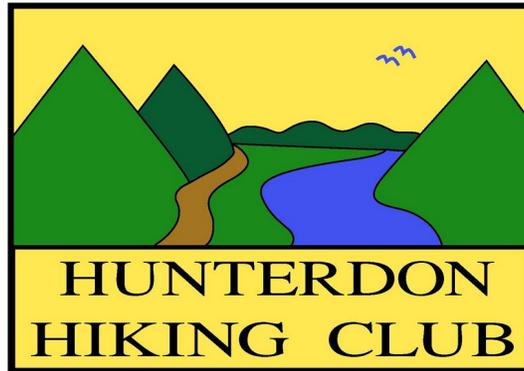


Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SUMMER 2025 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

2025-2026 Membership Renewals Due By July 31st

Please mark your calendars to renew before July 31. I will also send a general reminder email to all by July 1 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 2026.
- Those of you who signed up for a two-year membership last year will of course 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 from me (NOT through groups.io) to ONLY those of you who do NOT have to renew by July 1 informing you that you have until 2026 or later.

In the past I sent out emails to every member informing them of their status but with nearly 500 members, even in large bulk emails of 50 apiece, this is a lot.

So if you are not sure, you could wait until you get my personalized email by July 1. Please don't email me asking before then!

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. Please note the increase in dues to \$20 single/ \$30 family for one year.

If you have changes, then send me (Loretta) an application starring the changes or a note with the new information and the check. 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 do not receive an email from me by the first week in July and believe you are **not due** for renewal at: ljmski64@gmail.com

But the years fly by so I hope you will check your records first! Thank you!

Loretta Mizeski - Membership Chair

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 2024 – May 2025

President: Gail Jacobsen Jacobseng@mail.com 917-939-6391

Secretary: Linda McCarthy

Treasurer: Jack Caffrey: (address in application form)

Website: Mark Hermsmeier:

Indoor Program:

Lauri Jo Jamieson:

Anne Zenerovitz:

Outdoor Activities:

Pam Bland:

Pat Hennessy:

New Membership Inquiries:

Jeff Alte ridefreehd@hotmail.com 908-625-3317

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:

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 (\$20) Family (\$30)
Two years Single (\$40) Family (\$60)
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 2/25

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. This is an opportunity to get together with fellow HHC 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. Zoom link will be emailed a few days before.

Thursday June 12 7PM History of the Schiff Preserve

Barry Thompson is an author and historian from the Somerset Historical Society of Somerset Hills. He will talk about the history of the Schiff Preserve from its beginning as a grouping of local farms to its current status as a 600 acre private preserve

Safety Note

Ticks seem to be more present than in prior years. Spray, Spray and spray.

Jack Caffery

Upcoming Events

Monthly Meeting	April 10 th
Springfest	April 26 th
Monthly Meeting	May 8 th
Monthly Meeting	June 12 th
Monthly Meeting	September 11 th
45 th Annual Picnic	October 4 th
Monthly Meeting	November 13 th
Holiday Party	December 6 th

Annual Pool Party at Jeff Alte's house Saturday July 12

If you are hiking first(details below), be there at 10:30. If you are just coming to the pool party, be there at noon. Please bring bathing suit, towel, chair, drinks and side dish. If coming for any part of this event, please respond to Jeff's email at ridefreehd@hotmail.com by July 8th with your favorite side dish. Rain date is Sunday, July 13th

Hike details

2+ miles, Class 1B, Jeff A

45th Anniversary Picnic

We are seeking 3 hike leaders for the 45th Anniversary Picnic on Saturday, Oct 4, at Kingwood Township Park. We usually try to offer 1+ mile, 2+ mile, and 3+ mile hikes which are scheduled to finish just before our 1pm gathering. If you would like to lead, please reach out to Joann Pieloch or Teresa Londino.

Teresa Londino, Joann Pieloch,

In honor of our 45th Anniversary, we are excited to share that we are in the process of updating our HHC logo and setting up new merchandise options for purchase. Details of items and ordering information will be emailed in June.

