

Hunterdon Hiking Club

Organized 1980

Celebrating Our 40th Year

Affiliate of the Hunterdon County
Department of Parks and Recreation



SPRING 2020 NEWSLETTER MARCH APRIL MAY

HHC Web Page: www.HunterdonHikingClub.org

Hunterdon Hiking Club
C/O Hunterdon County Dept of Parks & Recreation
PO Box 2900
Flemington, NJ 08822-2900

Note : This version was edited for web publication and omits meeting place detail and most leader personal contact info. To get more details on a hike before joining please contact Charles Behnken charles.behnken@gmail.com

Hunterdon Hiking Club History

The Hunterdon Hiking Club began in 1980. How did it come about? What was it like in the beginning? Over the course of 2020, we intend to answer those questions and more as we celebrate the 40th Anniversary of the club's formation.

To answer the first question:

"The origins of the club started modestly. In 1978 the park system started offering weekend hikes led by Park Ranger Tom Rosol. Tom led these hikes himself. Turnout was usually 5-8 hikers. After 2 years of this, Tom called a meeting at the park office inviting the names of those coming on his hikes. No agenda was given but 8 of us showed up anyway to find out what Tom wanted. Tom explained he had been doing these hikes by himself for some time and asked if we had any interest in taking over. There was a pretty long silence. A really long silence. A bit like a Quaker meeting. Finally I spoke, "I belonged to a hiking club in Wilmington. They had a president, a hike coordinator and a treasurer. We could do something like that, Tom smiled. The ice was broken. We instantly had a president, a hike coordinator and a treasurer. Now this bit is the most important of all. One of those present was Irene Boyle (then Subourne) who said, "This has to be a friendly club. One that makes everyone welcome and we should have an evening meeting once a month where we can all get together and socialize."

And so it was. Now 40 years later so many new hikers have told me how they have so enjoyed finding this club and how welcoming and friendly it is. Irene, thank you. What a beautiful legacy. Irene is still with us and now is 98. She has served as President many times and for many years. If you have never met her, then you should add this to your bucket list. She is a very special person."

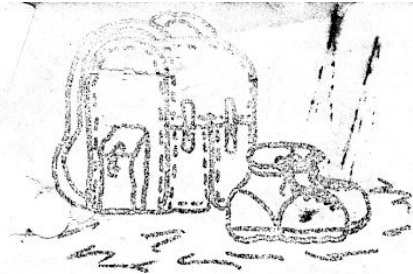
~Geoff Nicklen~

Over the past four decades the club has morphed into what it is today with activities on six days of the week – including hiking, biking and kayaking, museum walks and city walks as well as mindfulness walks, and even backpacking hikes on the Appalachian Trail.

This year we are celebrating the achievement of forty years of outdoor fun. On the following pages, you will find some 40th Anniversary events including:

- A reenactment of the first club hike on Saturday April 4th at the Lord Stirling Environmental Center.
- Another reenactment of one of the first AT hikes on Thursday June 4th in PA.
- A 40th Anniversary celebration at the April 9th meeting with pictures and reminisces of the adventures from 40 years ago.
- A copy of the original newsletter with the original hikes.

As the year progresses more events will be held including additional hikes that traverse some of the trails hiked 40 years ago, more celebrating at the picnic and the holiday party, and more old time articles in the newsletter. So come and join us on the trails and at the meetings as we celebrate 40 years of enjoying the outdoors together!



Hunterdon Hiking Club

Spring, 1980
Volume 1, Number 1

HIKING SCHEDULE

APRIL - MAY - JUNE

April 13 - Lord Sterling Park, Basking Ridge. Leader: Jean Sharp
Join us on the first hike, under new management. Jean is our "asp
archivist" so we shouldn't lose our way. About 6 easy miles. Meet
at the Hunterdon County Park Office at 12:30 p.m. on Rt. 31 or at
L. S. Park at 1:30 p.m. Trans. approx. \$1.25.

April 26 - Sunfish Pond from the Delaware Water Gap. Leader: Peter Buoli
A strenuous hike from the Delaware River up to the glacial pond
where we'll find a place to eat our lunches before heading back.
About 9 miles. Meet at the H.C. Park Office on Rt. 31 at 8:30 a.m.
or the Delaware Water Info. Center at 9:30 a.m. Trans. approx. \$4.00.

