RideauTrail

NEWSLETTER

Summer 2021 Issue No. 200

End-to-End Completed

BY DAVID MCNICOLL

On a sunny afternoon, February 14, 2021, several close friends hiked into Merrickville, Ontario. Thus we completed the non-Winter End2End 2021 hike, and at the same time also finished our 3-year winter End2End hike between Kingston and Ottawa. Badges galore…

Of course this year there were no official hikes offered by the Rideau Trail Association because of the legitimate Covid-19 angst. So we soon called ourselves Los Incognitos of the non-Winter End2End 2021. We hiked despite the lockdowns, the snowmobilers, the hunters and the occasional chickadee. Plus the usual lying in bed in the early morning darkness questioning everything.

The fat 90 km of the northern section of the Rideau Trail included the vast openness of the Ottawa River, the twisting Greenbelt, Marlborough Forest, secondary roads and one's arrival at the Rideau Canal. Regarding the weather, it snowed, was sweet and for a couple of days was windy and cold as we creaked and hiked along. Plus there was night of the full moon without a moon (faulty research by the non-leader).

Next year starts in Kingston. Are you with us?

A little fun on the Trail

Dressed to protect

David McNicoll and his free-spirited friends are with the Ottawa Club

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.

Challenge: Accepted!

BY LINDA GRAUPNER

Thank you RTA for inspiring us with the 50th anniversary challenge! What a great year to stay local and experience all that the RT has to offer. My husband, Tim, and I had only done a few hikes, here and there along the Trail. Our usual winter past-times include cross-country skiing in the Gatineau's and/or heading south looking for palm trees. Winter hiking? Tramping through deep snow, slipping on ice all seemed rather daunting to me. But this year, with borders closed and health authorities recommending that we not cross into Quebec, we were looking for new adventures.

Red Rock!
What a beautiful surprise easily missed if one does not read the notes which accompany the maps.

The Anniversary Challenge hit my in-box at just the right time. I was also inspired and winter-hiking-educated by my friend Claudette, who completed the winter end-to-end several years ago. Listening to her stories inspired me to consider winter hiking, so off I went to expand my wardrobe – winter hiking boots and spikes were clearly essential.

Tim and I completed the challenge in early April, just in time to switch our gear over to spring hiking boots and bicycles. We truly appreciated the beauty of the Rideau Trail in winter. We were surprised to see how well-used the trails were – apparently we weren't the only ones who traded palm trees for the beauty of frozen ponds and snow fingers on the pine trees this year.

Each section of the RT has its own special beauty. Slide Lake loop in Frontenac park was beautiful. Perhaps the greatest surprise for us was the beauty of the Central and northern Kingston sections. We loved the hike through the woods south of Ferrier Road, the trails through Murphy's Point and south to the stunning lookout over Big Rideau Lake. Even following the trail through the old town of Perth brought us to beautiful historical buildings we had never noticed while driving or cycling through this pretty town. We happen to have old RT maps from the 1970's and 80's and even managed to find faded RT markers on a few old trails such as the School House Loop.

Not only did we appreciate the timing of this challenge but we also thought it was very flexible in allowing us to use "there and back" hikes as well as blue trails, to avoid carpooling. Kudos to the brains behind this challenge! Thank you for getting us out winter hiking in this pandemic year. Although we completed the challenge in early April, we have our sights set on a few more sections that remain unexplored. The challenge continues!

Tay Canal towpath, Perth.

LINDA GRAUPNER AND TIM MUSCLOW ARE MEMBERS OF THE OTTAWA CLUB

New date:
Saturday, August 28

COVID restrictions have made the change necessary. All registered participants and volunteers have been advised.

Date Changed

Can you help? More medical/first aid volunteers are needed. Please contact
50kmextremechallenge@rideautrail.org

Lunch break photo by Carolyn Heald

Of Milkweeds and Butterflies

BY BILL OTTNEY

Over twenty years ago, as a novice hiker living in Southern Ontario, I accompanied a hiking companion on an early July outing to the Kawarthas. One of our day-hikes found us on a trail traversing a large meadow which was literally brimming with milkweed plants in full bloom. Taking up hiking for a much-needed lifestyle change, one of my favourite aspects of hiking is being able to stop and admire the wonders of nature which I had largely ignored.

It was not only the powerful perfume of the milkweed blossoms that amazed us; it was also the seemingly endless variety of insects which were drawn to the milkweed blossoms. Since we were on our own with no schedule to meet, the rest of that spectacular summer afternoon was spent in that milkweed field with our cameras.

Unnamed fly,
spotted with pollen

One can't do this on a usual group hike, so why not organize a photo hike to a milkweed meadow situated along the Rideau Trail? When Gunhild and I posted last year's Butterfly hike in July, we could not gauge people's interest.

Widow Skimmer (libellula luctuosa)

Nature's Camouflage

Grey Comma butterfly
(polygonia progne)

At left, with wings folded, and a more familiar look (Note the antennae.)

About Cameras

Most any modern smart phone has a fine camera which is capable of capturing an image of excellent resolution. And you cannot beat their compact size. For hikes of this type, I still prefer a bulkier Digital SLR with appropriate lens. I use a Canon EOS 70D body and Canon EF 100mm Macro lens for "bug work" primarily because of the image quality and depth of field control that this combination offers. Gunhild uses a Canon G16 camera and with her eye for composition, does a great job with this smaller camera.

We would have gone anyway, but as it turned out, the hike was a "sell out" with the two of us having to lead separate groups to accommodate the ten persons per group maximum which was in place in summer 2020. The interest in this kind of a hike was a pleasant surprise for both of us. We're doing it again this year.

Interested? Our favourite milkweed meadow is located in South Slide Junction within Frontenac Provincial Park. Most likely we will go there again, but check the online Calendar to be sure of our plans.

Blue Dasher

July 2021?

We plan to host this outing again on
Sunday July 4th
rain date Saturday July 10th

Check TeamUp for updates.

Gunhild Karius and Bill Ottney are familiar volunteers to most members who follow the Kingston Club's information and activities. Over the years, each has contributed hikes and articles for the benefit of our members. Thank you.

Leaving the RTA Board

Two of our members left the Board of Directors this past spring. Thank you for your service to the Rideau Trail, and to its clubs and members. Your contributions have made the Association stronger.

Joyce Davis
Chair of the Central Club.

Mary-Jean McIntyre
Membership Director

(Are successors in place?)

Experience the Trails
50th Anniversary Challenge

For members only

This challenge has **two options**: Hike a total of 50 km in each of the three Association sectors (Ottawa, Central, Kingston), for a total of 150 km.

