

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SUMMER 2021 NEWSLETTER
JUNE JULY AUGUST

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 Carolyn Nicklen cmnicklen2@yahoo.com

Letter from the President

Letter from your new President

When I was asked to be president, I recalled the words of our founding member Irene Boyle, who served multiple times, “It’s easy, you just show up and bang the hammer?” Armed with this advice, I accepted. She neglected to tell me about the President’s letter. Charlie wrote some very important missives dealing with covid-19 and the state mandated restrictions and CDC safety measures, encouraging us to get hiking safely and helping us to celebrate our 40th Anniversary with fun if different than what we had planned. He also included many interesting links which I still refer to and you may see recycled in this space for our continued help.

Optimistically speaking I think the hard work navigating the pandemic has been done. To quote Charlie, “We worked together and we worked it out.” The latest board decisions on this summer’s modified guidelines that were sent out by Charlie in May can be found elsewhere in this newsletter. **Keep in mind that the situation is still evolving. Look for the most up to date recommendations, as they occur, on Groups.io.**

We expect to get back to in person meetings but mixed with Zoom in the dark and cold of the winter months. We hope that our 41st annual picnic will be more like the old days and probably better. We even anticipate a holiday party again. None of this is a certainty so while you stay tuned, certainly stay hiking.

One very encouraging item to be noted - more members are hiking and more hikers are leading. This is not only laudable but critical. You may have noticed on the Groups.io calendar there are multiple hikes on a day which is in response to the desire for more hikes of different varieties to suit the tastes and abilities of all. Pick a hike best suited to your ability. **Contact the leader to be sure.** With more folks hiking it is important that we look after one another - before, during and after hiking.

Stay safe, stay well and keep hiking!
Lynn Nicklen

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 2021 – May 2022

President: Lynn Nicklen cmnicklen2@yahoo.com 609-397-2603

Secretary: Ellen Rousseau:

Treasurer: Jack Caffrey:

Website: Mark Hermsmeier:

Indoor Program:

Doris Spencer

Outdoor Activities:

June Filipski

Ed McGivern

Membership: Loretta Mizeski: ljmski64@gmail.com

New Membership Inquiries:

Gail Jacobsen: 917-939-6391 Jacobseng@mail.com

Newsletter: Tom Norwood

Hospitality: Joann Pieloch:

Teresa Londino

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:

2021-2022 Membership Renewals Due By July 31st

Please mark your calendars to renew before July 31. I will send a general reminder email to all in early July through groups.io.

However, please read the following messages before sending in your dues because a good number of you **DO NOT** owe dues this year.

-New members who joined after March 1st of this year are paid up through July of 2022.

-In addition, many of you signed up for a two-year membership last year so will not have to renew this year.

-And some have jumped the gun and already sent in your renewals- thank you!

Since many of you do not keep track of this, a separate e-mail will be sent directly from me (NOT through groups.io) at that same time informing you if your membership is due or if you have until 2022. So if you are not sure, please wait until you get this personal email in early July.

Also, please notice on the application that renewing members with no changes in info should send check directly to our current treasurer, **Jack Caffrey without needing to fill out an application.** You may note in the memo line if single or family membership or for one or two years. His address is on the application on the following page but you do not need to include one; just the check will do.

If you have changes, then either send me (Loretta) the application with the new information and check **OR** you can also just email me the changes and still send the check directly to Jack if you prefer. **Please DO NOT make the check out to Loretta or Jack, but to Hunterdon Hiking Club.**

Please contact me if you have any questions about this at ljmski64@gmail.com. Thank you!

Loretta Mizeski - Membership Chair

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.

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>

As more and more people are vaccinated for COVID, the Club's **Executive Board** has reviewed the restrictions put in place for Club events. It has been decided to loosen those restrictions somewhat **for the Summer/starting with the June events**. We are not going back to the previous way of functioning, but are taking steps in that direction.

These changes will affect leaders and participants, so please try to understand how the changes affect you.

