

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SUMMER 2018 NEWSLETTER JUNE-JULY-AUGUST

HHC Web Page: www.HunterdonHikingClub.org

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.

The meetings start at 7pm. (No meetings in July, August & December).

Hunterdon Hiking Club Officers - June 2018 – May 2019

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

Beth and Bruce M

Outdoor Program:

Mary C, Lynn N

June F, Pam B

Membership: Loretta Mizeski ljmski@embarqmail.com

New Membership Inquiries:

Gail Jacobsen 917-939-6391 Jacobseng@mail.com

Newsletter: Tom N

Hospitality: Lynn N

2018-19 Membership Renewals Due By July 31st

Reminder: Membership for the 2018-2019 year is due by July 31. Please mark your calendars to renew before July 31. Note that new members who joined after March 1st of this year are paid up through July of 2019. Also many of you signed up for a two-year membership last year so will not have to renew this year. An e-mail reminder will be sent to all members who need to renew and have not done so in early August but please try to renew on time! No reminders will be sent by regular mail. Also please notice on the application that renewing members with no changes in info should send check directly to treasurer without needing to fill out an

application. You may note in the memo line if single or family membership or for one or two years. Please contact Loretta at ljmski@embarqmail.com if you have any questions about your membership or if you still haven't joined our Yahoo Group so that you receive e-mail notices about last minute changes to upcoming hikes and other events. Thank you! Loretta Mizeski - Membership Chair

Hunterdon Hiking Club Membership Form

Membership Year: August 1st to July 31st

Please check one: ___ New ___ Renewal (**Please renew 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. Current members contact **Loretta Mizeski** at 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:

<input type="checkbox"/> Recorded	<input type="checkbox"/> Liability Waiver received (new member)
<input type="checkbox"/> Acknowledged	<input type="checkbox"/> 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, June 14, 2018 7:00 p.m. - A Brief Introduction to Finding and Identifying Wild Mushrooms

Jim Barg, of the NJ Mycological Association, will be the speaker at our June meeting. His talk, loosely entitled "A Brief Introduction to Finding and Identifying Wild Mushrooms", looks at what mushrooms are, how they grow, and how beginners can go about starting to identify the mushrooms they may find.

No Meetings Scheduled for July, August, or 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.

Thursday, June 7, LIBERTY STATE PARK HISTORIC TRILOGY Leader: June F

The CRRNJ, (Central Railroad of NJ) Statue of Liberty and Ellis Island stand together as the Historic Trilogy. Come follow the trail of the immigrant experience. Led by a docent, this 1 ½ hours walking program will include a tour of the CRRNJ with views of Ellis Island and the Statue of Liberty.

Bring a picnic lunch to eat overlooking the amazing NYC skyline. After lunch, we'll do a short walk along the waterfront of Liberty State Park..

Trip is not limited, but please let leader know if you plan to attend. Meet at Kings Shopping Plaza, Whitehouse, at 8:30 AM.

**Thursday, August 9,
NY Historical Society,
New York City
Leader: Gail J**

Join us for a trip to the NY Historical Society museum on 79th Street and Central Park West in New York City. This interesting museum will have Norman Rockwell's 4 Freedoms on display and also has a stunning collection of Tiffany lamps. Other displays include Audubon's Birds of America Gallery and Walk this Way; Historic footwear. Plans are to walk at least one way from Port Authority.

**Thursday, August 30,
BARNES FOUNDATION,
PHILADELPHIA
LEADER: Doris S**

We will travel to Philadelphia by train and walk through the Parkway area to the Barnes Foundation. In addition to their permanent collection of works by Renoir, Cézanne, VanGogh, Monet and many other renowned artists. We will see a special exhibit RENOIR, FATHER AND SON, Painting and Cinema, exploring the works of acclaimed film director Jean Renoir and the influence of his father, Pierre Auguste Renoir.

Time and meeting place will be announced in email in mid-August.

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.

Leaders Needed

Sign up to Lead an Outdoor Event this Fall

The Outdoor Committee is now scheduling activities for Saturdays and Sundays in the 2018 Fall months: September, October and November. New leaders, as well as experienced leaders are welcome. Pick a favorite spot for hiking or other activity. Pick a date. In June Lynn will be directing you to fill in your event on the HHC weekend calendar. If you can't wait - do it now. Calendar is always open going forward._

38th Annual HHC Picnic - Hold the date - Saturday September 15 If you wish to volunteer or sign up early RSVP

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, June 2 Roosevelt Island NYC 6 Miles Class 1B
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
Ron G.

