



# ***Rideau Trail***

NEWSLETTER

Winter 2019-20

Issue No. 194



**It's Better in Winter**

Page 6



## Success at Murphys Point

Between May and September this year, the RTA and Murphys Point Provincial Park teamed up to create a series of five, themed mid-week walks, led by a senior park naturalist.



McParlan House, Lally Homestead, the Silver Queen Mine, Round Lake and Loon Lake, exploring the beautiful trails within the park, including of course the Rideau Trail.

This program was a big success, with average number of walkers being 18 per hike. A huge vote of thanks goes to Tobi Kiesewalter, Mark Read, and all the staff at

We looked at the rock formations in the park, and learned how the geology of the park determines the types of natural vegetation and animals to be found in the park, and how the geology of the park has affected the lives of the people living off the land. On our final walk, we touched on some of the natural and cultural history that we encountered along the way.

In the process of these enjoyable walks, we covered all the most beautiful corners of the park, including The Point,



The hike goes deep into the Silver Queen mine.

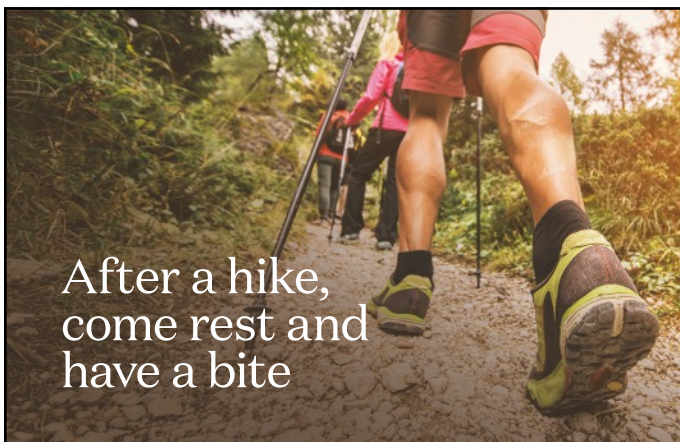
Murphys Point Park for being so generous with their time and for sharing their enthusiasm for this very special corner of Eastern Canada.



Hikers and Park personnel share experiences.

Oh yes, a special thanks to the folks at the park store who made sure that there was ice cream available at the end of each hike!

THANKS TO JACK TANNETT (CENTRAL CLUB) FOR COORDINATING AND REPORTING ON THIS DEMONSTRATION OF A VALUABLE PARTNERSHIP.



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## Winter End-to-End 2020

Not sure what to do this winter? Are you tired of sitting at home and watching TV? If you are an experienced winter hiker and are prepared to go out in a wide range of weather conditions, why not have an awesome Canadian experience - enjoying and embracing winter hiking? Join us on the Rideau Trail Association's Winter End-to-End hikes (WE2E).

**ADVANCE REGISTRATION REQUIRED**

The RTA WE2E 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/Burritts Rapids areas over four weekends.

The Core Group (led by John Morrison) will travel an average distance of 15 km per day (some days will exceed 15 km); while the Extended Length (XL) group (led by Rusty Bassarab) will cover an average distance of 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.  
Potential makeup hike day: 29 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. Advance registration is required, no later than 28 December 2019. Group size might be limited.

All WE2E hikes involve shuttling from a meeting location to the hike start location, and some more shuttling at the end to get participants back to their vehicles. Hiking in winter involves additional clothing and gear, plus the direction of the hike and parking areas can vary with weather. The group leader will provide you with more detailed information on the hikes as well as the clothing and equipment that you should have.

The level of difficulty will vary widely over the series. Those in the XL group can expect a faster pace.

### Group Leaders

Core Group: John Morrison [sail-ability@sympatico.ca](mailto:sail-ability@sympatico.ca)  
613-530-4876

XL Group: Rusty Bassarab [rbassarab@gmail.com](mailto:rbassarab@gmail.com) 613-634-6015



## Thank You, Landowners

Where the Rideau Trail crosses privately owned land, it does so with the landowner's permission.

Note: please respect the one-day Trail closure: Tuesday, March 10.



 **CALABOGIE**  
PEAKS RESORT

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

[www.Calabogie.com](http://www.Calabogie.com)

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



## Historic Sign Gets Face-lift

Central Club member, Steve Wight stands beside the large RTA sign that used to be in front of Perth Town Hall. Did you miss seeing it this year? The Town relocated it a short distance to the east (see Spring 2019). Thanks to Steve's magical craftsman's skills, the sign is nicely restored.

The Town of Perth expressed their delight with the finished product. Now hikers can stop and admire Steve's work as they pass through Perth. Awesome job, Steve. Thank you.

## Recent Donations

Don & Christina Sherwin In Memory of Wilma Chadwick and Howard Robinson  
Jennifer Brinkman  
Kyla Rafuse & Michael de Launay  
Joseph Holtz  
Estate of Ruth Hutchinson  
Cynthia & John McBride  
Jean-Frederick Menard  
Peter Mundy

## Are you a Lifer or Long-time Member?

The Fall issue had a request from life member, Fran Cutler. It was to find out more about our RTA life members, both active hikers and those no longer coming on walks.

Why not drop us a line or call about treasured memories of days on the trails? Let us know if you still enjoy the print version of the quarterly newsletter, or if the online version suits you better. (PO Box 15 Kingston K7L 4V6 INFO@RIDEAUTRAIL.ORG 613-860-2225)

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

COVER



HOWARD ROBINSON PHOTO

## Why It's Better in Winter

- **Visibility.** Great all the time, not just for 5 minutes at a lookout. No leaves, so you can see!
- **Freedom.** With a few feet of snow down the bothersome rocks & deadfalls are gone. Explore!
- **Enjoyment.** Being outside is always better than being on the couch. Hit the trail!

Best of all:

**Bugs.** It's winter. NO BUGS!!!

COVER CONCEPT AND PICTURES BY  
KEVIN REYNOLDS, OTTAWA CLUB.



ADDITIONAL PHOTO:  
JACK TANNETT, CENTRAL CLUB

## Had a Tiring Day?

Is it true that friend of the RTA, Paul Galipeau completed the Frontenac Challenge? in 39 hours and 46 minutes!? He reduced the distance to about 113 kilometres by staying on the trail, and not returning to the entrance after each loop.

<https://www.youtube.com/watch?v=DQ54112eOl8&feature=youtu.be>



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 25<sup>th</sup> 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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Spring Newsletter: **Deadline February 1, 2020**

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**

## Central Club Executive

Chair: Joyce Davis  
Vice-Chair: OPEN  
Past Chair: Jack Tannett  
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

Chair: Sharen Yaworski  
Vice Chair (Board Rep.):  
Rick Shaver  
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

## Ottawa Club Executive

Chair: Sandy Freeman  
Past Chair: Denise Hall  
Vice Chair and Rep. to RTA  
Board: Carol Seal  
Secretary: Dawn Carrick  
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

## Board of Directors

President: Brian Grant, Ottawa  
(613) 225-8770 president@rideautrail.org

Vice President:

Secretary: Ruth Oswald  
(613) 590-7467 secretary@rideautrail.org  
Treasurer: Phil Dawes, Ottawa  
(613) 728-5520 treasurer@rideautrail.org  
Membership Director: Mary-Jean McIntyre, Kingston  
613 583-1667 membership@rideautrail.org  
Trail Coordinator: Rusty Bassarab, Kingston  
rbassarab@gmail.com

Marketing/Communications:

### Club Chairs:

Central: Joyce Davis, Portland  
(613) 794-3138 jbdavis098@gmail.com  
Kingston: Sharen Yaworski, Kingston  
(613) 544-6022 sharenann@gmail.com  
Ottawa: Sandy Freeman, Ottawa  
(613) 225-2940 ottawa@rideautrail.org

### Club Representatives:

Central:

Kingston: Rick Shaver, Kingston  
(902) 331-0765 rick.shaver@hotmail.com  
Ottawa: Carol Seal, Ottawa  
(613) 291-7547 carol.seal.613@gmail.com

### Newsletter Editors:

Adriana Kievit, Ottawa  
(613) 720-5787 akievit1@sympatico.ca  
Steve Kelly, Ottawa  
(613) 422-1318 stkelly@rogers.com

# Association News

## Board Meeting Highlights

McMartin House, Perth, October 26, 2019

BY MARY-JEAN MCINTYRE

It was with great sadness that the Board recognized the recent passing of two RTA volunteers: Wilma Chadwick and Howard Robinson.

### Thank You

The Board expressed sincere appreciation to outgoing Board members David Batchelor (Trail Coordinator) and Caitlin Farquharson (Marketing and Communications Director) for their valuable service on the Board.

Rusty Bassarab (Kingston Club) is our new Trail Coordinator. Welcome to the Board, Rusty! A key objective is to establish a new GIS (Geographical Information System).

### Name Badges

The manufacturer holds our orders, rather than make them one at a time. A number of badges will be made in December.

### Other Board Activities

Our Treasurer, Phil Dawes, has confirmed that RTA continues to meet all requirements for a charitable organization.

RTA continues to explore and implement information system improvements. We are updating confidentiality agreements with appropriate individuals.

