

Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County
Department of Parks and Recreation



SPRING 2025 NEWSLETTER
MARCH, APRIL, MAY

HHC Web Page: www.HunterdonHikingClub.org

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

Important Message Regarding Dues

The Hunterdon Hiking Club has managed to keep our dues the same for about 20 years. However in order to maintain our current level of support for all that we do, a small dues increase was recently approved by our executive board, effective for the upcoming membership year of August 2025-July 2026.

The dues currently at \$15 for single and \$20 for family membership will increase to \$20 for single and \$30 for family.

Those of you that paid for a two year membership last year will not have to pay the increase for this year.

The new membership application in the newsletter is updated to reflect this change.

A reminder and further information about how to renew will be included in the Summer newsletter in June.

Thank you for your understanding!

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

Website: Mark Hermsmeier:

Indoor Program:

Johanna McAteer

Pat Hennessy

Outdoor Activities:

Mary Curtis

Geoff Nicklen

New Membership Inquiries:

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

Membership: Loretta Mizeski:

Newsletter: Tom Norwood

Hospitality: Joann Pieloch:

Teresa Londino

ACTIVITY COORDINATORS

Tuesday Bike Rides: Pat Hennessy:

Tuesday Hikes: Geoff Nicklen

Wednesday Hikes: Johanna McAteer

Thursday Hikes: Mark Hermsmeier:

Thursday Mindfulness Hikes:

Carolyn Creed:

Friday Hikes, Bike Rides:

Pat Hennessy:

Weekends: Pam Bland:

Mary Curtis:

Marianne Trautman

Hunterdon Hiking Club Membership Form
Membership Year: August 1st to July 31st

Please check one: New Renewal (**Please renew by July 31) Please Print Neatly:**

Name (or names of adults if family membership)

Address: _____

City, State, Zip: _____

Cell #(s) (indicate whose if two) _____

Email(s) _____

The HHC Newsletter and updates will be sent to **each** e-mail address.

Payment Enclosed:

1. Membership: \$_____ **Circle one:** One year Single (\$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 6:45pm for refreshments and to socialize. Please RSVP only if attending in person. Zoom link will be emailed a few days before.

Thursday April 10 7 PM Bruce Michael's Nature Photography

Bruce is a local wildlife enthusiast and nature photographer who will share his photographs from the Pantanal in South America and share some interesting facts about each species. He has many images of birds, mammals, and reptiles. He will also share some basic information about photographing wildlife and can answer more technical questions as requested.

Thursday May 8 7 PM Basic First Aid Practices.

Guy DeSapio, American Heart Association Certified Instructor and American Safety & Health Institute Certified Instructor, will share basic skills on how to handle bleeding emergencies, pressure bandages, tourniquet application and other safety issues.

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

Frenchtown Bridge will be closed from Feb.18, - indefinitely

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 |

Springfest

The event is on Saturday, April 26 at The Cedars Pavilion at Deer Path Park.

*We are seeking 3 Hike leaders for:

A Short Hike (1+ miles)

A Medium Length Hike (2+ miles)

and A Longer Hike (3+ miles)

Please reach out if you would like to be a hike leader.

Teresa Londino,

Joann Pieloch

See groups.io for details and to sign up to attend.

Backpacking the AT in PA

Wednesday - Sunday , April 30 - May 4

22.1 miles Class 3C Paul U.

Meeting place & departure time to be determined : contact leader

Join us as we continue backpacking the AT in PA.

We plan to hike from Smith Gap to Bake Oven Knob. Highlights of this section will include Goose Knob , Weathering Knob , Lehigh Gap & Bake Oven Knob (1,560 ft). Two of our camps will be at Outerbridge Shelter & Bake Oven Knob Shelter. Longest day will be 7.8 miles.

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 eight hikes from South to North (they won't be hiked in this order):

1. NJ/PA state line to Mohican Camp Rd, 11 miles, includes a 0.25m backtrack from the DWG Rt 80 bridge (May 29)
2. Camp Mohican Rd to Skyline Drive, 7.3 miles, this is 1 of 2 easier sections (April 17)
3. 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)
4. Culver's Gap to Deckertown Turnpike, 9.1 miles, if wet, there's a few swampy sections (May 1)
5. Deckertown Trnpg to Route 519, 8.3 miles, a side trip to High Pt Monument adds 0.25m (Fall)
6. Rt 519 to Wallkill River, 8.3 miles (Fall)
7. Wallkill River to NJ 94, 9.3 miles, 2nd of 2 easy sections (Fall)
8. 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.

