

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SPRING 2023 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**

Presidents Letter Spring 2023

HHC has some noteworthy developments that I want to share with you ~

- We have surpassed pre-pandemic attendance on **all** events including: Mindfulness, Museum trips, History tours, Short, Medium and “C-Pace” Energetic hikes.
- Groups.io has given rise to the pop up hike, and the fill in the gap hike, and the alternative hike – giving everyone a hiking opportunity.
- The 2nd Annual Winter Hike Fest proved so enjoyable that you will start to see more outdoor hiking social events during the year in addition to our 43rd annual Picnic at a new venue. These events bring together our incredible and congenial membership.
- With all these hikers, the key ingredient missing are more **LEADERS**. But two resourceful Members have come up with a great idea for a “Leader Workshop”. They will be recruiting more experienced leaders to help mentor new hike leaders and help with the workshop. Watch for more information from Dave and Lindsay.
- There is a very good chance that we will be having a Holiday party!
- Jack Giller and Ron Good coordinate maintenance on two trails. You will be seeing the Jenny Jump and Musconetcong trails appear on the calendar looking for folks to help with maintenance. Please respond generously with your time. The trails we love to use do not take care of themselves.

I will leave you with this quote from Aristotle – Friendship has to begin with shared work toward the good.

See you on the trail!
Lynn

List of Hike Leaders Winter Spring 2022-2023

These 41 esteemed members are currently leading about 150 fabulous hikes and other events for us.

We, the 1500 followers, appreciate the hours of enjoyment they have given us

Sharon Rider	Charlie Behnken
Jeff Alte	John Sterbinsky
Gail Jacobson	Susan Schmitt
Lindsay Dunne	Ron Good
Dave Dunne	Jackie Strigl
Joan Sampson	Carolyn Creed
Joann Pieloch	Joe Liptak
Johanna McAteer	Geoff Nicklen
Marianne Vlazny	Lynn Nicklen
Tom Freundlich	Pam Bland
Yolanda Elmes	Ann Cefola
Mark Hermsmeier	Pat Hennessey
Sylvia Crush-Stanton	Linda Mayerik
Robert Jacobs	Daniel McAuliffe
Loretta Mizeski	Terry Trotta
Tom Norwood	Ann Wolf
Lynn Ebling	Beth Michael
Pete Gakos	Doris Spencer
Michael Wittig	Frank Murray
Teresa Londino	Jack Giller
Anna Gerwel	

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 609-397-2603

Secretary: Ellen Rousseau:

Treasurer: Jack Caffrey:

Website: Mark Hermsmeier:

Indoor Program:

Doris Spencer

Outdoor Activities:

Pat Hennessy:

Mary Curtis:

Membership: Loretta Mizeski:

New Membership Inquiries:

Gail Jacobsen:

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: Mark Hermsmeier:

Friday Hikes and Bike Rides: Pat Hennessy:

Weekends: Pam Bland: Mary Curtis:

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. If I should test positive for COVID-19 within 4 days after a club hike, I will report this to the leader so that he/she may inform the other participants.

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

Indoor Program Schedule

The March meeting will be zoom only. For April and May we will meet at the South Ridge Community Church, 7 Pittstown Road (Rt 513), Clinton, NJ.

Thursday March 9 7PM Hiking Club Adventures

Three members will do brief presentations on recent travels. This will be a zoom program. Link will be sent a few days before.

Thursday April 13 7PM Hunterdon Land Trust

Emily Dunn, Stewardship Program Manager of Hunterdon Land Trust, will present a program on work of the HLT. This program will be on-site at South Ridge.

Thursday May 11 7PM Business Meeting

Election of officers. Business meeting.
This program will be on-site at South Ridge.

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 609 -397-2603 geef2@yahoo.com). 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 14 for the Wednesday hike schedule.

Thursday “C-Pace” (Energetic) Hikes

- see page 15 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 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 20 minutes. We then will have the option of talking for the rest of the hike. 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.
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

Trail Maintenance

Monday, May 8, Trail Maintenance on Musconetcong Gorge, 3-5 Miles, Class 2C

9:30 AM Meet: Trailhead on Dennis Road, 5 miles North of Milford on Rt. 519

Ron G.

We will trim back growth near the trail. Bring hand trimmers, loppers and hand saw if you have one. Bring water, snack or lunch if you wish. Trail Head is on Dennis Road, approximately five miles North of Milford, NJ. No car pooling needed, lots of room for parking.

Backpacking

Backpacking the Appalachian Trail in Maryland

Wednesday - Sunday , May 17 - 21 , 2023

20.8 miles , Class 2C

Meeting place & departure time to be determined - contact leader

Paul U.

Join us as we continue backpacking the AT in MD.

We will go from US Rt. 40 to Weverton. Highlights of this section include Washington Monument, Dahlgren backpack campground (with hot showers !), Reno Monument, White Rocks quartzite cliff & Weverton Cliffs which offer a magnificent view of the Potomac River gorge.

