

SUNDAY, MARCH 21 — Saddle River Co. Park, Ridgewood area

Leader: Roy Messaros, 201-337-5004. Call to ensure ride is on.

Meet: 10 AM in parking lot at Area 1A1. Take GSP to Exit 165. Go towards Ridgewood (west), crossing over Rt. 17. About 1 mile after Rt. 17, Wild Duck Pond Area will be on your right; park in Area 1A1, beyond the building. Bike on an 8-mile paved recreation trail and back, in a linear park with restrooms and picnic tables. Rain cancels. Bring lunch. HELMETS REQUIRED.

SUNDAY, MARCH 28 — Bike Ride through Sandy Hook

Leader: Ada Ruesch, 732-548-2869. Call Leader by 9 PM Sat. to ensure ride is still on. Leave message if no answer.) NOVICES WELCOME.

Meet: 10 AM at first parking lot after entrance, where bathrooms are available. Bike to Fort Hancock and back, using the new bicycle trail one way, and making some interesting side trips, e.g. the birding platform, the lighthouse, Fort Hancock Museum on return. Bring LUNCH to eat in a sheltered spot. An easy 10-12 miles. HELMETS REQUIRED. Rain cancels.

WEDNESDAY, APRIL 7 — Orange County Heritage Trail, Monroe, NY

Leader: Roy Messaros, 201-337-5004. Call to ensure ride is on.

Meet: 10AM at Crane Park, Rt. 17M, Monroe, NY. Bike this paved, 9.5-mile rail-trail to Goshen, and return. Road bike okay. Bring or buy lunch in Goshen. NY State Thruway to Exit 16, Harriman. Take Rt. 17 west for 4.5 miles to Exit 130 at Rt. 208. Turn left toward Monroe one mile to light at Rt. 17M, then left 0.1 mile and left again on Mill Pond Parkway. Park along this park road 0.2 mile ahead. Rain cancels. HELMETS REQUIRED.

SUNDAY, APRIL 11 — Columbia Trail from High Bridge to Long Valley

Leader: Marianne Vlazny, 908-753-0656 or cell 917-882-1612. Call to ensure ride is on.

Meet: 10AM in High Bridge Park across from the Columbia Trail start, High Bridge. 30 miles or less, mostly on the trail; hybrid or better tires recommended. We can have lunch in Long Valley, so bring lunch. Lovely countryside. Take I-78 to Exit 16 (Rt. 31N) for 2 or 3 miles to Rt. 513 North. Continue under railroad bridge into High Bridge, turn left at T and proceed about a block, to lot on left. Rain cancels. HELMETS REQUIRED.

SATURDAY, APRIL 17 — Henry Hudson Trail, Aberdeen to Highlands

Leader: Al DiCianni, 973-455-7262. Call to ensure ride is on.

Meet: 10AM at Firemen's Field, a ballpark at Lloyd and Gerard Roads. Take LOCAL LANES on GSP to Exit 117A. Turn left off of the ramp, turn left at the first light, then right into the parking lot. Level ride of about 25 miles on a paved rail-trail, including the new, flat, beautiful extension that follows along the bay to Highlands. (If you prefer, you could start at a point closer to our destination, cutting your ride length.) Possibly make some interesting detours on local roads, with views of marshes and Raritan Bay. Bring lunch. Rain cancels. HELMETS REQUIRED.

SUNDAY, APRIL 18 — Pluckemin to Oldwick — Short Ride

Leader: Mae Deas, 908-233-6641. Call to ensure ride is on.

Meet: 10AM at Bedminster I office complex parking lot. Burnt Mills Road, just west of Rtes. 202/206 in Pluckemin. Driveway opposite Burger King. Park behind the bank. A moderate ride of 21 miles in Somerset County. We will stop at the Oldwick Deli/General Store halfway through the ride. Bring or buy lunch. HELMETS REQUIRED. Rain cancels.

SUNDAY, APRIL 25 — Colonial Park, Somerset, to Princeton

Leader: Ed Leibowitz, 201-332-1709. Call leader to ensure ride is on.

Meet: 10:30AM at Colonial Park, off Amwell Rd/Rt. 514, Somerset/E. Millstone, Lot F on Mettler's Road. NOTE TIME CHANGE. About 34 mostly flat miles, both on-road and on the D&R Canal towpath. Rain cancels. HELMETS REQUIRED. Bring or buy lunch.

SUNDAY, MAY 2 —Island Beach State Park, South Seaside Park

Leader: Al DiCianni, 973-455-7262. Call to ensure ride is on.

Meet: 10AM, just BEFORE the entrance to the park. Flat 18 miles (possible head winds in one direction) with some interesting stops possible. Bring bike lock, lunch, plenty of liquid, (and bathing suit for possible sunning on a lovely beach?) We might also walk the hard-packed sand to the Inlet to watch the boats entering and leaving the harbor. GSP exit 82 to Rt. 37East, follow signs to Seaside Park. Continue, following signs to Island Beach State Park. HELMETS REQUIRED. Steady rain cancels.