Seniors Alternative: 50 minutes on the Trail 50 times

Include any hike between January 1 and September 30, 2021

Send hike log to your club to claim a badge (page 12)

2022

Catch up with hiking friends, past and present

2022

50th Anniversary Celebration

Mask-free and handshake-friendly

Saturday, May 28 2022

Yes, the date has moved to 2022.
Let's do this right! Meet at RMC in Kingston
(without our masks)

Not this fall.
Now, it's
Spring 2022.

Director Wanted

Streamlining the Rideau Trail's system of managing our membership record keeping has considerably reduced the required obligations of time and effort.

The RTA Board is seeking someone to take on the duties of Membership Director. A brief description of the duties are available at https://www.dropbox.com/s/nr5veyny0tl959i/Membership%20Director%20key%20taasks%202021.docx?dl=0

Please consider offering your support to the Association by taking on this important assignment. Learn more. Contact RTA President, Sharen Yaworski, president@rideautrail.org or past-president Brian Grant, at pastpresident@rideautrail.org .

Ottawa Club Volunteers

A number of positions on the Ottawa Club Executive have been vacant for too long:

Chair: leading the Ottawa RTA into the next 50 years

Vice Chair: lend a hand and learn about the organization

Trail Maintenance Coordinator: ensuring the Trail is the best it can be.

Join the Ottawa RTA executive by taking on one of these key positions. You have the skills; please share them.

Information:
Brian Grant pastpresident@rideautrail.org
Sandy Freeman ottawa@rideautrail.org

RIDEAU TRAIL ASSOCIATION

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Central Club: (613) 267-5756
Kingston Club: (613) 817-7295, text
Ottawa Club: (613) 860-2225

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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Social Media Admin. Help Wanted

Fall Newsletter: **Deadline July 25, 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
(613) 225-8770 pastpresident@rideautrail.org
Secretary: Ruth Oswald, Ottawa
(613) 590-7467 secretary@rideautrail.org
Treasurer: Dean Avery, Kingston
treasurer@rideautrail.org
Membership Director:
membership@rideautrail.org
Trail Coordinator: Rusty Bassarab, Kingston
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Marketing/Communications: Dilhari Fernando
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central@rideautrail.org
Kingston: Barry Monaghan, Kingston
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Ottawa: * VACANT *
ottawa@rideautrail.org

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jjwnmoss@hotmail.com
Ottawa: Sandy Freeman, Ottawa
ottawa@rideautrail.org

Newsletter Editors:
Steve Kelly, Ottawa
(613) 422-1318 stkelly@rogers.com
Peter Weir, Ottawa
pweir2005@gmail.com
Gaps in Board were to be filled immediately before distribution of this Newsletter

Central Club Executive

Chair: Jim Middleton
Vice-Chair: * VACANT *
Past Chair: Joyce Davis
Treasurer: Gayle Truman
Secretary: Mary Robinson
Trail Maintenance: Doug Jones
Landowner Liaison:
Carol Richardson
Hike Leader Coordinator:
* VACANT *
Communications: Donna Glover
Social Coordinator: Angela Quinn
Member at large: David Skinner

Kingston Club Executive

Chair: Barry Monaghan
Vice Chair (Board Rep.):
Jim Moss
Past Chair: Sharen Yaworski
Secretary: Lynn Esau
Treasurer: Marilyn Martin
Outings: * VACANT *
Wednesday Walkers:
Jennifer Brinkman
Communications and Publicity:
Bill Ottney
Landowner Liaison: * VACANT *
Construction: Jim Lorimer
Maintenance: Stan Huff
Special Events: * VACANT *
Human Resources: Cathy Cummings
Member at Large: Willa Thayer
Member at Large: Margaret Merkley

Ottawa Club Executive

Chair: * VACANT *
Vice Chair: * VACANT *
Past Chair and Rep. to Board:
Sandy Freeman
Secretary: Carol Kerfoot
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
Member at Large: Brian Grant
Newsletter Editors: Steve Kelly
and Peter Weir

Association News

50th Anniversary News

- Celebration has been moved to the spring of 2022
- Extreme Challenge has been moved to August 28.

Board News

- The following were appointed to the RTA Board:
  - **Newsletter Editor (alternate)**: Peter Weir
- The following opportunities are open on the RTA Board:
  - **Vice-President**
  - **Membership Director**
  - **Ottawa Club Chair**
  - **Ottawa Club Rep**

Interested? Talk to our President, Sharen Yaworski
President@rideautrail.org

Trail Coordinator

- New trailhead signs are being designed.
- The first set (8) new RTA Waypoint signs to be installed on the RTA Extreme Hike route.

Highlights of RTA Board Meeting

October 17, 2020, via Zoom
BY RUTH OSWALD, SECRETARY

- There has been significant increase of the Rideau Trail by the general public. The RTA continues to monitor and try to positively influence this trail use.
- An inventory of RTA trail structures has begun.

Finance

- The Association bookkeeping workload to be shared via Quickbooks online.
- Year-end statements and the budget for the coming year are ready for the AGM.

Membership

- The total number of members as of March 31, 2021 is similar to this time last year: 836. As of January 1, 564 members (43%) had not yet renewed their memberships.
- There has been an increase in members identifying as "non-affiliated"
- Work continues on streamlining the workload for membership administration.

Marketing and Communication

- Marketing and Communications team has been assembled.
- Review underway to assess communications tools, platforms, guidelines, assets, etc. as part of developing a communications strategy.
- Recommended upgrade to website platform to be easier to manage.
- A member survey is being developed.

Next meeting: July 20

Potential Volunteers
Please contact any member of the Board or Club Executive.

Trail Updates and Information

BY RUSTY BASSARAB, TRAIL COORDINATOR

Reroutes A reroute of the trail was completed between the EDGE OF FOLEY MOUNTAIN CONSERVATION AREA and North Shore Rd. While the new route does involve more hiking along North Shore Rd, it was important that a reroute continued to pass through Foley Mountain Conservation area.

The efforts to find a better long term solution for a REROUTE BETWEEN RT 14B AND RT14C, just North of Burritt's Rapids previously mentioned in the Winter newsletter, are ongoing. Ottawa Club is spearheading these efforts and some possibilities have been arisen that will be examined in detail as soon as COVID restrictions allow.

Signs The first of the WAYPOINT SIGNS have been produced and will hopefully be in location by the time that you are reading this newsletter. It is hoped that it will be possible to have them all in place by the end of the year. Efforts to finalize the design of RTA TRAILHEAD SIGNS are continuing and it is expected that you will see some of these in place this year.

Volunteers In order for our trails to stay marked and maintained in a manner helpful to all trail users, we do rely on the effort of vsolunteers. It is acknowledged that everyone's free time is valuable and that many cannot volunteer on a regular basis - **PLEASE HELP OUT WHEN AND WHERE YOU CAN.**

Trail Maintenance with a Scary Twist

BY BRIAN GRANT

It was the fall of 1980 when Margaret and I headed to a section of the Rideau Trail that we were responsible for maintaining. That was a section of trail near Murphy's Point Provincial Park. It was a late October day that started out sunny.