Your Board recently attended a Governance training session led by Volunteer Ottawa. We learned three modes of governance: Fiduciary, Strategic and Generative (longer term, systemic view). A goal is to reduce time spent at the Board level on operational activities. An excellent example of this is recent progress made to align and standardize Club Treasurer reporting formats, an improvement led by our Board Treasurer.

### Special Event

We are enthusiastically supporting the intentions of a team who are planning a 2020 E2E to bring awareness to Women's Mental Health Initiatives based out of the Royal Ottawa Hospital. More information will be forthcoming.

As always, we invite members to contact any Board member with questions or suggestions!

AGM May 23

2020 ANNUAL GENERAL MEETING

Perth Golf Club

## Re-Route: Map 8

### Big Rideau North Shore (BRNS)

UNTIL THE TEXT DESCRIPTION FOR THIS TRAIL SEGMENT IS UPDATED, PLEASE REPLACE YOUR MAP DETAIL WITH THE FOLLOWING:

After another 1 km the RT goes R for 200 m on the gravel Horseshoe Bay Rd, then goes L into woods. It returns to the BRNS Rd, goes R for 300 m, then turns R off the road. It goes down a hill to a private cottage road L, past Horseshoe Bay R, then up a hill, R on another private cottage road, and then L and straight ahead on a gravel road to reach the gravel Miners Point Rd, where it goes R (NE) for 400 m to a parking area R.

P?

Landowners give us permission to walk on their property. This does NOT include driving or parking on their private road, laneway or BBQ deck.

Please recognize private entrances and roadways and DO NOT PARK there. Use the designated parking areas or public roads where parking is permitted.

## Could this be you?

The RTA is always looking to expand our pool of hike leaders. Leading allows you to share your favourite outings with others, find others to explore new areas with you, and share experience and knowledge with other leaders.

If you have ever considered leading but don't know where to start we would encourage you to contact your clubs Activity Coordinator.

Central: **Maida Murray**  
(memmurray@hotmail.com)

Kingston: **Peter Burbidge**  
(peterbur@kingston.net)

Ottawa: **Denise Hall / Kevin**

**Reynolds**  
(rtaleaderottawa@gmail.com)

## NECESSITIES FOR A NORDIC OUTING

by Liz Lundell

Winter is not time to stop enjoying the Rideau Trail! With a few simple preparations and a wide selection of areas to choose from, there are limitless opportunities for sun-filled cross-country skiing outings.

Waxless skis eliminate the guess work in preparing for snow conditions, but some skiers prefer wood touring skis. Regardless of which type of ski you use, you should pack a few basics if you are setting off for backcountry sections of the trail.

In a day-pack, I always carry a spare ski tip, a small coil of wire for repairs, duct tape, map, and compass. A small first aid kit is always a good idea, and an extra layer of clothing is a must. It doesn't take long to cool off during a snack break, and an extra vest or jacket is welcome.

Backpacking snacks serve cross-country purposes well. Those high calorie, low bulk foods, such as dried fruit, nuts, and granola bars, keep a skier fortified. I always slip in a few chocolate bars and prepared sandwiches for a lengthy trip. A hot drink or soup in a thermos takes the chill off. In addition to a hot drink, I carry plenty of water or juice to replace lost fluids.

What you wear will almost certainly influence how enjoyable your outing is. Stick by that old maxim of layering, because it is surprising how warm you get as you glide along. The main object is to avoid getting too hot. Perspiration trapped next to the body will cool quickly once you stop moving, and this chilling can lead to hypothermia. Good long underwear, top and bottom, wicks away perspiration from the body, as do the light wool or cotton socks that go under heavy ski socks. Next, I wear a cotton turtleneck and a medium weight wool sweater. Wool retains most of its warmth, even when wet, as compared to cotton or synthetic fabrics. Over this goes a light shell of cotton or some other breathable material. Top it all off with a toque which covers your ears, and mittens - not gloves. By spreading the fingers apart, gloves tend not to be as warm. Be optimistic and pack the sun block, lip balm and sunglasses!

FROM (ABRIDGED) RIDEAU TRAIL NEWSLETTER,  
NO. 78, WINTER 1990

## Tips for Winter

BY LORI HENLEY

I learned a great deal about winter hiking last year, and thought I would share a few tips:

- Fill your water bottle with warm water and store it upside down in your pack (it freezes at the top which would therefore be the bottom, enabling you to still drink from it)
- Don't use a hydration pack in extreme cold - not only does the water freeze but my hose snapped in half (people politely laughed at me for bringing one on a -30 day)
- Put a sock or insulated sleeve on your thermos - it's nice to have a hot drink but holding onto the metal with bare hands or gloves can freeze your fingers
- Good snowshoes with the climbing spikes are worth the extra cost - not only do they help you climb the steep sections but also provide some grip when going down steep slopes
- Practice strapping your snowshoes on the back of your pack so they are comfortable to carry around and easy to put on and off. Some packs are designed with straps but if not, it's easy to put them on any pack with some decent bungee cords
- Buy high quality spikes for the icy stretches (it's worth it to pay the \$70 or so)
- Carry food close to your body inside your jacket and not in your pack (it's difficult trying to bite into a frozen power bar or wrap)
- Bring hand and toe warmers and put them in sooner rather than later (like during the shuttle drive up to the start point)
- Bring a full face mask and goggles on those days with a significant wind chill
- Bring a hiking sit-upon - it provides some insulation for your butt in the snow

OTTAWA MEMBER LORI HENLEY WROTE ABOUT HER WINTER  
END-TO-END IN THE SUMMER ISSUE OF THE NEWSLETTER.



## Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 5) or email: [info@RideauTrail.org](mailto:info@RideauTrail.org)

### Address Changes / Paper Newsletter

To stop it, or to receive it, call or email: [membership@RideauTrail.org](mailto: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 5. 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](mailto:secretary@rideautrail.org)



**Central Section**  
[hmrob@storm.ca](mailto:hmrob@storm.ca)  
Mary Robinson,  
Central Club Secretary



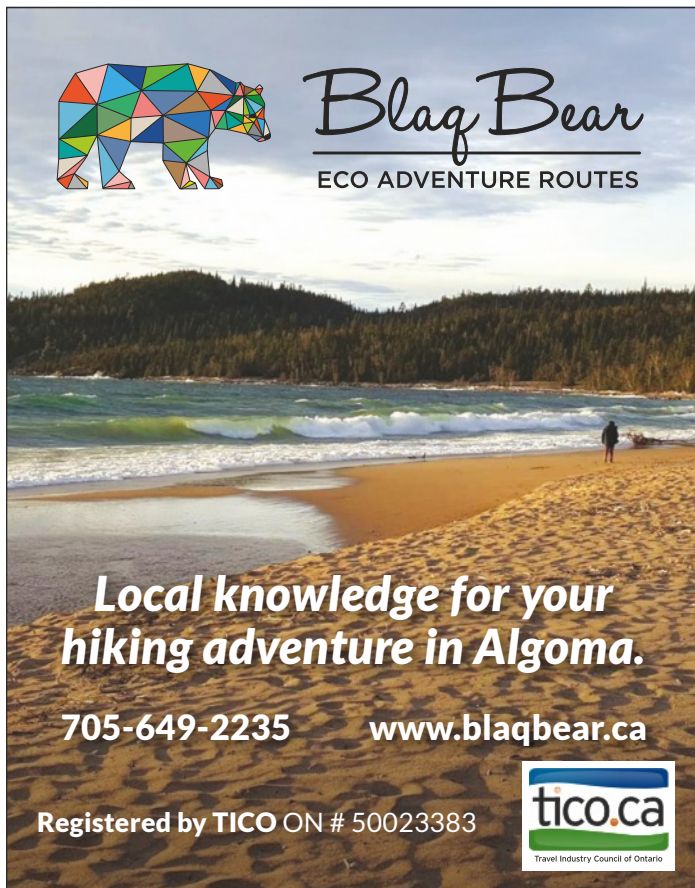
**Kingston Section**  
[sharenann@gmail.com](mailto:sharenann@gmail.com)  
Sharen Yaworski, RTA Rep.  
For Kingston Club



**Ottawa Section**  
[dawncarrick@sympatico.ca](mailto:dawncarrick@sympatico.ca)  
Dawn Carrick, Ottawa Club  
Secretary



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## 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

**Ladies Backpack** for sale. Lowe Alpine 70 litre 'Sirocco' model. Internal frame adjustable length. \$50. Contact Steve Kelly [stkelly@rogers.com](mailto:stkelly@rogers.com)

**FREE!** British Ordinance Survey topo maps for hiking in the UK.  
Contact Steve Kelly [stkelly@rogers.com](mailto:stkelly@rogers.com)

### 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 personal computers, not necessarily in that order. Limited experience is not an issue. Email [newsletter@rideautrail.org](mailto:newsletter@rideautrail.org)

### Using this space?

Contact the Editor (page 5).

# Trail Maintainer Retires

BY SHAREN YAWORSKI

We have many trail maintainers who have been keeping the Trail clear and visible. Thank you to all, for doing a great job. We would not have a passable Trail without them.

