

Hunterdon Hiking Club

Organized 1980

**Affiliate of the Hunterdon County
Department of Parks and Recreation**



**FALL 2024 NEWSLETTER
SEPTEMBER OCTOBER NOVEMBER**

HHC Web Page: www.HunterdonHikingClub.org

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

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 2023 – May 2024

President: Gail Jacobsen Jacobseng@mail.com 917-939-6391
Secretary: Linda McCarthy
Treasurer: Jack Caffrey: jackcaffrey@gmail.com (address in application form)
Website: Mark Hermsmeier:
Indoor Program:
Johanna McAteer
Pat Hennessy
Outdoor Activities:
Mary Curtis
Geoff Nicklen:
New Membership Inquiries:
Jeff Alte
Membership: Loretta Mizeski: ljmski64@gmail.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: Mark Hermsmeier:
Thursday Mindfulness Hikes:
Carolyn Creed:
Friday Hikes, Bike Rides:
Pat Hennessy:
Weekends: Pam Bland:
Mary Curtis:
Marianne Trautman

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.

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 **Jeff Alte**, ridefreehd@hotmail.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 _____

Indoor Program Schedule

Meetings will be held at South Ridge Community Church, 7 Pittstown Rd (Rt 513), Clinton at 7 pm.

Thursday September 12 , 7pm

Longtime HHC member, Doris Spencer will present photos from her travels to 14 islands of England, Scotland, Wales and Northern Ireland.

Thursday November 14, 7pm

Non-certification presentation on basic First Aid by Guy DeSapio, AHA and ASHI certified instructor.

This is an opportunity to get together with members off trail. There will be refreshments, time to socialize, an interesting program presentation, and the business meeting. You are welcome to arrive at 645pm for refreshments and to socialize. Please RSVP only if attending in person. Join us at South Ridge Church or on Zoom. Zoom link will be emailed a few days before.

Upcoming Events



-Please Join us-

HHC 44th Annual Picnic

Saturday, Oct. 5, 2024, 1-4pm
Kingwood Township Park
200 Union Rd
Frenchtown, NJ

1-2PM--GRILLED BURGERS, VEGGIE BURGERS, AND HOTDOGS

1-4PM--LAWN GAMES, SOCIALIZING, BASKETBALL HOOPS,
VOLLEYBALL NET, BOCCI COURT AVAILABLE

RSVP ON GROUPS.IO 9/18-10/2, AND LOOK FOR PRE-PICNIC
HIKES.

BRING A SIDE DISH TO SHARE (AND SERVING UTENSIL)
DESSERT PROVIDED BY THE CLUB
BYO BEVERAGES (NO ALCOHOL)
BYO CAMP CHAIR IF YOU'D LIKE

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

Dec 7, 2024
Saturday

5PM-9PM

*Beaver Brook Country Club
625 Country Club Dr
Annandale, NJ*

HHC Annual Christmas/Holiday Party

COME CELEBRATE!

We are excited to be able to have this annual event again.
Dress up and join us as we celebrate the season
enjoying good conversation, dinner and dancing.

**MEMBERS
\$ GU
ESTS**

\$

Appetizers
Soft Drinks
Buffet Dinner
Cash Bar
Dessert, Coffee,
Tea DJ and Dancing
Tax and Gratuity

**RSVPING ROOM
UPS. IOMAIL
CHECK ASAP**



**COST WILL BE
DECIDED
AND POSTED IN**

GROUPS. IO BY SEP 6

Questions? Joann 908-319-5256,
or Teresa 908-432-4083

Checks payable to Hunterdon Hiking Club.
b. Mail to:

HHC
c/o Teresa Londino
7 Ridgedale Dr
Annandale, NJ 08801

Backpacking the Appalachian Trail in Pennsylvania

Thursday - Sunday , October 3 - 6 , 2024

23.3 miles Class 3C Paul U.

Meeting place & departure time to be determined : contact leader

Join us as we start backpacking the AT in PA. Will be the second time for some of us.

