

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



WINTER 2019-2020 NEWSLETTER DECEMBER JANUARY FEBRUARY

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. To get more details on a hike before joining please contact Charles Behnken 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.

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;

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

New Membership Inquiries:

Gail Jacobsen 917-939-6391 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 dorisspencer4@gmail.com

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. Current members contact **Loretta Mizeski** at ljmski64@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 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, January 9, 2020 7:00 PM WHAT IS A THURSDAY HIKE?

You have heard of the Thursday hikers- maybe as a fast walking bunch that never stops with hikes described as “making grown men cry”. Or maybe as hikes to back woods areas of New Jersey with amazing views; hikes that get the heart and legs pumping and make you feel young again.

Find out first-hand. A group of Thursday hikers will discuss the history of Thursday hikes and what makes them different from Tuesday and Wednesday hikes. Pictures and “tales from the trails” will be used to describe the Thursday hike experience. The presentation will delve into the abounding and varied hike locations around the tri-state area along with information about the hikes themselves.

Thursday hikers will be present to present their definitions of a “Thursday hike” and answer any questions.

Thursday , February 13, 2020 7:00 PM Home Maintenance

Anne Thornton, President of MSI Plumbing & Remodeling offers a very informative presentation about home maintenance tips and tricks that every homeowner should know. Free book for attendees. Anne will cover many topics on home care, things we never think about or take for granted. She will surprise you.

Please Note ~ No Indoor Program Meeting in December

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.

Friday, January 17th

NJPAC New Jersey Performing Arts Center) and NJ Historical Society

Leader: Gail Jacobsen

Join us for a train trip to Newark NJ to tour the NJPAC and NJ Historical Society. The NJPAC is the anchor cultural institution for the city of Newark and the state of New Jersey with 125 full time staff members, 250 volunteers, and 3,500 members. It is quite a place and we will be given a one hour guided tour. We will then head over to the NJ Historical Society for a self-guided tour of their exhibits including New Jersey’s Rivers, New Jersey’s contributions during WW1 and WW2, and the History of Bambergers. Afterwards, we will go to Fornos in the Ironbound section for a late lunch.

The trip will be limited to 25 people. Signup information and more details will be sent via an HHC group email two weeks before

Thursday, February 27th
University of Pennsylvania museum. Philadelphia
Leader: Doris Spencer

Travel the world on a visit to Penn's world famous museum. We will see three new areas, Africa, Mexico and Central America and a Sphinx gallery which just opened to the public in November. We will have a guided tour of these areas and time to view other exhibits independently, (and visit their wonderful museum shop) .

This trip is limited to 20 persons. An email with signup information and more details will be sent via HHC group 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.

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](mailto:HunterdonHikingClub@groups.io) list you can email Pat or telephone her each week for details.

Upcoming Events

Holiday Party. 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 Lynn Nicklen 132 Sandy Ridge Mt Airy Rd, Stockton NJ 08559 and call 609-397-2603 ASAP but by December 5.

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. You may also contact a Weekend Coordinator if you need help getting a required Sign-In /Liability Waiver or Leader Guidelines.

Sunday, December 1, Frenchtown Preserve, 3.5 Miles, Class 1B

10:00 AM Meet:

Geoff Nicklen.

Optional Lunch at Kasey’s on the Delaware.

Saturday, December 7, Round Valley Hill Climb and Hike, 4-6 Miles, Class 3C

10:00 AM Meet:

Susan and Bob S.

We'll warm up with a challenging climb up the sledding hill to take in the spectacular view of the reservoir, then loop through the mountain bike switchbacks. We can add part of the Pine Tree Trail, if not too cold. Bring lunch and dress in layers.

Sunday, December 8 Open – No Leader

To lead a hike on this date, please send details to HunterdonHikingClub@groups.io, after contacting the Weekend Coordinator.

Saturday, December 14, Holiday Party, 0 Miles, Class 4C

6:00 PM Meet: Razberry’s, Rt. 12, near Flemington

Lynn N , Doris S , Peggy G. RSVP Lynn cmnicklen2@yahoo.com

Appetizers, cash bar, buffet, music and dancing. 6 to 10 pm \$36 members \$51 guests. Send check to Lynn Nicklen, 132 Sandy Ridge Mt Airy Rd. Stockton, NJ 08559.

Sunday, December 15 – No Leader

To lead a hike on this date, please send details to HunterdonHikingClub@groups.io, after contacting the Weekend Coordinator.

