

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



**FALL 2018 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 2018 – May 2019**

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

**Secretary:** Hilma Pacher

**Treasurer:** Tom Beier 609-397-9675 (address in application form, page 3)

**Website:** Mark Hermsmeier

### **Indoor Program:**

Gail Jacobsen

Beth and Bruce Michael

### **Outdoor Program:**

Mary Curtis Lynn Nicklen

June Filipski Pam Bland

**Membership:** Loretta Mizeski [ljmski64@gmail.com](mailto:ljmski64@gmail.com)

### **New Membership Inquiries:**

Gail Jacobsen 917-939-6391 [Jacobseng@mail.com](mailto:Jacobseng@mail.com)

**Newsletter:** Tom Norwood

**Hospitality:** Lynn Nicklen

## **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](mailto: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. CHECK MUST BE PAYABLE TO HUNTERDON HIKING CLUB!**

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). **CHECK MUST BE PAYABLE TO HUNTERDON HIKING CLUB!**

**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 [ljmski64@gmail.com](mailto:ljmski64@gmail.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 8/18

## **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, October 11, 2018 7:00 p.m. - Hunderton Land Trust**

Stefani Spence, Land Steward at the Hunterdon Land Trust, will talk about what a land trust does and how it preserves land, as well as the importance of stewarding the land we protect. She will also provide information on hiking and recreational opportunities on Hunterdon Land Trust preserves and ways to get involved with the HLT (including the Farmer's Market).

### **Thursday, November 8, 2018 7:00 p.m. - Charles Lindbergh Presentation**

Gloria Colombo is back by popular demand to this time give us a presentation on Charles Lindbergh. Lynn Ebeling often leads hikes in Hopewell near the Lindbergh house which was the location of the famous Lindbergh baby kidnapping. Gloria will give us more information about the man that lived in that house.

No September Meeting

## **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, October 4**  
**Metropolitan Museum**  
**New York City**

**Leader: Doris Spencer**

HEAVENLY BODIES ... Fashion and the Catholic Imagination at the Met and Nudes by Picasso , Schiele and Klimt at the Breuer. Watch for email two weeks before for more details and to sign up for this trip

## **History Walks**

**Thursday, November 1st (Rain Date is November 8th)**  
**Bordentown History Walk**  
**Leader: Gail Jacobsen**

Join us for a fun-filled day in Bordentown, NJ. Here, Doug Kiovsy (former Hunterdon Parks historian) will lead a walk through this historic town so we can learn about its contributions to the country. Many years ago, many famous people such as Thomas Paine, Joseph Bonaparte, and Clara Barton migrated to this small town. The trip will include touring the festively decorated Thompson Street (also known as Halloween Street), entry to the Clara Barton Schoolhouse and Historical Society museum, a stop at Bonaparte's former estate and lunch at Oliver A Bistro in town.

Time, meeting place, and opportunity to sign up will be sent in an email in mid-October. Group will be limited to 20 people.

## **Upcoming Events**

**38<sup>th</sup> Annual Picnic Saturday September 15**  
**Cedars Pavilion Deer Path Park, West Woodchurch Rd.**  
**Grilling begins at noon – clean up at 4**  
**Bring a favorite dish to share. Please no leftovers left behind.**  
**Bring an Appetizer, Salad, Side Dish, Dessert or**  
**Wine, Beer or other beverage.**

**HHC will provide: Hot Dogs, hamburgers, Veggie Burgers, Condiments, Apple Cider, Water and Coffee.**

**RSVP by Sept 8 to Lynn 609-397-2603 [cmnicklen2@yahoo.com](mailto:cmnicklen2@yahoo.com)**



**Friday, September 28 (Rain date Oct 5)**  
**Central Park Tree Identification Walk**

Learn to identify some of the approximately 140 species of trees in Central Park, as described in the book *New York City Trees* by Ned Barnard or bring your own field guides. Both tree experts (whose assistance will be appreciated) and complete beginners are cordially welcome. This walk will necessarily proceed at a snail's pace, with many stops to observe trees.

