



Rideau Trail

Newsletter

Spring 2021

Issue No. 199



50th Anniversary: The Challenge is On!
Coping with COVID-19, Past and Present



Anne Maurais (Ottawa) says this of her spherical picture, "To get this image, about 20 individual photos get stitched together by the smartphone/camera software."

From Winter to Spring

BY JEAN SUNTER

As the snow melts we all look forward to the beauty of Spring, offering so many surprises. One of my favourites is the splendid display of Spring flowers before the young green leaves of the deciduous trees appear.

The fragile snow drops amaze me as they push up through the snow revealing their tiny buds until the sun opens their flowers for us to admire.



When the NCC opens the gates to the Gatineau Parkway in early May, I drive to the Mulvihill Lake parking lot where I start walking on the Lauriault Trail. Cross the driveway, mount the steps and you will see the beginning of a bountiful array of wildflowers. You'll see the delicate pink spring beauties and occasional white trilliums, and maybe a red one here and there.

WILDFLOWERS CONTINUED ON PAGE 6.

PHOTO: JULIE MAKIN, LADY BIRD JOHNSON
WILDFLOWER CENTER



Annual Meeting
Rescheduled:
Wednesday, May 26
Virtual (Zoom)
format: 7 pm

New Opportunity

The recent Chair of the Kingston Club and Vice President of the Association, Rick Shaver has resigned. Although that is unfortunate news for the Rideau Trail, it is good news for Rick. He accepted a contract that has taken him to Alberta. We wish him the best of success, and look forward to meeting him along the trail.

For members who would like to contribute, this presents additional opportunities for volunteering.

Cover



For some, spring is the best time of year. Hiking with the sun on your back, with wildflowers and new growth appearing everywhere can be very appealing.

DENISE HALL PHOTO; COLTSFOOT BY LIZ CHOROS

After a hike,
come rest and
have a bite.

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

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Summer Newsletter: **Deadline May 1, 2021**

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

Board of Directors

President: Sharen Yaworski, Kingston
(613) 449-2808 president@rideautrail.org

Vice President:

VACANT

Past President: Brian Grant, Ottawa

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Secretary: Ruth Oswald, Ottawa

(613) 590-7467 secretary@rideautrail.org

Treasurer: Dean Avery, Kingston

treasurer@rideautrail.org

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Kingston. membership@rideautrail.org

Trail Coordinator: Rusty Bassarab, Kingston

trailcoordinator@rideautrail.org

Marketing/Communications:

Dilhari Fernando, Ottawa

marketing@rideautrail.org

Club Chairs:

Central: Joyce Davis, Portland

(613) 794-3138 central@rideautrail.org

Kingston: Barry Monaghan, Kingston

kingston@rideautrail.org

Ottawa:

VACANT

Club Representatives:

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middleton.james@gmail.com

Kingston: Barry Monaghan, Kingston

kingston@rideautrail.org

Ottawa: Sandy Freeman, Ottawa

ottawa@rideautrail.org

Newsletter Editors:

Steve Kelly, Ottawa

(613) 422-1318 stkelly@rogers.com

Alternate Editor wanted

Central Club Executive

Chair: Joyce Davis

Vice-Chair: Jim Middleton

Past Chair: Jack Tannett

Treasurer: Gayle Truman

Secretary: Mary Robinson

Trail Maintenance: Doug Jones*

Landowner Liaison:

Carol Richardson

Hike Activities Coordinator:

Maida Murray

Communications: Donna Glover

Social Coordinator:

Angela Quinn*

Member at large: David Skinner*

* **New volunteers** for

Club Executive Committees

Thank You!

Kingston Club Executive

Interim Chair Barry Monaghan

Vice Chair (Board Rep):

VACANT

Past Chair: Sharen Yaworski

Secretary: Lynn Esau

Treasurer: Marilyn Martin

Outings:

VACANT

Publicity/E-Note: Bill Ottny

Landowner Liaison:

VACANT

Construction: Jim Lorimer

Maintenance: Stan Huff

Special Events: Joel Lamorre

Human Resources:

Cathy Cummings

Member at Large:

Jennifer Brinkman

Member at Large: Laura Cybulski*

Ottawa Club Executive

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Vice Chair:

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Past Chair and Rep. to Board:

Sandy Freeman

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Treasurer: Robert Smith

Trail Maintenance:

VACANT

Landowner Liaison:

Roger Reens

NCC Liaison: Lorraine Farkas

Activities: Denise Hall and

Kevin Reynolds

Publicity: Bill Davies

Member at Large: Adriana Kievit

Member at Large:

Kevin Chapman

Newsletter Editor: Steve Kelly

Association News

Board Meeting Highlights

January 19, 2021 via Zoom

BY RUTH OSWALD, SECRETARY

Important Motions

- Association's liability insurance changed to Hike Ontario's insurance program, which includes Directors and Officers Liability.

Board Personnel

- Appointed to the RTA Board: **Dilhari Fernando**, Marketing and Communications Director

Board opportunities:

- Vice-President
- Newsletter Editor
- Ottawa Club Chair
- Ottawa Club Rep

Interested in joining the Board? Talk to our President, Sharen Yaworski president@rideautrail.org

Trail Coordinator

Details reported on page 5

- Waypoint signs
- Hiker/landowner issues (disregard for signs/notices on the Trail)
- GIS system.

2021 AGM Changed

Annual General Meeting (AGM) will now be a virtual event Wednesday, May 26 at 7 pm.

Finance

- RTA Treasurer Dean Avery is preparing next year's budget, to be discussed at a future board meeting.

Membership

- 1315 members vs. 1241 in 2019
- Improved retention rate
- Streamlining the workload for membership administration continuing

Marketing and Communication

Dilhari Fernando appointed.

Next meeting: February 2, 2021

Appointment



Dilhari Fernando, Director of Marketing and Communications: welcome to the Rideau Trail's Board of Directors!

Dilhari is excited to be joining the Rideau Board. She currently works at Canada Post where she guides enterprise-wide sustainability policy and programming. She also brings a wealth of experience in program delivery and communications. Among her academic qualifications, Dilhari holds a Master of Forestry from the University of New Brunswick.

Environment, nature and sustainability feature prominently in her other activities. Dilhari sits on the Board of Directors for the Robert Bateman Foundation (Victoria, BC), and enjoys hiking & kayaking. As a proud mom of three, she also takes pride in championing women and youth in their academic and professional journeys.

Be sure to say 'hello' when you're on the trail with Dilhari.

New volunteers in the clubs:

- Angela Quinn, Doug Jones and David Skinner (Central)
- Laura Cybulski (Kingston)

Rideau Trail Closed Tuesday, March 9, 2021

Our trail, where it crosses private land, will be closed on this day to protect the property rights of the landowners, who allow us to cross their land the rest of the year.

The RTA sincerely thanks all landowners for their generosity.

Please take care not to trespass on this day.

Membership Renewal

Renewals are due by March 31. rideautrail.org

Our automated membership system is new. If you have any questions, please contact our Membership Director at

membership@rideautrail.org or 613-583-1667.

Renewing by paper? Call 613-583-1667

Survey Update	We will be conducting a member survey this spring to learn more about your communications and club activity preferences. We plan to use email as our distribution approach for the survey, so please ensure your email address is up to date. If you have experience running surveys and would like to be involved in its design and deployment, please contact Dilhari Fernando at marketing@rideautrail.org
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Trail Report

BY RUSTY BASSARAB, TRAIL COORDINATOR

Kingston Sector A minor rerouting has taken place within the Helen Quilliam Sanctuary (this sanctuary is between the northern boundary of the Gould Lake Conservation Area and Bedford Rd (RT Map 04).

The rerouting of the Trail was led by the Kingston Field Naturalist group who own the land and its purpose was to ensure that their trail and ours are within the property area. Happily, the reroute now avoids some perennially wet areas.