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

Saturday, June 9 Bike LHT (Lawrenceville-Hopewell Trail) 20 Miles Class 1B
Meryl M.

Some road then on unpaved path, and go through Rosedale Park, the historic Pole Farm to Village Park in Lawrenceville. Then turn around. Picnic lunch at the Education Garden. Directions sent before date via HHC Yahoo Updates.

Sunday, June 10 Merrill Creek Reservoir 5.5 Miles Class 2B
Ron G.

No hills, mostly through woodlands, with beautiful views of the reservoir.

Saturday, June 16 Giving Pond and beyond 3-5 Miles Class 2B
Sylvia C.

Hike around pond and on canal trail. Optional picnic lunch and paddle on pond after.

Sunday, June 17 Open

To lead a hike on this date, please send details to HHCEventUpdates@yahoo.com

Saturday, June 23 Dick Nichols' Memorial Hike on Columbia Trail in Califon 3 Miles Class 1A

Meredith N. & Pat H.

We will

walk on the trail towards High Bridge, cut down to River Road, and return that way to parking area. Lunch afterward TBD.

Sunday, June 24 Evening Firefly Walk and Potluck Supper 4-5 Miles Class 1A
Barbara H.

Walk along the cool Creek Road; then to my place for a potluck supper. The fireflies start to appear at dusk. It is magical. Call or email to let me know if you will be joining us for the potluck. (**address for potluck is 15 Cedar St., Frenchtown 08825**). Rain cancels.

Saturday, June 30 Open

To lead a hike on this date, please send details to HHCEventUpdates@yahoo.com

Sunday, July 1 Bike ride in East Amwell area approx. 20 Miles Class 3B
Lynn E.

Bike on beautiful back country roads in the East Amwell/Ringoes area. Includes hills. Lunch afterward on my back porch, hot dogs and salads.

Saturday, July 7 Bike Plainsboro- Cranbury 16 Miles Class 1A
Meryl M.

Some road and mostly paved trails, some narrow shoulders, mostly flat. bike ride from Plainsboro to Cranbury. Ride the streets and Heritage Park, which has an awesome wonderful secret place, then ice cream. Picnic lunch after the ride on Meryl's patio.

Sunday, July 8 Open

To lead a hike on this date, please send details to HHCEventUpdates@yahoo.com

Saturday, July 14 Deer Path Hike, Swim, and Lunch 5 Miles Class 2B
Jeff A.

Start from parking lot, through open field, then nice hike through wooded trails over Round Valley Mountain. If interest, lunch (supplied by me) and swim at my home down the street. If you only want to do the lunch/pool, meet at my home 12:30ish. If you have a favorite dish to bring, let me know what it is by July 10. Pool will be open. Bring bathing suit, chair, and towel. RSVP by July 10. If you need

directions email Jeff.

Sunday, July 15 **Tohickon Creek and High Rocks** **5 Miles** **Class 3C**

Mark H.

Bring lunch for extended break next to Tohickon Creek.

Saturday, July 21 **Dismal Harmony Natural Area** **3.5 Miles** **Class 3C**

Richard P.

A challenging but pleasant hike spent part of the way on the Patriot's Path, traveling past babbling brooks to Legend Rock and Blueberry Ridge. Bring snacks/lunch.

Sunday, July 22 **Open**

To lead a hike on this date, please send details to HHCEventUpdates@yahoogroups.com

Saturday, July 28 **Canal Walk in Pennsylvania** **4-5 Miles** **Class 1A**

Frenchtown bridge on the PA side.

Barbara H.

Lunch, if interested, at The Homestead. Rain cancels.

Sunday, July 29 **Bike ride in Hopewell Township** **approx. 20 Mile** **Class 3B**

Lynn E.

Bike on back country roads in Hopewell Township, pretty wooded roads and farm views. Includes hills. For those who would like to eat on the back porch after the ride, bring a lunch. I'll have dessert for you.

Saturday, August 4 **Open**

To lead a hike on this date, please send details to HHCEventUpdates@yahoogroups.com

Sunday, August 5 **Merrill Creek Reservoir** **5 Miles** **Class 2C**

Andrew P.

