

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



WINTER 2020-2021 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

Letter from the President

Our 40th year as a hiking club is coming to a close, and it will be a year to remember – T-shirts, Bumper Stickers, a fun filled gathering of friends at our non-picnic, and many memories in the Newsletter to ponder over. It will also be remembered for other things – no celebratory cake, no first hike re-creation, no more meetings at the Park office with friends, no summer hikes.

When we celebrate our 50th, we will look back and reminisce about the events of 2020, but for now, you will find in the Newsletter some memories from our members of their experiences with the club over the past 40 years. We will continue to offer these memories in future Newsletters. If you have a memory you want to share, please contact Lynn Nicklen.

Fortunately, 2020 was not a total bust. A new normal came along, where we could hike in small groups while socially distancing, and wearing face coverings. We did get out, and we were able to enjoy a fall whose good weather and beautiful foliage stretched into the first weeks of November. Our leaders stepped forward and scheduled hikes, secondary leaders stepped up and scheduled alternate hikes or led second ‘platoons’, our hikers followed the rules and we remained safe. We worked together and we worked it out.

We had the right idea but we found we were not the only ones out there. In the past, one could hike without worrying about parking and not meet another soul on the trails. People have found the parks, and we no longer have them exclusively to ourselves. It is hard to find parking after 9 am on a weekend. One has to keep their face coverings handy as we pass groups. NYNJTC has actually re-blazed trails in loops because so many are getting lost.

We now enter the winter months of the year with a good schedule of hikes lined up, and maybe we will have the trails to ourselves again. It may be cold, but one can bundle up. If there is snow, we can break trails as we look for animal tracks. However, we still have challenges and we have to be smart. As I write this, the number of people infected with COVID-19 is increasing. We have to remain ready to respond to any changes to the Governor’s restrictions.

Remember, those who participate in a Club activity take responsibility for the risk of catching COVID-19 while on an activity. Participants may not participate if they are sick, if they are under quarantine for any reason, 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.

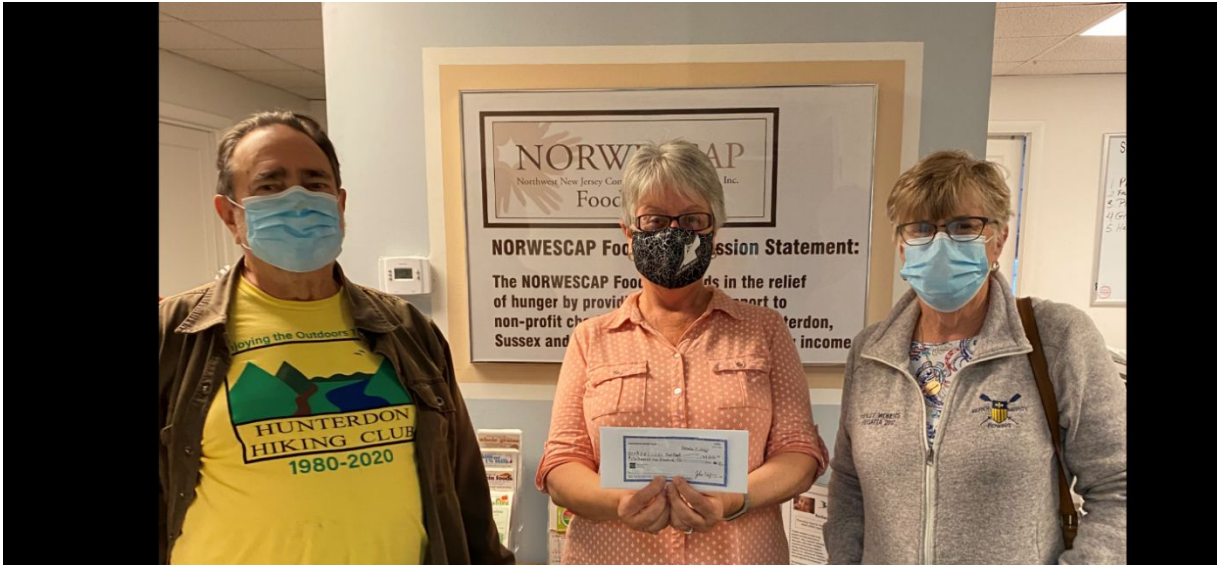
We will try our best to enjoy safely the last few months of our 40th year!

