



Rideau Trail

NEWSLETTER

Fall 2019

Issue No. 193



**Trail
Reroute**

Planning for
50

Outstanding
Service
Awards

Frontenac
Challenge



STEVE KELLY PHOTO

Association Award
Paul Galipeau



Peter Burbidge
Kingston Club
DON COULTER PHOTO

Outstanding Service Awards 2019 (Page 8)

Central Club: Brian Grant (left) and Jack Tannett with
Gill Hyland

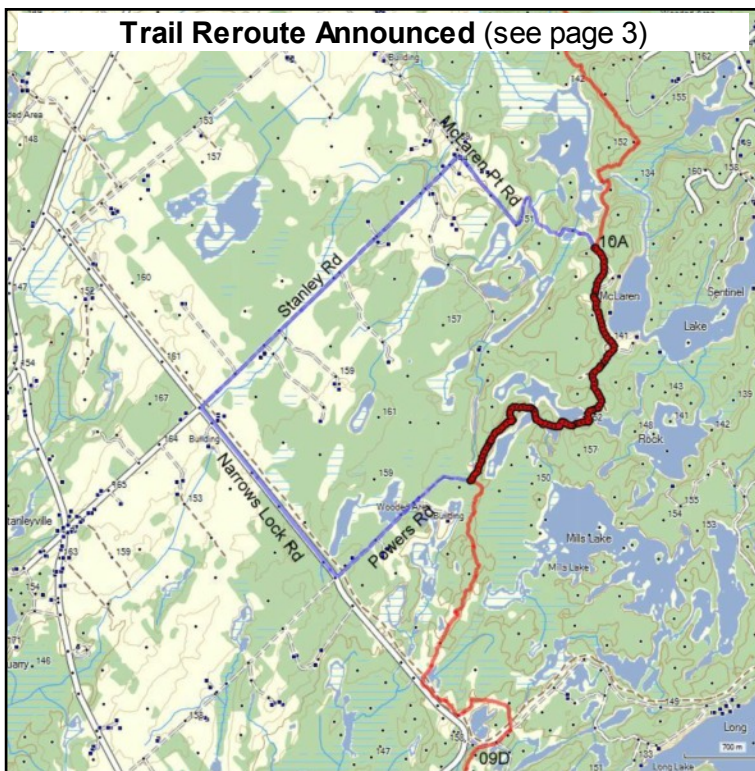
KEVIN CHAPMAN PHOTO



Ottawa Club: Sandy Freeman and Brian Grant with
Denise Hall

KEVIN CHAPMAN PHOTO

Trail Reroute Announced (see page 3)




**CALABOGIE
PEAKS RESORT**

Calabogie Peaks is turning 50! Come hike the trails and celebrate the beauty of the Ottawa Valley.

Fall chairlift rides to the top of Dickson Mountain in October. Dates and times at www.Calabogie.com

Call The Peaks your home forever. Real Estate offerings starting at \$300/sq. ft.

Trail Improvement Removes Road Walking

BY JOYCE DAVIS

The Central Club is very pleased to announce that the eagerly-awaited Trail reroute between waypoints 09D and 10A is completed, and is now open to hikers.

This major improvement eliminates six kilometres of road walking, including a section of Narrows Lock Road (Lanark County Road 14). At three kilometres in length, the new section of Trail is about four kilometres shorter than the old route. It now passes through a fascinating section of Mica Mine workings, past a number of very large old-growth maples and white pines, and gives views of McLaren Lake. (Map on page 2)

This breakthrough was the result of some great work by David Allcock, our outgoing Central Club Routes and Negotiations Coordinator, and the active support of our landowners. The RTA is very grateful to new landowner A.J. St. Pierre, who made this reroute possible, and to the family of Patricia Mackler, through whose property the Trail now runs. Thanks too, to Megan Dunster and the RVCA who worked tirelessly on the Mica Mines Conservation Area portion to improve the safety and walkability of the new route.

Some RTA members may remember back 15 or 20 years ago when the trail once took a similar route. We are delighted to have the Trail back on that Optimum Route.

Hikers should note that we have retained the old route as a Blue Loop. This Blue Trail provides some new round-trip options, in addition to allowing access from existing parking spots to waypoints 09D and 10A.

Come out and enjoy this intriguing section of the Trail.

JOYCE DAVIS IS CHAIR OF
THE CENTRAL CLUB.
SHE LIVES IN PORTLAND.



David Allcock

Winter End-to-End 2020

The RTA Winter E2E is a three-year cycle of hikes that take place in January and February (thus qualifying for the Winter End-to-End badge). This year the two groups will be trekking from the Bedford Mills/Westport area to the Merrickville/Burritt's Rapids areas over four weekends.

There will be two groups: the Core Group (led by Howard & Mary Robinson) will travel an average distance of 15 km per day (some days will exceed 15 km); while the Extended Length group (led by Rusty Bassarab) will cover 15 to 20 km per day.

Dates are as follows:

Weekend 1: 11 & 12 Jan.

Weekend 2: 25 & 26 Jan.

Weekend 3: 7, 8, & 9 Feb. (shorter moonlight hike on 7 Jan.)

Weekend 4: 22 & 23 Feb.

Hiking/snowshoeing will take place during daylight hours (with the exception of the moonlight hike). Good snowshoes and icers/crampons are mandatory. Participants are responsible for arranging their own overnight accommodation. The Core Group will be limited to not more than 15 participants.

A fully detailed notice will appear in the Rideau Trail Winter Newsletter and in the e-letters. In the meantime, if you have any questions please contact one of the E2E organizers:

Core Group: Howard & Mary Robinson hmrob@storm.ca

Extended Group: Rusty Bassarab rbassarab@gmail.com



P.O. Box 15 Kingston ON K7L 4V6
www.rideautrail.org

Telephone:

RTA and Kingston: (613) 545-0823
Central: (613) 267-5756
Ottawa: (613) 860-2225

Electronic Mail: info@rideautrail.org

Webmaster: web@rideautrail.org

E-Letter: e-letter@rideautrail.org
(Send updates by 25th of the month.)

The RTA does not share its mailing list with other organizations.

The Rideau Trail Newsletter is published quarterly in March, June, September and December by the Rideau Trail Association. Unless otherwise stated, the opinions expressed in this Newsletter are not necessarily those of the Rideau Trail Association.

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Winter Newsletter: **Deadline November 1, 2019**

We want your submissions! If possible, text should be sent electronically with no document formatting. Pictures with good definition and contrast are most welcome.

Send material directly to the Editor, newsletter@rideautrail.org

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Ottawa: Sandy Freeman, Ottawa
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(613) 422-1318 stkelly@rogers.com

**Central Club
Executive**

Chair: Joyce Davis
Vice-Chair: OPEN
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Hike Activities Coordinator:
Maida Murray
Trail Maintenance: Bert Stranberg
Routes and Negotiations:
Elisabeth Kuiper
Publicity: Gaëlle Giraudeau
Social Coordinators:
Barb McIntyre and
Elisabeth Kuiper
Treasurer: Gayle Truman
Secretary: Mary Robinson
Members at large: Dorothy
Hudson and Jim Middleton

**Kingston Club
Executive**

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Vice Chair (Board Rep.):
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Secretary: Marilyn Martin
Treasurer: Lynn Esau
Outings: Peter Burbidge
Publicity: Bill Ottney
Landowner Liaison: John Rowe
Construction: Jim Lorimer
Maintenance: Stan Huff
Special Events: Joel Lamorre
Human Resources:
Pascale Champagne
Member at Large:
Jennifer Brinkman
Member at Large:
Barry Monaghan

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Executive**

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Treasurer: Robert Smith
Trail Maintenance: Michael
Beaupré
Landowner Liaison: Lianna
Cousins
NCC Liaison: Lorraine Farkas
Activities: Denise Hall and Kevin
Reynolds
Publicity: Bill Davies
Member at Large: Brian Grant
Member at Large: Kevin
Chapman
Newsletter Editor: Steve Kelly
Newsletter Editor: Adriana Kievit

Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 4) or email: info@RideauTrail.org

Address Changes / Paper Newsletter

To stop it, or to receive it, call or email: membership@RideauTrail.org

End to End Badges

Keep track of the details of your hikes, whenever you did them: Date, start and end point of the hike and the leader's name. Your questions or claims can go to the RTA by phone, or you can email the appropriate club contact.

Getting Involved

Thank you for wanting to help out. Feel free to contact any of those listed on page 4. Your interest might be about event ideas, co-leading hikes, your club's social committee, working on the Trail or whatever. It's a busy organization, and your help would be welcome.

Badge Request Contacts



Entire End to End
(Winter or otherwise)
RTA Secretary
secretary@rideautrail.org



Central Section
hmrob@storm.ca
Mary Robinson,
Central Club Secretary



Kingston Section
sharenann@gmail.com
Sharen Yaworski, RTA Rep.
For Kingston Club



Ottawa Section
dawncarrick@sympatico.ca
Dawn Carrick, Ottawa Club
Secretary



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Ottawa Volunteers Recognized

Volunteer badges are tokens of the Club's appreciation for the contributions made by our members. Badges were awarded to the following for their contributions as a hike leader, member of the Executive or as trail maintainer:

Adam Crupi
Jenn Forgie
Max Green
Bob Hanson
Brian Leconte
Kevin Quinn
Robert Smith



Claude Bouchard received special recognition for making an exceptional contribution to the construction of the Paden Road boardwalk.