The wetland area within the city of Kingston remains closed and the alternate blue trail is to be used. Though discussions to make the improvements necessary to reopen the Trail through the wetland area are ongoing, it is not expected that this issue will be solved anytime soon. RT Map 06 has been updated and is available on the RTA website.

Central Sector Another key reroute/trail improvement has been completed, just south of Ferrier Road RT 10B - Map 09. The Trail now swings north east around the long-wet section where it used to be necessary to go over a considerable length of narrow boardwalks. RT Map 09 has been updated with the new route and is available on the RTA website.

Ottawa Sector We have unfortunately lost the use of a portion of our main Trail, between RT 14B and RT14C, as one of the landowners in that section has withdrawn permission for the RTA to traverse the property.

The landowner had a very legitimate complaint in that numerous Trail users (perhaps not RTA members) were ignoring the "Closed for Hunting Season" signs resulting in a serious safety issue.

This means that the blue route along the roadways must be used. RT Map 14 has been updated (available on RTA website) with this information, as well as some other corrections to the Trail.

Trail Issues It is important for all of us to bear in mind that our trails all cross over property that does not belong to the RTA. This includes two provincial parks, numerous conservation areas, several cities and towns and a considerable number of private properties.

In all cases, permission for the RTA to maintain trails and traverse these property areas can be rescinded if we do not follow the restrictions placed on us as trail users. In

most cases it is as simple as don't leave garbage behind and don't do damage. Camping/overnight stays are prohibited except where specifically authorized. There can be additional restrictions such as no dogs allowed, or temporary closures such as what happens during hunting season(s). Restrictions in specific property areas have signs along the Trail.

Please look for these signs and respect them. Temporary issues are also covered in the Trail Alert portion of the RTA website. Everyone is encouraged to consult the Trail Alerts before venturing out on hikes (and to advise both local club representatives and the RTA Trail Coordinator at trailcoordinator@rideautrail.org when new issues are discovered).

It is also acknowledged that the pandemic has led to many "new" Trail users making use of RTA trails and that these trail users are not familiar with guidelines and restrictions. This has been discussed by the RTA Board and a communications plan is being developed.

Maps and GIS Continual efforts are ongoing to improve the accuracy of RTA GIS files and maps. Trail information, including trails, waypoints and some key features, are available on the RTA website in both kml and gpx formats. This information can be

overlaid into many of the different apps that are available for smartphones. These permit you to see your location on a map that shows RTA trails and waypoints.

Some examples of such apps include Root&Branch (Apple IOS only), AllTrails, and Gaia. The same trail files (kml, gpx) are used to update RTA maps, where the latest trail information is overlaid over appropriate maps (where available).

Future It is certainly hoped that pandemic restrictions will start to fade away and normal Trail maintenance can continue, hopefully starting with spring cleanups. The intent is that we will be inspecting, and taking stock of, all RTA structures on our trails as part of the cleanup. Obviously, volunteer assistance will be required at all clubs to achieve this successfully (once pandemic restrictions allow such work).

It is also intended that RTA Waypoints, currently showing on maps, will have signs erected at each waypoint location.



10" x 10" METAL
WAYPOINT SIGN FOR
TRAIL LOCATIONS

Covid Christmas

BY MARGARET GRANT

The lights are on and it's warm inside
In our bubbles we must abide
Where we wait and hope and hide
We think of all the tears we've cried.
We follow the rules and hope and dream
Of a permanent end to Covid 19.

But it's still here. It's in the air
Must be careful going anywhere
Our freedom gone, nowhere to roam
We cannot even leave our home
Or see our friends, or have a toast
With those who we adore the most.

It's the little things that we miss,
A friendly chat, a hug, a kiss.
It's the bigger things as well,
Perhaps too many to really tell,
Weddings, proms, and graduations,
Funerals, birthdays, and celebrations.

But good news is finally on the way
A vaccine is here to save the day
At any rate it will be soon
There's hope we'll be able to leave our cocoon.
We'll leave our bubble and go and join yours

SEE MRS. GRANT'S ACCOMPANYING ART ON PAGE 24.

WILDFLOWERS, CONTINUED FROM PAGE 2

Soon we reach the massive rock with a seat close by, and look at the fresh green pastures below as the Ottawa River comes into view.

The larger white bloodroot flowers are usually finished flowering, as are the purple or white hepatica though you might have caught sight of them on another trail earlier. Continue walking downhill to see myriads of flowers such as trout lilies, clintonias, anemones, bellworts, Jack-in-the-pulpits, yellow and purple violets, occasional lady slippers, lily-of-the-valley, Solomon seals and false Solomon seals, twisted stalks. Usually, the wild ginger plants are there, but you need to bend down and gently move the leaves to one side to see the hidden flowers.

As you continue along the trail, a turn to your right will bring the Mackenzie King Waterfall into view. Back on the trail, there is always a sprinkling of flowers before you reach the tunnel under the parkway. Turn left to return to the Mulvihill Lake parking lot or alternatively turn right which will lead you to the historic Mackenzie King gardens. From there a trail will return you to the Mulvihill Parking Lot. If you choose to drive along the parkway towards the Champlain Lookout there are magnificent carpets of mostly white trilliums.

The Lime Kiln trail off Moodie Drive is another walk that displays an array of white trilliums and occasional red ones in a beautiful wood setting. Just before you reach the historic Lime Kiln ruins, you may be fortunate enough to spot a few painted trilliums.

A trip to the Purdon Conservation Nature Reserve in Lanark County is always a delight. It will overwhelm you with the lady slipper orchids and is purported to have 10,000 plants, the largest display of its kind anywhere in the world.

Next time you are wandering along your favourite trails remember your PETERSON'S FIELD GUIDE TO WILDFLOWERS.

OTTAWA CLUB'S JEAN SUNTER HAS LED MANY HIKES
TO VIEW SPRING WILDFLOWERS



Trillium Undulatum (Painted Trillium)
PHOTO BY CLAUDE BOUCHARD

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Emergency Locator: Free Smartphone App

If an incident occurs during a hike, do you know how to accurately tell the emergency services where you are? For those who utilize GPS device(s), or carry and follow maps, it should be possible – but how about everyone else?

Several years ago, a company in England decided to come up with a simple, precise way of determining location anywhere in the world. They divided the entire earth's surface into a grid with 40,000 three-by-three-metre spaces. They then randomly allocated a three-word combination for each three-by-three-metre space and built a smart phone app (what3words) that can provide the location whenever demanded. The app is free and is available for iOS and Android devices.

When you need to determine your location, it is as simple as opening the app. The what3words address for your current location* will be displayed at the top of the screen. You then read out the three words to your emergency call taker. For example if you're at [///index.home.raft](#) simply say: 'My what3words address is index home raft'. The emergency service will use the what3words address to see exactly where you are and send help. The what3words app works off GPS signals, so it still works if there is no phone service*. This makes it ideal for areas with unreliable data connection.

Thank You

Long before my Mother died in December, Rideau Trail members reached out to offer their support. Since then, you and others have continued to give comfort. I recently received notice that an anonymous donor made a contribution that would be applied to reforestation in the CRCA, in my Mother's name.

I am touched by this gesture, and am blessed to have such good friends in the Rideau Trail. The kindness of RTA members who reached out at this difficult time in my life was truly memorable.

Thank you all.

CATHY CUMMINGS, KINGSTON

In some circles, the start of the Rideau Trail is at
[///reflectors.frogs.comebacks](#)

If you were at
[///harvest.mourns.disarmed](#)
would you still be on the Rideau Trail?

This app only helps you if the emergency service that you are contacting makes use of the what3words system. Near the Rideau Trail, the following emergency services use this system:

- Kingston Fire & Rescue
- Kingston Police
- Kingston Central Ambulance Communications Centre
- Ontario Provincial Police
- Ottawa Police

Why not increase your chances of a prompt and successful recovery in the event of an emergency?

* **Notes:** The app will prompt you to activate your phone's location service, if you have that setting turned off.

