

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



## SUMMER 2023 NEWSLETTER JUNE JULY AUGUST

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

## **In Memoriam**

**Shirley Leslie** was one of the original Hunterdon Hiking Club members back in the early 1980s. She recently passed away April 11, 2023 at the age of 93.

Shirley was a great friend to me! She introduced me to the Hiking Club in 1988. I was new to hiking and she taught me new trails and how to read trail markers early on. Shirley appreciated the outdoors and Mother Nature, always pointing out wildflowers and identifying trees. She was so happy and content in the woods!

Shirley was known to carry a red backpack with a Mickey Mouse clock on it. She was always good for laughs and fun times. And loved to sing :). A great friend!

**Sharon Rider**

In the early years of the club we had only paper maps and the leadership of those who were willing to research, scout and lead. **Shirley Leslie** did all of that and left a trove of information for us - complete with maps, brochures, newspaper articles and personal notes – beautifully hand written.

“Thank you Shirley for the foundation that you laid for us. You did it with accuracy, style and grace. Thank you for the pleasure and enjoyment of those wonderful adventures.”

I am the fortunate keeper of the 6 folders and 80+ hikes – it is a treasure I am happy to share. We were graced with our own HHC Golden girls. Shirley was the last of those original Ladies.

**Lynn Nicklen**

The very first thing that comes to mind when I remember Shirley is her love of singing.

With her friend, Aubrey Holavach, they would start up a song anywhere and everywhere. On our weekend bus trips, I always handed out song sheets because I knew that Shirley would soon "strike up the band" and lead the singing.

Probably the time I remember best was when the club was biking on Block Island in 1984. It started to rain so we sheltered in a dilapidated garage where it didn't take Shirley long to start the singing. There was another group of younger bikers also in the garage, and at first they gave us some strange looks as the "old people" (dare I say 40 years ago, most of us were 30-40 somethings!) joyfully sang as the rain poured down. However, it didn't take long for them to join in the singing and by the time the rain let up, we were a rather jovial group joined together by Shirley's singing.

**June Filipski**

# 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:** Gail Jacobsen [Jacobseng@mail.com](mailto:Jacobseng@mail.com) 917-939-6391

**Secretary:** Linda McCarthy

**Treasurer:** Jack Caffrey:

**Website:** Mark Hermsmeier:

### **Indoor Program:**

Doris Spencer

Pat Hennessy

### **Outdoor Activities:**

Pam Bland

Geoff Nicklen:

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

### **New Membership Inquiries:**

Gail Jacobsen: 917-939-6391 [Jacobseng@mail.com](mailto:Jacobseng@mail.com)

**Newsletter:** Tom Norwood

**Hospitality:** Joann Pieloch: [j](#)  
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:

Marianne Trautman

*Thursday Mindfulness Hikes:*

**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)



## 2023-2024 Membership Renewals Due By July 31<sup>st</sup>

Please mark your calendars to renew before July 31. I will also 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 certain members **DO NOT** 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 2024.
- Those of you who signed up for a two-year membership last year will not have to renew this year.
- Some who 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 also be sent directly to you from me (NOT through groups.io) around that same time informing you if your membership is due or if you have until 2024. So if you are not sure, you should 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 noting 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**.

\*\*\* If you routinely renew every year, consider renewing for two years because it saves both of us a lot of time and work. Thank you!

Please contact me if you have any questions about this at [ljski64@gmail.com](mailto:ljski64@gmail.com). Thank you!

**Loretta Mizeski - Membership Chair**

# 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.

## **Indoor Program Schedule**

In June, we will meet at the South Ridge Community Church, 7 Pittstown Road (Rt 513), Clinton, NJ. There are no meetings in July or August

### **Thursday June 8 7PM Summer Social at South Ridge**

Time to welcome our new officers and thank last year's hardworking crew and acknowledge our hike leaders! We will be outdoors in the picnic area at South Ridge. There will be no zoom.

## **Upcoming Events**

### **Annual Picnic**

**Sunday, September 10, 2023 Save the Date**



## **Weekday Outdoor Activities**

### **Tuesday Short Hikes**

1. There are no write-ups in the newsletter. A hike invite will be sent out on groups.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 groups.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 groups.io.
4. Lunches are a favorite Tuesday option. Details are included in groups.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 [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](mailto: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.

## SUMMER 2023 WEEKEND OUTDOOR ACTIVITIES

There are many open dates available on the weekends for summer activities.

