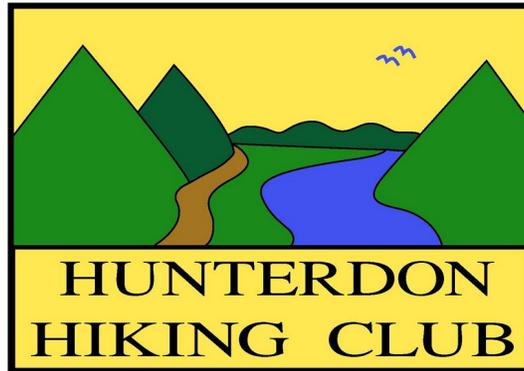


# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



**WINTER 2025 2026 NEWSLETTER**  
**DECEMBER, JANUARY, FEBRUARY**

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

## **LETTER FROM THE PRESIDENT**

We had a very good meeting in November and discussed some very important topics. For those of you who could not make the meeting, I have summarized everything below. It is very important that you read this.

### **Ice Cleats for Winter Hiking**

Safety is our #1 concern in the Hunterdon Hiking Club. Winter hiking can be a lot of fun but it is important to always be prepared for it. You are required to have Ice Cleats in your backpacks, fanny packs etc. when you are hiking with our club. You can encounter snow or ice on the trail at any time. We recommend you carry Ice Cleats (also called Ice Trekkers) that have from 19 or more Stainless Steel Spikes with a strap over the top to hold them on. These can be purchased on Amazon. Yak Trax (the ones with the wired bottoms) or anything else cannot handle snow and ice on the trails so will not be permitted. Please order them now for the upcoming season and try them on when you receive them. Sometimes you need to order a larger size.

### **HHC Luggage Tags containing Medical and Emergency Contact Info**

We have purchased luggage tags with our club's logo on them. Inside is a card that contains your emergency contact info as well as medical information. Please fill out the card and hang the tag on your backpack, fanny pack etc while hiking. In the event of an emergency, everyone in the club knows where to find this information on you. The tags were handed out at the November meeting and will also be handed out at the Holiday party. Some hike leaders have the tags to hand out to you as well. I also have tags at my house available for pickup. We are requesting that you only take one tag so there are enough for everyone in the club.

### **Emergency Information on your cell phone**

At the November meeting, everyone was shown how to make your contact info and medical info available on your phone. So if you are unconscious, anyone can pick up your phone and have everything they need to help you. If you would like to see how to do this, most of the Board Members were at the meeting and can show you. It takes about 5 or 10 minutes to do.

Enjoy the upcoming Holiday season!

Thanks for listening,  
Gail

One More Thing:

Our club works best when members volunteer to help. We are always in need of new hike leaders. If you have attended at least 3 HHC hikes, please consider leading a hike. You get to choose the length and location; maybe one of your favorite places to walk or hike. If you think you might be interested, reach out to our club President, Gail Jacobsen ( [Jacobseng@mail.com](mailto:Jacobseng@mail.com); 917-939-6391) who can answer questions or match you with a mentor to help you get started.

# 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](mailto:Jacobseng@mail.com) 917-939-6391

**Secretary:** Linda McCarthy

**Treasurer:** Jack Caffrey: (address in application form)

**Website:** Mark Hermsmeier:

### **Indoor Program:**

Lori Jo Jamieson:

Anne Zenerovitz:

### **Outdoor Activities:**

Pam Bland:

Pat Hennessy:

### **New Membership Inquiries:**

Jeff Alte [ridefreehd@hotmail.com](mailto:ridefreehd@hotmail.com) 908-625-3317

**Membership:** Loretta Mizeski: [ljmski64@gmail.com](mailto: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 \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

## **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 Jan 8 7PM**  
**TBA Zoom Only**

We'll all be "armchair travelers" at our January Membership Meeting! No need to go out in the cold - it's Zoom only! So put on your PJs, prepare your favorite beverage and get cozied up in that comfortable spot!