May 10 - Hacklebarney State Park, N.J. Leader: Peggy Tibbitt
Follow the Lemington River under its new canopy of trees. About
5 miles of pleasurable hiking. Bring lunch. Meet at Major's
Parking Lot in Flemington at 10:00 a.m. or Hacklebarney Park at
11:00 a.m. Trans. approx. \$1.75.

May 31 - Appalachian Trail, Pa. Rt. 33 to Rt. 191. Leader: Ted Rudowsky
A hilly 10 miles across the Pennsylvania Plateau towards the
Delaware. Bring lunch and sturdy footwear. Meet at the H.C. Park
Office on Rt. 31 at 8:00 a.m. Trans. approx. \$5.00.

June 15 - Washington's Crossing to Bowman's Hill. Leader: Jean Sharp
A leisurely hike along the canal from one historic site to the
other ending in a spectacular view of the river. About 6 miles.
Meet at Major's Parking Lot in Flemington at 1:45 p.m. Bring a
snack and water. Trans. approx. \$1.25.

June 28 - French Creek State Park, Pa. Leader: Sally Gullette
Explore historic Hopewell Village and the many wooded trails
around the lakes. About 10 miles. Bring a lunch. Meet in
Frenchtown at the old railroad station at 8:00 a.m. Trans. \$5.00

Our first hike at Lord Sterling Park was blessed with blue
skies and sunshine. Fifteen hikers (the youngest 14 months)
meandered along well-marked trails and boardwalks occasionally
experiencing wet feet. Among the native inhabitants seen or
heard were ducks, garter snakes, bluebirds, woodpeckers, wasps,
and spring peepers. Our hike ended with a visit to the Center.
It was truly a lovely day!

PROGRAM SCHEDULE

The monthly meetings of the club will be held on the third Wednesday of the month at the Hunterdon County Park Building on Rt. 31 in Clinton Township at 7:30 p.m.

April 16

Club organization and by-laws will be discussed followed by a demonstration on what to wear on hikes. The evening will end with a walk through the Arboretum trails.

May 21

Plans are still being formulated for what should be an interesting evening featuring a slide presentation by a Naturalist on Natural Features of Hunterdon County.

June 18

A Naturalist from the Somerset Environmental Education Center will surprise us with one of their special presentations. The topic and further details will be announced at the May meeting.

HUNTERDON HIKING CLUB OFFICERS 1980

PresidentPeggy Tibbitt
Vice PresidentIrene Subourne
Outdoor Program CoordinatorGeoff Nicklin
Indoor Program CoordinatorSally Gullette
LibrarianJean Sharp
SecretaryPat Evans

QUESTIONS??

If you have any questions about the hiking club or any of its activities, please call the Hunterdon County Park System on Rt. 31 in Clinton Township, 782-1158. Doug Moody or Tom Rosol will send you our way.

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:

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, March 12, 2020 7:00 PM Climate Reality Project

You've seen the headlines. You may have questions about the science and impacts of this global threat and how you can participate in the solutions.

Margaret Waldock, a Frenchtown resident and a Climate Reality leader, will bring this conversation to the hiking club. Margaret is one of thousands of volunteer leaders from over 135 countries trained by the Climate Reality Project. She is also former Executive Director of the Hunterdon Land Trust which has facilitated the protection of thousands of acres of farms, forests and open spaces, including many of the parks and trails we enjoy on our hikes.

Margaret's presentation will include data about the climate crisis impacts we are experiencing in Hunterdon County. There will be time for questions and discussion.

Thursday, April 9, 2020 7:00 PM 40th Anniversary Celebration of HHC

40 years of history told through pictures and stories ~ time to reminisce and be thankful for WE the people of the HHC. This will be the first time the pictures and other artifacts will be on show but not the last. If you cannot make it tonight you will get the chance again at the September 19th Picnic and at the Holiday party in December. If possible, please join us at this inaugural celebration with light refreshments and hearty socializing with some of your favorite people.

Thursday, May 21, 2020 7:00 PM Birds of Hunterdon County

PLEASE NOTE MEETING DATE CHANGE

THIS IS THE 3RD THURSDAY not our usual 2nd Thursday

Senior Park Naturalist, Laura Bush, who grew up in Hunterdon County and has been working in the Parks since 2009 will give us a presentation about our native birds.

