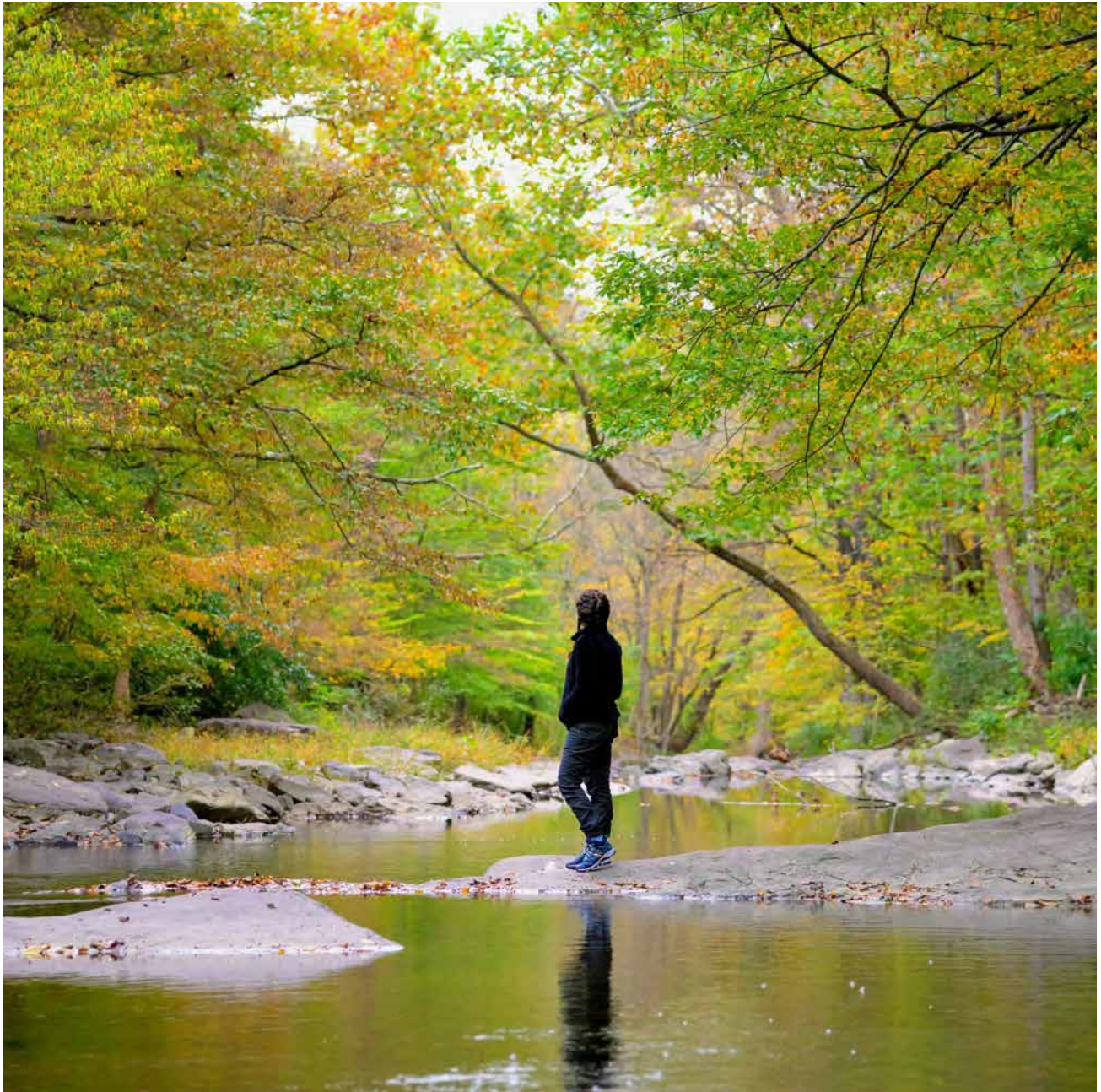


# HUNTERDON PARKS HARBINGER

Fall 2024

September, October, November



## HUNTERDON COUNTY DIVISION OF PARKS & RECREATION

Mailing Address: P.O. Box 2900, Flemington, NJ 08822-2900

Office Location: 1020 State Highway 31, Lebanon, NJ

Telephone (908) 782-1158 · Fax (908) 806-4057

Email: [parks@co.hunterdon.nj.us](mailto:parks@co.hunterdon.nj.us) <https://www.co.hunterdon.nj.us/479/Parks-Recreation>



# Table of Contents

- Page 3 Touch-A-Truck, Bus Trips
- Pages 4-5 Park Van Trips: Birding, Family, Adult
- Page 6-7 Nature Programs: Youth Nature Series
- Pages 8-9 Nature Programs: Family Programs, Habitat Construction
- Pages 10-11 Nature Programs: Webinars, Birding
- Page 12 Skills Workshops: Outdoor Skills, CPR & First Aid
- Page 13 Fitness Programs: Workouts, Trail Running
- Pages 14-15 Basketry and Crafts
- Pages 16-17 Walks and Hikes: Adult Walks, Family Walks, Destination Hike
- Pages 18-20 Parks Information and Registration Forms

## Online Program Registration

You can register for any of our Hunterdon County Parks and Recreation programs online. Visit our website [www.co.hunterdon.nj.us/479/Parks-Recreation](http://www.co.hunterdon.nj.us/479/Parks-Recreation) and click the photo for Online Program Registration.

Register in person by completing the program registration and medical record form on the last page of this Harbinger. Visit the Hunterdon County Arboretum at 1020 Rt 31, Lebanon, NJ 08833 Mon-Fri 8:00 AM to 4:30 PM or mail your completed form with check payment to Hunterdon County Parks and Recreation, P.O. Box 2900, Flemington, NJ 08822.

Program details including parking addresses and any other pertinent information such as items to bring will be printed on your receipt.

### **CANCELLATION POLICIES:**

You will be notified by phone if we cancel a program and you will receive a full refund. Programs are designed for all types of weather and participants should dress appropriately. Cancellations and requests for refunds made by participants must be in writing. Cancellations made less than one week prior to the program will not receive a refund.

