

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



## SPRING 2018 NEWSLETTER MARCH-APRIL-MAY

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 Beier 609-397-9675 (address in application form, page 3)

**Website:** Mark H

### **Indoor Program:**

Gail J, Doris S

Beth and Bruce M

### **Outdoor Program:**

Mary Curtis, Lynn N

June F, Pam B

**Membership:** Loretta Mizeski [ljmski@embarqmail.com](mailto:ljmski@embarqmail.com)

Gail Jacobsen [Jacobseng@mail.com](mailto:Jacobseng@mail.com)

**Newsletter:** Tom N

**Hospitality:** Lynn N

## Hunterdon Hiking Club Membership Form

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

Please 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 Jacobsen**; [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.

REVISED 2010

## **Indoor Program Schedule**

### **Thursday, March 8, 7:00 p.m. PERSPECTIVES ON CROATIA**

Five hiking club members recently traveled to Croatia. They chose different ways to visit this beautiful country. Jackie C and Pam B explored by hiking in Croatia's spectacular National Parks and other trails. Dave and Mary Carroll took to the sea and sailed around the coastline. Jane M explored by bicycle. They will share their adventures, and their photos.

### **Thursday, April 12, 7:00 p.m. - Frederick Law Olmsted**

Frederick Law Olmsted designed NYC's Central Park, helped to save Niagara Falls from commercial exploitation, and landscaped the Biltmore Estate in Asheville, NC. Learn about these and his other groundbreaking projects which show why he is considered the "Father of American Landscape Architecture". Our guest speaker will be Ruth C, Certified Master Gardener Educator in Historic American Horticulture.

### **Thursday, May 10 7:00 p.m. Hiking Club Members' Interests/Hobbies/Volunteer Work**

Our hiking club members have many interests and hobbies and do lots of volunteer work. Join us in a presentation/display of what it is our members do when they are not hiking! Everyone is invited to participate and everything you do is welcome (except for anything artistic as we have already done that!) Some examples would be coin collecting, driving for Meals on Wheels, singing in choral groups etc. Please contact Gail Jacobsen at [Jacobseng@mail.com](mailto:Jacobseng@mail.com) with what it is you do and would like to share with our other members. We will set up display tables like we did for 'Hiker as Artist' so you'll be able to discuss other people's interests with them.

## **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, March 29**

**MURALS, MAGIC GARDENS MUSEUM, AND MARKET,  
Philadelphia, Pa  
Leader: Doris S**

We will travel to Center City Philadelphia by Septa train from Yardley, Pa station. Walk from Center City to the Italian Market in South Philadelphia ( Bella Vista section) with stops to look at some of Philadelphia's famous murals, a visit to the Magic Garden, a most surprising

“museum” and a stroll through the Italian market for lunch ( Philly cheesesteak? cannoli?) and some shopping. We will travel back to the train station by public bus. Times and details available when signups are open. Walking about five miles.

**Thursday April 26,  
MICHENER ART MUSEUM,  
Doylestown, Pa  
Leader: Doris S**

“Magical and Real”. A retrospective of the works of Henrietta Wyeth, sister of Andrew Wyeth, and her husband Peter Hurd.

“Harmony and Power” works by Rae Sloan Bredin, a Pennsylvania impressionist.

“Impressions on Paper” a collection of works of the English artist Henry Snell featuring scenes of his travels in Cornwall, England.

This trip will not be limited and no signups are needed. Meet at Taco Bell, Flemington at 9:30am or Prallsville Mills, Stockton at 9:45.

**Thursday May 24  
GLENCAIRN MUSEUM,  
Bryn Athyn, Pa  
Leader: Gail J**

Glencairn, built between 1928 and 1939. in Bryn Athyn, Pennsylvania, was once the home of Raymond and Mildred (Glenn)Pitcairn and their children. The building now serves as a museum of religious art and history. Glen Cairn Museum invites a diverse audience to engage with religious beliefs and practices, past and present, by exploring art, artifacts, and other cultural expressions of faith.

Collections include ancient Egyptian, ancient Greek and Roman, medieval Christian, Islamic, Asian and American Indian.

We will picnic on the grounds and if time permits, do a short hike.



# Upcoming Events

## Upcoming Weekend Hiking Trip

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

There are still a few spots open in the lodges for this weekend trip. Frost Valley YMCA, a beautiful 5500 acre facility in the Catskills, is running a package hiking weekend which includes 5 very good meals, bunk-bed 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. So we are!