Saturday, December 21, PPL Environmental Preserve, the Tekening Hiking Trails in Martin's Creek, Pa, 4 Miles, Class 2B

9:30 AM Meet:

Joan S.

Lunch optional at Riverton Hotel.

Sunday, December 22, Solebury Road & Canal Walk, 5 Miles, Class 2B

10:00 AM Meet:

Yolanda E.

Quiet roads and the canal path.

Saturday, December 28, Flemington Boro Greenway & Town Hike, 3-4 Miles, Class 1B

10:00 AM Meet:

Sylvia C.

A gentle stroll through the town parks and streets pausing to enjoy the local seasonal decorations and a snack/beverage along the way. Anticipate mostly flat terrain with some uneven hard surface walking. Hiking boots recommended.

Sunday, December 29, St. Michael's Preserve, 3-4 Miles, Class 2B

12:00 PM Meet:

Pat H.

This is a nice hike through fields and woods. Some elevations. Everyone is invited back to my house to eat my leftover sweets from the holiday.

Saturday, January 4 Open – No Leader

To lead a hike on this date, please send details to HunterdonHikingClub@groups.io, after contacting the Weekend Coordinator.

Sunday, January 5, Plainsboro Preserve, 4 Miles, Class 1B

10:30 AM Meet:

Ann W.

Explore the preserve.

Saturday, January 11, Merrill Creek Reservoir, 5 Miles, Class 2C

9:30 AM Meet:

Johanna M.

Nice hike around reservoir. Bring lunch to eat at my place around fire pit.

Sunday, January 12, Fonthill Castle, Doylestown, PA, 1 Miles, Class 1B

8:50 AM Meet:

Sharon Rider

Drive to Doylestown, PA for a guided tour of Henry Mercer's home: Fonthill Castle. He was clearly a futurist thinking man, recycling old barn doors, wood, pipes and frames to build his home in 1910. Tickets are \$13.00 each. If we have 10 people, the cost is reduced. Lunch on the way home.

Saturday, January 18, Goathill from Lambertville, 4-5 Miles, Class 2B

10:00 AM Meet:

Sylvia C.

Ascend the hill from tow path to Washington St. to overlook Delaware Valley views: New Hope, Lambertville and Bowman's Tower from the top. It's flat at the top for most of the hike. Bring hiking boots, snack & water. Poles are optional.

Sunday, January 19, Columbia/Ken Lockwood Trail, 8 Miles, Class 2B

10:00 AM Meet:

Yolanda E.

Easy, flat walk.

Saturday, January 25, Country Road Walk in East Amwell Twp., 3-4 Miles, Class 1A

10:30 AM Meet:

Kathyann F.

3-4 mile country road loop walk. Lunch TBD.

Sunday, January 26, Landsdown Trail, 4 Miles, Class 2B

11:00 AM Meet:

Peter B.

Walk goes along part of old Clinton Pittstown rail trail. Lunch in Clinton to be determined.

Saturday, February 1, Mt Tammany and Holly Springs, 5 Miles, Class 3B

9:30 AM Meet:

Mark H.

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

Sunday, February 2, Around Howell Farm., 4 Miles, Class 1B

10:00 AM Meet:

Geoff Nicklen.

Some gravel Roads, some trails. Optional lunch at Orlando's.

Saturday, February 8, Zega-Lockatong Preserve and Optional White Oak, 3-5 Miles, Class 2B

9:30 AM Meet:

Lynn N.

We will meet at Bulls Island and shuttle in order to give people the option of including the road to and down the White Oak trail also. Lunch at the Lumberville Store.

Sunday, February 9, Peace Valley Park, 6 Miles, Class 2B

9:30 AM Meet:

Lindsay and Dave D.

Mostly paved trail around the lake. Optional lunch at Luberto's Trattoria.

Saturday, February 15, Cheesquake State Park, 6 Miles, Class 2B

10:00 AM Meet:

Charlie B.

Hike over rolling hills and through beautiful salt marshlands with the assistance of numerous boardwalks. Bring lunch.