Upcoming Events

Saturday, April 4, Lord Stirling 40th Anniversary

Re-enactment of the very first HHC Hike

See the Weekend Schedule for Details

Appalachian Trail Backpacking Trip in Vermont

Wednesday - Sunday, May 27 - June 1 23.7 miles Class 3C

Paul U.

Meeting place & departure time to be determined: **call or email Paul if interested**

Join us as we backpack from VT 140 (where we finished on 10/13/19) to US 4.

Highlights of this section will include Domed Ledge vista, Patch's Hollow, Clarendon Gorge (a boulder filled ravine), an airplane beacon on top of Beacon Hill & Killington Peak (4,241 ft., the 2nd highest mountain in VT). The AT traverses its highest elevations in VT, along the Coolidge Range of the Green Mountains.

Hold this Date ~ Saturday, September 19, 2020

A very special 40th Annual HHC picnic

Museum Walks

Occasional trips combining city (or country) walks with a visit to a Museum or a Historic building or site, are scheduled. These are full day trips and include a stop for lunch or dinner. Participation is limited. Further information will be sent by the leaders via HunterdonHikingClub@groups.io approximately two weeks before the scheduled event and you may sign up for the trips (by email if possible) after the HunterdonHikingClub@groups.io email notice. Please respond to the leader listed in the Museum walk write-up to sign up.

Thursday, March 26

PRINCETON UNIVERSITY ART MUSEUM - Last exhibitions before demolition begins at end of 2020

Leader: Lynn Nicklen

We will view both exhibitions- “Life Magazine & the Power of Photography “ and “Cezanne: The Rock and Quarry Paintings”.

In addition we will be able to enjoy all our favorite rooms and paintings at our leisure.

The new museum will require about 3 years to construct.

There will be a nominal fee.

More information will be sent via hunterdonhikingclub event updates two weeks before.

You may sign up at that time.

Friday April 17. MICHENER MUSEUM, DOYLESTOWN, PA.

Leader: Doris Spencer

We will have a guided tour of a special exhibit “RISING TIDES: Contemporary art and the ecology of water.

The exhibit features works by contemporary artists who highlight environmental issues in their art work.

The exhibit coincides with the 50 th anniversary of Earth Day. It will celebrate the power of art to visualize ecological crisis and global change through the eyes of seven local artists.

We will also visit an exhibit of paintings by Franz Josef Ponstingl , an artist with no formal training who painted fantastical visions of surreal landscapes, future civilizations and abstract networks.

Admission and guided tour \$15, seniors \$13. The trip is limited. More information will be sent via hunterdonhikingclub event updates two weeks before. You may sign up at that time.

Weekday Outdoor Activities

Tuesday Short Hikes

- see page 15 for the Tuesday hike schedule

Wednesday Hikes

- see page 16 for the Wednesday hike schedule.

Thursday “C Pace” (Energetic) Hikes

- see page 17 for the Thursday hike schedule.

Tuesday Bike Rides

Meryl M.

Bike rides spring, summer, and fall of about 12 miles, mostly on bike paths with some stops to enjoy the views. Details on the upcoming ride, including meeting place, will be emailed weekly via HunterdonHikingClub@groups.io.

Friday Short Hikes

Pat H.

Friday short hikes of approximately three miles. These hikes are mostly in the Winter when the bike rides are over. Specifics will be emailed weekly via the HunterdonHikingClub@groups.io. If you are not on the HunterdonHikingClub@groups.io list, you can email Pat or telephone her each week for details.

Friday Bike Rides

Pat H.

Friday rides in spring, summer, and fall of twelve to twenty-five miles, followed by lunch. Details are emailed weekly via on the HunterdonHikingClub@groups.io. If you are not on the groups.io list you can email Pat or telephone her each week for details.

Thursday Mindfulness Hikes

Carolyn C; Beth Michael; Frank Murray; Hilma Pacher.

Silent hikes to practice mindfulness and enjoy the outdoors while being in good company. Carolyn will give brief instructions on how to practice mindfulness. Mindfulness is the practice of quieting the mind so you can be fully aware of the present moment. Walking while practicing mindfulness may relieve fatigue, reduce anxiety and bring a fuller enjoyment of being outdoors with friends and nature.

Class: 1A – 3B - Self-paced. We set our timers for 30 minutes and we each walk at our own pace. At the end of 30 minutes, we turn around and return to the starting point.

Details on the upcoming hike, including meeting place, time and lunch plans, will be emailed weekly via HunterdonHikingClub@groups.io..

