

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



**SUMMER 2019 NEWSLETTER**  
**JUNE JULY AUGUST**

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, September or December).

## **Hunterdon Hiking Club Officers - June 2019 – May 2020**

**President:** Charlie Behnken : [charles.behnken@gmail.com](mailto:charles.behnken@gmail.com)

**Secretary:** Mary Ellen Bayly:

**Treasurer:** John Scasny: 646-207-4415 (address in application form, page 4)

**Website:** Mark Hermsmeier:

### **Indoor Program:**

Peg Groah

Doris Spencer

Lynn Nicklen

### **Weekend Outdoor Program:**

Mary Curtis

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:** Sharon Rider

## 2019-2020 Membership Renewals Due By July 31<sup>st</sup>

Reminder: Membership for the 2019-2020 year is due by July 31. Please mark your calendars to renew **before** July 31. I will send a general reminder email to all around July 1 through groups.io. However note that new members who joined after March 1st of this year are paid up through July of 2020. Also many of you signed up for a two-year membership last year so will not have to renew this year. Since some of you do not keep track of this, a **separate** e-mail will be sent directly from me (not through groups.io) at that same time to those of you who **DO NOT** have to renew this year. If you do not get this email, but believe you are paid up through 2020, please contact Loretta at [ljmski64@gmail.com](mailto:ljmski64@gmail.com). A final personal reminder will be sent in early August to those members who **DO** need to renew and have not done so by the deadline. **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 our **NEW treasurer, John Scasny** 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 if you have any questions about this at above email. 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: **John Scasny, 8 Hoffman Rd, Lebanon, NJ 08833** (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 [ljski64@gmail.com](mailto:ljski64@gmail.com)

**Note: We use emails, sent via [HunterdonHikingClub@groups.io](mailto: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](https://groups.io) (new members)

Rev 5/19

# 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 13, 2019 7:00 p.m. - A Walk in the Woods and Social**

After a short walk through the Arboretum we will come back to the Park Office to partake of some refreshments during which time Bruce will have a running picture show for our enjoyment.

**Please Note ~ No Indoor Program Meetings in 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 [HunterdonHikingClub@groups.io](mailto: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](mailto:HunterdonHikingClub@groups.io) email notice. Please respond to the leader listed in the Museum walk write-up to sign up.

**Thursday June 27.**

**New York City.**

**Leader: Doris Spencer**

Walk the High Line to the Whitney Museum. The Whitney Biennial will be opening this month. It is a major exhibition of contemporary art, featuring 75 artists and collectives working in painting, sculpture, film, video, photography, performance and sound.

**Thursday, July 18th**

**Bryant Park, New York**

**Leader: Gail Jacobsen**

Join us for a wonderful day at Bryant Park in New York City. The plans are to have a tour of the park (possibly) and then spend the afternoon listening to show tunes performed by a current Broadway cast, followed by a piano player doing a 2 hour singalong in the park. People watching and good music will make for a fun day!

**Thursday August 29**

**Philadelphia. Cherry Street Pier**

**Leader: Doris Spencer**

Walk through Philadelphia's Society Hill, Penn's Landing and the waterfront neighborhoods. Visit Cherry Street pier where you can visit several artists' studios. An opportunity to watch artists at work and cool off by the water on an August afternoon.

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

## **Thursday Mindfulness Hikes –**

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](mailto: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 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 [HunterdonHikingClub@groups.io](mailto: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](mailto:HunterdonHikingClub@groups.io). If you are not on the [HunterdonHikingClub@groups.io](mailto: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](mailto:HunterdonHikingClub@groups.io). If you are not on the groups.io list you can email Pat or telephone her each week for details.



## Upcoming Events

### 39<sup>th</sup> Annual Picnic Saturday, September 14

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,  
Water and Coffee.

*So many of us have traveled - are there any International specialty dishes out there?*

**RSVP by Sept 6 to Lindsay**

Let us know what you plan to bring so we can keep the menu balanced

## **WEEKEND OUTDOOR ACTIVITIES**

**OPEN DATES: NO LEADER** – There are several open dates. To lead an activity on any of these “Open” dates, please contact any of the Weekend Coordinators to verify the status of that date before sending an announcement on [HunterdonhikingClub@groups.io](mailto:HunterdonhikingClub@groups.io). Also contact the Weekend Coordinator if you need help getting the required Sign-In / Liability Waiver, Leader Guidelines or any other information..

