

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SUMMER 2026 NEWSLETTER
JUNE, JULY, AUGUST

HHC Web Page: www.HunterdonHikingClub.org

This version of the newsletter does not contain hike
leader contact info or meeting times and locations.

HHC
C/O Jeff Alte
P.O. Box 1247
Whitehouse Station, NJ 08889

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 2025 – May 2026

President: Gail Jacobsen Jacobseng@mail.com 917-939-6391
Secretary: Linda McCarthy
Treasurer: Jack Caffrey
Website: Mark Hermsmeier
Indoor Program: Anne Zenerovitz
Outdoor Activities:
 Pat Hennessy:
 Mary Curtis:
New Membership Inquiries:
 Jeff Alte:
Membership: Loretta Mizeski
Newsletter: Cathrin Bombardier
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:
 Doris Spencer:
Friday Hikes, Bike Rides:
 Pat Hennessy:
Weekends: Pam Bland:
 Mary Curtis:

IMPORTANT MEMBERSHIP INFORMATION

Please read this important notice containing information about membership renewals this year.

A committee of the Hunterdon Hiking Club has been working all winter to set up an online program to make our membership process easier and more efficient for both new members and renewals.

More details will follow because the program hasn't officially been approved yet by the Board; therefore, I'm asking you to **please wait to send in your renewals for this July until you get the email notice about the new program. This will probably be in mid-June since renewals are due by July 31.**

It is important to note that for several reasons ***two-year memberships will no longer be available.***

There are members who do not have to renew this July because:

- 1) they have already jumped the gun and sent their renewal in,
- 2) they renewed for two years last year or earlier this year and still have a year or more to go
or
- 3) they are new members who joined after March 1, 2026 and do not have to renew in July

These members will all be sent a special notice, so look for that in June. Of course you won't have to pay again, but we will need you to fill out the online form to ensure that all Hunterdon Hiking Club membership information is collected in our new online format. This will make management of our membership information much easier and complete.

We are working hard and keeping our fingers crossed to make sure that this will all go smoothly. But as I said, I will send out detailed information as soon as all of the final details are worked out and the program is approved.

In the meantime, please be patient, and keep your money in your bank account a little longer!

New members interested in joining the club can check our regular website:

<https://www.hunterdonhikingclub.org> for information on how to join. It should be posted there no later than mid-June.

Thank you!

Loretta Mizeski, Membership Chair

INDOOR PROGRAM SCHEDULE

Monthly meetings will be held at South Ridge Community Church (Ridge View Room), 7 Pittstown Rd. (Rt 513), Clinton at 7:00pm. 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 6:45pm for refreshments and to socialize. Please RSVP only if attending in person. The Zoom link will be emailed a few days before each meeting.

We hope you can join us!

Organizers:

Teresa Londino,

Joann Pieloch,

June Monthly Meeting:

Thursday, June 11, 7:00 pm

During this meeting we will have a presentation from Randi Emmer, a member of the Friends of Great Swamp, National Wildlife Refuge. She will give an overview of the Great Swamp and their conservation efforts and programs.

SAVE THE DATES!

The HHC Annual Picnic will be held on Saturday, October 3rd at Kingwood Township Park. For the Annual Picnic we are seeking three hike leaders to lead us before the gathering. Please reach out to the weekend coordinators to set up these hikes.

The 2026 Christmas/Holiday Party will be on Sunday, December 6th from 4:30-8:30 pm at Razberry's in Frenchtown, NJ. The cost will be \$73.50 per person (\$147 per couple) and will include hot appetizers and a hot buffet. A minimum of 60 attendees is required. Details for both events are in the calendar on Groups.io.

UPCOMING EVENTS

ICE CAVES AND MINNEWASKA STATE PARK

Tuesday and Wednesday, June 2nd and 3rd

- Day 1: Ice caves/Sams Point Pine Creek NY
2-hour drive from Flemington
4 Miles 2-B
- Day 2: Minnewaska State Park
5 Miles 3-B
Lodging: American Best Value

See details for event on Groups.io.