Passings

Jason Beaupré

Jason passed away peacefully in his sleep on Friday, July 12. A seizure stopped his heart, and what a heart it was! Jason was a person that could never say no to helping anyone. Last year's boardwalk volunteers were witness to that spirit.

He was a great young man, as recognized by most people that had the honour to meet him. I always looked up to him, and will always try to follow in his foot steps. Jason was not a member, but he did Trail maintenance willingly. He was my right arm.



Thank you Jason, for all the good memories that you provided. We'll cherish them for the rest of our lives.

MICHAEL BEAUPRÉ

HEARTFELT CONDOLENCES TO
MIKE HIS FAMILY
JASON WAS JUST 20

Sheila Needham

Kingston Club member Sheila Catherine Rose Needham passed peacefully at Kingston General Hospital on Friday, July 12, 2019.

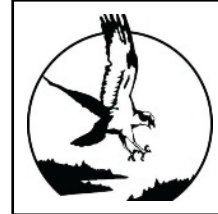
Sheila had been a Rideau Trail member for more than 25 years.

She was the loving wife of John, beloved mother of Anne (Neil), Kathe (Keith), David, John and Lynn. Grandmother of Melanie (Shawn), Paul, Kayleah

(Matthew), Jennifer (Michael), and Kate (Kevin). Sister to Muriel and Gayle (Michael), and the late Ralph, Geoffrey, John, and Lillian. Great grandmother to Benjamin, Jonathan, Mya, Chantelle, Skyla, Ezra, and Lenore.

Donations to Lemoine Point Conservation Authority would be appreciated.

<https://crca.ca/online-services/friends-lp-donation/>



Association News

Meeting Highlights

Annual Meeting in Smiths Falls

Saturday June 1, 2019

Social media users, please use
#RideauTrail

**"EVERY MEMBER SHOULD DO SOMETHING
TO HELP."**

Elections: We need a Vice President
Awards were presented for appreciation
and outstanding service

Prominent member and Railway Museum
volunteer, Bill Otney, leads a tour as part of
the RTA Annual Meeting.

KEVIN CHAPMAN PHOTO

Board Meeting in Perth

Saturday June 15, 2019

MEMBERSHIP IS OVER 1000

We need a Vice President

Kingston: Hike Leader training in October





2021 is approaching
fast!
Join the celebration!
Join the fun!

Join the President's
50th Anniversary Committee

by contacting:

Brian Grant president@rideautrail.org
Joyce Davis central@rideautrail.org
Sharen Yaworski kingston@rideautrail.org
Sandy Freeman ottawa@rideautrail.org

50 Share your ideas,
your enthusiasm and
your time **50**

Our association has been in existence for six months now and must have set some kind of record for growth rate. We have at least 700 members. When we started we optimistically hoped that we might have the backbone finished in five years. Little did we realize that it would be finished in five months.

We haven't always been as efficient as we might with our limited resources. Since most of our effort so far has gone into making the trail a physical reality, we have not had time to prepare maps of the parts of the route in sufficient detail to be much use to our members.

To many people and groups, we extend our thanks for making the first six months so successful: to our many members who have given their time talking to land owners, attending committee meetings, organizing hikes, addressing envelopes and so on: to the land owners for their great generosity in

allowing the trail to cross their property and for the government agencies for the assistance they gave us in those sections of the route which cross provincial parks, conservation areas and the National Capital Commission property and to the 28 students who braved mosquitoes, wasps' nests and poison ivy to blaze the trail.

There is much work still to do and if you would like to become actively involved in either the organizational or physical aspect of our work please let us know. We need your help.

FROM (ABRIDGED) RIDEAU TRAIL NEWSLETTER, VOL. 1, NO. 2, FALL 1971.

Note: 50 years later, the message remains true. The Association needs help at the top, with retirements without successors in sight. Each club needs an established member or two to join the dwindling list of hike leaders.

Hike Leaders; Vice President; Newsletter Editor
You know someone on page 4. Why not get involved?

Association News

Outstanding Service Awards 2019



Association Award

Paul Galipeau



In March 2015, Paul contacted me about volunteering. He saw 'vacant position' in Marketing and Communications, and thought, 'social media'.

Paul created our presence in social media and was instrumental in rebuilding the Rideau Trail website. To advertise our Association at fairs, exhibits and other events, Paul had three standing banners and a large trail map made. He updated and produced new rack cards to advertise the RTA. In 2016, he offered a media workshop at the Hike Ontario Summit which the Rideau Trail hosted in Perth. The following year he played a big part in developing our special 150 challenge badge.

Paul's commitment to the RTA and his competent manner revealed his forward thinking. He is an avid volunteer who has taken on more than his share of work for the RTA. When Paul left the Board at the end of 2018, he had already lined up his replacement.

We wish Paul well in all his future endeavours.

DENISE HALL

Gill Hyland - Central Club

Gillian (call me Gill) Hyland has been with us for more than 10 years. She has taken on all challenges. Leading activities on the Trail is just the start. Gill served the Club as

representative to the Board for three years, then she took on the Chair's role for another three. Gill is among the volunteers who made the Hike Ontario Summit in Perth such a success. Every club needs some people who are willing to do more than their share. In Central, we're lucky to have Gill Hyland as one of the few.

Denise Hall - Ottawa Club

For more than 10 years, Denise Hall has been an outstanding Rideau Trail volunteer. She has led many End-to End hikes, and she excels at leading Level 3 hikes and snowshoe outings for the Club in Gatineau Park. She leads the Adopt-A-Road twice-annual clean-up, and she fosters inter-club friendship via the Westport fall hiking weekend. Behind the scenes, Denise is prominent as organizer of annual meetings for both the Club and the Association. Denise has held a number of executive positions, including Chair of the Ottawa Club, and Association Vice President. She recently returned to the Club Executive as co-coordinator of our activities.

Denise is as nimble as a mountain goat in the boardrooms and on the trails, and is a wonderful example of a dedicated volunteer.

SANDY FREEMAN

SEE PHOTOS OF THE RECIPIENTS
ON PAGE 2

Peter Burbidge - Kingston

This year our award goes to Peter Burbidge who has been an active Rideau Trail member for an impressive 47 years!

During this period of almost five decades Peter has consistently and reliably volunteered as hike leader and trail maintainer. Five years ago he added Kingston Outings Coordinator to his volunteer responsibilities.

Peter is an innovator. He led our Kingston Club's transition to online hike scheduling. We just open up Google and insert our hikes in the convenience of our own home. We also can see what others hike leaders are doing to avoid conflicts.

He is one of those exceptional people who cannot only come up with a practical novel idea, but will stick with it to ensure it is fully realized. For example he launched, prepares and delivers our weekly Hike Leader quizzes. These are fun reminders that support on-going training, with

an emphasis on safety. They reflect Peter's wonderful sense of humour.

He also regularly organizes courses for first aid and for hike leaders so hikers might take on the role of hike leader proficiently.

Not surprisingly, the traits that make Peter such an outstanding member of the Kingston Club are also reflected in his personal life. He has long been a proponent of protecting our environment. His leadership and compassion for people is demonstrated in his work with Syrian refugees. Peter enjoys traveling near and far with his wife Ann and also enjoys his cottage in the summer months.

Thanks Peter, for all you do for our Kingston Club and the Rideau Trail Association.

SHAREN YAWORSKI

Hiking in (Hunting) Season

The hunting season runs throughout the fall, with the season for migratory birds and other game birds running from mid-September to the end of December.

November is the primary hunting season in the area of the Rideau Trail (Wildlife Management Units 64 and 67).

Hikers, especially Hike Leaders, are advised to wear "hunter orange" hats and garments and to proceed with caution when venturing into areas where hunting could be taking place.

Mid-November: Deer hunting with high velocity rifles is permitted for this period in rural and forested area to through which the Rideau Trail runs.



Checking in from the Trail

BY RANDY RAY

On June 12, the Trail condition in Merrickville was very good, with no flooding and some water in the usual ruts. There were some branches blocking the trail, and they were removed, as was a 2-4 inch trunk that I cut up with my bow saw. There was no garbage to clean up.

While doing the maintenance, I met one of the land-owners who expressed an appreciation of the work the RTA is doing on the Trail.

Although I was fully clothed, I found a tick on my thigh early in the morning. The doctor prescribed an antibiotic, and there are no apparent after-effects.

Randy Ray is a Trail Maintainer in the Ottawa Club

NOTE: DOZENS OF VOLUNTEERS LIKE RANDY WALK A PART OF THE TRAIL TO KEEP IS CLEAR AND EASY TO FOLLOW.