Comments from a few hike leaders/users

- No service – is there another phone you could try? Another phone could mean another network with a better connection.
- A text message can sometimes get through, when the signal is too weak for voice communication. Could you reach family or a friend who could call for you?
- I tested it where I didn't have cell service in Gatineau Park. I still immediately received my location's 3 words.
- **Tip:** use the app once, before you leave home, in order to download the language-specific database.

COVID-19

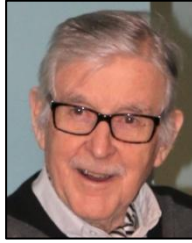
The novel coronavirus, often simply referred to as COVID has, for 11 months, dominated the news around the world, and not just along the Rideau Trail.

Restrictions on business, general activity and personal movement have fluctuated widely. Only small groups were permitted, if at all. Ride sharing was out. Wearing face masks when in public has almost become normal. Between December 26 and February 10, RTA-organized outdoor activity was eliminated by a Provincial 'stay-at-home' order. This was to combat the rising numbers of new cases of the virus.

For these reasons, the Clubs were reluctant to create much of an Activity Calendar for the Spring. In mid-February, the Province announced some reduction in the restrictions. This, and the hope for wider vaccination generated optimism that the Rideau Trail's members will be better able to share more Trail time together in the months ahead.

A Tribute to "a beautiful man" **John Milloy 1929-2020**

John Milloy passed away peacefully in his 92nd year, on December 26th, 2020. John was the beloved husband of Marilyn (deceased 2013), and much-loved father of John (Colleen, deceased 2019), Keith, and Karen (Jim), and cherished granddad to Heather and Andrew.



John was born in Glasgow and emigrated from Scotland to Toronto in 1954, where he met his future wife Marilyn. John was a teacher of maths and computer science at Emery Collegiate in Toronto. John and Marilyn were ardent lovers of a wide range of outdoor activities including golf, cross-country skiing, cycling, and hiking. They began their annual cycling trips in the early 1970s and continued until the late 1990s. In addition to cycling excursions through Britain and Europe, they also toured Australia and New Zealand.

Shortly after settling in Kingston in 1988, John and Marilyn continued their passion for outdoor activities. They joined the Landings Golf Course where they were members for many years. Wishing to pursue their love of long haul cycling and to meet other cyclists, they started by putting up notices in local stores. Their cycling activities included many memorable outings with the Kingston Velo Club. A number of years after their move to Kingston, John and Marilyn joined the Rideau Trail Kingston Club.

It was through their involvement with RT-Kingston in 1994 and later that many of us became acquainted with John and Marilyn. They were well-known through their Wednesday Walks, which they took over from Don and Cathy Cutts in 2001 and continued to lead until Marilyn's passing. In 2012, John and Marilyn were recipients of a recognition award for their work with the Rideau Trail Kingston Club.

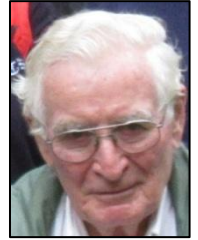
A number of our members recalled John's love of speaking the German language. John's son Keith commented that because his parents both enjoyed Germany and the German culture so much, they studied German to both enhance their travel experience and to keep their minds sharp in retirement. Our Membership Director, Mary-Jean McIntyre commented on John's desire to stay on the learning curve by renewing his RTA membership on-line; his efforts being thwarted by a PayPal glitch which persisted in showing his place of residence as Australia.

John remained active with the Wednesday Walkers and in more recent years, was a regular participant with Jennifer Brinkman's group. In fact, John set the example for us: his last walk with the Wednesday group was December 23, 2020, just three days prior to his death. He touched the hearts of so many of us who knew him.

SUBMITTED BY BILL OTTNEY, FOR MANY KINGSTON CLUB MEMBERS

Patrick Clarkin 1930-2020

Patrick Clarkin passed away this past December, survived by his wife Kathy, and two children. He was a grandfather to six and great grandfather to four. He was retired from the Ottawa Police Department as Staff Superintendent.



Pat enjoyed the outdoors, and he had a dedicated following for his Level 2 hikes in Gatineau Park, for Ottawa's Wednesday Walkers. He was a great navigator, and anyone who chose to hike with him was in for an interesting route.

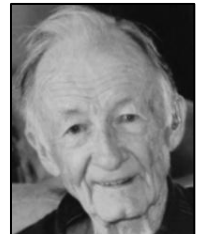
He was supportive and assisting to others in a kind and pleasant way, and he encouraged others to learn the trails and lead hikes. One of our current, prolific Ottawa leaders was inspired by Pat's tutelage. "When I started with the Wednesday Walkers in 2002, Pat was the main (and very knowledgeable) leader of the Level 2s. Through him I not only had many enjoyable outings but also learned new unofficial trails." When he retired from leading hikes, there was no one who could fully take his place.

Members who hiked with Pat described him as a quiet, polite man. Pat Clarkin was a friend to many in his community and a well-respected individual.

Donald Alton Grant 1927-2020

Don loved to hike. He was a member and hike leader with the Ottawa Club.

He loved to cross country ski in the Gatineau Hills every chance he had. In his retirement years, he started painting and writing. He had such a creative imagination, and it showed in his drawings and stories. He loved nature and wildlife. He inspired others to take pleasure in the simple things life has to offer.



Don was born in Detroit, Michigan. He grew up on a farm with his parents and two brothers, Malcolm, and Alan (predeceased) in Pictou, Nova Scotia. Don had three children and three grandchildren.

Professionally, Don worked as a Research Scientist for the Department of National Defence. His participation in strategic studies and operational research provided a variety of experiences. They included surviving a plane crash off the coast of British Columbia in the 1950's.

From our members: I enjoyed many conversations with Don. He was always so modest with his achievements. I remember hiking with him on a Winter-End-To-End, when I first joined the RTA.

Don died on November 7. He was 92. Those who knew Don Grant will miss his sense of humour, his giggles, and his creative eye for photography.

Welcome New and Returning Members

Central Club

Bill Aubrey
Ross Campbell
Gerry Capelle
Brian Caughey
Sandra Dunn
Gary Funnell
Amelia Garvey
Jim Henderson
John Hodges
Doug Jones
Diane Moore
Nancy Onlock
Jay Pettit
Jill Pettit
Mary Rothfels
Suzanne Runciman
Mark Scissons
Samuel Sharp
Marlene Spruyt
Mark Therrien
Lynda Therrien
David Thompson
Shelley Welchner
Steven Welchner

Kingston Club

Brian Benn
Carol Buss
Kim Bylow
Melanie Cassey
Doug Cunningham
Marsha Eldridge
Scott Faichnie
Teresa Garrahan
Mary Graham
Philip Hart
Patricia Hawkins-Hogan
Brian Hogan
Smadar Junkin

Elizabeth Macdonald
Eric Mathison
Margaret Matthews
Darryl McIntosh
Irene O'Brien
Joanne Pearce
Mark Pearce
Robert Plain
Eleanor Plain
Janet Riley
Suzanne Savard
Yveta Tesar

Non-Affiliated

Lisa Adams
Jagoda Bacic
George Boszormeny
Pierre Boucher
Annie Bruggers
Ada Brzeski
Ralph Crandell
Debbie Crandell
Herman Doornbos
Ruth Dubin
Linda Emslie
Jane Farrell
Barry Freel
Janice Gautreau
Trisha Gorr
Cherie Jackson
Sabine Jaekel
Penny Lavalley
Ed MacLaurin
Karen May-Boucher
Linda McMillan
Roger Meunier
Jon Morrish
Barbara Pusch
Michael Singer
Dallis Smith

Cheryl Stewart
Lynn Stoute
Jeff Stubbins
Marlene Stubbins
Sylvia Vezina
Rosemary Zehr

Ottawa Club

Teresa Beauregard
Pat Beckett
Sandra Bernier
Katherine Bobyne
Luc Bouchard
Robert Boynton
Joyce Burghardt
Stephen Chapman
Ron Clouthier
Ian Clysdale
Richard Coxford
Constance Downes
Della Faulkner
Max Finkelstein
Steve Fischer
David Flowers
Judie Garbo
Mary Hagerman
Gavin Hashemi
Debra Hughes
Ed Janes
Lila Kelly
Brian Kelly
Gary Larose-Corneil
Tim Musclow
Michelle Randall
Michelle Sherwin
Jill Slater
Amy Tenbult
Andrew Timms

Benefits of Membership

Established Rideau Trail members know they support and protect a world class treasure in the Trail itself. Benefits also include our quarterly newsletter with articles and event listings, and voting rights for local Club and Trail business. In addition, there are retail discounts:

- 15-20% at **SAIL** in Ottawa on equipment and clothing at regular price. Some brand exclusions apply (e.g., GoPro, Garmin, Patagonia, ...).
- 10% at **Trailhead, Paddleshack, Bushtukah & Great Escape Outfitters** in Ottawa
- 10% at **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 trail passes
- 15% off regular-priced books at **Novel Idea** in Kingston



Do you wonder about the Newsletter, and how it is prepared? This issue of the Newsletter was created using a custom template for MS Word 2007.

