

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



WINTER 2021-2022 NEWSLETTER DECEMBER JANUARY FEBRUARY

HHC Web Page: www.HunterdonHikingClub.org

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

**Note : This version was edited for web publication and omits meeting place details 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

We fondly remember our 41st annual picnic and thank Joann and Teresa and their team and all who attended for making it such an enjoyable event.

Later that month, Ida descended upon Hunterdon with up to 12 inches of rain - devastating families, property and taking lives. Many members asked if we as a club might help. HHC sent \$500 each to these organizations that were recommended by club members - Fisherman's Mark, United Way of Hunterdon County and Norwescap. These organizations have continued to provide for those who have lost so much.

In March we hope to resume in person meetings. Many thanks to Teresa who has found us a beautiful new facility. More to follow.

Groups.io is a wonderful communications tool. But it has challenged many members. If you have issues with the system please email me at cmnicklen2@yahoo.com

Please read this Important Message about Groups.io Email from our Webmaster Mark:

HHC uses Groups.io to communicate to club members all the club activities and announcements. We allow all members to post messages to Groups.io and to respond to messages. However, we do not want members to have their e-mail box filled with unwanted messages from HHC. It is important for members to be aware that posting messages or a 'reply to all' will be distributed to all 350 members in the club.

On occasion a message is posted from a member whose email has been "hacked". Please DO NOT respond to these messages even if you are trying to be helpful. This only exacerbates the unwanted email problem. Most everyone else will recognize it as a hack. We have a team that will monitor these errant posts and lock the conversation on Groups.io to prevent further replies. A "hacked" email usually means that their contact list has been compromised and it can happen to even the most careful of us. This has nothing to do with Groups.io security. You should always change your password if your account has been hacked.

Here are some guidelines for posting messages:

- 1) Messages should only be about HHC activities or business. This could include concerns of safety and access to hiking trails.
- 2) Messages about outside community activities or any issue of a political nature is not allowed.
- 3) Before responding to a message DO NOT "reply to all" unless absolutely appropriate.

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

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:

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 November 15, 2021 almost 72% of Hunterdon County has been fully vaccinated. However, community transmission rate is still considered HIGH. Therefore, according to NJ guidelines, everyone in Hunterdon County should wear a mask in public, indoor settings. I hope that our club membership is very close to 100%. We expect all who can be vaccinated will be vaccinated. This is for our individual and collective well-being.

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.

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.

In Memoriam

It is with great sadness that we announce the recent passing on October 25 of Nancy Carringer. She hiked with the club mostly on Tuesdays and Wednesdays and was passionate about the outdoors and environmental and social causes. A retired teacher and guidance counselor, she was also a lifelong horsewoman, gardener and volunteer in many areas and traveled extensively. She was very interesting to talk to on the trail and will be greatly missed.

[https://mjmurphyfuneralhome.com/tribute/details/2275/Nancy-Ann Carringer/obituary.html#tribute-start](https://mjmurphyfuneralhome.com/tribute/details/2275/Nancy-Ann%20Carringer/obituary.html#tribute-start)

If you learn of other members who pass please let Lynn Nicklen know so that we can remember them in future newsletters.

Indoor Program Schedule

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

Thursday December 9

The Great Swamp.

Hazel England of the Great Swamp Watershed Association will tell us about the Great Swamp, it's 300 acres of hiking trails and about the work of the Association. The program will be presented via Zoom

Thursday January 13

Adventure in the Galápagos Islands

Octavia Brown, hiking club member, will share with us photos and stories of her memorable trip. Program presented on zoom.

Thursday February 10

A photo journal of club activities during 2021.

Members will share photos of special Memorial activities, of the clubs Trail Angels week in July, and of the volunteer work club members did with Special Olympics programs. Program via zoom

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 15 for the Wednesday hike schedule.

Thursday “C-Pace” (Energetic) Hikes

- see page 16 for the Thursday hike schedule.

Please RSVP via [Groups.io](https://groups.io) invitation which will be sent about 2 weeks prior to each hike

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 Winter Short Hikes

For the winter we are replacing the mindfulness hikes with regular short hikes. Mindfulness hikes will resume in the spring.