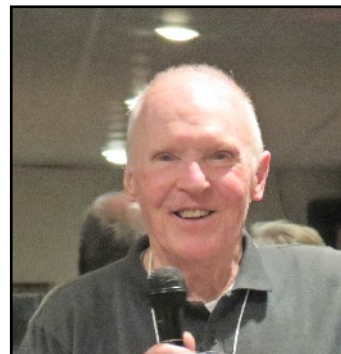
I have a special thank you for one special person, without whom there would be no Rideau Trail at all. Doug Knapp has been a trail maintainer since the 1970's, and he is retiring. Doug was not only a maintainer, he is one of our founding fathers who was the catalyst who got the reaction going when he broached the idea of a hiking trail between Kingston and Ottawa at a Kingston Field Naturalist Meeting in 1971. Doug was also the second president of the Association (1973-76).

In addition, Doug was instrumental in seeking out other hiking clubs to have a hiking voice with the Ontario government. In 1975 Hike Ontario was formed and was recognized by the Government. In 1980 Doug received a Hike Ontario award in recognition of his services to the hiking movement in Ontario.

In 1990 Doug was at the helm of the Southeastern Ontario Rails & Trails Association (SEORTTA) which led to the formation of the Cataraqui and the K&P Trails which are now enjoyed by many hikers, cyclists and snowmobilers in Southeastern Ontario. Thanks Doug!!!



1976 RTA President  
Doug Knapp - (ARCHIVES)



Doug addresses the HO Annual Summit in Perth, 2016.  
HOWARD ROBINSON PHOTO

SHAREN YAWORSKI IS CHAIR OF THE KINGSTON CLUB AND RIDEAU TRAIL'S REP. TO HIKE ONTARIO

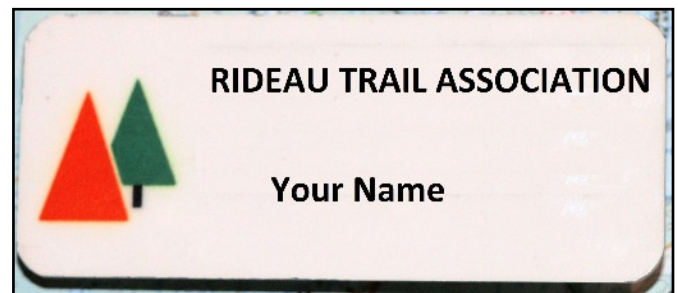
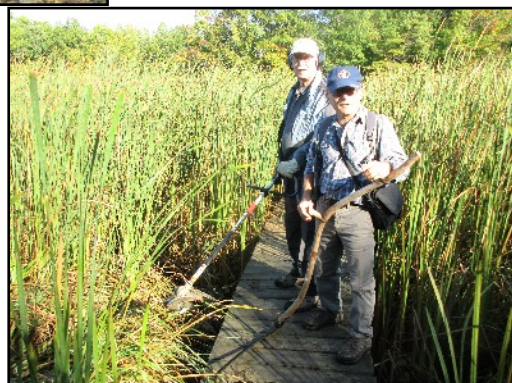
Clearing the Trail near  
junction signpost (Skycroft)  
RAY WILSON, KINGSTON



## Tools of the Trade

Opening the Marsh Boardwalk in Kingston, Trail Maintainers use two generations of tools: the Scythe, and the power brush cutter. The latter works as long as you feed it; the former works as long as the operator can swing it. We all owe thanks to the volunteers who keep the Trail clear.

PHOTO: STAN HUFF



## Hiker's Aid

A fellow hiker on the trail sees you, but can't put a name to a familiar face. Why not help them out? Get yourself a Rideau Trail name badge, with either a pin or a magnetic fastener.

Order one online or use the form (page 13). The badges are only manufactured on an occasional basis. Several will be prepared in the next few weeks. Get your request in now, and you'll have it for the New Year.

The Rideau Trail provides the tools. Trail Maintainers provide the enthusiasm, alone or in groups. Learn more from any member of your Club Executive (page 4).



# CENTRAL CLUB ACTIVITIES - WINTER 2019-20

## 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 17). Hike leaders may refuse to take a hiker who does not have proper equipment or clothing.

## 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](mailto:membership@rideautrail.org). If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

## Alert

! Ticks may be active all winter depending on temperature. Check for ticks everywhere on your skin when you get home. !

**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 [mfrance03@cogeco.ca](mailto:mfrance03@cogeco.ca)

## Activities Calendar

### Sunday, December 1 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](mailto:jtannett@cogeco.ca)

### Friday, December 6

#### 13th Annual Spy Rock Christmas Tree Hike and Sing

Join the Kingston hikers on our joint annual Christmas hike. Level 1, easy pace, 1.4 km. Get into the spirit of the season as we sing Christmas Carols atop Foley Mountain with optional dinner/refreshments afterwards at The Cove in Westport. Bring a flashlight and icers. Carol sheets provided. Depart from Conlon Farm at 5:15 pm or meet at St. Edward School parking at 6:15, for a shuttle to Foley

Mountain. Gas \$2. If you plan to stay for dinner you MUST contact Bill Ottney by December 4.

Central Leader: Jim Middleton - [middleton.james@gmail.com](mailto:middleton.james@gmail.com) or 613-272-6793

Kingston Leaders: Gunhild Karius & Bill Ottney [ottech2@gmail.com](mailto:ottech2@gmail.com) or 613-858-3183 (txt okay)

### Saturday, December 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 \$4. Some may wish to stay for lunch at the Opinicon. Leader Joyce Davis 613-794-3138 [jbdavis098@gmail.com](mailto:jbdavis098@gmail.com)

### Saturday, December 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](mailto:pbstranberg@gmail.com)

### Sunday, December 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](mailto:yvnkennedy@gmail.com)

### Sunday, December 29 Rideau Trail Hike 10A to 10D

(CENTRAL ACTIVITIES)

Level 2, moderate pace. 13 km.  
Mackler Side Road to Conlon Farm.  
Snow shoes and icers may be  
required. Depart Conlon Farm at 9 am  
Car shuttle. Gas \$2. Leader: Maida  
Murray 613 456 6085  
memmurray@hotmail.com

**Saturday, January 4 New Year's  
Resolution Hike Baird's Wood**

Level 2, moderate pace. 6 km on good  
paths. Gas \$2. Depart Conlon Farm at  
9 am Leader: Yvonne Kennedy 613 267  
9817 yvnkennedy@gmail.com

**Saturday and Sunday, Jan. 11-12  
Winter End-to-End**

Advance registration required (page 3).

**Sunday, January 12 Mississippi  
Valley CA Mill of Kintail**

Level 1, Moderate pace. 7 km.  
Snowshoes and/or icers are required.  
Depart Conlon Farm 9 am. Gas \$4.  
Park Fee. Leader: Tom Pearcey 613  
284 1294 tompearcey7@gmail.com

**Saturday, January 18 Murphy's  
Point Provincial Park**

**Joint outing with Ottawa Club**  
Ski or snowshoe Level 2. Gas \$4.  
Parking fee. Depart Conlon Farm at  
9:30 am The snowshoe and skiing  
groups will meet for lunch at Lally  
homestead.

**Ski:** 10 km. Leader Nancy Gaudreau  
802-353-0798 (leave a message)  
ndgaud@gmail.com

**Snowshoe:** 8 km. Leader: Peder  
Krogh 613 456 6085  
pederkrogh5@gmail.com

**Saturday and Sunday, Jan. 25-26  
Winter End-to-End**

Advance registration required (page 3).

**Sunday, January 26 Rideau Valley  
CA Foley Mountain**

Level 2, moderate pace. Approximately  
8 km. Snowshoes and/or icers will be  
required. Depart Conlon Farm 9 am.  
Park fee. Gas \$4. Leader: Jack Tannett  
613 466 0417 jtannett@cogeco.ca

**Saturday, February 1  
Cataraqui Trail**

Level 2, moderate pace. Smiths Falls  
to Golf Club Road and back. 8 km.  
Snow shoes and icers may be  
required. Depart Conlon Farm at 9 am.

Gas \$3. Leaders: Bert and Pat  
Stranberg 613 283 8735  
pbstranberg@gmail.com

**Friday, February 7 Moonlight Hike**

Level 1, 6 km. Moonlight hike in and  
around Perth. Winter E2E XL Group  
hike. Contact leader before Thursday,  
February 6 to confirm participation.  
Leader: Rusty Bassarab,  
rbassarab@gmail.com, 613-634-6015

**Friday, February 7 Winter E2E**

Level 2 Moonlight hike on the Rideau  
Trail (10B to 10D.) Winter E2E Core  
Group hike, moderate pace 6.0 km.  
Snow shoes and/or icers are required.  
Leader: John Morrison 613-530-4876  
sail-ability@sympatico.ca

**Rideau Trail Closed**  
Tuesday, March 10, 2020  
Please stay off the Trail this day.

**Saturday and Sunday, February 8-9  
Winter End-to-End**

Advance registration required (page 3).

**Saturday, February 15  
Balderson Trails**

Level 2, moderate pace. 6-7 km.  
Snowshoes required. Depart Conlon  
Farm 9 am. Coffee and buns will be  
served in Peder's home after the hike.  
Leader: Peder Krogh 613 456 6085  
pederkrogh5@gmail.com

**Saturday and Sunday, Feb. 22-23  
Winter End-to-End**

Advance registration required (page 3).