For us, it was an unusual area. The rock was very close to the surface with little ground cover, but sufficient for a small number of trees to grow and create a thin canopy. These trees showed determination in their attempt to reach higher and grow roots directly into the rock. I am sure they were aided in their endeavours by the power of freezing water, but their determination to grow had to be admired. The forest was relatively thin making the hiking easy even over the rocks, and at this time of year, there was little standing water to block the path.

JACK TANNETT PHOTO

As trail maintainers, we had to ensure that the trail markers were clearly visible. From one marker, you had to be able to see the next in order to ensure people stayed on the trail and didn't get lost. The foot traffic in this area was not heavy, and combined with the rock base, there was little to show the path other than the welcome orange triangles that guided the way. We were there to ensure they were always visible.

Sometimes the markers fell off the trees, a nail rusted away and sometimes, vandals would pull the markers off the trees or use them for target practice. Nature also had ways of hiding the markers by toppling trees or growing branches directly in front of them. As we walked along, we used our lopping shears to cut off a branch here or a branch there. Occasionally we had to pull out the saw to remove a larger branch that was going to block the trail or obscure the marker completely.

Maintainers check the entire Trail two or three times a year and remove any garbage they find. In exchange for the maintenance work, private landowners allow hikers to see forests, streams, hills, valleys and fields that would otherwise be inaccessible. It is a great gift they provide to all of us.

When we reached the end of our section, we turned around to head back to our car. We had been walking south-west and while the clouds were low in the sky, they were white and non-threatening. Now the sky was different, and had become ominous. We must have been walking with the wind at our backs because suddenly the wind was in our face adding to the concern we felt. The sky to the north was darkening quickly and the combination of wind and sky told us we should hurry. There would be no trail maintenance on the way back.

As we walked, the mostly bare trees began to make low moaning sounds. The few large evergreens provided a background whooshing sound that reminded us of a horror movie. Unintentionally, our pace picked up as we both felt the creepy warning from the forest. We stumbled as we walked quickly along the hard rock surface of the trail. The wind and the sound from the trees chased us along, telling us to hurry, to get to safety. There must be sounds coded into our genetics that portent danger. For both of us, our internal alarm systems were going off.

We felt relief as we came around a bend in the trail and saw our little red Honda. It was waiting, to provide shelter and a faster escape from whatever innate fear had been aroused by the wind, the sky and the trees. The expected rain never came and the drive home allowed us to calm ourselves. We discussed our next trip to this section of trail and made a note to start earlier in the day, and to confirm the weather before leaving home.

BRIAN GRANT IS PAST PRESIDENT OF THE RIDEAU TRAIL.
PASTPRESIDENT@RIDEAUTRAIL.ORG

(OH, BRIAN IS IN OTTAWA, NOW. PLEASE CONTACT HIM ABOUT PROVIDING EXECUTIVE HELP FOR THE CLUB THERE.)

Have you joined the Facebook Group?

The Rideau Trail Newsletter

BY STEVE KELLY

This issue of the Newsletter is number 200. We should begin by thanking Doug Knapp. The first paragraph of the inaugural Newsletter describes his role in creating the Rideau Trail. It was Doug and a few others who had the vision of the Trail, more than 50 years ago. They not only

> The idea of a hiking trail between Kingston and Ottawa is not a new one. Several government reports recommend such a trail and I'm sure the idea must have occurred to a number of people, particularly in view of the fact that the Bruce Trail was so highly successful. Nevertheless, when Doug Knapp first broached the subject of a hiking trail at the February meeting of the Kingston Field Naturalists, a number of people became enthused and felt that perhaps the time was ripe to establish one. The upshot of Doug's initiative was the establishment of the Rideau Trail Committee. The Committee predicted that with the expanding interest in the outdoors it would get a positive response from the people of Eastern Ontario. It felt that there was still considerable public and undeveloped land in the Rideau corridor, and that governmental agencies would be sympathetic to their ideas.

envisioned, financed and constructed our 'RT', but they also had the foresight to institute a means of communication for the Association's members.

The Newsletter provided progress reports on the Trail's construction and management. However, even the first issue showed that it could be much more than reports. That Summer 1971 Newsletter had 16 pages.

Have you looked in the Newsletter Archive for Issue No. 1? Some of it was typed, much of it was hand-drawn, lettered or sketched. That included the back, which presented the Newsletter as membership advertising. First look at No. 1 also reveals someone's sense of humour.

About the Cover

Through 50 years, the 200 issues of the Rideau Trail Newsletter have informed and entertained its members, landowners, advertisers and other readers.

The cover of this issue is more retrospective. The covers of twelve issues remind us of the news, advancements and celebrations that have been brought to us via the Newsletters. Among those subjects are achievement badges, group hikes, Trail maps, nature, and the introduction of full colour pages on a regular basis.

Apart from Association business, here are some other elements of the Newsletter's content:

Quizzes
Poetry
Songs
Nature photography
Activity/hiking photography
Travel reports
Articles of remembrance
Wanted/for sale
Stories from the Trail

Colour photographs enhance these features, thanks to advancements in technology. Jack Tannett's prize-winning picture of the deer opened the door to our current Newsletter format.

Those advancements have meant another improvement. Those who like the printed Newsletter enjoy its portability around the home. For many Trail users now, the electronic version is with them everywhere they go. Their preference has reduced the cost of producing the Newsletter.

The Rideau Trail Newsletter has been prepared by a good number of editors. Was Doug Knapp among them? The early issues did not name the editor. I noted about 40 names. How many of these do you recognize? Many served their club and/or the Association in other capacities.

Alden Strong 1971
Andrew Connidis 1972
Cathy Cutts 1973
Harry Walker 1973
Judy Maloney 1974
Jane Arnott 1976
Marion Watkins 1977
Chris Peppler 1977
Mike Moran 1978
Diana Beenen 1979
Diana Brebner 1980
Colin Wright 1980
Liz Harrison 1981
Mark Sims 1982
Johanna Koeslag 1983
Peter Andrews 1984
Brian Lunergan 1985
Elizabeth Mason 1986
Julie Webb 1987
Keith Bull 1988
Christine Barker 1988
Wanda Baburek 1989
Bill Wright 1989
Frank Kemp 1990
Lynn Nolan 1991
John McPherson 1991
Patricia Hardy 1992
John Haley 1994
Paul Johnson 1996
Lars Thompson 1996
Bob Gordon 2001
Janice Miller 2002
Linda Rea 2003
Elizabeth Mason 2005
John Cornish 2010
Ann Bolster 2010
Steve Kelly 2014
Jane Moore 2017
Adriana Kievit 2019
Marlene Bzdel 2020

Here's to many more years of success for the Rideau Trail Newsletter.

