

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



## 2019 FALL 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. To get more details on a hike before joining please contact Charles Behnken [charles.behnken@gmail.com](mailto:charles.behnken@gmail.com)**

# 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

**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:

## **ACTIVITY COORDINATORS**

Tuesday Bike Rides: Meryl Miller

Tuesday Hikes: Geoff Nicklen

Wednesday Hikes: Linda de Neufville

Thursday Hikes: Jackie Strigl

Friday Hikes and Bike Rides: Pat Hennessy

Weekends: Pam Bland, Mary Curtis, June Filipski

Thursday Mindfulness Hikes: Carolyn Creed

Museum Walks: Doris Spencer

# 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, October 10, 2019 7:00 PM - The Walking Purchase of 1737**

This land purchase from the Native Americans which was orchestrated by William Penn's sons, is an interesting and somewhat terrifying piece of local history. Susan French is well qualified to separate the legend from the truth. She also knows the 75 mile trail from personally having done it about 30 times. Come learn and be entertained.

## **Thursday , November 14, 2019 7:00 PM - Bats**

Tom Sheppard will enlighten us with the fascinating world of bats. They really are our friends and we know so little about them.

**Please Note ~ No Indoor Program Meeting in 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, September 12th**

#### **Amazon Fulfillment Center Tour, Robbinsville, NJ**

##### **Leader: Rita Koch**

Tour the Amazon Fulfillment Center to see the magic that happens after you click "buy." We'll do a short 2-mile hike through Heritage Park, Allentown, NJ before the facility tour and lunch afterwards at La Piazza (all are within a few miles of each other.)

This trip is limited to 30 people. Signup information and more details will be sent via an HHC groups email two weeks before.

**Thursday, October 3rd**

**Sterling Hill Mine and Museum, Ogdensburg, NJ**

**Leader: Gail Jacobsen**

Nestled in the small town of Ogdensburg, New Jersey is the Sterling Hill Mining Museum. What once was one of the world's richest zinc ore deposits and renowned zinc mine is now a world famous museum and attraction. Come join us on a fun scientific adventure as we take an underground mine tour. Along the way we will visit two museums, go inside the mine itself and see mining equipment, a drilling and blasting demonstration, and the world famous fluorescent "Rainbow Tunnel" among many other enticing displays.

The trip is limited to 20 people. Signup information and more details will be sent via an HHC groups email two weeks before.

**Thursday, October 24**

**Philadelphia...Eastern State Penitentiary**

**Leader: Doris Spencer**

A walk through Philadelphia's Parkway neighborhood and a visit to this historic site, once the most expensive and famous prison in the country, housing notorious criminals such as "Slick Willie" Sutton and Al Capone. We will have a guided tour and an opportunity to visit the interactive exhibits and art installations.

Admission and guided tour \$10.

The trip is limited to 20 people. Signup information and more details will be sent via an 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](mailto:HunterdonHikingClub@groups.io) list you can email Pat or telephone her each week for details.

## **Upcoming Events**

### **Holiday Party. SAVE THE DATE. Saturday December 14**

The Hiking Club Holiday Party will be at Razberrys ( located on rt. 12 near Frenchtown) on December 14 from 6 to 10 pm. We will have a cocktail hour with a cash bar and assorted hot and cold appetizers and a buffet dinner including some vegetarian dishes as well as chicken and beef. From 7:30 to 9:30 a DJ will entertain.

Members and guests are invited. Cost for members is \$36 and for non-members \$51. Checks made out to the Hunterdon Hiking Club should be mailed to Peggy Groah, 30 Hog Hollow Road, Pittstown, NJ 08867 ASAP but before Thanksgiving Day.



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

Cedars Pavilion Deer Path Park, West Woodschurch 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,  
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

**Appalachian Trail Backpacking Trip in Vermont**

Wednesday - Sunday October 9 -13 20.5 miles Class 3C

Paul U.

Meeting place & departure time to be determined : Contact leader

Join us as we backpack from Mad Tom Notch Rd , USFS 21 ( Where we finished on May 19 ,  
2019 ) to Sugar Hill Rd.

Highlights of this section will include Peru Peak & Big Branch Wildernesses , a rock outcrop on  
the summit of Styles Peak , Peru Peak ( 3,429 ft ) , Griffith Lake , Baker Peak , Little Rock  
Pond & White Rocks Cliff.

Call or email leader if planning to attend.