I continue to look forward to a 2021 that is different, and hope to see you on the trails.

Stay well, be safe!

Charlie

Food Bank Donation



On November 12th Gail Jacobsen and Jack Caffrey presented a check for \$1,200 to the NORWESCAP Food Bank on behalf of the Hunterdon Hiking Club. (Pictured are Jack Caffrey, Helene Messner, director of the food bank and Gail Jacobsen

Each year, the Club uses some of your dues to feed dozens of Appalachian Trail thru-hikers in July, throw a big picnic for the members in the September, and sponsor a Holiday party in December. This year with the COVID-19 virus restricting activities, the Club has suspended many of its activities, especially those large gatherings like a traditional picnic and the party. As the ATC advised hikers to stay home, our AT Trail Magic was also suspended. In November, after recommendations from some of our members, the Executive Board decided to redirect the funds to help those struggling during the pandemic.

On November 12th, the Hunterdon Hiking Club presented a check for \$1,200.00 to Helene Messner, the director of the foodbank at NORWESCAP, to assist them in their efforts to feed the hungry and help the food insecure in our area.

NORWESCAP, located in Phillipsburg, NJ, has more buying power than individual foodbanks allowing this donation to have more impact than donations to individual food pantries. They supply food to many of the local Hunterdon, and Warren county foodbanks like Open Pantry, Flemington Food Pantry, Fisherman's Mark, and North Hunterdon Food Pantry. NORWESCAP goes to supermarkets like ShopRite, Stop and Shop, Wawa every day and accepts food donations. They actually deliver 2 ½ million lbs. of food annually including hundreds of meals for Thanksgiving each year.

NORWESCAP stores everything in a huge warehouse in Phillipsburg. Workers then put food on a truck and deliver it to many food pantries, shelters, etc. in the area. People from agencies also come to the warehouse to get food. Additionally, they have an extensive backpack program where they fill over 400 backpacks each week with food to give to school children for the weekend; without these backpacks kids wouldn't eat on the weekend.

Hunterdon Hiking Club is proud to support NORWESCAP during these tough times.

Member Recollections Our First 40 Years



“Over the years, some of my favorite memories were our X-country ski trips to Indian Lake, NY and the Poconos. One of our bus trip to Indian Lakes turned into a hair raiser once we got off the interstate. It had been snowing and the winding road just wasn’t a good fit for the bus. I remember the first trip to Big Bass Lake where we stayed in the A-frame cabin belonging to a friend of mine. We had so much fun in that cozy cabin with the usual suspects - Gloria, Irene, Al, Susie, Aubrey, Shirley, June, Ed, Caryl and others. I think the following year we had two houses. (Whenever we had Aubrey and Shirley together, there was always singing.) Another ski memory is our trip to Wild West City (See the picture above - Jan 1981– left to right –Irene Boyle, unknown, Dot Stetson, Geoff Nicklen, Suzie Leslie, Joan Sampson, Gloria Bakker) led by Geoff. That may have been my first ski trip with the club – and what a trip it was! Very icy – but we had fun anyway. Other favorite activities were our bike trips, to Vermont, Block Island, the Eastern Shore of Maryland, and the many local bike rides. Of course, it goes without saying that hiking is the main focus and many friendships were cemented while walking together. The club started out small and over the years grew to what it is today. We’ve lost a lot of members and then gained new ones. There is something for everyone and everyone is made to feel welcome.” **Joan Sampson ~ Member since 1981**

“I joined the club in the summer of 2018 but it took me until January of 2019 before I went on my first hike. Lynn Ebeling was the leader and weather forced it to be a road hike. Had two wonderful conversations with Claire DeLuca and some guy named Geoff Nicklen. Lunch was at Orlando’s.

It wasn’t until the introduction of the Mindfulness Hikes that I got totally engaged and now I’m one of the leaders. It’s a great group of people and I’m making wonderful new friends. Best of all I’m being introduced to new places like the magical Ken Lockwood Gorge which I never knew existed. Hoping for many more years of adventures.”