HUNTERDON HIKING CLUB NJ AT Series For 2025

This year we plan to hike the entire 72 miles of the New Jersey section of the Appalachian Trail. This will be comprised of eight hikes ranging from 7 to 11 miles. The hikes are generally difficult, with moderate elevation gain, lots of rocky sections with some scrambling. They are classified as 3C.

They will be included in the Thursday Hiking Schedule, three in the spring, one in the summer and four in the fall.

Shelley Harvey has volunteered to lead these hikes. She has experience leading NJ AT section hikes for other clubs and is very familiar with the trails for all eight hikes. Carpooling from either Spruce Run or King's in Whitehouse will be arranged. All of these will be shuttle hikes.

Here is a summary of the 5 hikes from South to North (they won't be hiked in this order):

1. Skyline Dr to Culver's Gap, 10.9 miles, there are a few exposed rock facings that are very slick if wet and a bit of rock scrambling and some steep descents (June 12)
2. Deckertown Trnpg to Route 519, 8.3 miles, a side trip to High Pt Monument adds 0.25m (Fall)
3. Rt 519 to Wallkill River, 8.3 miles (Fall)
4. Wallkill River to NJ 94, 9.3 miles, 2nd of 2 easy sections (Fall)
5. NJ 94 to Greenwood Lake, 10.9 miles, this includes a 0.1m backtrack from the AT state line to the State Line Trail and also includes the hardest mileage to ascend Stairway to Heaven, rock scrambles up and down sprinkled throughout the hike and steep descent to the lake (Fall)

This will be a great opportunity for anyone who wants to hike the full NJ section of the AT, or do those sections you have not already done.

Appalachian Trail Angels Monday, July 14th to Tuesday, July 22nd

We will be providing food and drink to the Appalachian Trail thru hikers once again this year at a site on Millbrook Rd outside of Blairstown. We need team leaders and volunteers in order to make this happen. An email will be sent out with all this details on this in early June.

Vermont Hiking and Sightseeing trip August 12 to August 16

We will be going back to the Mid-Jersey Ski Lodge in the Rutland area of Vermont. From there we will do hikes and some sightseeing. This is a completely new itinerary so everyone is welcome to sign up. An email with the details and info on how to sign up will be sent out in early June.

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 13 for the Wednesday hike schedule.

Thursday “C-Pace” (Energetic) Hikes

- see page 14 for the Thursday hike schedule.

Please RSVP via [Groups.io](#) invitation which will be sent about 2 weeks prior each hike

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

Thursday Short (Mindfulness) Hikes

We will practice mindfulness for 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.

2025 SUMMER WEEKEND ACTIVITIES

There are a few open weekend dates for June, July, and August. AFTER the newsletter is published, you may add additional events on the groups.io calendar and invite hikers about 2 weeks prior to your event. Someone can volunteer to lead a local hike/bike ride on Trail Angel dates in July or the Vermont trip dates for other members not participating in those activities. We encourage new leaders- select date and location of your choice (you only have had to hike at least 3 times with HHC to lead). Please contact Weekend Coordinators to help you with planning and posting your activity.

Saturday, June 7, The Cloisters and Fort Tyron Park, 3.5-4 Miles, Class 2B

10:00 AM Meet: NYC Penn Station

Margaret M. co-leader Yolanda Elmes

Walk the trails of Fort Tyron Park and visit the museum and grounds of The Cloisters. Take in the beautiful view of the Hudson River and gardens of the park and The Cloisters. Entry fee for The Cloisters is \$22 for Seniors, \$30 for Adults. Lunch at the museum cafe. We'll carpool to the museum. Trip is 2 hrs. by train & subway from Raritan Station; 1 hr. by car from Bridgewater. Would need 1-2 other drivers (5/car); contact leader if volunteering to drive.

Saturday, June 14, Sourlands Mountain Preserve, 5 Miles, Class 2B

David D.

Strong Class 2B hike between 4 - 5 miles. Some elevation at the beginning and mostly shaded.

Saturday, June 21, Hike Natirar, Somerset County Park, 4.5 Miles, Class 2B

Linda M.