**Saturday, June 1 Meryl Miller 20 Miles Class 2B**

**10:00 AM Meet:**

**Meryl M.**

Bike the LHT (Lawrence Hopewell Trail) and through Pennington, blacktop and road surface. Picnic lunch after at Garden area. Directions sent before ride.

**Sunday, June 2 Hike Heylar Woods at Rutgers Gardens, New Brunswick 4 Miles Class 1C**

**9:30 AM Meet:**

**Linda M.**

Hike & explore this beautiful garden. Bring a lunch to enjoy afterwards. Directions: When using a GPS enter 130 Log Cabin Road. The entrance road is near the Route 1 overpass. Bear left to go through the fenced area & go straight. At the stop sign, turn right to the parking lot behind Holly House.

**Saturday, June 8 Trenton Mill Hill Garden Tour 2 Miles Class 1A**

**12:00 PM Meet:**

**Ann Wolf**

Tickets are \$20 the day of the tour. If you are interested in an advance ticket at \$15, please email me. For more information go to [www.trentonmillhill.org](http://www.trentonmillhill.org)

**Sunday, June 9 Bike Ride 19 Miles Class 3B**

**9:30 AM Meet:**

**Lynn E.**

The ride will be on country roads with very little traffic. It will include hills. I will have hot dogs and salads to eat afterward at my house for those who wish to stay for lunch.

**Saturday, June 15 Open – No Leader**

**To lead a hike on this date, please send details to [HunterdonHikingClub@groups.io](mailto:HunterdonHikingClub@groups.io), after contacting the Weekend Coordinator.**

**Sunday, June 16 The Only Covered Bridge in NJ Bike Ride 25 Miles Class 3C**

**9:00 AM Meet:**

**Susan and Bob Schmitt**

Join us for a moderately paced (10-12 mph.) road ride through the lovely rolling countryside surrounding Sergeantsville and Frenchtown. We'll ride through the only covered bridge in NJ and stop in Frenchtown for refreshments (bring or buy). Road or hybrid bikes in good working condition welcome. Helmets mandatory. Bring lots of H2O and a spare tube or patch kit. There is one good climb, but group will wait at the top for all riders. Heavy rain cancels. Contact leaders with any questions.

**Saturday, June 22 Roosevelt Island NYC 4-6 Miles Class 1B**

**7:30 AM Meet:**

**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. After the tram back, choice of walking 2 miles or taking subway back to bus; that determines total mileage.

**Sunday, June 23 Open – No Leader**

**To lead a hike on this date, please send details to [HunterdonHikingClub@groups.io](mailto:HunterdonHikingClub@groups.io), after contacting the Weekend Coordinator.**

**Saturday, June 29 Nockamixon Reservoir. South side 4.5 Miles Class 2B**

**9:30 AM Meet:**

**Geoff Nicklen**

This is a loop- First along the waters' edge and then back through the woods. Lunch after TBD.

**Sunday, June 30 Open – No Leader**

**To lead a hike on this date, please send details to [HunterdonHikingClub@groups.io](mailto:HunterdonHikingClub@groups.io) after contacting the Weekend Coordinator.**

**Saturday, July 6 Bike Plainsboro to Cranbury, aka Ice cream first 17 Miles Class 2B**

**10:30 AM Meet:**

**Meryl Miller**

Ride on some blacktop, mostly roads, lightly traveled. Visit secret place in Heritage Park in Cranbury, then ice cream. Upon return, picnic lunch on my patio.