Adventurous or Foolhardy?

TRIP NOTES FROM JACK TANNETT

Even if we decide to step outside the house for a walk around the block, we know how to stay safe.

A half-century ago, this author showed no such good judgment. Reading my hiking diaries, it seems that I was doing my best to invite disaster - and I almost succeeded several times.

Back in the 1970's I was fortunate enough to live in Scotland. I took every opportunity to go hiking, often up onto some of the highest mountains (or "hills" as they are called there). These short extracts from my diaries will provide the reader with some excellent examples of what NOT to do when taking exercise in the outdoors:

Conival (3238 ft/987 m), Ben More Assynt (3274 ft/998 m):

Start early, up at 6. 3 hours to Conival, 3234 ft, then along ridge to Ben More Assynt, 3273 ft. Snow deep, drifted, ice. Brochanspectre, white rainbow. Descend S. face. Extremely dangerous. Only saved by deep snow on the cliff face, allowing us to make steps.

Beinn Alligin (3235 ft/986 m): Increasing snow cover as we climbed the slopes. As we neared the summit, the snow turned to ice. We had no crampons. Instead of turning around, we inexplicably decided to continue up the icy slopes to the summit. Coming down was a nightmare. I

had an ice axe with me, which I made use of to hack small foot-holds in the ice. It was an awkward job, reaching down to wield the ice axe, while trying to retain my foot-hold. We carefully descended, step by step, facing into the mountain, as if on a ladder. It was slow progress for a while, until we emerged safely below the ice level.

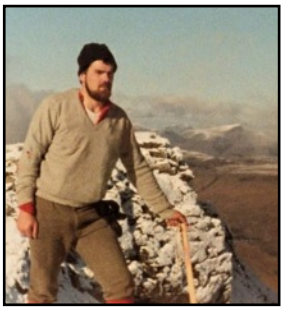
Slioch (3219 ft/981 m): Sign at start of hike reads "Danger. Rifle fire. Keep off Hills". We went anyway.

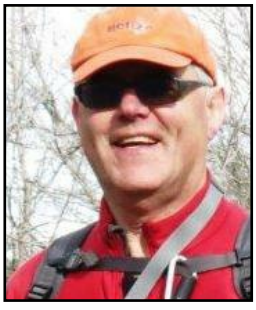
Ben Lawers (3983 ft/1214 m): Deep snow from the start. Ice axes at the ready. Had to dive across the snow to save my map from being blown away. Up onto first ridge. Meet 2 hikers from Glasgow. One turns back, I follow the second. Cloudy, windy, snowy, follow footsteps into the cloud. Steeper and steeper. Rock faces each side thick with ice. Now like a ladder. Pull myself up with ice axe. Just make the gulley by effort of will rather than by toe-hold. Struggle up thro' mist to the summit, buried in deep snow.

Carn nan Gobhar (3255 ft/992 m): Pitch tent, had forgotten vital triangular piece that held the tent poles together but make one out of pine branch. Wind got up during night, fierce gusts hit the tent. Head for the mountain next day, strong wind & snow showers. Up into the snow-line, fierce blizzards - steep. Minimal visibility, find myself on flat saddle. Wind shrieking over it & driving snow. Clears to show me the way but wind like an express train trying to tear me off the ground. Almost turn back but down saddle & up onto final steep ridge, keep away from edge, snow swirling over the edge, deep snow, up & up, ice axe used, snow all moving downhill like a river. Not much view. Eventually over cornice to the summit. V. windy & cold, back down, forever down. Am guided back to camp in dark by the light from M's flashlight which she shone from the tent. Weather atrocious, storm all night.

In retrospect, I have wondered what drove me on instead of simply turning back. It seemed that each time I was on a mission that I just had to accomplish, and I literally threw caution to the winds. I can't remember who said this, but it's probably not a bad idea to keep this in mind when pushing your limits: "Getting to the summit is optional. Getting back down is mandatory."

In other words, take sensible risks, but don't be an idiot!





Jack Tannett is many things to the Rideau Trail, including former Chair of the Central Club. These days, Jack enjoys the outdoors with more wisdom.

RIGHT: HOWARD ROBINSON PHOTO

Recent Donations to the Rideau Trail

Marion Armstrong
Jennifer Brinkman
Verena Hammerli
Peter Murray (in memory of the many Trail friends of years past, no longer with us)
Shane Norup
Ina Thomas & Gord Cater (in memory of John Milloy)
Margaret Wild (in memory of John and Marilyn Milloy)
William Wilmart and Helene Collard-Wilmart
Rick Woodhouse

Trail Alerts

See current updates and re-routes:
Page 7
http://www.rideautrail.org/maps/alerts.html

Member Discounts

Several discounts are available to Rideau Trail members:

- 10% off 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 trail passes
- 15% off equipment at regular price and 20% off clothing and footwear at regular prices at SAIL in Ottawa. Some brand exclusions apply (e.g., GoPro, Garmin, Patagonia, …).

50 Years! Congratulations, Rideau Trail

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DREAMING OF TRAVEL

The world needs travel, and you do too!

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

Member Services

(Who gets your question?)

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

Address Changes / Paper Newsletter
To stop it, or to receive it, call or email:
membership@RideauTrail.org

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

Getting Involved
Thank you for wanting to help out. Feel free to contact any of those listed (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.

Doing it Yourself

Have you noticed this link at the bottom of every RTA E-letter?

Update your preferences

You can use it to:

- Confirm expiration date
- Update address, phone or email
- Change volunteer interests.

Please check your expiry date. Do you need to renew to ensure that you receive the next RTA newsletter?
Annual membership fees are $26 for electronic newsletter delivery and $30 for membership with a print newsletter subscription.

From the Bonwill register (page 22):
Oct. 2, 2010 What a blessing to come upon the "Allan & Ellen Bonwill Shelter" as it is my first visit here and what a testimony to how much my grandparents loved this land. Thanks to the Rideau Trails & Queen's University for keeping the land in its undeveloped state! DBC
First Granddaughter of Allan & Ellen Bonwill

Badge Request Contacts

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
jkbrinkman59@gmail.com
Jennifer Brinkman, Kingston

Ottawa Section
cekerfoot20@gmail.com
Carol Kerfoot, Ottawa Club Secretary

Congratulations!

The 'green badge' has already been awarded to the following members, for meeting and completing the Challenge.

Central
Mary Robinson
Bert Stranberg
Pat Stranberg
Jack Tannett
Gary Waterfield

Ottawa
Ann Bolster
Linda Graupner
Tim Musclow
Michelle Sherwin
Audrey Stewart

Kingston
Frances Densley
Sue Goff
Jane Hough
Robert Hough
Irene O'Brien
John Osborn
Sue Osborn
Marie Warner
Doug Woods

Message to RTA Landowners

During the restrictions over the past year, the number of formal Rideau Trail led hikes has decreased. The number of trail users has actually increased considerably, with people desperate for physical activity of some sort. In some cases, this led to some issues that do not normally occur along our trails and through property areas. If you have any concerns about Trail use or misuse on your property, then please let RTA representatives know, and we will remedy the situation as rapidly as circumstances allow.