In June, Mary and Howard Robinson led an easy paddle outing from Lanark. Kevin Reynolds (Ottawa Club) caught this heron as it lifted off the water.

Rideau Trail: End to End

These members were recognized at the Annual Meeting in June. Each hiked the entire Rideau Trail between Kingston and Ottawa. As you'll see, it is a longer project for some than others. Congratulations all!

Certificate	Member	Date Started	Club
549	Christian Blanchard	Jul-18	Ottawa
550	Gabriel Rollin	Aug-18	Ottawa
551	Katie Rollin	Aug-18	Ottawa
552	Nancy Nourry	Jun-18	Central
553	Steve Allan	Jun-19	Central
554	Gary Waterfield	May 18 2019	Central
555	Pat Stranberg	Mar-18	Central
556	Bert Stranberg	Mar-18	Central
557	David Batchelor	Mar-18	Central
558	Jack Tannett	Mar-18	Central
559	Kevin Chapman	Sep-16	Ottawa
560	Manon Pelletier	Oct-09	Ottawa
561	Leona Wall	Oct-09	Ottawa
562	Paul Gelinis	Aug-18	Non-Affil.



Winter End to End



Cert. No.	Member	Date Started	Club
92	Jack Tannett	2018	Central
93	Lori Henley	2017	Ottawa
94	Kevin Chapman	2017	Ottawa
95	Pat Stranberg	2017	Central
96	Bert Stranberg	2017	Central
97	David Batchelor	2017	Central
98	Howard Robinson	2017	Central



CENTRAL CLUB ACTIVITIES - FALL 2019

WHAT TO BRING

Bring lunch, water and strong footwear. Be sure to carry your health card, ID, emergency phone numbers and if necessary, a list of your medications. Come prepared for weather changes. Many events are 'rain or shine'.

NOTE

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 16).

NOT SURE?

The Hike Leader will thank you for your questions.

CARPOOLING AND FEES

Be at the meeting place at least 15 minutes before the stated departure time. The amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

MEETING PLACE

Unless otherwise specified, meet at Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore) southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. GPS: 127 Smith Dr. K7H 0A3

E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. To receive these electronic communications, send your e-mail address to membership@rideautrail.org. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

Wednesday Wanderers - These are shorter, leisurely hikes for those who want a mid-week stretch. Details are sent out each Monday by email. Contact: **Margaret Lafrance** 613 466 0403 mmlafrance03@cogeco.ca

CHRISTMAS SOCIAL AND DINNER
SATURDAY, NOVEMBER 23, 2019

Activities Calendar

Sunday Sept. 1 Tetsmine and Hemlock Lake Loops

* Note departure time *

Level 3, Moderate pace. 17 km. Part of the Frontenac Challenge. A figure of eight hike through rough and undulating terrain starting from Kingsford Dam in the northern section of Frontenac Park. Gas \$5. Depart Conlon Farm at 8:30 am. Leader: Jim Middleton middleton.james@gmail.com

Saturday Sept. 7 Cataraqui Trail

Level 1, Moderate pace. 10 km. Bass Road to Hanna Park in Portland. Car shuttle. Depart Conlon Farm 9 am. Leader: Joyce Davis 613 794 3138 jbDavis098@gmail.com

Wednesday Sept. 11 Murphy's Point Hike Program

Level 1, 5-8 km. Depart Conlon Farm 9 am. Contact Jack Tannett for more details: 613 466 0417 jtannett@cogeco.ca

Saturday Sept. 14 Murphy's Point Provincial Park

Level 2, moderate pace. 9 km Lally Homestead to Black Ance Point Road to the Big Rideau to McParlan House Loop. Park fee. Gas \$4. Depart Conlon Farm 9 am. Leader: Bob Chittick 613 329 3006 robertchittick@gmail.com

Sunday Sept. 15. Arkon, Doe and Arab Lake Loops

* Note departure time *

Level 2. Moderate pace 15.5 km but dropouts are possible at 11 km and 14 km. Part of the Frontenac Challenge.

Park fee. Gas \$5. Depart Conlon Farm at 8:30 am. Leader: David Batchelor 613 200 1559 dlhbatchelor@gmail.com

Sunday Sept. 22 Sunday, Frontenac Provincial Park Gibson Lake Loop

Level 2, moderate pace, 13 km. Come and explore the northern part of Frontenac Park. Part of the Frontenac Challenge. Park Fee. Gas \$5. Depart Conlon Farm at 9:00 am. Leader: Pat Stranberg 613 283 8735 pbstranberg@gmail.com

Saturday Sept. 28 Little Salmon & Little Clear Lake Loops

Level 2, moderate pace. 17 km. Enjoy these scenic trails which are part of the Frontenac Challenge. Gas \$5. Depart Conlon Farm at 8:30 am. Leaders:

Howard & Mary Robinson, 613 256 0817, hmrob@storm.ca

Sunday Sept. 29. Murphy's Point PP: Point and Sylvan Trails.

Level 2, moderate pace. 8 km loop. Enjoy the changing of the season on these lovely trails with vistas of the Big Rideau. Park fee. Gas \$4. Depart Conlon Farm 9 am. Leader: Bob Chittick 613 329 3006 robertchittick@gmail.com

Saturday Oct. 5, Cottage Roads Easy Slow Hike

Level 1, slow pace. 4 km. Followed by hot drinks and goodies at a near by cottage. Gas \$2. Depart Conlon Farm 9:00 am. Leader: Margaret Lafrance 613 466 0403 margaretafrance03@gmail.com

Sunday Oct. 6, Mill Pond Rideau Valley Conservation Area

Level 2, moderate pace. 8 km. A walk through woods with views of the mill pond. Gas \$3. Depart Conlon Farm at 9:00 am. Leader: Tom Pearcey 613 284 1294 tompearcey7@gmail.com

Saturday Oct. 12, Salmon Lake Loop Frontenac Provincial Park

Level 2, moderate pace. 11 km. Part of the Frontenac Challenge. Gas \$4. Depart Conlon Farm at 9:00 am. Leader: Jim Middleton middleton.james@gmail.com

Saturday, Oct. 19 Murphy's Point Provincial Park

Level 2, moderate pace. 8 km. A series of shorter trails at the eastern end of Murphy's Point Provincial Park. Gas \$2. Park Fee. Depart Conlon Farm at 9 am. Leader: Bob Chittick 613 329 3006 robertchittick@gmail.com

Sunday, Oct. 20 Cedar Lake Loop Frontenac Provincial Park

Level 2, moderate pace 15 km. Part of the Frontenac Challenge. Gas \$4. Depart Conlon Farm at 9:00 am. Leader Jim Middleton middleton.james@gmail.com

Saturday Oct. 26 Baird's Wood

Level 2, moderate pace. 6 km on good paths. Gas \$2. Depart Conlon Farm at 9 am. Leader Anna Cornel annamcornel27@gmail.com

Sunday, Oct. 27 Tetsmine & Hemlock Lake Loops

* Note Departure Time *
Level 2, moderate pace. 17 km. Enjoy these scenic trails which are part of the Frontenac Park Challenge. Gas \$4. Depart Conlon Farm at 8:30 am. Leaders: Howard & Mary Robinson 613 256 0817 hmrob@storm.ca

CHRISTMAS SOCIAL AND DINNER

SATURDAY, NOVEMBER 23, 2019

PLEASE JOIN US FOR OUR ANNUAL CHRISTMAS GET TOGETHER.

LOCATION: TBA

SOCIAL AT 5:30, DINNER AT 6:30 PM.
WE'D LOVE TO SEE ALL MEMBERS AND FRIENDS. INFORMATION/RSVP BY
DECEMBER 1 TO ELISABETH KUIPER
ELISABETHKUIPER0@GMAIL.COM

Saturday Nov. 2 Blanchard's Hill Road / Cataraqui Trail Loop

Level 1, 7 km. This is a lovely walk which includes a few gentle hills. Gas \$2. Depart 9 am. Leader: Bob Chittick 613 329 3006 robertchittick@gmail.com

Saturday Nov. 9 Marble Rock Conservation Area

* Note departure time *
Level 3 Moderate pace. Join us for an 11 km figure of eight hike. Marble Rock offers a very large range of hiking terrain over a manageable distance. Depart Conlon Farm at 8:30 am. Gas \$5.00 Leader: Jim Middleton middleton.james@gmail.com

Sunday Nov. 17 Foley Mountain Rideau Valley Conservation Area

Level 2, moderate pace. 8 km. A hike through forest with some lovely views. Parking fee. Gas \$4. Depart Conlon Farm 9 am. Leader Brenda Ethier brendaethier6446@gmail.com 613 464 8746

Sunday, Nov. 24 Murphy's PP: Round Lake Loop

Level 2, 13 km. A scenic hike through bush and along trails in Murphy's Point Park. Depart Conlon Farm 9 am. Gas \$2 Park fee. Leader: Gill Hyland 613 267 5756 ghyland2@cogeco.ca