Scan here to register online.



# Touch-A-Truck

Saturday, November 2, 11:00 AM to 3:00 PM

Location: Deer Path Park

Free for All Ages | All children must be accompanied and supervised by an adult. No registration required.



"The parade that stands still" returns to Deer Path Park. "Hold the Horn," from 11:00 AM to 12:00 PM, a special hour of quiet—no horns, flashing lights, or sirens! Imagine dump trucks, fire trucks, ambulances, police cars, military jeeps, and lots more; over 25 vehicles all in one place—parked so kids of all ages can get a close-up look! Join us for this exciting event. You will be able to examine these cool motorized machines at our Annual Touch-A-Truck. This event is free for all ages with something for everyone. Don't forget your camera! If you know of anyone who may be interested in joining our fleet of unique vehicles please email [lfulmer@co.hunterdon.nj.us](mailto:lfulmer@co.hunterdon.nj.us) or call (908) 782-1158.

## Bus Trips

### Longwood Gardens Christmas Display

Monday, November 25, 12:00 PM to 10:00 PM

Parking Location: Deer Path Park

Ages: 13 through Adult | All children must be accompanied by an adult who is also registered for the program.

Cost: Ages 13-18 \$63 | Ages 19-64 \$79 |  
Ages 65+ \$76

Registration closes October 28.

Special Cancellation Policy: All requests for cancellations must be made in writing before October 28.

Longwood is one of America's quintessential landscapes, with handcrafted feats of horticultural wonder, and an awe-inspiring collection of the most beautiful plants from around the globe. At Christmas time horticulture artists use plants as their palette to create an extraordinary display with festive trees draped in delights, gardens of bold blooms, and so much more. Outside, more than 500,000 lights delight, as colorful fountains dance to holiday music, and surprises await at every turn. This is a self-guided walking tour. Solo participants are welcome to spend the day with Parks and Recreation staff. Rain or shine, this is an indoor and outdoor experience, please wear comfortable shoes and dress for the outdoors. Wheelchairs and motorized scooters are available for a fee from Longwood Gardens.

### New York City

Sunday, December 15, 8:30 AM to 8:00 PM

Departs NYC at 6:00 PM

Parking Location: Deer Path Park

NYC Location: Bryant Park

Ages: All | All children must be accompanied by an adult also registered for the program.

Cost: \$50

Join us for a coach bus trip into the winter wonderland of NYC. Experience the holiday season in historic Manhattan, where the aroma of hot chocolate and pine waft through the air! On this Christmas expedition, you design your perfect day in the city and we will bring you there. You can spend your day at the world-famous Rockefeller Center ice rink or on a carriage ride through Central Park with your loved ones. You can shop at the historic New York City Macy's or go to the Broadway show of your choice; the options are endless. The private coach bus departs from Deer Path Park at 8:30 AM, and will head straight to Bryant Park which is near Times Square and other attractions. The bus will leave Bryant Park at 6:00 PM; please plan your day accordingly. No more dealing with trains and traffic; we provide the transportation, and you take it from there.

# Parks Van Trips

## Birding Trips

### Island Beach State Park

Saturday, September 28, 7:00 AM to 4:30 PM

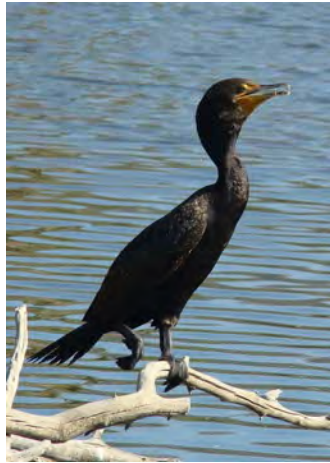
Ages: Adult

Parking Location: Echo Hill Park

Cost: \$41

The 10-mile long peninsula of Island Beach State Park is perfect for hunting fall migrants moving along the Jersey Coast. We will walk along the bayside trails for songbirds and check the beaches for shorebirds and waterfowl. Either side could give us a view of Brown Pelicans.

Please pack a lunch and snacks for the day as there are no guaranteed food stops available.



### Brigantine National Wildlife Refuge

Sunday, November 17, 7:00 AM to 4:30 PM

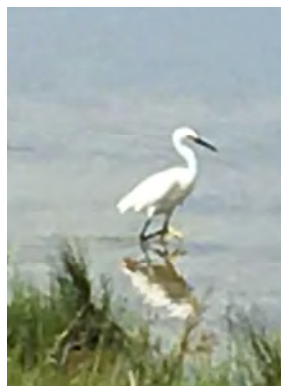
Ages: Adult

Parking Location: Echo Hill Park

Cost: \$41

The Brigantine National Wildlife Refuge is famous throughout the United States as one of the best birding spots in New Jersey. "Brig" embraces more than 20,000 acres of coastal salt marsh, islands, open bays and channels.

Fresh-brackish impoundments created by diking off the salt marsh are the main attraction for birds. We will spend the entire trip within the main area searching for all the winter birds and waterfowl we can find.



## Family Trips

### Medieval Times

#### Dinner and Tournament

Saturday, October 5, 2:00 PM to 7:00 PM

Ages: 8 through Adult | All children must be accompanied by an adult also registered for the program.

Parking Location: Echo Hill Park

Cost: \$80 includes event ticket

Come meet Her Majesty Doña Maria Isabella and the royal family while we travel back to the Middle Ages for an unforgettable experience. Enjoy dinner while marveling at the Knights fighting, live jousting, and awe-inspiring horsemanship and falconry. Her Majesty's feast includes a four-course meal with oven roasted chicken, garlic bread, tomato bisque soup, herb-roasted potatoes, and sweet buttered corn, alongside a pastry and non-alcoholic beverages. Vegetarian meals are available upon request. Please make this selection when registering for the trip.

