

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SPRING 2019 NEWSLETTER
MARCH APRIL MAY

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 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
New Membership Inquiries:
Gail Jacobsen 917-939-6391 Jacobseng@mail.com
Newsletter: Tom Norwood
Hospitality: Lynn Nicklen

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**. Current members contact **Loretta Mizeski at ljmiski64@gmail.com**

Note: We use emails, sent via HunterdonHikingClub@groups.io, to send out notices for cancellations and last-minute changes. When you join, you will automatically be added to our list to receive these emails.

For Membership Committee use only:

_____ Recorded _____ Liability Waiver received (new member)

_____ Acknowledged _____ added to groups.io (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, March 14, 2019 7:00 p.m. - Hunterdon 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, April 11, 2019 7:00 p.m. - Iceland

Joel Reger and Bruce Michael will give a presentation of their October hiking trip to Iceland. They will show pictures and talk about the beautiful waterfalls they saw, the wildlife, and their trip down to the bottom of an extinct volcano.

Thursday, May 9, 2019 7:00 p.m. - Profeta Farms

Katie Ellis, the Education Coordinator at Profeta Farms in Readington, will speak about what is happening at this 'beyond organic' local farm in our area.

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 HunterdonHikingClub@groups.io approximately two weeks before the scheduled event and you may sign up for the trips (by email if possible) after the HunterdonHikingClub@groups.io email notice. Please respond to the leader listed in the Museum walk write-up to sign up.

Thursday March 28

PHILADELPHIA DOUBLEHEADER

Leader: Doris Spencer

Architectural tour of the Kimmel Center, home of the Philadelphia Orchestra and Pennsylvania Academy of Fine Arts Museum visit

This trip is limited. Signup information and more details will be sent via HHC groups email two weeks before.

Thursday June 6

NEW YORK CITY

Leader: Doris Spencer

Walk the High Line to the Whitney Museum to view the Whitney Biennial, an exhibit of contemporary art.

This trip is limited. Signup information and more details will be sent via HHC groups email two weeks before.

Thursday Mindfulness Hikes – Spring 2019

Three-mile silent walks while practicing mindfulness and enjoying the outdoors.

Class: 1A – 3B, Leader: Carolyn Creed (with other leaders, as appropriate), Meets on Thursdays on the weeks when there are no museum trips. Details on the upcoming hike, including meeting place and time, will be emailed weekly via HunterdonHikingClub@groups.io.

Mindfulness is the practice of quieting the mind so you can be fully aware of the present moment. This practice relaxes the body and quiets the mind, reducing fatigue and anxiety. Walking while practicing mindfulness may bring the added bonus of a fuller enjoyment of being outdoors with friends and Nature. For each walk, Carolyn will provide simple instructions for practicing a mindfulness technique, such as noticing the breath or just being aware of the sounds around you. The group will then walk in silence for about 1.5 miles practicing this technique. We will then spend a few minutes talking about our experiences and, based on the discussion, Carolyn will recommend a technique for people to practice on the return walk. There will be an option to go to lunch afterwards.

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 HunterdonHikingClub@groups.io.

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 HunterdonHikingClub@groups.io. If you are not on the HunterdonHikingClub@groups.io list, 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 HunterdonHikingClub@groups.io. If you are not on the groups.io list 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 2019 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. at 609-818-9556 or mchikes@gmail.com will be directing you to fill in your event on the HHC weekend calendar. If you can't wait, do it now. The Calendar is always open going forward.

Upcoming Events

Appalachian Trail Backpacking Trip in Vermont

Tuesday - Sunday May 14 - 19 23 miles Class: 3C

Paul U.

Meeting place & departure time to be determined: Contact leader

Join us as we start at Stratton-Arlington Rd (Kelley Stand Rd), where we finished on 10/07/18 to Mad Tom Notch Rd (USFS 21) in Vermont. Highlights of this section will include Stratton Mountain fire tower (3,936 ft.), Stratton Pond, Prospect Rock & Bromley Mountain & observation tower. We plan to camp at Grout Pond Campground on Tuesday night. Call or email leader if planning to attend.

WEEKEND OUTDOOR ACTIVITIES

OPEN DATES: NO LEADER – There are several open dates. Please sign up at HunterdonHikingClub@groups.io to lead a hike or bike ride 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 2 D and R Canal Outlet 4 Miles Class 2B

10:00 AM

P Buchsbaum

See some 19th century engineering at the outlet of the D and R Canal south of Trenton. Also, walk along part of Trenton marsh.

Sunday, March 3 Califon Firehouse Breakfast/Road Hike 4.5 Miles Class 2B

9:30 AM

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 9 Dry Run Creek to Hunter Road to Howell Farm 4.5 Miles Class 2B

10:00 AM

Lynn E.