Miles 4.5, Class 2B Hike on mostly flat dirt surface; 2 short hills. Sneakers ok. We will hike all 4 trails which includes the newest out and back trail along the river and the ridge trail.. Port-a-johns available but bring your own water & snack. Call leader with questions before day of hike.

Saturday, June 28, Wickecheoke watershed from Prallsville Mill, 4-5 Miles, Class 2B

Sylvia C.

4-5 miles Class 2B, Hikers expect mixed terrain - some forest or field trails and road along the flowing Wickecheoke creek watershed. Bathrooms at start. Bring water and snack , hiking shoes required, poles optional for some rocks on bumpy terrain . Lunch option after TBD.

Sunday, June 29, Walpack Ridge Trail, 3.5 Miles, Class 2C

Margaret Maniscalki co-leader Jeff Alte

3.5 miles, Class 2C Hike through hardwood forest surrounding a nice lake spotted with beaver dams. Moderate hills, cross over stream on wooden bridge, may hit some muddy spots if it rains before the hike. Poles recommended, if needed. Bring snack.

Saturday, July 5, Fleecydale Road walk, 5 Miles, Class 1A

Frank Murray

Class 1A-C about 5 miles. We will cross the pedestrian bridge into Pennsylvania and walk briefly on Rte. 32 until Fleecydale Road. From there we will hike until we reach the village of Carversville and then return via Old Carversville Road. One easy uphill & a couple of steeper downhill sections. Lunch optional at Lumberville General Store. Please bring a working cellphone. Call leader with any questions.

Saturday, July 12, Hike/BBQ/Pool Combo(rain date 7/13), 2+ Miles, Class 1B

Jeff A.

2+ Miles Class1B Start at Jeff's garden/pickleball court to shaded trails, past campgrounds. hunting cabin and possible raspberry picking, see haunted house continue on road to base of Round Mt and back. End up at pool picnic and swim/volleyball, If only want to do lunch/BBQ meet at 12 noon. If hike ..MEET AT 10:30 .. Bring bathing suit, towel, chair, drinks and side dish. If coming for any part of this event PLEASE REpond TO JEFF'S EMAIL AT RIDEFREEHD@HOTMAIL.COM by July 8TH with your favorite side dish.

Sunday, July 13, Hike/Pool Party Rain date, Class 2B

Jeff A.

Meet 10:30 to hike OR 12:00 for Lunch/BBQ See 7/12 for details

Saturday, July 26, India Brook Park/Buttermilk Falls, 5 Miles, Class 2B

Cecilia B.

About 5 miles. Class 2B. Hike alongside brook through forest. Mostly flat with some hilly trails. Water crossing with rope. Mostly rocks and roots. Could be muddy. Bring water and snacks. Hiking boots and poles recommended.

Sunday, August 3, Curlis Lake Woods Hike, 3.5 Miles, Class 1B

Pam B.

3.5 miles, Class 1B 9:30 Meet: Mercer County Equestrian Center parking lot, Federal City Rd., Pennington, NJ Loop hike with short distance through open field to the woods to the shore of Curlis Lake, returning through woods back to Equestrian Center. Flat terrain, some roots on trails, one small brook crossing. Bathroom facility and picnic table by parking lot. Mostly shaded hiking for a hot summer morning.

Sunday, August 10, Pole Farm, Mercer Meadows, Lawrence NJ, 3 Miles, Class 1B

Mary (& David Carroll) Enright

3 Miles, Class 1B Bathrooms available at Start of hike. We will walk a 3-mile loop around the "Pole Farm" on gravel and mowed trails (mostly flat, 1 small rolling hill). In the middle of the 20th century, overseas calls were routed through the International Radio Telephone Transmission site in Lawrence/Hopewell. The site has been developed as a section of Mercer Meadows Park.

Saturday, August 23, Riegelsville hike and history, 4-5 Miles, Class 2B

Sylvia C.

4-5 miles class 2B Hike along the Delaware valley traversing Roebling bridge to NJ / Pa with canal locks and a bit of history sprinkled in as we go through the town. Historic exhibit and bathrooms at library . Varied terrain - some road , sidewalks, tow path and gravel by ways. Bring water and a snack.