**Sunday, July 7 Hike Bunker Hill Natural Area 3 Miles Class 2B**

**10:00 AM Meet:**

**Carla O. and Meryl M.**

Going to see 30 foot cliffs by a stream through wooded areas, flat pebbly trails, rolling hills with rock. Can be some muddy areas. Hiking boots, poles recommended

**Saturday, July 13 Deer Path Hike, Swim, and Lunch 5 Miles Class 2B**

**10:00 AM Meet:**

**Jeff Alte**

Start from parking lot, through open field, then nice hike through wooded trails over Round Valley Mountain. If interested, 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 need my address, please email me. If you have a favorite dish to bring, let me know what it is by July 9. Pool will be open. Bring bathing suit, chair, and towel. RSVP by July 9. Rain date is Sunday, July 14.

**Sunday, July 14 Rain date for hike and pool party Class 2B**

**10:00 AM**

**Jeff A.**

rain date – see information on July 13.

**Saturday, July 20 Open – No Leader**

To lead a hike on this date, please send details to [HunterdonHikingClub@groups.io](mailto:HunterdonHikingClub@groups.io) after contacting the Weekend Coordinator.

**Sunday, July 21 Mt. Tammany and Holly Springs 6 Miles Class 2C**

**9:30 AM Meet:**

**Mark H.**

Climb the red dot trail to the top of Tammany. Bring lunch.

**Saturday, July 27 Merrill Creek Hike 6.7 Miles Class 2C**

**9:30 AM Meet:**

**Richard Puglisi**

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

**Sunday, July 28 Bike ride, 20+/- Miles Class 3B**

**9:30 AM Meet:**

**Lynn E.**

Ride from the farm where Chris DuFosse used to live on Cider Mill Road to Neshanic and back.

**Saturday, August 3 Dvoor farm and Flemington Greenway 3.5 Miles Class 2B**

**10:00 AM Meet:**

**Sylvia C.**

A mostly flat walk with gentle rises through woods and fields following the local brook.

**Sunday, August 4 Bike Ride 20 Miles Class 3B**

**9:30 AM Meet:**

**Lynn E.**

The ride will be on pretty back roads in Hopewell Township and Ringoes, very little traffic. Includes hills and about 3/4 mile on gravel.

**Saturday, August 10 Bike Plainsboro to Mercer County Park 17 Miles Class 2B**

**10:00 AM Meet:**

**Meryl M.**

All roads, short distance on dirt. Ride streets with wide shoulders then around park and back. Bring lunch for picnic.

**Sunday, August 11 Musconetcong 4.5 Miles Class 3B**

**9:30 AM Meet:**

**Peggy G.**

Wooded trail with hills and two water crossings. Poles recommended. Possible lunch stop after hike. Heavy rain cancels.

**Saturday, August 17 Voorhees State Park environs 3-4 Miles Class 2B**

**9:30 AM Meet:**

**Beverly O.**

Voorhees from park to Columbia trail and back

**Sunday, August 18 Tohickon Valley Park, PA 4 Miles Class 2B**

**10:00 AM Meet:**

**Pam B.**

Shaded walk through the woods with some gentle ups & downs. Bring lunch to eat beside the stream or back at the picnic tables near the parking lot. I invite you to stay for a refreshing swim after the hike at the quiet Park pool- \$9 for Seniors.

**Saturday, August 24 Baldpate Mountain 4 Miles Class 2B**

**10:00 AM Meet:**

**Sylvia C.**

We'll hike the Ridge trail and Red trail loop. Bring snack for picturesque overlook by the nature center stop.

**Sunday, August 25 Summer Evening Ice Cream Ride 12 Miles Class 1C**

**6:00 PM Meet:**

**Susan and Bob Schmitt**

There's nothing more refreshing than some ice cream on a summer's night! We'll pedal south on the canal path to Lambertville, cross the Delaware into PA and enjoy some ice cream at Dilly's. Then we'll pedal back up the PA side on the canal path to the pedestrian bridge in Lumberville to Bulls Island. A great way to spend a Sunday evening! Hybrid or Mountain bikes in good working condition welcome. Helmets mandatory. Bring H2O and spare tube or patch kit. Rain cancels. Contact leaders with any questions.

**Saturday, August 31 Upper Tohickon Creek from High Rocks 3-5 Miles Class 2B**

**10:00 AM Meet:**

**Geoff Nicklen**

First along the ridge and then down to the creek. Here we eat our packed lunch and maybe cool our feet in the creek. After our picnic we return up a gentle hill to our cars.