Leaders are welcome to add *impromptu* hikes on the open dates for the summer Saturday and Sundays in the groups.io calendar.

If you decide to schedule an event AFTER the newsletter is published and distributed, you may enter the event on the groups.io calendar. Remember to LOCK the event until you invite members to accept your invitation about 2 weeks prior to the date. If your event is going to be on a date when another event is already scheduled for that day, please contact that day's leader to confirm acceptance that you will not interfere with the original event. (This is a courtesy). Contact any of the Weekend Coordinators if you need assistance.

### **Sunday, June 4, Bike Ride: White Oak Park to Stanton General Store, 20 Miles, Class 1A**

Mark H.

We'll meet at White Oak Park at the central parking lot. We'll bike along Pulaski, Dreahook, Stanton Rd, Pleasant Run and Hillcrest Rd. It is 19 miles, class 2B with some hills. All are welcome, no bikers left behind. Here is the proposed route on All Trails

( <https://www.alltrails.com/explore/map/white-oak-park-stanton-loop-28dd2c7>).

### **Saturday, June 10, Trenton Mill Hill Garden Tour of Homes, 1.5 Miles, Class 1A**

Ann W.

1.5 miles Class 1A 12:00 (to be confirmed) Meet: Artworks (details to follow) This event is limited to 12 people. Tickets are required. More information to be distributed as date approaches.

### **Saturday, June 17, Riegelsville hike, 5-6 Miles, Class 2B**

Sylvia C.

Riegelsville Pa circuit hike. A combination of terrain along the Delaware River Valley. Some flat tow path, a hill, some road, a little parkland trail. Expect an abundance of river valley scenery: local farms, a church, historic buildings, tow path lock and bridges. We will hike along the ridge and valley stopping briefly at historic structures. Option is open for lunch after at local park or restaurants.

### **Sunday, June 18, Round Valley Reservoir, 5-6 Miles, Class 3C**

Mark H.

Class 3C, 5-6 miles. Meet at the Cushetunk Mountain Preserve parking lot. There are a couple of big climbs to get over to the reservoir and back. Bring lunch for lakeside dining.

**Saturday, June 24, Plainsboro Preserve Hike, 3.5 Miles, Class 2B**

Alison Brancone

2.5-3.5 miles (to be decided) Class 2B 10 am Meet: At main Preserve parking lot A relatively level hike along McCormick Lake and out to "Maggie's point" for a lake view, then into the woods before we return to the parking lot.

**Sunday, June 25, Bike Ride, 18 Miles, Class C**

Yolanda E.

About 18 mile bike ride starting from Barley Sheaf School, Barley Sheaf Road Flemington. Terrain will be flat roads rolling hills and one or two hills. Mostly quiet back country roads.

**Saturday, July 8, Hike/BBQ/Pool combo Event (rain date 7/9), 3+ Miles, Class 1B**

Jeff A.

2 and 3+ Miles Class 1B There are 2 hikes Start at Jeff's garden, to shaded trails, past campgrounds, hunting cabin and possible raspberry picking; see haunted house continue on road to base of Round Mt. (Loop). End up at pool for picnic and swim. If you only want to do lunch/pool meet at 12 Noon, if hiking meet at 10:30 AM. Bring bathing suit, towel, chair, drinks, and side dish. If you're coming to any part of this event, PLEASE RESPOND BY EMAIL TO JEFF

AT [RIDEFREEHD@HOTMAIL.COM](mailto:RIDEFREEHD@HOTMAIL.COM) BY JULY 5 TH with your favorite side dish.

**Sunday, July 9, Raindate for July 8<sup>th</sup> Hike/BBQ/Pool combo event.**

**10:30 AM Meet:**

**Saturday, July 15, Horseshoe Bend Park, 4-5 Miles, Class 2B**

Lindsay and Dave D.

4-5 miles, Class 2B 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.

**Saturday, August 5, Flemington Greenway hike, 4 Miles, Class 2B**

Sylvia C.

Hike in the wooded trails along brook. Expect some hills and flat. ~350 ft height gain. Please be sure to bring water. Lunch after optional.

**Sunday, August 27, Rockhopper Trail Hike, 3.5 Miles, Class 2B**

Pam B.