Normally, there are two Editors, doing two issues each. I am looking for someone to help prepare the Fall issue – a summer project. Could that be you? Maybe Summer or Winter suits you better. Let's talk.

newsletter@rideautrail.org

Beating the COVID Blues

BY ADRIANA KIEVIT, WITH PHOTOS BY ROSIE TAY

EDITOR'S NOTE: THROUGH THE PAST YEAR, THE COVID-19 PANDEMIC INTRODUCED PROTECTIVE MEASURES THAT RESTRICTED CLUB ACTIVITIES, GROUP SIZES AND MORE. DETERMINED HIKERS LIKE MS. KIEVIT FOUND WAYS TO CONTINUE TO BE ACTIVE.

Are you wondering how to avoid being cooped-up? Imagining what it would be like to do some traveling (when can't get out of the province?) Or how to enjoy the outdoors when the parks are closed, the masks need to be worn, and the 2-metre distance is a must? How does one make new acquaintances and indulge in new experiences, visit new places, get some fun and enjoyment out of this time of pandemic stress? All this has made experts of a number of Rideau Trail members, for finding, navigating and enjoying multiple hikes this year.

Thanks to the Rideau Trail, it has been possible for my personal bubble (three of us who travel together), to participate in a number of hikes in places where we have not been before, on trails we had not known about.



We experienced new levels of difficulty, and we saw scenes and vistas that were beautiful, interesting, and changing with the seasons.

Among the many such places we visited, we hiked in Frontenac Park, Shaw Woods, Manitou Mountain, and many more.

We had the excitement of finding the trailheads, often driving too far or not far enough. Of course, the map is not always right, in my estimation. We had the fun of meeting some old friends and making new ones.

On one of hikes in Frontenac Park, we had the pleasure of meeting Sharen Yaworski (President of RTA), who apprised us of the upcoming events for the club's 50th anniversary.



Our stamina and expertise in navigating difficult areas increased. Because of COVID, we had the time to hike much more than usual.

For club events, it was easy to register, thanks to the on-line calendar. We had wonderful hike leaders who take us hiking in places of particular interest, such as the ruins in Gatineau Park, the old truck & ruins at Little Salmon Lake, and the rocks and undulating paths in the March Highlands. Easier rambling took us to the Greenbelt area, like Mer bleue and Pine Grove. There is an abundance of opportunities to visit and explore interesting areas.

We had lots of interesting conversations, and lots of laughs. Like the time we were to meet a red car, which turned out to be a white one which followed us very closely until we found out it was the car we were supposed to be following. And there was the time we were traveling on Hwy 10 with a delivery truck on our tail. It eventually passed us, but it brought to mind the Dennis Weaver movie, "DUEL".

We saw deer, and many fowl, including a blue heron. We saw a number of beaver lodges, beaver dams, and evidence of the beavers' work near the lakes. And we saw so many beautiful lakes, hills, rocks, gorges, trees.

The outings have been fantastic. I enjoy being a member of the RTA because of the opportunity to be outdoors, to stay healthy, to meet like-minded people. It is time well-spent, being outdoors and exercising. Being a member of the RTA has been very beneficial during this time of pandemic. Despite the isolation, I have hiked more than ever. I discovered parks and trails I had never been to before. Getting outdoors to exercise is possible, because it was possible to maintain the required distance while reaping all the benefits of being active outdoors. The variety of outings offered has been fantastic.

The Rideau Trail is definitely the club for me, for both mental and physical well-being. Outings will continue, with hiking, cross-country skiing and snowshoeing in the winter. We can hope to have more gatherings as spring comes, with the activities planned for the 50th anniversary of the Trail.



Adriana Kievit (L) and Rosie Tay (R. Tolley photo).

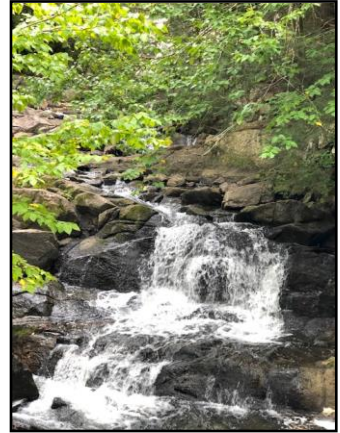
Ottawa Club members who enjoy hiking throughout Eastern Ontario



A few scenes from the hikes.



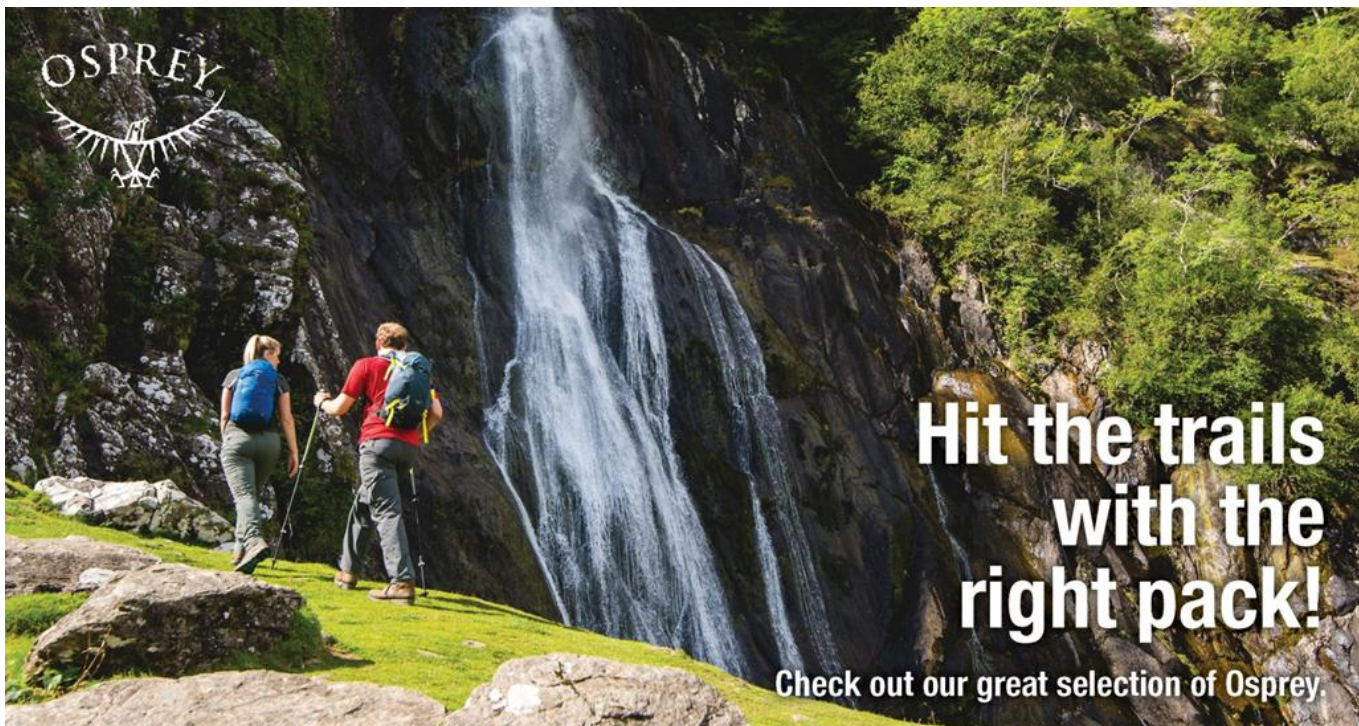
Manitou Mountain



Trailside Lunch



Morris Island



**Hit the trails
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right pack!**

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Information for Members

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 3) 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 (below).