NEW LEADER MEETING

Hosted by Lindsay and Dave Dunne and Mark Hermsmeier
Saturday, April 5, 2025, 2:00pm - 4:00pm
Dunne's house (address on RSVP)
Lindsay and Dave Dunne

Have you ever considered leading a hike? Is it maybe because you think it might be fun, or you have a new hike that you want to share, or maybe just because you'd like to give back. If so, please join us for this combination workshop / meet and greet!

The workshop part of the meeting will include things like how to set up a hike and send out the invitation, what to say in the circle, and tips on what to do if your hike doesn't go as planned. Other fun topics will include things like how to read trail markers and how to access the basic Alltrails.

The meet and greet part of the meeting is to allow those of you that are attending to meet other like minded newbies. Our experience has been that having a co-leader on initial hikes makes the entire process much more relaxing.

You will also receive a list of trails that our club has done, along with a list of some current leaders that have volunteered to mentor (and co-lead with) anyone that is interested.

If you haven't led hikes before, we'd love to have you come. No obligation

Weekday Outdoor Activities

Tuesday Short Hikes

1. There are no write -ups in the newsletter. A hike invite will be sent out on groups.io system to all members on the Saturday prior to the actual Tuesday hike.
2. Should anyone else like to lead a Tuesday hike. Please let me know (Geoff Nicklen). This would be most welcome. Folks on the waiting list should also consider this option.
3. The hike meeting place is shown on groups.io and can be seen if your RSVP is accepted. These places can be the trail head or a central location if the trail head is hard to find or a distance away. For those wanting to go directly to the trail head, directions are also included in groups.io.
4. Lunches are a favorite Tuesday option. Details are included in groups.io.

Wednesday Hikes

- see page 12 for the Wednesday hike schedule.

Thursday “C-Pace” (Energetic) Hikes

- see page 13 for the Thursday hike schedule.

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

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

Thursday Short (Mindfulness) Hikes

We will practice mindfulness for 20 minutes. We then will have the option of talking for the rest of the hike. Mindfulness is the practice of quieting the mind and focusing on the present moment – feel the breeze, hear the birds, watch the water, commune with the trees.

Class: 1- 2; A – C - Self-paced. We will hike at our own pace for 30 to 45 minutes (decided at the start of each hike). We will then turn around and return to the starting point. We will practice mindfulness going out and may choose to talk on the way back. Bring a working cell phone.

Details for each upcoming hike will be emailed weekly via HunterdonHikingClub@groups.io.

For more information contact Carolyn Creed.

Museum Walks

Museum walks will be listed on HHC groups.io and may be scheduled on the same day as other events. The number of participants will be limited.

2025 SPRING WEEKEND ACTIVITIES

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

Sunday, March 2, Califon Firehouse Breakfast and Road Walk, 4.5 Miles, Class 2B

Loretta M.

Meet at 9:30 to walk to the breakfast or 10:30 outside of Firehouse on Main St to just do the walk. Class 2B Two options: 2.5 or 4.5 miles. Walk a short distance from Califon Island Park to the Firehouse for an all-you-can-eat-breakfast \$10/\$8 seniors, then walk it off on a scenic loop out of town with one short steep hill and a beautiful view of the valley (4.5 miles) or turn around before the steep hill and view and walk back to park (2.5 miles with Tom Norwood as leader) If you want to do only the walk, meet at 10:30 to wait for us outside the Firehouse. Detailed directions sent when you RSVP.

Saturday, March 8, Stockton towpath hike, 5-6 Miles, Class 2A

Mary Lu, Jim D

Meet at 9:50 am for 10:00 am start. Towpath walk up & back from Stockton to Bulls Island, crossing the pedestrian bridge to Lumberville with a stop at the Lumberville. PA General Store for a snack & drink. Then return to Stockton the same way on the NJ side. *Bathrooms are available at several stops along the route.*

Sunday, March 9, Urban Hike - Paterson Great Falls National Historic Park & Garret Mountain Reservation, 4 Miles, Class 2C

Margaret Maniscalki

Urban walking tour of the Paterson Great Falls National Historic Park (approximately 1 mile), then drive about 15 minutes to Garret Mountain Reservation where we will complete a 3 mile hike around the perimeter of the park and stop at a pavilion for lunch. Poles suggested for Garret Mountain as there are some steep rocky sections. If there is snow prior to the hike, you will need crampons or yaktraks. Paterson was established by Alexander Hamilton, and became the nations' first industrial city, harnessing the power of the great falls to run the many mills that were established to make the US more self sufficient and less reliant on the goods from Britain. To get a full history of the park and the surrounding area, download the " *Mill Mile Tour* " app and listen to the tour. At Garret Mountain Preserve you will have views of the Manhattan Skyline and downtown area of Woodland Park, NJ. *Attention: We will switch to day-light savings time over the weekend, so remember to check your clocks.

