

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



FALL 2021 NEWSLETTER
SEPTEMBER OCTOBER NOVEMBER

HHC Web Page: www.HunterdonHikingClub.org

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

Note : This version was edited for web publication and omits meeting place detail and most leader personal contact info. To get more details on a hike before joining please contact Lynn Nicklen cmnicklen2@yahoo.com

Letter from the President

Your Fall Newsletter is packed with great stuff **THANKS** to our **wonderful Leaders and Club Officers** who keep giving us opportunities to enjoy the outside together (and inside – note our excellent upcoming meetings).

However, Covid 19, its Delta variant and the others that will undoubtedly follow are casting a long shadow on all of us. **You will continue to see more guidelines to help us safely navigate this ever evolving situation while we enjoy doing what we love. I expect all who can be vaccinated will be vaccinated. This is for our individual and collective well-being.**
Thank you.

Trail Magic was an outstanding success this year. Thank you for your leadership - Gail and Ron and all who volunteered. Please take a look at the photo album and write up on groups.io. There were 105 hungry AT thru hikers that were satisfied by 23 HHC volunteers!

We have our 41st Annual Picnic coming up September 18 – check it out!

Jack Giller is spearheading our trail maintenance with NYNJTC along with Ron Good who has been leading us in our county trail maintenance. **Please support them in all their requests for trail work.** This is our infrastructure – and our responsibility.

Zoom is still with us until the Park Office opens or we find another place to meet. State mandates prevail.

We were featured in the NYNJ Trail conference “Trail Walker” summer newsletter. Thank you Charlie!

In closing - a particular concern of mine is the job of Sweep. I am usually a sweep and sometimes I lose sight of the leader. That should not happen. Good sweeping and good leaders make for safe hiking.

I look forward to seeing you on the trails and off!
Lynn

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:

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 of adults if family membership)

Address: _____

City, State, Zip: _____

Cell #(s) (indicate whose if two) _____

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** the membership year ends July 31.

New members who join after March 1 do not have to renew until July of the following year. 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)

RV 8/21

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 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 of Aug 15, 2021 Hunterdon’s level of community transmission is rated HIGH.

The CDC recommends: To maximize protection from COVIC-19 and the Delta variant, and to prevent possibly spreading it to others, everyone, regardless of vaccination status, should wear a mask indoors in public if you are in an area of SUBSTANTIAL or HIGH transmission.

As more people are vaccinated for COVID, we will cautiously continue with the progression back to the way things were.

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

Leaders should use their own discretion to support social distancing.

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Groups.io & RSVP

Entering events into the Groups.io calendar is no longer required. Please use the newsletter as the primary source of information on the scheduling of activities. A leader may send an additional posting to update information. Unless otherwise noted in the entry, or you receive a posting, consider the newsletter listings as the final notification.

Leaders: You may 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. 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 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

Shuttle hikes are again allowed. Reasonable consideration should be given to the number of passengers and the length of time together in a car.

VACCINATIONS

It is strongly recommended that all who can get vaccinated do get vaccinated. If you are not vaccinated or under a doctor's care and you have been told that you cannot be vaccinated please wear a mask, socially distance and do not carpool.

Repeating what was stated in the summer newsletter, "As this is going to print the CDC and the state of NJ are changing their guidelines. Please note, further updates on our guidelines will be sent on Groups.io."

Indoor Program Schedule

Hiking club meetings will be on Zoom until further notice. You will receive a link to the meeting.

September. No meeting. See information about annual picnic

Thursday October 14

The ABBOTT MARSHLANDS

Pat Coleman, of the “Friends of the Abbott Marshlands” will present via zoom on the Ecology, Archeology and History of this historic and beautiful area. It is located near Bordentown, NJ, in the ancestral homeland of the Lenape. Lynn Nicklen will lead a hike on one of the trails in the Marshland on October 3. Look for information on this elsewhere in the newsletter.

Thursday November 18

HUNTERDON HIKING HAZARDS

We know that we can encounter dangers, sometimes unexpected, on the hiking trail. We are alert and careful about ticks but other wildlife can present problems as well. Tom Sheppard of the County Parks Department will present a program on snakes, coyotes , bears and other wildlife that may make surprise appearances on our hikes, as well as other hazards we might encounter. This will be a ZOOM presentation.

December

No meeting has been scheduled as we had hoped to have a holiday party. However with the resurgence of Covid Delta variant concerns and restrictions we have put those plans on hold.

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 many 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. Mindfulness is the practice of quieting the mind so you can be fully aware of the present moment.

Class: 1A – 3B - Self-paced. We will hike/walk for a set time.

Details for the upcoming hike will be emailed weekly via HunterdonHikingClub@groups.io. As the weather gets colder, we may adjust the hikes or suspend them altogether.

For more information contact Carolyn Creed (908 581 2192).

