

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



**SPRING 2021 NEWSLETTER**  
**MARCH APRIL MAY**

HHC Web Page: [www.HunterdonHikingClub.org](http://www.HunterdonHikingClub.org)

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

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

## Letter from the President

It has been a year since COVID has changed our lives. Fortunately, HHC has managed to resume outdoor activities after a short break last spring and summer, and are now preparing to enjoy the nice spring weather. We continue to wear masks, practice social distance and operate in reduced groups. It is the new normal.

I poked about to see what other hiking clubs are out there and what they are doing. Some have a full schedule, and others have a very sparse schedule. Some hit many different areas, and others visit the same areas repeatedly. I looked to see where they hiked and are there places that I have not yet been. There were some, but not many. Upon review, I came to realize that Hunterdon Hiking Club is located in a great area for outdoor activities.

Hunterdon County is home to five of New Jersey's state parks. The county, and its neighboring counties, are loaded with county parks, township parks, conservation preserves and greenways.

Hunterdon is centrally located where we can reach many different hiking areas in under 90 minutes. Not far away we have the Delaware Water Gap National Recreation area to the northwest and the Jersey highlands to the north east, with NY parks like Harriman, Sterling Forest and the Catskills just over the border. Pennsylvania to our west offers areas like Lake Nockamixon and Tohickon High Rocks, plus their own section of the Appalachian Trail. To the east, we have the Jersey shore areas like Hartshorne Woods, Cheesequake and Sandy Hook and looking south, we have the Pine Barrens with Brendan Byrne and its Tundra Swans, Franklin Parker with its blueberries, and Wharton with the BATONA trail.

Pre COVID we hiked or biked six days a week – almost 80 activities a quarter. Mark gave me a listing of activities in our scheduling database, and I calculated that since late 2017, we have visited over 300 locations, and this does not count Pat's Friday hikes or all of Geoff's Tuesday hikes!

The Hunterdon Hiking Club offers a very competitive series of hikes, tailored to different ability levels. Through the pandemic, with the help of our activity leaders, we have managed to keep a good mix of offerings, and we succeeded in offering them safely. So, find a hike that speaks to you this spring, and get outdoors and enjoy our beautiful area.

Stay safe, and stay well!

Charlie

P.S. the list of 300 locations can be found at -

<https://hunterdonhikingclub.groups.io/g/main/files/HHC%20Presentations/HHC%20Hiking%20Locations%20since%20Late%202017.pdf>

# GENERAL INFORMATION ABOUT THE HUNTERDON HIKING CLUB

## Who we are!

The Hunterdon Hiking Club (HHC) is an affiliated organization of the Hunterdon County Parks System. The purpose of the club is to provide a forum where individuals may join with others for the personal enjoyment of hiking and other outdoor activities.

## What do we do?

Hikes are scheduled for almost every Saturday, Sunday, Tuesday, Wednesday and Thursday. Bicycle rides are scheduled on Tuesdays and Fridays in season and shorter hikes are scheduled for Tuesdays. Canoe/kayak trips and X-country skiing are often scheduled as the weather permits. Weekday trips combining a city walk plus a visit to a museum are occasionally scheduled.

## HHC General Membership Meetings

HHC meetings are the second Thursday of the month, at the Parks Office:

1020 Highway 31, Lebanon, NJ 08833 [www.co.hunterdon.nj.us/depts/parks/parks.htm](http://www.co.hunterdon.nj.us/depts/parks/parks.htm).

The meetings start at 7pm. (No meetings in July, August, September or December).

## Hunterdon Hiking Club Officers - June 2020 – May 2021

**President:** Charlie Behnken: [Charles.behnken@gmail.com](mailto:Charles.behnken@gmail.com) 908-735-2037

**Secretary:** Ellen Rousseau:

**Treasurer:** Jack Caffrey:

**Website:** Mark Hermsmeier:

### **Indoor Program:**

Doris Spencer:

Lynn Nicklen:

### **Outdoor Activities:**

Pam Bland:

Jackie Strigl:

**Membership:** Loretta Mizeski: [ljski64@gmail.com](mailto:ljski64@gmail.com)

### **New Membership Inquiries:**

Gail Jacobsen: 917-939-6391 [Jacobseng@mail.com](mailto:Jacobseng@mail.com)

**Newsletter:** Tom Norwood

**Hospitality:** Sharon Rider

## ACTIVITY COORDINATORS

*Tuesday Bike Rides:* Pat Hennessy:

*Tuesday Hikes:* Geoff Nicklen

*Wednesday Hikes:* Ed McGivern

*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)

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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**

Until further notice, Indoor Programs will be on line on Zoom at 7 PM.  
You will get a link to the meeting the day before.