**Saturday February 22 Murphys  
Point Provincial Park.**

Level 2, moderate pace. 8 km.  
Snowshoes and/or icers will be  
required. Depart Conlon Farm at 9 am  
Gas \$4. Leader: Jack Tannett  
613 466 0417 jtannett@cogeco.ca

**Sunday, March 1 Rideau Trail  
14A to 15B**

Level 2, moderate pace. 15.3 km.  
Burritts Rapids to Cedar Grove parking  
lot. Snow shoes and/or icers will be  
required. Depart Conlon Farm 9 am Car  
shuttle. Gas \$3. Leader: Bert and Pat  
Stranberg. 613 283 8735.  
pbstranberg@gmail.com

**Saturday, March 7 XC Ski Gatineau  
Park. Joint outing with Ottawa Club**

\* Depart Conlon Farm at 8 am \*  
Level 2 moderate pace approximately  
12 km. Gas \$6. The group will car pool  
to Tunney's pasture where it will meet  
the Ottawa Club and car pool to  
Gatineau Park. Lunch in a cabin with a  
wood stove. Leader: Nancy Gaudreau  
802-353-0798 (leave a message)  
ndgaud@gmail.com

**Sunday, March 8**

**Rideau Trail Hike 11A to 10D**

Level 2, moderate pace. 6.4 km.  
Rathwell Road to Conlon Farm. Snow  
shoes and/or icers will be required.  
Depart Conlon Farm 9 am Car shuttle.  
Gas \$2. Leader: Tom Pearcey 613  
284 1294 tompearcey7@gmail.com

**Saturday, March 14 Rideau Valley  
Conservation Authority Mill Pond**

Level 2, moderate pace. 7 km.  
Snowshoes and/or icers will be  
required. Depart Conlon Farm 9 am  
Gas \$4. Leader: Jim Middleton  
middleton.james@gmail.com

**Sunday, March 22 Rideau Trail or  
Blue Trail hike in Mica Mines Area**

Level 2, moderate pace. 8 km. Icers  
and /or snowshoes will be required.  
Depart Conlon Farm at 9:00 am. Gas:  
\$4. Leader: Jack Tannett 613 466 0417  
jtannett@cogeco.ca

**Saturday, March 28 Cataraqui Trail**

Level 1, 8 km. Moderate pace hike  
from Hwy 15 near Elgin to Chaffey's  
Locks. Depart Conlon Farm at 9:00  
am. Icers required. Car shuttle. Gas  
\$4. Some may wish to stay for lunch at  
the Opinicon. Leader Joyce Davis 613-  
794-3138 jbdavis098@gmail.com

**Sunday, March 29 Rideau Valley  
CA Foley Mountain**

Level 2, moderate pace. 8 km. Icers  
and /or snowshoes may be required. A  
hike through forest with some lovely  
views. Parking fee. Gas \$4. Depart  
Conlon Farm 9 am Leader: Jim  
Middleton  
middleton.james@gmail.com

Why not renew your membership  
now, while you're thinking about it?

## Passings

### Wilma Chadwick

In the 1960's, WILMA CHADWICK was a founding member of Ottawa's R.A. Outdoor Club, the forerunner of the Ottawa Rambling Club. Wilma was a life member of the Rideau Trail, and was active as a hiker, skier and volunteer. She served as a trail maintainer for many years and held the position of Membership Director for the Association, in which role she computerized the membership records. In 2006, she was the recipient of an Outstanding Service Award.



Between 1990 and 2000, she completed end-to-end hikes on each of the Rideau Trail, the Bruce Trail and the Thames River (UK) source to Greenwich Pathway, plus many hundreds of miles on the Appalachian Trail in Virginia and between Pennsylvania and Connecticut, including all of the miles in the states of New Jersey and New York. Wilma also completed the Frontenac Challenge several times.

Wilma Chadwick (nee Newton) passed away peacefully in Kingston on Thursday, October 17, 2019 in her 82nd year, with family by her side. She is lovingly remembered as a best friend by her husband Bob of 61

years, by her daughter Michele (Fergus), her sons Naim (Cosima) and Dale (Lucie) and her brother-in-law; Ian (Patricia). She will be sadly missed by her four grandchildren: Owen, Hayley, Tynan and Roxanna. She was predeceased by her parents Travers and Marguerite Newton, and sister Marla Harding (Don) of Calgary, Alberta.

Wilma spent her childhood in the village of Tees, Alberta. Following their marriage in Calgary, Wilma and Bob moved to Ottawa where they raised a family in Kanata. Following retirement, they relocated to Bath, near Kingston. Wilma was a keen gardener, bridge player and active member of the Rideau Trail Association. Following her stroke 13 years ago, she was able to flourish with the support of caring staff and volunteers at Trillium Centre, despite being confined to a wheelchair and unable to speak. She communicated goodwill to staff and fellow residents in various ways, notably by friendly hand waves and handshakes.

Wilma will be remembered for her warm heart and generous spirit. She made friends throughout her life and will be missed by all.

WITH NOTES FROM BOB CHADWICK

### Howard Robinson

HOWARD ROBINSON, RTA Central Club member, died suddenly during a hike in Frontenac Park on Saturday, October 19.

Howard and Mary Robinson have been Members of RTA for over thirteen years and for most of that time have been leading hikes, including many of the most challenging ones. Last year they led several winter end-to-end hikes and were planning to lead this winter also.



Hiking with Howard was never just a matter of walking from A to B for the sake of walking. He would always have his ear and eye out for wildlife, and could detect the sound or sight of a bird unerringly. His knowledge was encyclopedic, and on so many hikes, he transformed a nice day out into a memorable experience.

Howard loved taking photos and he took good pictures, not just of wildlife but also of we hikers. His camera was always at the ready - and not always when we were expecting it. Some of us will remember that snowy day last winter in Frontenac Park, where, coming down off Flagpole Hill, several of us ended up upside down and snowshoes hopelessly entangled - there was Howard gleefully recording the happy scene!

I feel so fortunate to have counted Howard as a friend. My enduring memory of Howard is that he was always fun to be with. He always had a smile and a laugh, a positive comment and a knowledgeable one, too. Howard was a

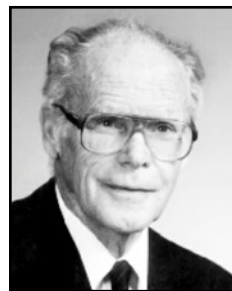
true friend to all his hiking colleagues. His enormous store of energy and enthusiasm did so much to unite the three RTA clubs through his and Mary's leadership on so many end to end hikes. That, I think, will be his lasting legacy for his many hiking friends.

And of course, we always saw Howard as just one half of a very special team. It was Howard's partnership with Mary that we so admired. Thank you Mary for sharing Howard with us. We too will miss our dear friend very much indeed.

JACK TANNETT, FORMER CHAIR, CENTRAL CLUB

### Robert Lloyd Scarth

LLOYD SCARTH was well known among the Ottawa Club's Wednesday Walkers, until his body could not match his enthusiasm for hiking and skiing. Even then, he would be seen on the trails by himself.



On Wednesday, September 18, 2019, Lloyd died peacefully at the age of 96 at the Kemptville District Memorial Hospital. He is survived by his beloved wife of 60 years, Nancy (nee Moffatt).

## Membership Application

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <p style="text-align: center;"><b>*** Help Preserve the Legacy! ***</b></p> <p>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.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | <p><b>Benefits of membership</b> include the following:<br/>         Quarterly newsletter with articles and event listings;<br/>         Retail discounts;<br/>         Voting rights for local Club and Trail business, and<br/>         The knowledge that you are supporting and protecting this world-class treasure.</p>                                                                                                                                                                                                                                                                                                                 |  |
| <p>Individual Membership (age at least 18 years)</p> <p>( ) One year <span style="float: right;">\$25.00</span></p> <p>( ) Two years <span style="float: right;">\$45.00</span></p> <p>Household Membership (2 adults, 1 address)</p> <p>( ) One year <span style="float: right;">\$40.00</span></p> <p>( ) Two years <span style="float: right;">\$75.00</span></p> <p>( ) Car Sticker (free to new members) <span style="float: right;">\$1.00</span></p> <p>( ) Cloth crest <span style="float: right;">\$2.50</span></p><br><p>( ) RTA Name Badge - Pin (Print clearly please.) <span style="float: right;">\$8.00</span></p> <p>( ) RTA Name Badge - Magnetic (Clearly please.) <span style="float: right;">\$9.00</span></p>                                                                                     |  | <p>( ) New Membership      ( ) Renewal</p> <p style="text-align: center;">Preferred Club Affiliation (choose one):</p> <p>( ) Central   ( ) Kingston   ( ) Ottawa   ( ) Unaffiliated</p> <p>(Please Print)<br/>         Name(s):</p><br><p>Mailing Address:</p><br><p>Phone(s)</p><br><p>E-Mail(s)</p><br><p>E-mail is used for a quarterly newsletter, a monthly E-Letter and occasional other communication.</p> <p>( ) Please do not send a printed copy of the newsletter. I will read it online.</p> <p>Memberships are also available at RideauTrail.org</p> <p>The RTA does not share member information with other organizations.</p> |  |
| <div style="border: 2px solid orange; padding: 10px; text-align: center; margin-bottom: 10px;">             MEMBER'S NAME           </div> <p>Donation, Rideau Trail Association* <span style="float: right;">\$ _____</span></p> <p>Donation, Rideau Trail Preservation Fund* <span style="float: right;">\$ _____</span></p> <p><b>Total</b> <span style="float: right;">\$ _____</span></p> <p>Pay online at RideauTrail.org or send with a cheque (CAD) to</p> <p style="text-align: center;"><b>Rideau Trail-Membership, PO Box 15<br/>         Kingston ON K7A 4S9</b></p> <p>Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years.</p> <p>* Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)</p> |  | <p>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.</p> <p>( ) Maintaining a section of the Trail</p> <p>( ) Construction projects</p>                                                                                                                                                                                                                                                                                                                                         |  |
| <p>( ) Leading hikes and/or XC ski or snowshoe outings</p> <p>( ) Helping with publicity</p> <p>( ) Serving on a committee</p> <p>( ) Organizing social events</p> <p>( ) Serving on the Executive</p> <p>Other (please specify): _____</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |  |

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## THE CAMINO DE SANTIAGO, SPAIN

**April 26 to May 8, 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.

## 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!

## LAST MINUTE?

If you prefer to wait until the last minute to plan a trip or if you're a spur of the moment kind of person, then add your name to one of our waitlists and we will contact you if/when an opening becomes available.