WEDNESDAY, MAY 5 — Bicycle Tour in Delaware Water Gap, NJ

Leader: Ursula Davis, 973-786-7087. Call to ensure ride is on.

Meet: 10AM at Tillman Ravine and Struble Road in Stokes State Forest. Take Rt. 206 North to Struble Road, which is about a 1/2 mile on your left past Stokes Forest Visitor Ctr. Follow Struble Rd. for about 4 miles to Tillman Ravine parking on left (there is a nice-looking wood shack on left of lot.) We'll ride to Buttermilk Falls, Wallpack Ctr., Peters Valley, etc. About 25 cool, easy but beautiful miles on deserted country roads. Hybrid tires better for one section, of gravel. Bring lunch and water HELMETS REQUIRED. Heavy rain cancels

SUNDAY, MAY 9 — Great Swamp Swing, Morristown

Leader: Al MacLennan, 973-451-1435. Call leader to ensure ride is on.

Meet: 10AM at the South Street entrance to Loantaka Brook Reservation, Morristown. About 20 casual miles round-trip around the Great Swamp, taking various roads through Chatham, New Vernon and Harding Township. Rain cancels. Bring lunch. HELMETS REQUIRED.

SUNDAY, MAY 16 — Lakawaxen, PA Bike Trip

Leader: Don Irish, 973-222-5399. Call leader to ensure ride is on.

Meet: 9:30AM (EARLY START) at the parking lot of the Grand Union in Milford PA. Directions: Take I-80 West to Rt. 15 North to Rt. 206 to the Milford, PA bridge over the Delaware. Just beyond the bridge turn right onto Rt. 209 and go into Milford. At the traffic light go straight ahead on Rt. 6 to the Grand Union parking lot. The distance from the bridge to the parking lot is about a mile. We will convoy for approximately a half hour to the start at Lackawaxen. The trip is about 25 miles total, out and back, on a paved road which was built on the remains of the Delaware and Hudson Canal. The first half of the trip is slightly uphill following the Lackawaxen River. No hills. The leader will point out various artifacts of the canal including a lock that we ride through. At the end of the ride there will an optional scenic drive over the top of the Poconos back to Milford. Bring lunch and water. HELMETS REQUIRED.

SUNDAY, MAY 23 — Kittatinny to Allamuchy Farmlands

Leader: Carol Czajkowski, 973-539-4084. Call to ensure ride is on.

Meet: 10AM at Kittatinny Valley State Park, LIMECREST Road, Andover. I-80 West to Exit 25. Take Rt. 206 North approx. 8 miles. Turn right at first traffic light past Rt. 517 intersection, onto Limecrest Road (Rt. 669). Go 1.1 miles to State Park on left. (Follow signs for Lake Aeroflex Airport). A moderate ride of 24 miles in scenic farm country. Bring lunch/water. HELMETS REQUIRED. Rain cancels

WEDNESDAY, MAY 26 — Seashore Cycling

Leader: Mae Deas, 908-233-6641

Meet: 10AM at Allaire State Park. Directions: GSP to Exit 98. I-195 West to Exit 31B. At first traffic light turn right onto Allaire Rd. Proceed for about 1.2 miles to the main park entrance on the right. Follow the entrance road for several hundred yards to the main parking lot, closest to the visitor center. A leisurely bike ride to Manasquan and Spring Lake, using the bike path and local roads. About 20 miles. Bring lunch for picnic in the park. Rain cancels. HELMETS REQUIRED.

SUNDAY, JUNE 6 — Orange County Heritage Trail, Monroe, NY

Leader: Carolyn and Jim Canfield, 973-728-9774. Call to ensure ride is on.

Meet: 10AM at Crane Park, Monroe, NY. Bike this paved rail-trail of 10 miles to Goshen, 20 miles total. We will visit the Goshen Historic Track. Road bike okay. Bring or buy lunch in Goshen. Rain cancels. HELMETS REQUIRED.

SUNDAY, JUNE 20 — Far Hills and Beyond — Short, Leisurely Ride

Leader: Charlie Kingsley, 973-887-6333. Call leader to ensure ride is on.

Meet: 10AM at Far Hills Train Station on Rt. 202. A relaxed, leisurely 16 miles. Some hills (you can take your time or walk up), but beautiful views, around Ravine Lake and more. A coffee stop in Gladstone and several other stops for points of interest. Rain cancels. Bring lunch if desired. HELMETS REQUIRED

WEDNESDAY, JUNE 23 — Country Roads Bicycle Ride, Morristown

Leader: Gail Biggs, 973-401-1262 (Cell: 973-769-6860 day of hike only). Call to ensure ride is on.

Meet: 10AM at South Street entrance to Loantaka Brook Reservation. Approximately 20 miles on country roads in New Vernon area. Rolling hills. Some gravel road. Bring lunch. HELMETS REQUIRED