

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



FALL 2020 NEWSLETTER
SEPTEMBER OCTOBER NOVEMBER

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

Letter from the President

Just a few weeks until Fall and the weather will cool down, the torrential rains will stop, and the leaves will begin to turn. A beautiful time to be outdoors!

Unfortunately, the COVID-19 pandemic continues on and we have to live with a new normal. Fortunately, the scientists and politicians have a better understanding of it than they did in March, and they have relaxed the restrictions and reopened the parks. People are going outside to the beaches and the parks, and there has not been a related uptick in cases when they wore masks and remained physically apart. Many of the Club members have been outdoors hiking or biking with friends they made through the Club.

Thus, we feel better about resuming some of the Club activities following the restrictions and guidelines being promulgated by Governor Murphy. Our activities will be in small groups who wear face coverings when appropriate, and who stay physically apart from the others. In this Newsletter, you will find a more detailed Addendum to our hiking guidelines.

Regrettably, our schedule is sparse, but it is more than we had 40 years ago. The leaders have come up with some good options for the fall weather at various locations. Our Thursday group has come up with the interesting concept of doing two iterations of a hike 30 minutes apart so more people can participate. It is a good schedule.

Those who participate in a Club activity take responsibility for the risk of catching COVID-19 while on an activity. The virus is still out there, and we have to be careful and smart. Participants may not participate if they are sick, if they have been in contact with someone who has had COVID-19 in the past 14 days, or if they have been to an area listed in the state travel advisory within the past 14 days.

Naturally, things may change and we will have to respond as necessary. It is what it is, but we will do our best to enjoy our 40th year as a Club!

Also included in the Newsletter is a time line of the first 40 years of the Club's history. An expanded version has been created and will be available for the 50th Anniversary in 2030. Sadly, we will not be able to recreate our first hike, celebrate at a social gathering, nor get that big group shot wearing our T-shirts.

Our monthly Club meetings will use Zoom – it worked very well in June. We have some good topics scheduled and I hope you join us as it is good to see those smiling faces.

I look forward to a 2021 that is different, and hope that our next Newsletter will be stuffed with goodies for the Winter and that I get to see you on the trail again.

Stay well,
Charlie

40 Years of Enjoying the Outdoors Together 1980-2020

Where we are – How we got here – Where we are going

With a January 2020 membership of 390 and in recent years about that same number of annual activities, we are big and vibrant.

In order to see how we got here, check out the next two pages which display a sampling of noteworthy events. This is a synopsis of a 900 item spreadsheet. Every event has a leader and equally necessary, participants. And that is how we got where we are.

Our intrepid leaders are precious to us but too many to include in this abbreviated timeline. We heartily thank Each of You.

And a very special thanks to our 26th president, Charlie Behnken who has gallantly led us through this ominous year and on to our 50th year of Enjoying the outdoors together.

Spreadsheet compiled by Carolyn Creed and Lynn Nicklen

Timeline created by Sylvia Crush-Stanton



40th yr. 1980-2000

1980 Many 1sts:

Hike & picnic - 4/ 13. Lord Stirling Park, 15 folks, 6 mi.

Canoe trip from Bulls Island

Square dance; NYC trip

Hike & litter pick up; Sunfish Pond, 20 hikers, 10 mi., 8 bags of trash

Camp @ French Creek St. Pk. ; Backpack Loyalsock trail.

Holiday party @member's home.



1981 1st cross country ski weekend Grand Canyon of PA.

Tubing on the Delaware river

Scheduling of weekly events begins

1982

1st White water rafting on the Lehigh.



1983

Moonlight hike.

Camping at Cape May.

1984

1st town & museum walk, Princeton.

Partnering with other clubs.



1985 Four Sisters winery hike & dinner

1989

1st Morales community work day. Joined NJ Trail Conference.



1986 1st Annual trip to Washington, DC*

1990 10th Anniversary @ American Legion, skits, dancing, dinner, costumes.