Getting Involved

Thank you for wanting to help out. Feel free to contact any of those listed (page 3). 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.



Entire End to End (Winter or otherwise) secretary@rideautrail.org Rideau Trail Secretary	Central Section hmrob@storm.ca Mary Robinson, Secretary Central Club	Kingston Section wednesdaywalks60@gmail.com Jennifer Brinkman, Kingston	Ottawa Section cekerfoot20@gmail.com Carol Kerfoot, Ottawa Club Secretary
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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

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.

Cycling

Level 1 Few hills, broad roads or bike paths, little traffic.

Requires some cycling experience.

Level 2 Some hills, some traffic, participants should be fit and experienced.

Level 3 Long hills and narrow roads. An excellent level of fitness and cycling experience is essential.

Canoeing

Level 1 Slow-moving sheltered water with no portages.

Level 2 Larger expanses of water, level 1 experience required.

Level 3 Canoeing in areas with larger expanses of water and portages.

Notable Events this Spring

(circumstances permitting)

From the online Calendar:

Saturday March 6 Spring is in the Air!

Level 1. One hour event! Kingston

Sunday March 7 Ski at Murphy's Point

Level 2. Kingston

Rideau Trail Closed

Tuesday March 9

The Trail is closed one day, to protect the landowners.

Tuesday March 16 Landsdowne/Glebe Ramble

Level 1 Ottawa

Saturday March 28 "Worm" Full Moon Mystery Walk

Level 1. Kingston

Sunday April 25 Adopt-A-Road

Morning Roadway clean-up. Ottawa

Wednesday, April 28 7 pm

Kingston Annual General Meeting

Wednesday, May 26

Rideau Trail Annual General Meeting

7 pm by virtual means. Details TBA

50th Anniversary Merchandise

Here are new items in honour of the Trail's big year. Supplies are limited. Get yours by contacting Adriana Kievit akievit1@sympatico.ca, Sharen Yaworski president@rideautrail.org, or call 613-817-7295.

BPA-free water bottle \$9

Toque \$10



Adult bucket hat \$14
one size fits all



Moisture wicking T shirts
Ladies Orange T-shirt \$17

Green T-shirt \$14.



Notice of Motion

Moved that RTA Bylaw 3 Section 18 g) be deleted and that Section 18 a) be revised as follows to enable elimination of the Household membership category effective August 1, 2021:

"MEMBERSHIP IN THE CORPORATION IS OPEN TO ANY INDIVIDUAL 18 YEARS OF AGE OR OLDER UPON PAYMENT OF THE PRESCRIBED MEMBERSHIP FEE. EVERY MEMBER IN GOOD STANDING SHALL BE ENTITLED TO ONE VOTE AT ANY SPECIAL OR GENERAL MEETING OF THE CORPORATION, OR OF THE AFFILIATED CLUB."

All existing Household memberships will be replaced with two Individual memberships, and will continue to receive a printed copy of the newsletter, where applicable.

Information: the Secretary secretary@rideautrail.org

50th Anniversary Celebration Moved from May to October

The face-to-face Celebration event has been **moved to the fall**, details to be confirmed.

Royal Military College, Senior Staff Mess, Kingston

10 am - Meet and mingle, refreshments served
11:30 am - Welcome and Introductions. Meet some of the volunteers who keep the clubs and the RTA going
Noon - Lunch (details TBA)
1:00 pm - Outstanding Service Awards, End to End Awards and Special Announcements
2:00 pm - Group Activities (time and details TBA)
History/tourist walks, market visit, etc.



Up for the Anniversary Challenge?

50 km in each sector (page 21) or 50x50 minutes
Record your date/distance details
Contact your club

Cabin Rental Packages



NORM'S CABIN

Unplug in comfort at this remote off-grid cabin on beautiful Bone Lake.

- Hike or bike 10 km in to reach the cabin
- 100+ km trails to explore
- Gear and supplies transported for you
- Only one other cabin on the lake

For more information visit:
www.blaqbear.ca

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One-Day Event Volunteers Wanted



On May 1st, 2021, the Rideau Trail will conduct a 50 km **EXTREME HIKE CHALLENGE**. The event is a hike from Conlon Farm (Perth) to Lally Farm at Murphys Point Park (and back). This will be a high-profile event that will showcase our organization and Trail network.

For this event to be successful we need many RTA members to volunteer service for the day/part of the day. The table below outlines what we need. In the cases of the Registration positions and the Check Point 1/5 locations, there are two shifts with different timings. In these cases you may volunteer for just a single shift, or both if you like.

Why not get involved? Please send your name, contact information and your preferred position number(s) to 50kmExtremeChallenge@rideautrail.org or contact your club (page 3).

Posn #	Location	Time	Responsibilities
CA1	Conlon Farm Control area	6 AM – 8 PM*	Assist with overall control of the event, answer phone, assist with solving issues. *Breaks away possible, during the day.
Reg1A	Conlon Farm Control area	5:30 -6:30 AM	Check participants in on arrival, take in waiver sheets, issue participant numbers. Evening –issue badges.
Reg2A	Conlon Farm Control area		
Reg1B	Conlon Farm Control Area	4:00-9:00 PM	Check participants in on completion. Assist in awarding badges to successful participants.
Reg 2B	Conlon Farm Control Area		
Reg3	Conlon Farm Control Area	5:30 -6:30 AM	Check participants in on arrival, waiver sheets, issue numbers.
CP1-1A	Check Point 1/5, Hunting Camp near RT10A (it is accessible by vehicle)	7:30-10 AM	Check participants off master list as they pass through the Check Point 1. Provide information, water (provided by us).
CP1-2A	Check Point 1		Assist with Check Point 1 duties.
CP1-3A	Check Point 1/5		Provide basic first aid services as required.
CP1-1B	Check Point 1/5, Hunting Camp near RT10A (it is accessible by vehicle)	1:00-5:00 PM	Check participants off master list as they pass through the Check Point 5. Provide information, water (provided by us).
CP1-2B	Check Point 1/5		Assist with Check Point 5 duties.
CP1-3B	Check Point 1/5		Provide basic first aid services as required.
CP2-1	Check Point 2/4, Long Lake Rd /Narrows Lock Rd	9:00 AM – 3:00 PM	Check participants off master list as they pass through the Check Point. Provide information, water (provided by us).
CP2-2	Check Point 2/4		Assist with Check Point duties.
CP2-3	Check Point 2/4		Provide basic first aid services as required.
CP3-1	Check Point 3, RT09B, Lally Farm (free parking at Lally Farm that day)	10:00 AM – 2:00 PM	Check participants off master list as they pass through the Check Point. Provide information, water (provided by us).
CP3-2	Check Point 3		Assist with Check Point duties.
CP3-3	Check Point 3		Provide basic first aid services as required.
CP6-1	Check Point 6, RT10B, Ferrier Rd	2:00 – 6:30 PM	Check participants of master list as they pass through the Check Point. At time provided by Control, stop participant from continuing (cutoff for safety due to darkness)
CP6-2	Check Point 6, RT10B, Ferrier Rd		Assist with Check Point duties.

Central Club Activities – Spring 2021

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 12). 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
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Activity Updates

The full list of outings and updates including additional events and short-notice hikes is available any time via the online Calendar (Teamup) teamup.com/ks4o7f1oa94o7taugd. Those without access can call their club (page 3).

