

Deer Path Park

Location: Deer Path Park is located in Readington Township at 120 West Woodschurch Road, Flemington 08822. The park is open from 8:00 AM to sunset.

Directions from the Flemington Area: Take Route 31 north about 4 miles from the Flemington Circle. Turn right onto West Woodschurch Road, following the signs for Deer Path Park and the YMCA. Proceed about 0.7 miles on West Woodschurch Road to the driveway to the park on the right. The YMCA's entrance is the immediate right off of the driveway. Continue past the YMCA entrance. The parking lot for the soccer fields will be visible on the left-hand side of the driveway. The main parking lot for the park is located at the end of the driveway near the restrooms.

Directions from the Clinton Area: Take Route 31 south about 6.5 miles from Interstate 78. Use the jug handle for West Woodschurch Road to cross over Route 31. Follow the signs for Deer Path Park and the YMCA. Then follow the corresponding directions above.



Fitness and Running Trails

The one-mile fitness trail consists of 15 different exercise stations. The stations offer a balanced program of strength, endurance, and coordination exercises.

Station 1: Oblique Station– endurance, coordination/ seated position/grip supports and twist side to side for repetition discs/grip center support for balance and twist side to side. Both exercises will work abdominal muscles.

Station 2: Stepper Bike Station– strength, endurance, coordination seated bike/begin peddling the bike to work leg muscles stepper– position yourself on foot supports and step side to side to work your hip muscles.

Station 3: Tri Fitness Station– strength/ overhead bars– pull for repetition to work out shoulder and back muscles/ leg extension station– extend legs in repetition for upper thigh workouts abdominal station– place back and arms on assigned rest stations. By lifting legs in a straight position for repetitions you work your abdominal muscles.

Station 4: Dual Hip Station– endurance, coordination/shift hips side to side by holding on to handle bars and this exercise will work your adductor muscle group.

Station 5: Shoulder Station– strength, endurance, coordination, by placing hands on the discs and rotating them slowly you work your shoulder muscles.

Station 6: Dual Leg Press/Strength Station- extend legs to work upper leg muscles.

Station 7: Dual Adductor Station– strength, endurance, coordination extend legs apart and together to work the adductor muscle group.

Station 8: Ab Station – strength, coordination using a slow controlled motion for sit ups and torso lifts, you are able to work both your abdominal and gluteal muscle groups.

Station 9: Dual Air Walker– strength, endurance coordination/ works muscle groups of your shoulders, back, arms and legs by swinging your arms and legs in a running motion with a partner.

Station 10: Air Walker– strength, endurance coordination/works lower legs and cardio endurance by swinging legs in a running motion.

Station 11: Cardio Rotation Disc– one foot walk/ jog, motion stop.

Station 12: Monkey Bars- is a great basic move to work on core and grip strength.

Station 13: Upper Body Tight Rope– balance walk, calf stretch bar & rings/pull up variation rock wall– single climb, up & over climb rope discs– disc walk, seated to standing, rope climb rung bar– hand walk, double hand walk.

Station 14: Stretch and Balance Uneven Beams– balance walk, lateral hop base plate– lunges, plyometric jump uneven discs– squats, balance level jumping vertical jump curved bars– full body stretching.

Station 15: Upper Body and Core Low Bar– incline push-up, bar dip hover arm plates– bent/straight knee raises double barred base plate– sit ups, reverse leg lift.



Deer Path Park

Fitness and Running Trails



County of Hunterdon Division of Parks and Recreation

Office Location:

1020 State Route 31, Lebanon, NJ 08833 (Clinton Twp.)

Mailing Address:

PO Box 2900

Flemington, NJ 08822-2900

Phone: (908) 782-1158 * Fax: (908) 806-4057

E-mail: parks@co.hunterdon.nj.us

Website: www.co.hunterdon.nj.us
(click on "Parks & Recreation")

Office Hours:

Monday to Friday 8 AM to 4:30 PM

The Hunterdon County Division of Parks & 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.