Whether it's Nepal, Greece, or the Canadian Rockies, you'll be swept away and join someone's journey. Updates will be sent upon confirmation of presenter.

### **Safety Note**

Bow hunting season begins on September 13, 2025. Please bring your vests to wear on hikes.

Jack Caffery

# Upcoming Events

## **WINTERFEST**

Saturday, February 7th (weather backup Sunday, February 22nd)

Four Winter hikes/walks to choose from-

So come to the Fest at Washington Crossing Park, **PA** with a warming fire, hot beverages and snacks!

See details under Winter Weekend Activities for February 7th

## 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](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.

## **WINTER WEEKEND ACTIVITIES 2025 2026**

There are some available dates to plan and lead additional activities on Saturdays and Sundays in December, January, and February. You can add an activity to the groups.io calendar AFTER the Winter newsletter is published. Select your date, complete the requested information, Update the calendar, LOCK the event, invite the members about 2 weeks prior to your event. (You must have participated in at least 3 HHC events prior to leading.) Please contact the Weekend Coordinators for help with planning and posting your event.

### **Saturday, December 6, HHC Holiday Party**

**5-9 PM Beaver Brook Country Club, Annandale, NJ**

Must have reserved and paid for this event in advance to attend

### **Sunday, December 7, Pole Farm, 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 trail. Trail is mostly flat.

### **Saturday, December 13, Hike Duke Island Park to Duke Farms, 6 Miles, Class 1B**

Linda M.

6 miles, Class 1B Flat hike on asphalt and dirt paths. Sneakers or hiking boots ok. Hike through Duke Island Park to Duke Farms & return. Steady pace. Bathrooms at start of hike and in Duke Farms at turnaround point.

### **Sunday, December 28, Tinicum Township Walk, 6 Miles, Class 2C**

Yolanda E.

6 Miles Class 2C Easy/moderate road & canal walk in Tinicum Twp. Quiet, scenic back roads \*Note: one long steep hill near the start

### **Saturday, January 10, Horseshoe Bend Park, 5 Miles, Class 2B**

Lindsay and Dave D.

5 miles 2B Horseshoe Bend Park. South entrance. #198 Horseshoe Bend Road - across from Spring Hill Rd in Frenchtown, NJ. Park in the lot with the garage. There is one portajohn at the other upper lot. We have several trail options at this park - all with ups and downs, a stream crossing and some rocks/roots. Poles recommended. If the weather is nice, pack a lunch and a chair and we can eat at the pavilion there. We'll bring the hot drinks.

**Sunday, January 11, Worman Road and Lower Creek Road, 5 Miles, Class 2A**

Ann W.

5 miles, Class 2A. 10:00 am - 12:30 pm. Meet at the Prallsville Mills parking lot on Route 29 in Stockton. We will walk on Worman Road and then connect to Lower Creek Road which goes along the Wickecheoke Creek. Bring water and wear a bright color!

**Saturday, January 17, Round Valley Reservoir, 4-5 Miles, Class 3B**

Mark H.

Class 3B, 4-5 miles, 430 feet elevation gain. There will be some rocky sections and be prepared for ice on the trail. This is not a fast hike.

**Sunday, January 18, XC Ski and Snowshoe Clinic (Snow or No Snow)**

Daniel McA.

This workshop is a 90 minute lecture and demonstration on both Snowshoeing and Cross Country Skiing from 1:00 to 2:30pm INSIDE the Nature Center followed by an hour on snow instruction OUTSIDE. If no snow, hiking maps are available. Learn about different types of equipment, what to look for in selecting your first pair, how to dress, basic 7 skills, your 1<sup>st</sup> day on skis/snowshoes, and where to go. Handouts are provided. Restrooms are available. This Workshop Co-instructed by Daniel McAuliffe, PSIA, Langhorne, PA and Kevin Kavanaugh, Seasonal Naturalist.