Wednesday Wanderers - These are shorter, leisurely hike/snowshoe outings for those who want a mid-week stretch. Details are sent out each Monday by email. Contact: Margaret Lafrance 613 466 0403 margaretafrance03@gmail.com	Activity Coordinator Contact (blank waivers, questions, offerings, etc.) activities.central@rideautrail.org
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Scheduled Activities: Central

(Details and updates: <https://teamup.com/ks4o7f1oa94o7taugd>)

The activities of the Central Club will be listed on Teamup and will be sent out in weekly and monthly emails as the resumption of activities is permitted.

From the Archives

CENTRAL RIDEAU TRAIL CLUB

The Central Rideau Trail Club came in to being at a meeting held April 5th in the Smiths Falls Collegiate.

Dr. Fred Cooke, President of the Rideau Trail Association, addressed a meeting of about fifty people from the area. Dr. Cooke outlined the development of the Association. Dr. Cooke showed some slides taken along the trail between Kingston and Westport. The audience enjoyed the colours and scenery, not to mention the commentary.

The name, "Central Rideau Trail Club" was agreed upon with the following executive:
President George Bracken, Smith Falls
Vice President Earle Checkley,
Burritts Rapids
Secretary-Treasurer Joyce Halliday,
Smiths Falls
Activities Maintenance:
Howard Raper, Smiths Falls
Commander Moxley, Merrickville
Peter McMahon, Perth
Betty & Ted Cooper, Kemptville

Condensed from the Rideau Trail Newsletter, Spring 1972

Many Decades on Our Rideau Trail

BY JOYCE DAVIS

Meet John Le Geyt. John's love for hiking goes way back to 1982, when he joined the Ottawa Club of the Rideau Trail Association. An avid outdoorsman, he completed the Trail, end-to-end during 1982–83, alone with a camera, a tent and a keen eye for beauty along the way. Responding to an SOS from Central in 1997, John transferred to help with trail maintenance.

I met with John at the Lower Reach Park in Smiths Falls in the fall of 2020. With social distancing in place we sat at a picnic table, and he shared with me 177 slides, most of which were from his end-to-end adventures.

I was privileged to hear a few stories of that E2E experience. The summer was almost touching the fall of 1982 when John started his trek in Kingston, and for ten days he camped on the trail in designated areas and campgrounds with the evening sun bronzing the trails.



What I noticed going through the maps and the notes that John had made was that he didn't rush along the route. Snippets of observations of the flora and fauna along the way lined the captions of his photographs, and made them far more meaningful. He had nothing to complain about except that the grass was wet in the mornings!

There were lots of stories to tell ... one morning he found a furry Tarzan of a racoon swinging the rope that was protecting his food. He loved the old architecture in the small towns and his camera captured those buildings.

The route also supplied him with treats ... just south of Westport he came upon many apple trees, and his notes tell me that he sampled an apple off every tree! And when he went to the bank in Smith Falls to get some cash, the teller was suspicious, looking at his dirty clothes and scruffy face.

John made camp 10 times, all designated on the 1982 trail maps.

Keplly	Mosquito Lake	Victoria Park, SF
Gould Lake	Foley Mountain	Merrickville
S. Slide Junction	Murphy's Point	
Lindsay Lake	Last Duel Park	

Sadly, the remote ones aren't there any longer.

In Port Elmsley, John took a picture of 550 birds (Winter Newsletter). He knows that because he viewed it on a very large screen one day and counted them!



After 247 kilometres, John completed the E2E with winter day trips to cover the distance to Parliament Hill.



Joyce Davis is Chair of
the Central Club
SHAREN YAWORSKI PHOTO

His maintenance work has counted many hours over the years. He was responsible for 18 kilometres of blue trails near Merrickville. The most frustrating part of the maintenance over the years was collecting the garbage and bottles left on the trails. Certainly not left by our members, but still picked up so that hikers could enjoy the views and make landowners happier.

In Issue 82, Winter of 1991, John wrote an article on trail maintenance. At that time, the trail blazes had to be painted manually. After getting blue hands one day, he designed a holder to keep his hands clean.

In Issue 114, Winter of 1999, John wrote an article entitled "Bear Encounter on the Rideau Trail". We should all go back and read this to remind us that these events can happen so quickly.

It is such a pleasure to meet with members of our club who have been around for so long, and have contributed so much. They have so many trail-happy stories to tell. I hope that we will see many of you, including John, when the pandemic is over and we can celebrate the beauty of our trails, together in person again.

Mid-Week Walking Offered in Kingston

Have you noticed a little more on the first page of the Kingston Club's activities? More than ever before, there are walks and hikes on offer, Monday to Friday. A few leaders have had specific events before, notably the hikes led by **Nancy Hunter, Audrey Sanger** and others. What's new are regular, run-the-same-day-every-week outings.

Wednesday Walkers

This one is an old favourite. Few of today's active members will remember how this got started. Currently, **Jennifer Brinkman** coordinates these weekly walks on Wednesday afternoons. The [tribute on page 8](#) mentions the enthusiasm that Marilyn and John Milloy had for this regular activity.

Jack's Tuesday Hike

This is a relatively new event on the busy RTA Calendar, having officially commenced on 08 December. We depart from the Rotary Park at 0900hrs and march to and through Lemoine Point via the scenic waterfront trail.

The hike is designed to be a slower pace than the Fast and Furious Walks on Monday and Thursday. Where the average pace of those prolonged sprints are 10 min./km, we are at a more leisurely (and civilized) 12 min/km. The march lasts EXACTLY two hours and is EXACTLY 10.0 km in distance. (Yes, I am ex military).

Our average turnout is 8 to 10 hearty folks of different ages and fitness levels. I started the hike as there appeared to be a gap between the Fast and Furious hikes and the slower Wednesday afternoon walks. The fact that I had only joined the RTA a month prior to starting the walk illustrates how welcoming the RTA is to newcomers and how flexible it is, to permit walks of different paces. Come out and join us when the RTA restarts!

THANKS TO JACK WILSON FOR THIS DESCRIPTION

Fast & Far Thursdays

UPDATE BY MARY-JEAN MCINTYRE

The Kingston Fast & Far hike series was launched Fall 2019 to fill a perceived void in the routine weekday outing schedule. Some of us wanted a regular weekday opportunity to push ourselves to walk as fast as we comfortably could, for a full two hours - without anyone teasing us! A secondary bonus of offering newer members a bridge activity to use as training for full-day weekend hikes was also immediately apparent. We chose Little Cataraqui Creek Conservation Area as our stomping ground to offer a change of scenery from other



events, mildly challenging terrain in a loop configuration, and a safe, beautiful surrounding. Since this event was launched pre-COVID 19, we chose a convenient location for carpooling. Kingston Club generously purchased three vehicle passes to be used to augment the personal passes some members already had.

PHOTO: CATHY CUMMINGS



Recognizing that "fast" and "far" are subjective measures, each outing required at least two leaders so that a slightly slower-paced option could be offered. Within the first year over 35 members had participated in at least one event and there was a regular contingent of a dozen or so members.

For the summer months last year, we moved to Lemoine Point to take advantage of Kingston's gorgeous waterfront with cooler breezes. Cataraqui Conservation agreed to issue the Kingston Club special passes, so we can visit Little Cat, without extra fees. Thanks to them, and to our leaders: **Sharen Yaworski, Lynn Esau, Cathy Cummings**, and **Gerald McLoughlin**.

Rock and Roll Wednesdays

Continued into March: Fast and Far meets Rock and Roll! These Wednesday morning outings at Gould Lake may not match the pace of the Fast and Far folks, but they'll be equally vigorous. If you want a more relaxing pace and we have sufficient numbers, we'll break into two smaller groups to accommodate your speed preference.

We'll start at 9:30 am from the Gould Lake Conservation Area Outdoor Centre parking lot. However, we may sometimes start elsewhere in order to avoid driving down the steep hill into the Conservation Area. Park free, thanks to the RTA Kingston Club and Cataraqui Conservation.

