

## June News & Updates

June 09, 2025

### We ♥ FoHVOS Trails

*Foreword by Kaitlin Muccio, FoHVOS Land Steward*

Here at FoHVOS, every day is National Trails Day! Throughout the year, our trail volunteers work hard to maintain nearly 17 miles of trails to ensure a clear, guided passage through our preserves. It is well known that walking through nature has immense benefits. Not only is physical movement good for you (any fellow trail runners out there?), but so too are the sounds, smells, and visuals of nature. Studies have found that **listening to chirping crickets** or **looking at flowers** restores our brains to the point where we perform better on cognitive tasks. Nature also **betters our mood. People with access to green spaces self-report increased happiness, well-being and had a more positive outlook on life.** I know that when I'm outside, whether conducting surveys for work or hiking with my dog, I feel at ease listening to the sounds of the forest around me.

Did you know that only **two hours a week** of recreation in nature is needed to significantly boost health and well being? You can easily achieve that in daily 15-20 minute walks, or a single trip to your favorite hiking spot on the weekend. If you need a quick and easy hike, try walking the trails of Skyview Preserve. Or maybe you want to close your eyes and listen to babbling brooks; then Jacob's Creek Trail is for you! You can **find a trail that matches your desires by checking out FoHVOS Trails Committee Chair Frank Newport's guide to "Exploring the Diversity of FoHVOS Trails" at the end of this newsletter.**

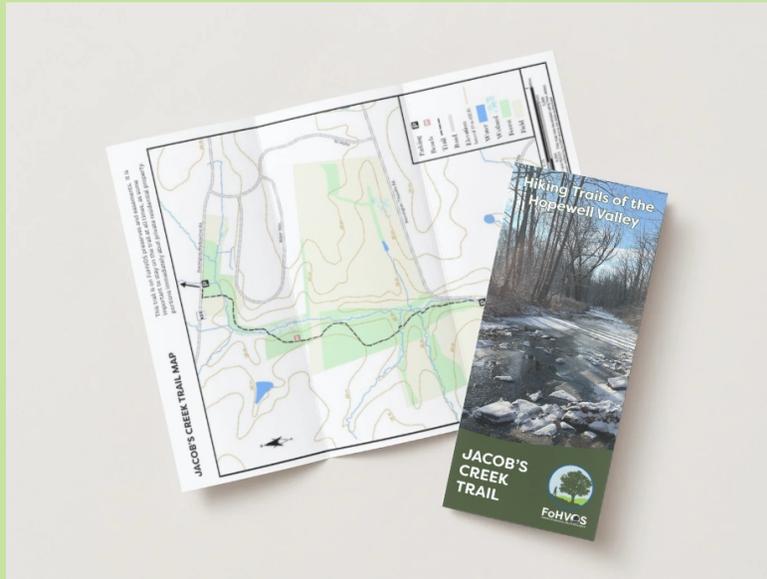
Happy hiking!



We hope you enjoyed our guided spring walks as much as we did! With our Land Stewards increasingly busy with fieldwork, we will be taking a break from public hikes this summer.

But don't worry! We look forward to leading hikes this fall and want to hear from **YOU** about what types of hikes you want. Have a nature topic you want to learn about, or a FoHVOS preserve you want a tour of? **Let us know what hikes you'd like to see here!**

# New Trail Brochures Coming Soon!



Thank you to the Pennington Day Grants Committee for awarding FoHVOS a grant to print brand new trail brochures for Jacob's Creek Trail and Fiddler's Creek Preserve. We are excited to share these trail guides with the Hopewell Valley community!

## Upcoming Events



### Private Land Workshops

- June 28
- July 19
- September 13

Registration at  
[fohvos.info/events/](http://fohvos.info/events/)



The Strike Team is hosting a series of Private Land Workshops this summer. Come and learn about amazing stewardship efforts performed by local residents on their own properties! These community members are part of the **FoHVOS Residential Community Conservation Program**, which is dedicated to empowering Hopewell Valley landowners to steward their land for the health of the Valley.

June Workshop Hopewell  
Residence

July Workshop Hopewell  
Residence

Administrative/Office  
Volunteer needed!

Join FoHVOS as an Admin/Office

# FoHVOS Annual Fundraising Gala

## Flowing Together



**Save the Date**  
**9.14.2025**

volunteer! Help us maintain and organize donor records, assist with volunteer recruitment & management, support our Board of Trustees, and more!

Location: FoHVOS office at Baldpate Mountain.

[Read more about the volunteer position here!](#)

Interested? Email [info@fohvos.org](mailto:info@fohvos.org)

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Want to stay updated on FoHVOS news and events?  
[Subscribe to our monthly newsletter!](#)

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## Exploring the Diversity of FoHVOS Trails

*by Frank Newport, FoHVOS Trails Committee Chair*

FoHVOS proudly oversees 14 trails throughout the Hopewell Valley, each offering its own distinctive experience for local hikers and nature lovers. As Trails Committee Chair, I'm often asked a deceptively simple question: *"Which trail should I hike?"* My answer? It depends on what you're looking for! Below, I offer a guide to the best FoHVOS trails—categorized not by difficulty or mileage, but by the purpose and magic each trail offers.

