

# Hunterdon Hiking Club

Organized 1980

Affiliate of the Hunterdon County  
Department of Parks and Recreation



**SUMMER 2024 NEWSLETTER**  
**JUNE JULY AUGUST**

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**

## **2024-2025 Membership Renewals Due By July 31st**

Please mark your calendars to renew before July 31. I will also send a general reminder email to all in early July through [groups.io](https://groups.io).

**However, please read the following messages before sending in your dues because certain members DO NOT owe dues this year:**

- New members who joined after March 1st of this year with a one-year membership are paid up through July of 2025.
- Those of you who signed up for a two-year membership last year will of course not have to renew this year.
- Some who have jumped the gun and already sent in your renewals- thank you!

**Since many of you do not keep track of this, a separate e-mail will also be sent directly to you from me (NOT through [groups.io](https://groups.io)) around that same time informing you if your membership is due or if you have until 2025 or later.**

**So if you are not sure, you should wait until you get this personal email in early July.**

Also, please notice on the application that renewing members with no changes in info should send check directly to our current treasurer, Jack Caffrey without needing to fill out an application. You may note in the memo line if single or family membership or for one or two years. His address and membership dues amount are on the application in this newsletter but you do not need to include an application; just the check will do.

If you have changes, then either send me (Loretta) the application noting the new information and check or you can also just email me the changes and still send the check directly to Jack if you prefer. Please DO NOT make the check out to Loretta or Jack, but to Hunterdon Hiking Club.

\*\*\* If you routinely renew every year, consider renewing for two years because it saves both of us a lot of time and work. Thank you!

Please contact me if you have any questions about this at [ljmski64@gmail.com](mailto:ljmski64@gmail.com)

***Loretta Mizeski - Membership Chair***

# GENERAL INFORMATION ABOUT THE HUNTERDON HIKING CLUB

## Who we are!

The Hunterdon Hiking Club (HHC) is an affiliated organization of the Hunterdon County Parks System. The purpose of the club is to provide a forum where individuals may join with others for the personal enjoyment of hiking and other outdoor activities.

## What do we do?

Hikes are scheduled for almost every Saturday, Sunday, Tuesday, Wednesday and Thursday. Bicycle rides are scheduled on Tuesdays and Fridays in season and shorter hikes are scheduled for Tuesdays. Canoe/kayak trips and X-country skiing are often scheduled as the weather permits. Weekday trips combining a city walk plus a visit to a museum are occasionally scheduled.

## HHC General Membership Meetings

HHC meetings are the second Thursday of the month.  
The meetings start at 7pm.

## Hunterdon Hiking Club Officers - June 2023 – May 2024

**President:** Gail Jacobsen [Jacobseng@mail.com](mailto:Jacobseng@mail.com) 917-939-6391  
**Secretary:** Linda McCarthy  
**Treasurer:** Jack Caffrey: [jackcaffrey@gmail.com](mailto:jackcaffrey@gmail.com) (address in application form)  
**Website:** Mark Hermsmeier:  
**Indoor Program:**  
Johanna McAteer  
Pat Hennessy  
**Outdoor Activities:**  
Mary Curtis:  
Geoff Nicklen:  
**New Membership Inquiries:**  
Jeff Alte:  
**Membership:** Loretta Mizeski: [ljmski64@gmail.com](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:  
Marianne Trautman\_

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

Please check one: \_\_\_New \_\_\_Renewal (**Please renew by July 31**)

**Please Print Neatly:**

Name (or names of adults if family membership)

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Cell #(s) (indicate whose if two) \_\_\_\_\_

Email(s) \_\_\_\_\_

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

**Payment Enclosed:**

1. Membership: \$ \_\_\_\_\_ **Circle one:** One year Single (\$15) Family (\$20)  
Two years Single (\$30) Family (\$40)

2. HHC Club Patch if desired: \$ \_\_\_\_\_ # \_\_\_\_\_ patches @ \$3 each

3. Total Enclosed: \$ \_\_\_\_\_ (check payable to **Hunterdon Hiking Club**)

4. **Today's Date:** \_\_\_\_/\_\_\_\_/\_\_\_\_

New members or members with any info changes, please mail application with check to:  
**Loretta Mizeski, 130 Philhower Ave., Califon, NJ 07830. CHECK MUST BE PAYABLE TO HUNTERDON HIKING CLUB!**

Renewing members with **no changes in info**, please mail check **directly** to treasurer:  
**Jack Caffrey, 10 Essex Avenue, Maplewood, NJ 07040 (no application needed**  
but indicate member name if single membership on joint check and one or two year membership). **CHECK MUST BE PAYABLE TO HUNTERDON HIKING CLUB!**

**New members need to sign the liability waiver (on next page).** Please include it with the application and check. **Note** the membership year ends July 31.