## **HOT ISSUES FACING THE DELAWARE RIVER**

**Thursday, March 11**

We use the river for kayaking, fishing, walking along its towpaths. Delaware Riverkeepers Network works to keep the river and its tributaries clean and free flowing and abundant with the diversity of life. Faith Zerbe, Water Watch Director, will provide a ZOOM presentation of their work, focusing on current “hot” issues.

## **HIKING AND BIKING TIPS**

**Thursday, April 8**

Prior to this Zoom meeting you will have an opportunity to ask hiking and biking questions. We will attempt to answer by way of the accumulated knowledge of our members, interspersed with professional information. Topics might range from biking attire to Yak Tracks. Think - poles, water, head lamps (yes, sometimes we are out before sunrise and after dark), boots, bikes and carpooling - which once again will become routine. Look for the poll requesting your tips to share, topics of discussion or questions.

## **OPEN ZOOM AND ELECTIONS**

**Thursday, May 13**



## **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 13 for the Wednesday hike schedule.

### **Thursday “C-Pace” (Energetic) Hikes**

- see page 14 for the Thursday hike schedule.

### **Monday “Exploratory (Difficult) Hikes**

- see page 15 for the Monday hike schedule.

**Tuesday and Friday Bike rides are not scheduled in the newsletter but will be sent out on groups.io a few days before with the meeting place and description.**

## **Museum Walks**

NOT SCHEDULED

## **Thursday Mindfulness Hikes –**

NOT SCHEDULED

## **Upcoming Events**

Backpacking the Appalachian Trail in Vermont  
Wednesday - Sunday, May 12 - 16  
24.2 miles Class 3C

Paul U.

Meeting place & departure time to be determined: contact leader

Join us as we backpack from US 4 (where we finished on 05/31/20 ) to VT 12 (VT section 3). Highlights of this section will include Kent Pond, Thundering Falls (140 feet, one of VT's highest waterfalls), climbing a ladder on a steep ledge, Lakota Lake Lookout with a view of the White Mountains in the distance, Don's Rock on the Pinnacle, The Lookout (A private cabin on property outside the AT corridor whose owners permit its use as a viewpoint for hikers) & a bald hilltop with panoramic views. We plan to camp at Gifford Woods State Park on Wednesday night.

## WEEKEND OUTDOOR ACTIVITIES

There are many open dates available for Spring Outdoor activities on the weekends. 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 post the activity on the scheduling calendar and Hunterdon Hiking Club @groups.io messaging.

### **Saturday, March 6, Baldpate Mountain, 4-5 Miles, Class 2B**

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

**Lindsay and Dave D.**

Out and back with a few side trips.

### **Sunday, March 7                   Open- No Leader**

### **Saturday, March 13, Bread Lock Park, 3-4 Miles, Class 2B**

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

**Johanna M.**

Easy hike in area of Morris Canal. Lunch TBD

### **Sunday, March 14                   Open- No Leader**

### **Saturday, March 20, Palisades Interstate Park - Bombay Hook, 7 Miles, Class 3C**

**10:30 AM Meet: To be provided upon acceptance as an attendee.**

**Charlie B.**

Hike starts at the bottom of the Palisades along the Hudson River before climbing almost 500 feet to the top. After walking along the top we drop back down to the river to finish. Bring lunch for trail.

### **Sunday, March 21, Merrill Creek, 6.5 Miles, Class 2B**

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

**Mark H.**

A walk around the reservoir. Lunch will be after the hike outside the visitor center.

### **Saturday, March 27                   Open- No Leader**

### **Sunday, March 28, Cooper Mill/Black River, 6-1/2 Miles, Class 2C**

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

**Yolanda**

Mostly flat, but there are some ups and downs. Rocky terrain and roots along the way. Bring snacks to eat on the trail; wear hiking boots

**Saturday, April 3, Pryde's Point, 3-4 Miles, Class 2+B**

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

**Lynn N.**

This D&R Greenway preserve has interesting natural and man-made features and includes 2 creek crossings. It is near the Hunterdon County Fairgrounds- 10 min. from Lambertville.

**Sunday, April 4 (Easter)      Open- No Leader**

**Saturday, April 10              Open- No Leader**

**Sunday, April 11, Solebury Road & Canal Walk, 5 Miles, Class 2B**

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

**Yolanda E.**

Walk scenic, quiet backroads & canal path

**FRIDAY, April 16, Musconetcong Gorge trail Maintenance, 4 Miles, Class 2B**

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

**Ron G.**

We will cut back brush, weeds, briars. May have few branches to saw.

**Saturday, April 17              Open- No Leader**

**Sunday, April 18              Open- No Leader**

**Saturday, April 24              Open- No Leader**

**Sunday, April 25, Stony Brook- Millstone Watershed, Hopewell Township, 4 Miles, Class 1B**

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

**Pam B.**

We'll walk a combination of trails- a pond loop, a Stony Brook loop, through some fields and woods. Good areas for bird sightings-

**Saturday, May 1, Horseshoe Bend Park, 4-5 Miles, Class 2B**

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

**Lindsay and Dave D.**

Rolling ups and downs through the woods with a few stream crossings. May be muddy.