Cedar run weekend

Boston Bus trip

Biking in Amish country.

30th Anniversary of Earth Day

*Annual trip in future yrs. Included: NH, MT, Canada, Wash St., Shenandoah, Four Corners, Grand Canyon etc ...

1996

15th anniversary picnic and pot luck



1991 Weekly Wednesday hikes begun

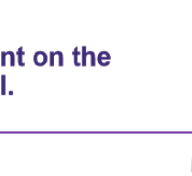
1992 Meditation hike.

Rock climbing & rappelling

1993 Caroling at HCC

2000

1st trail angel event on the Appalachian Trail.



40th yr. 2001-2020



More 1sts:

2002 NYC ice skating.

2004 Friday bike rides.

2005 25th Cruise
Celebration aboard the
River Lady on Tom's River

2007 Email
communication
begins.

Public Website
established.

2008 1st Tuesday bike
rides.

Recruiting for hikes by
email begins.

2009 Member
website and Yahoo
updates started.

Constitution & bylaws
updated.

2010 – Regularly
scheduled museum trips
begin.

Loretta begins her
continuing run as
membership chair.

2012 – Started annual
donations to non-profit
trail related organizations.

2011 In addition to
Wednesday hikes:

**Tuesday short hikes &
Thursday C paced
longer hikes** were
added.

2014 – 2018 -
Monthly community
theater trips

**Marathon of 16
Tuesday Town walks.**

2018 Flawless
transition from yahoo
updates which served us
for 10 years to groups io.
which has facilitated group
email, tracking, file
hosting, photo sharing &
calendar features.

2016 –Trail Magic,
formally Trail Angels-

HHC volunteers offer
welcome respite for
Through hikers on the
Appalachian trail.

2020 – Our 40th anniversary and a year to
remember for the rest of our lives.

March The arrival of Covid -19 changed the world. *

September we officially restart scheduled hikes.

2019 Revision of
by-laws and other
club documents.

Mindfulness hikes
begin.

* The HHC might have dissolved except for creative and determined members who have kept us safely enjoying the outdoors together now and into the foreseeable future. Many thanks to our Leadership ---CMN

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 2020 – May 2021

President: Charlie Behnken : Charles.behnken@gmail.com

Secretary: Open

Treasurer: Jack Caffrey

Website: Mark Hermsmeier:

Indoor Program:

Peg Groah :

Doris Spencer:

Lynn Nicklen:

Outdoor Activities:

Pam Bland:

Jackie Strigl:

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: Pat Hennessy:

Tuesday Hikes: Geoff Nicklen

Wednesday Hikes: Currently Loretta Mizeski

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 (or names if family membership)

Address: _____

City, State, Zip: _____

Telephone #(s) _____

Email(s) _____

The HHC Newsletter and updates will be sent to each 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: **Jack Caffrey, 10 Essex Avenue, Maplewood, NJ 07040** (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 the newsletter and 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 member)

Rev 8/20

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.

HHC Hiking Guidelines (COVID-19 Addendum)

LIABILITY WAIVER

Participants must read and sign the liability waiver, or bring a signed liability waiver from home.*

By participating and signing the liability waiver,

- You agree to assume all risk of contracting COVID-19 during the event.
- You attest that you are not sick.
- You affirm have not had contact with anyone infected with COVID-19 nor been to a state on the NJ Travel Advisory list in the past 14 days.

FACE COVERINGS/SOCIAL DISTANCING

Face Coverings must be worn at the start and end of the event, at breaks or intersections where the group tends to bunch up.

Face Coverings may be removed once the event has started and you are physically distant from the other participants

Face Coverings must be readily available for use, not in packs. A backup mask is suggested.

Participants should maintain a distance of at least ten (10) feet from other participants, including during lunch.

RESTRICTIONS

Group size is restricted to 8 participants including the leader.