**Dominica \* Portugal \* Amalfi Coast (Italy) \* Ireland  
Corfu (Greece) \* Provence & Cote d'Azur (France)  
Slovenija \* Tour du Mont Blanc  
Galapagos Islands**

## EARN HIKING BUDDY REWARDS

Did you know we have a referral program? Tell all your hiking friends what a great time you had on your trip with Comfortable Hiking Holidays, and if they have never travelled with us before and decide to book one of our trips, you will receive a \$100 discount on your next Comfortable Hiking Holiday. Since its launch in 2006, we have awarded over \$38,000 in Hiking Buddy Rewards! We admit, we love it when you rave about us!

TICO # 50018498

"Every member should do **something** to help."

**50**

**Did you have an idea about how the Rideau Trail could celebrate its 50<sup>th</sup>?**

**50**

Be sure to tell

Brian Grant: [president@rideautrail.org](mailto:president@rideautrail.org)

Some ideas take time to plan.  
Let's get started!

Rideau Trail Association  
ANNUAL GENERAL MEETING

**Saturday, May 23, 2020**

Perth Golf Club  
Thanks to the Central Club  
Details in the Spring Newsletter

# KINGSTON CLUB ACTIVITIES - WINTER 2019-20

## WHAT TO BRING

Bring lunch, water, strong footwear, etc. 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 17).

## NOT SURE?

The Hike Leader will thank you for your questions.

## 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.

## 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](mailto: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](mailto:membership@rideautrail.org). If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

Saturday, November 30

## Seasonal Social Evening

Come and celebrate with members and friends. Contact: [joel.susan@sympatico.ca](mailto:joel.susan@sympatico.ca) 613-544-5602

**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](mailto:wednesdaywalks60@gmail.com) with your name and phone number, or call the Club at (613) 545-0823.

## ACTIVITIES CALENDAR

### Saturday, December 1 Rideau Trail Most "Stylish" Hike

Level 2, moderate pace, 10 km. Depart Canadian Tire 10 am. Gas \$4. Bring water/lunch. Leader: Audrey Sanger 613 384 6244

### 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 under 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@gmail.com](mailto:ottech2@gmail.com) or 613 858-3183 (txt okay)

### Saturday, December 7 Pearl Harbour Day Walk

Level 1, easy pace, about 6 km. Meet at 10 am at the Old Trail Head on King St W. and walk along the water to the Portsmouth Harbour with a refreshment stop at Tim Hortons, then return back to the cars. Leader: Sharen Yaworski [sharenann@gmail.com](mailto:sharenann@gmail.com)

### Thursday December 12 Almost Full Moon Hike

Level 1, easy pace, 4 km. Meet at Whig Standard car park at the Woollen Mill on Cataraqui St. to depart at 7 pm. Refreshments after outing. Leader: Audrey Sanger 613 384 6244

### Sunday, December 15 Gould Lake: Wagon, Famous and East Trails

Level 2, moderate pace, 10 km. Bring lunch. Gas \$3. Depart Canadian Tire at 10 am. Leader: Robert Tolley [retolley@hotmail.com](mailto:retolley@hotmail.com) or 613 484-4295

### Saturday, December 21 Winter Solstice Evening Stroll

Level 2, moderate pace, about 8 km. Meet directly across from city hall, on the south side of Ontario St. We will walk along the city streets admiring all the seasonal lights. Stop for refreshments. Leader: Cathy Cummings [ccummings60@gmail.com](mailto:ccummings60@gmail.com) or 343 364 1645

### Saturday, January 4 Cataraqui Trail Hike

Level 2, moderate pace, 10 km. Hike from Perth Rd to the cave on the Cataraqui Trail. Depart Canadian Tire at

(KINGSTON ACTIVITIES)

10 am. Bring lunch and water. Gas \$4. If inclement weather this will take place on Sunday. Leader: Audrey Sanger 613 384 6244

**Sunday, January 5 X-country Ski at Murphy's Point Park**

Level 2, moderate pace, distance tbd. The park has a 20 km. mix of groomed and back-country trails, and warming huts. Bring lunch. Gas \$8 plus share park fee. The Park has more snow than in Kingston; however, check with leader to be sure that there is enough snow for this trip to proceed. Leader: Robert Tolley retolley@hotmail.com or 613 484 4295

**Friday, January 10 Moonwalk at Lake Ontario Park**

Level 1, easy pace, about 5 km. Meet at the pavilion at Lake Ontario Park at 7 pm and be prepared to howl! Refreshments after the walk. Leader: Audrey Sanger 613 384 6244

**Saturday and Sunday, Jan. 11-12 Winter End-to-End**

Advance registration required (page 3).

**Sunday, January 19 Lemoine Point Ramble**

Level 1, easy pace, 8 km. Ski, walk or snowshoe depending on conditions and your preference. Lots of wildlife to see and feed. Bring lunch. We will have hot or cold drinks at Tim Hortons in the afternoon. Depart Can. Tire 10 am. Gas \$2. Leader: Stan Huff 613-548-3003

**Saturday and Sunday, Jan. 25-26 Winter End-to-End**

Advance registration required (page 3).

**Saturday, February 1 City Walk**

Level 1, easy pace, 8 km. Meet at old trailhead on King St. W. at 10 am. Refreshments afterwards. Leader: Audrey Sanger 613 384 6244

**Rideau Trail Closed**  
Tuesday, March 10, 2020  
Please stay off the Trail this day.

**Friday, February 7 Moonlight Hike**

Level 1, 6 km. Moonlight hike in and around Perth. Winter E2E XL Group hike. Contact leader before Thursday, February 6 to confirm participation. Leader: Rusty Bassarab, rbassarab@gmail.com, 613-634-6015

**Friday, February 7 Winter E2E**

Level 2 Moonlight hike on the Rideau Trail (10B to 10D.) Winter E2E Core Group hike, moderate pace 6.0 km. Snow shoes and/or icers are required. Leader: John Morrison 613-530-4876 sail-ability@sympatico.ca

**Saturday and Sunday, February 8-9 Winter End-to-End**

Advance registration required (page 3).

**Saturday, February 8 Kingston Urban Walk**

Level 1, easy pace, 5-6 km. Not into the End to End with Rusty? Let's go for an urban hike. Meet at Canadian Tire at 10 am and walk the K&P in town for an hour to 90 min. No need for lunch

**Is Your Membership Expiring ?**  
Check your address label.  
Why not renew for two years?

as we will stop for refreshments either en route or after hike. Leader: Sharen Yaworski sharenann@gmail.com

**Sunday, February 9 Moonlight Walk**

Level 1, easy pace, 5 km. Bring your favourite moon song and sing as we hike in the moonlight (if it's not cloudy). Meet at Dalton Ave. at the K&P Trail parking lot at 7 pm. Leader: Audrey Sanger 613 384 6244

**Sunday, February 16 Little Cataraqui Conservation Area**

Level 1, moderate pace, 10 km. Enjoy skiing on groomed trails, or snowshoe or walk beside groomed trails. Wildlife in trees. Lunch in a warm building. Fresh air and friends old and new. Depart from Can. Tire at 10 am. Gas \$2 plus Park Fee. Leader: Stan Huff 613-548-3003

**Saturday and Sunday, Feb. 22-23 Winter End-to-End**

Advance registration required (page 3).

**Monday March 9**

**Full Moon Walk in Barriefield**

Level 1, easy pace, about 5 km. Meet at parking lot at the bottom of Fort Henry hill at 7 pm. Refreshments after outing. Leader: Audrey Sanger 613 384 6244

**Saturday, March 14 Maple Sugar Bush Ramble (Unity Rd. Area)**

Level 1, easy pace, 8 km. If nature cooperates, sap will be boiling. Local Syrup for sale along with cookies, hot chocolate and coffee. Depart Can. Tire 10 am. Gas \$2. Leader: Stan Huff 613-548-3003



**Cycling for the Frontenac Arch Biosphere (FAB)**

BY MARY-JEAN MCINTYRE

On October 5, eleven cyclists enjoyed a day on the Cataraqui/Rideau Trail, in support of the FAB. They came from the Friends of the Trail and the Kingston Velo Club (KVC). Four were Kingston Club Rideau Trail members: Jane, Mary-Jean, Robert and Rusty.