**Sunday, May 2                  Open- No Leader**

**Saturday, May 8                Open- No Leader**

**Sunday, May 9                 Open- No Leader**

**Saturday, May 15, Stokes State Forest - Sunrise Mtn AT, 8.5 Miles, Class 3C**

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

**Charlie B.**

Hike from the valley up to the top of the ridge for lunch on Sunrise Mountain, then along the AT before dropping back down. 1200 foot elevation gain. 1 1/4 hours drive from Clinton.

**Sunday, May 16                      Open- No Leader**

**Saturday, May 22                    Open- No Leader**

**Sunday, May 23                    Open- No Leader**

**Saturday, May 29                  Open- No Leader**

**Sunday, May 30                    Open- No Leader**

## Wednesday Hikes – Spring 2021

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

**Leaders:** Anna M, Charlie B, Ellen M, Joan S, Johanna M, June F, Lindsay D, Loretta M, Yolanda E.

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

<p><b>Mar 3, Sourland Mountain, Hillsborough</b> Meet: To be provided upon acceptance as an attendee. Class: 3C Miles: ~5 Leader: Anna M.</p>	<p><b>Apr 21, Jenny Jump</b> Meet: To be provided upon acceptance as an attendee. Class: 2C Miles: ~5 Leader: Yolanda E. Lunch: Lunch on the trail</p>
<p><b>Mar 10, Merrill Creek</b> Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 6 Leader: Johanna M. Lunch: TBD</p>	<p><b>Apr 28, White Lake Loop</b> Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 4 Leader: June F. Lunch: Bring lunch to have at end of hike</p>
<p><b>Mar 17, Paxon/Cutaloosa Road walk</b> Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: ~5 Leader: Yolanda E. Lunch: Snacks on the Road</p>	<p><b>May 5, Teetertown Ravine Nature Preserve near. Califon</b> Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 4.5 Leader: Loretta M. Lunch: Picnic lunch in park after hike</p>
<p><b>Mar 24, Black River Trail, Chester NJ</b> Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 5 Leader: Ellen M. Lunch: TBD</p>	<p><b>May 12, Musconetcong Gorge</b> Meet: To be provided upon acceptance as an attendee. Class: 3C Miles: ~5 Leader: Yolanda E. Lunch: Lunch on the trail</p>
<p><b>Mar 31, Horseshoe Bend Park</b> Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 4-5 Leader: Lindsay D. Lunch: TBD</p>	<p><b>May 19, Jockey Hollow</b> Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 5 Leader: Ellen M. Lunch: end of hike</p>
<p><b>Apr 7, Roaring Rock Park, Washington, NJ</b> Meet: To be provided upon acceptance as an attendee. Class: 2B Miles: 4-5 Leader: Joan S. Lunch: no lunch</p>	<p><b>May 26, Sourland Mountain, Hillsborough</b> Meet: To be provided upon acceptance as an attendee. Class: 3C Miles: ~5 Leader: Anna M.</p>
<p><b>Apr 14, Cheesequake State Park</b> Meet: To be provided upon acceptance as an attendee Class: 2B Miles: 5 Leader: Charlie B. Lunch: Lunch on trail...</p>	

## Thursday “C Pace” (Energetic) Hikes – Spring 2021

**Class: 1C – 3C, Meeting time varies—see listing. Bring a packed lunch to eat on the trail**

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

<p><b>Mar 4, Wyanoke High Point and Carris Hill</b> Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 7 Leader: Mark H.</p>	<p><b>Apr 22, Buttermilk Falls</b> Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 9 Leader: Mike W.</p>
<p><b>Mar 11, Mahlon Dickerson Reservation Beaver Pond</b> Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 8 Leader: Mark H.</p>	<p><b>Apr 29, Terrace Pond (the hard way)</b> Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 8 Leader: David D.</p>
<p><b>Mar 18, Mt. Tammany Fire Trail</b> Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 10 Leader: Ron G.</p>	<p><b>May 6, High Point AT- Iris Trail Loop</b> Meet: 9:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 6-8 Leader: Pete G.</p>
<p><b>Mar 25, Newark Watershed</b> Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 6-8 Leader: Jack G.</p>	<p><b>May 13, Gnome Hollow Preserve</b> Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 6.0 Leader: John S.</p>
<p><b>Apr 1, Jenny Jump State Park</b> Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 6.5 Leader: Mark H.</p>	<p><b>May 20, Harriman State Park - Lake Tiorati to Lemon Squeeze</b> Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 9 Leader: Charlie B.</p>
<p><b>Apr 8, Kakeout Reservoir and Pyramid Mountain</b> Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 9 Leader: Charlie B.</p>	<p><b>May 27, The Pulpit and Pinnacle</b> Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 9 Leader: Mike W.</p>
<p><b>Apr 15, Black River</b> Meet: 9:30 AM To be provided upon acceptance as an attendee. Class: 3C Miles: 6-7 Leader:</p>	

## Monday Exploratory Hikes – Spring 2021

Class: 3C - 4C, difficult hikes, expect the unexpected, always bring lunch.