**Bring lunch and beverage or purchase at Central Park Boat House Cafeteria. This tour will be led by long time HHC member Nancy Holland and her friend Jim who has considerable knowledge of this NYC treasure. We will use the subway to and from the Park. Please bring a metro card if you have one. Maximum participants will be 15.**

**Backpacking trip on the Appalachian Trail in Vermont**

**Wednesday – Sunday October 3 -7 Rain or Shine**

**22.6 Miles, Class 3C Departure time & meeting place TBD contact leader if planning to attend**

Join us as we start at VT Rt 9 where we finished on 5/20/18. This is the longest section of the Trail in VT that doesn't cross a road. Highlights of this remote section will include Porcupine Lookout 3,060', Glastenbury Lookout 2,920', Hell Hollow Brook, a view to the south of Mt Greylock in MA from Goddard Shelter & the fire tower/observation deck on the summit of Glastenbury Mountain 3,748'. We will end at Stratton-Arlington (Kelley Stand) Road.

**HHC Annual Holiday Party**

DATE: Saturday, December 8, 2018

TIME: 6:00 p.m.-9:30 p.m.

COST: \$36 for members and \$51 for non-members

There will be appetizers, buffet dinner, cash bar for beer and wine, and a DJ.

Mail checks made payable to Hunterdon Hiking Club to:

Gail Jacobsen

556 Charlestown Road

Hampton , NJ 08827

# **Weekday Outdoor Activities**

## **Tuesday Short Hikes**

- see page 13 for the Tuesday hike schedule

## **Wednesday Hikes**

- see page 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.**

Friday short hikes of approximately three miles. These hikes are mostly in the Winter when the bike rides are over. 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 2018-19 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. In October Pam 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.\_

### 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 the "open" dates. Please contact a member of the Outdoor Committee if you need help getting the required Sign-In/Waiver and Leader Guidelines forms or any other information.

**Saturday, September 1, Open**

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

**Sunday, September 2, Open**

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

**Saturday, September 8, Open**

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

**Sunday, September 9, The Apple Tree BIKE RIDE, 20 Miles, Class 3B**

**Geoff N**

We seek the tree with the best apples in NJ. Mostly flat except for one really big hill. I may have walked it this year. Route very very scenic. Lunch TBD.

**Saturday, September 15, 38<sup>th</sup> Annual HHC Picnic see page 7 for details**

**Sunday, September 16, Open**

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

**Saturday, September 22, Merrill Creek hike, 6 Miles, Class 2B**

**Johanna M.**

Nice hike around reservoir. BBQ at my place after. More info to follow.

**Sunday, September 23, BIKE RIDE: Hudson River Loop, 15 Miles, Class 1A**

**David C.**

We will ride along the Hudson river on a dedicated bike/hike path about 7 miles to Weehawken (5% on city streets which are empty on Sunday morning). From Weehawken, we will take a ferry across to Manhattan, then ride 5 miles on a dedicated bikes-only path to Battery Park City, where we pick up another ferry back to Paulus Hook, then 3 miles back to the starting point. Ride is flat, ferry rides are 7-8 minutes each. Total trip time 3.5-4 hours. Lunch in NJ at end of ride. Total ferry cost \$15 including the bike. Parking in NJ is free. The route has great views of the Statue of Liberty, Ellis Island and the Hudson River and NYC skyline all along the way. The NJ waterfront is impressive as well with lots of attractive waterfront residential and commercial development. We are doing this on a Sunday morning since there is virtually no traffic in getting there. Number of riders will be limited, so you must sign up in advance by email to Dave, who will set up car pooling for those interested.

**Saturday, September 29, 2 Parks Hike, 5.5 Miles, Class 1B**

**Linda M.**

Meet in 1st parking lot of River Rd Park immediately off of Routes 202/206, Bedminster. We will walk 3.5 miles through woods and on a few sidewalks. At end of walk, go to our cars and drive to Natirar to walk another 2 miles. Optional lunch afterwards. <https://www.google.com/maps/place/River+Road+Park/@40.6626726,-74.6467849,15z/data=!4m5!3m4!1s0x0:0x4c2247c6a6f95c9e!8m2!3d40.6626726!4d-74.6467849>

**Sunday, September 30, Governors Island & East Side River Promenade, 4 - 5 Miles,**

**Class 1B**

**Yolanda E.**

History, nature and marvelous views of lower Manhattan on this 172 acre island in the Port of New York. Lots to see and explore. Will also walk along the East River to the Seaport area. We will be taking the 8:30 bus.