Thanks to the KVC organizers.

## Welcome New Members

### Central Club

Rhonda Brooks  
Stephanie & Alain Gauthier  
Sean Richardson  
Beth Stairs & Patrick (Pat) Murphy

### Kingston Club

John Boggan  
Judith Christensen  
Janis Coligan  
Donna Lynn Dixon  
Patti Dixon-Medora  
Susan Doepner  
Douglas Girvin  
Donna Glover  
Audrey Hagerman  
Brianna Hollis  
Lori Keyes  
Krista LeClair  
Sanket Sathiya

Marilyn & Martin Sprissler

Jane Squarebriggs

Bianca Thibault

Jeff Thomas

Kassondra Walters

### Ottawa Club

Anna Baldwin  
Claude Bibeau  
Myra Bourne  
Nancy & Dave Bullis  
Joanne Carr  
Martin Coulombe  
Karin Crawford  
Nadine Dawson  
Kyla Rafuse & Michael de Launay  
Lucien Delean  
Angelo Fulco  
Deborah Gibson  
Barbara (Barb) Gold

Ziba Jaberansari

Ezekiel Hagar & Lisa Lajoie

Wanda MacDonald

Ann-Marie Mackey

Aaron & Jennifer Malek

Cynthia & John McBride

Cathy McGovern

Linda Mingelinckx

Phil Valois & Linda Parsons

Don Popadick

Juliette Rabussier & Unny Thekkadath

Malcolm & Joelle Sanderson

Archie Stepanian & Regis Alcorn

David Sutcliffe

Jan & Matt Thompson

### Non-Affiliated

Glenda Collings

Joseph Holtz

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### Participants' Responsibilities

Participants are expected to choose a trip suitable for 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.

#### Cross-country Skiing

Level 0 Flat terrain, variable length.

Level 1 Gentle hills, may be long distance (e.g. 15 km)

Level 2 Variable terrain, some steep hills. (Green and Blue trails in the Gatineau Park).

Level 3 Long, varied terrain, may be off trails. Level 2 experience essential (Black trails in the Gatineau Park).

# OTTAWA CLUB ACTIVITIES - WINTER 2019-20

## WHAT TO BRING

Bring lunch, water, strong footwear, etc. 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 17).

## 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](http://rideautrail.org). Please forward completed sheets and forms after Wednesday Walks to **Tony Barnes** at [fellwalkerca@gmail.com](mailto:fellwalkerca@gmail.com) and after all other outings to **Denise Hall** at [rebeccahall@rogers.com](mailto: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](mailto:membership@rideautrail.org). If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.



**\* New Series for 2020. See page 20. \***

## 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.

**Wednesday Walkers** - Level 2 and 3 impromptu all-day events in Gatineau Park. Meet at 9:15 am to depart at 9:30. For information, including meeting place, contact **Tony Barnes**: 613-828-1216 [fellwalkerca@gmail.com](mailto:fellwalkerca@gmail.com)

**Saturday Skiers** As soon as skiing starts, the Saturday Skiers get together each week to enjoy the cross-country trails in Gatineau Park (Level 2 or 3). No dates are listed

in the Calendar below; if there's snow, we go. Bring lunch and meet for a prompt 9:30 departure from Tunney's Pasture. For more information, contact **Steve Kelly** 613-422-1318 [stkelly@rogers.com](mailto:stkelly@rogers.com)



## Winter Outings

For snowshoe outings, come prepared for all possible trail conditions. Wear good boots, with snowshoes and/or spikes depending on the conditions. If in doubt, contact the leader.

In Gatineau Park (and elsewhere)  
the usual trail fees apply.

Winter conditions may necessitate changes or cancellations. These may be announced via Club e-mail. If in doubt, **contact the leader**.

## ACTIVITIES CALENDAR - OTTAWA

### Saturday, December 7 Gatineau Park, Brown/Carman Lakes Area

Level 2; between 8 and 14 km, depending on whether we need to use snowshoes or can hike/spike; moderate pace on scenic hilly trails. Route will depend on conditions. Some steep bits and some rocky areas. Lunch indoors (YES!) at Brown Cabin; bring something to toast on the wood stove. Meet at Tunney's Pasture, north parking lot, at 9:15 am to depart at 9:30. Gas \$4. Leader: Ann Bolster, ann\_bolster@hotmail.com

### Wednesday, December 11 Christmas Lights Walk

Enjoy the festive season together. We will walk for 90 minutes downtown taking in the best lights and decorations including the Christmas tree decorating contest at the Chateau Laurier. Optional pub stop in the market for refreshments and/or dinner. Meet at the inside door of the Library and Archives Canada building, 395 Wellington Street, Ottawa at 5:00 pm. Low cost paid parking on the west side of the Archives building. O-Train stop: Lyon. Leader: Dave Audette daveaudette3@gmail.com, 613-601-2833

### Saturday, December 14 Gatineau Park P16 to Carbide Mill

Level 2, 12 km on trail. Moderate pace, hilly trails. Climb gradually from P16, then descend and continue on more level ground to the Carbide Willson ruins for an outside lunch, returning on a different trail adjacent to Meech Creek. Meet at Tunney's Pasture, north parking lot, at 9:15 am to depart at 9:30. Gas \$4. Leader: Erica Phillips, erica.kent.phillips@gmail.com

### Saturday, December 14 Gatineau Park, XC Ski

Level 2, P7 to Huron. About 12 km. Inside lunch. Meet at Tunney's Pasture to depart at 9:30. Gas \$3. Leader: Tom Wiley, 613-798-7636

### Saturday, December 21 Rideau Trail, Marlborough Forest

Level 2. Hike 14 km or snowshoe 8.5 km depending on the conditions.

Moderate pace. Rogers Pond – Earth Star Loop or former Deliverance Cabin. Lunch outside. Depart from Fallowfield Park & Ride at 9:30 am. For those who wish, we will have a pub stop after the hike at the Marlborough Pub in North Gower. Gas \$5. Leader: Doug Parsons, 613-843-8222

### \*\*\* THURSDAYS: RIDEAU TRAIL \*\*\*

E2E HIKE OR SNOWSHOE THE CENTRAL SECTION LEVEL 2, MODERATE TO FAST PACE. JOIN US IN HIKING/SNOWSHOEING THE RIDEAU TRAIL THIS JANUARY AND FEBRUARY, STARTING JAN. 2 IN SMITHS FALLS AND HEADING TO WESTPORT. DAILY DISTANCE WILL DEPEND ON TERRAIN, CONDITIONS AND PARKING AVAILABILITY BUT NOT BE LESS THAN 11 TO 12 KM. WE'LL MEET IN OTTAWA AND CARPOOL FROM THERE. THIS IS A GREAT WAY TO MAKE UP ANY BITS YOU MISSED TOWARDS YOUR WINTER E2E BADGE. TO BE ON THE CONTACT LIST FOR DETAILS EACH WEEK, PLEASE EMAIL OR CALL THE COORDINATORS: ANN BOLSTER, ANN\_BOLSTER@HOTMAIL.COM, AND DAVE AUDETTE, DAVEAUDETTE3@GMAIL.COM OR 613-601-2833.

### Saturday, December 28 Mer Bleue Sector, Snowshoe

Level 1, moderate pace, 7 km. From P20 we will explore trails 50 and 51 and the Dewberry trail. Meet at Tunney's Pasture at 10:30. Gas \$2. Leader: Kathryn Fournier, lou\_daybreak@hotmail.com

### Thursday, January 2 Rideau Trail E2E: Smiths Falls to Port Elmsley

Level 2, 14.3 km, moderate to fast pace. Hike or snowshoe from 12D to 11C. Outdoor lunch. Gas share \$9. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators: Ann Bolster, ann\_bolster@hotmail.com, and Dave Audette, daveaudette3@gmail.com or 613-601-2833

### Saturday, January 4 Gatineau Park, Hollow Glen Snowshoe

Level 2, about 8 km. Ascend from Mountain Road on the Hollow Glen trail and short off-trail connectors to Huron cabin, where we'll join the skiers for lunch. Possibly, with a second leader, a more "interesting",

level 2.5 option for the return; more effort, more steep bits and 2 km more distance, but the reward of fabulous views from the Old Champlain lookouts. The easier return is downhill on the Hollow Glen trail. Meet at Tunney's Pasture, north parking lot, no later than 9:15 am to depart at 9:30. Gas \$3. Leader: Ann Bolster, ann\_bolster@hotmail.com

### Saturday, January 4 Gatineau Park, XC Ski

Level 2, moderate pace, 13 km, pretty easy: "green" trails with a few hills and turns on hills. Plan: Ski from P17 on trail 53, outdoor lunch near P19, return on trails 51 and 53. Outing will only take place if snow conditions are good. Meet at Tunney's Pasture at 9 am for 9:10 departure. Gas \$4. Leader: Erica Phillips, erica.kent.phillips@gmail.com

### Thursday, January 9 Rideau Trail E2E: from Port Elmsley

Level 2, 16.8 km, moderate to fast pace. Hike or snowshoe from 11C to 10D. Lunch outdoors or indoors in Perth. Gas share \$9. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators: Ann Bolster, ann\_bolster@hotmail.com, and Dave Audette, daveaudette3@gmail.com or 613-601-2833

### Saturday and Sunday, Jan. 11-12 Winter End-to-End

Advance registration required (page 3).