COVID

COVID is not gone and we will continue to use masks, social distancing and hygiene recommendations as before. "Quarantine" requirements remain the same – do not participate if you have symptoms, had contact with people with COVID in the past 14 days, etc. We will also continue to use the Sign-in/Liability waiver form with the COVID verbiage.

LIMITS

Limits on attendees will be lifted for most events which means no Waitlist for most events! Leaders can choose to put limits on events in those circumstances where it is warranted - parking, group size handling. We have had limits on events in the past like Museum trips or city walks, so this is nothing new.

GROUP SIZE

Group sizes will still be managed. Leaders will have to work with the attendees to split up in to manageable group sizes (around ten recommended). This will support social distancing.

Groups.io & RSVP

Leaders: continue to use the Groups.io calendar invites with RSVP as we have been doing. Set the number of attendees at zero unless you are limiting the number of attendees – zero means unlimited attendees.

Participants: you are not required to RSVP unless there is a limit on the number of attendees, but **as a courtesy to the leader, participants are encouraged to RSVP** so the leader has some idea of the number of participants, and who is attending. This will allow the leader to address group sizing and solicit a second leader from the attendees. It will also allow you to see who is participating and arrange for carpooling (see below).

CARPOOLING

Hikes start at the trailhead/starting location as in the past; carpooling was never part of an event, though most members took advantage of it

Reasonable carpooling should be considered for events. This will reduce the strain on parking and allow those who do not feel comfortable driving long distances a chance to participate. Reasonable means two or three people who know each other and feel safe together in the car. Masks should be worn and windows open when possible (drivers should probably not wear a mask).

In addition to the event start location (and time), leaders should designate a meeting location and time for carpooling as part of the event as we did in the past. Naturally, the leader should be at the carpool location to manage the carpooling and provide directions. Those who do not feel comfortable carpooling can either drive to the starting location or 'caravan' with the carpoolers (this can be dangerous-drivers should have directions). If it is more convenient, those coming from the same area can choose to carpool together without meeting at the carpool location.

SHUTTLE HIKES

We will continue the restrictions on Shuttle hikes. Shuttle hikes require too many people at a time in a car to work effectively. We will revisit this for the Fall.

VACCINATIONS

We will not be asking people if they are vaccinated. We expect people who are not yet vaccinated to carry on as they have, and to not carpool. No stigma attached as we understand some people will not be vaccinated for personal or health reasons.

As this is going to print the CDC and the state of NJ are changing guidelines. Please note further updates on our guidelines will be sent on Groups.io.

This may be a little confusing, so don't hesitate to reach out to a member of the Executive Board if you have a question. Thanks in advance for your cooperation.

The Executive Board

Indoor Program Schedule

No indoor programs in summer.

Weekday Outdoor Activities

Tuesday Short Hikes

Tuesday hikes will continue with more relaxed options.

1. The io system will continue to be used but with invitees now up to 16. (This number not because of covid but simply that 16 is all I can manage to provide a safe and enjoyable hike)
2. I will ask for HHC members to lead additional Tuesday hikes.
If a 2nd leader piggybacks on my hike there would be a maximum 20 attendees. If a 2nd leader offers a separate hike then however attendees that leader can manage.
All still using the io system.
3. The meeting place will be back to our regular meeting places with carpooling optional. Those wanting to meet at the trail head will need to e-mail the leader to request details. This to know exactly how many to expect at the meeting place and how many at the trailhead.
4. Lunches after the hike will have all options open – picnics and outside or inside dining.

Wednesday Hikes

- see page 16 for the Wednesday hike schedule.

Thursday “C-Pace” (Energetic) Hikes

- see page 17 for the Thursday 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

Museum walks will be listed on HHC groups.io.

Thursday Mindfulness Hikes –

Silent hike to practice mindfulness and enjoy the outdoors while being in good company. Hike begins with brief instructions on how to maintain mindfulness during the hike. Mindfulness is the practice of quieting the mind so you can be fully aware of the present moment. This practice relaxes the body and quiets the mind, reducing fatigue and anxiety. Walking/hiking while practicing mindfulness may bring the added bonus of a fuller enjoyment of being outdoors with friends and Nature.