## Tuesday Short Hikes – Summer 2019

Class: 1A – 2B, Leaders: See individual hikes, Meeting Times: 9:30 a.m.

Leaders: Doris Spencer; Gail J.; Geoff Nicklen; Johanna M / Joann P.; Lynn E.; Lynn Nicklen; Sylviac.

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

<p>Jun 4, Karl Stirner Arts Trail Easton,PA/601-659 N 13th Street/Old Silk Mill Meet: Meet at Phillipsburg mall /Kohls parking area/carpooling Class: 1A Miles: 3 Leader: Johanna M / Joann P. Lunch: Old Silk Mill/Tucker cafe or ice cream shop</p>	<p>Jul 23, Bulls Island and Raven Rock Meet: Bulls Island Park by the office Class: 1B Miles: 4.5 Leader: Lynn Nicklen Lunch: Lumberville store or Cravings</p>
<p>Jun 11, Capoolong creek Meet: Parking lot at Dukes restaurant in Pittstown Class: 1A Miles: 3-4 Leader: doris spencer Lunch: Dukes restaurant</p>	<p>Jul 30, Omik Woods and LaPort Preserve Meet: meet at 9:30 to carpool at Amwell Valley Diner, route 31, south of Ringoes, or meet at 9:50 at the LaPort Preserve Class: 2B Miles: 3.5 miles Leader: Lynn E. Lunch: Amwell Valley Diner</p>
<p>Jun 18, Locketong Falls loop Meet: Behind the Sergeantsville Fire house. Route 523. Class: 1A Miles: 3 Leader: Geoff Nicklen. Lunch: Maria Rosas.</p>	<p>Aug 6, Giving Pond Meet: Frenchtown by the bridge Class: 1A Miles: 3 Leader: Doris Spencer Lunch: bring lunch. picnic by the pond</p>
<p>Jun 25, Colonial Park, East Millstone Meet: East Millstone Trail Head on Rt. 514 - more directions to follow Class: 1A Miles: 3.25 Leader: Lynn Nicklen Lunch: TBD</p>	<p>Aug 13, Tohickon Creek with an up to the knees crossing. Meet: Frenchtown by the Delaware River bridge. Class: 1B Miles: 4 Leader: Geoff Nicklen. Lunch: Pack a lunch. Icecream after.</p>
<p>Jul 2, Profeta Farms Tour Meet: Taco Bell in Flemington Class: 1A Miles: 1 Leader: Gail J. Lunch: The Farmer's Kitchen at Profeta Farms</p>	<p>Aug 20, Blackwell's Mills and 6 mile Run Trails Meet: Blackwell Mills Parking Lot or car pool more directions to follow Class: 2B Miles: 3 Leader: Lynn Nicklen Lunch: TBD</p>
<p>Jul 9, Marble Hill/Highlands in Lopatcong Meet: Walmart in Clinton Class: 2B Miles: 3 Leader: Gail J. Lunch: Brass Rail</p>	<p>Aug 27, Rock hopper trail Meet: Lambertville dnr trail parking behind lambertville inn Class: 2B Miles: 3 Leader: Sylvia CS Lunch: Lambertville TBD</p>
<p>Jul 16, Frenchtown preserve Meet: Frenchtown by del bridge Class: 2B Miles: 3.5 Leader: Sylvia CS Lunch: TBD</p>	

## Wednesday Hikes – Summer 2019

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

• Leaders: Geoff Nicklen. ; Linda 9083695684, [lindab916@comcast.net](mailto:lindab916@comcast.net); Linda de N. 908-930-6624, [Linden2k2@yahoo.com](mailto:Linden2k2@yahoo.com); Lindsay D. 908-399-2907; Lynn E. 609-466-0695, [lynnebeling@comcast.net](mailto:lynnebeling@comcast.net); Maria Katonak 732 672-0967, [mariak6@gmail.com](mailto:mariak6@gmail.com); Mary Ellen B. 908-303-9929, [MaryBZW@gmail.com](mailto:MaryBZW@gmail.com); Peggy G. 973-459-9302, [hikinghorses@gmail.com](mailto:hikinghorses@gmail.com); Loretta 908-832-7033 / 908-892-8294, [ljski64@gmail.com](mailto:ljski64@gmail.com); peg marsh 908 788 7072, [marshmargaret136@gmail.com](mailto:marshmargaret136@gmail.com)

