Hunterdon Hiking Club Organized 1980 Affiliate of the Hunterdon County Department of Parks and Recreation



SUMMER 2022 NEWSLETTER JUNE JULY AUGUST

HHC Web Page: www.HunterdonHikingClub.org

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

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

It is with pleasure that I reminisce about our winter Zoom programs – the Great Swamp Watershed by Sandra Lavigne and our tour of the Galapagos Islands by our own resident traveler, Tavia Brown. And finally returning to our in person meetings this spring with a presentation by our own Bruce Michael who awed us with his marvelous nature photography. We finished our spring schedule with an inspiring, combination in- person – Zoom program hearing from Pat H, Gail J, Sylvia C-S, and Ron G about our HHC membership participation in the AT Trail Angels and Special Olympics. Our new meeting venue is excellent and we have Teresa Londino to thank for that. Thank you all! And special thanks to our hospitality team for bringing back the good times!

We will see you Sept 8 for our next program on Equestrian Therapy and then enjoy our 43rd Annual picnic on Oct 8.

In June your new officers will meet to settle some important business – stay tuned.

<u>Regarding our main attraction</u> – hiking – please note the diversity of events that your **magnanimous leaders** are offering you. Everything from garden walks, vineyard tours, history hikes, museums, a BBQ/Hike and Pool party, as well as our mainstay 3-5 mile hikes to the very challenging 7-9 mile ones and lastly but very importantly – Trail Maintenance hikes led by Ron Good and Jack Giller. **Leaders are key to sustaining this club** - consider joining our illustrious team of essential leaders! **Contact any leader or coordinator to get started.**

<u>The confusing element of two calendars</u> ~ At last writing Mark had accepted the task of conjoining our two calendars. He has managed the miracle and unified our 2 part system. Thank you Mark and leaders and coordinators, especially Jackie who wrote the step by step directions. See you on the Trail! Lynn

<u>Message from our Webmaster Mark</u> ~

The hike leader sign up procedure was simplified this quarter by allowing leaders to schedule hikes only in Groups.IO. The procedure allows hikes scheduled on Groups.IO to be listed in the Quarterly Newsletter. It looks like this was done successfully with help from all the hike coordinators.

We will continue to try to make improvements to the sign up process so that no one foregoes leading a hike because the process is too complicated.

GENERAL INFORMATION ABOUT THE HUNTERDON HIKING CLUB

<u>Who we are</u>!

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 this July or August).

Hunterdon Hiking Club Officers - June 2022 - May 2023

| President: | Lynn Nicklen <u>cmnicklen2@yahoo.com</u> | |
|-----------------------------------|--|--|
| Secretary: | Ellen Rousseau: | |
| Treasurer: | Jack Caffrey: | |
| Website: | Mark Hermsmeier: | |
| Indoor Prog | ram: | |
| Doris Spe | ncer: | |
| Outdoor Act | ivities: | |
| Pat Henn | essy: | |
| Mary Cu | rtis: | |
| Membership | : Loretta Mizeski: <u>ljmski64@gmail.com</u> | |
| New Membership Inquiries: | | |
| Gail Jacobsen: Jacobseng@mail.com | | |
| Newsletter: | Tom Norwood | |
| Hospitality: | Joann Pieloch: | |
| - • | | |

Teresa Londino:

ACTIVITY COORDINATORS

Tuesday Bike Rides: Pat Hennessy:Tuesday Hikes:Geoff NicklenWednesday Hikes:Johanna McAteerThursday 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:

2022-2023 Membership Renewals Due By July 31st

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

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

- New members who joined after March 1st of this year with a one-year membership are paid up through **July of 2023**.
- Many of you signed up for a two-year membership last year so will not have to renew this year.
- Some have jumped the gun and already sent in your renewals- thank you!

Since many of you do not keep track of this, a separate e-mail will be sent directly to you from me (NOT through groups.io) at that same time informing you if your membership is due or if you have until 2023. So if you are not sure, please wait until you get this personal email in early July.