Self-Paced Class: 1A – 3B, We will set our timers for 30 – 45 minutes, based on group preference for that hike. When our timers go off we will return to the starting point.

Prior to each hike leaders will announce hike details, including meeting place and time, using the Huntermountainhikingclub@groups.io. For the winter we will not plan lunches. During each hike orientation, the leader may facilitate making lunch plans for after the hike.

For more information contact: Carolyn Creed.

Upcoming Events

Saturday, December 18 Hiking and Outdoor Holiday Fest

Save the date! We are planning a couple of hikes of varied classification followed by an outdoor gathering with refreshments provided by a crackling fire to warm you. Meet at 1:00PM at a location to be announced.

Leader: Pam B.

Feb 14-16 SKI TRIP

Prospect XC Center is 10 minute drive from Bennington, VT (Mon-Wed) Prospect Mountain Nordic is highest point in Vermont and snow guaranteed.! Great flats and nice hills. Lodge is full service with a restaurant, cozy lounge, rentals, Snow shoeing, waxing room, onsite lessons. 40 km trails. Tour Bennington, VT shops, museums! 5 hour drive. Lodging 2 nights (Mon,Tues): Best Western, 220 Northside Drive, Bennington, VT Tel: 802-442-7397 www.bestwestern.com Bkfst at BW, Lunch at Center, One group dinner. Meals: Blue Benn Diner or Madison Brewing Co. or The Tap House www.prospectmountain.com Everyone Must be vaccinated & provide proof. Pay your own expenses. Make your own reservations. Carpool. Contact Dan McAuliffe for more details.

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 activities on weekends in December, January, and February. To schedule 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, December 4, Marble Hill Ice Cave via Warren-Highlands trail, 4 Miles, Class 3B

10:30 AM Meet:

Lindsay and Dave D.

We will see the ice cave, a wall of rhododendrons and visit a lookout over the Delaware. There are substantial ups and downs with little level ground. The trails are made up of loose rocks so poles recommended. A few stream crossings. BYO lunch for after at Invertase Brewery.

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

Saturday, December 11, Deer Path Park and beyond, 3-4 Miles, Class 2B

10:00 AM Meet:

Sylvia

Open fields with gentle ups and downs and some woodsy trails adjacent to round mountain.

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

Saturday, December 18, Hiking and Outdoor Holiday Fest

1:00 PM Meet: Location to be announced

Leader: Pam B.

Save the date! We are planning a couple of hikes of varied classification followed by an outdoor gathering with refreshments provided by a crackling fire to warm you

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

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

Sunday, December 26. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, January 1 Columbia Trail and Ken Lockwood Gorge, 6-7 Miles, Class 1C

10:00 AM Meet:

Mark H.

Get ready for the New Year with a walk on the Columbia Trail and the beautiful Lockwood Gorge

Sunday, January 2. Open. No Leader To lead a hike on this date, please send details

to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, January 8, Hike The Watershed, Pennington, NJ, 6 Miles, Class 2C

9:50 AM. Meet:

Linda M.

Flat hike on wooded Watershed property trails. Mileage is approximate. Trails may be wet so wear appropriate shoes/boots. Bring water. Toilets available at 10 AM in visitor center. Please meet me in parking lot by 9:50 for sign in, toilet stop at 10, then begin hike. Signup required.

Sunday, January 9, Wissahickon Gorge Hike, 6 Miles, Class 2C

9:30 AM Meet:

Yolanda E.

Scenic hike along the Wissahickon. First half is easy & flat; after crossing the Wissahickon, trail will be rocky with ups and downs, a few sections of scrambling passing huge, dramatic looking boulders One hour drive from Flemington.