### NJ Fossil Hunt & Monmouth Museum

Saturday, October 19, 8:30 AM to 2:30 PM

Ages: 8 through Adult | All children must be accompanied by an adult also registered for the program.

Location: Echo Hill Park

Cost \$29, museum fee of \$14 not included

Guest Leader: Mark Rogoff, local fossil expert and docent with Monmouth Museum

Join the Monmouth Museum docent and local fossil expert, Marc Rogoff, for a guided exploration of Ramanessin Brook in Holmdel, NJ! Learn how to sift and search for fossils. Will you find a shark tooth, an ammonite, or maybe a mosasaur tooth? You get to keep what you find! Then, return to the museum where we will examine your finds under a high-powered microscope and enjoy admission to the Monmouth Museum.

## Turtleback Zoo

Saturday, September 28, 9:00 AM to 5:00 PM  
Parking Location: Echo Hill Park  
Price: \$45 includes zoo ticket  
Ages: 8 through Adult | All children must be accompanied by an adult that is also registered for the program.

Turtle Back Zoo is part of Essex County's South Mountain Reservation. Turtle Back Zoo has more than 15 exciting animal exhibits for the whole family to enjoy. Plan your day around your favorite animals. Turtle Back Zoo offers adventure beyond the animals with Turtle Back Junction, the zoo's miniature train ride. The short ride takes visitors through the beautiful South Mountain Reservation free of charge. Join us for a day filled with animals, excitement, and adventure. Lunch is available for purchase at the café or you can bring a bagged lunch.



turned into a summer estate. Bring a bagged lunch and drink as no food is available to purchase, and \$20 cash to cover tour fees. Visit <http://www.ringwoodmanor.org/> and/or <https://www.njbg.org/> for more information. Trip goes rain or shine.



## The Pine Barrens at Cranberry Harvest Time

Friday, October 11, 9:00 AM to 5:00 PM  
Parking Location: Deer Path Park  
Ages: Adults  
Cost: \$46, includes tour fees.

This trip includes a guided tour of Whitesbog Village. The tour offers historical information about Whitesbog, a tour of the building used during the industry hey-day, an easy one-mile walk out to the bogs, a short video showing a live harvest, and a visit to the General Store for some taste-testing of some of the cranberry products that are for sale. Next, we will tour the Atsion Mansion and the ruins of the village, to take a trip back in time and learn about the Pines of the past. Bring a bagged lunch and drink.



## Adult Trips

### Tour 2 Manors and the NJ Botanical Gardens

Thursday, September 19, 8:00 AM to 4:30 PM  
Parking Location: Hunterdon County Arboretum  
Ages: Adults  
Cost: \$33, tour fees up to \$20 not included

We will take a guided tour of the Tudor Revival Skylands Manor, designed in the mid-1920s by architect John Russell Pope, intentionally made to appear centuries old. Next, enjoy an hour of free time for a walk-about at the New Jersey State Botanical Garden at Skylands. The group will eat lunch together in the Carriage House. The trip will conclude with a guided tour of Ringwood Manor, a National Historic Landmark District, having historical importance spanning from Native American occupation through the early 20th century. Ringwood was the site of an ironworks and home to several well-known ironmasters and was



# Nature Programs

## Youth Nature Series

### Baby Walks

Fridays, 12:30 PM to 1:30 PM  
Ages: 0 to 23 months with adult  
Cost: Free but pre-registration required  
Instructor: Laura Bush, Principal Park Naturalist

Get outside with your baby and explore your local trails! We will do some nature education geared toward the adults and enjoy the company of other parents and caregivers in the area. We will walk at the pace of the adults; we ask that babies be carried or in a stroller.



**September 27:** Hunterdon County Arboretum. Grass and dirt trails appropriate for carriers and robust strollers only.

**October 25:** Uplands Reserve/Bernadette Morales Nature Preserve. Grass and dirt trails appropriate for carriers only.

**November 22:** Columbia Trail, Hunterdon/Morris County Border. Fine gravel trail appropriate for strollers and carriers.

### Baby Playdates at the Park

Fridays, 12:30 PM to 1:00 PM  
Ages: 0 to 23 months with adult  
Cost: Free but pre-registration required  
Instructor: Laura Bush, Principal Park Naturalist

Be prepared to sit on the grass and experience nature! Join a park staff to explore sensory activities, read nature books, and play games. Bring a blanket to sit or lay on if desired, and dress for the weather.

**September 6:** Echo Hill Park  
**October 4:** Teetertown Preserve  
**November 8:** South County Park

### Tot Walks

Time: 9:30 AM to 10:30 AM  
Location: Echo Hill Park  
Ages: 2 to 3 years with adult  
Cost: \$10/session  
Instructor: Laura Bush, Principal Park Naturalist

Discover nature at your local park! Leave the strollers behind as we read a story and take a walk to learn about the nature around us and do a craft on each theme. Please dress for the weather as these programs will be fully outside.

### Seeds

Session A: Wednesday, September 25  
Session B: Thursday, September 26

### Squirrels

Session A: Wednesday, October 16  
Session B: Thursday, October 17

### Animal Homes

Session A: Wednesday, November 20  
Session B: Thursday, November 21



## Nature Club

Eight Tuesdays, September 17 to November 12

No class November 5

Times:

PreK AM: 9:30 AM to 10:45 AM

PreK PM: 1:00 PM to 2:15 PM

School Age: 4:00 PM to 5:15 PM

Location: Echo Hill Park or Hunterdon County Library North Branch depending on the weather.

Cost: \$90 per child for all 8 lessons

Ages: PreK: 3-6 years | All PreK children must be accompanied by an adult

School Age: 5-9 years. Drop-off program.

Instructor: Debra Reed, Park Naturalist

Discover, innovate, engage in games, and embark on explorations! Our well-loved nature clubs offer an array of captivating subjects to introduce your child to the wonders of the natural world. Children will explore nature through engaging hands-on experiences, such as science experiments, games, and craft projects. As we move through the season, the children will have the opportunity to witness the fascinating transformations in nature week by week. Please be sure to dress your child for the outdoors so they will be able to enjoy these activities. We strongly recommend old clothes and sneakers or boots that can get dirty.