A beautiful scenic hike around the Merrill Creek Reservoir with a few rocky areas. On this summer hike you will not see snow geese!

Saturday, August 11 **Bike Ride** **Plainsboro/Mercer County Park** **17 Miles** **Class 2B**

Meryl M.

Ride on blacktop and roads with shoulders to and through Mercer County Park. Bring lunch for picnic on my patio.

Sunday, August 12 **Open**

To lead a hike on this date, please send details to HHCEventUpdates@yahoogroups.com

Saturday, August 18 **Dick Nichols' Memorial Hike to Schooley's Mountain** **3-5 Miles** **Class 2B**

Meredith N.

We will hike to the overlook and back; then try the new restaurant nearby for lunch.

Sunday, August 19 Walpack 4 Miles Class 2B

Peggy G.

Walking tour of Walpack sponsored by the Walpack Historical Society. Then, a walk on Thunder Mountain. Bring lunch. Heavy rain cancels.

Saturday, August 25 Historic Easton Cemetery Walk 3 Miles Class 1A

Barbara H.

Listed on the National Registry of Historic Places. Nice walk on rolling hills and shady streets to see the many examples of Greco-Roman Revival, Gothic Victorian, and Art Deco funeral art. Possibility for lunch at the Farmer's Market. Rain cancels.

Sunday, August 26 Mountain Lakes Preserve in Princeton approx. 4 Miles Class 3B

Lynn E.

This is a beautiful trail through the woods; includes stream crossings, rocks and roots, and an interesting boulder field. Pack a lunch to eat by the lake.

Tuesday short Hikes. Summer 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.

<p><u>June 5th. Minquin Woods.</u> Class: 1B. Miles: 3.5. Leader: John S Lunch: Hampton Junction.</p>	<p><u>July 24th. High Rocks in Tochickon Park. PA.</u> Class: 1B. Miles: 3. Leader: Geoff N. Lunch: Pack lunch to eat by the Tochickon Creek.</p>
<p><u>June 12th. Lockatong Falls trail.</u> Class: 2B. Miles: 3. Leader: Sylvia C. Lunch: Maria R.</p>	<p><u>July 31st. Tewksbury History Walk./</u> Class: 1B. Miles: 2. Leader: Gail J. Lunch: Oldwick Country Store or Tewksbury Inn.</p>
<p><u>June 19th. Canal towpath, Easton to Wy-Hit-Tuk.</u> Class: 1B. Miles:3.5. Leader:s: Joanne P& Johanna M. Lunch: Red Rose Diner. Route 22, Phillipsburg.</p>	<p><u>Aug 7th. Whitehouse Greenway/Rockaway Creek.</u> Class: 2A. Miles: 3. Leader. RoseMary M. Lunch: Whitehouse General Store.</p>
<p><u>June 26th. Morales Park. Flemington.</u> Class: 1B. Miles: 3-4. Leader: Peg M. Lunch: Angelos Pizza. Route 31. Flemington.</p>	<p><u>Aug 14th. Echo Hill / South Branch.</u> Class: 2B. Miles: 3.5+. Leader: Sylvia C. Lunch: Flemington Diner.</p>
<p><u>July 3rd. Rocky Brook Trail.</u> Class: 2B. Miles:2.6. Leader: Patsy & D W. Lunch: Orlandos.</p>	<p><u>Aug 21st. Prydes Point, near Ringoes.</u> Class: 2B. Miles: 3. Leader: John S. Lunch: Orlandos.</p>
<p><u>July 10th. ETS trail near Princeton.</u> Class: 2B. Miles: 3. Leader: Lynn E. Lunch: Orlandos.</p>	<p><u>Aug 28th. Giving Pond.</u> Class: 1A. Miles: 3. Leader: Doris S. Lunch: Pack a lunch or optional Bridgeton Hill Store.</p>
<p><u>July 17th. Marble Hill sect' of Patriots trail. P,burg.</u> Class: 1B. Miles: 3-4. Leaders: Joanne P & Johanna M Lunch: Brass Rail Tavern.</p>	<p><u>Sept 4th. Towpath/Cuttaloosa hike w/ a hill ascent.</u> Class: 1A+C Miles: 3. Leader: Geoff N. Lunch: Lumberville Store.</p>

Wednesday Hikes – Summer 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. Tom N. Loretta M.