We have reserved two lodges and as of the end of February, there are 25 staying in the 2 lodges and about 10 others who are also attending. Each lodge has 4 large and 2 small bedrooms and 4 separate private bathrooms. Although each can accommodate up to 20, I have kept the number to 12-14 per lodge to limit the number who need to use a top bunk. Each lodge also has a large common room where we can gather (happy hour!) and a fire pit. The spots remaining are mostly top bunks but that could change if anyone cancels.

There are also other options for modern cabins at the same cost per person if you want to book separately and if still available at this late date. Entire cost is **\$139** per person. A few members have also booked very nice private rooms in hotel type lodges on the premises but these cost quite a bit more.

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 Mizeski at [ljmski@embarqmail.com](mailto:ljmski@embarqmail.com) or 908-832-7033 for more details or to check for availability before sending your check. Those who have already signed up for the lodge through me will get more detailed information as we get closer to the weekend.

# **Weekday Outdoor Activities**

## **Tuesday Short Hikes**

- see page 13 for the Tuesday hike schedule

## **Wednesday Hikes**

- see pages 14 for the Wednesday hike schedule.

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

- see page 15 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. 908-963-7327, [hennessypat42@gmail.com](mailto:hennessypat42@gmail.com)**

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. 908-963-7327, [hennessypat42@gmail.com](mailto:hennessypat42@gmail.com)**

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

## Leaders Needed Sign up to Lead an Outdoor Event this Summer

**The Outdoor Committee is now scheduling activities for Saturdays & Sundays in the 2018 Summer months: June, July and August. New leaders, as well as experienced leaders are welcome. Pick a date and a favorite spot for hiking or other activity. In April, Mary C. will be directing you to fill in your event on the HHC weekend calendar. If you can't wait, contact her now.**

## **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.**

**Saturday, March 3   Open**

To lead a hike on this date, please send details to [HHCEventUpdates@yahoo.com](mailto:HHCEventUpdates@yahoo.com)

**Sunday, March 4, Califon Firehouse Breakfast/Road Hike, 4.5 Miles, Class 2B**

**9:30 AM 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 (see Firehouse ahead on right but we are meeting at the park before the breakfast). Turn left onto Bank St.; Califon Island Park is one-quarter mile on the left.

**Saturday, March 10    Bike Ride Kingwood/Delaware Township   18-20 Miles   Class 2B**

**9:30 AM           Meet: Bull's Island State Park**

**Joan S.**

We will drive 2 miles up Federal Twist Rd. to Strimple Mill Rd and park in the lot at the top of Federal Twist & Strimple Mill. Mostly flat, couple of rolling hills and a medium hill at the end. Rest stop at Highland Market. Rain cancels.

**Sunday, March 11    Open**

To lead a hike on this date, please send details to [HHCEventUpdates@yahoo.com](mailto:HHCEventUpdates@yahoo.com)

**Saturday, March 17           Sourland Preserve off Rileyville Road       4 Miles   Class 2B**

**9:30 AM       Meet: Parking lot adjacent to Taco Bell in Flemington to carpool or 10:00 at trailhead off of Rileyville Road**

**Pat H.**

This is a nice hike with some stream crossings. Poles recommended. Everyone is invited back to my house for a St. Patrick's Day lunch of corned beef and cabbage and an Irish sing along so bring words and/or music of your favorite Irish songs. Rain cancels the hike but not the lunch.

**Sunday, March 18    Yardley Canal Walk            8 Miles            Class 1A**  
**10:30 AM Meet: NJ Washington Crossing Park-parking lot by the vehicular bridge/restrooms**  
**Ann W**

From the bridge we will car pool a half mile to the canal path in PA. Walk along the canal to the Yardley Ice House for home made Italian ice and then walk back. Cash only at the Ice House.

**Saturday, March 24    Jockey Hollow            4 Miles            Class 2B**  
**9:30 AM Meet: Parking lot adjacent to Taco Bell in Flemington or 10:15 Jockey Hollow Visitor**  
**Ctr.**

**Pat H.**

Nice hike in the woods. Some uphill and stream crossings. Lunch following at the Minuteman Restaurant.