Saturday, January 15. Open. No Leader To lead a hike on this date, please send details

to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Sunday, January 16. Open. No Leader To lead a hike on this date, please send details

to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, January 22. Open. No Leader To lead a hike on this date, please send details

to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Sunday, January 23, Outdoors XC Ski & Snowshoe Clinic with Hiking, 2 Miles, Class 2A

1:00 PM Meet:

Dan McAuliffe

1:00pm-4pm, Meet: NJ Washington Crossing State Park NATURE Center, Titusville, NJ (off route 29 on Wash./Pennington Rd). This workshop is outside under a cozy roofed pavilion with picnic tables & a fire in a wood stove. Restrooms are available. Dress warm in layers. Email Dan for reservations. Call Nature Center for directions (609) 737-0609 This is a 90 minute lecture & demonstration with audience participation to learn about the different types of equipment, what to look for in selecting equipment, how to dress, basic 7 skills, your 1st day on skis/snowshoes, and where to go. If snow covered, an additional 1+ hour outdoor ski lesson will be offered. If not, trail maps are available for personal hiking on 2 miles of park trails. Participants must provide their own ski equipment. Rentals are available at Big Bear Gear on Rt. 29, 1874 River Road Lambertville, NJ, (609) 460-4784. Workshop Co-instructed by Daniel McAuliffe, PSIA, Langhorne, PA and Kevin Kavanaugh, Ewing, NJ.

Saturday, January 29. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Sunday, January 30. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, February 5, Merrill Creek Reservoir, 6 Miles, Class 2B

9:30 AM Meet:

Johanna M.

Nice hike around beautiful reservoir. Rocky and some slopes in areas Poles are recommended

Sunday, February 6. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

Saturday, February 12, Tinicum Park and Delaware Canal, 3-4 Miles, Class 2B

10:00 AM Meet:

Sylvia

Mostly flat terrain in the picturesque space between the Delaware River and the Pennsylvania canal. Appropriate for hiking or winter fun depending on weather that day. Watch for update during the prior week via groups.io message.

Sunday, February 13. Open. No Leader To lead a hike on this date, please send details to HunterdonHikingClub@groups.io after contacting a Weekend Coordinator.

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

Sunday, February 20, Outdoors XC Ski & Snowshoe Clinic with Hiking, 2 Miles, Class 2A

1:00 PM Meet:

Dan McAuliffe

1:00pm-4pm, Meet: NJ Washington Crossing State Park NATURE Center, Titusville, NJ (off route 29 on Wash./Pennington Rd) This workshop is outside under a cozy roofed pavilion with picnic tables & a fire in a wood stove for warmth. Restrooms are available. Dress warm in layers. Email Dan for reservations. Call Nature Center for directions-(609) 737-0609-This is a 90 minute lecture & demonstration with audience participation to learn about the different types of equipment, what to look for in selecting your first pair, how to dress, basic 7 skills, your 1st day on skis/snowshoes, and where to go. If Snow covered, an additional 1+ hour outdoor ski lesson will be offered. If Not, trail maps are available for personal hiking on 2 miles of park trails. Participants must provide their own ski equipment. Rentals are available at Big Bear Gear on Rt. 29, 1874 River Road Lambertville, NJ (609) 460-4784. Workshop Co-instructed by Daniel McAuliffe, PSIA, Langhorne, PA and Kevin Kavanaugh, Ewing, NJ.

Saturday, February 26, Sourland Mountain Preserve, 8 Miles, Class 3C

9:30 AM Meet:

Linda M.

One uphill at start then mostly flat/rolling forested hike. Boardwalk on flat last 1 mile of trail over typically wet area may be slippery. Bring water, trail lunch, and poles (recommended). Icy conditions cancels. Registration required.

Sunday, February 27. Open. No Leader To lead a hike on this date, please send details to HuntermHikingClub@groups.io after contacting a Weekend Coordinator.

Wednesday Hikes – Winter 2021

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

Leaders: Charlie B.; Ellen M.; Ellen R.; Geoff N.; Joann P.; Johanna M.; Lindsay and Dave D.; Sylviac; Yolanda E.