One of the issues faced last fall was that some Trail users were not adhering to posted restrictions, such as temporary closures for hunting

LANDOWNERS

season(s). This created some very valid safety concerns. Now is a good time for us all to identify Landowner's desires to close their particular portions of the Trail during any of the hunting season(s). This will allow the RTA to obtain the right signs, post Trail Alerts and have alternate routes marked appropriately.

Landowners, if you wish to temporarily close off the route through your property during any portion of the fall hunting seasons, please

- confirm the property location and
- the exact dates for the closure

You can do this by going though your normal Club contact, or else by emailing the RTA Trail Coordinator at trailcoordinator@rideautrail.org.

Levels of Difficulty

FROM THE RIDEAU TRAIL ASSOCIATION GUIDE FOR LEADERS

Hiking

Level 1 Well-defined trails, gentle inclines. Hiking boots not required but trails may be wet. Suitable for beginners. Recommended for newcomers to club activities.

Level 2 Generally on trail. May be hilly with some light bushwhacking and rough spots. Boots recommended.

Level 3 Rough terrain, one or more places with extensive bushwhacking, steep sections, long climbs and descents, rock scrambling, beaver dams or other obstacles. Boots and level 2 experience are essential. Long pants and sleeves are recommended.

Speed
Slow: 2-3km/hr
Moderate: 3-4km/hr
Fast: 4-5km/hr
Very fast: 5km/hr or greater

Cycling

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

The hike levels are based on mainly terrain difficulty or similar criteria, not on distance. Slight adjustment to the level may be made if a trip has exceptional endurance requirements (for example, a very long trip in easy terrain may change from Level 1 to Level 2 for this reason). If a particular trip has special requirements, this should be explained in the event description.

News from the

Rideau Valley Conservation Authority

(Also celebrating 50 years.)

New Pollinator Meadow Project

This spring (2021), RVCA stewardship staff will help Hydro Ottawa transform a 15-acre site into the largest pollinator meadow in Eastern Ontario. The utility is building a new transformer in Ottawa's south end, but a huge swath of unused property has been earmarked for bees and butterflies.

RVCA's Shoreline Stewardship Co-ordinator Meaghan McDonald is working with experts at Canadian Wildlife Federation to select native seed and oversee the planting in collaboration with Ontario NativeScapes planting company. The RVCA will monitor and maintain the site into the future, along with the 2,750 trees the RVCA planted on another four acres of the property last spring. "Hydro Ottawa wants the same thing we do: to create a thriving, vibrant pollinator meadow that supports native plant and animal species in pursuit of a healthier environment," McDonald said. For more information contact MEAGHAN at meaghan.mcdonald@rvca.ca.

New Conservation Land Near Mica Mines

An absolutely stunning 1.55-acre parcel on Long Lake has been added to the conservation lands fold!

This property abuts Mica Mines and is part of the North Shore Big Rideau Lake provincially significant wetland. It's home to important species at risk like whip-poor-wills and butternut trees.

This thoughtful and generous donation from the von Mirbach family ensures this land will remain undeveloped and in its natural state in perpetuity.

To support the maintenance and continued protection of our important conservation lands, donate to the Steve Simmering Conservation Land Endowment Fund. For more information contact DAN at dan.cooper@rvca.ca.

Update: Urban Wetland Looking Lush

REMIC RAPIDS WETLAND

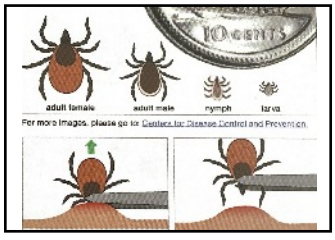
RVCA partnered with the National Capital Commission (NCC) to design and construct a small wetland adjacent to the Ottawa River close to Remic Rapids along the Sir John A. Macdonald Parkway.

The project was expanded to the west by NCC last year and it included additional removal of invasive buckthorn and honeysuckle and replacement with a wide variety of native trees, shrubs, and plants. The project created a rare wetland in a mostly urban area. And, with five years under its belt, the wetland is growing well and looking lush!

For more information, contact JENNIFER at jennifer.lamoureux@rvca.ca or visit www.rvca.ca/remic-rapids-wetland-project.

GOOGLE-BASED MAP AND ARTICLES FROM HTTPS://WWW.RVCA.CA/

Ticks Don't Keep Their Distance



The RVCA says, "Ticks are notoriously bad at social distancing, and as you hit the trails this season it's important you take precautions to keep them at bay."

Congratulations on 50 years Rideau Trail!

CALABOGIE PEAKS RESORT est.1969

https://www.calabogie.com/

Remembering Friends from the Trail

Na Lin

1955-2021

A hike leader and long time Ottawa Club member, Na Lin passed away on April 11 from lung cancer. Na joined the RTA in April, 2001 and was an active participant in the club throughout her time with us. It was heart wrenching for many of us to see how the cancer took over her physical capabilities over these past few years. It never dampened her spirit, though. She accepted the fact that she could no longer climb mountains and delighted in the opportunity to walk with us on city paths in tune with nature.

Na grew up in Northern China in the city of Dandong which borders North Korea across the Yalu River. She immigrated to Canada in 1998. Na lived and worked in Kincardine and Kingston before moving to Ottawa in 2008. Trained as a medical doctor in China, she worked at the Ottawa Cardiovascular Clinic as an echo cardiographer (ultrasound technician). She is survived by her son Glenn and infant granddaughter, who live in China.

Her many interests included hiking, orienteering, snowshoeing, running, paddling, traveling, and crafts such as beading and making cards. She was a bright light to all individuals she encountered showing a willingness to help out, a positive outlook on life and an adventurous spirit.

Na would push herself to achieve goals. She had many hiking achievements! Besides the Rideau Trail, Na belonged to a number of hiking clubs, including the Ottawa Rambling Club and the Alpine Club of Canada. She was a strong hiker who completed the Rideau Trail End to End in the summer and winter, both as a participant and as leader. In Ontario, Na hiked the Bruce Trail, and she succeeded in meeting the Frontenac Challenge. In the United States she was a 46er in Adirondack State Park, having summitted all 46 high peaks. On one day, she reached three peaks, despite having a broken wrist!

Traveling to other countries for hiking was another passion of Na's. Besides the USA, she hiked in Peru, Nepal, and the Balkans to name a few.

Na was a resourceful, curious individual with boundless energy and a great love of the outdoors. Her infectious smile will remain in our thoughts forever.