**Sunday, March 25    Central Park?/Brooklyn Bridge? Not Sure Yet    6 Miles    Class 1C**  
**9:15 AM Meet: Clinton Park & Ride**

**Yolanda E.**

Will give details on HHCEventUpdates when I decide what/where I will go

**Saturday, March 31            Canal Walk N of Easton PA    5 Miles            Class 1B**  
**9:30 AM Meet: Frenchtown by the Delaware River Bridge.**

**Geoff N**

Starting at the base of the Lehigh River, we walk north and back. Optional Lunch at Muellers Cafe.

**Sunday, April 1    Curlis Lake Woods to Rosedale Park in Pennington, NJ Approx. 6 Miles    Class**  
**2B**

**10:00 AM Meet: Pennington Shopping Center (Route 31 and Delaware Ave., Pennington)**  
**behind Burger King Restaurant**

**Lynn E.**

The trail goes through the woods along Curlis Lake, through trails at the Mercer County Equestrian Center, and to Rosedale Park. We will return along the berm of the lake in Rosedale. Trail is primarily flat but includes rocks and stream crossings. If hikers want to have lunch together afterward, we will decide on a place at that time.

**Saturday, April 7            Sourland Ecosystem Preserve            4 Miles            Class 2B**  
**9:45 AM Meet: Parking lot adjacent to Taco Bell in Flemington or 10:15 at the trailhead**

**Pat H.**

This is a Memorial Hike for Phil Tunison. It is a pretty hike with some small elevations and rocks. It may be muddy. The trailhead is located on Mountain Road off Rileyville Rd. in East Amwell

**Sunday, April 8    Allamuchy State Park    5 Miles    Class 2B**  
**9:30 AM Meet: Spruce Run parking lot nearest to Rt. 31.**

**Geoff N**

This hike starts on Rt. 604, North out of Hackettstown. An ascent, a loop then back down to our cars. Optional lunch at Villa Venice.

**Friday, Saturday, Sunday    April 13-15    Frost Valley Weekend    See p 7 for details**

**Saturday, April 21      Washington Valley Park      6 Miles      Class 3B**  
**9:30 AM    Meet: Kings Super Market Whitehouse Station near 523 entrance**  
**Charlie B.**

Hike through woods and past reservoir. Bring lunch for trail.

**Sunday, April 22      Sourland-Hopewell Trail      5, or optional 3 Miles      Class 2C**  
**10:00 AM    Meet: Lynn E's house, directions will be sent on HHC Updates**  
**Lynn E.**

The hike begins at my house. We will walk on the road for 1 mile to the trail. The trail goes through the woods, at times following the Bedens Brook (with stream crossings), beautiful sweeping views of the Hopewell Valley. May be muddy this time of year. The hike is 5 miles if walking from my house, but if anyone wishes to shorten it to 3 miles, they can meet us at a different parking lot in order to eliminate the 2 miles on the road. Will send directions on HHC updates for driving and parking.

**Saturday, April 28      Sourland Ecosystem Preserve Hike      5-6 Miles      Class 2C**  
**9:30 AM      Meet: Taco Bell on Route 202 Flemington**  
**Rich P**

Join me on a great hike through a beautiful preserve. Bring lunch/snacks.

**Sunday, April 29      Wissahickon Gorge Hike      6 Miles      Class 2C**  
**9:30 AM    Meet: Taco Bell Route 202 Flemington**  
**Yolanda E.**

Easy to moderate hike- the Wissahickon Gorge of Fairmont Park. First half easy on wide carriage road 1C. 2nd 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, May 5      Bike Mercer County Park      17 Miles      Class 2B**  
**10:00 AM    Meet: 15 Pond View Dr. Plainsboro 08536**  
**Meryl M.**

Bike from Plainsboro to and through Mercer County Park, optional also through Mercer County Community College. Picnic lunch back at my patio. Roads and blacktop, very short dirt path

**Sunday, May 6      Walpack Maintenance      4 Miles      Class 2B**  
**9:30 AM    Meet: Behind McDonald's on Route 31, Hampton**  
**Peggy G.**

Easy trail to maintain. Bring clippers, loppers, work gloves, if you have a small hand saw. Also bring snacks. We'll stop on the way home for late lunch. Let's see if the swans have babies or are they still nesting. Heavy rain cancels.

**Saturday, May 12      Hike Merrill Creek      6 Miles      Class 2C**  
**9:30 AM    Meet: Clinton Park and Ride**  
**Linda M.**

Circular hike around Merrill Creek Reservoir, Harmony Township. Optional late lunch at Warrenside Tavern following hike. If meeting us at Merrill Creek, be there before 10 AM. Hiking boots (and poles if you use them) recommended. Check email for updates if inclement weather.