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 the required Liability Waiver/Sign-In or the Leader Guidelines (found on our website).

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.

Saturday, March 7, Open – No Leader

To lead an activity on this date, please send details on HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Sunday, March 8, Open- No Leader

To lead an activity on this date, please send details on HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, March 14, Open – No Leader

To lead an activity on this date, please send details on HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Sunday, March 15, Greenway Meadows/Poetry Trail, 3+ Miles, Class 2B

9:30 AM Meet:

Ann L.

Lovely walk through Stony Brook wooded trails that meander along the water and includes a couple of bridge crossings. Do bring a pole if you're used to using one, as there are some tricky areas that have uneven or rocky terrain. We will then walk the adjacent Poetry Trail. Could be muddy, so wear hiking boots and bring glasses, if you need them, to read the poetry.

Saturday, March 21, Morales Park, Flemington, 3 Miles, Class 2B

9:30 AM Meet:

Peg M.

Easy, some rolling hills through upper part of the park approx. 3 miles

Sunday, March 22, Five Mile Woods Nature Preserve, 4-5 Miles, Class 2B

10:00 AM Meet:

Ann Wolf

Bring water and a snack. This preserve is part of the Lower Makefield Township park system.

Saturday, March 28, Trexler Nature Preserve, 6.5 Miles, Class 2C

9:30 AM Meet:

Charlie B.

Open rolling fields, no rocks but lots of ups and downs. May see bison! Bring lunch for the trail.

Sunday, March 29, Tohickon Creek and High Rocks, 5 Miles, Class 2B

9:30 AM Meet:

Mark H.

Bring lunch for break next to Tohickon Creek.

***Saturday, April 4, Lord Stirling 40th Anniversary Hike, 4 Miles, Class 1A**

10:00 AM Meet:

Geoff Nicklen.

This is a re-enactment of the very first HHC hike of 40 years ago. Note that we are in the Great Swamp. Bring bug spray and expect damp trails. As we expect more than a restaurant can handle, we will find a place in the park to have a picnic. Bring your own fixins.

Sunday, April 5, Columbia Trail, 5 Miles, Class 2B

11:00 AM Meet:

Peter B.

Columbia trail from the municipal lot to the Raritan River Bridge. Beautiful views of Ken Lockwood Gorge. Lunch in High Bridge TBD.

Saturday, April 11, Princeton Battlefield to Princeton University and Carnegie Lake, 5-6 Miles, Class 1C

10:00 AM Meet:

Anna G.

Hike through the Princeton Battlefield State Park, the Institute for Advanced Studies, the graduate college onto the main Princeton University campus; walk on the bridge over Carnegie Lake, walk the D & R canal towpath and return on a different path through campus; pass A. Einstein's house on the way back. Bring a snack.

Sunday, April 12, Walpack Clean-up Hike, 5 Miles, Class 2B

9:30 AM Meet:

John Scasny

Bring a trimming tool. work gloves and bug spray. We hike and clean up a pretty forested loop. It is an all day event. Pack a snack. Late lunch/dinner at the Belvedere Diner.

Saturday, April 18, Patriots Path Hike, 6.0 Miles, Class 3C

9:30 AM Meet:

Richard Puglisi

We'll hike the Patriots Path from Lewis Morris Park through the Jockey Hollow National Historical Park and back. Bring lunch/snacks.

Sunday, April 19, Rosedale Park, Pennington NJ, 3 +/- Miles, Class 3B

10:00 AM Meet:

Lynn E.

The hike includes some rocky areas, probably muddy places, water crossings, two beautiful lakes and hopefully

swans on the lake, if we're lucky. For anyone who wants to pack a lunch or snack, we can eat lunch at the picnic tables by the lake on the way back. Others can continue back to parking

Saturday, April 25, Hike trail near Griggstown, Trail TBD, 3 Miles, Class 2B

10:00 AM Meet:

Meryl M, Carla O.

Through wooded areas, flat pebbly trails, some streams. Boots and poles recommended.

Sunday, April 26, Wissahickon Gorge, 6 Miles, Class 2B

9:30 AM Meet:

Yolanda E.

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

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

10:00 AM Meet:

Meryl M.

Bike from Plainsboro to and through Mercer County Park, optional also through Mercer County Community College. Picnic lunch back at my patio. Roads and blacktop, very short dirt path.