**Saturday, October 6, Legends and Lore, 6-8 Miles, Class 2B**

**Susan F.**

First stop will be the Evermay Mansion... and maybe encounter a spirit or two! Walking North on the Delaware Canal we will have lunch at the Homestead Store in Upper Black Eddy. Easy walking! Flat! Heavy rain cancels. This will be a combined hike with the Batona Hiking Club of Philadelphia.

**Sunday, October 7, Baldpate Mt. Trails, 4-4.5 Miles, Class 3B**

**Pam B.**

Trails are varied in difficulty from 3B with steep climb & descent at beginning & end; 2B with rolling ups & downs on the middle trails. Bring snacks to eat at the 'summit' while enjoying a view of the Delaware River & perhaps some early Fall foliage.

**Saturday, October 13, Mariton Wildlife Sanctuary, 4.5 Miles, Class 3B**

**Richard P**

Ramble through this beautiful preserve that is perched on the steep slopes of Bougher Hill overlooking the scenic Delaware River. Some nice overlooks along the way. Bring snacks/lunch.

**Sunday, October 14, Milford/ Little York/ Riegelsville/ Milford BIKE RIDE, 20 Miles, Class 3B**

**Geoff N**

Nice loop...One long hill; OK if done slowly. Lunch in Milford. TBD.

**Saturday, October 20, Horseshoe Bend, 4-5 Miles, Class 2B**

**Sylvia C.**

We will leave to drive to the trailhead at 10:10. Mostly wooded trails 2 small stream crossings. Lots of ups and downs. Hiking boots, poles would be good to bring. Snack stop at the top of one of the hills that overlooks a scenic view.

**Sunday, October 21, Mt Tammany and Holly Springs, 6 Miles, Class 3C**

**Mark H.**

Climb the red dot trail up Tammany. Bring lunch

**Saturday, October 27, Mercer County Park and Van Ness Refuge, 4-5 Miles, Class 2B**

**Ann L**

This is a scenic hike mostly in the woods and including the typical tree roots and some uneven terrain. We will walk from the marina to the dam at the end of the lake and along the Assunpink in the Van Ness refuge area. The latter part typically offers superb fall foliage colors at this time. More specific directions will be sent in the days before the hike.

**Sunday, October 28, BIKE RIDE, +/- 18-20 miles, Class 2C**

**Joan S.**

Franklin Twp. low traffic roads. Optional lunch at Sky Manor Airport.

**Saturday, November 3, Wissahickon Gorge Hike, 6 Miles, Class 2B**

**Yolanda E.**

Easy to moderate, 1st half easy (1C) on wide carriage road, 2nd half moderate hike in the woods, rocky trail with some ups and downs (3C). 1 hour from Flemington. Bring lunch & water.

**Sunday, November 4, Tohickon Creek and High Rocks, 6 Miles, Class 3C**

**Mark H.**

This is the weekend of the Nockamixon water release, attracting many kayakers. Bring Lunch for pleasant creekside dining.

**Saturday, November 10, Curlis Lake Woods to Rosedale Park and back, 5-6 Miles, Class 2B**

**Lynn E.**

The hike begins in Pennington at the Curlis Lake Woods Preserve, goes through trails at the Mercer Co. Equestrian Center to Rosedale Park and back. Easy trails through fields and woods, no big hills, but there are some stream crossings. If there is interest in lunch afterward, we'll decide where after the hike.

**Sunday, November 11, Tour Isaac Watson House and Walk Abbott Marshlands, 2 Miles, Class 1A**

**Ann W**

Tour the Isaac Watson house and walk through the Abbott Marshlands.