**New** members who join after March 1 do not have to renew until July of the following year. Questions about new memberships contact **Jeff Alte**, ridefreehd@hotmail.com

Current members contact **Loretta Mizeski** at ljmski64@gmail.com

**Note: We use emails, sent via HunterdonHikingClub@groups.io, to send out the newsletter and notices for cancellations and last-minute changes. When you join, you will automatically be added to our list to receive these emails.**

**For Membership Committee use only:**

\_\_\_\_\_ Recorded \_\_\_\_\_ Liability Waiver received (new member)

\_\_\_\_\_ Acknowledged \_\_\_\_\_ added to groups.io (new member)

RV 8/21

# HUNTERDON HIKING CLUB MEMBER GUIDELINES AND LIABILITY WAIVER

## PURPOSE OF THE CLUB:

To provide an opportunity to explore the outdoors by hiking, biking, canoeing, cross country skiing, etc. with others who have similar interests.

## GUIDELINES FOR PARTICIPATION:

1. Choose an activity that is appropriate for your level of expertise. If you have questions about the degree of difficulty, please call the activity leader.
2. Bring water, appropriate footwear, personal first aid kit and clothing for possible inclement weather.
3. Arrive at the meeting place 5-10 minutes before the departure time listed.
4. Familiarize yourself with the plan of the day.
5. Do not bring pets on hikes unless otherwise indicated.
6. Do not consume alcoholic beverages during the hike itself.
7. During the activity, stay with the group. Don't stop, lag behind, or go ahead without the leader's knowledge.
8. Leave the area as you find it: pack out all trash, do not pick wildflowers, etc.
9. Smokers: Please wait for rest stops and be considerate of others. Make sure your cigarettes are extinguished before continuing the activity. It is preferred that you do not smoke.
10. If reservations are required, call leader by date stated. If a deposit is required, the deposit is your reservation, not the phone call. In most cases, deposits cannot be refunded unless a replacement is found.
11. The activity leader reserves the right to terminate the activity if he/she believes the group or an individual's health or safety is in jeopardy.

## HAZARDS AND RISKS:

I understand that during my participation in any Hunterdon Hiking Club activity, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which may be inherent in each activity and cannot be eliminated without destroying the unique character of the activity. I am personally responsible for all risks associated with travel to/from the starting point of any activity. The leaders of these activities are volunteers, not paid professional guides or leaders.

## PERSONAL RESPONSIBILITY:

1. No one but myself is responsible for my safety when I choose to challenge my capabilities or personal health conditions. I take responsibility for having appropriate skills and physical conditioning, equipment and supplies for these activities.
2. I also understand that there may not be immediate rescue or medical facilities or expertise necessary to deal with the injuries and damages to which I may be exposed.

## LIABILITY WAIVER:

I understand and agree that I am voluntarily participating in an activity with the Hunterdon Hiking Club and assume all risks and hazards incidental to such participation. I waive and release all rights and claims for damages against the Hunterdon Hiking Club, its officers, volunteers, and other participants for any and all injuries that may be suffered while participating in any of their activities. I further agree to indemnify and hold harmless the Hunterdon Hiking Club and each of its members from any claim for loss or damage or injury to me or any member of my family arising from or in connection with any participation in the program listed. **(All adult members in single or family memberships must sign below when they first join.)**

Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_  
Print Name \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**New members only:** Please sign and return to the Membership Chair of the Hunterdon Hiking Club.

## **In Memoriam**

It is with great sadness that we announce the passing of Norman Obert in April. Norm was a longtime member of our hiking club from Bridgewater where he also grew up. Before retiring, he worked for Fisher Scientific and had served in the Navy.

He was most active as a cyclist, biking with both the Friday and the Tuesday groups. He knew a lot about bikes and was always willing to lend a helping hand to any one who needed help on a ride with any bicycle issues. He was quiet, a good listener, very kind, and always a gentleman. Outside of the club he was also a very avid downhill skier. He loved working around his home which he kept in perfect order and talking about his latest home improvement project.