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

<p>Jun 5, Merrill Creek Reservoir - Environmental Preserve Area Meet: Spruce Run, Lot nearest Rt. 31 Class: 2C Miles: 4.5 Leader: Mary Ellen B. Lunch: Ciao Pizzeria, 2297 NJ-57 W, Washington, NJ</p>	<p>Jul 24, Crystal Springs Teetertown Roundabout Meet: High Bridge Lot at Trailhead for Columbia Trail Class: 2B Miles: 5 Leader: Linda de N. Lunch: Max's Califon</p>
<p>Jun 12, Jenny Jump. Hissom Rd to Mtn lake shuttle hike. Meet: Spruce Run parking lot nearest to Rte 31. Class: 2B Miles: 4.5 Leader: Geoff Nicklen. Lunch: Villa Venice.</p>	<p>Jul 31, Morales Park Flemington Meet: Morales parking lot Capner St Flemington Class: 2B Miles: 3 Leader: Peg Marsh Lunch: TBD</p>
<p>Jun 19, Linda Bradway Meet: Deer Path Park Class: 3B Miles: 4.5 Leader: Linda Lunch: bring lunch, picnic at pavillion</p>	<p>Aug 7, Walpack - Van Campen Inn Hike Meet: Behind McDonalds, Route 31, Hampton, the old A &amp; P parking lot Class: 2B Miles: 4 - 5 Leader: Peggy G. Lunch: Bring lunch to eat on the porch of the Van Campen Inn</p>
<p>Jun 26, Voorhees State Park Meet: Voorhees parking lot by building on right Class: 2B Miles: 5 Leader: Linda de N. Lunch: Casa Maya High Bridge</p>	<p>Aug 14, Horseshoe Bend Park Meet: Frenchtown by the Delaware Bridge Class: 2C Miles: 5 Leader: Lindsay D. Lunch: Lindsay and Dave's house</p>
<p>Jul 3, Miquin Woods Preserve Meet: Spruce Run Meeting place Class: 2B Miles: 3+ Leader: Maria Katonak Lunch: Riley and Jake's Rt. 31, Clinton</p>	<p>Aug 21, Ringing Rocks CP. Down then back up the river bed. Meet: Frenchtown by the Delaware River bridge. Class: 2B Miles: 4.5 Leader: Geoff Nicklen. Lunch: General Store, Upper Black Eddy.</p>
<p>Jul 10, PPL Environmental Preserve, the Tekening Hiking Trails in Martin's Creek, Pa. Meet: Spruce run parking lot nearest route 31, or trail head in Martin's Creek, directions will be sent prior to the hike Class: 2B Miles: 4 Leader: Lynn E. Lunch: Riverton Hotel and Restaurant in Belvidere</p>	<p>Aug 28, canal walk to tour of Rockingham in Kingston Meet: parking lot for the tow path on route 603 (Kingston-Rocky Hill Rd.) Take route 518 east through Rocky Hill, cross the canal bridge, turn right onto 603. Parking for the tow path is shortly on the right. Class: 2B Miles: 4 +/- Leader: Lynn E. Lunch: TBD</p>
<p>Jul 17, Califon Road Walk, Picnic and Swim Meet: Loretta's 130 Philhower Ave Califon Class: 2B Miles: 4.5 Leader: Loretta Lunch: Loretta 's House in Califon- Check Group.io Updates for directions and what to bring</p>	