**Saturday, November 17, Open**

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

**Sunday, November 18, Lynn's soup hike at Cedar Ridge Preserve, approx 4 Miles, Class 2B**

**Lynn E.**

Meet at my house and walk down the hill to the Cedar Ridge Preserve. Easy walking on the preserve, with gentle hills through fields and woods. Return for lunch of homemade soups and bread at my house. Side trip to the barn for those who want to visit the sheep and goats.

**Saturday, November 24, Open**

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

**Sunday, November 25, Walpack Maintenance, 4 Miles, Class 2B**

**Peggy G.**

Beautiful trail around a large pond. Bring clippers, loppers, work gloves, or a small hand saw. Also bring snacks. We'll stop on the way home for a late lunch. Heavy rain cancels.

## Tuesday Short Hikes – Fall 2018

Class: 1A – 3B, Leaders: See individual hikes, Meeting Times: 9:30 a.m.

Leaders: Doris S, Gail J, Geoff N, Joann and Johanna, Lynn E, P & D W., Pat H, Peg M, Rosemary M, Sylvia C.

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

Sep 4, Towpath/Cuttaloosa hike w/ a hill ascent Class: 1C Miles: 3 Leader: Geoff Nicklen. Lunch: Lumberville Store.	Oct 23, St Michaels Preserve. Hopewell, NJ Class: 2B Miles: 3 Leader: Lynn E. Lunch: Pizza delivered to the trail picnic grove.
Sep 11, northern-most section of the Stony Brook Watershed Class: 3B Miles: 3-3.5 Leader: Lynn E. Lunch: orlando's restaurant	Oct 30, Tower Hill and Jugtown Preserve Miles: 4 Leader: Gail J. Lunch: Pattenburg House
Sep 18, Morales Park, Flemington. Class: 1B Miles: 3 Leader: Peg Marsh Lunch:TBD	Nov 6, Mt. Rose trail in Hopewell Twp. Class: 2B Miles: 3 Leader: Lynn E. Lunch Orlando's
Sep 25, Tekening Trail Class: 2B Miles: 3 Leader: Joann and Johanna Lunch: Uncle Buck's diner	Nov 13, Hike in the H.C. Park Arboretum. Class: 1A Miles: 2.5 Leader: Doris Spencer. Lunch: TBD
Oct 2, Two Views of the Delaware River Picnic Hike Class: 2B Miles: <4 mi. Leader: P & D Lunch: Goat Hill Overlook picnic	Nov 20, Whitehouse Greenway/Rockaway Creek Class: 2B Miles: 3 Leader: R. Mangano Lunch: Whitehouse General Store
Oct 9, Schicks Preserve Near Little York. Class: 1B Miles: 2.5 Leader: Geoff Nicklen. Lunch: Little York Tavern.	Nov 27, Pennington Watershed. Class: 1B Miles: 3 Leader: Pat Hennessey. Lunch: Orlando's
Oct 16, Frenchtown Preserve Class: 2B Miles: 3.5-4 Leader: Sylvia c Lunch: Frenchtown cafe	

## Wednesday Hikes – Fall 2018

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

Leaders: Geoff N, Linda B, Linda de N, Loretta M. Lynn E. Mary Ellen B, Yolanda E.

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

Sep 5, Tourne County Park Class: 2B Miles: 5.5 Leader: Mary Ellen B. Lunch: TBD	Oct 24, Jenny Jump Class: 3C Miles: 5 Leader: Yolanda E. Lunch: Lunch on trail
Sep 12, Voorhees State Park Class: 2B Miles: 4-5 Leader: Loretta M. Lunch: Casa Maya in High Bridge	Oct 31, Bamboo Brook to Kay Environmental Center. Class: 2B Miles: 5.5 Leader: Geoff Nicklen. Lunch: TBD
Sep 19, Washington Crossing State Park Class: 3B Miles: 4-5 Leader: Lynn E. Lunch: Patriot's Crossing Restaurant	Nov 7, Horseshoe Bend Park Class: 2B Miles: 4+ Leader: Linda B. Lunch: Ginny's Cafe
Sep 26, Musconetcing Gorge Class: 3C Miles: 6 Leader: Yolanda E. Lunch: TBD	Nov 14, Carversville Road Walk Class: 2B Miles: 4 Leader: Yolanda E. Lunch: General Store near the bridge
Oct 3, Columbia Trail Califon to Long Valley Class: 2C Miles: 7 Leader: Linda de N. Lunch: Long Valley Brew Pub	Nov 21, Mountain lake section of Jenny Jump. Class: 2B Miles: 5.5 Leader: Geoff Nicklen. Lunch: Diner on Rte 46.
Oct 10, Minnewaska State Park-Kerhonkson, NY Class: 2C Miles: 9 Leader: Linda de N. Lunch: Trail snack; dinner- Mountain Brauhaus, New Paltz, NY	Nov 28, Mountain Lakes Preserve in Princeton Class: 3B Miles: 4.5 Leader: Lynn E. Lunch: Princeton Shopping Center
Oct 17, Point Mountain Class: 3B Miles: approx 4 Leader: Lynn E. Lunch: Riley and Jakes	



