: 2C Miles: 7.5 Leader: Jackie S.</p>	<p><b>Nov 9, Bearfort Ridge Total elevation gain of ~1500 ft.</b> Meet: 9:00 AM Class: 3C Miles: ~8 Leader: Judy M.</p>
<p><b>Sep 28, Blue Mountain Lakes</b> Class: 3C Miles: 8 Leader: Bill W.</p>	<p><b>Nov 16, AT to Pulpit Rock and the Pinnacle</b> Class: 3C Miles: 8.5 Leader: Charlie B. Rocky - poles recommended.</p>
<p><b>Oct 5, Stokes State Forest - Sunrise Mtn AT</b> Class: 3C Miles: 8 Leader: Charlie B.</p>	<p><b>Nov 23, Happy Thanksgiving! No hike scheduled. See make-up hike Fri. Nov. 24</b></p>
<p><b>Oct 12, Mt. Tammany Fire Road to Sunfish Pond</b> Class: 3C Miles: 10 Leader: Ron G</p>	<p><b>Nov 24, Schooley's Mnt Park to Cooper's Grist Mill, shuttle</b> Class: 3C Miles: 8 Leader: Mark H</p>
<p><b>Oct 19, Wyanokie Crest Trail</b> Class: 3C Miles: 8 Leader: Mark H.</p>	<p><b>Nov 30, Buttermilk Falls to AT to Tillman Ravine</b> Class: 3C Miles: 10 Leader: Harry Q.</p>

## Hike and Bike Ride Classifications

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

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

<b>Class D</b>	Brisk, capable of walking at a quick pace for prolonged periods	Cruise on flat 12 to 16 mph; Overall moving average 11 to 12 mph.
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## 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, extra inner tube 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)