# 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 [HuntermHikingClub@groups.io](mailto:HuntermHikingClub@groups.io). You may also contact a Weekend Coordinator if you need help getting a required Sign-In /Liability Waiver or Leader Guidelines.

## **Sunday, September 1    Open    No Leader**

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

## **Saturday, September 7, NYC Guided Tree Identification Walk in Central Park, 2 Miles, Class 1A**

### **Nancy H. and Jim (Lynn N is RSVP contact)**

Back by popular demand, Jim will help us identify some of the approximately 140 species of trees in the Park. This will proceed at a snail's pace, with many stops to observe trees. Bring a lunch and beverage or purchase at Central Park Boat House Cafe. 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.

## **Sunday, September 8, Apple tree bike ride, 20 Miles, Class 2B**

### **Geoff Nicklen.**

Mostly flat but with one really big hill. (taken very slowly) A great ride with river and highland views. We check out a special apple tree. We were too late last year. Lunch option after the ride.

## **Saturday, September 14, 39th Annual HHC Picnic, 0 Miles, Class 1A**

### **Lindsay**

RSVP by September 6. Grilling begins at noon; cleanup at 4. Bring an Appetizer, Salad, Side dish, Dessert or Wine, Beer, or other beverage. HHC will provide hot dogs, hamburgers, veggie burgers, condiments, water, coffee.

**Sunday, September 15, Two Museums New York Trip, 5 Miles, Class 2B**

**Marianne V.**

We will take the subway uptown. (Please try to acquire a MTA card before walk.) Then walk across Central Park to the Museum of the City of New York. There is an exhibition on cycling in the city. This is a pay what you wish museum. Bring lunch to eat on the patio or in the park. Then we will be going to the Cooper Hewitt Museum also along 5th Ave. There is a lovely garden. This is the former home of Andrew Carnegie. Please email AFTER September 1 if you are attending. Limit to 14.

**Saturday, September 21, Steuben Day Parade and walk to Gracie Mansion, 5 Miles, Class 1C.**

**Yolanda E.**

Spend an hour watching the colorful German-American Parade; walk to the East Side to Charles Schurz Park and Gracie Mansion; walk along the East River. Will lunch in a restaurant along the way.

**Sunday, September 22, Bike ride from Washington Crossing Park to Hopewell Twp. and back, 20+/- Miles, Class 2B**

**Lynn E.**

Pleasant roads in Titusville, Pennington, Hopewell Township. Some hills. Some gravel. If the group is interested in lunch after the ride, we will go to the Patriots' Crossing Restaurant near the Wash. Cr. Bridge, near to our parking.

**Saturday, September 28 Open No Leader**

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

**Sunday, September 29, Mercer County Park Hike and Tour of Casperson Rowing Center, 5+ Miles, Class 1B.**

**Ann L.**

We will hike from the Marina to the area behind the tennis center and then through the north lake section to the Casperson Rowing Center, mostly through wooded areas. At the rowing center, someone will be there to give us a short history and tour of the facility before heading back.

**Saturday, October 5, Kittatinny Valley State Park, 5 Miles, Class 2B**

**Charlie B.**

Relatively flat loop starting on old Sussex Branch Rail trail, then into the woods and past Lake Areoflex. Lunch on the trail near Visitor Center.

**Sunday, October 6      Open    No Leader**

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

**Saturday, October 12, D and R Canal Terminus, 4 Miles, Class 2B**

**P Buchsbaum**

Explore a marsh, a creek and 19th century technology where the old bed of the D and R Canal outlets into the Delaware River. Rain cancels.

**Sunday, October 13, Brooklyn Bridge, Dumbo, Brooklyn Heights,  
4 - 5 Miles, Class 1C**

**Yolanda E.**

Walk the Brooklyn Bridge, explore waterfront area of Dumbo, visit interesting Brooklyn Museum annex, and Brooklyn Heights

**Saturday, October 19    Open    No Leader**

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

**Sunday, October 20, Lambertville House Tour, 2 Miles, Class 1A**

**Ann W.**

More information to follow on [HunterdonHikingClub@groups.io](mailto:HunterdonHikingClub@groups.io) prior to the event

**Saturday, October 26, Ghost Lake Hike-Jenny Jump State Park, 5.5 Miles, Class 2C  
9:30 AM.**

**Richard Puglisi**

We may not see any ghosts, but it does offer many views of the surrounding mountains and valleys. Bring snacks/lunch.