### Saturday, January 11 Kanata, South March Highlands: for Beginners

Level 1, about 5-6 km, for those trying out snowshoes for the first time or just wanting a short first outing on hilly terrain. Snowshoe through the scenic South March Highlands Conservation Forest at an easy pace, on flat trails with some uphill and downhill. Optional coffee stop afterwards. Please contact the leader in advance if this is your first time on snowshoes. Depart from Baseline Park & Ride at 12:30 pm. Gas \$2. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

**Saturday, January 11 Gatineau Park, Alexander Trail Area**

Level 2+, about 10 km depending on snow conditions, following faint trails, some off trail. Moderate pace. We will aim to eat at a cabin if conditions allow us to. Meet at Tunney's Pasture for a 9:30 departure. Gas \$3. Note that we will be leaving from P11 for this snowshoe, so a trail fee may apply. Leader: Denise Hall, 613-843-8222 rebeccahall@rogers.com

**Thursday, January 16 Rideau Trail E2E: Continuing South**

Level 2, moderate to fast pace; distance and end-point TBD. Outdoor lunch. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators: Ann Bolster, ann\_bolster@hotmail.com, and Dave Audette, 613-601-2833 daveaudette3@gmail.com

**Saturday, January 18 Snowshoe and XC Ski at Murphys Point**

Level 2. Two activities held in conjunction with the Central Club at Murphys Point Provincial Park. Meet to leave Baseline about 8 am. Please register in advance by January 15, with Ethel Archard 613-592-7733 ethel.archard@sympatico.ca Indicate ski or snowshoe and if you can drive or wish to ride. Where possible, include your cell number. Also, would you prefer a Kanata meeting place? If conditions dictate a change or cancellation you will be notified. Gas \$10, plus share of Park fee.

**Thursday, January 23 Rideau Trail E2E: Continuing South**

Level 2, moderate to fast pace; distance and end-point TBD. Outdoor lunch. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators: Ann Bolster, ann\_bolster@hotmail.com, and Dave Audette, 613-601-2833 daveaudette3@gmail.com

**Saturday and Sunday, Jan. 25-26 Winter End-to-End**

Advance registration required (page 3).

**Saturday, January 25 Stony Swamp Sector, Snowshoe**

Level 1, moderate pace, 8-10 km. From P11 we will explore trail 26 and the Jack

Pine trail. Meet at Baseline Park and Ride at 10 am. Gas \$2. Leader: Kathryn Fournier, lou\_daybreak@hotmail.com

**Thursday, January 30 Rideau Trail E2E: Continuing South**

Level 2, moderate to fast pace; distance and end-point TBD. Outdoor lunch. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators: Ann Bolster, ann\_bolster@hotmail.com, and Dave Audette, daveaudette3@gmail.com or 613-601-2833

**Saturday, February 1 Gatineau Park, Snowshoe**

Level 2, moderate pace, 9 km. From P2 (Relais Plein Air) we will explore trails 65 and 66. Meet at Tunney's Pasture at 10 am. Gas \$2. Leader: Kathryn Fournier, lou\_daybreak@hotmail.com

**Saturday, February 1 Gatineau Park, XC Ski**

Level 2, P7 to Keogan on a mix of trail types. Meet at Tunney's Pasture to depart at 9:30. Gas \$3. Leaders: Wendy and Sheldon Friesen, friesensj@rogers.com

**Thursday, February 6 Rideau Trail E2E: Continuing South**

Level 2, moderate to fast pace; distance and end-point TBD. Outdoor lunch. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators: Ann Bolster, ann\_bolster@hotmail.com, and Dave Audette, daveaudette3@gmail.com or 613-601-2833

**Friday, February 7 Moonlight Hike**

Level 1, 6 km. Moonlight hike in and around Perth. Winter E2E XL Group hike. Contact leader before Thursday, February 6 to confirm participation. Leader: Rusty Bassarab, rbassarab@gmail.com, 613-634-6015

**Friday, February 7 Winter E2E**

Level 2 Moonlight hike on the Rideau Trail (10B to 10D.) Winter E2E Core Group hike, moderate pace 6.0 km. Snow shoes and/or icers are

required. Leader: John Morrison 613-530-4876 sail-ability@sympatico.ca

**Saturday and Sunday, Feb. 8-9 Winter End-to-End**

Advance registration required (pg 3).

**Saturday, February 8 Old Quarry Trail, Snowshoe**

Level 1, moderate pace, about. 9 km. Afternoon hike or snowshoe in the western Greenbelt on flat trails. Bring a hot drink and a snack. Meet at P5 in Kanata to depart at 1 pm. P5 is on the east side of Eagleson Road, across from the Hazeldean Mall, accessible by Bus #88 and #168. Leader: Ethel Archard, 613-592-7733 or ethel.archard@sympatico.ca

**Thursday, February 13 Rideau Trail E2E: Continuing South**

Level 2, moderate to fast pace; distance and end-point TBD. Outdoor lunch. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators: Ann Bolster, ann\_bolster@hotmail.com, and Dave Audette, 613-601-2833 daveaudette3@gmail.com

**Saturday, February 15 Gatineau Park, Snowshoe to Pink Lake**

Level 2, about 10 km. Ascend from Mountain Road on shared snowshoe/snowbike trails and cheer on the Loppet participants as we (carefully) cross the parkway twice. Short off-trail detours. Outdoor lunch overlooking Pink Lake. Meet at Tunney's Pasture, north parking lot, no later than 9:15 am to depart at 9:30. Gas \$3. Leader: Ann Bolster, ann\_bolster@hotmail.com

**Saturday, February 15 Gatineau Park, XC Ski**

Level 2, P12 to Western on a mix of trail types. About 12 km. Inside lunch. Meet at Tunney's Pasture to depart at 10 am. Gas \$3. Leader: Elizabeth Mason, 613-729-6596

**Thursday, February 20 Rideau Trail E2E: Continuing South**

Level 2, moderate to fast pace; distance and end-point TBD. Outdoor lunch. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators: Ann Bolster, ann\_bolster@hotmail.com,

and Dave Audette, 613-601-2833  
daveaudette3@gmail.com

**Saturday and Sunday, Feb. 22-23  
Winter End-to-End**

Advance registration required (page 3).

**Saturday, February 22 Marlborough  
Forest, Snowshoe**

Level 2, 8.5 km. Moderate pace. From Rogers Pond to the former Deliverance Cabin for lunch and return. For those who wish, we will make a stop at the Marlborough Pub for refreshments after the snowshoe. Depart from Fallowfield Park & Ride at 10 am. Gas \$5. Leader: Doug Parsons, 613-843-8222

**Thursday, February 27 Rideau Trail  
E2E: Continuing South**

Level 2, moderate to fast pace; distance and end-point TBD. Outdoor lunch. Meet at 9 am at Baseline Park & Ride (far south end). Please let us know you're planning to come. Coordinators:

**Rideau Trail Closed**  
Tuesday, March 10, 2020  
Please stay off the Trail this day.

Ann Bolster,  
ann\_bolster@hotmail.com, and Dave  
Audette, 613-601-2833  
daveaudette3@gmail.com

**Saturday, February 29 Carp  
Ridge, Snowshoe**

Level 2, about 8 to 9 km off the Thomas A. Dolan Parkway. Moderate pace. We will snowshoe on faint trails and open bushwhacks to view a number of picturesque ponds and outcroppings. Depart from Baseline Park & Ride by 10 am. Lunch outdoors. Gas \$3. A pub stop after the hike at the Cheshire Cat in Carp is an option. Leader: Denise Hall, 613-843-8222 or rebeccahall@rogers.com

**Saturday, February 29 Gatineau  
Park, XC Ski**

Level 2, P19 to Lusk Cabin. About 12 km. Inside lunch. Meet at Tunney's Pasture to depart at 9:30. Gas \$5. Leader: Peter Haggerty, fw599@ncf.ca

**Saturday, March 7 Snowshoeing  
and XC Skiing**

Level 2. Two activities held in conjunction with the Central Club in Gatineau Park. Meet to leave Tunney's at 9:30. Leaders and details TBA. Coordinator: Steve Kelly, stkelly@rogers.com

**Sunday March 15 Mer Bleue**

Level 1 snowshoe. Meet at Tunney's Pasture at 1 pm. Leader: Kathryn Fournier, lou\_daybreak@hotmail.com

**E-Letter Info**

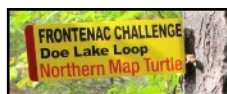
The last page shows your membership expiry date.  
Will you be a member in 2020?

## Frontenac Challenge



### Solo Challenger

Do you know this man? Life member from Kingston Bill Murdoch completed the Frontenac challenge Hiking almost entirely on his own. He devised a clever means of protecting himself, should he suffer an injury along the trail. Not only brave to hike alone but he kept himself safe! I guess you can't teach an old dog (no offence, Bill) new tricks. He knows them all. Congrats Bill. You are still up to the Challenge!!!