Yolanda Elmes/Jeff Alte

MOHICAN OUTDOOR CENTER OVERNIGHT TRIP

Friday and Saturday, June 26th and 27th

We are planning an overnight trip to the Mohican Outdoor Center on the Appalachian trail in Blairstown at the Blueberry Hill Lodge. The lodge will have bunk beds, a full kitchen, and 3 bathrooms. The cost will be \$65 P/P.

Tentative Plan

- Day 1: 5-mile 3B hike. After hike kayak rentals and swimming available.
Happy hour, dinner & entertainment at dining hall (separate checks)
- Day 2: Hike the AT and Fire Tower tour by Bob our Trail Angels friend TBD.

See details for event on the Groups.io calendar

Jeff Alte/Margart Maniscalki

TRAIL MAGIC

Monday, July 6th to Monday, July 13th

At the end of June and into July, the Appalachian Trail thru hikers will be coming through New Jersey on the trail on their way to Mt. Katahdin, Maine. Once again, our club will be providing trail magic to them by cooking hot dogs and hamburgers and serving cold drinks and snacks. We set up on the trail near Millbrook Village, NJ. It is a full day event and we usually have a team of 4 people there. This year, we are trying to do 8 days of trail magic from July 6th to July 13th. We usually get enough volunteers to work this but always are in need of team leaders who buy the food and coordinate everything for the day. In order to do 8 days, we need 8 team leaders. For those who are not comfortable leading hikes, this is a great way to give back to the club by being a team leader. And as a little perk, all volunteers are invited to a barbeque/pool party at Jeff A's house in August.

A signup email will be sent out the end of May/early June.

UPCOMING EVENTS (continued)

ANNUAL HIKE/BBQ/POOL COMBO

At Jeff Alte's home, Saturday, July 11th

If you are hiking first (see details), be there at 10:30 AM. If you are just coming for the pool party, be there at noon. Please bring a bathing suit, towel, chair, BYOB drinks and pre-prepared side dish. If coming for any part of this event, please respond to Jeff's email at by July 7th with your favorite side dish. Rain date is Sunday July 12th

WILL BE POSTED WEEK OF JUNE 28th

VERMONT HIKING AND TOURING TRIP

Tuesday to Saturday, August 4th to 8th

Join us as we return to the Mid-Jersey Ski Lodge in Wallingford Vt for 4 days of hiking and touring. This trip will have some new hikes and places to visit as well as some things we have done in the past. An email will be sent out in late May/early June with a detailed itinerary. You will be instructed on how to register at that time.

Trip Leaders: Gail Jacobsen and Jeff Alte

LITCHFIELD, CT HIKE THE "NW QUIET CORNER"

Tuesday, November 17th to Friday, November 19th

4-day 3 nights get away. 4-mile Class 2 B+ hikes every day. 3-hour drive from Flemington. Hike Lovers Leap SP/Pine Knob on the AT /MT Tom/Kent Falls. Visit Hard Cider Mill/museum Tour/Free Distillery Tour and Tasting Coffee/pastry/ice cream /gift shop around town and more.

Dinner at nearby restaurants (separate checks)

Litchfield Inn Bed and Breakfast – shared very nice HHC discounted furnished rooms up to 4 people. INCLUDES FULL BUFFET/OMELETTE STATION BREAKFAST FOR EACH

See calendar write up for more details/cost etc. Rain or Shine.

MORE INFO WILL BE SENT OUT THE WEEK OF OCTOBER 12th

Jeff Alte

OUTDOOR ACTIVITY INFORMATION

Weekend Activities

Go to pages 8 through 11 for details on weekend 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 trailhead 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 for hikers. Details are included in Groups.io.

Tuesday and Friday Bike Rides and Hikes

The Tuesday and Friday bike rides and hikes are not provided in the newsletter but will be scheduled and sent out on Groups.io a few days before the activity, with the meeting place, description, and leader(s) provided.

Special Weekday Activities

Go to page 12 for the Special Weekday Activity schedule.

Wednesday Hikes

Go to page 13 for the Wednesday hike schedule.