SUMMARY OF RULES AND REGULATIONS

The rules and regulations governing use of facilities or properties administered by the Hunterdon County Division of Parks and Recreation are promulgated in accordance with provisions of the N.J. Statutes Title 40:32-7.12, which reads as follows:

"The Board of Chosen Freeholders may by resolution make, alter, amend, and repeal rules and regulations for the supervision, regulation and control of all activities carried on, conducted, sponsored, arranged, or provided for in connection with a public golf course or other county recreational, playground, or public entertainment facility, and for the protection of property, and may prescribe and enforce fines and penalties for the violation of any such rule or regulation."

These rules and regulations have been promulgated for the protection of our patrons and for the facilities and natural resources administered by the Hunterdon County Division of Parks and Recreation.

Permits: A fully executed Facility Use Permit, issued by the County of Hunterdon for any activity, shall authorize the activity only insofar as it may be performed in strict accordance with the terms and conditions thereof. The State of NJ, County of Hunterdon, or the local municipality may require additional permits.

Prohibited Acts: The violation of any Municipal, State, or Federal law. Advertising, solicitation, ice skating, and sledding. Battery-powered modeled aircraft and horses must be in designated areas, dogs must be restrained with a leash not exceeding six feet, pet waste must be removed, camping/fires are by permit only. All groups of 15 or more must obtain a permit for use of any Park area.

Regulated Activity: The sale of merchandise, aviation, boating, cross-country skiing, bicycling, and sledding. Battery-powered modeled aircraft and horses must be in designated areas, dogs must be restrained with a leash not exceeding six feet, pet waste must be removed, camping/fires are by permit only. All groups of 15 or more must obtain a permit for use of any Park area.

Prohibited Acts for the Protection of Property: No person shall make, excavate on, destroy, paint, fill in, cut, remove or tamper with any property, organic or inorganic.

Prohibited Acts for the Protection of Natural Resources: No person shall disturb wildlife or vegetation in any manner. No person shall pollute waters, litter, dump debris, or release helium balloons in any property. It is illegal to remove any natural resource from, or introduce any plant material, bulbs, or seeds to any property without a proper permit or license.

Prohibited Acts for the Protection of People: No person shall obstruct a county employee/official, interfere with a visitor, conduct any unsafe act, or cause a hazardous condition.

Vehicles: All the provisions of the NJ State Motor Vehicle Act apply. Vehicles are not allowed in unauthorized areas. Parking is allowed in designated areas only. **ATVs, dirt bikes, and snowmobiles are prohibited on County Park lands.**

Enforcement: The rules and regulations of the County shall be enforced by duly authorized Rangers or representatives of the County under the provision of N.J.S.A. 40:32-2. thru 40:32-7.13. Any person who enters into a County Park for any purpose whatsoever has a duty and is presumed to be aware of the provisions of these rules and regulations governing the use of the facilities and properties administered by the Hunterdon County Division of Parks & Recreation.

Penalties: Any person violating any of the provisions of these regulations shall, upon conviction before a court or other adjudicative body of jurisdiction, be liable for the replacement, repair or restoration of damaged property, if any, and shall pay a penalty of not more than one thousand dollars (\$1,000.00) or other amount in the discretion of the court or other adjudicative body, or may be sentenced to imprisonment in the County jail for the term not exceeding ninety (90) days, or both, provided that this section shall not supersede any applicable penalty provision for specific offenses, which may be set forth in the New Jersey Code of Criminal Justice, N.J.S.A. 2C:1-1, et seq., or in any other applicable state or federal law.

NOTE: County Park Rangers of the Division of Parks and Recreation have the authority to issue summons and make arrests for violations of rules and regulations governing the use of facilities and properties administered by the Division of Parks and Recreation. This is only a summary of the rules and regulations. Rules applying to special conditions, activities, or situations may be supplemental to these rules and regulations. When special rules apply, they will be posted at affected areas. The complete text of regulations is available for inspection at the Park administration office in Clinton Township during regular business hours.

