

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SPRING 2022 NEWSLETTER MARCH APRIL MAY

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

Update on Covid Guidelines

We have come to a fork in the road. And as Yogi famously suggested, we are going to take it. When your Executive board met on Jan 13 we had a plan to deal with Covid based on information at that time. Not surprisingly, times have changed.

Therefore, at this writing in mid-February, we are removing from the newsletter most of the previous Covid related guidelines.

The COVID 19 addendum on our liability waiver and sign-in sheet will remain.

Informed discretion is the operative phrase as we learn to live with covid, its current and future variants. **In addition to being vaccinated and boosted (*for those who can be*) we should work for individual and collective well-being in all the ways we have learned and relearned especially over the past two years.**

Group size and RSVP

Leaders should use their discretion in limiting their number of participants in circumstances where it is warranted – parking, group size handling or social distancing (if advisable). For your information, Charlie found this site <https://www.sierrawild.gov/resources/group-size-limits/> recommending 15 max for outdoor wilderness groups. He also noted that Worthington State Forest in the Del Water Gap is recommending 20.

Requesting an RSVP is very useful to both leaders and participants. Granted, it can be a challenge to those of us who don't take too kindly to online rigmarole. If you are having trouble posting or responding with an RSVP, call on Loretta, Charlie, Mark or Sylvia who are our resident gurus in such matters. They will not do it for you but will talk you through the operation.

Notification of Activities

Although our **Newsletter** (which also shows the open dates) **is our primary source for activities**, the **groups.io** and **calendar** have become essential for updating events and seeing the open dates to be filled. Get used to both – they are here to stay.

A confusing element - We have **two calendars**:

One calendar is our internal scheduling tool that is sent to you by your recruiters 4 times a year. The activities that the leaders plan and enter are then printed in the newsletter.

And the other calendar is part of our Groups. io system. At this time, they are not connected. What is written in the newsletter does not automatically show up on the io calendar – in order for that to happen and the **RSVP function to be activated** the events leader has to fill in the information. **Mark** has volunteered to work on connecting these two tools to eliminate our double process. **He has worked miracles before!** Stay tuned.

See you on a trail or at our next in person meeting on March 10th!

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.

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

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)

COVID-19 waiver: I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19 by attending a Hunterdon Hiking Club sponsored event and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I understand that the risk of becoming exposed to or infected by COVID-19 at a Club event may result from the actions, omissions, or negligence of myself and others, including, but not limited to, Club officers, leaders, and program participants and their families.

I further acknowledge that I do not experience the symptoms of COVID-19 including, without limitation, fever, cough or shortness of breath, nor have a suspected or diagnosed/confirmed case of COVID-19, and I have not returned in the past 14 days from areas subject to a CDC Level 3 Travel notice, nor been in contact with any person returning from such areas or who has a suspected or confirmed case of COVID-19.

In Memoriam

Irene Danko Subourne Boyle passed away on December 19, 2021. She had just turned 100 in November. Irene was one of the founding members of the Hunterdon Hiking Club and was an enthusiastic and active member of the club for years – she made many dear friends and had endless great memories of hiking, camping, bicycling, and cross-country skiing all over the region with the group.

Her motto: "Be joyful. Be active."

In her memory and to celebrate her life, please go for a walk/hike or bike ride in your favorite place.

To read more about her amazing life, follow the link to read her complete obituary from the Hunterdon County Democrat.

<https://obits.nj.com/us/obituaries/hunterdoncountymocrat/name/irene-boyle-obituary?id=32017578>

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

Thursday March 10 7:00 PM

Introducing HHC new meeting site!

After two years of zoom we are planning to return to in person meetings in March.

Our new location is at South Ridge Community Church located off Rt 513 near Clinton.

There will be a business meeting, and some time to get acquainted with our new location and catch up with old hiking club friends. We hope you will join us.

Thursday April 14 7:00 PM

Photos From A Nature Photographer

Bruce Michael will share some of the many wildlife photos he has taken over the years. He enjoys nature and getting outdoors to hike and kayak. He always has his camera available to capture what he sees. You may be amazed to see the wildlife that lives in your own backyard.

Thursday May 12 7:00 PM

Voting for new HHC officers

Program TBA

Weekday Outdoor Activities

Tuesday Short Hikes

1. The IO system is used for Tuesday hikes and limited to 18 hikers. This number simply because 18 is all I can manage to provide a safe and enjoyable hike.
2. Should anyone else like to lead a Tuesday hike. Please let me know. This would be most welcome. Folks on the waiting list should also consider this option.
3. The hike meeting place is shown on the IO and can be seen if your RSVP is accepted. These places can be the trail head or a central location if the trail head is hard to find or a distance away. For those wanting to go directly to the trail head, directions are also included in the IO.
4. Lunches are a favorite Tuesday option. Details are included in the IO.

Wednesday Hikes

- see page 13 for the Wednesday hike schedule.

Thursday “C-Pace” (Energetic) Hikes

- see page 14 for the Thursday hike schedule.