Class: 1A – 3B - Self-paced timed-walk/hike. We set our timers for 45 minutes and we will each walk at our own pace. At the end of 45 minutes, we turn around and return to the starting point. Total hike = 1 ½ hours.

For more information contact Carolyn Creed.

Details on the upcoming hike, including meeting place and time, will be emailed weekly via HuntermHikingClub@groups.io. There will be an option to go to lunch afterwards

Upcoming Events

SPECIAL EVENT: A PEGGY GROAH MEMORIAL HIKE

MONDAY, AUGUST 23 THE GIVING POND 3.5 Miles CLASS 2B

10:00 Meet: Parking lot by Rt. 32 at entrance to Delaware Canal State Park, 1069 River Rd., PA; about 1 mile north of Frenchtown bridge

Sylvia C. ; Pam B.

Many of us remember Peggy's enjoyment of kayaking on The Giving Pond in Upper Black Eddy, PA. It seems fitting to share an outing there in her memory.**

This will be a loop hike on a trail and canal towpath. Poles suggested for a stream crossing. BYO lunch to eat together after the hike. Picnic tables available. After lunch, Peggy's kayaking friends can canoe/kayak together on The Giving Pond. Bring your own boat and life vest.

** There will be a second memorial event for Peggy Groah, a hike on Mt. Minsi, Delaware Water Gap in the Fall. Details forthcoming in the Fall newsletter.

RAINDATE FOR A PEGGY GROAH MEMORIAL HIKE MONDAY, AUGUST 30
THE GIVING POND See details on August 23

Appalachian Trail Magic (Honoring Bill and Peg Groah)

At the end of June and into July, the Appalachian Trail thru hikers will be coming through New Jersey on the trail on their way to Mt. Katahdin, Maine. We will be providing trail magic to them by cooking hot dogs and hamburgers and serving cold drinks and snacks. We set up on the trail near Millbrook Village, NJ. It is a full day event and we usually have a team of 3 people there. This year, we are trying to do 5 days of trail magic from July 12th to July 16th. If you are interested in working one of the days, please let me know what days you would be available. If you are interested in being a team leader, please let me know that as well. The team leaders buy the food and coordinate everything for the day.

Please respond to me either on email (Jacobseng@mail.com) or by text or phone call (917-939-6391).

This is a very fun and rewarding day! Gail Jacobsen and Ron Good (Committee Chairs)

41st Annual Picnic

SAVE THE DATE ~ **Saturday, September 18, 2021**

Same fantastic place as last year – Alexandria Township Park

242 Little York-Mt Pleasant Road

Milford NJ 08848

Morning hikes –TBD and will be listed on Groups.io

Lawn Games and Lunch begin at 1 PM

BYO food/drinks/chairs

There is a **possibility** that we will grill burgers and dogs.

Lawn games and live music are a definite. Heavy rain cancels.

Final details will be posted in the Fall Newsletter and in early August on Groups.io with an RSVP request.

If you would like to help please contact the Picnic committee:

Joann , Teresa or

Lindsay

WEEKEND OUTDOOR ACTIVITIES

There are Open dates for hiking or biking on weekends in June, July, August. To schedule additional activities on an Open date, please contact one of the Outdoor Coordinators PRIOR to inviting members. A leader must have participated in at least 3 outdoor events before volunteering to lead one. There are no limitations for participation in a weekend activity except at the leader's discretion (in that case the number is stated & participants will RSVP to the leader's invitation prior to the activity). No shuttle hikes at this time. Car pooling is optional.

Saturday, June 5, Open

No Leader

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

Sunday, June 6, Open

No Leader

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

Saturday, June 12, Open

No Leader

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

Sunday, June 13, Tohickon Creek and High Rocks, 6 Miles, Class 2C

10:00 AM Meet:

Mark H.

Lunch next to Tohickon Creek.

Saturday, June 19, ETS Stony Brook River Trail, 3 Miles, Class 2B

10:00 AM Meet:

Betty P.