Participants must pre-register for an event using Groups.io. One may not "just show up" at the trailhead.

Due to the group size restrictions, if you have been on a recent hike, please wait 24 hours after receipt of an invite before responding.

All events start at the trailhead. No carpooling. Locations must have sufficient parking.

No shuttle hikes or post event lunches.

Pop-up events are to be scheduled using Groups.io to control participation.

* The Liability Waiver w COVID-19 verbiage can be found here -

<https://hunterdonhikingclub.groups.io/g/main/files/HHC%20Forms%20and%20Guidelines/For-Leaders-Liability-Waiver-Sign-In-Sheet%20%28COVID-19%20rev%29.pdf>

Indoor Program Schedule

Indoor programs will be on line on Zoom for the rest of 2020. You will get a link to the meeting the day before. If you need technical support before or during the program contact At that time an agenda will be provided and also the names of members who will be available for technical support .

Thursday October 8 , 7 pm

HIKING THROUGH A PANDEMIC

We will look at how the first few weeks of regularly scheduled hikes have been going. Bring your thoughts, suggestions, concerns , to share. There will be a regular business meeting as well

Thursday, November 12, 7 pm

CLIMATE REALITY PROJECT

You've seen the headlines. You may have questions about the science and impacts of the global threat. Margaret Waldo, a Frenchtown resident is one of the volunteer leaders from over 135 countries trained by the Project. She is former Executive Director of the Hunterdon Land Trust which has helped preserve many of the parks and trails we hike . She is now the Executive Director of Duke Farms. 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

December 10, 7pm

GRAND CANYON

Zoom through the Grand Canyon with Mike Wellons, HHC member who will treat us to an illustrated program of his 14 day hiking and rafting trip.

Museum Walks

NOT SCHEDULED

Thursday Mindfulness Hikes –

NOT SCHEDULED

Weekday Outdoor Activities

Tuesday Short Hikes

Tuesday hikes will resume. Hike details will be announced on [Groups.io](https://www.groups.io) each week. These announcements will be sent on a Saturday.

Note that all Covid-19 requirements will be observed. The RSVP system limiting the group to 8 persons will be used

Wednesday Hikes

- see page 15 for the Wednesday hike schedule.

Thursday “C Pace” (Energetic) Hikes

- see page 16 for the Thursday hike schedule.

Tuesday and Friday Bike rides, and Friday Short Hikes are not scheduled

Upcoming Events

LUNCH IN THE PARK Saturday, September 19

Alexandria Township Park
242 Little York-Mt. Pleasant Road
Milford, NJ 08848

TIMETABLE

2:00 - 3:00 Hike or Walk or Relax

Hike with leader Geoff Nicklen at Schick Preserve
(Invitation sent through Groups.io)

or

Take a self guided park walk around the circular paved 1 mile path

or

Relax by the pavilion

3:00 – 4:00 BYO lunch

BYO lunch, drinks (sorry, no alcohol allowed) and chairs to sit in

Social distancing and masks required in accordance with current guidelines

The December Holiday Party is canceled this year

WEEKEND OUTDOOR ACTIVITIES

Because we are currently resuming limited group activities with specific guidelines for the Fall, there are fewer scheduled activities. Only the scheduled events are listed. All other Saturday and Sunday dates for September, October and November are Open. If someone decides to lead an activity on an Open date AFTER the newsletter is sent out, please contact one of the Weekend Committee Representatives before proceeding to add to the calendar & messaging on groups.io.

Saturday, September 19, Lunch in the Park

See details p.12

Watch for updates

Saturday, September 26, Flemington greenways hike, 4-5 Miles, Class 2B

10:00 AM Meet: To be provided upon acceptance as an attendee

Sylvia c

Around Dvoor farm and greenway areas in adjacent properties. Mostly flat some small hills

Saturday, October 3, Trexler Nature Preserve, 7 Miles, Class 3B

9:30 AM Meet: To be provided upon acceptance as an attendee

Charlie B.