**Sunday, October 27, Mt Tammany and Holly Springs, 6 Miles, Class 2C**

**Mark H.**

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

**Saturday, November 2    Open    No Leader**

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

**Sunday, November 3, Hudson River Park, West Village, Battery Park City,  
4 Miles, Class 2B**

**Yolanda E.**

Walk along the Hudson River via Hudson River Park; take a detour through parts of West Greenwich Village; then continue down to Battery Park City

**Saturday, November 9 Open No Leader**

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

**Sunday, November 10, Walpack Maintenance Hike, 4 Miles, Class 2B**

**Peggy G.**

Clip and clear beautiful trail around old lake, 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, November 16, Flemington hike, 4 Miles, Class 2B**

**Sylvia C**

Dvoor Farm loop and Flemington Greenway Parks. Mostly flat hike along the local brook with minor gentle hill in the meadow.

**Sunday, November 17, Point Mountain. (Near Hackettstown), 4 Miles, Class 2B**

**Geoff Nicklen.**

First an up, then along rocky ridge, then back along the Musconetcong Creek. Bring your poles. Optional lunch after TBD.

**Saturday, November 23, Pryde's Point, 4 Miles, Class 2B**

**Lynn N.**

Ramble down to and along the Alexauken Creek on this D&R Greenway trail. We are meeting at the larger lot NOT the little one on Gulick where we usually meet - confused - call leader. Lunch TBD.

**Sunday, November 24, Sourland Mountain Preserve in Hillsborough, 5.5 Miles, Class 3B**

**Lynn E.**

The first portion of the hike goes uphill and includes lots of rocks and roots... nice wooded trails with some beautiful boulder formations near the top. The second portion of the hike returns to lower elevation and can sometimes be wet, depending on the weather. If the group is interested in having lunch after the hike, we will go to the New World Pizza restaurant at the intersection of Routes 601 and 518.

**Saturday, November 30 Open. No Leader** To lead a hike on this date please send details to [HunterdonHikingClub@groups.io](mailto:HunterdonHikingClub@groups.io) after contacting a Weekend Coordinator.

## Tuesday Short Hikes – Fall 2019

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

Leaders: Betty Post, Beverly Olson, David C. Doris S; Gail J. Geoff Nicklen. John S, Lindsay D.; Lynn E. Rose-Mary M. Sylvia C

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

Sep 3, Charlestown Preserve Class: 2B Miles: 3 Leader: Gail J. Lunch: Hampton Junction	Oct 22, milford Bluffs Class: 2B Miles: 3.5 Leader: Geoff Nicklen. Lunch: Milford sandwich store
Sep 10, Titusville Class: 1B Miles: 3 Leader: Doris S. Lunch: Patriots Crossing	Oct 29, Aunt Molly Road section of the St. Michael's farm preserve in Hopewell Class: 2B Miles: 3.5 Leader: Lynn E. Lunch: Hopewell Bistro, 15 E. Broad Street in Hopewell
Sep 17, Omik Woods and LaPort Preserve Meet: Class: 2B Miles: 3.8 Leader: Lynn E. Lunch: Amwell Diner	Nov 5, Roaring Rocks near Washington, NJ Class: 2B Miles: 3.5 : Geoff Nicklen. Lunch: Washington Diner.
Sep 24, Montgomery Park Arboretum Class: 1B Miles: 4 Leader: David C. Lunch:TBD	Nov 12, Pryde"s Point - Alexauken Creek Class: 2B Miles: 2.5 Leader: John Scasny Lunch: Orlando's
Oct 1, Mariton Nature Preserve Class: 2B Miles: 3 Leader: Beverly Olson Lunch: TBD	Nov 19, Horseshoe Bend Park Class: 2B Miles: 3-4 Leader: Lindsay D. Lunch: Ginny's
Oct 8, Stonybrook River Trail at ETS Class: 2B Miles: 2.5 Leader: Betty Post Lunch: Orlando's	Nov 26, Pleasant Run Greenway Class: 2B Miles: 4 Leader: Rose-Mary M. Lunch: Profeta's Farm
Oct 15, Round mountain romp / south branch Class: 2B Miles: 3.8-4 Leader: Sylviac Lunch: Stanton store	

## Wednesday Hikes – Fall 2019

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

Leaders: Geoff Nicklen; J Pieloch & J McAteer, Linda B. Linda de N, Lynn E, Maria Katonak, Mary Ellen B. Yolanda E.