Thursday “C-Pace” (Energetic) Hikes

Go to page 14 for the Thursday “C-Pace” (Energetic) hike schedule.

Thursday Short (Mindfulness) Hikes

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.

Mindfulness hikes are 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), then turn around and return to the starting point. We will practice mindfulness for at least 20 minutes, determined individually. We then will have the option of talking for the rest of the hike. Bring a working cell phone.

Details for each upcoming hike will be emailed weekly via HunterdonHikingClub@groups.io. For more information contact Carolyn Creed or Doris Spencer.

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.

WEEKEND ACTIVITIES – SUMMER 2026

There are still available dates to lead activities on Saturdays and Sundays in June, July and August. You can add an activity to the Groups.io calendar AFTER the newsletter is published. Select your date, complete the requested information, update the calendar, and LOCK the event. Two weeks prior to the event invite the group members to the event. (You have only to have hiked or biked at least 3 times with HHC to lead an activity.) Please contact the weekend coordinators for help with planning and posting your activity.

Sunday, June 7, Princeton Campus/Museum/Graduate Campus Carillon, 4 Miles, Class 1C

Yolanda E.

~ 4 Miles, Class 1C A 1 hour visit at the new Princeton Museum Stroll the garden and campus Enjoy a carillon serenade while sitting and having our lunch in a stately, serene courtyard at the Graduate Campus.

Saturday, June 13, Columbia Trail Ride, 23 Miles, Class 2C

Bill Riley

23 Miles Class 2C 10AM-1PM 11-14 MPH moving Relatively flat gravel travel trail. Hybrid bike recommended. Starting at the Califon Island Park, we will ride south on the Columbia Trail to High Bridge then reverse back toward Califon on the trail as far as Hoffman's Crossing where we will ride on River Rd back to Califon, past Califon Island Park and up to Vernoy (the Morris County line) where we will rejoin the trail north to Long Valley. We will reverse our path back to Califon Island Park on the trail. Bike with GPS link: Columbia Trail Califon - HB - Califon - LV - Califon · Ride with GPS

(https://ridewithgps.com/routes/54878735/send_to_device) Plan to arrive early since parking may be tight on this weekend. After ride lunch in Califon.

Sunday, June 14, Round Valley Reservoir, 4-5 Miles, Class 3C

Mark H. 4-5 miles, Class 3C, 900 feet elevation gain.

Sunday, June 21 Saucon Valley Rail Trail. 22 miles Class 2C

Bill R.

22 miles out & back, 2C 9:00 AM - 1:00 pm (early start to wrap up in time to celebrate Father's Day) Relatively flat, well-maintained gravel trail . Hybrid bike recommended.

Starting at Water St. Park in Hellertown, we travel south crossing into Bucks Count & continuing on the Upper Bucks trail to the ball fields in Richlandtown, then returning via the same route. Bring plenty of water, sandwich or snack. Group lunch is not planned because of Father's Day. Directions from #178 West: exit for Hellertown. At end of ramp turn left & drive about 1 mile south on Main St. to Water St. Turn right. Go about 3 blocks. The Park is on the left. GPS: Saucon Valley Rail Trail RT- ride with GPS. 40.588026-75.343528.

WEEKEND ACTIVITIES – SUMMER 2026 (continued)

Saturday, June 27, Union Transportation Trail Bike Ride, 19.6 Miles, Class 2C

Bill Riley

19.6 miles Class 2C 11AM-3:00PM Union Transportation Trail on the roadbed of the Pemberton & Hightstown RR through scenic farmland. Gravel & packed dirt trail suitable for hybrid bikes; (road tires will not be suitable) Mostly flat with very slight hills. 9-13 MPH. FYI there is little shade on this ride. From our starting point, we will ride through the Assunpink Wildlife Area towards Hightstown for about a mile, then turn around and head south toward New Egypt. The improved trail ends just north of New Egypt where we turn around and head back to the starting point. We will stop as needed for rest, lunch (picnic tables near our turning point), to keep the group together and for photos along the way. I am not aware of a suitable trailside restaurant; therefore, it is recommended to bring a sandwich and plenty of water. Portable toilets are available at our starting point and near our turn-around point. Coordinates;40.205273-74.537260

Sunday, July 5, Plainfield Twp. Bike Ride, 14 Miles, Class 2C

Bill R.