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

Thursday Short (Mindfulness) Hikes

For the spring hiking season, we will continue our short winter hikes until it is warm enough to be able to eat lunch together outdoors. When that happens, we will go back to our silent mindfulness hikes. Mindfulness is the practice of quieting the mind and focusing on the present moment.

Class: 1A – 3B - Self-paced. Walks will last between 1 and 1.5 hours, based on group discussion at the start of each hike. Bring a working cell phone, if possible.

Details for each upcoming hike will be emailed weekly via HunterdonHikingClub@groups.io. Leaders will specify each week whether the hike is a short winter hike or a mindfulness hike.

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

Museum Walks

Museum walks will be listed on HHC groups.io and may be scheduled on the same day as other events. The number of participants will be limited.

Upcoming Events

Backpacking the Appalachian Trail in Vermont

Wednesday- Sunday, May 11-15, 2022 21.9 miles Class 3C

Meeting place & departure time to be determined- contact leader

Paul U.

Join us as we backpack from VT 12 (where we finished on 10/11/20) to the Connecticut River in Hanover, NH. 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.

SPRING 2022 WEEKEND OUTDOOR ACTIVITIES

There are many open dates available for outdoor activities this Spring on the weekends. If someone decides to lead an activity on an Open date AFTER the newsletter is published, please contact one of the Weekend Committee representatives (listed in the newsletter) BEFORE proceeding to post the activity on the scheduling calendar and HunterdonHikingClub @groups.io messaging.

A RSVP is requested for ALL activities (with OR without stating limited numbers) to plan for adequate parking spaces and to safely accommodate participants.

Saturday, March 5 Open- No Leader

Sunday, March 6, Califon Road Walk and Firemen's Breakfast, 4-5 Miles, Class 2B

Loretta M.

Walk a short distance from Califon Island Park to the Firehouse for an all-you-can-eat-breakfast (\$8/\$7 Seniors), then walk it off on a scenic loop out of town with one short steep hill and a beautiful view of the valley. If you want to do only the walk, meet outside the Firehouse at 10:30. Rain cancels, look for update. Sneakers are fine. Directions: Rt. 513 to Main St., Califon (Rt. 512). Bear left after the bridge, go one block (see Firehouse ahead on right but we are meeting at the park before the breakfast). Turn left onto Bank St. Califon Island Park is one-quarter mile on the left.

Saturday, March 12 Open – No Leader

Sunday, March 13 Open – No Leader

Saturday, March 19 Open – No Leader

Sunday, March 20, Washington Crossing, NJ Hike, 3.5 Miles, Class 2B

Pam B.

Loop hike, gentle ups & downs through woods. Optional Nature Center trail for additional 0.75 mile.

Saturday, March 26, Flemington Greenway Area Hike, 4+ Miles, Class 2B

Sylvia Crush

We will hike along Walnut Brook and local creeks on multiple properties. Some hills and some paved areas. Bring snack. (gps use 103 Capner)

Sunday, March 27, Solebury Road - Canal Walk, 4.5 Miles, Class 2B

Yolanda E.

Easy walk on quiet, country roads and canal path

Saturday, April 2 Open - No leader

Sunday, April 3, Claudius Smith's Rock, Harriman S.P., 8 Miles, Class 4C

Mark Hermsmeier

This hike has great views but it is quite difficult with some rock scrambling. 1600+ feet elevation gain. Bring lunch. Rain date is April 4. Proposed route:

<https://www.alltrails.com/explore/map/almost-perpendicular-2-82dbce7>

Saturday, April 9, Mariton Wildlife Sanctuary, 4 Miles, Class 3B

Lindsay and Dave D.

All ups and downs and uneven terrain with a couple of outlooks and one long hill. It is a really nice sanctuary.

Sunday, April 10 Open – No Leader

Saturday, April 16, Lord Stirling 42nd Anniversary HHC Hike, 4-6 Miles, Class 1B

Geoff and Lynn

We will try again to celebrate the first official HHC hike which took place here April 13, 1980. Look for the groups.io message and on the calendar in late March for details.

<http://somersetcountyparks.org/parksFacilities/eec/EEC.html>

Sunday, April 17 Open – No Leader

Saturday, April 23, Lambertville and Goat Hill, 4.5+ Miles, Class 2B

Sylvia Crush

Significant hill climb and return to see the scenic views over the Delaware. Bring snack /water. We will walk from parking/meeting area.

Sunday, April 24 Open – No Leader

Saturday, April 30 Open – No Leader

Sunday, May 1, High Point: AT - Lake Rutherford Loop, 8 Miles, Class 3C

Pete G.

Hike the AT along a mountain ridge and return on a trail overlooking Lake Rutherford. Typical AT: rocky with elevation change and some scrambling. This hike does not go to monument but it is close by if folks are interested in visiting. Pack lunch/snack. Rain cancels.

Saturday, May 7 Open – No Leader

Sunday, May 8, Round Valley, 5 Miles, Class 2B

Mark H.