## Homeschool Nature Series

Wednesdays

Ages: 7 to 17 years | All children must be accompanied by an adult

Cost: \$8 per session

Instructor: Tom Sheppard, Chief Park Naturalist

Join our Homeschool Nature Program for a monthly dose of outdoor education and exploration! In each session, your child will immerse themselves in a new and exciting nature topic, fostering curiosity and a deeper connection to the natural world.

### Mammals of Hunterdon

September 11, 1:00 PM to 2:30 PM

Location: Echo Hill

How many of the over 40 different species calling Hunterdon home can you name? We will delve into these species and focus on those that are less seen, or even forgotten about. Students will also have a chance to examine some artifacts from these species.

### Rocks & Minerals

October 9, 1:00 PM to 2:30 PM

Location: Hunterdon County Library Headquarters Branch

Rocks and minerals make up the inorganic part of our environment. Come and learn what the differences are between rocks and minerals. We will examine the rock cycle, perform some quick experiments, and identify some mystery minerals. We will also learn about tectonics and the earthquake that hit our county in the spring of this year.

### Constellations

November 6, 7:00 PM to 8:30 PM

Location: Hoffman Park

Before computers, television, and even books, all civilizations had was the sky above them. Join us for a night as we gaze at the heavens. There will be a New Moon, so the sky should be nice and dark, perfect for star gazing. Come learn the season's constellations and the myths and stories that went along with them.

# Nature Programs

## Family Nature Programs

### Twilight Equinox Walk

Sunday, September 22, 7:00 PM to 8:00 PM

Location: Hunterdon County Arboretum

Ages: 4 to Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration is required

Instructor: Debra Reed, Park Naturalist

The term "equinox" originates from the Latin words "aequus," meaning "equal," and "nox," meaning "night." It denotes the two days annually when daylight and darkness each span 12 hours. With the Autumn Equinox, we anticipate shorter days marking the onset of fall. Join us on a twilight hike to observe the natural world's shift from summer to autumn and from daylight to nightfall.



### Creepy Critters: Bug & Bat Hunt

Friday, October 4, 6:00 PM to 7:00 PM

Location: Hoffman Park

Ages: 4 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: \$8 per person

Instructor: Debra Reed, Park Naturalist

Have you ever gazed up at the sky as the sun starts to set? Have you witnessed the graceful dance of creatures soaring and swooping? Chances are, you were observing bats on their nightly hunt for food. Did you realize that bats can consume as many as 8000 insects in a single night? Join us in exploring the abundant insect life in the fields, providing a feast for these aerial acrobats. Witness the mesmerizing spectacle as bats glide through the air, skillfully capturing their evening meal.



### Dawn of the Dinosaurs' Discovery

Tuesday, October 8, 7:00 PM to 8:00 PM

Location: Hunterdon County Library North Branch

Ages: All Ages | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration is required

Guest Presenter: Marc Rogoff

The first dinosaur was officially named 200 years ago in 1824, and since that time they have been a world-wide phenomenon. A new dinosaur species is discovered nearly every two weeks, but the story in the United States starts right here in New Jersey with one man! Professor Joseph Leidy was an artist, civil war surgeon, anatomist, forensic scientist, paleontologist, and naturalist. He has been referred to as "The Last Man Who Knew Everything," but few people today know of him and his great contributions to society. Dr. Leidy, played by Marc Rogoff, will talk about his discoveries, the people he worked with, demonstrate many of the tools he used, and relate how the public reacted to the 19th century's scientific breakthroughs.

### Insect Pollinators of the Perennial Garden

Tuesday, October 15, 7:00 PM to 8:00 PM

Location: Hunterdon County Library Headquarters Branch

Ages: 8 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration is required

Guest Instructor: Master Gardeners of Hunterdon County

Bees aren't the only insects that pollinate. This talk explores the diversity of insect pollinators including butterflies, hoverflies, moths, flies, and more. Learn exactly how pollinators pollinate and also what you can do to help them thrive in your yard and garden. An emphasis will be made on native plantings to attract them. The audience will also find out the answer to the question, "What are yellow jackets and wasps good for?"



## Cryptids of New Jersey

Wednesday, October 30, 7:00 PM to 8:00 PM

Location: Hunterdon County Library  
Headquarters Branch

Ages: 8 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration is required

Instructor: Tom Sheppard, Chief Park Naturalist

Many people know that New Jersey is the most densely populated state in the country. Yet, we still have our open spaces and are known for our wildlife. Like other states, apparently there have been some "unique" sightings in New Jersey. Join us for a night to learn about the creatures, serpents, and other monsters that have been reported in New Jersey.

## Preparing for Winter

Saturday, November 9, 10:00 AM to 11:30 AM

Location: Echo Hill Park

Ages: All ages | All children must be accompanied by an adult

Cost: \$8 per child; accompanying adult attends for free

Instructor: Laura Bush, Principal Park Naturalist

Everything that lives in the wilds of New Jersey knows how to survive the winters here! Some animals hibernate, migrate to warmer climes, or have special adaptations like thicker fur that help them survive. We will learn about these three strategies to surviving the winter and then take a walk to see if we can find any animals preparing for winter around the park. Dress for the weather as this program will be conducted entirely outside.



## Turkey Talk

Monday, November 18, 6:00 PM to 7:00 PM

Location: Hunterdon County Library North Branch

Ages: All ages | All children must be accompanied by an adult

Cost: \$8 per child; accompanying adult attends for free

Instructor: Laura Bush, Principal Park Naturalist

Turkeys are the animal of the season! Have you ever seen a wild turkey in the woods around your home? Let's learn about these huge birds by observing a taxidermied turkey, touching turkey wings and feet, and reading a story on turkeys. Each child will make a turkey craft to take home.