Sunday, May 3, Hike The Watershed, Pennington, 4.5 Miles, Class 2B

10:00 AM Meet:

Linda M.

Easy, flat hike. Bring lunch if you wish; we will eat after hike in the Visitor Center. Then, stay for the free film, "The Human Element," and organic popcorn, or stay to tour the exhibits at the center. Hiking or waterproof footwear suggested if ground is wet.

Saturday, May 9, Voorhees State Park hike, 4 Miles, Class 2B

10:00 AM Meet:

Sylvia C.

A spring ramble to the lookout points and beyond. Hiking boots and poles recommended. Bring water and a snack .

Sunday, May 10, Six Mile Run, 6 Miles, Class 2C

10:00 AM Meet:

Anna G.

Hike through the woods, fields, along and across streams. A scenic, meandering, winding trail, ups and downs, roots to look out for. Bring a snack and water. Optional visit to the historic Blackwells Mills Canal House at the end of the hike.

Saturday, May 16, Allamuchy State Park, 5 Miles, Class 2B

9:30 AM Meet:

Geoff Nicklen.

We'll enter Allamuchy using a side trail starting on Rt. 604 N out of Hackettstown. We'll ascend up to Deer Lake & return via a separate loop. Optional-lunch after at the Hackettstown Diner.

Sunday, May 17, Riverside Park to Grant's Tomb, 4 Miles, Class 1C

8:30 AM Meet:

Yolanda E.

Take the 8:30 bus. Walk through Riverside Park to the marble & granite memorial of Ulysses Grant, then visit the Historic Riverside Church, and a brief walk through Columbia University campus. Bring snacks to hold you over for a late lunch. Contact leader to join this walk - limited to 12-14!

Saturday, May 23, Bike Plainsboro to Cranbury, aka ice cream first, 15 Miles, Class 2B

10:30 AM Meet:

Meryl M.

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

Sunday, May 24, Hike/BBQ, 4-5 miles, Class 2B

9:30 AM Meet:

Johanna M.

Either a hike from my house or Merrill Creek Reservoir. More information closer to the date.

Saturday, May 30, White Lake Natural Resource Area, 4-5 Miles, Class 2B

9:00 AM Meet:

June F.

Hike through woods, meadows and wetlands as we circle White Lake. Along the way, pass several stone ruins and an old farm.

Sunday, May 31, McBurney Woods section of the Sourland Preserve in Hopewell Twp., 3 Miles, Class 2B

10:00 AM Meet:

Lynn E.

The trail is wooded, the path is sometimes rocky, expect mud in places, so hiking poles are recommended. If there's interest, we can have lunch at Orlando's restaurant after the hike.

Tuesday Short Hikes – Spring 2020

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

Leaders: Anna G.; Peter M.; Anna Gerwel ; Claire D.; Doris Spencer; Geoff Nicklen; John. Scasny; Kathleen K.; KathyAnn Finch; Lynn E.; Sylvia C.

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

Mar 3, Dry Run Creek and Hunter Road Class: 2B Miles: 3.5 Leader: Lynn E. Lunch: Nicola's Pizza restaurant in Lambertville	Apr 21, Goat Hill NJ Class: 2B Miles: 3.3 Leader: Sylviac Lunch: Tbd
Mar 10, Amwell Country Road Hike Class: 2A Miles: 3 Leader: KathyAnn Finch Lunch: To be determined	Apr 28, Bamboo Brook/Willowood gardens Class: 1A Miles: 3 Leader: Geoff Nicklen. Lunch: TBD
Mar 17, Blackwells Mills to E Millstone Loop Class: 1A Miles: 3.5 Leader: Anna Gerwel. Lunch: Union Diner. Rte 206	May 5, Colonial Park - awaking gardens. Class: 1B Miles: 3.5 Leader: Claire D. Lunch: In the park. Pack a lunch.
Mar 24, Pryde's Point --Alexauken Creek Class: 2B Miles: 3 Leader: John. Scasny Lunch: Orlando's	May 12, Princeton University Campus Stroll Class: 1A Miles: 3 Leader: Anna G. Peter M. Lunch: Panera Bread Restaurant
Mar 31, Capoolong Creek Class: 2B Miles: 3 Leader: Doris Spencer Lunch: Duke's restaurant	May 19, Teetertown Preserve Class: 2B Miles: 3 Leader: Kathleen K. Lunch: Frank's Pizza in Califon
Apr 7, Schicks Preserve Class: 1B Miles: 2.8 Leader: Geoff Nicklen. Lunch: Little York Tavern.	May 26, Aunt Molly section of the St. Michael's Preserve in Hopewell Class: 2B Miles: 3.5 Leader: Lynn E. Lunch: Bring a lunch to eat in the gazebo
Apr 14, Stonebridge/1860 house Pathway Class: 1A Miles: 3 Leader: Anna Gerwel. Lunch: TBD	

Wednesday Hikes – Spring 2020

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

Leaders: Geoff Nicklen; Geoff U.; Linda Bradway; 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.