Sunday, February 16, Cross Country Ski Clinic & Hike (If No snow) 1:30pm-4pm, 3 Miles, Class 1A

1:30 PM Meet: NEW JERSEY Washington Crossing State Park NATURE Center- Phone:(609) 737-0609

DANIEL McAULIFFE. 215-741-6866 DNMCAULIFFE@MSN.COM

XC Ski Clinic at Washington Crossing on Sunday, February 16th Clinic & Ski (hike if no snow) 1:30-4pm Washington Crossing State Park NJ NATURE Center-Phone: (609) 737-0609. In this workshop, the participants will learn about the different types of cross-country ski equipment, what to look for in selecting your first pair of skis. Other topics will include: how to dress, basic 7 skills, your 1st day on skis, and where to go skiing. The indoor lesson will last 1½ hour. If the ground is snow covered, an additional 1+ hour outdoor ski lesson will be offered. If not, we will Hike on the trails. Participants will have to provide their own ski equipment for the outdoor lesson. Rentals are available at Lang's Ski & Scuba, 1757 North Olden Avenue, Ewing, NJ 08638. Tel: 609-538-1970. Workshop co-instructed by Kevin Kavanaugh, Ewing and Daniel Nurmi McAuliffe, Langhorne. www.nj.gov/dep/parksandforests/parks/washcros.html

Saturday, February 22, Thomas Saeger Preserve on Shire Rd, Holland Twp., 3-4 Miles, Class 2B
10:00 AM Meet:

Sylvia C.

Hunterdon Land Trust Properties with trails that cover pretty wooded areas and small winding brook. Includes connecting road stretch to make a loop back through neighborhood to parkland and parking lot.

Sunday, February 23 Open – No Leader

To lead a hike on this date, please send details to HunterdonHikingClub@groups.io, after contacting the Weekend Coordinator.

Saturday, February 29, Voorhees and environ, 3-4 Miles, Class 2B

10:00 AM Meet:

Beverly O.

We will try again, shuttle up from cross park trail, then to North Dr trail that leads to Columbia Trail and up backside of VHS.

Sunday, March 1, Califon Firehouse Breakfast/Road Hike, 4.5 Miles, Class 2B

9:30 AM Meet:

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.

Tuesday Short Hikes Schedule for Winter 2019-20.

Class: 1A – 3B.

Leader: See individual hikes.

Meeting times: 9-30am.

Leader: Geoff Nicklen, Marianne Vlazny, Pat Chwat, Lindsay Dunne , Gail Jacobsen, Peg Groah, Lynn Ebeling, Meryl Miller, Sylvia Crush-Stanton, Doris Spencer

Note: If bad weather, check your e-mail for HHC updates or call leader to see if the hike is on.

<p><u>Dec 3, Voorhees SP near High Bridge.</u> Meet: Class: 2B. Miles: 3.5. Leader: Marianne Vlazny. Lunch: TBD</p>	<p><u>Jan 21, Tow Path Rocky Hill to Kingston.</u> Meet: Class: 1B. Miles: 4.5. Leader: Meryl Miller. Lunch: Boniamino Pizza. Montgomery Shopping C'tr.</p>
<p><u>Dec 10, Washington Valley Park.</u> Meet: Class: 2B. Miles: 3.5. Leader: Patty Chwat. Lunch: Chimney Rock Inn. Bound Brook,</p>	<p><u>Jan 28, Cutaloosa Rd PA (w/ option to avoid hill).</u> Meet: Class 1B. Miles: 2.5. Leader: Geoff Nicklen. Lunch: Lumberville Cafe</p>
<p><u>Dec 17, Landsdown Trail, Clinton.</u> Meet: Class: 1B. Miles: 4. Leader: Lindsay Dunne. Lunch: Clinton Station Diner.</p>	<p><u>Feb 4, New Trail, Woosamonsa Ridge, Pennington.</u> Meet: Class: 2B. Miles: 3. Leader: Lynn Ebeling. Lunch: Orlando's.</p>
<p><u>Dec 24 Xmas hike & Party. Choice of 3 hikes.</u> Meet: Class: 2B & 1A. Miles: 6, 4 & 2. Leader: G. Nicklen. Lunch. Our house. 132 Sandy Ridge Mt Airy Rd. Ask Lynn what to bring.</p>	<p><u>Feb 11, Hill & Dale. Oldwick.</u> Meet: Class: 2B. Miles: 3.5. Leader: Peg Groah. Lunch: Oldwick General Store</p>
<p><u>Dec 31, Charlestown Preserve. Near Hampton.</u> Meet: Class: 2B. Miles: 3. Leader. Gail Jacobsen. Lunch: Hampton Junction.</p>	<p><u>Feb 18, Winter Fun at Tinnicum Pa.</u> Meet: Class: 2B. Miles: 3.5. Leader: Sylvia Crush-Stanton Lunch: TBD</p>
<p><u>Jan 7, Hoffman Park. (Union Twp).</u> Meet: Class 2B. Miles 2-3. Leader: Peg Groah. Lunch: Clinton Station Diner, Rt. 78.</p>	<p><u>Feb 25, Morales Park. Flemington.</u> Meet: Class: 2B. Miles: 3. Leader: Doris Spencer. Lunch. 3rd annual winter hike and gathering at Doris'house. Ask Doris what to bring.</p>
<p><u>Jan 14, Rocky Brook trail in Hopewell Township.</u> Meet: Class: 2B. Miles: 3. Leader: Lynn Ebeling. Lunch: Orlando's.</p>	