This hike will be mostly along the shore but also in the woods with some hills. Bring snacks and water.

Saturday, May 14 **Open – No Leader**

Sunday, May 15, Tyler State Park, PA, 4.5 Miles, Class 2A

Geoff N.

Paved & unpaved trails by the Neshaminy Creek. Picnic lunch after.

Saturday, May 21, Princeton Battlefield State Park, 3.5 - 4 Miles, Class 2B

Ann C.

<https://www.njparksandforests.org/parks/princetonbattlefieldstatepark.html>

Sunday, May 22 **Open – No Leader**

Saturday, May 28, Bald Pate Mountain, 4+ Miles, Class 2B

Sylvia Crush

Ridge trails and beyond. Views over Delaware River bend to the south.

Details on groups io.

Sunday, May 29 **Open – No Leader**

Wednesday Hikes – Spring 2022

Class: 1B – 4B, Leaders: See individual hikes, Meeting Times: as noted.

Leaders: Charlie B.; Ellen M.; Johanna M.; Lindsay and Dave D.; Loretta M.; Sylvia C.; Tom N.; Yolanda E.

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

Mar 2, Voorhees State Park Meet: 10:00 AM To be provided upon acceptance as an attendee. Class: 2B Miles: ~4 Leader: Ellen M.	Apr 20, Foothills Round Mountain trail from Arboretum Meet: 9:30 AM The Hunterdon County Arboretum Class: 2B Miles: ~5mi Leader: Sylvia C.
Mar 9, Jockey Hollow Meet: 10:00 AM Jockey Hollow Visitor Center Class: 2B Miles: 5 Leader: Lindsay and Dave D.	Apr 27, Musconetcong Gorge Meet: 10:00 AM Dennis Road - Milford Class: 3B Miles: 5 Leader: Yolanda E.
Mar 16, Monmouth Battlefield State Park Meet: 9:30 AM Kings Rt. 22, Whitehouse, lot nearest Rt. 523 Class: 2B Miles: 6 Leader: Charlie B.	May 4, Teetertown Ravine Nature Preserve near Califon Meet: 10:00 AM Use 40 Pleasant Grove Rd Port Murray for GPS Class: 2B Miles: 3-4 Leader: Loretta M.
Mar 23, Cooper Mill Hike Meet: 10:00 AM Cooper Mill on Route 513 Class: 2B Miles: 5 Leader: Tom N.	May 11, Jenny Jump State Park Meet: 10:00 AM Shades of Death Road - Jenny Jump SP Class: 3C Miles: 5 Leader: Yolanda E.
Apr 6, Merrill Creek Reservoir Meet: 9:30 AM 34 Merrill Creek Road Washington NJ 07782 (Visitor Center) Class: 2B Miles: 6 Leader: Johanna M.	May 18, Horseshoe Bend Park Meet: 9:30 AM Frenchtown parking lot by the Del Bridge Class: 2B Miles: 4.5+mi Leader: Sylvia C.
Apr 13, Schooley's Mountain Meet: 10:00 AM Schooley's Mountain lower parking lot Class: 3B Miles: 4-5 Leader: Lindsay and Dave D.	May 25, Morris Arboretum Meet: 9:30 AM Taco Bell parking lot Route 202 Flemington Or 10:50 at the Arboretum 100 E Northwestern Ave Chestnut Hill area of PA Class: 2B Miles: ~4 Leader: Yolanda E.

Thursday “C Pace” (Energetic) Hikes – Spring 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

Mar 3, Cranberry Lake Loop Shore Rd, Byram Township, NJ Class: 3C Miles: 8 Leader: Mac M.	Apr 21, White Lake, Paulinskill & Gnome Hollow Class: 2C Miles: 8 Leader: Jackie S.
Mar 10, Delaware Water Gap - Karmac Trail Class: 3C Miles: 6 Leader: Charlie B.	Apr 28, Cattus Island Park Class: 2C Miles: 6-7 Leader: John S.
Mar 17, Marble Hill/Ice Cave St. Patrick's Day Romp Class: 3C Miles: 7-8 Leader: David Dunne	May 5, Dunnfield Creek Class: 3C Miles: 9 Leader: Ron Good
Mar 24, Four Birds Trail to Splitrock Reservoir Class: 3C Miles: 8-9 Leader: Mark H.	May 12, Manaticut Point and Lake Sonoma Class: 3C Miles: 7 Leader: Mark H.
Mar 31, Ramapo Mountain State Park - Erskine Lookout Class: 3C Miles: 8-9 Leader: Charlie B.	May 19, Stephens State park Class: 3C Miles: 8.0 Leader: John Sterbinsky
Apr 7, Ringing Rocks County Park, Upper Black Eddy, PA Class: 3C Miles: 8 Leader: Susan S.	May 26, Osio Rock Trail Class: 3C Miles: 6-7 Leader: Jackie S.
Apr 14, Terrace Pond (the really hard way) Class: 3C Miles: 7 Leader: Mark H.	

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)