SUBMITTED BY DENISE HALL WITH NOTES FROM MANY OTTAWA CLUB MEMBERS
PORTRAIT: PETER YAEGER

NA LIN FACEBOOK PHOTO

Gerald Hinderks

Major (Ret'd) Gerald Joseph Hinderks was born in Watson, Saskatchewan. Professionally, he joined the RCAF and became the biochemist at the National Defence Medical Centre in Ottawa, where he worked for 25 years. Following retirement from the Forces in 1988, he worked as a consultant for Douglass Laboratories and the biochemistry division of several Ottawa and valley hospitals. He truly enjoyed his work and the people he worked with.

Among his pursuits were squash, golf, hiking and water skiing. Gerry was the editor for the fourth, fifth and sixth editions of the Rideau Trail Guidebook. (The Guidebook was an essential resource, before being replaced by the online maps and notes.)

He and Lynne were married more than 60 years. Gerald Hinderks was 86. In his memory, the family requests considering a donation to Parkinson's Canada.
https://ottawacitizen.remembering.ca/

Dieter Mueller

PHOTO: N. RASMUSSEN

Ottawa's Wednesday Walkers knew Dieter as an avid hiker and cross country skier. Club members remember his enthusiasm and friendliness. Some will remember a successful search for Dieter's glasses, after they had fallen into leaves on the trail.

Dieter succumbed to cancer in early May, after a brief illness. He leaves behind his wife Kathy Munro, also an active RTA member, and son Chris. Dieter Mueller was 67. Our sincere condolences to Kathy and Chris.
https://ottawacitizen.remembering.ca/

Submitted by Lorraine Farkas, Ottawa Club

From the Bonwill register (page 22):
May 1, 2011 RTA 40th Anniversary.
RTA - Carry the Stick! JL, PE (+ stick!), JC, SY, EL, MW, MH, BM, JE

Welcome New and Returning Members

Central Club
Joyce Adam
Adele Arsenault
Kat Barrett
Julie Cooke
Audrey Costello
Sylvain Ganter
Kelsey Hannusch
Chris Hughes
Ellen Hughes
Meredith Luce
Patti McDonald
Lori McParland
Nicola Oddy
Joel Stairs
Kathy Suffel
Margaret Taylor Picard
Deborah Watring-Ellis

Kingston Club
Spencer Abraham
Hollis Amey
Kim Baxter
Jeff Boyd
Thomas Boyd
Curtis Coleman
Lee Ann Crawley
Harley Cunningham
Elizabeth Donaldson
Ted Donaldson
Kate Earl
Iylish Flikweert
Skyler Freeman
Leagh Gabriel
Linda Guthrie
Michele Haggerty
Monika Holzschuh
Brian Hopkins
Elaine Koshowski
Danielle Kreps
Matthew Lalonde
Zena Lauzon
Lyn MacFarlane
Susan McCulloch
Margaret Merkley
Peter Merkley
Cheryl Mitchell
Laurel Mundt
Ben Pitfield
Lorna Rae
Willa Thayer
Karen Toon
Sheri Wenzl

Non-Affiliated
Marcel Charland
Kerry Lavigne
Chris Turnbull

Ottawa Club
Judy Andrew Piel
Kylie Anglesey
Margueret Arbour
Iain Boekhoff
John Boivin
Madeleine Boznar
Christine Burnside
Jennifer Burnside
Carolyn Cahill
Christine Cloutier
Joelle Crook
John Davids
Krisstina Davis
Stan de Haan
Tamara de Haan
Debra Denault
Marco Durepos
Christina Eckerlin
Victoria Edge
Kat Ferguson
Megan Hayward
Christine Holstead
Gord Holstead
Millie Huard
Joy Jackson
Simon Jackson
Margaret Johnston
Samer Kardan
Lyse Langevin
Marc Lebans
Catherine Milley
Liliana Misutshin
Jon Mortensen
Melodie Mortensen
David Morton
Shane Norup
Elizabeth Parsons
Harold Piel
Devin Pinciaroli-Biocchi
Xinyu Qiao
Louise Robichaud
Sorab Rupa
Vicki Schmitt
Marlene Starkman
Greg Taylor
Bruce Tench
Cliff Trafford
Peter Weir
David Yazbeck
Shelly Ying

Trail Alerts

See current updates
Re-routes: page 7
http://www.rideautrail.org/maps/alerts.html

Members Corner

Is your pack ready for a full day out on the sunny, hot, rainy, and/or buggy Trail? Be sure to check the Trail Updates and the latest maps.

Pearl Peterkin is letting her hiking friends know she is moving from Ottawa to Golden, BC. Pearl's membership in the Rideau Trail goes back to the 1970's. She's a life member who has served us and the Trail in many capacities, including Association President. The move fulfills a long-held dream to live near her family. Thank you and Happy Trails, Pearl.

Did you notice this? Your club needs help. See page 6 for opportunities for social, management or other aspects of what your club provides.

Non-members too. See opposite.

Using this space?
Find a hiking partner for a make-up hike.
Want to buy/sell equipment?
Contact the Editor (page 6).

Volunteer Opportunity

We are looking for social media content creators and an assistant webmaster. If you are interested in contributing your talents and skills, please contact marketing@rideautrail.org. Please feel free to share this with your networks and with any students looking to expand their experience.

Nice run, Rideau Trail. Stay safe, all.
Brown Rabbit Cabins
http://www.brownrabbit.nl.ca/

Calendar of RTA Outings and Events

Members will find more and more events in the online Calendar as the pandemic-related restrictions are eased. The good news is that the province-wide 'stay at home' order was due to end before June, well after the deadline for this Newsletter.

The three Rideau Trail Clubs recognize that members can still hike independently of group hikes, in order to add distance to their quest for meeting the 50th Anniversary Challenge to Experience the Trail. Some of the outings listed here are planned events; others are simply suggestions for Trail time/distance in each club's sector. Before starting out, be sure to **CHECK THE TRAIL ALERTS, THE TEXT DESCRIPTION AND MAP** of your intended route. All are available at Rideautrail.org

AS SUMMER PROGRESSES, REMEMBER TO CHECK THE ONLINE CALENDAR FOR THE LATEST INFORMATION.

Wednesday, May 26 Annual General Meeting
Rideau Trail Association, all members
Virtual meeting: 7 pm.