Sunday, March 16, Horseshoe Bend Park / St.Patrick's Day hike, 5 Miles, Class 2B

Lindsay and Dave D.

Rolling hills with uneven terrain. We are planning to do the Flagg Kirkland Trail because it's not usually as muddy as other parts. Bring your lunch and we will go back to our house (10 minutes away) for a gathering around the firepit. If we have bad weather coming in our backup plan will be to use the park's pavillion. We will be providing a beverage and a St. Patrick's Day dessert either way. Our house address is on the RSVP.

Saturday, March 22, Historic Tour of Washington Crossing State Park, Pennsylvania Village and Hike Towpath, 2.0 Miles, Class 1B

Daniel McA.

Bring *\$7.00 cash.--10AM* Meet in Lobby of Visitors Center in front where the flagpoles are - Bathrooms inside. Park next to Building. www.washingtoncrossingpark.org. Explore inside the Center.-- Go to inside desk and pay \$7 fee for the tour. *10:30am* *Guided* 1 hour historic tour of restored historic village with colonial guide and narration. -- *11:30am* Bathroom break then walk thru park around pond up Route 532 to Hike Towpath 2.0 miles NORTH Past Pond - Turn around - Walk around pond thru park back to Visitors Center Lobby and cars -- *1:30pm.* Drive short 2 minutes *to* Colonial Farms Gourmet Market for Hot Drinks and Fresh Baked Goodies or Lunch on Outside Porch (1108 Taylorsville Rd, www.colonialfarms.com, (<http://www.colonialfarms.com/>) Tel 215-493-1548- - Turn right out of parking lot - turn right onto 532 - go over towpath to first stoplight - turn right - Colonial Farms immediately on right.

Sunday, March 23, Washington's Crossing Tow Path Loop, 7 Miles, Class 1B

Ann W.

7 mile loop. Meet at the Nelson House at Washington's Crossing parking lot by the bridge on Route 29, NJ side. Walk south on the tow path on the NJ side, cross the Scudder's Falls pedestrian bridge and then walk north on the tow path on the PA side. Bathroom available at midway point at the renovated 1799 house. Bring water and a snack. Lunch at Dominick's Pizza on route 532 after the hike if interest. Meeting time is 10:00.

Saturday, April 5, Plainsboro Preserve, 3-4 miles Miles, Class 2B

Alison Brancone

A relatively flat hike combining lake views with woodlands. No stream crossings, but some roots, leaves on the ground. Please bring poles if you use them. There are bathrooms available at the Nature Center, which is at the parking lot. Remember to bring water and bug spray.

Sunday, April 6, Canal /Cutaloosa Rd Walk, 5 Miles, Class 2B

Yolanda E.

Canal path from Bulls Island to Cutaloosa Road, then walk on scenic back country roads, looping back down to the canal path. Lunch option at the Lumberville General Store

Sunday, April 13 Rosedale- Mercer Meadows Hike, 3 miles Class 2B

Pam B.

Meet at Rosedale Park parking lot by bathroom building, 424 Federal City Rd., Pennington, NJ

A loop hike, mostly flat walking, passing by Rosedale Lake, to Hunt House, through meadows & woods on dirt and paved paths back to Rosedale Park.

Bathrooms at Rosedale Park and Hunt House.

Sunday, April 20, Ringing Rocks County Park, PA, 4.5-5 Miles, Class 3C

Margaret Maniscalki

Moderately hilly hike. We'll stop to pound on the rocks to hear them ring, then hike beyond that in the surrounding area. Poles recommended. Bring water and snacks. *Starting Location:* Meet at 10:00 AM

Ringing Rocks County Park - Ringing Rocks Rd, Upper Black Eddy, PA 18972 (Plus Code: HV7C+2Q) *Car

Pool:* If you would like to carpool, we will meet at Kings Supermarket in Whitehouse Station at 8:30 AM.

Please indicate in your RSVP if you would like to carpool.

Saturday, April 26, SpringFest, Class 2B

1:00 PM Meet: Deer Path Park, Cedars Pavilion

1:00PM-3:00PM Details to be announced

We are seeking three hike leaders. Please reach out if you would like to lead.

Teresa Londino,

Joann Pieloch,

Sunday, April 27, 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.