The club recently held a memorial hike and bike ride for Norm and we shared memories of him over lunch in the park. He will be missed by all of us who knew him.

## **Indoor Program Schedule**

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

**Thursday June 13 7 pm**

### **Experiences on a 79 day Cruise**

Marianne Vlazny will be sharing her photos and experiences from an extraordinary 79 day cruise last year

This is an opportunity to get together with members off trail. There will be refreshments, time to socialize, an interesting program presentation, and the business meeting. You are welcome to arrive at 645 pm for refreshments and to socialize. Please RSVP only if attending in person. Zoom link will be emailed a few days before. The organizer for this event is Teresa Londino Tmlondino@comcast.net 908-432-4083

This will be a hybrid meeting. Join us at South Ridge Church or on Zoom

# 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 609 -397-2603 [geef2@yahoo.com](mailto:geef2@yahoo.com)). 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](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.

## **2024 SUMMER WEEKEND ACTIVITIES**

There are still some open dates available for Summer outdoor activities on the weekends.

If a member would like to lead an activity on an open date AFTER the newsletter is sent out, please contact one of the Weekend Committee representatives BEFORE proceeding to post the activity on the Hunterdon Hiking Club groups.io calendar. If you want to schedule an event on a date where there is already an activity posted, please contact the leader of the original event first.

### **Saturday, June 1, House Tours of Historic Flemington, 2-3 Miles, Class 1B**

Ann W.

2-3 miles Class 1B Meet at 11:00 a.m. at 119 Main Street which is the Hunterdon County Chamber of Commerce. Parking is available throughout the town. Tickets are \$25 day in advance via Eventbrite and \$30 the day of the tour at our meeting location. The event is rain or shine and Eventbrite does not offer refunds. <https://www.eventbrite.com/e/house-tours-of-historic-flemington-tickets>

### **Sunday, June 2, Bike Ride D&R Canal Towpath Frenchtown to Riegelsville, 22 Miles, Class 1B**

Mark H.

22 miles, Class 1B. We'll ride the towpath from Frenchtown to Milford, cross over to Upper Black Eddy, then on up to Riegelsville. We'll double back to UBE and onto the covered bridge at Uhlertown. There is a short section between Frenchtown and Milford where there is only a footpath and it may be necessary to walk our bikes, so this part might be difficult for road bikes.

### **Saturday, June 8, Trenton Mill Hill Garden Tour, 1-2 Miles, Class 1A**

Ann W.

1-2 miles Class 1A Meet at 12:00 p.m. at 19 Everett Alley, Trenton, NJ (also known as Artworks). Tickets should be available online soon and are also available the day of the event. The ticket price is not displayed on the website yet, but tickets were \$20 last year. See the website for more information about the area and the Old Mill Society - [www.trentonmillhill.org](http://www.trentonmillhill.org). ( <http://www.trentonmillhill.org> )

### **Saturday, June 15, Teetertown Preserve, 3.5 Miles, Class 2B**

Loretta M.

About 3.5 miles Class 2B Meet at 10:00 Teetertown Preserve

Scenic hike, some rocky trails with moderate hills but also a lot of flat trails through the meadows. I will check beforehand if we can do the more difficult but interesting blue trail down to the road - it has been too overgrown in the past. Bring poles. Bring lunch and chair if you want to stay for a picnic lunch afterwards. Use 40 Pleasant Grove Rd Port Murray or Glen Gardner for GPS. More specific details will be sent in email after you reply.



**Sunday, June 16, Everittstown Bike Ride, 17 Miles, Class 2B**

Margaret M.

17 miles Class 2B bike ride around Everittstown area. Terrain primarily flat with some mild hills. Bring water and energy snacks if needed for the ride. Don't forget your helmet and for safety, it is recommended that your bike have a front and back light. If anyone is interested, we can have lunch at the Sky Manor Cafe after the ride.

**Saturday, June 22, Herrontown Woods Hike, 3-3.5 Miles, Class 2B**

Alison B.

Miles: 3-3.5 Class: 2B This will be a hike through the woods with some ups/downs, rocks, and stream crossings. There will likely be some mud depending on previous rainfall. Included are a visit to the historic Veblen properties, as well as a walk through the Barden (Botanical Art Garden) at the end. Poles and hiking boots are recommended. There are Porta-potties at the parking lot.

**Sunday, June 23, Pennington Borough and Baldwin Lake Wildlife Management Area, 6.5 Miles, Class 2A**

Ann W.