14 miles, Class 2-3C 1:30 - 4:00 PM Plainfield Twp. Trail, Stockertown to West Pen Argyl RT, on the roadbed of the DL&W slate belt line along picturesque Little Bushkill Creek. Mostly paved, however bumpy. Last mile or so is gravel. Hybrid bike strongly recommended. Very gradual hill northbound for 6 miles which provides an easy ride back. 9-11 mph moving north (outbound- uphill). 11-15 mph moving south (return- downhill). Starting point is Belfast Junction trailhead, not far off Rt. 33. We will stop as needed for rest, snacks, & to keep the group together, and for photos along the way. Since this is an after-lunch ride, bring a snack and plenty of water. Portable toilets are available at our starting point & about 5 miles in. Coordinates: 40.766223-75.271003

Saturday, July 11, Hike/BBQ/Pool Combo(Rain date 7/12), 2+ Miles, Class 1B

Jeff A.

2+ miles 1- B class Start and meet at Jeff's Pickleball court , hike past garden/shaded trails/maybe run into Sasquatch at campgrounds , possible raspberry picking/continue past haunted house to base of Round Mt and back. End up at pool picnic and swim/volleyball. If you only want to do lunch/BBQ meet at 12 Noon. IF HIKE, MEET AT 10:30 AM. Bring bathing suit, towel, chair, drinks and side dish. If coming to any part of this event ... PLEASE RESPOND TO JEFF'S EMAIL AT RIDEFREEHD@HOTMAIL.COM BY JULY 7TH WITH YOUR FAVORITE PRE-PREPARED SIDE DISH.

Sunday, July 12, TBD BBQ RAIN DATE, 2+ Miles, Class 1B

Jeff A. See 7/11 entry above for details.

Saturday, July 18, Frenchtown preserve, 3-4 Miles, Class 2B

Sylvia C.

3-4 Miles Class 2B hills around Frenchtown on shaded trails . Wear hiking shoes , poles optional. bring snack and water. Local lunch on you afterwards if there is interest.

WEEKEND ACTIVITIES – SUMMER 2026 (continued)

Sunday, July 19, Point Mountain, 4.0 Miles, Class 3C

Mark H.

4.0 miles, Class 3C, 670 feet elevation gain.

Sunday, July 26, Perkiomen Trail Bike Ride, 23 Miles, Class 2C

Bill R.

23 miles Class 2C 10AM-3PM Very scenic ride along Perkiomen Creek from Schwenksville to Oaks (near Valley Forge), mostly following the Reading RR Perkiomen branch right of way. Gravel & packed dirt trail with some paved sections suitable for hybrid bikes. Mostly flat/gentle hills with one <1/4-mile steeper hill at the start (down)/finish (up) 11-14mph. For those familiar with the trail, we are starting just south of the large 12% hill at Spring Mount (i.e. we are not going to attempt the hill on this side). We'll stop as needed for rest, lunch, to keep the group together, & for photos along the way. Bring a sandwich to enjoy at a very nice park with picnic tables at our turning point. Potential for ice cream stop on return. Portable toilets available at starting point & at intermediate trailheads. Flush toilets available at our turning point. Coordinates: 40.264734-75.459221

Saturday, August 1, Baldpate Mountain Hike, 3.5 Miles, Class 2B

Pam B.

3.5 miles 2B *9:30* Meet: Equestrian parking lot on Pleasant Valley Road Out & back hike on Ridge Trail with stop for view at picnic tables; mostly flat trail with one downhill section for bathroom stop Recommend tick spray.

Saturday, August 8 Voorhees State Park Hike, 4 miles Class 2B

Lindsay & Dave D.