Very First HHC Spring Fest

Sunday, April 23, 2023 Save the Date

Jenny Jump State Park Maintenance Hike

Monday May 15, 2023. Look for the details in groups.io.

SPRING 2023 WEEKEND OUTDOOR ACTIVITIES

There are some open dates for Spring Outdoor activities on the weekends. We encourage any member who has participated in at least 3 HHC events to lead a hike or bike ride of your choice on an open date or even on a date of a scheduled activity. (A second activity is acceptable to accommodate larger numbers of participants). Please contact one of the Outdoor Coordinators (listed in the newsletter) BEFORE proceeding to post on the groups.io calendar or sending an Invitation to members.

Saturday, March 4, Tohickon Valley Park, 5 Miles, Class 2B

10:00 AM Meet:

Lindsay and Dave D.

We will hike down to the water, over to High Rocks and then back along the Ridge trail. Expect some rocks and tree roots. Bring a snack for the trail.

Sunday, March 5, Round Valley Recreation Area Hike, 3 Miles, Class 2B

10:00 AM Meet:

Terry T.

Hike along the water trail, then into the woods. Rocky spots with one moderate hill.

Sunday, March 12, Musconetcong Gorge, 6-7 Miles, Class 3C

10:00 AM Meet:

Mark H.

There are some steep and rocky section on this trail. Poles recommended. Meet at 10 am at the Musconetcong Gorge Parking Lot.

Saturday, March 18, Hike Duke Farms, Hillsborough, 6 Miles, Class 2C

9:30 AM Meet:

Linda M.

Walk on a mixture of wooded and paved paths. Possible lunch or snack at visitor center cafe afterwards. If significant snowfall, hike will be changed to snowshoeing, same time and place..

Saturday, March 25, Voorhees State Park, 4-5 Miles, Class 2B

10:00 AM Meet:

Lindsay and Dave D.

One good hill. Bring lunch for after. More specific directions on the RSVP.

Sunday, April 2, Califon Breakfast and Road walk, 4-5 Miles, Class 2B

9:30 AM Meet:

Loretta M.

Walk a short distance from Califon Island Park to the Firehouse for an all-you-can-eat-breakfast \$10/\$8 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 at 10:30 to wait for us outside the Firehouse.

Saturday, April 8, Horseshoe Bend Park Spring hike, 4-5 Miles, Class 2B

10:00 AM Meet:

Sylvia C.

Several stream crossings. Wooded areas and some fields up and down hills. Expect a little mud. Bring a snack and water. Hiking boots required; poles recommended.

Monday, April 10, Cherry Blossom Hike at Branch Brook Park/Cathedral Basilica of the Sacred Heart, 4-5 Miles, Class 1B

10 AM Meet: (see Groups.io for the exact location)

Teresa Londino

Over 4000 cherry trees will be in various stages of near-peak bloom creating an ethereal feel to the city. Mostly flat and paved, some low hills, muddy spots, open fields and some concrete steps. It's a loop around ponds and ballfields, over bridges, underpasses, up steps, past lions and geese, and a view of the Manhattan skyline. We will then walk through the gorgeous Gothic style Cathedral Basilica to admire the architecture, stained glass, wood carvings, and silence—a change of shoes might be a good idea. We will end the outing under a pavilion (or a cherry tree) so bring lunch and a chair. There are porta-potties and restrooms throughout the park. The meeting point will be sent once you rsvp in groups.io two weeks before the event.

Sunday, April 16, Stony Brook- Millstone Watershed Hike, 3.5-4 Miles, Class 1B

9:30 AM Meet:

Pam B.

Combination of flat trails through woods and meadows to Stony Brook & the pond. Some areas can be wet & mushy after rains. Miles depending on conditions.

Saturday, April 22, NJ Shore Hike, 7 Miles, Class 1C

10:00 AM Meet:

Linda M.

Celebrate Earth Day with a fun 7 mile boardwalk hike from Belmar to Asbury Park & return. Bring lunch or buy it on the boardwalk. Note: if you need to rush somewhere else later that day, this may not be the hike for you.

Saturday, April 29, Riegelsville Spring hike, 4-5 Miles, Class 2B

10:00 AM Meet:

Sylvia C.

A combination of terrain along the Delaware river. Some flat towpath , some road , a little parkland trail . River valley scenery, local farms, church, and historic buildings. Possible lunch option after hike.

Saturday, May 6, Frenchtown Cemetery tour/Rick Epstein, 1 Mile Class 1A

10:00 AM Meet:

Joann P. and Johanna M.

Meet PROMPTLY at 9:45 am, Park at back of lot at 4 Kingwood Ave. Frenchtown, NJ Hiking Shoes Recommended \$15.00 pp/ exact change Lunch TBD by group

Monday, May 8, Trail Maintenance on Musconetcong Gorge, 3-5 Miles, Class 2C

9:30 AM Meet:

Ron G.