**Sunday, January 25, Mercer Meadows Hike, 4 Miles, Class 1B**

Mary Curtis

4 Miles, Class 1B Meet at the parking lot at Rosedale Park in Mercer Meadows. When you enter the park, you will pass a small lot near the entrance. Continue on the road to the parking lot on the right by the lake and restrooms. The address is 424 Federal City Rd, Pennington, NJ. We'll do a loop through woodland and meadows passing two lakes and the Hunt House. There are bathrooms at the parking lot and the Hunt House.

## **Saturday, February 7, WINTERFEST**

Pam B.

General Greene Pavilion, Washington Crossing Park, **PA** Use entrance to main Park by flagpole (**NOT** Visitor Center parking lot) Bear right to park in Visitor parking- large lots on right & left of driveway. Heated bathroom in stone building beside left parking lot. Starting at left parking lot (behind bathroom), walk on mowed path through field to Gen. Greene Pavilion. If there is snow, you can walk on driveway to pavilion. A warming fire (under cover) awaits you with hot drinks & snacks provided. **ONLY RSVP for the FEST if NOT hiking** (all hikers will be counted for the Fest)

## **Saturday, February 7 Winterfest History walk, 1 Miles Class 1A**

**PA** Daniel McA.

This will be a short guided walk from the PA Visitor Center down the walking paths to the historic buildings by the Delaware River where General Washington and his troops crossed on Christmas Day 1776 to NJ to march to Trenton. There is a required \$7 fee for the tour. Please pay directly at the Visitor Center desk **before** joining the tour. It is a 45min. tour ending at the Visitor Center. Your leader will walk you to the main park and to the Gen. Greene Pavilion for the Winterfest at 2:30. There are bathrooms at the Visitor Center and by the Park parking lots. Walking distance on the tour plus to the pavilion is about 1 mile. **ONLY RSVP for this hike-- NOT the Fest** (walkers will be counted for the Fest)

## **Saturday, February 7 Short Hike- Winterfest, 2 Miles, Class 1B**

Leader to be determined. Contact information to be added.

1:15 PM Meet at Main park Visitor parking lot left of driveway (**NOT** Visitor Center lot), Washington Crossing Park, **PA**. Loop hike through a field (mowed path) past Gen. Greene pavilion to canal path, walking around lake, back to park driveway to pavilion for Winterfest at 2:30. Flat pathways. Heated bathroom by main parking lot and portajohn near lake. **ONLY RSVP for this hike- NOT the Fest** (hikers will be counted for the Fest)

## **Saturday, February 7 Intermediate Hike- Winterfest, 3.5 Miles, Class 2B**

Pam B.

12:15 Meet main Visitor Center (current) parking lot Washington Crossing Park, **NJ** Hike Continental Trail through woods, crossing past outdoor theater, up to Nature Center (bathroom), following Nature trail, back through the woods to Continental trail and parking lot. (a loop hike) Gentle slopes in places. There are options to shorten hike depending on weather & trail conditions. Hiking boots (maybe crampons) & poles highly recommended (roots on trails). After hike, drive across Delaware River to Washington Crossing Park, **PA** for Winterfest at 2:30. **ONLY RSVP for this hike -NOT the Fest** (Hikers will be counted for the Fest)

**Saturday, February 7 Longest Hike- Winterfest, 5 Miles, Class 2C**

Lynn E.

11:15 Meet Nature Center parking lot, Washington Crossing Park, NJ Loop hike starting at Nature Center (**NJ park**) to field, mostly in woods, to Continental Lane, returning to Nature Center; one short steep slope; one stream crossing. After hike, drive across Delaware River on bridge to Washington Crossing Park, **PA** for Fest at 2:30. Park in main Visitor parking lot, walk on path through field to Gen. Greene pavilion for Winterfest. Bathrooms at Nature Center and PA parking lot. Poles & hiking shoes recommended. **ONLY RSVP for this hike- NOT the Fest** (hikers will be counted for Fest)

**Saturday, February 14, Nockamixon State Park, 4-5 Miles, Class 2B/C**

Linda & Bill T

(Details to follow.)

