

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



## FALL 2022 NEWSLETTER SEPTEMBER OCTOBER NOVEMBER

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

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

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

# 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.

## **Hunterdon Hiking Club Officers - June 2022 – May 2023**

**President:** Lynn Nicklen [cmnicklen2@yahoo.com](mailto:cmnicklen2@yahoo.com)

**Secretary:** Ellen Rousseau:

**Treasurer:** Jack Caffrey:

**Website:** Mark Hermsmeier:

### **Indoor Program:**

Doris Spencer

### **Outdoor Activities:**

Pat Hennessy:

Mary Curtis:

**Membership:** Loretta Mizeski: [ljmski64@gmail.com](mailto:ljmski64@gmail.com)

### **New Membership Inquiries:**

Gail Jacobsen: [Jacobseng@mail.com](mailto:Jacobseng@mail.com)

**Newsletter:** Tom Norwood

**Hospitality:** Joann Pieloch:

Teresa Londino

## **ACTIVITY COORDINATORS**

*Tuesday Bike Rides:* Pat Hennessy:

*Tuesday Hikes:* Geoff Nicklen

*Wednesday Hikes:* Johanna McAteer

*Thursday Hikes:* Jackie Strigl:

*Friday Hikes and Bike Rides:* Pat Hennessy:

*Weekends:* Pam Bland: Mary Curtis: June Filipski:

*Thursday Mindfulness Hikes:* Carolyn Creed:

**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.

Please Stay up to date with current guidance from the Center for Disease Control at [cdc.gov](https://www.cdc.gov)

### **In Memoriam**

Ruth Fanjoy, one of our members and an occasional hike leader, passed away in April of this year. Ruth loved to experience a variety of activities, but her passion was paddling – three seasons of the year. She was an expert paddler and traveled far to experience exciting river and camping adventures.

She also enjoyed birding , movies, museums, and hiking with our club, to name just a few of her other interests.

Ruth was a lovely lady, alert, engaging, very intelligent, willing to learn and try new things.

She grew up in Canada; stories from those days always involved a lot of cold and snow!

On hikes many of us had great conversations with Ruth. She was an interesting person to share a burger and beer with as she was in pursuit of the best “B & B” in Hunterdon County!

She will be missed.

# **Indoor Program Schedule**

All fall programs, unless otherwise stated, will be in person at South Ridge Community Church, 7 Pittstown Rd. (Rt 513) Clinton.

## **Thursday September 8 @ 7PM**

**A Mostly Social Gathering** - But also including the regular Business reports and a discussion (lively, if I know this group) of the future of the club. In addition there will be an opportunity for an optional Community Service effort to recognize and thank our Military Veterans and Active Duty military.

In Person - **No Zoom**

## **Saturday October 8**

**42nd Annual Picnic** - See announcement on page 8.. and look for groups io. invitation

## **Thursday November 10 @ 7PM**

Our hiking club member Octavia Brown will present a program about Equine Assisted Services (Therapeutic Horsemanship). Octavia has served as President of HETI (Horsemanship for Education and Therapy International) and founded the first program in New Jersey 50 years ago. She will tell us about the program and how it has grown to an International movement. This will be a hybrid meeting - In Person **AND ZOOM**

## **Saturday December 3 5-9 PM**

**Holiday Party** -See announcement on page 9

# **Weekday Outdoor Activities**

## **Tuesday Short Hikes**

1. There are no write -ups in the newsletter. A hike invite will be sent out on the io system to all members on the Saturday prior to the actual Tuesday hike.
2. Should anyone else like to lead a Tuesday hike. Please let me know (Geoff Nicklen). 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](#) invitation which will be sent about 2 weeks prior each hike**

**Tuesday and Friday Bike rides and hikes 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**

We will practice mindfulness for the first half of the hike. For the second half we each have the option of talking or continuing to practice mindfulness. Mindfulness is the practice of quieting the mind and focusing on the present moment – feel the breeze, hear the birds, watch the water, commune with the trees.

Class: 1- 2; A – C - Self-paced. We will hike at our own pace for 30 to 45 minutes (decided at the start of each hike). We will then turn around and return to the starting point. We will practice mindfulness going out and may choose to talk on the way back. Bring a working cell phone.

Details for each upcoming hike will be emailed weekly via [HunterdonHikingClub@groups.io](mailto:HunterdonHikingClub@groups.io).

For more information contact Carolyn Creed.