Upcoming Events

Mt.Minsi Peggy Groah Memorial Hike

TUESDAY, Oct. 12

5.5 miles 3C

Meeting time: 10:00

Meeting location: Mt. Minsi/AT parking lot

Alternate location: 9:00 departure, Spruce Run lot nearest Rt. 31

Leader: Ron G.

Some steep sections, some rocky sections; hike with terrific views (hopefully of Fall foliage)

Alternate shorter hike: 3 miles, 2C starts at base (Mt. Minsi lot), loop hike with view of Gap midway. Some rocky sections & stream crossing.

Bring lunch, water, hiking poles.

RAIN DATE: TUESDAY OCT. 19

RSVP on groups.io appreciated for this event (no limitation)

(additional event contact- Pam B.

Backpacking the Appalachian Trail in Vermont

Wednesday - Sunday , October 6 - 10

21.9 miles Class 3C Paul U. Meeting place & departure time to be determined : contact leader

Join us as we backpack from VT 12 (where we finished on 10/11/20) to the Connecticut River in Hanover , NH. If all goes well we will complete the state of VT on this trip. Highlights of this section will include Dupuis Hill (a bald summit with panoramic views) , Thistle Hill (1,800 ft) , crossing of a hilltop field with outstanding views of the White River Valley , crossing the White River , passing through the village of West Hartford , VT on the AT & Happy Hill Shelter

41st Annual Picnic

-Please Join us-

HHC 41st Annual Picnic

Saturday, Sep. 18, 2021, 1-4pm
Alexandria Township Park
242 Little York-Mt.Pleasant Rd
Milford, NJ 08848

1-2PM--GRILLED BURGERS AND DOGS
BRING A SIDE DISH TO SHARE
(OR BRING YOUR LUNCH IF YOU PREFER)
2-4PM--LAWN GAMES, SOCIALIZING, LIVE MUSIC

RSVP AND FOOD SIGN-UP ON [GROUPS.IO](https://groups.io) 8/24-9/11,
AND LOOK FOR PRE-PICNIC HIKES.

BYO CHAIRS
BYO BEVERAGES (NO ALCOHOL)
DESSERT PROVIDED BY THE CLUB
QUESTIONS-REACH OUT TO:
JOANN 908-319-5256, TERESA 908-432-4083

WE WILL EMAIL IF CHANGES ARE NECESSARY.



WEEKEND OUTDOOR ACTIVITIES

Please use this newsletter as the primary source of information on the scheduling of activities. A leader may send an additional posting to update information, make changes or limit the number of hikers on an activity. Unless otherwise noted in the entry, or you receive a posting, consider these listings as the final notification of an activity.

There are Open dates for hiking or biking on weekends in September, October, and November. 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.

Saturday, September 4. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Sunday, September 5. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, September 11. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Sunday, September 12. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

**Saturday, September 18, HHC 41st Annual Picnic
1-4 PM Meet: Alexandria Township Park
Look for details in this newsletter & RSVP on groups.io**

Sunday, September 19. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, September 25, Open. No Leader. To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Sunday, September 26, Carversville Walk, 4 Miles, Class 2B

Yolanda E.

Country Road Walk

Saturday, October 2, Shore Hike, 7 Miles, Class 1C

Linda M.

7 mile round trip hike on boardwalk from Belmar to Asbury Park. On return walk, we stop in Ocean Grove for lunch. You may bring your own or eat in an Ocean Grove restaurant. Allowing 1 hour maximum for lunch stop. Set up your own carpool if you wish.

Sunday, October 3. Abbott Marshlands, 3-4 Miles, Class 2A

Lynn N.

The Nature center (with Restrooms) is open again and we will start our ramble here. Lots of information and maps available. Abbott Marshlands (abbottmarshlands.org) will be the topic of our October 14 Program. It will be fun to see it up close and personal before hearing all about it from the Friends of the Marsh President Pat Coleman.

Saturday, October 9, Frenchtown Preserve, 4-5 Miles, Class 2B

Jackie S.

The Frenchtown Preserve has winding, wooded trails with gentle ups and downs. Minor stream crossing possible. Some muddy areas. Picnic tables along the Delaware River for lunch (optional) after the hike.

Sunday, October 10. Open. No Leader To lead a hike on this date, please send details to HunTERdonHikingClub@groups.io after contacting a Weekend Coordinator,

Saturday, October 16, Highlands Trail Ringing Rocks Loop Hike, 4 Miles, Class 3C

Rich Puglisi

A steady climb up the mountain on the newly built Highlands Trail to Ringing Rocks County Park (Don't forget your hammer) where we will walk the Loop Trail before heading back down to the canal. If you have any questions, please feel free to contact me. Note: This will be the only notification for this hike.

Sunday, October 17. Open. No Leader To lead a hike on this date, please send details to HunTERdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, October 23, Palisades Interstate Park - Carpenter's Loop, 5.5 Miles, Class 2B

Charlie B. Walk along the Hudson River and under the George Washington Bridge. Then climb to the top of the Palisades where we will visit Fort Lee Historic Park before resuming the hike along the top of the Palisades.