## Habitat Construction

### Screech Owl Boxes

Thursday, November 21, 6:00 PM – 7:30 PM

Location: Route 12 Complex, Building #1,  
Assembly Space

Ages: 10 through Adult | All children must be accompanied by an adult

Cost: \$20 per kit (One kit per family group)

Instructor: Tom Sheppard, Chief Park Naturalist

Eastern Screech Owls are beautiful birds and can easily adapt to most woodlots as long as a cavity hole is available. However, if your woodlot does not have a cavity hole to offer, fear not, they will easily adapt to an artificial nesting box. These boxes have been discussed in the Virtual Program, now let's get together again and build one in person. We will learn a little bit about Screech owls and then use the rest of our time to assemble the boxes. Wood will be pre-cut, and screws will be provided. Please bring your own #2 screwdrivers.



# Nature Programs

## Webinars

Hunterdon County Parks and Recreation's nature webinars offer a window into the region's diverse and stunning natural landscapes. These webinars provide a unique opportunity to deepen your understanding of local flora and fauna, ecological conservation, and sustainable practices. Best of all, they are completely free, making them accessible to all nature enthusiasts, from beginners to experts, eager to explore and protect the beauty of Hunterdon County.

### Birds of Prey

Wednesday, September 18, 7:00 PM to 8:00 PM

Location: Webex

Ages: 8 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration is required

Instructor: Tom Sheppard, Chief Park Naturalist

Fall Migration is almost upon us and that means migrating Birds of Prey. Join us for an evening program as we review each species that may be moving through the county for the fall migration. Along with tips on how to identify the species and facts of interest for each species, we will cover places to go and when species might be seen.



### Batty About Bats

Wednesday, November 20, 7:00 PM to 8:00 PM

Location: Webex

Ages: 8 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration is required

Instructor: Tom Sheppard, Chief Park Naturalist

Bats have a reputation as being spooky or even fearsome, but they are actually some of the most amazing and beneficial animals to people. Join us for a night to learn about the challenges being faced by our flying mammals and the benefits that they provide to us. We will discuss the individual species that exist within Hunterdon, as well as how to deal with home issues involving bats. Questions are encouraged.



Scan here to register for any program online.

# Birding

## Morning Bird Walks

Thursdays, 7:30 AM to 9:00 AM

Ages: 12 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but preregistration is required

Instructor: Tom Sheppard, Chief Park Naturalist



Join us as we look for the fall migrants and local breeding birds around the county. We will use both eyes and ears to determine which birds are around us, as well as to observe other signs of the fall season. This is a great chance to brush up on your songbird identification skills. Binoculars are available to borrow. If you enjoy our Morning Bird Walks, check out our Birding Van Trips on Page 4.

September 12: Hoffman Park

September 19: Hunterdon County Arboretum

September 26: South Branch Reservation Stanton Station

October 3: Deer Path Park

October 10: South Branch Reservation Wings Section

October 17: Uplands Reserve

October 24: South Branch Reservation Sunnyside

October 31: Echo Hill Park



## Group Requested Lectures

Is your group interested in learning more about a specific topic? Contact us about requesting a lecture about one of our topics including bats, birds, mammals, Jurassic and Ice Age eras, wildflowers, travel, and so much more. Programs can be held at a county park, at your public meeting place, or virtually.



For more information about what programs we offer, or to request more information about scheduling a program visit our website:

[www.co.hunterdon.nj.us/506/Group-Education-Programs](http://www.co.hunterdon.nj.us/506/Group-Education-Programs).

# Skills Workshops

## Outdoor Skills Workshops

### Hiking in Hunterdon

Monday, September 9, 7:00 PM to 8:00 PM  
Location: Hunterdon County Library North Branch  
Ages: 8 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration required  
Instructor: Laura Bush, Principal Park Naturalist

It's time to get ready for fall hiking! Hiking is a great way to stay in shape and experience nature. We will touch on hiking basics like Leave No Trace and what to bring. Learn about the best spots to hike around Hunterdon County, including county and state parks. This lecture is appropriate for those just getting into hiking, or seasoned hikers looking for new spots. Get ready to try something new this fall!

### Map and Compass Introduction

Sunday, November 3, 1:00 PM to 2:30 PM  
Location: Echo Hill  
Ages: 8 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: \$8 per person  
Instructor: Debra Reed, Park Naturalist

Embark on a journey of discovery as you explore the hidden trails and forest of Echo Hill. Whether you're a seasoned navigator or a novice adventurer, orienteering offers something for everyone. Sharpen your map-reading abilities, hone your decision-making skills, and embrace the excitement of finding your way through unknown territory.

Along your journey you will be challenged to decode a secret message.



## CPR and First Aid for the Community

Saturday, November 9  
CPR: 9:00 AM to 12:00 PM  
First Aid: 1:00 PM to 4:00 PM

Location: Route 12 Complex, Building #1, Assembly Space  
Ages: 12 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: CPR: \$31 per person  
First Aid: \$31 per person  
Both: \$43 per person

Instructor: Patrick Eckard, Recreation Program Coordinator

If you have ever wanted to learn CPR and First Aid, this is the time. These courses are taught by an American Heart Association (AHA) instructor. You will learn Adult, Child, and Infant CPR, Choking, and First Aid, allowing you to help anyone of any age. This is not a course for health care personnel. Sign up for CPR and/or First Aid, and bring a lunch if you are doing both classes.

\*The American Heart Association strongly promotes knowledge and proficiency in CPR and instructional material for this purpose. Use of these materials in an education course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course material, do not represent income to the Association.

# Fitness Programs

Exercising outdoors has been shown to improve mental well-being and reduce stress levels. Studies have found that just five minutes of exercise in a green space, such as a park, can have a positive impact on mood and self-esteem. So, not only does outdoor exercise benefit your physical health, but it also provides a boost to your mental health too.

## Motivated Monday Workouts

Mondays, 9:00 AM to 10:00 AM

Ages: Adults

Cost: \$8

Instructor: Laura Tarlowski, Superintendent of Recreation

Join us at various county parks for a dynamic and energizing fitness experience. Our expert instructor will guide you through a series of intervals, combining cardio and strength exercises to maximize your workout in the beautiful outdoor settings of different parks. Get ready to sweat, challenge yourself, and elevate your fitness routine.