6.5 miles Class 2A Meet at 9:30 a.m. at the Burger King in the Pennington Shopping Center on Route 31 in Pennington. We will walk through town, loop through the Baldwin WMA, through neighborhoods, a short trail through Curtis Woods, a stop at the Pennington African Cemetery and finish with more of the town. Snack break at Kunkel playground. One tricky stream crossing and the Baldwin WMA can be muddy. Please wear bright clothing as some of this involves road walking. Possible lunch at Vito's Pizza if there is interest.

**Saturday, June 29 Morales uplands and beyond hike, 3.5 Miles, Class 2B**

Sylvia C.

3.5 miles Class 2B We will be hiking on trails and local park lands. Some flat, some hills - bring water and snack. Hiking shoes recommended. Poles optional. Lunch after if there is interest.

**Sunday, June 30, Fleecydale road walk, 5 Miles, Class 1A**

Frank M.

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

**Saturday, July 13, Hike/BBQ/Pool combo Event (rain date 7/14), 3+ /2 Miles, Class 1B**

Jeff A.

3+ /2 Miles Class 1B There are 2 hikes – a 3+ mile or shortened 2 mile. Start at Jeff's garden /pickleball court to shaded trails, past campgrounds, hunting cabin and possible raspberry picking. See haunted house, continue on road to base of Round Mt and back. End up at pool for picnic and swim/volleyball. If only want to do lunch/BBQ meet at 12 noon. If hike meet at 10:30. Bring bathing suit, towel, chair, drinks and side dish. If coming for any part of this event, PLEASE RESPOND BY EMAIL TO JEFF'S E MAIL AT [RIDEFREEHD@HOTMAIL.COM](mailto:RIDEFREEHD@HOTMAIL.COM) by July 8 TH with your favorite side dish.

**Sunday, July 14, Hoffman Park Hike, 4 Miles, Class 2B**

Gail J.

4 miles Class: 2B Take a leisurely stroll through Hoffman Park past it's many small ponds and the few farm structures still standing. There is one medium sized hill and lots of paved and unpaved paths. Meet at Park Entrance on Baptist Church Rd. Lunch will be at Clinton Station Diner.

**Sunday, July 14 Raindate for Hike/BBQ/Pool combo Event**

See details above under Saturday, July 13

**Saturday, July 20, Hike at Baldpate mountain, 4-5 Miles, Class 2B**

Sylvia C.

4-5 miles class 2B Expect views overlooking the Delaware river. Mostly walking on wooded trails. Bring bug spray , water & snack. Trails are rocky so wear hiking shoes . Poles optional .

**Sunday, July 21, Schooley's Mountain, Long Valley, 3-4 Miles, Class 2B**

Margaret M.

3-4 miles, Class 2B Moderate hike with some hills. View of lake, streams, waterfalls, and big boulders along the way. Poles recommended. Meet at Schooley's Mountain at 9:30 AM. 91 E. Springtown Rd., Long Valley, NJ 07853 (40.8014840, -74.7827001). Go through main entrance and park in first parking lot on the right at the top of the hill by the restrooms.

**Saturday, August 3, Sourland Mountain Preserve, 4-5 Miles, Class 2B**

Lindsay and Dave D.

Sourland Mountain Preserve, 421 East Mountain Road, Hillsborough, NJ 08844

4-5 miles Class 2B Meet at the Preserve (421 East Mountain Rd, Hillsborough NJ 08844). We will start the hike at 10 AM. Primarily a rocky path with an incline in the beginning. Bring your lunch for after the hike.

**Sunday, August 4, Point Mountain, 4-5 Miles, Class 3C**

Mark H.

4-5 Miles, Class 3C. We'll hike to the top of Point Mountain for the great views, then along the ridge and return next to the Musconetcong River.

**Sunday, August 11, Rockaway to Fox Hill - Bike Ride - Tewksbury, 15 Miles, Class 3B**

Margaret M.

15 mile, Class 3B Quiet, quaint roads with some steep hills, but worth the view. We will meet at the Whittmore Center parking lot on Rockaway Road (on the right after turning off of Oldwick Road/Route 523). Bring water and energy snacks. After ride, can eat at Tewksbury Inn or General Store for lunch if anyone is interested.

**Saturday, August 17, Frenchtown hike into Cooley Preserve, 4-5 Miles, Class 2B**

Sylvia C.