**Sunday, May 13 Pete Beck Memorial hike, Warren RR, Oxford to Hot Dog Johnny's 7 Miles  
Class 1C**

**10:00 AM Meet: Oxford municipal building, rear parking area**

**Mark H.**

This is a hike that Pete led in October 2014. Directions: Going north on Rt. 31 make the right turn at the traffic light at the bottom of the hill entering Oxford, i.e., onto Jones Burn Drive/Wall Street Road, this is the corner with the liquor store (Mountain Valley Wine). Go past the first aid squad and the municipal building will be on your right. Lunch is at Hot Dog Johnny's or bring your own

**Saturday, May 19 Bike Griggstown Causeway to Zaraphath & Return 17.6 Miles Class 1A**

**9:30 AM Meet: D&R Canal Parking Lot, Griggstown Causeway**

**Linda M.**

Out and back bike ride on the flat D&R canal towpath. Short stop in Colonial Park on return trip to use bathrooms and take a quick view of the garden in bloom. Steady but leisurely paced ride. Rain cancels. Check email if weather questionable.

**Sunday, May 20 High Point State Park 8 Miles Class 3C**

**8:30 AM Meet: Kings Parking Lot (Rt. 22 & 523)**

**Pete G.**

Enjoy scenic views and lunch along a beautiful natural lake. Hike the AT along a mountain ridge and descend to a trail along Lake Rutherford. Typical AT: rocky with elevation changes including a steep incline on a narrow ridge trail with some scrambling. This hike does not go to the monument. Pack lunch; hiking boots required and poles recommended. Rain cancels.

**Saturday, May 26 Bike Plainsboro to Cranbury, aka ice cream first 17 Miles Class 2B**

**10:30 AM Meet: 15 Pond View Dr. Plainsboro, 08536**

**Meryl M**

Bike on blacktop, 1 mile road, from Plainsboro to Cranbury, tour town, park and secret garden. Ice cream, then return and picnic on my patio.

**Sunday, May 27 Open**

**To lead a hike on this date, please send details to [HHCEventUpdates@yahoo.com](mailto:HHCEventUpdates@yahoo.com)**

**Saturday, June 2 Roosevelt Island NYC 6 Miles Class 1B**

**7:30 AM Meet: Clinton Commuter Lot for 7:40 bus**

**June F.**

We'll take bus from Clinton Commuter Lot, then subway to island. Walk the 4 mile perimeter for great views in all directions. We'll talk about the history of the island with its former names. Visit Lighthouse Park on the northern tip, the crumbling Gothic ruins of the smallpox hospital designed by James Renwick, Jr. and the new FDR Four Freedoms State Park encompassing the southern end. Bring or buy lunch at deli to enjoy along the way. We'll exit Roosevelt Island via the tram for a spectacular aerial view back over the island.

**Sunday, June 3 Trail Maintenance on Musconetcong 4.5 Miles Class 2B**

**9:30 AM Meet: Frenchtown Parking Lot near river**

**Ron G.**

Bring clippers, loppers, hand saw for limited trail clean up. Bring snack or lunch to have on trail.

## Tuesday short Hikes. Spring Schedule for 2018.

**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. Doris S.

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

**Note: 2 Tues.Calendar URL.** [http://molykools.ml/cgi-bin/hhc\\_calendar.py?mode=Tuesday](http://molykools.ml/cgi-bin/hhc_calendar.py?mode=Tuesday)