The first part of the hike is through the woods above the Dry Run Creek, ending on Route 518. Then we walk on route 518 to a country road, Hunter Road, which will take us to the Howell Farm and then back to parking. Easy walking with some elevation.

Sunday, March 10 Hike Bedminster Loop Trail & Natirar 6 Miles Class 2B

9:30 AM Meet

Linda M.

Bedminster loop: flat trail through the woods, along a stream, and short span through residential area. Then drive 3.5 miles to Natirar for additional 3 mile walk which includes 1 hill with views. Hiking boots recommended. Optional late lunch after.

Saturday, March 16, Open - No Leader

To lead a hike on this date please send details to HunterdonHikingClub@groups.io

Sunday, March 17, Open - No Leader

To lead a hike on this date please send details to HunterdonHikingClub@groups.io

Saturday, March 23, Open – No Leader

To lead a hike on this date please send details to HunterdonHikingClub@groups.io

Sunday, March 24 Allamuchy SP 4 Miles Class 2B

10:00 AM

Geoff Nicklen

This hike starts on Willow Grove (Rte 604) climbs up to Deer Lake then loops back. Optional lunch at the Hackettstown diner.

Saturday, March 30, Open – No Leader

To lead a hike on this date please send details to HunterdonHikingClub@groups.io

Sunday, March 31 Hudson River Park to Grant's Tomb & Riverside Church 4 Miles Class 1C

8:30 AM Meet:

Yolanda

Catch the 8:30 bus. Walk through Riverside Park to Grant's Tomb. Tour historic Riverside Church (\$5.00 seniors/\$10.00 adults), lunch then a brief walk through Columbia University campus. Bring snacks to hold you over for a late lunch. Contact leader to join this walk/tour - limited to 12.

Saturday, April 6 Baldpate Mountain, White Switchback Trail 4+ Miles Class 3B

10:00 AM Meet:

Lynn E.

The hike includes a steep rocky climb, lots of rocks on the trails, and considerable elevation on the white switchback trail.

Sunday, April 7 Walpack Maintenance 4 Miles Class 2B

9:30 AM Meet:

Peggy G.

Clip and clear beautiful trail around large pond, near Peter's Valley. Bring work gloves, clippers, loppers or a small hand saw. Bring snacks; we will stop on the way home for late lunch. Heavy rain cancels.

Saturday, April 13 Peace Valley "Pooh's Loop" 5 Miles Class 2B

1:00 PM Meet:

Susan F. & Bruce L.

This is a joint hike with the Batona Club. The hike will follow the Evergreen Trail and can be extended upon request. Hiking shoes/poles recommended.

Sunday, April 14 Historic Watson House Tour and Trenton Marsh walk 3 Miles Class 1A

12:30 PM Meet:

Lynn N. and Ann W.

Guided tour of the oldest house in Mercer County and walk the surrounding Marshlands. We will have a private tour starting at 12:45 PM before the house opens to the public. The parking for both the nature center and the Watson House is adjacent to the Watson House at 151 Westcott Ave. The nature center opens at noon and you are welcome to visit and use the rest rooms before we meet for the house tour. I will stop at Washington Crossing State Park - Rte.29 at 11:45 AM on the Jersey side (parking lot near the toilets) for anyone who wants to carpool. Please contact Lynn by phone or email if you are interested in this carpool arrangement.

Saturday, April 20 Merrill Creek Hike 6.7 Miles Class 2C

9:30 AM Meet:

Rich P.

Pleasant hike around the reservoir with opportunities to spot wildlife. Bring snacks/lunch.

Sunday, April 21 Baldpate Mt. to Howell Farm (shuttle) 5 Miles Class 2B

10:00 AM Meet:

Geoff Nicklen

Optional lunch at Nicolas Pizza.

Saturday, April 27 Hike trail near Griggstown, exact trail TBD 3 miles Class: 2B

10:00 AM Meet:

Carla O.

Meryl M.

Through wooded areas, flat pebbly trails, rolling hills with rock, can be some muddy areas. Hiking boots, poles recommended

Sunday, April 28 Mt Tammany and Holly Springs 6 Miles Class 3C

9:30 AM Meet:

Mark H.

Climb the red dot trail up Tammany. Bring lunch.

Saturday, May 4 Bike Plainsboro to Mercer County Park 17 Miles Class 2B

10:00 AM Meet

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 5 Possibly Eldridge St Museum & Old St. Patrick's Basilica ??, 4 Miles Class 1B

8:30 AM Meet:

Yolanda

Details will be provided closer to the date.