Saturday, August 30, Hike at Stonybrook Watershed Nature Center, 4-5 Miles, Class 2B

Alison Brancone

4-5 miles, Class 2B A fairly level hike that includes fields, a pond and woodlands. This site also includes a lovely nature center and a butterfly house. Bathrooms: A porto-potty along the first leg of the hike, and bathrooms in the nature center (which opens at 10 am) at the end. There will be an option to leave after the first 2.5 miles of the hike. Depending on recent rainfall, there could be mud. Please wear hiking boots, and remember water and bug spray.

Wednesday Hikes – Summer 2025

Class: 1B – 4B, Leaders: See individual hikes.

Leaders: Gail J. ; Joann P. and Johanna M. ; Johanna M.; Lindsay and Dave D.; Margaret Maniscalki; Robert (& Marianne Teetsel) Jacobs; Sue & Rich Armington

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

<p>Jun 4, Lewis Morris Class: 2B Miles: 4-5 Leader: Lindsay and Dave D.</p>	<p>Jul 9, Paulinskill Valley Trail Hike Class: 2B Miles: 5.5 Leader: Joann P. and Johanna M.</p>
<p>Jun 11, Pearl S Buck guided tour/Hike Class: 1B Miles: 4 Leader: Joann P. and Johanna M.</p>	<p>Jul 23, Vorhees double loop hike. Class: 3B Miles: 4.9 Leader: Robert (& Marianne Teetsel) Jacobs</p>
<p>Jun 18, Orphan Animals Sanctuary/Miquin Woods Hike Class: 1A Miles: 3 Leader: Joann P. and Johanna M.</p>	<p>Jul 30, Blue Mountain Lake and Hemlock Pond - Delaware Water Gap Class: 2C Miles: 4.7 Leader: Margaret Maniscalki co-leader Jeff Alte</p>
<p>Jun 25, Milford, NJ History Walk Class: 2B Miles: 2+ Leader: Gail J.</p>	<p>Aug 6, Merrill Creek Reservoir Class: 2B Miles: 6 Leader: Johanna M.</p>
<p>Jul 2, Mercer Meadows- Rosedale Park Hike Class: 2B Miles: 5 Leader: Sue & Rich Armington</p>	

Thursday “C Pace” (Energetic) Hikes – Summer 2025

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.

<p>Jun 5, South Mountain Reservation, Essex county Class: 3C Miles: 7-8 Leader: Jackie S.</p>	<p>Jul 17, Wawayanda Rhododendron Hike Class: 3C Miles: 8 Leader: Charlie B.</p>
<p>Jun 12, 4 of 8 NJ AT series Sky Line Dr to Sunrise Mountain Rd 10.9m Shuttle Hike Class: 3C Miles: 10.9 Leader: Shelley Lee Harvey</p>	<p>Jul 24, Merrill Creek Reservoir Class: 3C Miles: 7 Leader: Johanna M.</p>
<p>Jun 19, Willowood Arboretum to Black River Trail - Shuttle Class: 2C Miles: 7+ Leader: Cecilia B.</p>	<p>Jul 31, Ramapo Lake and Van Slyke Castle Class: 3C Miles: 6-7 Leader: Mark H.</p>
<p>Jun 26, Wells Mills County Park Class: 2C Miles: 8.5 Leader: John S.</p>	<p>Aug 7, White Lake Natural resource area, Hardwick Twp. Class: 2C Miles: 6-7 Leader: Jackie S.</p>
<p>Jul 3, Franklin Parker Preserve Red trail and Blueberry Pick Class: 2C Miles: 6-7 Leader: John S.</p>	<p>Aug 21, Allamuchy - Cranberry Lake Class: 3C Miles: 8 Leader: Charlie B.</p>
<p>Jul 10, Blue Mountain Lake to Culver Lake Class: 3C Miles: 7-8 Leader: Jackie S.</p>	<p>Aug 28, Round Valley Reservoir Class: 3C Miles: 6-8 Leader: Mark H.</p>

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)