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

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

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

Loretta Mizeski - Membership Chair

Hunterdon Hiking Club Membership Form Membership Year: August 1st to July 31st

Please check one: ____New ____Renewal (Please renew by July 31) **Please Print Neatly:**

Name (or names 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 **<u>need</u>** 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 <u>new</u> 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.)**

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|-----------------|---------------------------------|---------------------|
| Print Name | Signature_ | Date |
| Print Name | Signature | Date |
| NT 1 | | |

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.

Indoor Program Schedule

Thursday June 16 Time TBA Zoom Executive Board Meeting

Thursday September 8 Next indoor program with details to be announced

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 (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 12 for the Wednesday hike schedule.

Thursday "C-Pace" (Energetic) Hikes

- see page 13 for the Thursday hike schedule. **Please RSVP via <u>Groups.io</u> invitation which will be sent about 2 weeks prior each hike**

<u>Tuesday and Friday Bike rides and hikes are not scheduled in the newsletter</u> <u>but will be sent out on groups.io a few days before with the meeting place and</u> <u>description.</u>

Thursday Short (Mindfulness) Hikes

For the_summer hiking season, 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 <u>HunterdonHikingClub@groups.io</u>. 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

Annual HHC Picnic at Alexandria Park Scheduled for October 8

Save the date!

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SUMMER 2022 WEEKEND OUTDOOR ACTIVITIES

There are many open dates available for Summer Outdoor activities on the weekends. See the groups.io calendar for available Open dates. If someone decides to lead an activity on an Open date AFTER the newsletter is sent out, please contact one of the Weekend Committee representatives 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, June 4, Baldpate Mountain Hike, 5 Miles, Class 2B

Lindsay and Dave D.

NOTE start time of 9:30. We will be hiking the Ted Stiles Preserve portion which has moderate ups and downs with some uneven terrain. Bring snacks to eat on the trail.

Saturday, June 11, John M Mauser Nature Trail System, 4 Miles, Class 2B Ellen A.

A peaceful walk along the Delaware River in Lower Mount Bethel, PA with roots and rocks. Bring a snack and water. Hiking boots recommended.

Sunday, June 12, Sterling Ridge & Patterson Mine, 8+ Miles, Class 3C

Mark H.

1200 feet elevation gain. Meet at Kings for car pooling at 9 am or at the trail head on Monksville Reservoir at 10:05. **Rain date is the following Sunday, 6/19.**

Saturday, June 18, Musconetcong Mountain from Riegel Ridge, 4+ Miles, Class 2B Svlvia C.

one significant long hill 400ft elevation gain. Hiking boots water required and poles optional. We will cross open field rolling terrain as well as deep forest toward Ellis road entrance traversing stream headwaters for Musconetcong River in Milford, NJ.

Saturday, July 2, High Rocks, PA, 3 Miles, Class 2A

Geoff N.

Hike along the ridge over Tohickon Creek- down to the creek and up again. Bring a snack to eat a creek side, water, & bug spray. Opportunity to cool feet in the creek. Optional lunch after hike TBD.

Saturday, July 9, Hike/BBQ/Pool combination Event (rain date SUN 7/10), 1 Miles, Class 1A Jeff A.

Shale Brook Farm is Jeff's home and location of Hike, BBQ & Pool party. It is an easy 1-mile loop on cleared, shaded ATV trails. The hike will start at Jeff's blueberry garden, go past the campground and hunting cabin, possible raspberry picking, feed the sheep, see haunted house and end up at the pool for picnic and swim. If you only want to do lunch/pool meet at Jeff's home 12:30 ish. If you are doing the hike arrive at 10:30. If you have a favorite dish to bring, let Jeff know by email what it is by July 6th. Bring your bathing suit, towel, and chair. If you are coming to any part of the event please respond by email to Jeff by July 5th.

Sunday, July 10, Bread Lock Park/Museum visit, 4 Miles, Class 2B

Joann P. and Johanna M.

Meet at 9:30am in parking lot 2627 Route 57 East Stewartsville NJ 08886 Port-a-potty BRING Lunch under a pavilion; 1pm guided tour of small museum and grounds

Saturday, July 16, Hike along Lockatong Headwaters on Peter and Mimis trails, 5+ Miles, Class 2B

Sylvia C.