ROCK AND ROLL FROM TEAMUP (RON WILSON)

Kingston Club Activities – Spring 2021

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 12). 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 After an event, please send the waiver to HR Coordinator, Cathy Cummings waiver.kingston@rideautrail.org
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Activity Updates

The full list of outings and updates including additional events and short-notice hikes is available any time via the online Calendar (Teamup) teamup.com/ks4o7f1oa94o7taugd. Those without access can call their club (page 3).

Activity Coordinator Contact

(blank waivers, questions, offerings, etc.)
activities.kingston@rideautrail.org

Regular Activities

(as circumstances permit)

Yes!! Kingston is open again.

Be sure to check Teamup

Sharen Yaworski, February 8

Jack's Tuesday Hike Level 2. A two hour moderately paced walk through Lemoine Point. Maximum 10 persons per group. RTA Members only. Meet 8:50 am at Rotary Park on Coverdale Drive. Please have crampons and poles available for possible icy conditions.	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, wednesdaywalks60@gmail.com
Rock and Roll Wednesdays Vigorous Wednesday morning outings at Gould Lake. Possible small groups will accommodate speed preferences. Sign up is not required. Please have crampons and poles available for possible icy conditions. Meet at the Gould Lake Conservation Area Outdoor Centre parking lot, for a 9:30 departure. Alternate start is possible. Park free, thanks to the RTA Kingston Club and CRCA. Updates: Check Calendar after 7 pm the night before.	"Fast & Far" Thursday Outings Level 2-3. Brisk-paced exercise for two hours. Activity (hike, ski, etc.) based on conditions and interest. RTA Members only. No need to contact leaders prior to arrival. Meet 8:50 am at the Little Cataraqui Creek CA Outdoor Centre. No vehicle fee thanks to Kingston Club and Cataraqui Conservation. Bring your own equipment, water, etc. Leaders: Mary-Jean McIntyre, Lynn Esau, Gerald McLoughlin, Cathy Cummings

Scheduled Activities: Kingston

As/when circumstances permit

(Details and updates: <https://teamup.com/ks4o7f1oa94o7taugd>)

Tuesday March 2 Jack's Tuesday Hike

(*Every Tuesday morning*)

Level 2. Moderate pace, 10 km. Leader: Jack Wilson, jacquesmerchant@hotmail.com

Wednesday March 3 Ron's Rock and Roll Wednesdays

(*Every Wednesday morning*)

Level 2-3. Fast and Far meets Rock and Roll! Contact leader Ron Wilson for meeting time/place: 44dinnick@gmail.com

Wednesday March 3 Wednesday Walkers

(*Every Wednesday afternoon*)

Level 1. 1:30pm - 2:30pm. Details will be posted to Teamup by Tuesday. To register, contact leader Jennifer Brinkman at Wednesdaywalks60@gmail.com

Saturday March 6 Spring is in the Air!

Level 1. One hour event! Snowshoe, cross country ski or mystery walk. Leader: Cathy Cummings ccummings60@gmail.com or sign up on Team Up

Sunday March 7 Ski at Murphy's Point

Level 2. Ski on 20 km of groomed and back-country trails. If there is insufficient snow, a hike at a different location may be substituted. Park fee. Leader: Robert Tolley, retolley@hotmail.com, cell 613-484-4295

Rideau Trail Closed

Tuesday March 9

The Rideau Trail is closed to users one day each year. Where the Trail crosses private property, the Trail is closed on March 9, 2021. This is to protect the private property of the landowners who generously let us use their land.

Activities in other areas, on other trails are not affected by this one-day closure.

Friday March 26 Cataraqui/Rideau Trail - Harrowsmith

Level 1. Easy paced, 5 to 6 km, limit of 10 participants. Contact Jennifer Brinkman, jkbrinkman59@gmail.com, 613-929-3100

Saturday March 28 "Worm" Full Moon Mystery Walk

Level 1. 7 km easy pace. Please wear reflective clothing and dress according to the weather. Leader: Cathy Cummings ccummings60@gmail.com or sign up on TeamUp

Friday April 23 K&P/Rideau Trail - Bur Brook Road

Level 1. Easy paced, 5 to 6 km, limit of 10 people. Contact Jennifer Brinkman, jkbrinkman59@gmail.com, 613-929-3100

Kingston Club Annual Meeting

Wednesday April 28 7:00 pm

Details TBA

Friday May 21 K&P/Rideau Trail - Murton Road

Level 1. We'll walk a section of the K&P/Rideau Trail for 45 minutes and return. Leader Jennifer Brinkman, jkbrinkman59@gmail.com, 613-929-3100

Wednesday, May 26

Rideau Trail Annual General Meeting

7 pm by virtual means (page 4). Details TBA

Scheduled Activities: Ottawa

As/when circumstances permit

Tuesday March 16 Lansdowne/Glebe Ramble

Level 1 Urban Walk in Lansdowne/Glebe area. Meet at 5:45 pm for a 6:00 pm departure at the TD Bank/Loblaws corner of Queen Elizabeth Driveway & Pretoria Street. Leader: Pat Archer 613-565-6149

Saturday March 20 Calabogie Trails

Level 3. About 11 km. Snowshoe/hike some of the Calabogie Trails. Leader: Denise Hall rebeccahall@rogers.com

Saturday April 17 Waterfall Hike

Level 2 hike somewhere in Gatineau Park to visit a waterfall or two. Leader: Denise Hall rebeccahall@rogers.com

Sunday April 25 Adopt-A-Road

A morning clean-up of 5.5 km along Roger Stevens Drive, west of North Gower. Leader: Brian LaDuke, yellow.bumper@hotmail.com or 613-534-8538

Sunday May 16 Two-Stage Spring Walk in Ottawa

Level 1. A walk through Heart's Desire woods to see an abundance of trilliums. Leader: Denise Hall - rebeccahall@rogers.com

Wednesday, May 26

Rideau Trail Annual General Meeting

7 pm by virtual means (page 4). Details TBA

Ottawa Club Activities – Spring 2021

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 12). 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. 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.
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Emergency 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

Activity Coordinator Contact

(blank waivers, questions, offerings, etc.)
activities.ottawa@rideautrail.org

Activity Updates

The full list of outings and updates including additional events and short-notice hikes is available any time via the online Calendar (Teamup)
teamup.com/ks4o7f1oa94o7taugd. Those without access can call their club (page 3).

Tuesday Evening Walks/Hikes - mid-March through August, urban walks or ‘Moonlighter’ hikes. Possible refreshment stop afterwards. For hikes, flashlight recommended, in addition to the usual accessories. Note: Meet at 5:45 to depart at 6 pm. Details and meeting point in online Calendar. Coordinator: Pat Archer, 613-565-6149	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. Information: Tony Barnes, 613-828-1216 or fellwalkerca@gmail.com Thursday Morning Hikes - Two-hour, Level 1 or Level 2 spring hikes, ending in June. Details in online Calendar Contact Elizabeth Mason at 613-729-6596 or emmason283@gmail.com
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Scheduled Activities: Ottawa

(Details and updates: <https://teamup.com/ks4o7f1oa94o7taugd>)

Rideau Trail Closed Tuesday March 9

The Rideau Trail is closed to users one day each year. Where the Trail crosses private property, the Trail is closed

on March 9, 2021. This is to protect the private property of the landowners who generously let us use their land.

Activities in other areas, on other trails are not affected by this one-day closure.

Ottawa Rideau Trail Club

Feeling locked down?
Need to meet new people?
Be part of a dynamic team!
Why not help improve the Rideau Trail?