Frank Murray ~ Member since 2018

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: Ellen Rousseau:

Treasurer: Jack Caffrey:

Website: Mark Hermsmeier:

Indoor Program:

Peg Groah:

Doris Spencer:

Lynn Nicklen:

Outdoor Activities:

Pam Bland: 609-672-4378

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:

Wednesday Hikes:

Thursday Hikes:

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/HYGIENE

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.

Participants should practice good hygiene by cleaning your hands with soap and water, or using sanitizer when applicable.

RESTRICTIONS

Group size is restricted to 10 participants (8 on weekends) 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

For the foreseeable future, Indoor Programs will be online on Zoom. You will get a link to the meeting the day before.

GRAND CANYON

Thursday, December 10, 7 PM

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.

OPEN ZOOM MEETING

Thursday, January 14, 7 PM

This will give members a chance to share and listen.

WILDLIFE OF NEW ZEALAND

Thursday, February 11, 7 PM

Laura Bush, Senior Park Naturalist will share her expertise with striking visuals. Some of you have traveled to NZ and others would like to. In either case you will enjoy seeing and learning about the extraordinary wildlife of this gorgeous country.

Weekday Outdoor Activities

Tuesday Short Hikes

Tuesday hikes, when known what they are to be, will be listed on [Groups io](#) 4-5 days prior to the hike.

Every attempt will be made to have 2 hikes on Tuesdays to avoid wait listing

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

Museum Walks

NOT SCHEDULED

Thursday Mindfulness Hikes –

NOT SCHEDULED

Upcoming Events

The December Holiday Party is canceled this year

WEEKEND OUTDOOR ACTIVITIES

Because we are currently resuming limited group activities with specific guidelines for the Winter, there are fewer scheduled activities. The scheduled events are listed. All other Saturday and Sunday dates for December, January, and February 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 the groups.io calendar to add a new activity to send out to the members

Saturday, December 5, Round Valley Reservoir, 5 Miles, Class 2B

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

Mark H.

Most of the hike will be along the shore line. Bring snacks for lunch after the hike.

Sunday, December 6. Open – No Leader

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

Saturday, December 12, Teetertown Ravine Nature Preserve near Califon, 4+ Miles, Class 2B

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

Loretta M.

Scenic, some rocky trails with moderate hills. Lunch after hike at picnic tables if interested.

Sunday, December 13, Columbia Trail / Ken Lockwood Gorge, 6-8 Miles, Class 2C

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

Pete G.

Hike on trail and possibly in the gorge depending on weather, trail conditions and interest. Quick pace. No lunch stop. Snack along trail.

Saturday, December 19, Goat Hill Trail and more, 4+ Miles, Class 2B

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

Sylvia S-C.

Hike up from Delaware River to the lookout. Vista over the Delaware, New Hope and Lambertville, looping back on the backside of property. Substantial uphill/downhill on Washington Road. Poles recommended. If it has been wet, we may find a muddy spot or two.

Sunday, December 20. Open – No Leader

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

Saturday, December 26. Open – No Leader

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

Sunday, December 27, Wickecheoke Greenway (Central section), 5-6 Miles, Class 2C

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

Jackie S.

Hike along the Wickecheoke Creek and scenic country roads. Route dependent on water levels in the creek. Many of the trails are rocky, but there is little elevation change, Possible stream crossings.

Saturday, January 2. Open – No Leader

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

Sunday, January 3, Tincum Park - Canal & Road Walk, 4 Miles, Class 2B

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

Yolanda

Canal & back country road walk

Saturday, January 9. Open – No Leader

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

Sunday, January 10, Columbia Trail / Ken Lockwood Gorge, 6-8 Miles, Class 2C

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

Pete G.

Hike on trail and possibly in the gorge depending on weather, trail conditions and interest. Quick pace. No lunch stop. Snack along trail.

Saturday, January 16, Tohicken Valley Park, 4-5 Miles, Class 2B

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

Lindsay and Dave D.