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

Sep 4, Whittemore Nature Preserve Class: 2C Miles: 4 Leader: Linda de N. Lunch: Domo 7 Japanese Whitehouse	Oct 23, Jenny Jump Class 2C Miles: 5 Leader: Yolanda E. Lunch: Lunch on trail
Sep 11, Hugh Moore Park & Canal Museum Easton, PA Class: 1A Miles: 3 Leader: J Pieloch & J McAteer Lunch: Red Rose Diner	Oct 30, Bamboo Creek to Kay Environmental Center. Class: 2B Miles: 5 Leader: Geoff Nicklen. Lunch: TBD
Sep 18, Jockey Hollow Class: 2B Miles: 4.5 Leader: Mary Ellen B. Lunch: Lenny' Sub Shop, Bernardsville Shopping Plaza, 80 Morristown Rd., Bernardsville	Nov 6, Prydes Point-Alexauken Creek Class: 2B Miles: 4.5 Leader: Linda B. Lunch: Orlandos Cafe
Sep 25, Bald Pate/Ted Stiles Preserve Class: 3B Miles: 4+ Leader: Maria Katonak Lunch: It's Nutts, Titusville	Nov 13, Baldpate Mountain from the Yellow Trail Class: 3B Miles: approx. 4 Leader: Lynn E. Lunch: picnic, weather permitting, or Patriots Crossing Restaurant
Oct 2, Howell Farm to Lambertville shuttle hike Class: 2B Miles: 4.5 Leader: Geoff Nicklen. Lunch: Nicolas Pizza.	Nov 20, Paxton/Cutaloosa Road Walk Class: 2B Miles: 5 Leader: Yolanda E. Lunch: TBD
Oct 9, Point Mountain Class: 3B Miles: approx. 4 Leader: Lynn E. Lunch: tbd	Nov 27, Kay Environmental Center Class: 3B Miles: 3.5 Leader: Mary Ellen B. Lunch: Oldwick General Store
Oct 16, Minnewaska SP New Paltz NY Class: 2C Miles: 7.5 Leader: Linda de N. Lunch: Snack on trail; Mountain Brauhaus early dinner	

## Thursday “C Pace” (Energetic) Hikes – Fall 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 Groups.io message.

<p><b>Sep 5, Palisades Interstate Park - Carpenter's Loop</b> Class: 3C Miles: 6 Leader: Charlie B.</p>	<p><b>Oct 17, Bear Mountain</b> Class: 3C Miles: 7 Leader: Charlie B.</p>
<p><b>Sep 12, AT: High Point State Park to Oil City Rd.</b> Class: 4C Miles: 13 Leader: Judy M.</p>	<p><b>Oct 24, Stonetown Semicircular Shuttle</b> Class: 3C Miles: 7.5 Leader: Mark H.</p>
<p><b>Sep 19, Round Valley Reservoir</b> Class: 3C Miles: 7 Leader: Mark H.</p>	<p><b>Oct 31, Hook Mountain State Park</b> Class: 3C Miles: 6 Leader: Mike W.</p>
<p><b>Sep 26, Baldpate Mountain &amp; adjacent preserves</b> Class: 2C Miles: 7 Leader: Jackie S.</p>	<p><b>Nov 7, Copper Mine Trail to Douglas Trail</b> Class: 3C Miles: 7+ Leader: Ron G.</p>
<p><b>Oct 3, Crater Lake and Hemlock Pond-AT</b> Class: 3C Miles: 6 Leader: John S.</p>	<p><b>Nov 14, Franklin Parker Preserve - South trails</b> Class: 3C Miles: 8 Leader: John S.</p>
<p><b>Oct 10, High Point- AT/Iris Trail Loop</b> Class: 3C Miles: 8 Leader: Pete G.</p>	<p><b>Nov 21, Sterling Forest Red Back Loop</b> Class: 3C Miles: 7 Leader: Charlie B.</p>
<p><b>Oct 14, SPECIAL MONDAY HIKE: Lehigh Gap and Devil's Pulpit</b> Class: 3C Miles: 7.5 Leader: Mike W.</p>	<p><b>Nov 28, Happy Thanksgiving! No Hike. Instead: Friday Nov. 29 Musconetcong Gorge</b> Class: 3C Miles: 7 Leader: Jackie 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.

## 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.

## 8.

### 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)