Open rolling fields, no rocks, but lots of ups and downs. May see bison! Bring lunch for the trail. Estimate 45 minute drive from Clinton

Sunday, October 11, Horseshoe Bend Park, 4-5 Miles, Class 2C

9:30 AM Meet: To be provided upon acceptance as an attendee.

Lindsay D.

Some ups and downs with uneven terrain.

Saturday, October 17, Musconetcong Gorge Preserve Hike, 6.0 Miles, Class 3C

9:00 AM Meet: To be provided upon acceptance as an attendee

Richard Puglisi

We'll head out on the Highlands Trail from Dennis Road out to Staats Road looping back via the White/Railroad/Nature trails.

Sunday, October 18, Appalachian Trail Backpacking trip in Vermont, 23.7 Miles, Class 3C

7:00 AM Meet: To be provided upon acceptance as an attendee.

Paul U.

Wednesday - Sunday October 7 - 11, 2020 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.

Disclaimer for this activity only. Since this is a multi-day trip and arrangements need to be made, please contact Paul ASAP instead of waiting until two weeks before the trip.

Sunday, October 25, Jenny Jump - Hope, NJ, 5 Miles, Class 3C

10:00 AM Meet: To be provided upon acceptance as an attendee.

Yolanda E.

Scenic hike in woods with some ups and downs and some rocky terrain. Bring lunch and water.

Saturday, October 31, Mt Tammany Sunrise Hike, 4 Miles, Class 3C

6:00 AM Meet: To be provided upon acceptance as an attendee.

Mark H.

Flashlight and ice grippers are a must.

Sunday, November 1, Baldpate Mountain Loop, 4.5 Miles, Class 2B

9:30 AM Meet: To be provided upon acceptance as an attendee.

Pam B.

Following Yellow trail (steeper with some switch backs, closer to 3B in this section) to top of summit (view of Delaware River) to Red trail with gradual descent, then gradual ascent back to Yellow trail to parking lot. Bring a snack and water

Saturday, November 7, Harriman State Park - Claudius Smith's Den, 6 Miles, Class 3C

9:30 AM Meet: To be provided upon acceptance as an attendee

Charlie B.

Be prepared to exert yourself, but worth the effort. We will climb to the top of two cliffs for fantastic views (1000+ ft elevation gain). Bring lunch for the trail. Small parking lot so limited to 6 participants and early start. Estimate a 60 minute drive from Whitehouse area.

Saturday, November 21, Frenchtown Preserve, 5 Miles, Class 2B

10:00 AM Meet: To be provided upon acceptance as an attendee.

Sylvia C.

Along the Nishisakawick creek. Significant hills.

Wednesday Hikes – Fall 2020

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

Leaders: Charlie B.; Joann P.; Johanna M.; Loretta M.; Mark H.; Sylviac; Tom N.; Yolanda