Mar 4, Sandy Hook Seal Watch and Walk Class: 2C Miles: 5 Leader: Linda de N. Lunch: Barr's Landing	Apr 22, Washington Crossing State Park Class: 3B Miles: 4-5 Leader: Lynn E. Lunch: Patriots' Crossing Restaurant
Mar 11, Turkey Mountain Class: 3B Miles: 4 Leader: Mary Ellen B. Lunch: Delizia Pizza Kitchen (308 Wootton St, Boonton)	Apr 29, Bowman Hill Wildflower Preserve Class: 2B Miles: 3.5-4 Leader: Maria Katonak Lunch: TBD
Mar 18, Mountain Lakes Preserve in Princeton Class: 3B Miles: 4-5 Leader: Lynn E. Lunch: Princeton shopping center	May 6, Point Mountain Class: 2B Miles: 3.0+ Leader: Geoff U. Lunch: TBD
Mar 25, Tohickon Valley/Ralph Stover Hike Class: 2B Miles: 5 Leader: Yolanda E. Lunch: Bring lunch to eat on the trail	May 13, Bald Pate Mountain, Ridge and Red Trails Class: 2B Miles: 4+ Leader: Linda Bradway Lunch: TBD
Apr 1, Jenny Jump. Mountain Lake section. Class: 2B Miles: 5 Leader: Geoff Nicklen. Lunch: Villa Venice	May 20, Catfish Pond/Rattlesnake Swamp Class: 2B Miles: 5 Leader: Geoff Nicklen. Lunch: Belvidere Diner.
Apr 8, Hill and Dale w a touch of Hell Class: 2C Miles: 5 Leader: Linda de N. Lunch: Oldwick General Store	May 27, White Oak Trail- Mimi's Trail Zega Lockatong Preserve Class: 2B Miles: 4+ Leader: Maria Katonak Lunch: Lumberville General Store,can eat outdoors if weather is nice
Apr 15, Carversville Road Walk Class: 2B Miles: 4 Leader: Yolanda E. Lunch: General Store near the bridge	

Thursday “C Pace” (Energetic) Hikes – Spring 2020

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.

Mar 5, Jenny Jump State Forest Class: 3C Miles: 6.5 Leader: Jackie S.	Apr 23, Pinnacle and Pulpit Rock Class: 3C Miles: 9 Leader: Mike W.
Mar 12, Hook Mountain State Park Class: 3C Miles: 6.3 Leader: Mike W.	Apr 30, Terrace Pond Class: 4C Miles: 7 Leader: Mark H.
Mar 19, Wyanoke High Point and Carris Hill Class: 3C Miles: 7-8 Leader: Mark H.	May 7, High Mountain Park Preserve Class: 3C Miles: 6 Leader: Richard Puglisi
Mar 26, Mountain Lake to Jenny Jump shuttle hike Class: 3C Miles: 10 Leader: Harry Q.	May 14, Sterling Forest - Shore and Ridge Class: 3C Miles: 8 Leader: Charlie B.
Apr 2, White Lake and adjacent preserves Class: 2C Miles: 7 Leader: Jackie S.	May 21, Crater lake and Hemlock Pond-AT Class: 3C Miles: 8 Leader: John S.
Apr 9, Wawayanda Lake Loop Class: 3C Miles: 7.5 Leader: Charlie B.	May 28, Abram Hewitt State Forest, Hewitt, NJ Class: 3C Miles: 7 Leader: Nancy S.
Apr 16, Tohickon Valley Park to Ralph Stover and back Class: 3C Miles: 7 Leader: Susan S.	Jun 4, 40th Anniversary Hike - Wind Gap to Fox Gap on AT (Shuttle) Class: 3C Miles: 9 Leader: Mike W.

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)