Saturday, May 11 Open – No Leader

To lead a hike on this date please send details to HunterdonHikingClub@groups.io

Sunday, May 12 Open - No Leader

To lead a hike on this date please send details to HunterdonHikingClub@groups.io

Appalachian Trail Backpacking Trip in Vermont, Tuesday-Sunday May 14-19 See page 9 for details

Saturday, May 18 Nishasackawick Creek hike 3-4 Miles Class: 2B

10:00 AM Meet:

Sylvia C.

Hike will use the trail that starts in Frenchtown Park and some road. Poles optional but recommended. Lunch optional.

Sunday, May 19 Open – No Leader

To lead a hike on this date please send details to HunterdonHikingClub@groups.io

Saturday, May 25 Bike Plainsboro to Cranbury, aka ice cream first 16 Miles Class 2B

10:30 AM Meet:

Meryl M.

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

Sunday, May 26 Open – No Leader

To lead a hike on this date please send details to HunterdonHikingClub@groups.io

Tuesday Short Hikes – Spring 2019

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

Leaders: Doris Spencer, Geoff Nicklen, John Scasny, Lindsay D, Loretta M, Lynn E, Sylvia S-C, Tom N.

Note: In case of bad weather call leader to make sure hike is on, or check Groups.io Message.

<p>Mar 5, Washington Valley Park Hike Meet: Neumans Lane Lot, off Washington Valley Road near Martinsville Class: 2B Miles: 5 Leader: Tom N. Lunch: Chimney Rock Inn, Bridgewater</p>	<p>Apr 23, Giving Pond Meet: Frenchtown by the Bridge Class: 1B Miles: 3 Leader: Doris Spencer Lunch: Frenchtown Cafe</p>
<p>Mar 12, Towpath - Tincum PA Meet: Frenchtown by the Delaware Bridge Class: 1B Miles: 3-4 Leader: Lindsay D. Lunch: Kaseys on the Delaware</p>	<p>Apr 30, Rocky Brook Trail Meet: Orlando's restaurant Class: 3B Miles: 3 Leader: Lynn E. Lunch: Orlando's restaurant</p>
<p>Mar 19, Whittemore Wildlife Sanctuary Meet: Rockaway Rd (first parking area on right), off of 523, just north of 78 before Oldwick Class: 2B Miles: 3 Leader: Loretta M. Lunch: Oldwick General Store</p>	<p>May 7, Bowman's Hill Wildflower Preserve Meet: Prallsville Mills Class: 1A Miles: 3 Leader: Doris Spencer Lunch: Bowmans Hill Restaurant</p>
<p>Mar 26, Clinton and Lansdowne Trail Meet: Town parking Lot on Halstead street Class: 1A Miles: 3-4 Leader: Doris Spencer Lunch: Riley and Jakes, rt 31, Clinton</p>	<p>May 14, Mount Rose Preserve Meet: Parking Lot at Mount Rose Class: 2B Miles: 3 Leader: John Scasny Lunch: Orlando's</p>
<p>Apr 2, Mariton Wildlife Sanctuary Meet: Frenchtown by the Delaware Bridge Class: 2A Miles: 2.5 - 3 Leader: Lindsay D. Lunch: Bowman's North</p>	<p>May 21, Hacklebarney SP. Meet: Highbridge Municipal lot. Class: 1B Miles: 3 Leader: Geoff Nicklen. Lunch: Valley Restaurant and Pub.</p>
<p>Apr 9, ETS trail in Princeton Meet: Orlando's restaurant to carpool, or at trailhead, directions will be sent by email prior to hike Class: 2B Miles: 3 Leader: Lynn E. Lunch: Orlando's restaurant</p>	<p>May 28, Horseshoe bend park Meet: Frenchtown by del river bridge Class: 2B Miles: 3.5 Leader: Sylviac Lunch: Tbd</p>
<p>Apr 16, Tyler State Park. PA. Meet: By Holcombe Jimison, Rte 29 & 202, Lambertville. Class: 1B Miles: 3 Leader: Geoff Nicklen. Lunch: TBD</p>	

Wednesday Hikes – Spring 2019

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

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

Note: In case of bad weather call leader to make sure hike is on, or check Groups.io Message.