We will hike from Delaware Water Gap to Smith Gap.

Highlights of this section will include views from Council Rock , Winona Cliff , Lookout Rock, Mt. Minsi , Wolf Rocks , Wind Gap & Hahn's Lookout. Water from faucet at Kirkridge Shelter & 3 springs at Smith Shelter.

Hunting Season

Hunting season resumes in New Jersey with bow season on September 9th. Please begin looking for your safety vest so you have it in your trunk or backpack when you will need it.

Jack Caffery

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 14 for the Wednesday hike schedule.

Thursday “C-Pace” (Energetic) Hikes

- see page 15 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.

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.

2024 FALL WEEKEND ACTIVITIES

There are still some open dates on weekends in September, October, and November. You may post an activity on the groups.io calendar AFTER the newsletter is sent out. Please remember to only "ADD EVENT" and LOCK the event (do NOT invite the group when posting). Invite the members about 2 weeks prior to your event and UNLOCK. There may be multiple events on the same date. Please consult with the original leader as a courtesy prior to posting additional events. Contact any of the Weekend Coordinators if you need assistance or have questions.

Sunday, September 1, Rain date for Waterloo Village Hike, 4 Miles, Class 2B

Sylvia C.

See Aug. 25 for details

Friday, September 6, Bike Ride at Island Beach State Park, 18 Miles, Class 2B

11:30 AM Meet: entrance to Island Beach State Park, Seaside Park, NJ

Pat H.

Bring lunch. We will eat early on the ride. Class: 2B 18 miles. All paved roads. Flat but expect some head winds. We will stop at the beach halfway, then return. No swimming will be allowed. Bring lunch and water.

Following the ride there is an option to have dinner there.

Sunday, September 8, Grandparent/grandchild walk and scavenger hunt, 1+ Miles, Class 1A

Gail J.

Class 1A 1+ miles Join us for a Grandparent's Day hike. Please bring your grandchildren/grandnieces/grandnephews with you if you have them! We will walk the Columbia trail doing a scavenger hunt type hike. At the end of the hike, we will have a sweet treat. Meet at the public parking lot near the gazebo in High Bridge. Each child will cost \$1 to ensure that they are covered in our insurance. ONLY REGISTER YOURSELF FOR THE HIKE. Also, to add to the fun you might want to have the kids bring painted rocks or shells, a small gnome statue and/or a trinket to put in the toy box so they can take a trinket/toy out.

Sunday, September 15, Bike Ride - Whitehouse to Rockaway, 10 Miles, Class 2B

Margaret M.

10 mile, class 2B bike ride starting at a small park next to the East Whitehouse Fire Department in Whitehouse traveling over moderate rolling hills to Tewksbury and back. Wear bike helmet, and bring water and energy snacks if needed. Park next to East Whitehouse Fire Department 93 Old Hwy 28, Whitehouse (40.619488, -74.746420)

Saturday, September 28, Hike Asbury Park Train Station to Manasquan Train Station, 9.5 Miles, Class 1B

Linda M.

9.5 Miles Class 1B Meet at Manasquan train station by 9:15 AM to take the 9:29 AM train to Asbury Park. Walk from Asbury Park to our cars at Manasquan Train Station. Bring lunch or buy at pizza restaurant where we will stop to eat. There will be bathrooms along our walk. Train costs \$1.80 seniors and \$4.00 non-seniors. Buy your ticket ahead of time at any NJ Transit train station with automatic machine, online to your smart phone via their app, or you can buy at the Manasquan train station or on the train with cash.

Saturday, October 5, HHC 44th Annual Picnic

1:00-4:00 PM Meet: Kingwood Township Park, 200 Union Rd, Frenchtown, NJ

Teresa L.

There will be 2 hikes prior to the picnic. Invitations for each hike with their own descriptions and RSVP's will be sent separately prior to the picnic. Bring a side dish to share, your own beverage & chair. The Club will provide burgers, hot dogs, buns, condiments, & dessert.