### 2019 Presentation Ceremony

Each year, Frontenac Park prepares identifier signs which hikers record to substantiate their claim to having hiked a particular trail. This year, the secret identifier class was amphibians and reptiles at risk.

So at Christmas, one might sing, "...my true love gave to me:

12 Northern Map Turtles

11 Two-Lined Salamanders

10 Blanding's Turtles

9 Western Chorus Frogs

8 Snapping Turtles

7 Eastern Milk Snakes

6 Eastern Box Turtles

5 Gray Rat Snakes

4 Eastern Musk Turtles

3 Four-Toed Salamanders

2 Five-Lined Skinks

And a Partridge in a Pear Tree.

ADAPTATION AND PHOTOS BY  
DAVID MCNICOLL, OTTAWA CLUB



## A Rocky Experience

BY SANDY FREEMAN

As the plane banked on its final approach to Calgary International Airport, I gazed out the window at the snow-covered peaks in the distance: the Rocky Mountains!

I had just finished a one-week Habitat for Humanity build in Whitehorse, The Yukon. It was a time filled with new friendships, heavy lifting and fabulous food, but I was ready for week of fun: hiking in the Lake Louise area of Banff and Yoho National Parks.

Heading west from Calgary on the Trans Canada highway, my introduction to hiking in the Rockies was Silverton Falls, a gentle elevation gain of 87 metres (not so gentle when one considers that Niagara Falls are 51 metres high). Hiking up to the waterfall I had no need of

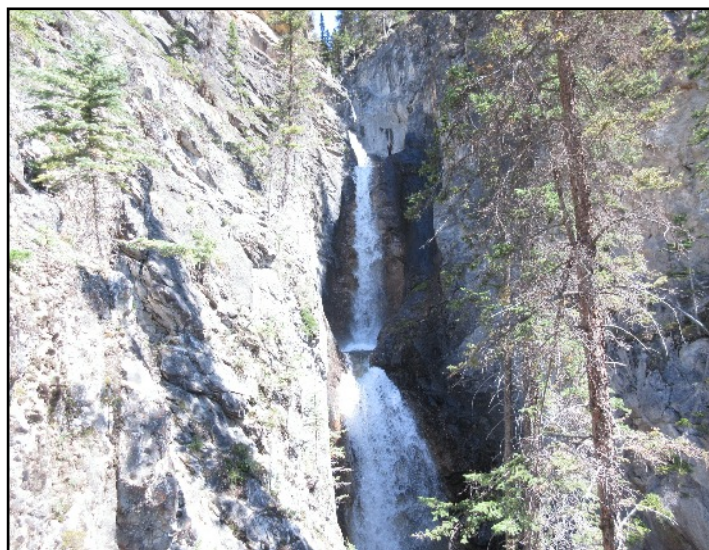
the warning sign (Danger - Steep Terrain) to remind me to watch my step and hug the trail!

The next day we decided to tackle a more challenging trail. From Lake Louise, the trail to Lake Agnes gains 385 m of elevation via switchbacks and sharing the trail with horse-mounted hikers. I enjoyed numerous pauses to gain my breath while marvelling at the beauty of the Park.

Escaping the crowds of the Lake Louise/Lake Agnes area we headed north to Bow Summit and Peyto Lake.

While the hiking trails at Peyto Lake were popular, they were not as crowded, allowing for unimpeded, spectacular views from the observation points!

On the Trans Canada highway west of Lake Louise, we seamlessly crossed into British Columbia and Yoho National Park. Our destination was Takakkaw Falls. The draw was not the hiking trails but the view of the

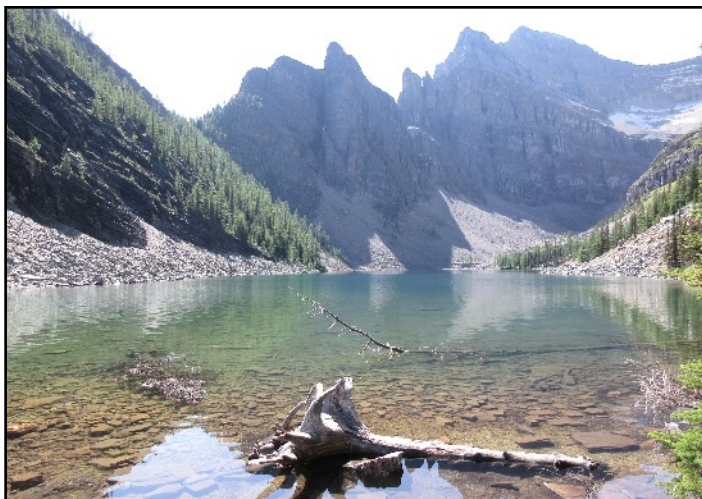


Banff's Silverton Falls: a hidden gem



thundering falls, plunging 373 m! The water at the river at the base of the Falls was finger-numbing cold, coloured milky white by silt deposits.

The final adventure was hiking the trail to Sherbrooke Lake in Yoho. The elevation gain of 165 m did not seem as challenging as Silverton Falls. Perhaps I had finally adjusted to the thinner, mountain air. The exquisite fresh scent of the Engelmann spruce imprinted itself forever in my mind.



Lake Agnes and her mountains

My next adventure will see me seeking less-travelled trails, always drawn by the beauty of the scenery and the fragrance of the mountain forest.

SANDY FREEMAN IS CHAIR OF THE OTTAWA CLUB



Paddling the Clyde

Canoe outings have been part of the Central Club's Activity Calendar for years. Howard Robinson was most prominent among the recent leaders that foster such events. This picture is one of his.



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- **Individual Self-Guided**

Ireland's oldest long distance hiking trail takes you through the eventful history of Ireland. The Wicklow Way is a wonderful long distance hiking trail for anyone who wants to experience Ireland up close.

Departures daily from March 28 to October 13, 2020

€669.00 - €869.00 Double Occupancy

Canadian dollar rates available for this tour on request

## GALAPAGOS



- **7 days/6 nights** • **Guided**

Hike the wonders of the Galapagos and get in touch with amazing wildlife with the Galapagos Walking Tour! Head off the beaten path through landscapes of lava rock, picturesque coastlines, endemic forests, and volcanic highlands.

Departures Saturdays from January 5 to December 28, 2020

\$5450.00 USD Double Occupancy

Canadian dollar rates available for this tour on request

## CANARY ISLANDS



- **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 4 to December 15, 2020

€699.00 - €829.00 Double Occupancy

Canadian dollar rates available for this tour on request

## PORTUGUESE COASTAL CAMINO



- **15 days/14 nights**
- **Individual Self-Guided**

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, 2020

€890.00 - €950.00 Double Occupancy

Canadian dollar rates available for this tour on request



PM40022816

Return undeliverable Canadian  
addresses to  
RIDEAU TRAIL ASSOCIATION  
PO BOX 15  
KINGSTON ON K7L 4V6

## My Favourite Place



Ice cream at the end of a hot day  
on the trail. Be sure to see Jack  
Tannett's article about hiking with  
the staff at Murphys Point (page 2).

### Member benefits include:

- 10% discounts at Ottawa stores Trailhead Paddleshack, Bushtukah & Great Escape Outfitters and Vamos Outdoors in Almonte
- 10% off a CRCA Annual Pass when purchased in-person at the Little Cataraqui Creek Conservation Area
- Discounted group rate on Gatineau Park xc ski & snowshoe permits
- 20% off at ColemanCanada.ca thanks to Hike Ontario!

### Familiar Photo

In recent years, several of Howard's photographs have appeared in the Newsletter. Doesn't this one make you wish you were there? His goal as a leader was to help hikers have a great day. His pictures do the same.



## Inside **Winter** EDITED BY STEVE KELLY, OTTAWA)

| Information for Members                 |    | Club Activities              |    | Doug Knapp & Trail Maintenance      |    |
|-----------------------------------------|----|------------------------------|----|-------------------------------------|----|
| Directory of RTA Board and Clubs        | 5  | Central Club                 | 10 | Passings                            | 12 |
| Member Services/Badge Requests          | 8  | Kingston Club                | 15 | New Members                         | 17 |
| Members Corner                          | 8  | Ottawa Club                  | 18 | Frontenac Challenge                 | 21 |
| Membership Application/Order Form       | 13 |                              |    | A Rocky Adventure                   | 22 |
| Levels of Difficulty & Responsibilities | 17 | Report: Murphys Point Series | 2  | <b>Thank you to our advertisers</b> |    |
|                                         |    | Winter End to End 2020       | 3  | The Cove Country Inn                | 2  |
|                                         |    | Why Winter is Better         | 4  | Calabogie Peaks                     | 3  |
| <b>Association News</b>                 |    | Perth's Rideau Trail Sign    | 4  | Blaq Bear Eco Adventure Routes      | 8  |
| Meeting Highlights                      | 6  | No Parking                   | 6  | Comfortable Hiking Holidays         | 14 |
| Trail Reroute                           | 6  | Leaders Wanted               | 6  | Brown Rabbit Cabins                 | 17 |
|                                         |    | Tips for Winter              | 7  | OK Cycle & Adventure Tours          | 23 |