Saturday Nov. 30 Rideau Trail Mica Mines Hike

Level 2, moderate pace. Approximately 8 km. Gas \$3. Depart Conlon Farm 9 am. Leader Jack Tannett 613 466 0417 jtannett@cogeco.ca

Saturday Dec. 7 Chaffey's Lock Rideau Trail Blue Loop

* Note departure time *
Level 1, moderate pace. 6 km around the Chaffey's Lock Rideau Trail blue loop. Please wear appropriate footwear for possible icy conditions. Meet at Conlon Farm at 9:30 am. Gas \$2. Some may wish to stay for lunch at the Opinicon. Leader Joyce Davis 613 794 3138 jbdavis098@gmail.com

Saturday Dec. 14 Cataraqui Trail

Level 1, moderate pace. 15 km. Golf Club Road to Portland along old rail bed. Snow shoes may be required. Depart Conlon Farm 9 am. Car shuttle. Gas \$3. Leader Pat Stranberg 613 283 8735 pbstranberg@gmail.com

Sunday Dec. 22 Rideau Trail Hike 11B to 10D

Level 2, moderate pace. 10.8 km. Frizell Road to Conlon Farm. Snow shoes and icers may be required. Depart Conlon Farm at 9 am. Car Shuttle. Gas \$2. Leader: Yvonne Kennedy 613 267 9817 yvnkennedy@gmail.com

Sunday Dec. 29 Rideau Trail Hike 10A to 10D

Level 2, moderate pace. 13 km. Mackler Side Road to Conlon Farm. Snowshoes and icers may be required. Car shuttle. Gas \$2. Leader: Maida Murray 613 456 6085 memmurray@hotmail.com



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THE CAMINO DE SANTIAGO, SPAIN

April / May 2020

The Camino de Santiago is an iconic trek covering some 800km across the north of Spain. Our journey encompasses the last 160km from O'Cebreiro to Santiago de Compostela, including many "extras" in order to make it a complete Galician experience. Thousands of pilgrims have walked before us, and it is time to add your footsteps to this famous trail

SLOVENIJA – BLED & TRIGLAV

July 10 to 20, 2020

Slovenija is where the Alps meet the Mediterranean - a country of amazingly unspoiled beauty. Our program includes hikes behind the thundering Slap Pericnik waterfall, through Vintgar Gorge gushing with white water, on the slopes of & Mt. Triglav, and around the glacier-fed Lake Bohinj. Home base for the entire holiday is the fairy-tale setting of Bled. Dates were specifically chosen to catch the Bled Days Festival, when organizers launch 15,000 lights in eggshells onto Lake Bled.

JAPAN – TOKYO TO KYOTO

October 4 to 18, 2020

Traditional customs intertwined with modern realities! Discover hiking trails from Tokyo to Kyoto, including treks in Kamikochi (Japanese Alps), on the slopes of Mt. Fuji & the Five Lakes District. Explore Matsumoto, Takayama, & Japan's first capital, Nara. Accommodations include western-style hotels & traditional Japanese ryokans. Peak time for fall colours!

NEW DESTINATION

August/September 2020

To be launched in the Fall – sign up for our newsletter to be the first one to know – info@letshike.com

TICO # 50018498

"Every member should do
something to help."

New Members

Central Club

Central Club
Catherine (Kate) & Charles Donnelly
Elizabeth (Liz) McQuaig
Wendy Ryan
Barbara Shklov
Angie Strotmann

Kingston Club

Evan Allen
Marcia Cole
Geraldine & Sean Dennis
Matthew Dixon
Laura Fissel
Paula Formanek
Karen A. Grant
Marjorie (Marge) Grant-Hart
Emily Hammond
Geraldine (Geri) Last-Murphy
John (Gerald) McLoughlin
William (Bill) Parsons
Janet Penner
Helen Phillips
Pam Tucker

Jeananne Vickery

Logan Webb
Berno Wenzl
Jeanine Holland & Robert (Bob) Young

Ottawa Club

Christina Balicki
Craig Barlow
Claude & Ruth Bidal
Holly Blair
Jonathan D Segal & Judith Brown
Colin Harold Burnett
Casey Callahan
Derek Baas & Andrea Chandler
Jordan Chapman
Daniel (Dan) Charbonneau
Mark Chayer
Lynne Dicaire
Nancy Elsner
Ingrid Folkins
Randy King & Chantal Fortin
James Green
Narima Rahaman Hoyt
Colleen Hyslop
Peter Istead
Jennifer Kaspardlov

Evelyn Kokoskin

Mike Salmon & Susan Liver
Richard Combley & Christine Lowson
Dominique Marchal
Teresa Rivera-Mildenhall & Russ Mildenhall
Davor Capkun & Ingrid Monasterios
Joanne Ness
Susan Palmi
Steve Harvey & Eloise Robbins
Jennifer Lee Scherping
Pam Tapley
Joyce & Albert White
Justin Williamson

Non-Affiliated

William (Bill) Anthony
Doug Nichol
Sonja Schaper

Recent Donations

Craig Barlow
Louisa Coates
Lorna Kettles

Bonus

Do you know someone who is on the fence about joining the Rideau Trail? Be sure to remind them that new members who join after October 31 will also be members for all of the following year.

Membership Application

* * * Help Preserve the Legacy! * * * The Rideau Trail Association (RTA) is committed to preserving one of Ontario's oldest and longest continuous footpaths, and encouraging use of its trail system through nearly 400 km of scenic beauty between Kingston and Ottawa.		Benefits of membership include the following: Quarterly newsletter with articles and event listings; Retail discounts; Voting rights for local Club and Trail business, and The knowledge that you are supporting and protecting this world-class treasure.	
Individual Membership (age at least 18 years) () One year \$25.00 () Two years \$45.00 Household Membership (2 adults, 1 address) () One year \$40.00 () Two years \$75.00 () Car Sticker (free to new members) \$1.00 () Cloth crest \$2.50 () RTA Name Badge - Pin (Print clearly please.) \$8.00 () RTA Name Badge - Magnetic (Clearly please.) \$9.00		() New Membership () Renewal Preferred Club Affiliation (choose one): () Central () Kingston () Ottawa () Unaffiliated (Please Print) Name(s): Mailing Address: Phone(s) E-Mail(s) E-mail is used for a quarterly newsletter, a monthly E-Letter and occasional other communication. () Please do not send a printed copy of the newsletter. I will read it online. Memberships are also available at RideauTrail.org The RTA does not share member information with other organizations.	
MEMBER'S NAME Donation, Rideau Trail Association* \$ _____ Donation, Rideau Trail Preservation Fund* \$ _____ Total \$ _____ Pay online at RideauTrail.org or send with a cheque (CAD) to Rideau Trail-Membership, PO Box 15 Kingston ON K7A 4S9 Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years. * Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)		In addition to enjoying hiking and other club activities, there are many other ways to be actively involved in the RTA. Check all activities that interest you. You will be contacted when your help is needed. () Maintaining a section of the Trail () Construction projects () Leading hikes and/or XC ski or snowshoe outings () Helping with publicity () Serving on a committee () Organizing social events () Serving on the Executive Other (please specify): _____	

KINGSTON CLUB ACTIVITIES - FALL 2019

WHAT TO BRING

Bring lunch, water, insect repellent, sunscreen and strong footwear. Come prepared for weather changes. Many events are 'rain or shine'.

NOTE

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 16).

NOT SURE?

The Hike Leader will thank you for your questions.

CARPOOLING AND FEES

Be at the meeting place at least 10 minutes before the stated departure time. The amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

MEETING PLACE

Unless stated otherwise, the meeting place is the Canadian Tire parking lot, along Bath Road, towards the gas station.

INFO FOR LEADERS

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator. After the event, please send them to Pascale: pascale.champagne@queensu.ca (613) 530-5610.

E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. To receive these electronic communications, send your e-mail address to membership@rideautrail.org. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

Special Dates

October 26: Hike Leader Training
November 30: Social Event
December 6: Christmas in Westport

Wednesday Walkers - Ideal for people interested in healthy exercise walking at a comfortable pace with some social interaction. Walks depart every Wednesday afternoon at 1:30 pm. For details, contact Jennifer at wednesdaywalks60@gmail.com with your name and phone number, or call the Club at (613) 545-0823.

(UPDATED TOO LATE FOR PRINTING)

ACTIVITIES CALENDAR

Tuesday September 3 Frontenac Challenge - Cedar Lake Loop

Level 2, moderate-to-fast pace, 15 km. Enjoy gently rolling terrain and several boardwalks as we hike through Frontenac Park's largest complex of multi-stage wetlands. Depart CT at 08:00. Gas \$4 plus shared park fee. Leaders: Lynn Esau esaulynn@gmail.com 343-363-0384 and Nancy Hunter nancynelles@gmail.com 613-372-2157.