Saturday, October 12, Bike Ride from Bulls Island to Homestead General Store, Upper Black Eddy, PA., 24 Miles, Class 2B

Pat H.

Meet 10:00 at Bulls Island by the bathrooms. Class 2B 24 miles Mostly on the towpath. We will bicycle 12 miles, have lunch at the Homestead Cafe then return by the same route.

Sunday, October 13, Bike Ride "Walkway Across the Hudson", 19 miles, Class 1A

Ellen A.

19 mile (little to no elevation) roundtrip bike ride on the Empire State Trail starting in Poughkeepsie, NY over the bridge, "Walkway over the Hudson" (1.5 mi), hop on the Hudson River Trail west to New Paltz & back to Poughkeepsie on the road. Asphalt rail trails through forests. Bring helmet, water, snacks.

Saturday, October 19, Roosevelt Island, NY, 4.5 Miles, Class 2B

Margaret M.

4.5 miles, Class 2B

Tour Roosevelt Island and enjoy view of the Manhattan skyline, Queens, and the East River. Stroll along the riverfront and visit the sites - Roosevelt Four Freedoms Park and six landmark structures as time permits (Chapel of the Good Shephard, Blackwell House, Strecker Memorial Laboratory, Octagon Tower, The Lighthouse, Smallpox Hospital). We'll take the tram over and enjoy an aerial view of Manhattan and the island and return by train. When we're ready for lunch, we can stop at ME Mediterranean Eatery, order food and find a nice spot by the water to enjoy the scenery. After lunch we can explore the town and the farmer's market then head home. Please bring water and any snacks you may want as you tour the island.

Saturday, November 2, Hike Duke Island Park to Duke Farms, 6 miles, Class 1B

Linda M.

Walk from Duke Island Park to the Carriage Barn at Duke Farms. Dirt canal path and asphalt trails. Sneakers or boots OK. Poles not necessary (can be useful on canal path with tree roots) Rain, ice, snow cancels. Toilet facilities available at both locations.

Sunday, November 3, Mt. Tammany Sunrise Hike, 4 Miles, Class 3C

Mark H.

It is that time of the year again. 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 if conditions warrant. Bad weather date is Saturday, January 4. We leave promptly at 4 am EST from the car pooling meeting point at Spruce Run and we start hiking promptly at 5 am EST from the Dunnfield Creek trail head (main parking lot) for a 6:20 am sunrise. This is an hour earlier than usual, because of the time change, but it will still feel like we are meeting at 5 am as in past years.

Saturday, November 9, Hike at Billie Johnson Mountain Lakes Preserve Princeton, New Jersey, 3.5 Miles, Class 2B

Alison B.

3-3.5 miles Class 2B A nice combination of woodlands and fields. Some ups and downs, along with multiple stream crossings. Wear hiking boots and bring poles if you use them.

Saturday, November 16, Sandy Hook - Fort Hancock area, 6 Miles, Class 2B

Lindsay and Dave D.

Approx. 6 miles. Class 2B. A lot of asphalt and some sand. We may be lucky enough to see the seals. Directions on RSVP.

Sunday, November 17, Solebury Road/Canal Walk, 5 Miles, Class 2B

Yolanda E.

Class 2B 5 Miles Cross bridge to PA. Walk quiet country roads and canal path. Wear bright orange or yellow vest or cap for visibility on the road

Saturday, November 30, Stockton to Stockton roundtrip towpath hike, 7.3 Miles, Class 2B

Frank M.

This is a 7.3 mile towpath hike starting and ending in Stockton with a lunch/refreshment break at the Lumberville General Store. Class 2B. Call leader with questions.

Wednesday Hikes – Fall 2024

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

Leaders: Gail J.; Jeff A.; Joann P. and Johanna M. ; Johanna M.; Lindsay and Dave D.; Patricia Bubb; 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.