<p><b><u>Mar 6<sup>th</sup>. Rosedale Park.</u></b> Meet: Pennington Shopping Center by Burger King. Class: 2B. Miles: 3. Leader: Lynn Ebeling. Lunch: TBD.</p>	<p><b><u>April 24<sup>h</sup>. Round Mountain.</u></b> Meet: Deerpath Park by the restrooms Class: 2B. Miles: 3. Leader: Ruth Fanjoy Lunch: Stanton General Store.</p>
<p><b><u>Mar 13<sup>th</sup>. Round Valley S.P.</u></b> Meet: Lower lot inside SP. (Scuba diving, not Fish Commission boat launch) Class: 2B. Miles: 3.5. Leader: Peg Groah. cell (973) 459-9302. Lunch: Stanton General Store.</p>	<p><b><u>May 1<sup>st</sup>. Roaring Rocks County Park.</u></b> Meet: Spruce Run parking lot nearest to Rte 31. Class: 2B. Miles: 3.5. Leader: John Scasny Lunch: Italian Restaurant, Rte 57.</p>
<p><b><u>Mar 20<sup>th</sup>. Watchung Preserve. Mountainside, NJ.</u></b> Meet: Clinton Walmart or Preserve Nature Center, 10: 15am. Class: 2B. Miles: 4. Leader: Marianne Vlazny. Cell (917) 882-1612. Lunch: TBD.</p>	<p><b><u>May 8<sup>th</sup> Pete Beck Mem' hike. Stonebridge Pathw'y</u></b> Meet: By Taco Bell, Flemington or 10:10 at trailhead, 1860 house, Montgomery Rd. off Rte 206. Rocky Hill. Class: 1A. Miles: 2.5. Leader. Doris Spencer. Lunch: Veras Pizza next to the Montgomery Movies.</p>
<p><b><u>Mar 27<sup>th</sup>. White Oak extension loop.</u></b> Meet: Bulls Island inner lot near the restrooms. Class: 1C. Miles: 3.5. Leader: Geoff Nicklen. This is a trail I have made. Brambles have been cleared but do grow back. There is a ravine to traverse. Lunch: TBD.</p>	<p><b><u>May 15<sup>th</sup>. Giving Pond. Pa.</u></b> Meet: Frenchtown by the Delaware R. bridge. Class: 1A. Miles: 3.5. Leader: Sylvia and Geoff. Lunch: Homestead Store. PA.</p>
<p><b><u>April 3<sup>rd</sup>. Charlestown Preserve.</u></b> Meet: Spruce Run parking lot nearest to Rte 31. Class: 2B. Miles: 3. Leader: Gail Jacobsen. Lunch: Hampton Junction.</p>	<p><b><u>May 22<sup>nd</sup>. Rocky Brook Trail. Hopewell Township.</u></b> Meet: Orlandos. Intersection of Rte 31 and 518. Class: 2B. Miles: 3. Leader: Lynn Ebeling. Lunch: Orlandos.</p>
<p><b><u>April 10<sup>th</sup>. Natirar.</u></b> Meet: Kings Shopping Center. Rtes 22 and 523. Class: 1B. Miles: 3. Leader: RoseMary Mangano. Lunch: TBD.</p>	<p><b><u>May 29<sup>th</sup>. Milford Bluffs.</u></b> Meet: Milford Municipal lot Bridge St by the Church. Class: 2b Miles: 3.5. Leader: Geoff Nicklen. Lunch: Milford Sandwich shop.</p>
<p><b><u>April 17<sup>th</sup>. Mountain Lakes. Princeton.</u></b> Meet: Taco Bell or trailhead at 10:15 am. Class: 2B. Miles: 3. Leader: Betty Post Lunch: Veras Pizza.</p>	<p><b><u>June 5<sup>th</sup>. Minquin Woods.</u></b> Meet: Spruce Run parking lot nearest to Rte 31. Class: 1B. Miles: 3.5. Leader: John Scasny Lunch: Hampton Junction.</p>