One significant Hill up 500ft and another down in wooded terrain. Bring hiking boots, poles, water and snack. Opportunity for a stop at Lockatong for toe dip and snack break if weather and water level permit.

Saturday, July 30, Horseshoe Bend Park, 4-5 Miles, Class 2B

Lindsay and Dave D.

Rolling ups and downs with uneven terrain. After the hike all are invited to bring your own lunch (and chair) and join us for a tailgate at a Tinicum Park Polo match. The match is located on Rt 32 before Tinicum Park and across from New Life Island in Upper Black Eddy, PA 18972. Gates open at 1:00 pm and the match is from 2:00 - 4:00 pm. \$10/car for fieldside access and a door prize ticket. Wine and beer are allowed.

<u>Wednesday Hikes – Summer 2022</u>

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

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

| Jun 1, Paxson Hill Farm Walk | Jul 27, Hoffman Park |
|---|--|
| Class: 2B Miles: 5 Leader: Yolanda E. | Class: 2B Miles: 4-5 Leader: Lindsay and Dave D. |
| Jun 8, Deep Cut Gardens Hike and Tour | Aug 3, Tinicum Park to Homestead cafe and back |
| Class: 2B Miles: 4 Leader: Johanna M. | Class: 2B Miles: 8 Leader: Johanna M. |
| Jun 15, Ringing Rocks Class: 2B Miles: 4 Leader: Joan S. | Aug 10, Mercer Museum/Moravian Pottery & Tile Works tours Class: 1A Miles: 4 Leader: Joann P. and Johanna M. |
| Jun 22, Merrill Creek Reservoir | Aug 17, Hike: Flemington Town and Country |
| Class: 2B Miles: 6 Leader: Johanna M. | Class: 2B Miles: 3.5 Leader: Sylvia C. |
| Jun 29, Lambertville Walk and New Hope Lunch | Aug 31, Tohickon Valley Park |
| Class: 1A Miles: 4 Leader: Marianne V. | Class: 2B Miles: 5 Leader: Lindsay and Dave D. |
| Jul 13, Eckley Miners' Village Guided Tour Class: 1A Miles: 4 Leader: Joann P. and Johanna M. | |

Thursday "C Pace" (Energetic) Hikes – Summer 2022

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

Note: Meet place listed here is for carpooling, in most cases. For trailhead location check Groups.io calendar.

| Jun 2, Four Birds Trail to Splitrock Reservoir Class: 3C Miles: 8-9 Leader: Mark H. | Jul 21, OPEN DATE Sign up to lead a hike using Groups.io |
|--|--|
| Jun 9, Bearfort Ridge and Surprise Lake Loop Class: 3C Miles: 8 Leader: Mike W. | Jul 28, Bear Pond and Highland Trail Loop Class: 3C Miles: 8 Leader: Mac M. |
| Jun 16, AT, Rattlesnake Trail, Coppermine and Kaiser trails Class: 3C Miles: 8-9 Leader: Ron G. | Aug 4, Hot Dog Johnny's and Pequest Wildlife Management Area Class: 2B Miles: 7 Leader: Mark H. |
| Jun 23, OPEN DATE Sign up to lead a hike using Groups.io | Aug 11, Pulpit Rock and Pinnacle Loop Class: 3C Miles: 9.1 Leader: Mike W. |
| Jun 30, Round Valley Reservoir Class: 3C Miles: 7-8 Leader: Mark H. | Aug 18, Jockey Hollow trails Class: 3C Miles: 7-8 Leader: John S. |
| Jul 7, Wawayanda State Park - Rhododendrons Hike Class: 3C Miles: 7 Leader: Charlie B. | Aug 25, Point Mountain Loop Class: 3C Miles: 5.5 Leader: Pete G. |
| Jul 14, Franklin Parker Preserve Class: 2C Miles: 7-8 Leader: John S. | |

Hike and Bike Ride Classifications

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

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

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)