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

<p>Sep 9, Teetertown Ravine Nature Preserve near Califon Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 4 Leader: Loretta M. Lunch: Early lunch or snack on trail at a scenic spot</p>	<p>Oct 21, Sourlands Mountain Preserve Meet: To be provided upon acceptance as an attendee. Class: 3B Miles: 5 Leader: Mark H. Lunch: Lunch on the rocks</p>
<p>Sep 16, Chimney Rock Park Hike (Martinsville) Meet: 10 AM To be provided upon acceptance as an attendee. Class: 2B Miles: 5 Leader: Tom N. Lunch: In park</p>	<p>Oct 28, Miquin Woods, near Glen Gardner Meet: To be provided upon acceptance as an attendee Class: 2B Miles: 3 Leader: Charlie B. Lunch: No lunch</p>
<p>Sep 23, Merrill Creek Reservoir Meet: To be provided upon acceptance as an attendee Class: 2B Miles: 5 Leader: Johanna M and Joann P. Lunch: Bring lunch to eat at Johanna’s place nearby</p>	<p>Nov 4, Readington trails via foothill rd Meet: To be provided upon acceptance as an attendee Class: 2B Miles: 5.5 Leader: Sylviac Lunch: N/a</p>
<p>Sep 30, Greenway Meadows (Princeton) Meet: To be provided upon acceptance as an attendee Class: 2B Miles: ~4 Leader: Yolanda Lunch: No lunch</p>	<p>Nov 11, Musconetcong Gorge- Milford, NJ Meet: To be provided upon acceptance as an attendee Class: 3C Miles: 5 Leader: Yolanda Lunch: Lunch on the trail</p>
<p>Oct 7, Columcille Megalith park in Bangor, PA Meet: 10 AM To be provided upon acceptance as an attendee Class: 1B Miles: 2+ Leader: Joann Pieloch/Johanna McAteer Lunch: TBD</p>	<p>Nov 18, Jockey Hollow Meet: 10 AM To be provided upon acceptance as an attendee Class: 3B Miles: 5 Leader: Charlie B. Lunch: We will look for a spot on the trail.</p>
<p>Oct 14, Voorhees State Park Hike Meet: 10 AM To be provided upon acceptance as an attendee. Class: 2B Miles: 5 Leader: Tom N. Lunch: Picnic in park</p>	

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

Class: 1C – 3C, Meeting Times vary. 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>Sep 3, Dunnfield Creek Meet: 9:30 AM To be provided upon acceptance as an attendee Class: 3C Miles: 9 Leader: Ron G.</p>	<p>Oct 22, Harriman State Park - Ramapo Torne Meet: 9:00 AM To be provided upon acceptance as an attendee Class: 3C Miles: 7.5 Leader: Charlie B.</p>
<p>Sep 10, Lake Sonoma and Overlook Point Meet: 9:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 6 Leader: Mark H.</p>	<p>Oct 29, Apshawa Preserve Meet: 9:30 AM To be provided upon acceptance as an attendee Class: 2C Miles: 6 Leader: Jackie S.</p>
<p>Sep 17, Allamuchy Mountain Park-North Meet: 9:00 AM To be provided upon acceptance as an attendee Class: 3C Miles: 7.0 Leader: John S.</p>	<p>Nov 5, The Pinnacle Meet: 9:30 AM To be provided upon acceptance as an attendee Class: 3C Miles: 8 Leader: Mike W.</p>
<p>Sep 24, Sterling Forest Shore and Ridge Loop Meet: 9:00 AM To be provided upon acceptance as an attendee Class: 3C Miles: 7.5 Leader: Charlie B.</p>	<p>Nov 12, Four Birds Trail to Splitrock Reservoir Meet: 9:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 8-9 Leader: Mark H.</p>
<p>Oct 1, Van Campens Glen via Pioneer trail from Millbrook Village Meet: 9:30 AM To be provided upon acceptance as an attendee Class: 2C Miles: 6 Leader: Jackie S.</p>	<p>Nov 19, One or more trails off Old Mine Road, Water Gap Meet: 9:30 AM To be provided upon acceptance as an attendee Class: 3C Miles: 7 to 9 Leader: Ron .G</p>
<p>Oct 8, Hartsthorn Woods Park Meet: 9:00 AM To be provided upon acceptance as an attendee Class: 3C Miles: 8 Leader: John S.</p>	<p>Nov 26, Happy Thanksgiving! No hike scheduled.</p>
<p>Oct 15, Mahlon Dickerson Reservation Meet: 9:30 AM To be provided upon acceptance as an attendee Class: 3C Miles: 6-7 Leader: Jack G.</p>	

Hike and Bike Ride Classifications

Hikes and bike rides are rated based on type of terrain and pace. It is important that you select physical activities based on your personal abilities.

Terrain Classification	Hikes	Rides
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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)