Wednesday Hikes – Winter 2019-20

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

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

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

<u>Dec 4, Open</u> Leader: No Leader	<u>Jan 22, Road Walk to Carversville</u> Meet: Class: 2B Miles: 4-5 Leader: Yolanda E. Lunch: General Store near the bridge
<u>Dec 11, Columbia Trail River Styx to Long Valley</u> Meet: Class: 1C Miles: 5 Leader: Linda de N. Lunch: Long Valley Brew Pub	<u>Jan 29, Merryl Creek Reservoir.</u> Meet: Class: 2B Miles: 5 Leader: Geoff Nicklen. Lunch: Warrenside Inn.
<u>Dec 18, Historic Smithville hike and tour of Smithville Mansion</u> Meet: Class: 2B Miles: 4 Leader: Lynn E. Lunch: optional lunch at Vincentown Diner	<u>Feb 5, Nockamixon Reservoir. Boat launch area.</u> Meet: Class: 1B Miles: 4.5 Leader: Geoff Nicklen. Lunch: Tohickon Tavern.
<u>Dec 25, Open</u> Leader: No Leader	<u>Feb 12, Lynn's Soup Hike at Cedar Ridge Preserve</u> Meet: Class: 2B Miles: approx. 4 Leader: Lynn E. Lunch: Soup on the woodburning stove at Lynn's house
<u>Jan 1, Open</u> Leader: No Leader	<u>Feb 19, Paxon/Cutaloosa Road Walk</u> Meet: Class: 2B Miles: 5 Leader: Yolanda E. Lunch: TBA
<u>Jan 8, Delaware Twp road walk</u> Meet: Class: 1C Miles: 4.5 Leader: Linda B, Maria K. Lunch: 194 Locktown Flemington Rd	<u>Feb 26, Lambertville Canal Walk</u> Meet: Class: 1C Miles: 5 Leader: Linda de N. Lunch: Marhaba, S. Union St.
<u>Jan 15, Jockey Hollow</u> Meet: Class: 3B Miles: 4 Leader: Mary Ellen B. Lunch: Lenny's Sub Shop, Bernardsville	

Thursday “C Pace” (Energetic) Hikes – Winter 2019-20

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.

Dec 5, Green Lane Reservoir Meet: 9:30 AM Class: 3C Miles: about 8 Leader: Susan S.	Jan 23, Brendan Bryne State Forrest - Swan Hike Meet: Class: 3C Miles: 6.6 Leader: John S.
Dec 12, Mt. Minsi Loop Meet: 9:30 AM Class: 3C Miles: 5 Leader: John S.	Jan 30, Black River Trail Loop Meet: 9:30 AM Class: 2C Miles: 6 Leader: Pete G.
Dec 19, Pyramid Mountain Meet: 9:30 AM Class: 3C Miles: 6.5 Leader: Mark H.	Feb 6, Mountainside Park Meet: 9:30 AM Class: 3C Miles: 6-7 Leader: Susan S.
Dec 26, Wickecheoke Greenway Meet: 9:30 AM Class: 2C Miles: 5-6 Leader: Jackie S.	Feb 13, Jockey Hollow - Grand Loop Trail Meet: 9:30 AM Class: 2C Miles: 6 Leader: Pete G.
Jan 2, Round Valley Meet: 9:30 AM Class: 3C Miles: 10-12 Leader: Harry Q.	Feb 20, Sunfish Pond and Mt Mohican via Douglas and Garvey Springs trails Meet: 9:30 AM Class: 3C Miles: 7-8 Leader: Harry Q.
Jan 9, The Sourland Mountain Preserve Meet: 9:30 AM Class: 3C Miles: 6 Leader: Jackie S.	Feb 27, Bake Oven Knob Meet: 9:30 AM Sp Class: 3C Miles: 6 Leader: Mike W.
Jan 16, Cushetunk/Round Valley Reservoir Meet: 9:30 AM Class: 3C Miles: 7 Leader: Ron G.	

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)