## **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



-Please Join us-

# HHC 42nd Annual Picnic

**Saturday, Oct 8, 2022, 1-4pm**  
**Alexandria Township Park**  
**242 Little York-Mt. Pleasant Rd, Milford, NJ 08848**

1-2PM--GRILLED BURGERS AND DOGS  
SIGN-UP TO BRING A SIDE DISH TO SHARE

2-4PM--LAWN GAMES, LIVE MUSIC

RSVP AND SIDE DISH SIGN-UP ON GROUPS.IO 9/15-10/1

BYO CHAIRS  
BYO WATER/BEVERAGES (NO ALCOHOL)  
DESSERT PROVIDED BY THE CLUB

QUESTIONS- REACH OUT TO:  
JOANN 908-319-5256 or TERESA 908-432-4083

### **Backpacking the Appalachian Trail in Maryland**

Wednesday - Sunday , October 26 - 30 , 2022

18.6 miles , Class 3C

Meeting place & departure time to be determined - contact leader

Paul U. 908-453-3642 [paulullrich@embarqmail.com](mailto:paulullrich@embarqmail.com)

Join us as we start backpacking the AT in MD. We will go from Pen Mar Road to I-70.

Highlights of this section to include Pen Mar County Park , the Mason Dixon Line , Partial ascent of Quiraok Mountain heading southbound ( The most strenuous on the AT in MD ) , High Rock (Offers an expansive view & is used as a launching point by hang gliders ) , Raven Rock Cliff , Black Rock Cliffs & Annapolis Rock. We plan to camp at Raven Rock & Cowall Shelters & Pogo Memorial Campsite



## HOLIDAY PARTY SATURDAY DECEMBER 3

It's back. The hiking club is having a HOLIDAY PARTY! Dress up a bit and join your fellow hikers as we celebrate the season with a festive event- enjoying good conversation, delicious food and a fun time dancing after dinner as well!

Razberrys  
Rt 12,  
Flemington,  
Time: 5:00-9:00

\$55 members  
\$65 non members

Cocktail hour with hot and cold appetizers (cash bar)

Buffet dinner...Chicken, Seafood, Pasta and Vegetarian choices

Dessert and coffee

Music by Base Entertainment DJ

## **FALL 2022 WEEKEND OUTDOOR ACTIVITIES**

There are many open dates especially in September for Fall Outdoor activities on the weekends. See the groups.io calendar for available Open Dates. If you decide you would like to lead an activity on an Open Date after the newsletter is published, please contact one of the Weekend Committee representatives BEFORE proceeding to post on the **calendar** at **[HunterdonHikingClub.groups.io](https://hunterdonhikingclub.groups.io)**. An RSVP is requested for ALL activities (with or without stating limited numbers) to plan for adequate parking spaces and to safely accommodate participants.

September Open Dates: Saturday, September 10, 24  
Sunday, September 4, 11, 18, 25  
October Open Dates: Saturday, October 29  
Sunday, October 2, 9, 30  
November Open Dates: Saturday, November 26  
Sunday, November 13

### **Saturday, September 3, Bucks County Audubon Society at Honey Hollow, 2 Miles, Class 2A**

Geoff and Lynn

2 Miles Class 2A. Either meet at Prallsville Mill parking in Stockton at 9:30AM for carpooling or 10AM at Honey Hollow by nature center parking lot. 2877 Creamery Rd, New Hope PA. This will be an amble through the woods, by a stream, around a pond, through the vegetable garden and a stop at the bird blind and nature center.

### **Saturday, September 17, HorseShoe Bend Flagg- Kirkland Trail, 5+ Miles, Class 2B**

Ellen A.

Class 2B, 5+ miles on the FlagKirkland trail. Please be prepared if the trails are not mowed.

### **Saturday, October 1, Locatung Falls trail, 3+ Miles, Class 2B**

Sylvia C.

3+ miles class 2B. Scenic trail loop along the Locatung feeder creeks. Poles recommended; hiking boots required. Bring water and a snack for our stop 1/2 way overlooking the falls. Some rocks and narrow path along the creek.

### **Saturday, October 8, 1-4pm**

42nd Annual Picnic--See announcement on page 8. Look for groups.io invitation, RSVP and side dish sign up from 9/15-10/1.

### **Saturday, October 15, Wyanokie Crest Trail, Carris Hill in Norvin Green State Park, 8-9 Miles, Class 3C**

Mark H.