September 9: Deer Path Park

September 23: South County Park

October 7: Hoffman Park

October 21: Deer Path Park

November 4: South County Park

November 18: Hoffman Park



## Let's Try Trail Running

Thursdays, 5:30 PM to 6:30 PM

Ages: 14 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration is required

Instructor: Laura Tarlowski, Superintendent of Recreation

Experience the joy of trail running with "Let's Try Trail Running," a program catering to both beginners and seasoned runners alike! The first session of each month will start with an informative session on trail running essentials from our certified running coach, perfect for beginners and a great refresher for seasoned runners. Following the discussion, join our supportive group for an invigorating trail run. Other weeks we will jump straight into the group runs, exploring scenic trails and embracing the outdoors. Whether you're new to trails or a seasoned runner seeking a change of scenery or some camaraderie, lace up your shoes and let the adventure begin. All paces are welcome, but you should be comfortable jogging continuously for at least 30 minutes.

September 5: Intro to Trail Running: Deer Path Park

September 12: Group Run: Miquin Woods

September 26: Group Run: Point Mountain Central

October 3: Intro to Trail Running: Hoffman Park

October 10: Group Run: Sourland Mountain

October 17: Group Run: Landsdown Trail

October 24: Group Run: Columbia Trail

View our online catalog for more detailed descriptions of each run.



# Basketry

Basketry, with its deep historical roots in cultures worldwide, offers an enriching and timeless experience for individuals of all backgrounds. Through hands-on learning, participants can appreciate the therapeutic and creative aspects of basketry, connecting with tradition while fostering a sense of accomplishment and personal fulfillment.

## Potato Masher Basket

Tuesday, October 29, 9:00 AM to 4:00 PM  
Location: Route 12 Complex, Building #1, Assembly Space  
Ages: Adult  
Cost: \$36, Bring your own potato masher  
Instructor: Liz Braidwood-Fulmer, Recreation Program Coordinator  
Skill Level: Intermediate to Advanced

The S-shaped wires of the potato masher become incorporated into the bottom of the basket. The potato masher's handle becomes the baskets handle, positioned in the center of the basket. Bring your own potato masher; if you have any questions or need a masher email Liz at [lfulmer@co.hunterdon.nj.us](mailto:lfulmer@co.hunterdon.nj.us) or call (908) 782-1158. Bring a drink and bag lunch for a 30-minute lunch break.



## Design a Basket to Fit the Handle

Friday, November 8, 9:00 AM to 4:00 PM  
Location: Route 12 Complex, Building #1, Assembly Space  
Ages: Adult  
Cost: \$33  
Instructor: Liz Braidwood-Fulmer, Recreation Program Coordinator  
Skill Level: Advanced students only

Design your own basket after you pick a handle from the options we have available. This class will cover some techniques and tricks on designing the basket that the student visualizes. Some homework may be necessary to complete your basket. Bring a bag lunch and drink for a 30-minute lunch break.

## Trinket Basket

Saturday, November 16, 10:00 AM to 3:00 PM  
Location: Route 12 Complex, Building #1, Assembly Space  
Ages: 9 through Adult | Children must be accompanied by an adult; adult with a child attends for free unless they are each making a basket  
Cost: \$30 per basket (pre-registration required)  
Instructor: Liz Braidwood-Fulmer, Recreation Program Coordinator  
Skill Level: Beginner

Weaving over a mold helps students shape this round treasure of a basket measuring 6" across and 4" tall.

Instructor will cover chase, twining, and three rod wale weaving techniques. Bring a bag lunch and drink for a 30-minute lunch break.



Scan here to register for any program online.



# Crafts

Making crafts offers creative outlets for both children and adults, promoting self-expression, problem-solving, and stress relief. Making crafts provides a sense of achievement and the chance to bond with others through collaborative projects. Whether for artistic exploration or relaxation, crafting offers a fulfilling and engaging experience.

## **Broom Making Workshop: Turkey Wing Broom**

Friday, September 6, 10:00 AM to 3:00 PM

Location: Route 12 Complex, Building #1,  
Assembly Space

Ages: Adult

Cost: \$25

Instructor: Liz Braidwood-Fulmer, Recreation  
Program Coordinator

Skill Level: Beginner through advanced.

Made by you, this hand broom with its angled shape is excellent at getting those hard-to-reach places. It is often used as a fireplace broom or to sweep away dust and cobwebs from the corners. A finished broom is approximately 19 inches long. This workshop includes weaving a rattan handle onto your broom. Bring a bag lunch and drink for a 30-minute lunch break.

## **Homeschooler's Hands-on Crafts**

Mondays, 10:00 AM to 12:00 PM

Location: Route 12 Complex, Building #1,  
Assembly Space

Ages: 6 to 17 | All children must be  
accompanied by an adult.

Cost: \$12 per session

Instructor: Liz Braidwood-Fulmer, Recreation  
Program Coordinator

Join us for an exciting hands-on experience that will spark creativity and bring smiles to your homeschooler's face. Participants will receive step-by-step instructions as they engage in making fantastic craft projects. Let's have fun together.

**September 9:** Freeform Bird's Nest Basket

**October 7:** Weaving on a Tree Branch Loom

**November 18:** Make a Coiled Clay Pot



# Walks and Hikes

## Adult Walks and Hikes

### **Tree ID Walks with Dennis Skillman**

Tuesdays, 9:30 AM to 11:30 AM

Ages: Adult

Cost: Free but pre-registration is required

Guest Instructor: Dennis Skillman

Retired arborist and NJ Certified tree expert, Dennis Skillman has agreed to share his passion for trees with us. Dennis has a degree in Ornamental Horticulture and worked many years in the tree business. Join us as Dennis points out various trees and shrubs and shares helpful tips on how you can learn to identify them. He may share a few stories about the many miles of day-hiking and extended overnight backpacking trips throughout the United States. Please consider bringing trekking poles if you have them.