### Trails with the Best Scenic Views

Let's begin with the visual payoffs you get from walking a trail. While New Jersey may not rival Yosemite or the Grand Tetons in raw grandeur, several of our trails offer truly impressive views—among the best in Mercer County.

The [Ted Stiles Preserve at Baldpate Mountain](#) tops the list. It boasts the highest point in Mercer County. Standing by the picnic tables above Strawberry Mansion, one can (allegedly) see the tips of Philadelphia skyscrapers—though I've always had to squint!

Regardless, the panorama of the Delaware River Valley, with the hills of both New Jersey and Pennsylvania framing the view, is more than enough reward for your hike up the various trails on this wonderful preserve.

[Woosamonsa Ridge Preserve](#) is another gem. It showcases the Jacob's Creek valley from both its north and south sides. On the southern side, the white trail winds upward to a ridge-top bench treating hikers to a sweeping view across the

valley. The loop that descends west from that bench is equally delightful, leading you back through woodlands and down to the red trail and the parking area. On the north, a new trail leaves the white trail and climbs up to the Harbourton Preserve, offering a serene woodland ascent that eventually links to Harbourton-Woodsville Road.



*Woodland trail in Woosamonsa Ridge Preserve*

Then there's [Fiddler's Creek Preserve](#), a historical and geological delight. The trail meanders along Fiddler's Creek, which over the centuries carved a beautiful valley on its way to the Delaware River. You can walk through the stunning ravine beside the creek along both banks, remembering the history of the area which at one time included a vast millpond, grist mill and sawmill, operated by the Titus and Agnew families. So, this is not just a hike, it's a journey through time.

## Best Trails for a Short but Rewarding Hike

Pressed for time but still want to escape into nature? Three of our trails are perfect for a 45-minute outing: the Heritage, Elks, and Skyview Preserves. All three feature loop trails starting and ending at easily accessible parking areas.

The [Skyview Trail](#), near the northern edge of Hopewell Township, meanders through the woods before opening up into a broad circular loop—like a racetrack through the woods—with a short detour to a peaceful brookside bench for a brief contemplative pause.

The [Heritage Trail](#) is located at the southernmost tip of the township. As the Heritage trail steward Serge Goldstein has written, the trail offers “a leisurely stroll through a pristine, mature forest, a shaded walk among towering deciduous trees, a gentle ramble that will help revive your spirits, without overly tiring your body”.

And finally, the [Elks Preserve](#)—formerly used by the Trenton Elks Club for hunting—is a wonderful, woodsy walk off of Crusher Road. If you're feeling

ambitious, the trail connects to the extensive Watershed Institute trail system, expanding your options well beyond the “short hike” category.



*Mature forest stands of Heritage Preserve*

## Best Trails for Water Views

Yes, the mighty Delaware River forms Hopewell Township’s western boundary, but two smaller waterways in our area also provide beautiful settings: Jacob’s Creek and Stony Brook.

Jacob’s Creek—famous for being crossed by Washington’s troops enroute to Trenton back in 1776— the creek flows alongside several FoHVOS trails. The most immersive experiences include:

- [Jacobs Creek Trail](#), which can be accessed at Pennington-Titusville Road. Head south to explore a short and peaceful creekside stretch or go north through the Jacob’s Creek Valley and cross the creek itself, heading towards toward Pennington-Harbourton Road.
- You’ll also encounter the creek on the Farm to Ridge trail, which traverses a particularly scenic sections of the valley just south of Woosamonsa Road.



*The trail follows Jacobs Creek, where wood ducks can be seen.*

[Marshall’s Corner](#) preserve offers a loop trail that ends up on its eastern edge extending right along alongside the historic Stony Brook – a waterway that forms an important part of our local area history.

These waterways bring serenity, history, and biodiversity to your walk—and often a cooling breeze.

## Best Trails for Forest Immersion (a.k.a. Forest Bathing)

For those seeking peace, restoration, and immersion in the natural world, I recommend four trails ideal for “forest bathing”: Nayfield Preserve, Woodsville Preserve, Mount Rose Preserve, and the Kulak & Lawrence Trails.

[Nayfield](#) and [Woodsville](#) are in the northwest portion of the township. Both loop trails wind through rich woodland—Nayfield just off Route 518, and Woodsville accessed from Harbourton-Woodsville Road. Each is perfect for a solitary walk or a quiet nature conversation.

[Mount Rose Preserve](#) includes a fittingly named Forest Trail—a longer, looping trail that winds through tranquil woods west of Carter Roads.

The trail begins with short connector trail that leads to the loop extending through deeper forest, offering a sense of removal from the outside world.

Finally, the [Kulak and Lawrence Trails](#) are lesser known treasures. Located at the far northern edge of Hopewell Township and extending into East Amwell Township, these trails—preserved in collaboration with D&R Greenway—begin at Featherbed Lane and head northward into the Sourlands. The woods here are wild, and surprisingly expansive as they connect into a network of Sourlands trails and another encounter with the Stony Brook.



*Moss covered boulders are a common feature at Kulak Preserve*

## Final Thoughts

Each FoHVOS trail has its own character, rhythm, and reward. Whether you're seeking a scenic view, a short stroll, a waterway, or a deep forest escape, you'll find it right here at home in Hopewell. As always, we encourage you to explore new paths, revisit old favorites, and share your experiences with fellow hikers and stewards.

[See you on the trails!](#)

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