Saturday, June 5 Slide Lake
Level 3 hike. Central Club

Sunday, June 13 Mill Pond
Level 2 hike, 6 km. Central Club

Friday, June 18 K&P/Rideau Trail
Level 1 hike, 6-7 km. Kingston Club

Wednesday, June 22, Charleston Lake Provincial Park
Level 3, 11 km hike. Central Club

Saturday, June 26, Rideau Trail-Wood Rd.
Level 1, 8 km hike. Central Club

Sunday, July 4, Milkweed and Butterflies
Level 2 hike reaching photo time in meadow. Kingston Club (page 4)

Saturday, August 28, Volunteers wanted for
Rideau Trail Extreme Challenge

Planned but Not Scheduled

Outdoor Social Event
Picnic or similar gathering. Ottawa Club

Gatineau Park - Hike and Swim
Level 2, 6 km, P16 to McDonald Bay (Meech Lake). Ottawa Club

Calabogie Trails Hiking
Level 3 hike, lots of ups and downs with scenic views

Rideau River Paddle, Muldoon Road to Burritts Rapids
Level 2, 18 km marsh and river paddle

Crotch Lake paddle, southern Crotch Lake to Fawn Lk.
Level 2, 15 km with swim opportunities

Cycle from Bate Island (Ottawa) to Aylmer Marina
Level 1, 26 km, primarily on bike path. Optional swim

Rideau Trail Suggestions

Ottawa Sector

Ottawa River Pathway

Britannia to Old Richmond Road (Map 19 and 18)
Level 1-2, 15.6 km. Be prepared to share this recreational trail, with some muddy parts in Map 19

Old Richmond Road, Lime Kiln Blue Loop (Map18)
Level 1-2, 10 km

Roger Stevens Drive, Cedar Grove Blue Loop to the Earth Star Shelter (Map 15 and 14)
Level 2, 11 km loop from 15B on Roger Stevens Dr.-Wet(?)

Burritts Rapids, McGuigan Cemetery (Map13)
Level 1, 10 km from 14B or 14A following Rideau Trail to visit McGuigan Cemetery. Optional 4 km Tip to Tip Trail is off RT.

Central Sector

Conlon Farm, Perth to 10B on Ferrier Road (Map 10)
Level 1 (?) 15 km, Conlon Farm 10D to 10B. Part of Extreme Challenge route

Loop Hike on Rideau Trail and Blue Trails Southwest of Perth (Map 10)
Level 1-2, 11-13 km dep. on route. Rideau Trail 10B to 10A

Mica Mine CA to Lally Homestead (Map 9)
9 km one way from 09E (end of Powers Road) to 09B Lally Homestead, Murphys Point Provincial Park

Kingston Sector

Miners Point Road to Lally Homestead (Map 8)
Level 2, 13 km, from 08G to Lally and back through Murphys Point Provincial Park

Bedford Mills Area (Maps 6 and 7)
From 06D off Perth Road to 07A and back: 7.6 km.

Frontenac Provincial Park, Small Slide Lake Blue Loop (Map 5)
Level 3, 14 km, 5C to 5B plus Slide Lake - A rugged hike in beautiful Frontenac Park

SUGGESTIONS FROM OTTAWA CLUB **ACTIVITY COORDINATORS**

Details and updates: Online Calendar

Central Club Activities - Summer 2021

Public Health (COVID-19) restrictions are varying, and can affect our activity. Participants are urged to contact the event leader for the current information.

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 13). For ALL events, 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

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 6).

Activity Coordinator Contact

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

Every Week (Conditions permitting)	**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 mlafrance03@cogeco.ca

Thank You: **Angela Quinn, Doug Jones** and **David Skinner** (page 6)

Excerpts from register of the Bonwill Shelter (page 22)

Aug. 26, 2014 Completed our 8th straight day of our through hike of the Rideau Trail from Ottawa to Kingston. A long 34 km today. We are expecting 3½ more days to reach the end. It has been quite the experience. The trails in this area are amazing and extremely well maintained. Thank you so much for all your efforts. DR, RW

Oct. 2, 2014 The Passionate Hiker: on my way North!

Aug. 29, 2015 Hiked in flip flops, very eventful. We see hornet's nest nearby. Faith & Rebecca

September 20, 2015 Came here from Toronto yesterday. Needed to escape. This place really leaves room to think and reflect. It is our natural habitat, where we can be at peace. It is so good that there are still places in the world like this. S

March 22, 2020 Trail maintenance & COVID-19 Therapy Ray W & crew.

Nov. 6, 2020. Beautiful Day for hike, in T-shirts and sweating with a kid on my back! Was our first time on this stretch, we will be back. Gorgeous sun shining off the lake as we crested the hill. M,N,R,& AL

December 31, 2020 Happy New Year's Eve. Can't think of a better way to spend it along a thru-hike of the Rideau Trail! Gorgeous, mild winter day today. Would love to spend the night here but I must push on to hit my km goal for the day. JD - Bruce Trail End-to-Ender

KINGSTON CLUB ACTIVITIES - SUMMER 2021

Public Health (COVID-19) restrictions are varying, and can affect our activity. Participants are urged to contact the event leader for the current information.

WHAT TO BRING
Bring lunch, water, and strong footwear. Come prepared for weather changes. Many events are 'rain or shine'.

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

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 13).

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 the event, please send the waiver to HR Coordinator, Cathy Cummings waiver.kingston@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 6).

Activity Coordinator Contact

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

Regular Activities

Check the Calendar to be sure.

Tuesdays at Lemoine Point - Tuesday mornings in June. Level 2 for members, 9-11 am.

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. Register with Jennifer wednesdaywalks60@gmail.com

"Fast & Far" Thursday Outings Level 2-3. Brisk-paced exercise for two hours. Seasonal activity based on conditions and interest. RTA Members only.

Welcome

Three members of the Kingston Club were recently elected to the Club Executive. If you meet them on the trail, be sure to say thank you for getting involved to:

Margaret Merkley
Willa Thayer
Jim Moss

Ottawa Club Activities - Summer 2021

Public Health (COVID-19) restrictions are varying, and can affect our activity. Participants are urged to contact the event leader for the current information.

WHAT TO BRING
Bring lunch, water, sunscreen 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 hikes 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 13).

NOT SURE?
The Hike Leader will thank you for your questions. For general information about the Ottawa Club call 613-860-2225.

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. 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
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 waivers.ottawa@rideautrail.org
Note: For Wednesday Walkers, send waivers to **Tony Barnes,** fellwalkerca@gmail.com

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 6).

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.

Moonlighters - Tuesday evenings, short Level 1 or 2 hikes in Gatineau Park, lasting until sunset. Recommended: water, bug stuff, sturdy footwear and a flashlight. Leaders, please add your events to the Calendar a week or more in advance.

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

My Trail: A stroll through Perth

BY THE PASSIONATE HIKER

We all have our favourite sections of the Rideau Trail. With a long-distance hiking trail as long and as varied as this - it's about 330 km between Ottawa and Kingston - everyone will have their own opinion of the best section of the route.

For me, it's the short four kilometre stretch through the middle of the Town of Perth, between Riverside Drive in the east, and Scotch Line in the south.