We will be doing a loop from Tohicken Park down to the creek, up to High Rocks, and back along the ridge. Rolling hills and uneven terrain. A few steeper inclines. Poles recommended.

**Sunday, January 17, XC Ski or Hike Towpath Washington Crossing State Park NJ, 4 Miles, Class 1B
1:00 PM Meet: Parking Lot next to Washington Crossing Bridge Off Route 29 & Patriots Tavern.**

Daniel McAuliffe

If snow, XC ski the towpath along the Delaware and thru Washington Crossing State Park, NJ. Otherwise hike the same distance. Bring your own skis. Rentals are available at Langhorne Ski & Scuba, 1757 North Olden Avenue, Ewing, NJ Tel: 609-538-1970 or Big Bear Gear on Rt. 29, 1874 River Road Lambertville, NJ (609) 460-4784. Alternate parking in front of the Visitors Center at the Park in case of plowing concerns. Please wear a mask.

Saturday, January 23 Open – No Leader

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

Sunday, January 24, Wormans/Lower Creek Road Walk, 4 Miles, Class 2B

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

Yolanda

Quiet country roads walk.

Saturday, January 30, Voorhees State Park Hike, 5 Miles, Class 2B

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

Charlie B.

A ramble to the lookout points and beyond. Hiking boots and poles recommended as the trail is rocky in spots. Some ups and downs, including one of 400 ft (over the course of a mile). Bring water and a snack. Optional lunch at the end in picnic area.

Sunday, January 31. Open – No Leader

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

Saturday, February 6, Frenchtown Preserve and the state properties, 4 Miles, Class 2B

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

Sylvia S-C.

Hiking from the Delaware River up and down hills toward Horseshoe Bend parks and creeks. Poles and good hiking boots are recommended. Possible snow winter fun options available if snow is deep enough.

Sunday, February 7, Columbia Trail / Ken Lockwood Gorge, 6-8 Miles, Class 2C

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

Pete G.

Hike on trail and possibly in the gorge depending on weather, trail conditions and interest. Quick pace. No lunch stop. Snack along trail.

Saturday, February 13, Round Valley Off Trail Ramble, 5 Miles, Class 4B

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

Mark H.

We'll explore some of the many old paths and logging trails at Round Valley. Some sections will be off trail. There will be lots of steep slopes, boulder hopping and rock scrambling. We'll take a leisurely pace and see how far we get in 3 or 4 hours. Lunch next to the reservoir if it is not too cold. If there is enough snow, we'll do snowshoeing.

Sunday, February 14. Open – No Leader

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

Saturday, February 20, Outdoors XC Ski & Snowshoe Clinic with Hiking - 1:00pm-4pm, 2 Miles, Class 1A

1:00 PM Meet: NJ Washington Crossing State Park Nature Center, Titusville, NJ (off route 29 on Wash./Pennington Rd)

Daniel McAuliffe

This workshop is outside under a large cozy roofed pavilion with picnic tables & a roaring fire in a wood stove for warmth. Restrooms are available. Dress warm in layers. Wear a mask. Please call Nature Center for reservations - (609) 737-0609 -This is a 90 minute lecture and demonstration with audience participation to learn about the different types of equipment, what to look for in selecting your first pair, how to dress, basic 7 skills, your 1st day on skis/snowshoes, and where to go. If snow covered, an additional 1+ hour outdoor ski lesson will be offered. If Not, trail maps are available for personal hiking on 2 miles of park trails. Participants must provide their own ski equipment for the outdoor lesson. Rentals are available at Langhorne Ski & Scuba, 1757 North Olden Avenue, Ewing, NJ 609-538-1970 or Big Bear Gear on Rt. 29, 1874 River Road Lambertville, NJ (609) 460-4784. The workshop will be co-instructed by Kevin Kavanaugh, Ewing, NJ & Daniel McAuliffe, Langhorne, PA

Sunday, February 21, Washington Crossing Park NJ, 3 Miles, Class 2B

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

Pam B.

Start at the Nature Center at Washington Crossing Park, NJ side. Loop hike on trails through the woods with gentle ups & downs and then the Nature trail loop.

Saturday, February 27, Cheesecake State Park, 6 Miles, Class 2B

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

Charlie B.