Wednesday September 4 Challenge Arkon, Doe and Arab Lake Loops

Level 2, moderate-to-fast pace, 15 km. These woodland trails in the park's western section feature long stretches of boardwalk, several beaver dams and a unique ring bog. Depart CT at 08:00. Gas \$4 plus shared park fee. Leaders: Nancy Hunter nancynelles@gmail.com

613-372-2157 and Lynn Esau esaulynn@gmail.com 343-363-0384

Thursday September 5 Challenge Hike - Arkon and Little Salmon

Level 3, fast pace. 21 km. Depart CT 8:30 am. Bring lunch, water, and snacks. Gas \$4 plus share park fee. Leader: Robert Tolley 613-542-9626, email retolley@hotmail.com

Saturday September 7 Blue Mountain

Level 2, moderate pace, 8 km. Lunch at the summit. Gas \$6. Depart Can Tire 9 am. If anyone can meet the group in Kingston, please contact Leader Ray Wilson at 613-382-7189

Monday September 9 Challenge - Tetsmine and Gibson Loops

Level 2-3, moderate-to-fast pace, 22 km. Starting at Kingsford Dam, we'll

follow the park's two northernmost trails past several homestead sites, abandoned mines and the Moulton Gorge. Depart CT at 08:00 (Gas \$5) or meet at Kingsford Dam parking lot at 08:45. Leaders: Lynn Esau esaulynn@gmail.com 343-363-0384 and Nancy Hunter nancynelles@gmail.com 613-372-2157.

Thursday September 12 Frontenac Challenge - Big Salmon Lake Loop

Level 2-3, moderate-to-fast pace, 19 km. Circle Big Salmon Lake counterclockwise through mixed hardwood forests and, weather permitting, stop for a swim in Little Clear Lake on the return loop. Depart CT at 08:00. Gas \$4 plus shared park fee. Leaders: Nancy Hunter nancynelles@gmail.com 613-372-2157 and Lynn Esau esaulynn@gmail.com 343-363-0384.

Saturday September 14

RailLine Ramble

Level 2, moderate pace, 14 km. Hike the K&P Trail from Hartington to Verona & return. Lunch at Mom Restaurant. Gas \$3. Depart 9 am from Can Tire. Leader: Stan Huff 613-548-3003

Saturday September 15

Mystery Hike

Level 2, moderate pace, 10-12 km. Gas \$2 Depart Canadian Tire 9 am. Leader: Audrey Sanger 613-384 6244

Tuesday September 17 Frontenac Challenge - Slide Lake Loop

Level 3, moderate-to-fast pace, 27 km. Join us for this challenging 7.5 - 8 hr hike around Frontenac Park's most rugged and rewarding loop. Bring plenty of water and snacks. Depart CT at 07:30. Gas \$4 plus shared park fee. Leaders: Lynn Esau esaulynn@gmail.com 343-363-0384 and Nancy Hunter nancynelles@gmail.com 613-372-2157

Friday September 20 Frontenac Challenge - Arkon Loop

Level 2, moderate pace, 13 km. If weather permits, will do Doe and Arab as well, 4 km. Gas \$4 plus shared park fee. Bring water and snacks and sun protection. Depart Canadian Tire at 8 am. Leader: Sharen Yaworski sharenann@gmail.com

Saturday September 21 Challenge Hike - Little Salmon and Little Clear

Level 2, moderate pace, 18 km. Depart CT at 8:30 am. Bring lunch, water, snacks and protection from sun. Gas \$4 plus share park fee. Leader: Rusty Bassarab rbassarab@gmail.com, 613-634-6015

Wednesday September 25

Challenge Hike - Big Salmon Lake

Level 3, moderate pace, 18 km. Depart CT at 8:30 am. Bring lunch, water, snacks and protection from sun. Gas \$4 plus share Park fee. Leader: Rusty Bassarab rbassarab@gmail.com, 613-634-6015

Saturday September 28

Waterfront Hike

Level 1, moderate pace, about 9 km. Meet at old trail head parking lot

(across from 1098 King St. Kingston) at 9 am. Walk 4.5 km. and return. Bring water, sunscreen and lunch or eat at a nice little cafe. Leader: Mary Lou Hamilton 613-484-5115 or maryloumargh@outlook.com

Saturday September 28

Challenge Hike - Slide Lake Loop

Level 3, moderate pace, 27 km. A breathtaking, but very rugged hike. Depart CT at 7:30 am. (long hike). Bring lunch, water, snacks and protection from sun. Gas \$4 plus share Park fee. Leader: Rusty Bassarab, email rbassarab@gmail.com 613-634-6015

Wednesday October 2nd

Challenge Hike - Cedar Lake

Level 2, moderate pace, 14 km. Depart CT at 8:30 am. Bring lunch, water, snacks and protection from sun. Gas \$4 plus share Park fee. Leader: Rusty Bassarab, email rbassarab@gmail.com 613-634-6015.

Saturday, November 30

Seasonal Social Evening

Come and celebrate with members and friends. Please bring food to share.

RSVP after Nov. 11 to JOEL

joel.susan@sympatico.ca

Telephone: 613-544-5602

Saturday, October 5

Old Trailhead Hike

Level 1, moderate pace, 10 km. From old trailhead parking lot to train station and return. Bring a lunch or purchase lunch at train station. Meet at old trail head 10 am (across from 1098 King St. Kingston). Bring water and sunscreen. Leader: Mary Lou Hamilton 613-484-5115 or maryloumargh@outlook.com

Wednesday October 9 Challenge: Arkon, Doe & Arab

Level 2, moderate pace, 15 km. Depart CT at 8:30 am. Bring lunch, water, snacks and protection from sun. Gas \$4 plus share Park fee.

Leader: Rusty Bassarab, email rbassarab@gmail.com 613-634-6015

Saturday, October 12 Wellesley Island State Park USA

*** Passport Required ***

Level 2, slow pace, 10 km. Hike from the Park Visitor Center, mostly on scenic woodland and waterside trails, some of which are rocky and undulating while others may be muddy. These trails lead to the largely paved pathways of the unique historical and architecturally varied summer vacation community of Thousand Islands Park (T.I.P.) where we stop to eat our lunch in an open sided pavilion overlooking an open stretch of the Seaway with views of the US mainland. After the hike there is the option of joining a one-hour car tour of island highlights. Meet to depart from Canadian Tire at 9.30 am. Gas and toll total cost \$7. PASSPORTS REQUIRED, Travel Health Insurance Recommended. Leader: Bob Chadwick 613-767-7049

*** For information Only ***

Not a Sanctioned Event

Tuesday October 15 F/C: Little Salmon, Little Clear and Hemlock

Level 2, moderate-to-fast pace, 23 km. This network of woodland trails features the Moulton Gorge and several 19th century homestead sites. Depart CT at 08:00. Gas \$4 plus shared park fee. Leaders: Nancy Hunter nancynelles@gmail.com 613-372-2157 and Lynn Esau esaulynn@gmail.com 343-363-0384.

Saturday October 19 Rock Dunder Post-Thanksgiving Special

Level 2, moderate pace, 8 km. Everyone welcome for this beautiful outing for the day. Scenic fall colours - bring camera and lunch. Pick favourite spot. Depart Can Tire 9 am. Gas \$5 plus Park Fees. Leader: Stan Huff 613-548-3003

Saturday October 26

Hike Leader Training with Hike Ontario. This classroom and practical training day is for Hike Leaders and prospective Hike Leaders and is limited to 10-12 participants: For further information please contact Sharen Yaworski sharenann@gmail.com

Sunday October 27 Halloween Hike to Ghost Town from Narrows Lock

Level 2-3, moderate to fast pace, 16 km. Hike past lakes and beaver dams. After visiting the Ghost Town, we will have picnic lunch overlooking Big Rideau Lake. Depart Can Tire 9 am. Gas \$6. Leader: Robert Tolley retolley@hotmail.com or 613-484-4295

Sunday November 17 Mid Town Walk to the "Agnes"

Level 1, moderate pace, 8 km. Walk from CT to Agnes Etherington Art Gallery through mid-town and back. Tour of gallery & Etherington home. No admission fee - donations welcomed. Meeting Place: Canadian Tire. Depart: 1:00 pm. Leader: Linda Line 613-531-4353.

Saturday November 30 Seasonal Social Evening Come and celebrate

with members and friends. Please bring an appetizer, main course, or dessert to share. Contribution to room rental costs \$2.00 per person at sign in table. Time: 6:00 pm munch and mingle, 6:30 pm dinner. Place : Party Room, Lower Level at 66 Greenview Drive.

RSVP JOEL anytime after November 11th, joel.susan@sympatico.ca or 613-544-5602

Friday December 6 13th Annual Spy Rock Christmas Tree Hike and Sing

Level 1, easy pace, 1.4 km. Get into the spirit of the season as we attempt to sing Christmas Carols atop this Foley Mountain landmark. Optional dinner/refreshments afterwards at The Cove in Westport.