**Sunday, February 15, Paxson Hill/Cutaloosa Road Walk, ~5 Miles, Class 2C**

Yolanda E.

A walk on scenic, country back roads Solebury PA with a steep hill at the start

**Saturday, February 21, XC Ski and & Snowshoe Clinic (Snow or No Snow)**

Daniel McA.

*This workshop is a 90 minute lecture and demonstration on both Snowshoeing and Cross Country Skiing from 1:00 to 2:30pm INSIDE the Nature Center followed by an hour on snow instruction OUTSIDE. If no snow, hiking maps are available. Learn about different types of equipment, what to look for in selecting your first pair, how to dress, basic 7 skills, your 1<sup>st</sup> day on skis/snowshoes, and where to go. Handouts are provided. Restrooms are available. This workshop is Co-instructed by Daniel McAuliffe, PSIA, Langhorne, PA and Kevin Kavanaugh, Seasonal Naturalist.*

**Sunday, February 22, WINTERFEST (weather backup)**

Pam B.

See details for Fest and all hikes under February 7<sup>th</sup>. ONLY RSVP for FEST if NOT hiking (all hikers will be counted for Fest)

**Saturday, February 28, Stockton to Stockton roundtrip towpath hike, 7.3 Miles, Class 2B**

Frank Murray

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

## Wednesday Hikes – Winter 2025

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

**Leaders:** 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><b>Dec 3, Wildcat Ridge WMA - Rockaway Township, Rockaway</b> Class: 3C Miles: 4.5 Leader: Margaret Maniscalki</p>	<p><b>Jan 14, Columbia Trail.</b> Class: 1B Miles: 5 Leader: Robert (&amp; Marianne Teetsel) Jacobs</p>
<p><b>Dec 10, Bread Lock Park</b> Class: 2B Miles: 5 Leader: Johanna M.</p>	<p><b>Feb 4, Peace Valley Park</b> Class: 2B Miles: 6 Leader: Lindsay and Dave D.</p>
<p><b>Dec 17, Mercer Meadows- Rosedale Park Hike</b> Class: 2B Miles: 4 Leader: Sue &amp; Rich Armington</p>	<p><b>Feb 18, Homestead Coffee Roasters D &amp; L Canal Trail HIKE</b> Class: 2B Miles: 5 Leader: Joann P. and Johanna M.</p>
<p><b>Jan 7, Jerry Brunetti Environmental Center hike</b> Class: 2B Miles: 5 Leader: Joann P. and Johanna M.</p>	

## Thursday “C Pace” (Energetic) Hikes – Winter 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><b>Dec 4, Dunnfield Creek to Sunfish Pond, return on AT</b> Leader: Jackie S.</p>	<p><b>Jan 29, Point Mountain</b> Class: 3C Miles: 7 Leader: Mark H.</p>
<p><b>Dec 11, Pyramid Mountain/Tripod Rock excursion</b> Class: 3C Miles: 6 Leader: David D.</p>	<p><b>Feb 5, Tohickon Valley Park trails to High Rocks Vista and beyond</b> Class: 2C Miles: 6 Leader: Jackie S.</p>
<p><b>Dec 18, Bearfort Ridge and Surprise Lake Loop</b> Class: 3C Miles: 8.5 Leader: Mike W.</p>	<p><b>Feb 12, Merrill Creek Reservoir</b> Class: 2C Miles: 6-7 Leader: Mark H.</p>
<p><b>Jan 8, Round Valley Reservoir</b> Class: 3C Miles: 6 Leader: Mark H.</p>	<p><b>Feb 19, Slateford Farm</b> Class: 3C Miles: 6 Leader: Charlie B.</p>
<p><b>Jan 15, Hartshorne Woods</b> Class: 3C Miles: 8 Leader: Charlie B.</p>	<p><b>Feb 26, Sourland Mountain Preserve</b> Class: 3C Miles: 6 Leader: Jackie S.</p>
<p><b>Jan 22, Brendan Byrne State Park</b> Class: 2C Miles: 7 Leader: John S.</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.

<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)