## Wednesday Hikes – Spring 2018

**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>Mar 7, Worman's Road/Lower Creek Road Meet: Prallsville Mill , Stockton Class: 1C Miles: 4 Leader: Yolanda E. Lunch: TBD</p>	<p>Apr 25, Bowman Hill Wildflower Preserve Meet: Holcombe Jimison Farm or at the lower Preserve parking lot on Route 32 in PA at 9:45 AM Class: 2B Miles: 3.5 Leader: Maria Katonak Lunch: Bowman Tavern</p>
<p>Mar 14, Tekening Trail, Martin's Creek, Pennsylvania Meet: Spruce Run parking lot nearest route 31, or trailhead (directions to be sent on Updates) Class: 2B Miles: 4 Leader: Lynn E. Lunch: Riverton Hotel and Restaurant</p>	<p>May 2, Mt. Tammany Meet: Spruce Run, lot nearest Rt 31 Class: 3C Miles: 4-1/2 Leader: Yolanda E. Lunch: On the trail</p>
<p>Mar 21, Jockey Hollow Meet: Kings on Rt 22 Class: 2B Miles: 4.5 Leader: Mary Ellen B. Lunch: Minuteman Restaurant</p>	<p>May 9, 2 day trip to Wilmington DE. Day 1 Hagley Museum. Day 2 Tyler Arboretum. Meet: My house or the Hagley Museum at 10:45 am. Class: 1A Miles: 4 &amp; 4 Leader: Geoff Nicklen. Lunch: Pack lunches for 2 days.</p>
<p>Mar 28, Kay Environmental Center Meet: King's Parking Lot, Rtes. 523+22E Class: 3B Miles: 3.5 Leader: Mary Ellen B. Lunch: Oldwick General Store</p>	<p>May 16, Minnewaska State Park Meet: Clinton Walmart Lot Outer Circle Class: 2B Miles: 9 Leader: Linda de N. Lunch: Mountain Brauhaus New Paltz, NY</p>
<p>Apr 4, Peace Valley. PA Meet: Prallsville Mill Stockton. Class: 2B Miles: 5 Leader: Geoff Nicklen. Lunch: Gardenville Inn</p>	<p>May 23, Horseshoe Bend Park Meet: Frenchtown by the Bridge Class: 2B Miles: 4+ Leader: Maria Katonak Lunch: Galassos in Frenchtown</p>
<p>Apr 11, Pottersville Backcountry Roads Meet: Kings Lot Whitehouse Rte, 22E + 523 Class: 2B Miles: 5-6 Leader: Linda de N. Lunch: Gladstone Tavern</p>	<p>May 30, Sourland Mountain Preserve in Hillsborough Meet: Orlando's restaurant, intersection of routes 31 and 518, Hopewell Class: 3B Miles: 4-5 Leader: Lynn E. Lunch: Orlando's restaurant</p>
<p>Apr 18, Round Mountain Meet: Deer Path Park Class: 2B Miles: 5 Leader: Linda B. Lunch: Pack a lunch to eat at Park Pavillion after hike</p>	

## Thursday “C Pace” (Energetic) Hikes – Spring 2018

**Class: 1C – 3C, Meeting Times: See individual hike listings. Always bring a packed lunch to eat on the trail. Note:** If bad weather check your e-mail (HHC Updates) or call hike leader to see if hike is on.

<p><b>Mar 1, Big Pocono State Park PA</b> Meet: 9:30 AM Spruce Run, lot nearest Rt.31 Class: 3C Miles: 8.5 Leader: Charlie B.</p>	<p><b>Apr 19, Stonetown Circular</b> Meet: 8:30 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 10.5 Leader: Mark H.</p>
<p><b>Mar 8, Four Birds Trail</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles 7 Leader: Mark H.</p>	<p><b>Apr 26, Hartshorne Woods</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 8 Leader: John S.</p>
<p><b>Mar 15, Ridge and Valley Conservancy trails</b> Meet: 9:30 AM Spruce Run, lot nearest Rt. 31 Class: 2C Miles: 6 Leader: Jackie S.</p>	<p><b>May 3, AT Hike from Greenwood Lake to Rt. 94</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 10 Leader: Judy M.</p>
<p><b>Mar 22, Dunnfield Creek</b> Meet: 9:00 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 9 Leader: Ron G.</p>	<p><b>May 10, Batona Trail Quakerbridge to Batsto Village, Shuttle</b> Meet: 9:00 AM Pennington Market, lot by Burger King Class: 2C Miles: 11 Leader: John S.</p>
<p><b>Mar 29, Pyramid Mountain</b> Meet: 9:00 AM King’s Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 7 Leader: Mark H.</p>	<p><b>May 17, Crater Lake (to Bird Mountain)</b> Meet: 9:30 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 7.5 Leader: Bill W.</p>
<p><b>Apr 5, Cushetunk Mountain, Shuttle</b> Meet: 9:30 AM Round Valley S.P., Main entrance: go past toll booth, then 1st right turn to lot near water Class: 3C Miles: 8 Leader: Judy M.</p>	<p><b>May 24, Stokes State Forest Shuttle- AT Brinks to Rt. 206</b> Meet: 8:30 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 9 Leader: Charlie B.</p>
<p><b>Apr 12, Black River</b> Meet: 9:30 AM Commons Park municipal lot, High Bridge or 9:55 at trailhead: Coopers Mill, Chester Class: 2C Miles: 6 Leader: Jackie S.</p>	<p><b>May 31, Mt. Tammany Fire Road</b> Meet: 9:00 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 10 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.

<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)