Saturday, May 3, Hike at the Institute Woods, Princeton, 3-4 Miles, Class 2A

Alison Brancone

A lovely hike through the woods and along the Stonybrook. We will include an optional walk across the swinging bridge, as well as a short jaunt into the Charles H. Rogers Wildlife refuge. The trails are quite flat, but expect more roots and uneven ground as we come closer to the Stonybrook. Poles are optional. Bathrooms are available a short distance from the parking lot.

Sunday, May 4, Musconetcong Gorge Hike, 5 Miles, Class 3C

Yolanda E.

A rugged, beautiful hike in the woods with some steep ups and downs and one lengthy, steep rocky climb. Wear hiking boots. Bring snacks for a 15/20 minute break on the trail.

Saturday, May 10, Hike John A. Phillips Park and Preserve, Old Bridge, 5 Miles, Class 1B

Linda M.

Approximately 5 miles, Class 1B. Flat dirt path through 2 wooded eco systems. Hiking boots or sneakers ok; no poles necessary. Heated indoor bathrooms at start/end of hike. Very large, paved parking lot. Bring lunch to eat on picnic tables afterwards. Rain cancels.

Sunday, May 11, Point Mountain, 4 Miles, Class 3C

Mark H.

The trail is steep and rocky to get to the summit. Bring water and snacks.

Saturday, May 24, Cooper Gristmill to Historic Furnace Road - loop, 4-5 Miles, Class 2B

Cecilia B.

Uneven terrain mostly flat, but sections with rocks and roots. Walk alongside Black River and wooded areas and brook. Check some historic ruins. Hiking boots and poles recommended.

Wednesday Hikes – Spring 2025

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

Leaders: Joann P. and Johanna M.; Lindsay and Dave D.; Robert (& Marianne Teetsel) Jacobs; Sue & Rich Armington; Teresa & O. Anthony Londino; Yolanda E.

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

Mar 12, Worman Road/Lower Creek Rd Walk

Class: 1B Miles: 4 Leader: Yolanda E.

Mar 19, Orphan Anni-mals Sanctuary/Miquin Woods Hike

Class: 2B Miles: 3 Leader: Joann P. and Johanna M.

Mar 26, Peace Valley Park

Class: 2B Miles: 6 Leader: Lindsay and Dave D.

Apr 9, Cherry Blossoms and The Cathedral Basilica of the Sacred Heart

Class: 1B Miles: 3-4 Leader: Teresa Londino

Apr 16, Rosedale Park - Mercer Meadows Hike

Class: 2B Miles: 5 Leader: Sue & Rich Armington

Apr 23, ROEBLING MUSEUM/GUIDED TOUR

Class: 1B Miles: 3-4 Leader: Joann P. and Johanna M.

Apr 30, Washington Valley Park hike

Class: 2B Miles: 5 Leader: Robert (& Marianne Teetsel) Jacobs

May 7, Merrill Creek hike and presentation: Beginning birding

Class: 1B Miles: 2 Leader: Joann P. and Johanna M.

May 14, Mariton Wildlife Sanctuary

Class: 2B Miles: 4 Leader: Joann P. and Johanna M.

Thursday "C Pace" (Energetic) Hikes – Spring 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.

Mar 6, Ramapo Lake and Van Slyke Castle

Class: 3C Miles: 7-8

Leader: Mark H.

Mar 13, Harriman State Park

Class: 3C Miles: 8

Leader: Dru Toman

Mar 20, Stockton-Lambertville-NewHope Loop

Class: 1C Miles: 8

Leader: Jackie S.

Mar 27, Harriman State Park - Panther Mountain Loop

Class: 3C Miles: 9+

Leader: Charlie B.

Apr 3, Terrace pond without flooding

Class: 3C Miles: 8

Leader: David D.

Apr 10, Wyanokie High Point

Class: 3C Miles: 6

Leader: Mark H.

Apr 17, 1 of 8 NJ AT series: Camp Mohican Rd to Sky Line Dr 7.3m Shuttle Hike

Class: 3C Miles: 7.3

Leader: Shelley Lee Harvey

Apr 24, Jonathan Woods Loop

Class: 2C Miles: 6+

Leader: Cecilia B.

May 1, 2 of 8 NJ AT series: Culver Gap to Deckertown Trnprk 9.1 Shuttle Hike

Class: 3C Miles: 9.1

Leader: Shelley Lee Harvey

May 8, Thompson Park and Marlu Lake

Class: 2C Miles: 9

Leader: Charlie B.

May 15, Van Campens Glen via the Orchard and Pioneer trails

Class: 3C Miles: 6

Leader: Jackie S.

May 29, 3 of 8 NJ AT series: NJ/PA State Line to Mohican Camp Rd 10.0m Shuttle Hike

Class: 3C Miles: 10

Leader: Shelley Lee Harvey

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)