Great views of Wanaque Reservoir and NYC. There is also beautiful Chikahoki Falls. 8-9 miles, Class 3C This is a difficult hike, ~1800 ft elevation gain. Meet at 9 at Kings in Whitehouse or at 10 at the Otter Hole trail head on Greenwild Ave.

**Sunday, October 16, Colombia Trail/, 7 Miles, Class 1C**

Yolanda E.

7 Miles Class 1C Meet 9:30

Easy walk on The Columbia Trail & the beautiful Ken Lockwood Gorge

**Saturday, October 22, Nockamixon Reservoir. PA 10am start, 3.5 Miles, Class 2A**

Geoff N.

A 3.5 mile class 2A circle hike. First, along the water with one modest hill. Then, returning to our cars on a trail through woods and fields.

**Sunday, October 23, Round Valley Reservoir, 5 Miles, Class 2B**

Mark H.

5 miles, class 2B This hike will be mostly along the shore of the reservoir but also in the woods and with some hills. Bring snacks and water.

**Saturday, November 5, Mt Tammany Sunrise Hike, 4 Miles, Class 3C**

Mark H.

Get an early start on the day by hiking up Mt Tammany to see the sunrise. 4 miles class 3C. You must have a flashlight and ice grippers. We leave promptly at 5 AM from the carpool meeting point at Spruce Run and we start hiking promptly at 6 am from the Dunnfield Creek trail head.

**Sunday, November 6, Tohickon Creek and High Rocks, 6 Miles, Class 3C**

Mark H.

Class 3C, ~6 miles. This is the weekend of the Nockamixon water release, attracting many kayakers. Bring Lunch for pleasant creekside dining. The meeting location is at Tohickon Valley Park.

**Saturday, November 12, Voorhees State Park, 4-5 Miles, Class 2B**

Lindsay and Dave D.

Class 2B 4-5 miles Start time 10 AM Meet at Voorhees State Park, 251 County Rd 513, Glen Gardner, NJ 08826. Uneven terrain with a few longer inclines. Bring a picnic lunch for after.

**Saturday, November 19, Miquin Woods hike, 3+ Miles, Class 2B**

Sylvia C.

3+miles Class 2B hike on trails in wooded areas in former scout camp property. Some rocky sections and one stream crossing so wear hiking boots and orange blaze; poles are optional. Bring water and snack. Please meet at trailhead 10 am \*326 Newport Rd Glen Gardner Lebanon Twp .\*

**Sunday, November 20, Paxson/Cutaloosa Road Walk, 5 Miles, Class 2B**

Yolanda E.

Miles 5 Class 2B Easy walk on quiet country back roads. Meet 9:30 Bridge & RR Ave. Stockton Or canal parking area on Rt. 32 just north of Paxson Rd.

**Sunday, November 27, Merrill Creek Reservoir, 6 Miles, Class 2B**

Johanna M.

Miles 6 Class 2B Hike around beautiful Reservoir. Port-a-potties available. Bring lunch to eat at my place.

## **Wednesday Hikes – Fall 2022**

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

**Leaders:** Jeff A.; Joan S.; Joann P.; Johanna M.; Lindsay and Dave D.; Loretta M.; Marianne V. ; Robert (& Marianne Teetsel) Jacobs; Yolanda E.

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

|  |   |
|--|---|
| <b>Sep 7, Lost River Caverns guided tour/ Saucon Rail Trail</b><br>Class: 1A Miles: 4 Leader: Joann P. & Johanna M.  | <b>Oct 26, River Trail Hike and Octoberfest lunch</b><br>Class: 2B Miles: 5.5 Leader: Jeff A.                                       |
| <b>Sep 14, Lambertville Walk and New Hope Lunch</b><br>Class: 2B Miles: 4 Leader: Marianne V.                        | <b>Nov 2, Jenny Jump</b><br>Class: 3C Miles: 5 Leader: Yolanda E.   |
| <b>Sep 21, Hacklebarney State Park</b><br>Class: 2B Miles: 4 Leader: Yolanda E.                                      | <b>Nov 9, Round Mountain Hike / Soup Lunch</b><br>Class: 2B Miles: 4 Leader: Jeff A.  |
| <b>Sep 28, Point Mountain</b><br>Class: 3B Miles: 4 Leader: Lindsay and Dave D.                                      | <b>Nov 16, Horner Cemetery Guided tour/ Nor-Bath Trail Hike</b><br>Class: 1A Miles: 4 Leader: Joann P.& Johanna M.                  |
| <b>Oct 5, Jockey Hollow</b><br>Class: 2B Miles: 5.5 Leader: Lindsay and Dave D.                                      | <b>Nov 23, Hike Bouman-Stickney Farmstead and Round Mountain</b><br>Class: 2B Miles: 5.1 Leader: Robert (& Marianne Teetsel) Jacobs |
| <b>Oct 12, Teetertown Ravine Hike</b><br>Class: 2B Miles:4 Leader: Loretta M.  | <b>Nov 30, Mariton Wildlife Sanctuary</b><br>Class: 2B Miles: 3-4 Leader: Joan S.   |
| <b>Oct 19, Tinicum Park Hike/ Ewrin Stover guided house tour</b><br>Class: 1A Miles: 5 Leader: Joann P. & Johanna M. |   |