**September 17:** Hoffman Park

**October 15:** Point Mountain Reservation Central

**November 19:** Musconetcong Mountain Preserve

### **Senior Strolls**

Wednesdays, 9:30 AM to 11:00 AM

Ages: Adult

Cost: Free but pre-registration is required

Instructor: Liz Braidwood-Fulmer, Recreation Program Coordinator

Join our Senior Strolls, specially designed for those aged 55 and above, and experience the sheer delight of walking together. Our walks not only promote a healthier and more active lifestyle but also offer the chance to form meaningful connections with peers, making each walk an enjoyable and socially enriching experience.

**September 11:** Echo Hill Park

**October 9:** Miquin Woods Preserve

**November 13:** Cold Brook Preserve

### **Adult Recreation Walks**

Wednesdays, 9:30 AM to 11:00 AM

Ages: Adult

Cost: Free but pre-registration is required

Instructor: Patrick Eckard, Recreation Program Coordinator

Indulge in the tranquility of local parks and uncover their natural beauty on our walks. As you meander through these serene landscapes, our knowledgeable staff will sprinkle in fascinating tidbits of historical insight, enhancing your appreciation for both the environment and the past. These walks are moderate difficulty with varying elevation, and some technical terrain. Please wear appropriate footwear.

**September 18:** Pine Hill Section

Meeting location: Echo Hill Park at 9:00 AM

**October 16:** Teetertown Preserve

**November 6:** Musconetcong Mountain Preserve



Learn more about "Hiking in Hunterdon."  
Join our informational lecture, details on page 12.



# Family Walks and Hikes

## Fall Hiking Week

Monday to Friday, September 30 to October 4,  
9:30 AM to 11:30 AM

Ages: 15 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: \$40

Instructor: Laura Bush, Principal Park Naturalist

Explore your County parks! Each day, we will meet at a different park and do a moderate to strenuous hike. We will enjoy some exercise, build relationships, and learn about local flora and fauna. Dress for the weather as we plan to be outside even in light rain. If heavy rain or thunderstorms are forecasted, we will meet at North County Library and do an indoor program on hiking or wildlife. Please bring a water bottle. Please note that many of these locations do not have bathrooms.

**Monday, September 30:** Hunterdon County Arboretum & Echo Hill Park

**Tuesday, October 1:** Point Mountain North

**Wednesday, October 2:** Musconetcong Gorge

**Thursday, October 3:** Wescott Preserve

**Friday, October 4:** Teetertown Preserve

## Destination Hike:

### Appalachian Trail & Sunfish Pond Hike

Saturday, October 26, 8:00 AM to 5:00 PM

Parking Location: Echo Hill Park

Ages: 12 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: \$37

Instructor: Laura Bush, Principal Park Naturalist

Enjoy a vigorous hike in northwestern New Jersey at the peak of fall color season! We will hike up the iconic Appalachian Trail to Sunfish Pond, and then return on the scenic Dunnfield Creek Trail. Sunfish Pond is a high-elevation glaciated lake that has naturally acidic water and only supports certain fish species. Dunnfield Creek boasts many small waterfalls. These trails are part of Worthington State Forest. **This is a challenging hike.** Be prepared to hike a total distance of about 8 miles, with 1,300 feet of elevation gain. There will be several creek crossings by rock hopping. The group will meet at Echo Hill Park and drive about an hour to the trail in a County van. Bring a bag lunch and two liters of water, and wear sturdy shoes.

## Kids' Hikes for Fun

Sundays, 1:00 PM to 2:30 PM

Ages: 5 through Adult | All children must be accompanied by an adult also registered for the program.

Cost: Free but pre-registration is required

Instructor: Debra Reed, Park Naturalist

Calling all Young Trail Blazers! Autumn holds exciting adventures for nature enthusiasts like you. Embark on exhilarating fall hikes and immerse yourself in the breathtaking kaleidoscope of colors. Join us as we explore and wander through the enchanting woods, embracing the wonders of the season.

**September 29:** Miquin Woods

**October 20:** Wescott Preserve

**November 24:** Sourland Mountain Preserve



# Hunterdon County Division of Parks and Recreation

**Office Hours:** Monday to Friday, 8:00 AM to 4:30 PM

**Location:** 1020 Route 31, Lebanon, NJ 08833

**Phone:** (908) 782-1158

**Website:** [www.co.hunterdon.nj.us/479/Parks-Recreation](http://www.co.hunterdon.nj.us/479/Parks-Recreation)

Like "Hunterdon County Parks" on Facebook  
Follow us on Instagram @hunterdonparksandrec

## Mission Statement

The Hunterdon County Division of Parks and Recreation is dedicated to preserving open space and natural resources, providing safe parks and facilities, and offering educational and recreational opportunities, all contributing to an enhanced quality of life for present and future generations.

## Modification Statement

The Hunterdon County Division of Parks and Recreation welcomes all individuals to participate and enjoy our parks, facilities, and recreational programs. Reasonable modifications, individual adaptations, and support will be provided for persons of all abilities, to encourage everyone to benefit equally from their choice of leisure activities.

Individuals requesting modifications shall describe what they need to use the service. Whenever feasible, please make the request in advance, before the modification is needed to access the service. Each request will be assessed individually.

## Reservable Facilities

**Arboretum:** Two Gazebos

**Deer Path Park:** Two Pavilions, Gazebo, & Softball Field

**Court Street Park:** Gazebo/Bandstand

**Echo Hill Park:** Main Lodge & Group Campsite

**Teetertown Preserve:** Group & Public Campsites

**To reserve a facility, contact the park office.**

**For information on each park, visit our website.**



Scan here to learn more about the reservable facilities.