## Thursday “C Pace” (Energetic) Hikes – Fall 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.trail. Note: In case of bad weather call leader to make sure hike is on, or check YahooUpdates.**

<p><b>Sep 6, Huyler’s Landing Palisades Interstate Park</b> Class: 3C Miles: 7 Leader: Charlie B.</p>	<p><b>Oct 25, Washington Valley Park Hawk Watch</b> Class: 3C Miles: 7 Leader: Charlie B.</p>
<p><b>Sep 13, AT from Oil City Road to Rt. 94-Shuttle hike</b> Class: 3C Miles: 10 Leader: Judy M.</p>	<p><b>Nov 1, Sourland Mountain Preserve</b> Class: 3C Miles: 7 Leader: Mark H.</p>
<p><b>Sep 20, Mahlon Dickerson Reservation Beaver Pond</b> Class: 3C Miles: 8 Leader: Mark H.</p>	<p><b>Nov 8, Watchung Reservation</b> Class: 2C Miles: 8 Leader: Judy M.</p>
<p><b>Sep 27, AT in PA-Mt. Minsi to Wolf Rocks</b> Class: 3C Miles: 6 Leader: Ron G.</p>	<p><b>Nov 15, Farney State Park</b> Class: 3C Miles: 9 Leader: Charlie B.</p>
<p><b>Oct 4, Terrace Pond</b> Class: 3C Miles: 8 Leader: Mark H.</p>	<p><b>Nov 22, Happy Thanksgiving—No hike Instead, hike on Friday Nov 23 (see next entry)</b></p>
<p><b>Oct 11, Norvin Green, Otter's Hole parking area</b> Class: 3C Miles: 7 Leader: Jackie S.</p>	<p><b>FRIDAY, Nov 23, Bulls Island to Peter's Trail, Mimi's trail and White Oak Trail</b> Class: 2C Miles: 6 Leader: Jackie S.</p>
<p><b>Oct 18, Musconetcong Gorge Preserve</b> Class: 3C Miles: 6.0 Leader: John S.</p>	<p><b>Nov 29, Jacobsburg State Park, Wind Gap, PA</b> Class: 3C Miles: 6 Leader: John S.</p>

# Hike and Bike Ride Classifications

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

<b>Terrain Classification</b>	<b>Hikes</b>	<b>Rides</b>
<b>Class 1</b>	Easy, mostly flat.	Easy, flat. Mostly on bike paths, gravel or paved. Occasionally on roads that will have a small amount of traffic
<b>Class 2</b>	Intermediate, rolling hills, some stone or rocks on trail.	Easy, some moderate hills (ascended slowly). Mainly on quiet roads, sometimes on busier county roads. May include some unpaved, gravel sections.
<b>Class 3</b>	More difficult, steep ups and downs, trail rocky but stable.	Intermediate, includes hills. Primarily roads (quiet as well as busier county); but may include some unpaved sections.
<b>Class 4</b>	Most difficult, very steep ups and downs, unstable footing, hand holds may be necessary.	Intermediate, including hills, some steep and long. Primarily roads (quiet as well as busy). Bike paths, if involved, must be paved.
<b>Pace Classifications</b>	<b>Hikes</b>	<b>Rides</b>
<b>Class A</b>	Leisure pace, accommodates the leisure hiker 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)