Note: In case of bad weather call leader to make sure hike is on, or check Yahoo Updates.

<p>Jun 6, Bald Pate Mountain Class: 2B Miles: 4+ Leader: Maria K Lunch: It's Nutts on River Rd.(rt. 29) in Titusville.</p>	<p>Jul 25, AT. Totts Gap to Del Water Gap Class: 2B Miles: 5 Leader: Geoff N. Lunch: TBD</p>
<p>Jun 13, Prydes Point-Alexauken Creek Class: 2B Miles: 4.5 Leader: Linda B. Lunch: Orlando's Cafe, Rt 31S Hopewell</p>	<p>Aug 1, Crystal Springs/Teetertown Ravine Class: 2B Miles: 5 Leader: Linda de N. Lunch: Max's Califon</p>
<p>Jun 20, Mountain Lakes Section of Jenny Jump SF. Class: 2B Miles: 5 Leader: Geoff N Lunch: TBD</p>	<p>Aug 8, Columbia Trail/Ken Lockwood Gorge Loop Class: 2B Miles: 6 Leader: Linda de N. Lunch: Casa Maya High Bridge</p>
<p>Jun 27, Washington Valley Park Hike Class: 2B Miles: 5 Leader: Tom N. Lunch: Chimney Rock Inn</p>	<p>Aug 15, Ringing Rocks. Class: 2B Miles: 4 Leader: Geoff N. Lunch: Country Store by PA canal.</p>
<p>Jul 11, Tourne County Park Class: 2B Miles: 5.5 Leader: Mary Ellen B. Lunch: Bring lunch & we'll eat along the way</p>	<p>Aug 22, Sourland Mountain Ecosystem Preserve Class: 3B Miles: approx. 5 Leader: Lynn E Lunch: Orlando's restaurant</p>
<p>Jul 18, Califon Road Walk, Picnic and Swim Class: 1B Miles: 4.5 Leader: Tom N Lunch: Loretta 's House in Califon- Check Yahoo Updates for directions and what to bring</p>	<p>Aug 29, Curlis Lake Woods to Rosedale Park Class: 3B Miles: 6 Leader: Lynn E Lunch: bring lunch to eat by the lake in Rosedale Park</p>

Thursday “C Pace” (Energetic) Hikes – Summer 2018

Class: 1C – 3C Meeting times: see individual hike listings. 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.

<p><u>Jun 7, Harriman - Pine Meadow Lake</u> Class: 3C Miles: 8 Leader: Charlie B.</p>	<p><u>Jul 26, Franklin Parker Preserve</u> Class: 3C Miles: 6 Leader: John S. Blueberry hike</p>
<p><u>Jun 14, Dunnfield Creek</u> Class: 3C Miles: 9 Leader: Ron G.</p>	<p><u>Aug 2, Jenny Jump State Forest</u> Class: 3C Miles: 6 Leader: Jackie S.</p>
<p><u>Jun 21, Wickecheoke Greenway</u> Class: 2C Miles: 6 Leader: Jackie S.</p>	<p><u>Aug 9, Round Valley Reservoir</u> Class: 3C Miles: 7 Leader: Mark H.</p>
<p><u>Jun 28, Batona Trail Quakerbridge to Batsto Village, shuttle</u> Class: 2C Miles: 11 Leader: John S.</p>	<p><u>Aug 16, AT to Pulpit Rock and the Pinnacle</u> Class: 3C Miles: 8.5 Leader: Mike W.</p>
<p><u>Jul 5, Four Birds Trail</u> Class: 3C Miles: 9 Leader: Mark H.</p>	<p><u>Aug 23, AT over Sunrise Mtn (Stokes) - Shuttle</u> Class: 3C Miles: 9 Leader: Charlie B.</p>
<p><u>Jul 12, Wissahickon Gorge</u> Class: 2C Miles: 8 Leader: Judy M.</p>	<p><u>Aug 30, Baldpate Mountain</u> Class: 2C Miles: 7 miles Leader: Judy M.</p>
<p><u>Jul 19, AT in PA-Mt Minsi to Wolf Rocks</u> Class: 3C Miles: 6.0 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.

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

Class D	Brisk, capable of walking at a quick pace for prolonged periods	Cruise on flat 12 to 16 mph; Overall moving average 11 to 12 mph.
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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)