The hike leaders are responsible for booking reservations with The Cove. If you plan to stay for dinner you **MUST** contact the leaders by December 4. Bring a flashlight and icers. Carol sheets provided. Depart CTC at 5:00 or meet at St. Edward School parking at 6:15. Due to parking restrictions, we will shuttle to Foley Mountain. Gas \$6. Leaders: Gunhild Karius & Bill Ottney ottech2@cogeco.ca or 613-858-3183 (txt okay)



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www.brownrabbit.nl.ca

Participants' Responsibilities

Participants are expected to choose a trip suitable to their physical abilities and their skill level. At the start they should inform their leader of any health problems or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and cooperation of each group member. Parents and guardians are expected to supervise their own children. Dogs are not generally permitted.

Levels of Difficulty

Hiking/Snowshoeing

Level 1 Well defined trails, gentle inclines. Suitable for beginners.

Level 2 Generally on trail. May be hilly, light bush-whacking, some rough spots or obstacles. Boots are recommended.

Level 3 Rough Terrain. One of more of: extensive bush-whacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock climbing. Boots, Level 2 experience and a high level of fitness essential. Long pants and sleeves recommended.

OTTAWA CLUB ACTIVITIES - FALL 2019

WHAT TO BRING

Bring lunch, water, insect repellent, sunscreen and strong footwear. Come prepared for weather changes. Many events are 'rain or shine'.

NOTE

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 16).

NOT SURE?

The Hike Leader will thank you for your questions, if you raise them a few days before the event. For general information about the Ottawa Club call 613-860-2225.

Assistance in Greenbelt or Gatineau Park

Is it a life-threatening emergency? Call **911**! As a second step or for any other emergency, call **613-239-5353**. Each Park shelter (except Shilly Shally) has an emergency radio communication system. Park shelters are indicated by signs on the trails and are marked on the trail map.

CARPPOOLING AND FEES

Be at the meeting place at least 10 minutes before the stated departure time. The amount quoted for gas is a

suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers. Additional drivers may be needed for **accessible hikes**. If you are available to drive, please call the leader in advance of the hike.

MEETING PLACE

The meeting place is usually one of the following locations along or near the OC Transpo Transitway.

Tunney's Pasture: The government parking lot on the west side of Parkdale Avenue just across from Emmerson Avenue.

Fallowfield Park & Ride: The northwest parking lot of the Park & Ride station, off Fallowfield Road west of Woodroffe Avenue. Park near the drop-off area by the bus shelters.

Baseline Park & Ride: The parking lot at the Park & Ride station on Woodroffe Avenue south of Baseline Road. Meet at the south end of the parking lot, farthest from the bus stop.

INFO FOR LEADERS

Waivers/sign-up sheets and incident report forms are available at rideautrail.org. Please forward completed sheets and forms after Wednesday Walks to **Tony Barnes** at fellwalkerca@gmail.com and after all other outings to **Denise Hall** at rebeccahall@rogers.com

E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. The Club also offers a weekly e-Notice. To receive these electronic communications, send your e-mail address to membership@rideautrail.org. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

Regular Activities

These activities take place on a regular basis, whether they are scheduled or not. For example, the Club meets every Wednesday. The nature of the event changes according to the demands and limitations of the season. The people mentioned as coordinator/contacts will provide more detailed information about the activities.

Tuesday Evening Urban Walks - September to mid-October. There may be a refreshment stop after the walk for those who are interested. Note: Meet at the starting point of the hike, as specified in the Activities Calendar at 5:45 to depart at 6 pm. Because of early sunsets, flashlights are handy to have on some of the Walks. Do NOT meet at Tunney's Pasture unless this is specified.

Coordinator: Maureen Dawson
maureen.dawson@rogers.com

Thursday-Morning Hikes For details of when and where, watch the Ottawa e-notice. Generally these hikes will alternate between a Level 1 on flat terrain and an easy Level 2 on somewhat rough terrain. They are always about 2 hours long, which allows one to be home for lunch. For ideas or to volunteer to lead a morning hike contact Elizabeth Mason at 613-729-6596 or emmason283@gmail.com

Wednesday Walkers - Level 2 and 3 impromptu all-day events in Gatineau Park. Meet on the southeast side of Bate Island, off the Champlain Bridge, at 9:15 am to depart at 9:30. For information, contact Tony Barnes, 613-828-1216 or fellwalkerca@gmail.com

ACTIVITIES CALENDAR - OTTAWA

Tuesday, September 3 Mud Lake

Meet near Pizza Pizza at Lincoln Fields Shopping Centre, northeast corner of the parking lot on Richmond Road at 5:45 pm. Leader: Maureen Dawson 613-226-3864 or Maureen.Dawson@rogers.com

Saturday, September 7 Poets' Pathway 1st instalment

Level 1 walk, 8 to 10 km. The Poets' Pathway is a walking and biking trail of about 35 km, from Beechwood Cemetery to Britannia Beach. Its purpose is to preserve green space in the nation's capital and to commemorate Canada's poets. We'll walk instalments of 8 to 10 km this autumn and next spring. Information/Leader: Grace Hyam, dr003@ncf.ca or 613-829-7252

Saturday September 7 Gatineau Park, Curley Lake and Lac LaPêche

Level 2-3, 12 km. Western Park, approach via overgrown right of way (beware brambles) and into forest to Curley Lake and Lac LaPêche at Fairburn Bay. Double swimming option. Wear good boots, bring water and lunch. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Peter Haggerty, fw599@ncf.ca

Sunday September 8 Gatineau Park, Mulvihill and Pink Lakes

Level 2, 12.5 km. Two loops at the historic Mackenzie King Estate and including the Lauriault Trail. Wear good boots, bring water and lunch. Depart from Tunney's Pasture at 9:30 am. Gas \$3. Leader: Brian Brooks, brooksrbrian12@gmail.com

Tuesday, September 10 Rideau River and Old Ottawa South

Meet at east end of Clegg Street, by the Rideau River at 5:45 pm. Parking is available there. Leader: Lena Creedy Lena.Creedy@rogers.com

Saturday September 14 Gatineau Park, Twin Lakes

Level 2-3, around 10 km. Via Lac Renaud to Twin Lakes lookout for lunch, returning via the lookout facing Lac Philippe. Mostly on trails, with some short off-trail links. Depart Tunney's

Pasture: 9:30 am. Gas \$5. Leader: Graham Creedy, 613-789-1657 or gcreedy@rogers.com

Saturday, September 14 Frontenac Challenge

Level 2, 20 km in Frontenac Park (Gibson Lake and Tetsmine Lake Loops), all on trail. Limited number of participants; sign up with leader by September 12. Gas \$3. Leader: Carol Seal 613-291-7547. carol.seal.613@gmail.com

Sunday, September 15 Frontenac Challenge

Level 2, 17 km in Frontenac Park (Big Salmon Lake Loop), all on trail. Limited number of participants; sign up with leader by September 12. Gas \$3, plus shared park fee. Leader: Carol Seal, 613-291-7547. carol.seal.613@gmail.com

Tuesday, September 17 Hog's Back/Vincent Massey

Meet at northwest corner of RA Centre parking lot (near Riverside Drive) at 5:45 pm. Leader: Kathryn Fournier, lou_daybreak@hotmail.com

Wednesday, September 18 Gatineau Park, Anniversary Hikes

Wednesday Walkers 35th anniversary potluck lunch at Keogan hut. Hikers meet at Bate Island as usual (9:15 for 9:30 departure), to take various routes to Keogan. Others can drive directly to the hut. Please bring food to share. We must take all of our leftovers and garbage out with us. This event will take place regardless of the weather! Any questions please contact Wally 613-728-8072 or jkm@magma.ca

Saturday, September 21 Poets' Pathway. 2nd instalment

Level 1. 8 to 10 km. See Sept. 7. Leader: Grace Hyam dr003@ncf.ca 613-829-7252

Saturday, September 21 Gatineau Park, a Taste of Winter

Level 2-3, about 12 km. Pause at items of interest. See new trails 68, 76 and 77. Hilly loop from Mountain Road to Pink Lake and its staircases

on rocky and/or steep forest trails. Off-trail option to reduce the staircase use would increase the technical challenge. Outdoor lunch. Meet at Tunney's Pasture at 9:15 am for a 9:30 departure. Gas \$3. Leader: Ann Bolster, ann_bolster@hotmail.com

Tuesday, September 24 Both Sides of Rideau River

From Strathcona Park to Lees Ave. Enjoy views from both sides of the Rideau River and cross the new LRT bridge at Lees Ave. Meet at Strathcona Park (east end of Somerset) at 5:45 for a 6 pm departure. Bring water and wear good walking shoes. Leader: Stephen Chappell, 613-612-0865

Saturday, September 28 Kanata, Crazy Horse Trail

Level 2, about 8 km at moderate pace along scenic trails in the Carp Hills. Bring bug spray and a lunch. Meet at the Baseline Park & Ride to depart at 10 am. Gas \$2. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

Saturday, September 28 Frontenac Challenge

Level 2, 26 km in Frontenac Park (Slide Lake Loop), all on trail. Limited number of participants; sign up with leader by September 26. Gas \$2. Leader: Carol Seal, carol.seal.613@gmail.com or 613-291-7547.