Gentle hike over rolling hills and through beautiful salt marshlands with the assistance of numerous boardwalks. No rocks, but poles may help on the ups and downs. Bring lunch.

Sunday, February 28. Open – No Leader

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

Wednesday Hikes – Winter 2020-21

Class: 1B – 3C, Leaders: See individual hikes:

Leaders: Ann L.; Charlie B.; Ellen M.; Joan S.; Johanna M / Joann P.; Lindsay D.; Loretta M.; Yolanda

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

<p>Dec 2, Teetertown Ravine Nature Preserve near Califon Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 4+ Leader: Loretta M. Lunch: Picnic lunch in park after hike</p>	<p>Jan 20, Princeton Battlefield State Park Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 3 1/2 - 4 1/2 Leader: Ann L. Lunch: No lunch</p>
<p>Dec 9, Van Nest Refuge, Mercer County Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 3 1/2 - 4 1/2 miles Leader: Ann L. Lunch: No lunch</p>	<p>Jan 27, Allamuchy Mountain State Park Meet: To be provided upon acceptance as an attendee. Class: 3B Miles: 5 Leader: Ellen Moskowitz Lunch: end of hike</p>
<p>Dec 16, Canal/ Cutalloosa-Greenhill Road Walk Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 5 Leader: Yolanda Lunch: TBD</p>	<p>Feb 3, Horseshoe Bend Park Meet: To be provided upon acceptance as an attendee. Class: 2C Miles: 4-5 Leader: Joan S. Lunch: Optional @ Napoli Pizza, Frenchtown</p>
<p>Dec 23, Cooper Mill Meet: To be provided upon acceptance as an attendee. Class: 2C Miles: 4.5 Leader: Ellen Moskowitz Lunch: Cooper Mill at the end of hike</p>	<p>Feb 10, Hacklebarney SP. Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 3.5 Leader: Charlie B. Lunch: No lunch. Bring snack for the trail.</p>
<p>Dec 30, Merrill Creek Reservoir Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 5 Leader: Johanna M / Joann P. Lunch: TBD</p>	<p>Feb 17, Califon Road Hike Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 4.5 Leader: Loretta M. Lunch: No lunch planned</p>
<p>Jan 6, Round Valley Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 5 Leader: Lindsay D. Lunch: TBD</p>	<p>Feb 24, Musconetcong Gorge Preserve Meet: To be provided upon acceptance as an attendee. Class: 3C Miles: 4-5 Leader: Joan S. Lunch: On the trail</p>
<p>Jan 13, Tekening Trail Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 4 Leader: Johanna M / Joann P. Lunch: TBD</p>	

Thursday “C Pace” (Energetic) Hikes – Winter 2020-21

Class: 1C – 3C, Start time: Varies, 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>Dec 3, Apshawa Preserve Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 6 Leader: Jackie S.</p>	<p>Jan 21, Brendan Bryne State Forrest - Swan Hike Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 7 Leader: John S.</p>
<p>Dec 10, Bulls Island State Park, nearby Preserves and country roads Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 2C Miles: 6 Leader: Jackie S.</p>	<p>Jan 28, Cheesequake State Park Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 2C Miles: 7 Leader: Charlie B.</p>
<p>Dec 17, Mt. Tammany Fire Trail, To Sunfish Pond to AT Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 10 Leader: Ron Good</p>	<p>Feb 4, Pyramid Mountain Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 5-6 Leader: Mark H.</p>
<p>Dec 24, No hike scheduled--Christmas Eve (See weekend schedule for C-paced hike Dec. 27)</p>	<p>Feb 11, Merrill Creek Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 7-8 Leader: Johanna M.</p>
<p>Dec 31, Round Mountain Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 2C Miles: 5-6 Leader: Mark H.</p>	<p>Feb 18, Mt. Minsi Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 5+ Leader: Ron Good</p>
<p>Jan 7, Raccoon Ridge Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 8 Leader: Harold Q.</p>	<p>Feb 25, Round Valley State Park Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 10 Leader: Charlie B.</p>
<p>Jan 14, Tohicken Creek High Rocks Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 7 Leader: Susan S.</p>	

Hike and Bike Ride Classifications

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

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)