Approximately 4 miles, class 2B. Enter the Park off of Rt. 513, opposite Voorhees High School. (NOT the Observatory Road). Meet at Hoppack Grove picnic area.

Saturday, August 15, Stockton to Stockton roundtrip towpath hike via Lambertville and New Hope, 7 Miles, Class 2B

Frank Murray

This is a slightly over 7-mile towpath hike starting and ending in Stockton with a lunch/refreshment break at Nomad Pizza in Lambertville. Class 2B. Please call leader with any questions.

WEEKEND ACTIVITIES – SUMMER 2026 (continued)

Saturday, August 22, Hike John Phillips Park, 5 Miles, Class 1C

Linda M.

5 Miles, Class 1C Hike through 2 eco systems. Flat, shaded, dirt paths, sneakers ok. Indoor bathrooms at start. Bring water and your lunch (on picnic tables after hike).

Sunday, August 30, Stony Brook-Millstone Watershed, 3 Miles, Class 1B

Mary Curtis

3 Miles, Class 1B, 10:00 A.M. Meet: Parking lot by the Visitors Center, Stony Brook Watershed: 31 Titus Mill Road, Pennington, NJ. We'll walk a combination of woods, field trails, and a pond loop. There is the option to add another 2 miles with the Stony Brook loop. Bathroom at the Visitors Center opens at 10AM and there is a porta potty at the pond.

SPECIAL WEEKDAY ACTIVITIES

Tuesday, June 16, Tree Identification Walk with Park Ranger at Sourland Mountain Preserve 1-2 Miles, Class 2A
Linda McCarthy

We will take an educational walk around the pond and on part of the Maple Flats trail with a Park Ranger who will teach us how to identify trees along the way. Mostly flat around the pond, moderate hills on Maple Flats, with some rocks and roots. Wear hiking shoes and bring bug (tick) spray; poles if you use them. Facilities available in parking lot.

Thursday, June 18, Green-Wood Cemetery, Brooklyn, NY 5-6 miles, Class 2B
Pat Pickard & Yolanda Elmes

Activity begins at Raritan Train station, Raritan NJ to Penn Station to Green-Wood Cemetery in Brooklyn, NY and back. Founded in 1838, Green-Wood Cemetery is a National Historic Landmark. The 90-minute guided cemetery tour is \$20/person, with an option to explore on one's own afterward. Bring lunch or heavy snacks.

Wednesday, July 15, Very Scenic Slatington-Lehigh Gap-Jim Thorpe-Glen Onoko Bike Ride
Class: 2C. Miles: 33

Very scenic D&L trail ride from Slatington to Glen Onoko RT along the D&L Canal and Lehigh River. We will pass through Lehigh Gap, The Lehigh Gap Nature Center, canal locks & stone cliffs at Weissport, Jim Thorpe and turn back at scenic Glen Onoko on the river.

Gravel & packed dirt trail with a few paved sections suitable for hybrid bikes; (road tires will not be suitable) Mostly flat rail trail with short hills to access a couple of bridges, 11-14 moving MPH.

Starting at the Slatington D&L trail head. We will stop as needed for rest, lunch, to keep the group together and for photos along the way. Lunch at Molly McGuire's Pub in Jim Thorpe (please refrain from alcohol since we have 15 miles to ride back).

Flush toilets are available at our starting point. Portable toilets are available at the Nature Center, Riverside Park, Jim Thorpe and Glen Onoko.

Coordinates: 40.751946 -75.604757, 135 Railroad St Slatington (just off Main St)

Organizer: Bill Riley

WEDNESDAY HIKES – SUMMER 2026

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

Leaders: Gail J.; Joann P. and Johanna M.; Margaret Maniscalki; Robert Jacobs; Yvonne De