## Thursday “C Pace” (Energetic) Hikes – Summer 2019

**Class: 1C – 3C, Meeting Times: 9:00 a.m. 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 Groups.io message.

<p><b>Jun 6, Bearfort Ridge</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot near Rt 523 Class: 3C Miles: 8 Leader: Mark H. 908-210-0291 day of hike <a href="mailto:markhermsmeier@yahoo.com">markhermsmeier@yahoo.com</a></p>	<p><b>Jul 25, Lehigh Gap and Devil's Pulpit</b> Meet: 9:00 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 9 Leader: Mike W. (908) 246-3241 <a href="mailto:mcwellons@comcast.net">mcwellons@comcast.net</a></p>
<p><b>Jun 13, Wickecheoke Greenway</b> Meet: 9:30 AM Leader's house—call or email for directions Class: 2C Miles: 5-6 Leader: Jackie S. 908-996-7114, 908-268-2219(cell) <a href="mailto:jjstrigl@gmail.com">jjstrigl@gmail.com</a></p>	<p><b>Aug 1, Dunnfield Creek</b> Meet: 9:00 AM Spruce Run, lot nearest Rt. 31 Class: 3C Miles: 9 Leader: Ron G. 908-797-3922 <a href="mailto:radnorrton@yahoo.com">radnorrton@yahoo.com</a></p>
<p><b>Jun 20, Bear Mountain</b> Meet: 8:30 AM King's Rt. 22, Whitehouse, lot near Rt 523 Class: 3C Miles: 7 Leader: Charlie B. 908-391-6665 (C) 908-735-2037 (H) <a href="mailto:charles.behnken@gmail.com">charles.behnken@gmail.com</a></p>	<p><b>Aug 8, Ken Lockwood Gorge Romp</b> Meet: 9:00 AM The Commons Parking Area across from the Columbia Trail in High Bridge Class: 1C Miles: 10 Leader: Susan S. 908-268-0474 <a href="mailto:bobtandem@gmail.com">bobtandem@gmail.com</a></p>
<p><b>Jun 27, Watchung Preserve Sierra Trail</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot near Rt 523 Class: 3C Miles: 8-10 Leader: Judy M. 609-439-9077 <a href="mailto:judymalsbury@gmail.com">judymalsbury@gmail.com</a></p>	<p><b>Aug 15, Four Birds Trail to Splitrock Reservoir</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523, Class: 3C Miles: 8 Leader: Mark H. 908-210-0291 <a href="mailto:markhermsmeier@yahoo.com">markhermsmeier@yahoo.com</a></p>
<p><b>Jul 4, Happy Fourth of July!!! No Hike. Watch for Group.io notice of possible "C" paced hike on July 5</b> Class: 2C Leader: Jackie S.</p>	<p><b>Aug 22, Apshawa Preserve</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 2C Miles: 6 Leader: Jackie S. 908-996-7114, Cell 908-268-2219 morning of hike on <a href="mailto:jjstrigl@gmail.com">jjstrigl@gmail.com</a></p>
<p><b>Jul 11, Ramapo Reservation - Bear Swamp Lake and Hawk Rock</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot near Rt 523 Class: 3C Miles: 7.5 Leader: Charlie B. 908-391-6665 (C) 908-735-2037 (H). <a href="mailto:charles.behnken@gmail.com">charles.behnken@gmail.com</a></p>	<p><b>Aug 29, Schooley's Mnt Park to Cooper's Grist Mill, shuttle</b> Meet: 9:00 AM Cooper's Grist Mill, Chester, NJ Class: 3C Miles: 8 Leader: Mark H. 908-210-0291 <a href="mailto:markhermsmeier@yahoo.com">markhermsmeier@yahoo.com</a></p>
<p><b>Jul 18, Franklin Parker Preserve - Red Trail</b> Meet: 9:00 AM Pennington Market, lot near Burger King Class: 2C Miles: 6.3 Leader: John S. 908-303-8884 <a href="mailto:sterby@comcast.net">sterby@comcast.net</a></p>	<p><b>Sep 5, Palisades Interstate Park</b> Meet: 9:00 AM King's Rt. 22, Whitehouse, lot near Rt. 523 Class: 3C Leader: Charlie B. 908-391-6665 (C) 908-735-2037 (H) <a href="mailto:charles.behnken@gmail.com">charles.behnken@gmail.com</a></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.