Sunday, June 20, Open

No Leader

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

Saturday, June 26, Crater Lake and Hemlock Pond, 7 Miles, Class 3C

9:00 AM Meet:

Alternate Location: Numbers will be limited. Trailhead location will be sent to attendees
Charlie B.

Hike from Blue Mountain road to Hemlock Pond and Crater Lake in the DWGNRA (north of Blairstown). 800 foot elevation gain. Lunch on the trail.

Sunday, June 27, Open

No Leader

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

Saturday, July 3, Mariton Wildlife Sanctuary, 3-4 Miles, Class 2B

10:00 AM Meet:

Lindsay and Dave D.

Not many miles but a great hike with almost all moderate ups and downs. Several lookouts. One substantial hill.

Sunday, July 4, Open

No Leader

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

Saturday, July 10, Hike Duke Island Park to North Gate of Duke Farms, 5 - 6 Miles, Class 2C

9:00 AM Meet:

Linda M.

Steady walking on combo of canal dirt path and park's asphalt path. Although we are walking to the North Gate of Duke Farms, we will NOT enter due to tickets being required. Bring lunch if you would like to picnic in Duke Island Park afterwards. Limit to 10 participants. Invite will be sent out 2 weeks prior to hike and you must register and be accepted to attend this hike.

Sunday, July 11, Prydes Point, 3 Miles, Class 2B

10:00 AM Meet:

John S.

Two stream crossings. Mostly wooded trails.

Saturday, July 17, Beginner's Backpacking Trip, 6-9 Miles, Class 3C

1:00 PM Meet: To be provided upon acceptance as an attendee.

Rich Puglisi

We'll backpack to Round Valley's wilderness campsites on Saturday and return on Sunday. Limit 6 people. We will adhere to the HHC COVID-19 Addendum. If interested, please contact leader (sooner rather than later) for further details.

Sunday, July 18, Morales Park, Flemington, 3 Miles, Class 2B

10:00 AM Meet:

Linda V.

A popular hike in Flemington with easy and well maintained trails. About 300+ feet elevation with pretty vista of the valley along the top.

Saturday, July 24, Horseshoe Bend park, 4-5 Miles, Class 2B

10:00 AM Meet:

Sylvia C.

Primarily hiking in wooded trail areas . Expect lots of ups and downs. Bring snack and water. Poles optional .

Sunday, July 25, Open

No Leader

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

Saturday, July 31, Open

No Leader

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

Sunday, August 1, Open

No Leader

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

Saturday, August 7, Open

No Leader

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

Sunday, August 8, Open

No Leader

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

Saturday, August 14, Pryde's Point, 3-4 Miles, Class 2B

9:30 AM Meet:

Lynn N.

Lovely walk through the forest along the stream with 2 crossings. This is a D&R Greenway created trail. Optional lunch TBD. <https://njtrails.org/trail/prydes-point-alexauken-creek/>

Sunday, August 15, Open

No Leader

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

Saturday, August 21, Open

No Leader

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

Sunday, August 22, Curlis Lake Woods Trail, 3-4 Miles, Class 1B

9:30 AM Meet:

Pam B.

Flat trails through a field to woods to shore of Curlis Lake. Poles optional for a stream crossing. Bring snack or early lunch at picnic table by parking lot & flower garden.

MONDAY, August 23, Peggy Groah Memorial Hike, The Giving Pond 3.5 Miles, Class 2B

10:00 AM Meet:

Sylvia C.

Loop hike on a trail and canal towpath. BYO lunch to eat together after the hike. Picnic tables available. After lunch, Peggy's kayaking friends can canoe/kayak together on The Giving Pond. Bring your own boat & life vest. **There will be a second event for Peggy Groah, a hike on Mt. Minsi, Delaware Water Gap in the Fall.

Saturday, August 28, Open

No Leader

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

Sunday, August 29, Round Valley, 5 Miles, Class 2B

10:00 AM Meet:

Mark H.