## Visitor Services Staff



Back row, left to right:

Tom Sheppard: [tsheppard@co.hunterdon.nj.us](mailto:tsheppard@co.hunterdon.nj.us)

Patrick Eckard: [peckard@co.hunterdon.nj.us](mailto:peckard@co.hunterdon.nj.us)

Front row, left to right:

Debra Reed: [dreed@co.hunterdon.nj.us](mailto:dreed@co.hunterdon.nj.us)

Laura Bush: [lkroon@co.hunterdon.nj.us](mailto:lkroon@co.hunterdon.nj.us)

Liz Braidwood-Fulmer: [lfulmer@co.hunterdon.nj.us](mailto:lfulmer@co.hunterdon.nj.us)

## Affiliated Organizations

**Arc of Hunterdon County** [archunterdon.org](http://archunterdon.org)

**Hunterdon Flutterwheels Square Dance Club**  
[hunterdonflutterwheels.njsda.org](http://hunterdonflutterwheels.njsda.org)

**Hunterdon Hiking Club**  
[hunterdonhikingclub.org](http://hunterdonhikingclub.org)

**NJ Beekeepers Association** [nwnjba.com](http://nwnjba.com)



Heron Glen has quickly positioned itself as one of New Jersey's finest public golf facilities. From junior camps to leagues, we offer programs for every golfer out there. For your family outing or an afternoon spent with friends, we invite you to see why so many refer to Heron Glen as the course they call home. Our facility offers a beautiful 18-hole golf course, pro shop, driving range, and putting green. For more information, please visit our website at [www.heronglen.com](http://www.heronglen.com) or call at (908) 806-6804. 110 US Highway 202/Route 31, Ringoes, NJ 08551



# HUNTERDON COUNTY DIVISION OF PARKS & RECREATION

## Combined Program Registration and Medical Record



*A medical record is valid for one year and can be used for subsequent programs in the following year. If your medical history has changed, please submit a new medical record.*

Today's Date \_\_\_\_\_

Participant's Name \_\_\_\_\_ Participant's Date of Birth \_\_\_\_\_

Parent/Guardian (for minor) \_\_\_\_\_ Parent/Guardian Date of Birth \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_ (c) \_\_\_\_\_

Address \_\_\_\_\_

Street Town State Zip

E-mail \_\_\_\_\_  Check here to be added to our E-mail List.

Program Name	Program Date	Location	Time	Fee
			Total Fees Enclosed	\$

Make check payable to "Hunterdon County Parks." Fees are listed in the *Hunterdon Parks Harbinger* and on the website and are used to offset the cost of the program.

**IMPORTANT POLICIES:** (Participant or parent/guardian, please read and provide authorized signature.)

1. Cancellation requests must be in writing. No refunds will be issued for cancellations made less than one week prior to the program.
2. Payment is due at the time of registration. Please mail it to the PO Box listed above or drop it off at the office location. Cash, check, or credit is accepted.
3. I have read and understand these policies and consent to myself or my child participating in the above referenced program(s).

\_\_\_\_\_  
(Signature of Participant or Parent/Guardian for minor) Date: \_\_\_\_\_

**EMERGENCY CONTACT(S) – AT LEAST ONE CONTACT WHO IS NOT A PARENT/GUARDIAN**

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Name \_\_\_\_\_ Relationship \_\_\_\_\_ Phone \_\_\_\_\_

Please complete the back side of this form.



**HUNTERDON COUNTY DIVISION OF PARKS & RECREATION**  
**Combined Program Registration and Medical Record**



Physician(s) Name and Number \_\_\_\_\_

List all known allergies \_\_\_\_\_

Describe allergic reaction(s) and how it is managed \_\_\_\_\_

Medical issues \_\_\_\_\_

Current medications \_\_\_\_\_

**(Parks staff do not administer non-emergency medication)**

Health Insurance Provider \_\_\_\_\_ Policy number \_\_\_\_\_

Please describe any other relevant conditions or information that we should know \_\_\_\_\_

**RELEASE OF ALL LIABILITY AND ASSIGNMENT OF CLAIMS**

As consideration for being allowed to participate in the event(s) described below I agree:

1. I hereby assume all of the risks of participating, viewing and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities organizing or conducting this event and hereby release them of all possible liability. I certify I am at least 18 years old, or this is signed by my legal guardian or Parent. I promise not to sue and agree to pay all court costs and all attorney fees that result from my action, civil or otherwise.
2. I certify that I am physically fit with no known physical or mental impairment and have prepared for participation in the event(s). I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors, and organizers of the event(s), in which I may participate and that it will govern my actions and responsibilities at said events. I certify that I am not under the influence of any narcotic, alcohol or other drug that may impair my understanding or judgment and that I will not at any time during the event(s) participate while under the influence of any narcotic, alcohol or drug. I certify that I have fully adequate insurance to cover all medical claims, and any other equipment and any damage or liability I may ultimately be found responsible for, during all travel to the point of my entry into this event.
3. In consideration of my being permitted to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me during the event or during my traveling to and from this event, **THE FOLLOWING ENTITIES OR PERSONS:** County of Hunterdon, and their respective boards and commissions, officers, agents, officials, employees, volunteers, contractors and representatives, the employees, organizers, sponsors, representatives, agents, volunteers and (B) indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result of any of my actions during this event. Accordingly, I do hereby release and discharge the above from all claims, demands, and causes of action of every kind whatsoever for any death, damages and /or injuries which may result from my participation in this event. This shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.
4. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and or illnesses during the event(s). I agree to pay for any and all costs related to medical response, treatment and transport on my behalf.
5. Photo Release: I authorize and acknowledge that I or my child may be photographed and/or videotaped for educational and publicity purposes (Website, Facebook, Instagram, Brochures, etc). Photos and videos will not include names or personal information about any individual unless permission is granted. **Initial:** \_\_\_\_\_

**I hereby certify that I have read both pages of this Waiver, Release and Assignment of Claims in its entirety.**

**My signature below indicates that I fully understand it and agree to its contents.**

Full Signature: \_\_\_\_\_ If a minor Parents signature \_\_\_\_\_

(Signature indicates agreement to terms and conditions)

**Printed name:** \_\_\_\_\_ **Date:** \_\_\_\_\_