## Thursday “C Pace” (Energetic) Hikes – Fall 2022

**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.

|  |   |
|--|---|
| <b>Sep 1, Pine Barrens trails where 13,500-acre forest fire occurred</b><br>Class: 2C Miles: 10 +/-<br>Leader: John S. | <b>Oct 13, Blue Mountain Lakes to Crater Lake</b><br>Class: 3C Miles: 7-8<br>Leader: John S.      |
| <b>Sep 8, AT, Rattlesnake, Coppermine &amp; Kaiser Trails</b><br>Class: 3C Miles: 8-9<br>Leader: Ron G.                | <b>Oct 20, Wyanokie High Point and Carris Hill</b><br>Class: 3C Miles: 7-8<br>Leader: Mark H.     |
| <b>Sep 15, Harriman - Panther Mountain</b><br>Class: 3C Miles: 10<br>Leader: Charlie B.                                | <b>Oct 27, Trexler Nature Preserve - Border Trail</b><br>Class: 3C Miles: 9<br>Leader: Charlie B. |
| <b>Sep 22, Four Birds Trail to Splitrock Reservoir</b><br>Class: 3C Miles: 8-9<br>Leader: Mark H.                      | <b>Nov 3, Cooper Grist Mill Black River</b><br>Class: 2C Miles: 5<br>Leader: Pete G.              |
| <b>Sep 29, Mt Minsi</b><br>Class: 3C Miles: 6-7<br>Leader: John S.   | <b>Nov 10, Merrill Creek Reservoir</b><br>Class: 2C Miles: 6-7<br>Leader: Mark H.                 |
| <b>Oct 6, Ramapo Lake and Van Slyke Castle</b><br>Class: 3C Miles: 7-8<br>Leader: Mark H.                              | <b>Nov 7, Turkey Mountain Perimeter Loop</b><br>Class: 3C Miles: 5+<br>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.

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

## **Hiking Guidelines**

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

## **Bicycle Ride Guidelines**

1. On all rides, leader will wait at intervals for all riders to catch up.
2. Questions about a ride should be directed to the ride leader prior to day of the ride.
- 3. A suitable bicycle, helmet, extra inner tube and water are required for ALL rides.**
4. For most HHC rides a hybrid bicycle is very suitable. For longer faster rides a road bicycle might be considered. Note that hybrids with their wider tires excel on all types of surfaces and are sturdy and reliable. Road bikes with their narrow high-pressure tires roll easier but are not good on gravel.
5. Your bicycle must be in good operating condition, especially the brakes and gears.



6. Tires should be fully inflated and wheels securely fastened.
7. A cell phone is recommended. A spare inner tube, levers and a multi-tool are useful items to carry. Also a small first aid kit for treating cuts, grazes etc. Leaders are not trained in first aid and are not expected to provide first aid supplies.

## **A Selection of Directions from Flemington to HHC Hike Starting Points**

### **Bulls Island State Park**

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

#### Alternate Route 1:

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

#### Alternate Route 2:

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

### **Clinton Commuter Lot, Clinton, NJ**

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

### **Clinton Wal-Mart from Route 78 West**

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

### **Deerpath Park**

#### From Flemington:

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

#### From Clinton:

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

### **Frenchtown by Delaware River Bridge**

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

### **High Bridge Municipal Lot**

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

### **Holcombe-Jimison Farm, Lambertville, NJ**

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

### **Morales Park, Flemington**

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

### **Pennington Market**

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

### **Prallsville Mill, Stockton, NJ**

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

### **Spruce Run**

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

### **Taco Bell, Flemington**

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

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