<p>Mar 6, Kay Environmental Center Meet: King's Parking Lot, Rtes. 523+22E, Whitehouse Class: 3B Miles: 3-4 Leader: Mary Ellen B. Lunch: Oldwick General Store</p>	<p>Apr 24, Jenny Jump Meet: Spruce Run Lot, nearest Rte 31 Class: 3C Miles: 5 Leader: Yolanda E. Lunch: Lunch on Trail</p>
<p>Mar 13, Teetertown Roundabout Meet: High Bridge Lot by start of Columbia Trail or Teetertown Main Lot by houses 9:50 Class: 2C Miles: 4 Leader: Linda de N. Lunch: Max's Califon</p>	<p>May 1, Tohickon Valley Park & Ralph Stover State Park Meet: Frenchtown by river or Tohickon Park lot on Cafferty Rd. at 9:45 AM Class: 2B Miles: 4+ Leader: Maria K. Lunch: **Bring lunch or substantial snack to eat by river.</p>
<p>Mar 20, Sourland Preserve in Hillsboro Meet: parking lot of Sourland Mt. Preserve in Hillsboro, East Mountain Road Class: 3B Miles: 5 Leader: Lynn E. Lunch: TBD</p>	<p>May 8, Road & Canal Walk from Stockton Meet: S. Railroad Ave & Bridge Street Class: 2B Miles: 5 Leader: Yolanda Lunch: Dilly's. Bridge Street</p>
<p>Mar 27, Musconetcong Gorge Meet: Parking lot by Frenchtown Bridge Class: 3C Miles: 5-1/2 Leader: Yolanda Lunch: TBD</p>	<p>May 15, AT. Totts Gap to Water Gap. (shuttle) Meet: Spruce Run parking lot nearest to Rte 31. Class: 2B Miles: 5 Leader: Geoff Nicklen. Lunch: Bring snack + Belvidere Diner.</p>
<p>Apr 3, Pyramid Mountain Loop Meet: Kings's Parking Lot, Rtes. 523+22E Whitehouse Class: 3C Miles: 4 Leader: Mary Ellen B. Lunch: TBD</p>	<p>May 22, Christy Hoffman Farm Park Meet: Kings Lot Rte 22 E Whitehouse Class: 2C Miles: 4 Leader: Linda de N. Lunch: Domo 7 Japanese</p>
<p>Apr 10, Schooleys Mountain Meet: Highbridge Municipal lot. Class: 2B Miles: 5.5 Leader: Geoff Nicklen. Lunch: Valley Restaurant and Pub.</p>	<p>May 29, Tourne County Park Meet: King's Parking Lot, Rtes. 523+22E, Whitehouse Class: 2C Miles: 5.5 Leader: Mary Ellen B. Lunch: Bring lunch & we'll eat at the end of the hike in the covered pavilion.</p>
<p>Apr 17, Horseshoe Bend Park Meet: Frenchtown by the river Class: 2C Miles: 4.5 Leader: Linda B. Lunch: Ginny's Rt 12 Kingwood</p>	

Thursday “C Pace” (Energetic) Hikes – Spring 2019

Class: 1C – 3C, Meeting Times: 9:30 AM unless otherwise noted. 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 for Groups.io Message.

<p>Mar 7, PEEC, PA Environmental Education Center Meet: 9:30 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 8 Leader: Ron G.</p>	<p>Apr 25, Harriman State Park - Claudius Smith's Den Meet: 9:00 AM Kings Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 9 Leader: Charlie</p>
<p>Mar 14, Black River Meet: 9:30 AM High Bridge Municipal Lot Class: 3C Miles: 7 Leader: Pete G</p>	<p>May 2, Wyanokie Crest Trail Meet: 9:00 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 8 Leader: Mark H</p>
<p>Mar 21, Watchung Reservation Sierra Trail Meet: 9:30 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 7 Leader: Judy M.</p>	<p>May 9, High Point - AT/Iris Trail loop Meet: 8:30 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 8 Leader: Peter G.</p>
<p>Mar 28, Lake Sonoma and Overlook Point Meet: 9:30 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 6 Leader: Mark H.</p>	<p>May 13, Special Monday Hike: Stonetown Circular Meet: 8:30 AM Kings, Rt. 22 Whitehouse, lot nearest Rt.523 Class: 3C Miles: 10 Leader: Mike W</p>
<p>Apr 4, Trexler Nature Preserve Meet: 9:00 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 8 Leader: Charlie B.</p>	<p>May 16, Batona Trail Meet: 8:30 AM Pennington Market Rt. 31, lot nearest Burger King Class: 3C Miles: 12 Leader: John S.</p>
<p>Apr 11, Buttermilk Falls and Rattlesnake Mountain Meet: 9:30 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 6.4 Leader: Mike W.</p>	<p>May 23, Farny State Park Meet: 9:30 AM Kings Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 3C Miles: 7 Leader: Charlie B.</p>
<p>Apr 18, Jenny Jump State Forest Meet: 9:30 AM Spruce Run Lot closest to Rt. 31 Class: 3C Miles: 7 Leader: Mark H.</p>	<p>May 30, AT Hike from Oil City Rd.to Rt. 519 Meet: 9:00 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 9 Leader: Judy M.</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.

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)