Mostly along the shoreline but some hills to climb. Bring snacks

MONDAY, August 30- RAINDATE for Peggy Groah Memorial Hike, The Giving Pond (see August 23 entry for details)

Wednesday Hikes – Summer 2021

Class: 1B – 4B, Leaders: See individual hikes, Meeting Times vary. See individual hike.

Leaders: Charlie B. ; Joan S. ; Johanna M. ; Lindsay D. ; Loretta M. ; Marianne Vlazny ; ellenm

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

To add a hike on an open date, contact coordinator Ed McGivern and post on groups.io.

Jun 9, Trexler Nature Preserve Meet: 10:00 AM Alternate Location: Class: 2B Miles: 5.5 Leader: Charlie B.	Jul 14, Teetertown Ravine Nature Preserve near Califon Meet: 9:30 AM Class: 2B Miles: 4.5 Leader: Loretta M.
Jun 16, Watchung Mountains Hike Meet: 10:00 AM Class: 3C Miles: 5 Leader: Marianne Vlazny	Aug 4, Peace Valley Park Meet: 9:30 AM Class: 2B Miles: 6 Leader: Lindsay D.
Jun 23, Horsehoe Bend Park Meet: 9:30 AM Class: 2B Miles: 4-5 Leader: Joan S.	Aug 11, Merrill Creek Reservoir Meet: 9:30 AM Class: 2B Miles: 5-6 Leader: Johanna M.
Jun 30, Allamuchy Mountain State Park Meet: 9:30 AM Class: 2B Miles: 4.5 Leader: ellenm	Aug 25, Tekening Trail Meet: 9:30 AM Class: 2B Miles: 5 Leader: Johanna M.
Jul 7, Hacklebarney SP. Meet: 10:00 AM Alternate Location: Class: 3B Miles: 3.5 Leader: Charlie B.	

Thursday “C Pace” (Energetic) Hikes – Summer 2021

Class: 1C – 3C, Start time: Varies, Always bring a packed lunch to eat on the trail.

Special Note: Alt. Meet is for those choosing to NOT carpool

Jun 3, Manaticut Point and Lake Sonoma Meet: 9:00 AM Alt. Meet: Class: 3C Miles: 7-8 Leader: Mark H.	Jul 22, Mt. Minsi Meet: 8:50 AM Alt. Meet: Class: 3C Miles: 6 + Leader: Ron G.
Jun 10, Bearfort Ridge Meet: 9:00 AM Alt. Meet: Class: 3C Miles: 8 Leader: Mike W.	Jul 29, Ramapo Valley Reservation Meet: 9:00 AM Alt. Meet: Class: 3C Miles: 9 Leader: Charlie B.
Jun 17, Wawayanda State Park - Cedar Swamp and Lake Lookout Meet: 8:45 AM Alt Meet: Class: 3C Miles: 8.5 Leader: Charlie B.	Aug 5, Round Valley Reservoir Meet: 9:00 AM Class: 3C Miles: 7 Leader: Mark H.
Jun 24, Frenchtown Preserve and other Frenchtown area trails Meet: 9:30 AM Class: 2C Miles: 7 Leader: Jackie S.	Aug 12, Sunfish Pond Meet: 9:00 AM Alt. Meet: Class: 3C Miles: 10 Leader: Pete G.
Jul 1, Lewis Morris County Park Meet: 8:30 AM Alt. Meet: Class: 3C Miles: 6-7 Leader: John S.	Aug 19, Allamuchy Deer Path Pond Meet: 9:00 AM Alt. Meet: Class: 3C Miles: 8 Leader: Charlie B.
Jul 8, Baldpate Mountain and Fiddlers Creek preserve Meet: 9:00 AM Class: 2C Miles: 7 Leader: Jackie S.	Aug 26, South Mountain Reservation Meet: 9:00 AM Alt. Meet: Class: 2C Miles: 7-8 Leader: Jackie S.
Jul 15, Franklin Parker Preserve - Red Trail Meet: 9:00 AM Class: 2C Miles: 6.0 Leader: John S.	

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		
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Classification	Hikes	Rides
Class 1	Easy, mostly flat.	Easy, flat. Mostly on bike baths, 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 Classification	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)