Sep 4, MUELLERS General Store Canal walk Meet: 9:30 AM 3205 South Delaware Drive Easton PA 18042 Class: 2B Miles: 6 Leader: Joann P. and Johanna M.	Oct 23, River Trail Hike /Octoberfest Lunch/Pickleball Meet: 9:30 AM Deer Path Park at restrooms Class: 2B Miles: 4 Leader: Jeff A.
Sep 11, Bouman-Stickney Farmstead, Round Mountain. Meet: 10:00 AM Bouman-Stickney Farmstead 114 Dreahook Rd, Stanton, NJ 08885. GPS 40.5829505,-74.8315545 Class: 2B Miles: 5.1 Leader: Robert (& Marianne Teetsel) Jacobs	Oct 30, Jenny Jump State Park Meet: 10:00 AM Jenny Jump State Park Class: 3C Miles: 5 Leader: Yolanda E.
Sep 25, Columbia Trail Meet: 9:30 AM 73 Main Street High Bridge,NJ Class: 2B Miles: 6 Leader: Patricia Bubb	Nov 13, Belvidere history walk Meet: 9:30 AM Belvidere NJ Class: 1A Miles: 2-3 Leader: Gail J.
Oct 2, Long Pond Ironworks hike and Ringwood Manor tour Meet: 9:30 AM West Milford NJ Class: 2B Miles: 4-5 Leader: Gail J.	Nov 20, Jockey Hollow Meet: 10:00 AM Jockey Hollow in Morristown Class: 2B Miles: 5+ Leader: Lindsay and Dave D.
Oct 16, Lakota Wolf Preserve/Hike Meet: 9:30 AM 89 Mt. PLEASANT Road - Columbia NJ 07832 Class: 2B Miles: 3 Leader: Joann P. and Johanna M.	Nov 27, Merrill Creek Reservoir Meet: 9:30 AM 34 Merrill Creek Road Washington NJ 07882 Class: 2B Miles: 6 Leader: Johanna M.

Thursday “C Pace” (Energetic) Hikes – Fall 2024

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.

Sep 5, Mahlon Dickerson - Beaver Pond Class: 3C Miles: 6-7 Leader: Mark H.	Oct 17, Allamuchy pebble and beyond Class: 3C Miles: 6-8 Leader: Michael W.
Sep 12, Jenny Jump State Forest Class: 3C Miles: 6 Leader: Jackie S.	Oct 24, Delaware Water gap Douglas & Kaiser Trail Loop Class: 3C Miles: 8 Leader: John S.
Sep 19, Stairway to Heaven and Boardwalk over swamp on AT Class: 3C Miles: 7.2 Leader: Dru Toman	Oct 31, Manaticut Point and Sonoma Lake Class: 3C Miles: 7 Leader: Mark H.
Sep 26, Mt. Tammany & Mt. Minsi Loop Parking Class: 3C Miles: 12 Leader: Pete G.	Nov 7, Trexler Nature Preserve Class: 2C Miles: 8 Leader: Charlie B.
Oct 3, Hawk mountain Class: 4C Miles: 6 Leader: Michael W.	Nov 14, Delaware River loop Frenchtown to Milford Class: 2C Miles: 8 Leader: Jackie S.
Oct 10, Stokes State Forest - South (Shuttle) Forest Class: 3C Miles: 9 Leader: Charlie B.	Nov 21, Round Valley Hike Class: 3C Miles: 11 Leader: Dru Toman

Hike and Bike Ride Classifications

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

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

Hiking Guidelines

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

Bicycle Ride Guidelines

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

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

A Selection of Directions from Flemington to HHC Hike Starting Points

Bulls Island State Park

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

Alternate Route 1:

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

Alternate Route 2:

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

Clinton Commuter Lot, Clinton, NJ

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

Clinton Wal-Mart from Route 78 West

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

Deerpath Park

From Flemington:

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

From Clinton:

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

Frenchtown by Delaware River Bridge

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

High Bridge Municipal Lot

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

Holcombe-Jimison Farm, Lambertville, NJ

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

Morales Park, Flemington

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

Pennington Market

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

Prallsville Mill, Stockton, NJ

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

Spruce Run

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

Taco Bell, Flemington

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