Rockhopper Trail in West Amwell Twp. 3.5 miles, Class 2B 9:30AM Meet: parking lot behind Lambertville Inn. Shuttle from Lambertville to small parking lot on Rt. 518 (<2 miles). Hike through woods, over & around some rocks (thus, "Rockhopper Trail"), descending slowly toward Lambertville, following some of the trail used by George Washington & his troops, ending on Quarry St. and then a walk back to our cars at the parking lot in Lambertville.

## **Wednesday Hikes – Summer 2023**

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

**Leaders:** Cecilia Blas; Gail J.; Jeff A.; Joann P. and Johanna M.; Loretta M.; Marianne V.; Robert (& Marianne Teetsel) Jacobs; Sue & Rich Armington; Sylvia C.

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

<b>Jun 7, Teetertown Ravine hike</b> Class: 2B Miles: 3.5-4 Leader: Loretta M.	<b>Jul 26, Hackettstown History Walk</b> Class: 2A Miles: 3+ Leader: Gail J.
<b>Jun 14, Hugh Moore Park hike/Museum/Boat ride</b> Class: 1B Miles: 4 Leader: Joann P. and Johanna M.	<b>Aug 2, Bald Pate Mountain and picnic lunch</b> Class: 3B Miles: 4+ Leader: Sylvia C.
<b>Jun 21, Watchung Reservation/Deserted Village Hike</b> Class: 2B Miles: 5 Leader: Jeff A.	<b>Aug 9, Cole Road Greenway</b> Class: 2C Miles: 5 Leader: Jeff A.
<b>Jun 28, Windy Acres Lebanon</b> Class: 2B Miles: 4.5+ Leader: Jeff A.	<b>Aug 16, Oldwick History Walk</b> Class: 2A Miles: 3 Leader: Gail J.
<b>Jul 5, Bouman-Stickney Farmstead, Round Mountain.</b> Class: 2B Miles: 5.1 Leader: Robert Jacobs & Marianne Teetsel	<b>Aug 23, Schooley's Mountain</b> Class: 2B Miles: 4 Leader: Cecilia Blas
<b>Jul 12, Peace Valley Hike/Michener Museum</b> lass: 2B Miles: 3 Leader: Joann P. and Johanna M.	<b>Aug 30, Mercer Meadows Pole Farm hike</b> Class: 2B Miles: 5 Leader: Sue & Rich Armington
<b>Jul 19, Lambertville/New Hope Hike</b> Class: 2C Miles: 3.5 Leader: Marianne V.	

## Thursday “C Pace” (Energetic) Hikes – Summer 2023

**Class: 1C – 3C, Meeting Times: 9:00 a.m. unless otherwise noted. 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>Jun 1, Jockey Hollow and Lewis Morris Parks</b> Class: 3C Miles: 7-8 Leader: John S.	<b>Jul 20, Lehigh Gap</b> Class: 3C Miles: 7 Leader: Mike W.
<b>Jun 8, Stephens State Park</b> Class: 3C Miles: 9 Leader: Johanna M.	<b>Jul 27, Hawk Mountain</b> Class: 3C Miles: 7 Leader: Michael & Ruth Wittig
<b>Jun 15, Ramapo Valley Reservation - Shuber Trail</b> Class: 3C Miles: 8 Leader: Charlie B.	<b>Aug 3, Kittatinny Valley State Park</b> Class: 3C Miles: 8+ Leader: Charlie B.
<b>Jun 22, Tohickon/ HighRocks</b> Class: 2C Miles: 6 Leader: Jackie S.	<b>Aug 10, Dunnfield Creek</b> Class: 3C Miles: 9 Leader: Ron G.
<b>Jun 29, Ramapo Forest</b> Class: 3C Miles: 7 Leader: Mark H.	<b>Aug 17, Bearfort Ridge and Surprise Lake Loop</b> Class: 3C Miles: 8 Leader: Mike W.
<b>Jul 6, Franklin Parker Preserve Red trail and Blueberry Pick</b> Class: 2C Miles: 7-8 Leader: John S.	<b>Aug 24, Carranza Memorial to Apple Pie Hill</b> Class: 2C Miles: 8 Leader: John S.
<b>Jul 13, Terrace pond jaunt redux</b> Class: 3C Miles: 8 Leader: David D.	<b>Aug 31, Manaticut Point and Lake Sonoma</b>  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.

<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 Classifications</b>	<b>Hikes</b>	<b>Rides</b>
<b>Class A</b>	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
<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)