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

Dec 1, Merrill Creek Reservoir/Little Ridge Vineyard Class: 2B Miles: 3/4 Leader: Joann P/ Johanna M.	Jan 12, Cutaloosa Road Walk Class: 2C Miles: 5 Leader: Yolanda E.
Dec 8, Hacklebarney State Park Class: 2B Miles: 4 Leader: Yolanda E.	Jan 19, Round Valley Reservoir Class: 2B Miles: 4-5 Leader: Lindsay and Dave D.
Dec 15, Bread Lock Park Class: 2B Miles: 4 Leader: Johanna M.	Jan 26, Voorhees State Park Class: 2B Miles: 4.5 Leader: Ellen M.
Dec 22, Horseshoe Bend Park Class: 2B Miles: 4-5 Leader: Lindsay and Dave D.	Feb 9, Frenchtown Preserve Class: 2B Miles: 4-5 Leader: Sylviac
Dec 29, Black River Trail, Chester NJ Class: 2B Miles: 4.5 Leader: Ellen R.	Feb 23, Ringing Rocks unknown trail Class: 3A Miles: 4.5 Leader: Geoff N.
Jan 5, Monmouth Battlefield State Park Class: 2B Miles: 6 Leader: Charlie B.	

Thursday “C Pace” (Energetic) Hikes-Winter 2021/2022

Class: 1C – 3C, Meeting Times: see listing. Always bring a packed lunch to eat on the trail.

Please RSVP via Groups.io invitation which will be sent about 2 weeks prior to hike

Dec 2, Manasquan Reservoir Class: 3C Miles: 6.0 Leader: John S.	Jan 20, Brendan Byrne Forest Class: 3C Miles: 7.0 Leader: John S.
Dec 9, Ramapo Valley Reservation Class: 3C Miles: 7 Leader: Charlie B.	Jan 27, Tohickon Creek and High Rocks Class: 3C Miles: 7 Leader: Mark H.
Dec 16, Round Valley State Park Class: 3C Miles: 10 Leader: Charlie B.	Feb 3, Jockey Hollow - Grand Loop Trail (white) + Class: 2C Miles: 6.5 Leader: Pete G.
Dec 23, Round Mountain Class: 2C Miles: 6 Leader: Mark H.	Feb 10, Coppermine to AT Class: 3C Miles: 8 Leader: Ron G.
Dec 30, Bucks County road walk Class: 2C Miles: 8-9 Leader: Jackie S.	Feb 17, Horseshoe Bend Park, Kingwood Twp Class: 2C Miles: 6+ Leader: Jackie S.
Jan 6, Mariton Wildlife Sanctuary Class: 3C Miles: 6 Leader: Susan S.	Feb 24, Round Valley Reservoir Class: 3C Miles: 8 Leader: Mark H.
Jan 13, Sandy Hook and Seal Watch Class: 2C Miles: 9 Leader: Charlie B.	

Hike and Bike Ride Classifications

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

Terrain Classification	Hikes	Rides
Class 1	Easy, mostly flat.	Easy, flat. Mostly on bike paths, gravel or paved. Occasionally on roads that will have a small amount of traffic
Class 2	Intermediate, rolling hills, some stone or rocks on trail.	Easy, some moderate hills (ascended slowly). Mainly on quiet roads, sometimes on busier county roads. May include some unpaved, gravel sections.

Class 3	More difficult, steep ups and downs, trail rocky but stable.	Intermediate, includes hills. Primarily roads (quiet as well as busier county); but may include some unpaved sections.
Class 4	Most difficult, very steep ups and downs, unstable footing, hand holds may be necessary.	Intermediate, including hills, some steep and long. Primarily roads (quiet as well as busy). Bike paths, if involved, must be paved.
Pace Classifications	Hikes	Rides
Class A	Leisure pace, accommodates the leisure hiker Amble, unhurried, with frequent stops	Leisurely pace, cruise on flat 7 to 12 mph; Overall average 7 to 8 mph; frequent stops
Class B	Amble, unhurried, with frequent stops	Steady but leisurely pace. Cruise on flat 9 to 13 mph; Overall moving average 9 to 10 mph
Class C	Moderate, energetic to cover a proposed distance.	Moderate. Cruise on flat 11 to 14 mph, Overall moving average 10 to 11 mph.
Class D	Brisk, capable of walking at a quick pace for prolonged periods	Cruise on flat 12 to 16 mph; Overall moving average 11 to 12 mph.