4-5 Miles Class 2B We will hike on tow path along river to entrance to state lands. Then proceed up a significant 300 + ft hill out of the valley toward Horseshoe bend park to view the beautiful Delaware River valley. Recommended Gear: Hiking shoes, 2 bottles of water, snack; poles optional.

**Saturday, August 31, Stony Brook-Millstone Watershed Hike, 3.5 Miles, Class 1B**

Pam B.

3.5 miles, 1B 9:30 AM Meet: Large parking lot by Headquarters Visitor Center from 31 Titus Mill Rd. Combination of trails- lollipop trail through woods to Stony Brook, some boardwalk, some open meadow, loop around pond, return through meadow & boardwalk. All flat with possible muddy sections. Bathrooms & porta-potty available at Visitor Center & midpoint.

## Wednesday Hikes – Summer 2024

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

**Leaders:** Alison Brancone; Anne Z.; Gail J.; Joan S.; Joann P. and Johanna M.; John S.; Mark H. ; Sylvia C. ; Yolanda E.

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

<p><b>Jun 5, Morris Arboretum &amp; Gardens</b> Class: 1A Miles: 3+ Leader: Yolanda E.</p>	<p><b>Jul 31, Tohickon Valley Park</b> Class: 2B Miles: 5-6 Leader: Anne Z.</p>
<p><b>Jun 26, Reigel Ridge /Musconetcong mtn.</b> Class: 2B Miles: 4+ Leader: Sylvia C.</p>	<p><b>Aug 7, National Museum of Industrial History + Social Stills Distillery guided tour</b> Class: 2B Miles: 2.5 Leader: Joann P. and Johanna M.</p>
<p><b>Jul 3, Franklin Parker Preserve Red trail and Blueberry Pick</b> Class: 2C Miles: 7 Leader: John S.</p>	<p><b>Aug 14, Hike at the Institute Woods in Princeton</b> Class: 2B Miles: 3-3.5 Leader: Alison Brancone</p>
<p><b>Jul 10, Mount Tabor guided history tour/museum/hike</b> Class: 2B Miles: 5 Leader: Joann P. and Johanna M.</p>	<p><b>Aug 21, Columbia Trail &amp; Lockwood Gorge</b> Class: 2B Miles: 5-6 Leader: Mark H.</p>
<p><b>Jul 17, John M Mauser Trail (Formerly PPL Environmental Center - Tekening Trail)</b> Class: 2B Miles: 4-5 Leader: Joan S.</p>	<p><b>Aug 28, Hacklebarney State Park</b> Class: 2B Miles: 5 Leader: Gail J.</p>
<p><b>Jul 24, Merrill Creek Reservoir/ hike and presentation</b> Class: 2B Miles: 3-4 Leader: Joann P. and Johanna M.</p>	

## Thursday “C Pace” (Energetic) Hikes – Spring 2024

**Class: 1C – 3C, Meeting Times: See listing. Always bring a packed lunch to eat on the trail.**

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

<b>Jun 6, Wyanokie High Point</b> Class: 3C Miles: 7-8 Leader: Mark H.	<b>Jul 25, Musconetcong Gorge, etc.</b> Class: 3C Miles: 7 Leader: Jackie S.
<b>Jun 13, Mt Tammney &amp; Sunfish Pond Loop</b> Class: 3C Miles: 10+ Leader: Pete G.	<b>Aug 1, Pyramid mountain jaunt</b> Class: 3C Miles: 6 Leader: David D.
<b>Jun 20, Hawk mountain</b> Class: 3C Miles: 6 Leader: Michael & Ruth Wittig	<b>Aug 8, NJ, NY, PA Trails</b> Meet: 9:00 AM TBD Class: 3C Miles: 6-10 Leader: Jack G.
<b>Jun 27, Hickory Run State Park - Shades of Death and Fireline Trails</b> Class: 3C Miles: 9 Leader: Charlie B.	<b>Aug 15, Tohickon Creek</b> Class: 3C Miles: 7 Leader: Mark H.
<b>Jul 11, Bear Creek Preserve</b> Class: 3C Miles: 7-9 Leader: John S.	<b>Aug 22, NJ Pinelands</b> Leader: John S.
<b>Jul 18, Ringwood State Park</b> Class: 3C Miles: 8 Leader: Charlie B.	<b>Aug 29, White Lake Natural Resource Area</b> Class: 2C Miles: 7 Leader: Jackie S.

# 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 Classification</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)