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

<p><b>Apr 5, Monksville Reservoir</b>          Meet: To be provided upon acceptance as an attendee.          Class: 3C Miles: 9          Leader: Mark H.          Hike around Monksville Reservoir and across the dam to Wanaque Reservoir. Great views. Lots of hills to climb and possible difficult water crossings.</p>	<p><b>May 3, Ringwood SP - Inglestein Rock</b>          Meet: To be provided upon acceptance as an attendee.          Class: 3C Miles: 9          Leader: Charlie B.          Explore the backwoods of Ringwood State Park climbing to Ilgestein Rock and High Mountain with views of NY</p>
<p><b>Apr 19, Stonetown Circular</b>          Meet: To be provided upon acceptance as an attendee.          Class: 3C Miles: 10.5          Leader: Mark H.          This is a difficult hike with 6 or 7 mountains to climb. Elevation gain of about 2900 feet.</p>	



# Hike and Bike Ride Classifications

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

<b>Terrain Classification</b>	<b>Hikes</b>	<b>Rides</b>
<b>Class 1</b>	Easy, mostly flat.	Easy, flat. Mostly on bike paths, gravel or paved. Occasionally on roads that will have a small amount of traffic
<b>Class 2</b>	Intermediate, rolling hills, some stone or rocks on trail.	Easy, some moderate hills (ascended slowly). Mainly on quiet roads, sometimes on busier county roads. May include some unpaved, gravel sections.
<b>Class 3</b>	More difficult, steep ups and downs, trail rocky but stable.	Intermediate, includes hills. Primarily roads (quiet as well as busier county); but may include some unpaved sections.
<b>Class 4</b>	Most difficult, very steep ups and downs, unstable footing, hand holds may be necessary.	Intermediate, including hills, some steep and long. Primarily roads (quiet as well as busy). Bike paths, if involved, must be paved.
<b>Pace Classifications</b>	<b>Hikes</b>	<b>Rides</b>
<b>Class A</b>	Leisure pace, accommodates the leisure hiker Amble, unhurried, with frequent stops	Leisurely pace, cruise on flat 7 to 12 mph; Overall average 7 to 8 mph; frequent stops
<b>Class B</b>	Amble, unhurried, with frequent stops	Steady but leisurely pace. Cruise on flat 9 to 13 mph; Overall moving average 9 to 10 mph
<b>Class C</b>	Moderate, energetic to cover a proposed distance.	Moderate. Cruise on flat 11 to 14 mph, Overall moving average 10 to 11 mph.
<b>Class D</b>	Brisk, capable of walking at a quick pace for prolonged periods	Cruise on flat 12 to 16 mph; Overall moving average 11 to 12 mph.

## Hiking Guidelines

1. Questions about a hike should be directed to the hike leader prior to day of the hike.
2. Hiking boots are required for all hikes other than those classified as 1A. Sneakers may be appropriate for a Class 1A hike. Check with hike leader.
3. Many find that hiking sticks increase stability on steep and/or rocky trails. Consider bringing one!
4. Remember to contribute towards gas when you are a passenger in a carpool.
5. What to Bring on a Hike:
  - a. adequate drinking water, especially during hot weather.
  - b. your own snacks, as needed. If lunch is planned following the hike, it may be later than a normal lunch time meal.
  - c. your own basic first-aid kit. Leaders are not trained in first aid and are not expected to provide first-aid supplies.
  - d. weather-appropriate clothing items to layer as conditions change.

## Bicycle Ride Guidelines

1. On all rides, leader will wait at intervals for all riders to catch up.
2. Questions about a ride should be directed to the ride leader prior to day of the ride.
3. **A suitable bicycle, helmet, extra inner tube and water are required for ALL rides.**
4. For most HHC rides a hybrid bicycle is very suitable. For longer faster rides a road bicycle might be considered. Note that hybrids with their wider tires excel on all types of surfaces and are sturdy and reliable. Road bikes with their narrow high-pressure tires roll easier but are not good on gravel.
5. Your bicycle must be in good operating condition, especially the brakes and gears.
6. Tires should be fully inflated and wheels securely fastened.
7. A cell phone is recommended. A spare inner tube, levers and a multi-tool are useful items to carry. Also a small first aid kit for treating cuts, grazes etc. Leaders are not trained in first aid and are not expected to provide first aid supplies.

## 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)