Sunday, September 29 Frontenac Challenge

Level 2, 13.5 km in Frontenac Park (Cedar Lake Loop) all on trail. Limited number of participants; sign up with leader by September 26. Gas \$3, plus shared park fee. Leader: Carol Seal, carol.seal.613@gmail.com or 613-291-7547.

Tuesday, October 1 Experimental Farm Ramble

Meet behind the Friends of the Farm building (no. 72) in the arboretum of the Experimental Farm which is on the east side of Prince of Wales Drive at 5:45 pm. Leader: Trudy Stephen, 613-828-9313

Saturday, October 5 Griffith Uplands Trail

Level 2, 10 km, moderate pace. Hike encompasses 4 significant hills in the Madawaska Highlands. All on faint trails. Fingers crossed for glorious fall colours! Early dinner in Renfrew afterwards. Meet at Eagleson Park & Ride north lot for departure at 9 am. Travel time to trailhead is 90 minutes (130 km). Gas: \$7 to \$10, depending on number of occupants. Leader: Carol Seal, carol.seal.613@gmail.com or 613-291-7547.

Sunday, October 6 Gatineau Park, Twin Pines to Twin Lakes

Level 3, 15 km at moderately fast pace depending on terrain. Circle the Twin Lakes. Much of this is on faint trails with some rugged and hilly parts: good boots essential. Outdoor lunch. Meet at Tunney's Pasture for departure at 9:30 am Gas \$5. Leader: Jim Leeson, jleeson@bell.net 613-829-1083.

Sunday, October 6 Gatineau Park Up and Over Traverse

Level 3, 23 km all on marked or known trails: Wakefield to Luskville Falls/or reverse. Minimal breaks. In two parties: one hikes southbound from P17 (Wakefield). The second hikes from Luskville Falls. Exchange car keys at lunch and proceed to the end of the routes. Hike may be altered depending on circumstances. Depart Tunney's Pasture at 9:30 am. Gas \$5. Wear good boots, bring water and lunch. Gas \$5. Leader: Peter Haggerty, fw599@ncf.ca

Tuesday, October 8 Scenic Pathways

Level 1, 6 km. Meet at Tunney's Pasture for 6:00 pm departure. Walk follows a wooded path to Island Park Drive and returns along the river path to Lemieux Island and back to Tunney's. Leader: Hazel Miller 613-232-6558

Saturday, October 12 Pilon Road, Gatineau Park

Level 3, around 11 km. Steep sections, stream crossings and viewpoints. Lunch will be outside with a view. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$4. Leader: Denise Hall 613-843-8222 or rebeccahall@rogers.com

Tuesday, October 15 Rockcliffe/New Edinburgh

Meet at New Edinburgh Park, 192 Stanley Avenue at 5:45 pm. Leader: Pat Archer, 613-565-6149 or parcher@storm.ca

Weekend, October 18-21 Frontenac Park

Hiking weekend based in Westport for RTA members. Hikes in Frontenac Park Friday, Saturday, Sunday and possibly Monday. This trip is full, but others may join us for hikes and/or dinner at the Cove. Please let us know so we can coordinate timing. To be added to the waiting list, contact Denise at rebeccahall@rogers.com

Trail Closure

Beware of local Trail closures during the fall hunting season, especially in Marlborough Forest. Check Trail Alerts

Tuesday, October 22 Urban Art Walk

Level 1. Meet at Tunney's Pasture for a 6:00 departure. Approximately 6 to 7 km along Wellington, passing all the Wellington Marbles and other street art commissioned by the City. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

Saturday, October 26 Gatineau Park, King Mountain

Level 2, about 7 km on hilly trails. From P7 to King Mountain for lunch with a panoramic view of the Ottawa Valley and downtown Ottawa. Meet at Tunney's Pasture to depart at 10 am. Gas \$3. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

Sunday, October 27 Adopt-a-Roadway Clean-Up

Why not join us? We clean up 5.5 km of Roger Stevens Drive, near North Gower. Optional pub stop for lunch afterwards. Kindly register in advance to reserve equipment. Leader: Brian LaDuke, at 613-534-8538 yellow.bumper@hotmail.com (alternate contact: Denise Hall, 613-

843-8222 or rebeccahall@rogers.com). This event will occur rain or shine, so dress accordingly. If you have your own work gloves and/or picker please bring them along. Meet at Fallowfield Park & Ride, for a 9 am departure. Gas \$5.

Saturday, November 2 Gatineau Park, Notch/Mine Road Trails

Level 2, about 8 km and 2 hours. Hike in the Gatineau Hills not far from the Notch and Mine Road intersection. Bring along a snack and water. You will be home for lunch. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$2. Leader: Elizabeth Mason, 613-729-6596

Sunday, November 3 Wakefield local: Farewell to the Leaves

Level 2, route to be determined, planning on both forest and riverside. Wear good boots, bring water and lunch. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$5. Leader: Peter Haggerty, fw599@ncf.ca

Saturday, November 9 Queensway Terrace/Britannia Heights

Level 1. About 6 km. Lunch stop at St. Stephen's Anglican Church at their annual Food Fair and Lunch. Lunch for \$8 (optional). Meet at 10 am at the southeast corner of Lincoln Fields Shopping Centre. Leader: Maureen Dawson, 613-226-3864 or Maureen.Dawson@rogers.com

Saturday, November 9 South March Highlands

Level 2, 12 km. Moderate pace. All on trail. Wear good boots. Outdoor lunch. Many beautiful ponds and rocky outlooks. Depart from Baseline Park & Ride at 9:30 am. Gas \$3. Leader: Doug Parsons, 613-843-8222.

Saturday, November 16 Greenbelt, Old Quarry Trail

Level 1, about 10 km at moderate pace from P5 (Eagleson Road). Hike on flat terrain and well-groomed trails. Late indoor lunch (optional). Meet at the trailhead, across from the Hazeldean Mall (bus #88 from Baseline), to depart at 9:30 am. Leader: Ethel Archard, ethel.archard@sympatico.ca 613-592-7733

Saturday, November 23 Gatineau Hike from P16 and Cowden Rd.
Level 2, 12 km. Loop hike mainly on trail. Lunch outdoors at Carbide Willson. Meet at Tunney's Pasture by 9:15 for a 9:30 am departure. Gas \$4. Leader: Denise Hall, rebeccahall@rogers.com 613-843-8222.

Saturday, November 30 Carp Hills Hike

Level 2, 13 km. Hidden Lake and Crazy Horse Trails. Moderate pace. We will pause at areas of interest. Rolling hills, rocky outcrops and scenic ponds. All on trails. Wear good boots. Lunch outdoors. Meet at Baseline Park & Ride for a 9:30 am departure. Gas \$2. Leader: Denise Hall, 613-843-8222 rebeccahall@rogers.com

Saturday, December 7 Gatineau Park, Skyline

Level 2, about 8 km and 2 hours. Hike the Skyline trail. Pace and effort moderate; technical challenge low to moderate. Bring along a snack and water. You will be home for a late lunch. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$3. Leader: Elizabeth Mason, 613-729-6596

Whoops!

Did you miss this addition to the Ottawa Club Executive? Lorraine Farkas is listed as liaison with the NCC. More specifically, she represents us to Gatineau Park. The Ottawa Club conducts many outings in this nearby Park that offers a wilderness setting, in addition to many Level 2 trails.

Calling all Lifers

Are you a Life Member?

BY FRAN CUTLER

We would like to find out more about our RTA life members, both active hikers and those no longer coming on walks.

Send us a few lines about treasured memories of days on the trails. Perhaps you delighted in seeing a rare bird, had a glorious swim in a secluded lake,

or felt the elation of completing an End-to-End in particularly challenging conditions. Or maybe you would just like to recall the names of people you enjoyed hiking with.

Let us know if you still enjoy the print version of the quarterly newsletter, or if the online version suits you better. (INFO@RIDEAUTRAIL.ORG 613-860-2225)

If you would like to make a donation in memory of a fondly remembered walking friend, the RTA would be very grateful to receive and acknowledge it. Bear in mind that just being good company on a walk made a contribution to brightening someone else's day.

A special thank you to former leaders who are no longer able to take on the challenge of arranging an activity for others to enjoy.

LIFE MEMBER, FRAN CUTLER
CONTINUES TO BE AN ACTIVE
MEMBER IN THE OTTAWA CLUB



Hosted by
Oak Ridges Trail
Association

Pub Night:
Friday, October 18, 2019

Location: Newmarket Inn,
18667 Old Yonge St, Holland
Landing, ON L9N 0J2

Speakers - Workshops - Hikes
<http://hikeontario.com/newsevent/s/yearlyevents/summit-agm/>
info@hikeontario.com

Members Corner

Tips: Review the contents of your pack (extra water, socks, first aid, spikes, a kitchen sink...)