## 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.

## Guidelines for Activity Leaders

### Prior to Activity

1. Familiarize yourself with the hike/activity route in advance.
2. Prepare map/directions from the meeting place to the hike starting point.
3. For overnight hikes with limited space, receipt of deposit secures space. Refunds of deposits will usually be made only if a substitute is found.
4. Bring to hike: **a) Trail Map/Hike Directions b) Liability Waiver/Sign-in Sheet**
5. If circumstances prevent you from leading the activity, try to arrange for a qualified substitute; otherwise contact that day's Coordinator (see listing in newsletter below)
6. Post late-breaking updates about the activity or cancellation on [HunterdonHikingClub@groups.io](mailto:HunterdonHikingClub@groups.io) prior to the activity.
7. Familiarize yourself with the club's policy on non-discrimination.

### Day of Activity

1. Arrive early at meeting place to greet participants.
2. Carry a working cell phone. Participants should have leader's cell phone number.
3. Have each participant complete and sign the **Liability Waiver/Sign-in Sheet**.
4. Collect any non-member fees.
5. Introduce yourself and have other participants introduce themselves.
6. Review waiver clause with participants to clarify the main points they have agreed to by their signature: a) hikers take full responsibility for their own safety b) medical assistance is not provided by leaders, but 911 will be called in an emergency c) the HHC-sponsored activity begins at the trailhead, not at the meeting place d) the leader may cancel the hike if necessary
7. Review terrain and timeline for the activity particularly if there are any changes.
8. Determine that each driver knows how to reach the activity starting point and provide each car with directions and leader's cell phone number. Use caution if stopping to regroup with other cars.
9. At the trailhead establish one participant as a sweep; familiarize the sweep person with plans and the route. Maintain periodic contact with the sweep throughout the activity.
10. Set a reasonable pace and stop periodically so that participants may regroup and take 'biobreaks'.
11. Attempt to maintain predicted mileage and return time.
12. Check to leave lunch/snack location clean.
13. Should a participant have difficulty, become injured or ill on a hike or other club activity, the leader should decide if the event should be discontinued. If not discontinued, establish a plan to have someone return with that participant and make a follow-up phone call to the leader to confirm they returned to the starting point safely. Make certain that one of them has a working cell phone. The leader shall determine if the event is serious enough to call 911.
14. If a participant chooses to leave the activity early, before the hike/activity is over, the participant needs to inform the leader before leaving and sign out on the Sign-in Sheet.
15. Welcome visitors and invite them to future activities and to join HHC by contacting the Membership Chairperson.
16. Leader should carry the Sign-in Sheet with them on the activity.

### After the Activity

1. Immediately report any possible injuries, property damage, or other adverse events to a club officer.
2. Return the **Liability Waiver/Sign-in Sheet** to the HHC Secretary **and any fees collected** to the HHC Treasurer.

(updated May 2019)

## COORDINATORS

Tuesday Bike Rides: Meryl [Miller:jazzeeynj@mail.com](mailto:Miller:jazzeeynj@mail.com), 609-529-8573

Tuesday Hikes: Geoff Nicklen [geef2@yahoo.com](mailto:geef2@yahoo.com) 609-397-2603

Wednesday Hikes: Linda de Neufville: [linden2k2@yahoo.com](mailto:linden2k2@yahoo.com), 908-930-6624

Thursday Hikes: Jackie Strigl: [jjstrigl@gmail.com](mailto:jjstrigl@gmail.com),

Friday Hikes and Bike Rides: Pat Hennessy: [hennessypat42@gmail.com](mailto:hennessypat42@gmail.com), 908-963-7327

Weekends: Pam Bland: [laxtrek@gmail.com](mailto:laxtrek@gmail.com), 609-397-672-4378; Mary Curtis:

[mchikes@gmail.com](mailto:mchikes@gmail.com), 609-818-9556; June Filipski: [juned.fil@gmail.com](mailto:juned.fil@gmail.com), 908-735-5219

Thursday Mindfulness Hikes: Carolyn Creed: [ccreed220@comcast.net](mailto:ccreed220@comcast.net), 908-581-2192  
Museum Walks: Doris Spencer: [dorisspencer4@gmail.com](mailto:dorisspencer4@gmail.com), 908-310-3654

## 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)