Of course, many hikers on the Rideau Trail are on a mission – perhaps, for example, to complete a long-distance "end-to-end" challenge, or to take part in an organized hike through the area. But if you're not in such a hurry, then this is the stretch of Trail for you. There is so much to enjoy, all without departing more than a few steps from the Trail.

In different times of the year, I have strolled beside the Tay Canal, watching the boats and the canoes go by, and have even stopped to rent a canoe myself. On a hot summer's day I've enjoyed a cool ale at the craft brewery beside the Trail, and stopped to buy fresh strawberries from the Farmer's Market at Crystal Palace.

I've been serenaded by the Perth Citizen's Band from their historic bandstand behind Town Hall, followed by an ice cream or a picnic in Stewart Park. This winter in this same park, I discovered an ice rink right on the Trail. I've strolled many times across two picturesque footbridges over the Tay River on my way to Conlon Farm. Here, at different times of year, is a tobogganing hill, and tennis courts, and baseball diamonds. Starting this spring, I'll be able to rent a bike from Heritage Bikes, at their new location beside the Rideau Trail on Conlon Drive.

I travel this section of the Trail almost every day, and while I have walked its full length between the Ottawa River and Lake Ontario on more than one occasion, I am perfectly happy strolling through my own Town. I enjoy it in a different way every time.

That's My Trail.

More views (words and pictures) from the Passionate Hiker:
http://thepassionatehiker.blogspot.com/

Notes from the Bonwill Shelter

There's a hiker's logbook at the Bonwill Shelter on the Rideau Trail. It's the only one on the entire trail.

There has been a book there, collecting hikers' comments, for the past quarter century. The old log books are safely filed away in the RTA archives at Queen's University, except for the last two, temporarily in my possession.

I've had a lot of fun recently, reading through the comments, which stretch back to 2006. Sometimes people had an eye on a future reader when they wrote in the book – other times people definitely did not! Either way, these comments don't deserve to languish in the archives, unheralded since the day they were written.

You might think that the Bonwill Shelter, tucked away in the Skycroft wilderness between Rideau Trail waypoints 06A and 06B, might be a lonely corner of the trail. No so! According to the comments found in these hiker log books, the open-sided shelter has seen plenty of visitors:

not only by foot, but also, apparently, by bike and on horseback. And several people have happily recorded an overnight stay, despite it being intended as a rest stop only.

How to summarize fifteen years of hikers' comments?
The notes left by hikers give us a good idea of the motivation that brought them here: recently of course, a simple escape from the pressures of COVID, but more generally as a way to bond with friends and family, to enjoy hikes with fellow RTA members, or simply to find a place to reflect alone.

The Bonwill Shelter has been a welcome safe harbour for those caught in an unexpected thunderstorm. It has been the base for the discovery of plants and birds, and the greater discovery of the joys of hiking itself. For the campers at the Skycroft campsite it has always been a beacon in the summer months. Yet the record shows travellers dropping in at all times of year, regardless of conditions.

Clearly revealed is the loving care that the Kingston Club maintenance crews give to the trail and the shelter every

year, measured by the appreciative comments left behind by passing hikers.

The shelter is still a source of pride for the descendants of Alan and Ellen Bonwill, who were such good friends of the Rideau Trail. Bonwill family members drop by from time to time, happy and perhaps surprised to see the shelter in such good condition. It has been more than thirty two years since the Bonwill Shelter was opened, on a beautiful sunny day in September 1988. You can read the details in the RTA Newsletter for Winter 1988 (Issue No. 70). It is good to know that people still take the time to sweep the floor using the handy broom, as they stop for a rest and a snack.

Next time you pass by the shelter, stop and add some of your own comments to the book. The very act of writing in a hikers log will take you back to simpler times. And it's the only remaining logbook on the Rideau Trail – unless we want to change that.

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Trail Maintenance

BY CATHY CUMMINGS

This is a tribute to the members who maintain the Rideau Trail. The RTA has 37 Trail Maintainers plus their helpers looking after all portions of the Rideau Trail and its blue loops. They each walk a small part of the Trail, making the route and the markings visible. It doesn't take much, but there wouldn't be a Trail without them. After all, it goes through a lot of forest, doesn't it?

Thank you to all RTA Maintainers and Volunteers

A few Maintainers do more - a lot more. Kingston's Robert Charest was among a few members who attended a chainsaw training course that was organized by the RTA. That explains the protective equipment Robert is wearing in the picture. When a Trail Maintainer reports finding a significant obstruction, such as fallen tree, a work party including people like Robert, comes in to clear the way. In this case, the party included Rick Woodhouse, Stan Huff, Dagmar Jones, Robert Charest, Ernest Rae, plus Jim Lorimer who snapped the photo.

The Rideau Trail has been maintained for 50 years. You know what they say: If you are enjoying your hike today, thank a volunteer. If you want to enjoy hiking in the future, become one!

CATHY CUMMINGS IS AN ACTIVE MEMBER OF THE KINGSTON CLUB EXECUTIVE

Other Opportunities

Social media content creators and an assistant webmaster wanted. Better match for your talents, please contact marketing@rideautrail.org. Why not share this with your networks and with any students looking to expand their experience?

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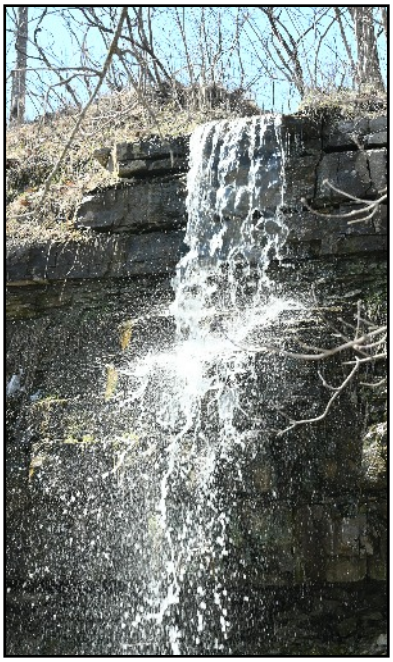
Return undeliverable Canadian addresses to
RIDEAU TRAIL ASSOCIATION
PO BOX 15
KINGSTON ON K7L 4V6

Landowners

Please see the message on page 13. Thank you.

BOARDWALK DEDICATION PHOTO: MIKE BEAUPRE

My Favourite Place



This was a Kingston Club hike along the Cataraqui Trail (Rideau Trail) east of Harrowsmith in April. It was cool and sunny and we saw a waterfall that only flows in the spring.
JENNIFER BRINKMAN (BACK RIGHT)

PHOTOS: LINDA KUNDRIK

"These deerfly patches really work."

See BILL OTTNEY'S butterfly article on page 4.

Trail Markers

Rideau Trail heading north, towards Ottawa

Yellow Tip
Rideau Trail heading south, towards Kingston

Inside Summer EDITED BY STEVE KELLY (OTTAWA)

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