Consider these opportunities:

- Chair
- Vice-Chair
- Trail Maintenance Coordinator

More information:

Brian Grant

pastpresident@rideautrail.org

Sandy Freeman

ottawa@rideautrail.org

Recent Donations to the Rideau Trail

In memory of Marilyn and John Milloy
Margaret Wild

Other donations

C D Anglin
Julia Gray
Elizabeth Hamacher
Robert Lantos
Caitlin Madower
Cathy Mandzuk
Sandy Moir
Gary Norton
Wanda and Robert Pelletier
Suzanne Runciman and David
Thompson
Stitches & Spoonfuls
Beryl Strawczynski
Dukke Van Der Werf
Janet Zilstra

Rideau Trail 50th Anniversary Challenge Badge Details

Experience the Trail



(The 50's)
(Green Badge)

Two ways to meet the Challenge

Each is for members only
January 1 to September 30, 2021

The Experience

50 km in each sector of the Trail
(including blue loops)
Minimum 150 km total
Independently or on Club Hikes.
(Check online Calendar.)

or

Revisit the Trail (intended for seniors)

50 minutes 50 times or equivalent, done in
any configuration
(E.g. weekly, on local, main or Blue Trail, etc.)

Extreme Challenge



(Orange Badge)

It's 'not for everyone' but it is
Open to the Public

One day only
Saturday, May 1, 2021

The Challenge

50 km of Rideau Trail near Perth, in one day
Water and refreshments will be available
along the route.

Cost: \$20 for non-members; otherwise free
Must pre-register so we know numbers
in advance

Details available upon registration
Information/Registration: president@rideautrail.org

Badges to be presented upon completion

[Send hike log to your club to claim a badge \(page 12\)](#)

Trail Sector Boundaries	Kingston: from RT 01A (Confederation Park, near Kingston City Hall) to RT 09B (Lally) Central: from RT 09B (Lally Farm) to RT 12F (corner Rosedale and Wood Roads). Ottawa: from RT 12F to RT 19F (near where the Rideau locks meet the Ottawa River).
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COVID and the Anniversary Challenge

How can we contest the Anniversary Challenge* with the pandemic-related restrictions in place? I don't mean the Extreme version**. Those people will be spread out along the Trail for sure. They have no use for car pooling, but what about the rest of us? You might have already thought about how you might cover 50 km in each sector.

Spring weather will be here before you know it. Here are a few thoughts to prompt your imagination:

- Walk a 5 km path out and back (That's 10 km every time)
- Blue Loops (Some are circular, so you finish at the start.)
- Self-shuttle using a car and a bicycle (Is there a downhill direction for your bike?)
- Self-shuttle with public transportation (Kingston and Ottawa both have long Trail segments served by the bus.)
- A two-car family can self-shuttle, using both vehicles.
- Hiking buddies can exchange keys, without sharing the ride. (Just walk in different directions.)

* [Anniversary Challenges – page 21](#)

****Help wanted**, in a big way – make the Extreme Challenge event a success ([page 14](#))

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DREAMING OF TRAVEL

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- it relieves stress and boosts mental health
- despite the inevitable gelatos ☺, it improves your fitness (especially a hiking holiday with us!)
- it's an education! Travel teaches us economy, politics, history, geography, and sociology in a hands-on that way no class ever will
- it takes you out of your comfort zone and teaches you to be patient, more confident and to prioritize what really matters
- Traveling is a way to learn about distant people and cultures for yourself and not through the eyes of the media or our friends

So when the time is right, **we'll be ready!**

Although we don't know when that day will come, there is hope on the horizon. Put your name on our [INTERESTED LIST](#), and we will notify you when we are ready to accept reservations for a particular trip (no obligation).

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

IN THE MEANTIME...

We would love to keep you informed and engaged. Here are 3 easy ways to keep in touch that would benefit us both:

1. [Follow us on Facebook.](#)

We post daily on topics such as hiking tips & tricks, travel information, gear reviews, trip announcements and so much more. Plus, we're pretty entertaining ☺

2. [Follow me on Instagram.](#)

Want to see amazing photos? Follow @maddhiker on Instagram. Maddhiker - that's me! Full disclosure - I sometimes also post pictures of my family and dogs.

3. Sign up for our monthly e-newsletter.

Email us at info@letshike.com and ask to be put on our mailing list. You can unsubscribe any time, and we will never share your information with anyone.

Stay positive & test negative!

We look forward to hiking with you again soon!

TICO # 50023501 & #50023502



Camping and the Challenge

We decided to camp part of the way for the Frontenac Challenge in 2020. All the campsites are walk in, so our packs were 45-50 lb. Backpackers and canoe trippers know the value of a sit-down rest along the trail.



At the top - the joy of getting the boots off, once at camp. Success also results in celebration. Thanks to Janice Dowling and David McNicoll (Ottawa Club) for sharing their experience. View more at Réjeanne's blog: <http://1yrinasia.over-blog.com/2020/10/>



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Tour Dates: 23/01/2021; 10/04/2021; 13/11/2021; 4/12/2021 and 22/02/2022

\$3,390 USD Double Occupancy*

ITALY – CINQUE TERRE



• 7 days/6 nights

• Individual Self-Guided

An extensive network of ancient mule tracks – today used as footpaths – take you through an extraordinary landscape of terraces, built by hand with stones and earth. You will walk from village to village, between forest and vineyards, through a spectacular terraced landscape overlooking the sea.

Departures daily from March 20 to October 31, 2021

€420 - €560 Double Occupancy*

SPAIN – CAMINO DE SANTIAGO



• 8 days/7 nights

• Individual Self-Guided

Walk the final 118 kilometers of the classic Camino de Santiago. Starting at the Galician town of Sarria where many pilgrims begin their walk, you will have the chance to soak up the history that surrounds this long-distance route.

Departures daily from April 1 to October 31, 2021

€599 Double Occupancy*

ENGLAND – HADRIAN'S WALL



• 7 days/6 nights

• Individual Self-Guided

Hadrian's Wall National Trail is one of the most popular walking routes in the UK. This tour starts at the museum in Wallsend and follows most of the Hadrian's Wall trail with interesting Roman remains between Wallsend, a suburb of Newcastle upon Tyne to Carlisle in the West.

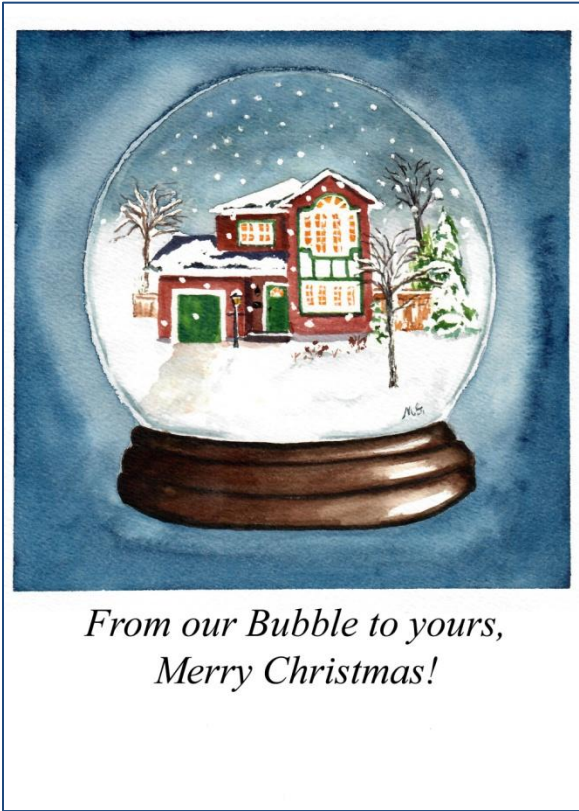
Departures daily from May 1 to September 30, 2021

£549 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



Ottawa Club member, Margaret Grant's home-made Christmas card demonstrated her skills with art and words. Is it time to say goodbye to our COVID winter?



When canoeing the many beautiful lakes we have, you can always find the purple iris scattered along their banks. - Jean Sunter

PHOTO: LIZ CHOROS

Membership Renewal
Is yours due March 31 this year?
rideautrail.org

Our automated membership system is new. If you have any questions, please contact our Membership Director at membership@rideautrail.org 613-583-1667.

Renewing by paper? Call 613-583-1667

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