Hiking Guidelines

1. Questions about a hike should be directed to the hike leader prior to day of the hike.
2. Hiking boots are required for all hikes other than those classified as 1A. Sneakers may be appropriate for a Class 1A hike. Check with hike leader.
3. Many find that hiking sticks increase stability on steep and/or rocky trails. Consider bringing one!
4. Remember to contribute towards gas when you are a passenger in a carpool.
5. What to Bring on a Hike:
 - a. adequate drinking water, especially during hot weather.

- b. your own snacks, as needed. If lunch is planned following the hike, it may be later than a normal lunch time meal.
- c. your own basic first-aid kit. Leaders are not trained in first aid and are not expected to provide first-aid supplies.
- d. weather-appropriate clothing items to layer as conditions change.

Bicycle Ride Guidelines

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

A Selection of Directions from Flemington to HHC Hike Starting Points

Bulls Island State Park

- Route 202 South to Lambertville exit (last exit in NJ, just before toll bridge)
- Left at end of exit ramp; Right at stop sign onto Route 29 North; continue through Stockton
- Left onto Route 29 North after passing Prallsville Mill; continue three miles to Bulls Island on the left
- Park in first parking on the right

Alternate Route 1:

- Route 12 West to Frenchtown
- Left at blinking light, then first Left onto Route 29 South; continue nine miles to Bulls Island on the right

Alternate Route 2:

- Route 523 to Stockton; Right onto Route 29 North; follow directions above from Stockton

Clinton Commuter Lot, Clinton, NJ

- Route 31 North to intersection with Route 78
 - Take the first right, the first right again, and left at the first traffic signal.
 - Parking lot is on the right, across from McDonald's
- From Route 78 East: exit 16, right at first light
From Route 78 West: exit 17 onto Route 31 North

Clinton Wal-Mart from Route 78 West

- Exit 15: Left onto Route 513 South to second traffic light
- Turn Left, go up hill, Right at stop sign into parking lot; park in area farthest from the stores

Deerpath Park

From Flemington:

- Route 31 North, Right onto West Woodschurch Road; continue 0.7 mile to park entrance on right (follow YMCA and Deerpath signs)
- Continue past YMCA and soccer fields to main parking lot at end of driveway near rest rooms

From Clinton:

- Route 31 South 6.5 miles from I-78 to West Woodschurch Road jug handle
- Cross over Route 31 and follow directions above

Frenchtown by Delaware River Bridge

- Route 12 West to traffic light in Frenchtown
- Turn Left and follow road around to the right
- Parking lot is on Left just before bridge, after Bridge Street Café

High Bridge Municipal Lot

- Route 31 North, Right onto Route 513 towards High Bridge
- Right just before train station onto Route 513 and continue under the overpass
- Left onto Main Street; continue a few blocks almost to end, then Left into parking lot just before Route 513 turns right

Holcombe-Jimison Farm, Lambertville, NJ

- Route 202 South to Lambertville exit (last exit in NJ).
- Left at stop sign at bottom of ramp, right at the stop sign onto Route 29 North
- Immediate left into Holcombe-Jimison Farmstead.
- Follow entrance road to the end and park on left just before towpath.

Morales Park, Flemington

- Route 202 to Flemington circle; follow signs for Route 12 West.
- Pass another circle (Hess station), continue on Route 12 past third circle (Dvoor Farm)
- Right onto Old Croton Road; Right at Capner Street; parking lot is on the right.

Pennington Market

- Route 202/31 South six miles; Route 31 South eight miles to Delaware Avenue, Pennington
- Park at south end of lot, away from buildings

Prallsville Mill, Stockton, NJ

- Route 523 South to Stockton.
- Right on Route 29.
- Go 1/2 mile to Mill on left.

Spruce Run

- Route 31 North past Clinton and High Bridge.
- LEFT at Van Syckles Road traffic light (Toyota dealer)
- Park in the first lot on the left by the water.

Taco Bell, Flemington

Route 202, one-fifth mile south of Flemington Circle (Shop-Rite, Marshalls, Dollar Tree)