We will trim back growth near the trail. Bring hand trimmers, loppers and hand saw if you have one. Bring water, snack or lunch if you wish. Trail Head is on Dennis Road, approximately five miles North of Milford, NJ. No car pooling needed, lots of room for parking.

Sunday, May 14, Bridge to Bridge, Frenchtown to Milford Loop, 9 Miles, Class 1C

9:30 AM Meet:

Jackie S.

Frenchtown to Milford, return on the PA side of the Delaware River. Views of the Delaware River from the bike path and other narrower paths on the Jersey side. We'll cross the Milford Bridge to PA and return along the Delaware Canal path and trails through the Giving Pond Recreation Area.

Saturday, May 20, White Oak and Bulls Island Trails, 3 Miles, Class 2B

Lynn N.

Up the trail through the woods, down Quarry Rd., cross Rt. 29 (Daniel Bray Hwy.) to both north & south Island trails. Finish with a BYO picnic at Bulls Island.

Sunday, May 21, Sourlands Mountain Preserve, 6-7 Miles, Class 3C

Mark H.

Meet at the Sourlands Mountain Preserve parking lot.

Wednesday Hikes – SPRING 2023

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

Leaders: Daniel McA.; Gail J.; Jackie S.; Jeff A.; Joan S.; Joann P. and Johanna M. ; Johanna M.; Lindsay and Dave Dunne; Mark H.; Yolanda E.

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

Mar 1, Stephens State Park Hackettstown, NJ 07840 Class: 2B Miles: 4 Leader: Johanna M.	Apr 19, Earle Eckel Museum/ hike Meadow Breeze Lane, Washington NJ 07882 Class: 1A Miles: 4 Leader: Joann P. and Johanna M.
Mar 8, Washington Crossing State Park, PA Tour historic village and towpath Class: 1B Miles: 4 Leader: Daniel McA.	Apr 26, Musconetcong Gorge Class: 3C Miles: 5 Leader: Yolanda E.
Mar 15, Windy Acres Lebanon Class: 2B Miles: 4.5+ Leader: Jeff A.	May 3, Kuser Mansion guided tour/ Sayen Garden Class: 1A Miles: 4 Leader: Joann P. and Johanna M.
Mar 22, Merrill Creek Reservoir Class: 2B Miles: 6 Leader: Johanna M.	May 10, Point Mountain Class: 3B Miles: 4-5 Leader: Mark H.
Mar 29, Hope History Walk Class: 1A Miles: 3+ Leader: Gail J.	May 17, Paxson Hill Farm - Walk & Visit Class: 2B Miles: 5 Leader: Yolanda E.
Mar 29, Round Valley Reservoir Class: 2B Miles: 4-5 Leader: Lindsay and Dave	May 24, Mountain Lake road walk/hike Class: 2B Miles: 4 Leader: Joann P. and Johanna M.
Apr 5, Mariton Wildlife Sanctuary Class: 2B Miles: 4 Leader: Joan S.	May 31, Colonial Rose garden Class: 1A Miles: 4 Leader: Gail J.
Apr 12, Sourland Mountain Preserve Class: 2B Miles: 6 Leader: Jackie S.	

Thursday “C Pace” (Energetic) Hikes – Spring 2023

Class: 1C – 3C, Always bring a packed lunch.

Note: In case of bad weather check Groups.io message

Mar 2, Sunfish Pond And Dunnfield Creek (Farview trail) Class: 3C Miles: 7.5 Leader: Jack G.	Apr 20, Van Campens Glen Class: 2C Miles: 6 Leader: Jackie S.
Mar 9, Washington's Crossing to Scudders Falls Bridge Class: 1C Miles: 9 Leader: Jackie S.	Apr 27, Beaver Pond, Rockaway Wildlife Mgmt Area Class: 3C Miles: 7 Leader: Mark H.
Mar 16, Allamuchy switchback Class: 2C Miles: 8-9 Leader: Michael W	May 4, Coppermine-AT- and Kaiser trails Class: 3C Miles: 8 Leader: John S.
Mar 23, Stokes State Forest - Blue Mtn Trail Class: 3C Miles: 8 Leader: Charlie B.	May 11, Mount Minsi Class: 3C Miles: 6 Leader: Ron G.
Mar 30, Wyanoki High Point Class: 3C Miles: 7-8 Leader: Mark H.	May 18, Stonetown Circular - Ringwood NJ Class: 4C Miles: 11 Leader: Pete G.
Apr 6, Hawk Mountain loop Class: 3C Miles: 7 Leader: Michael W.	May 25, Harriman Panther Mountain Class: 3C Miles: 9+ Leader: Charlie B.
Apr 13, Terrace Pond Jaunt Class: 3C Miles: 8-9 Leader: David D.	

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 Classification	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)