Sunday, October 24. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, October 30, Mariton Wildlife Sanctuary, 3-4 Miles, Class 2B

Lindsay and Dave D.

This hike sits on a ridge so it is almost entirely ups and downs and the terrain is fairly rocky. There are 2 lookouts with moderately steep access and one long hill.

Sunday, October 31. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, November 6, Mt. Tammany Sunrise Hike, 4 Miles, Class 3C

Mark H.

From Dunnfield Creek we hike on the Blue trail to top for sunrise (7:33 am) and return on the red dot trail. Expect to return to Spruce Run about 10 AM. Bring flashlight or head lamp; ice grippers required if there is ice.

Sunday, November 7. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, November 13, Goat Hill from Delaware towpath, 5 Miles, Class 2B

Sylvia

Lovely vista of the Del River valley. Full hike will be 4.5+ mi from river bank to climb hill walk trails and overlooks and back down. Those wanting a shorter more level experience may meet us at top or carpool from D & R meeting spot . Please contact leader for detail after hike is announced on groups io in week before event.

Sunday, November 14, Colombia Trail/Ken Lockwood Gorge, 8 Miles, Class 2C

Yolanda E.

Flat, level walk - moderate C pace

Saturday, November 20, Lehigh Gap Hike, 7+ Miles, Class 4C

Kevin Miles Dealy

Steep climb with some sections requiring vertical climbing of the East side of Lehigh Gap. We will hike East on the AT for a few miles and retrace our steps to the Winter Trail which is much easier to descend back to the parking lot. My hikes are rain or shine. Bring a lunch to eat on the hike. Call for driving directions if needed. Possible Bald Eagle sighting in this area. Lehigh Gap Nature Center is just across the Lehigh River.

Sunday, November 21. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, November 27, Tinicum Park to Homestead General Store, 8 Miles, Class 2B

Johanna M.

Start at Tinicum Park lot by canal towpath. Walk to Homestead and stop for lunch and walk back. Flat walk along pretty canal.

Sunday, November 28. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Wednesday Hikes – Fall 2021

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

Leaders: Charlie B.; Johanna M / Joann P.; Lindsay and Dave D. ; Marianne V. ; Yolanda E.

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

Sep 1, Tohicken Valley Park Class: 2B Miles: 5 Leader: Lindsay and Dave D.	Oct 20, Merrill Creek Reservoir Class: 2B Miles: 5-6 Leader: Johanna M and Joann P.
Sep 8, Karl Stirner Arts Trail Easton,PA Class: 1B Miles: 3-4 Leader: Johanna M / Joann P.	Oct 27, Jenny Jump Class: 3C Miles: 5 Leader: Yolanda E.
Sep 15, Paxson Hill Farm Hike Class: 2B Miles: 5 Leader: Yolanda E.	Nov 3, Slateford Loop Class: 3B Miles: 6 Leader: Charlie B.
Sep 22, Watchung Reservation Hike Class: 3C Miles: 5 Leader: Marianne V.	Nov 10, Musconetcong Gorge Hike Class: 3C Miles: 5 Leader: Yolanda E.
Oct 6, Hoffman Park Class: 2B Miles: 5 Leader: Charlie B.	Nov 17, Washington Crossing Class: 2B Miles: 4-5 Leader: Lindsay and Dave D.

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

Class: 1C – 3C, Meeting Times: see listing. 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. Watch for Groups.io RSVP to sign up

Sep 2, Ramapo Valley Reservation Class: 3C Miles: 9 Leader: Charlie B.	Oct 21, Terrace Pond (the hard way) redux Class: 3C Miles: 9 Leader: David Dunne
Sep 9, Point Mountain Class: 3C Miles: 7-8 Leader: Mark H.	Oct 28, Wyanokie Crest Trail Class: 3C Miles: 8 Leader: Mark H.
Sep 16, Pocono Environmental Education Center Class: 3C Miles: 7.5 Leader: John Sterbinsky	Nov 4, Pochuck Valley & Stairway to Heaven (AT) Class: 3C Miles: 7.5 Leader: Pete G.
Sep 23, Appalachian Trail And Hawk Mountain Sanctuary. PA Class: 4C Miles: 6.4 Leader: Kevin Dealy	Nov 11, Batsto Village to Atison Lake Class: 2C Miles: 10 Leader: John Sterbinsky
Sep 30, Stokes State Forest-Silvermine/ Fire Twr Class: 3C Miles: 10 Leader: Charlie B.	Nov 18, Frenchtown Bridge to Milford Bridge Class: 1C Miles: 9 Leader: Jackie S.
Oct 7, Rock Cores Trail Class: 3C Miles: 8.5 Leader: Ron G.	Nov 25, Happy Thanksgiving! No hike
Oct 14, Harriman State Park--Pine Swamp Mine & Hogencamp Mountain Class: 3C Miles: 7 Leader: Charlie	

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 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 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)