Check for Trail updates and Maps
Remember the Trail text descriptions

Hiker Wanted

Senior woman, in Carleton Place, looking for a like-minded lady (hiking partner) to go on a 2-week nature trip in winter, fall or spring (Arizona or other destination) including cultural activities. Fit for distances of up to 15 km per day. Contact Suzanne at suzreb@Teksawy.com or 613 253-2172

Newsletter Editor Wanted

If you're reading this, you've got an eye for detail. Great! Also essential is some comfort working with words, images and Windows, not necessarily in that order. Limited experience is not an issue. Email newsletter@rideautrail.org

Using this space?

Contact the Editor (page 4).



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Breakfast option at the Black Dog Inn: omelette, fresh fruit and vegetables

but then I boldly asked, "Could they drop us off somewhere tomorrow?" Of course!

Although we were not guests, the next morning I found myself in the Black Dog's kitchen sampling smiles, Elaine's baking and a great atmosphere. Refusing payment for driving us to Opinicon that morning, they just said, 'stay with us sometime.' We were back a few weeks later. Our room was a spacious suite, supplied with a variety of cheeses and other snacks.

The Black Dog Inn is an 1840's house in central Westport. It is a bike and dog-friendly bed and breakfast that has its focus clearly on serving their guests.

Accommodation on the Trail

BY STEVE KELLY

What makes a hiking trip's overnight stop a great place to stay? Is it a quiet room, a comfortable bed, or how about a good location? The Black Dog Inn offers all that, but they add baking, great food and more.

Last May we found ourselves thinking about a place to stay after a hike in Frontenac Park. Then I remembered something that Sharen sent out: accommodation, Westport, shuttle... I called, but they were full. They suggested another place for us to stay. That was nice,



Don't be fooled by the Black Dog's exterior. It is a nicely furnished and renovated facility that offers a pleasing level of comfort.

<https://m.bbcanada.com/15015.html> (613) 862-2961

Success and the Frontenac Challenge

BY ANN BOLSTER

What do you do when you're facing at least two days without electricity because of freak tornados that ripped through the Ottawa area? Why, you go for a 27-km hike. You may suffer after that distance, especially since you're at that age when joints are a bit arthritic and muscles not as strong as they used to be. But Carol was sure that I could do it.

Suffer I did, but only from addiction - to the Frontenac Challenge! From that first hike, which surprisingly did not exhaust me, to its repeat a month later to help out a

The loops vary from the tiny 1.5-km Arab Gorge to the 21-km Slide Lake, but hiking in and out on access trails adds to the distance: Slide Lake, for instance, is about 27 km in total - 29.6 the second time, thanks to a couple of navigation errors. Very often we combined loops to make for a full day of hiking. Using campsites in the Park you could get a really early start. And you can break a long loop into chunks and take 2 or more days to hike the route. Registration for the Challenge is at the park office, but you don't need to register before hiking your first loop.

Many in the RTA travel extensively to hike in different parts of the world. But so close to home (and even closer for Kingston and Central club members) is a gem of a

To meet the Frontenac Challenge, one must hike all 11 trail loops within the Park. Those not able to complete the Challenge can instead do the Frontenac Trek, for which you choose six loops.

park that most in Ottawa have not hiked. This fall, take the Challenge yourself. It's a rewarding project in a gorgeous natural environment.

fellow hiker trying to finish her Challenge, I had the best time! Frontenac Park is beautiful with plenty of often steep ups and downs, and numerous spectacular lookouts. I felt as though I was in a Group of Seven landscape.

The trails are signposted but sometimes faint, especially when the forest floor is a colourful carpet. A lovely section of the Rideau Trail runs through the park, forming part of two loops, and includes Flagpole Hill.

Our initial group of five grew, and we continued our quest, in pairs and trios. Part of the challenge for us was the early morning drive from Ottawa (usually 2 hours one way). For three of us the final loop was Big Salmon Lake, hiked during the Ottawa Club's long weekend in Westport.

For the Challenge you must hike all 11 named loops in the park (with one possible substitution) in September and October of a year. This year, hikers record the name of the bird printed on a sign somewhere along the loop. Something else will be on the signs next year, and the signs will be in different spots. We were encouraged to record when and where we spotted the actual birds. Hmm: hairy woodpecker was not on the list, nor was "small rusty-brown bird".

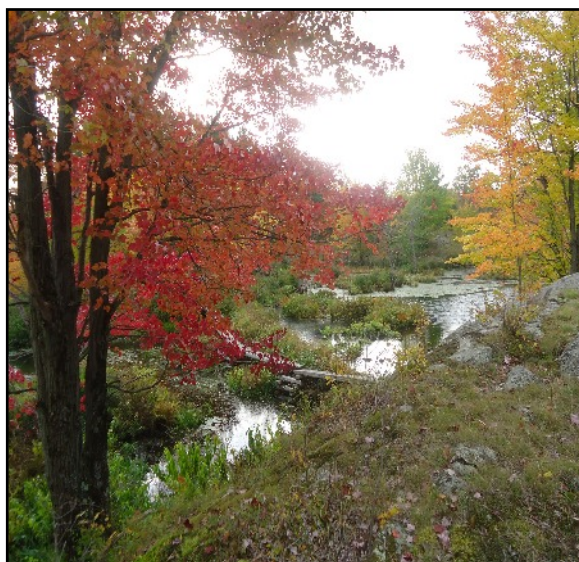
Our Group of Six is pictured on this issue's cover with Ann, Carol, Audrey, Kerstin, Craig and Kevin, at Hardwood Bay of Devil Lake on the Tetsmine/Gibson hike. Photo by Kevin Chapman.



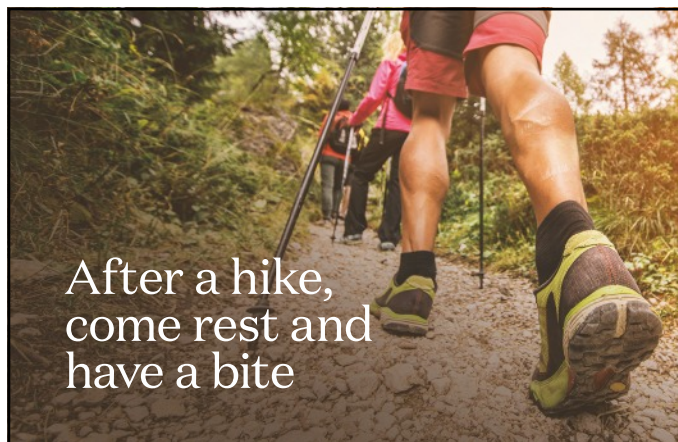
Long time Ottawa Club hike leader Ann Bolster discovered the trails and landscape of Frontenac Provincial in the fall of 2018.

FRONTENAC CHALLENGE
INFORMATION ONLINE:
[HTTPS://WWW.FRONTENAC
PARK.CA/](https://www.frontenacpark.ca/)

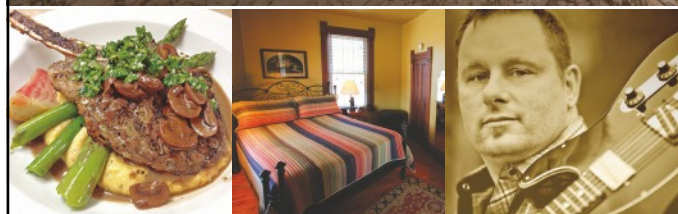




Frontenac's forest is open and studded with lakes, ponds and rocky outcrops. Sometimes I felt as though I was in a Group of Seven landscape.



After a hike,
come rest and
have a bite



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Canadian dollar rates available for this tour on request

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Canadian dollar rates available for this tour on request

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- 8 days/7 nights
- Individual Self-Guided

Starting from the roaring Atlantic Ocean in the North West, this multifarious week of hiking takes you across the unique mountain scenery of black volcanic rock into the sunny south west.

Departures weekends from January 5 to December 15, 2019

€599.00 - €679.00 Double Occupancy

Canadian dollar rates available for this tour on request

PORTUGUESE COASTAL CAMINO



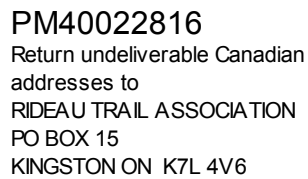
- 15 days/14 nights
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Starting in Porto, and weaving your way through the Portuguese countryside. Explore Padron, its peppers and its links to the St. James before the final journey to Santiago de Compostela.

Departures daily from March 15 to November 1, 2019

€895.00 - €1050.00 Double Occupancy

Canadian dollar rates available for this tour on request



A photograph of a forest floor. In the foreground, several large, irregularly shaped rocks are covered in a thick, vibrant green moss. Scattered around and on top of the rocks are numerous thin, dry, light-colored branches and twigs. The ground is also covered with fallen leaves, some green and some brown. In the background, several thin, vertical tree trunks stand, and the forest floor is dappled with sunlight and shadows. The overall scene suggests a moist, shaded forest environment.

A group of hikers is shown on a dirt trail in a forest. In the foreground, a man with a beard and a wide-brimmed hat is walking towards the camera, using trekking poles. Behind him, several other hikers are visible, also equipped with backpacks and poles. The trail is surrounded by lush green trees and undergrowth. A white box with the text "David Miller photo" is overlaid on the bottom left of the image.