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

Jun 3, ROARING ROCKS PARK HIKE Class: 2B Miles: 3 Leader: Joann P. and Johanna M.	Jul 1, America on Wheels Museum/Walking Trail Class: 1A Miles: 3.6 Leader: Joann P. and Johanna M.
Jun 10, Jockey Hollow Class: 2B Miles: 5+ Leader: Lindsay and Dave D.	Jul 15, Bike Ride - Very Scenic Slatington-Lehigh Gap-Jim Thorpe-Glen Onoko Class: 2C Miles: 33 Organizer: Bill Riley
Jun 17, Washington Valley Hike Class: 2B Miles: 5 Leader: Robert Jacobs	July 29, Washington Crossing State Park Hike Class 2B - 3.5 - 4 miles Leaders: Lindsay and Dave Dunne
Jun 24, Pennsbury Manor guided tour/hike Leader: Joann P. and Johanna M.	Aug 5, Museum of the American Revolution in Philadelphia, Pa Leader: Joann P. and Johanna M.

THURSDAY “C PACE” (ENERGETIC) HIKES – SUMMER 2026

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 the Groups.io message.

Jun 4, Apshaw Preserve hike Class: 3C Miles: 6 Leader: Jackie S.	Jul 23, Stokes State Forest - Blue Mtn Trail North Carpool: Spruce Run lot at 8:30 Class: 3C Miles: 8 Leader: Charlie B.
Jun 11, Raymondskill Falls Class: 3C Miles: 8 Leader: John S.	Jul 30, Mt Tammany & Sunfish Pond Carpool: Spruce Run lot at 8:30 Class: 3C Miles: 10 Leader: Pete G.
Jun 18, Wildcat Wildlife Mng Area Class: 3C Miles: 7 Leader: Mark H.	Aug 6, Rattlesnake Swamp & Catfish Fire Tower Carpool: Spruce Run lot at 9:00 Class: 3C Miles: 6.5 Leader: Mark H.
Jul 2, Black River Trail Class: 3C Miles: 6.3 Leader: Michael W.	Aug 13, Blue Mountain Lake Hike/ Possible Swim Class: 3C Miles: 9 Leader: Shelley Lee Harvey
Jul 9, Franklin Parker Preserve Blueberry Pick Class: 2C Miles: 6.5 Leader: John S.	Aug 20, Sterling Forest Ridge and Shore Loop Class: 3C Miles: 8 Leader: Charlie B.
Jul 16, Pulpit Rock and the Pinnacle Loop Class: 3C Miles: 9 Leader: Mike W.	Aug 27, Ralph Stover State Park/Tohickon Creek hike Class: 3C Miles: 7 Leader: Jackie S.

POISON IVY SAFETY

Learn to spot the plant

**Leaflets Three,
Let Them Be!**

Sometimes with notches

Notches, but not saw-toothed

Side leaflets bigger
on bottom

Sometimes shiny,
Sometimes not

Sometimes no notches

Often with "thumbs"
on side leaves



NEVER has
leaves growing
opposite like this:
(box elder)



Different ways that poison ivy grows:



Visit
www.poison-ivy.org
to learn more.



POISON IVY SAFETY

Where poison ivy grows:

The big problem is the plant that is almost everywhere in the east, called *Toxicodendron radicans*.



In the western parts of the US there is Rydberg's poison ivy, that only grows as a shrub *Toxicodendron rydbergii*

The Oil and the Rash



Urushiol

The sap of poison ivy plants contains an oil called urushiol that causes the allergic reaction in most people. The rash usually shows up one day after exposure.

There is urushiol in the leaves and but specially in the sap in the roots and vines.

Never burn poison ivy! The smoke contains particles of urushiol that can cause serious illness if inhaled.



The Rash

The rash can be anything from a little itchy red spot to a huge cluster of fluid-filled bubbles. It is not an infection; it is an allergic reaction, but if you scratch the rash and break the skin, you can then get an infection in addition to the rash.

It usually takes 2-3 weeks for the rash to go away.

For a minor rash, see what your drugstore can offer; for a serious rash get to the doctor!



Animals don't get the rash, but can get the plant sap on their fur and transfer it to you when you pet them!



Birds can safely eat the berries, but people can not.

Visit
www.poison-ivy.org
to learn more.



For info on **Poison oak** and **poison sumac** go to www.poison-ivy.org.

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 country); 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 lunchtime 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)