



Rideau Trail

NEWSLETTER

Summer 2022

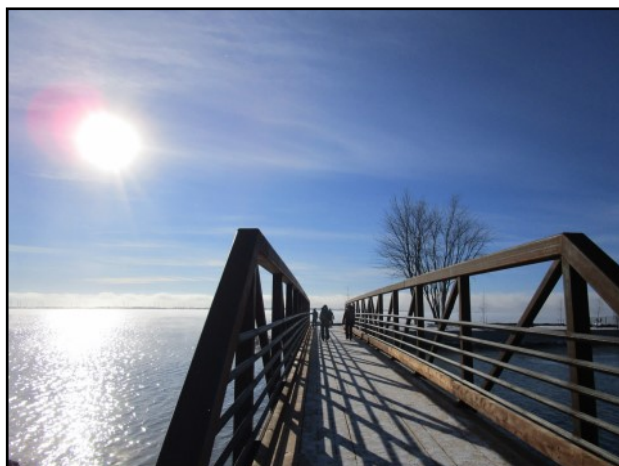
Issue No. 204



2022 End to End Series Well Underway
Trail Reroute Now Includes the Stoney Steps
Trip Report: East Coast Trail

Notes from an Unofficial Winter End to End

For 2022, the Rideau Trail chose to not organize a Winter end-to-end series. These are David's notes and images from a private series of outings.



The first full day was spectacular blue along Lake Ontario as we hiked past multi-million dollar mansions, the 1835 Kingston Penitentiary and walked past cardboard, human shelters, to arrive at the VIA train station, and end the day.



After Kingston, the Trail swung up through open fields and old railbeds. We crossed Frontenac Provincial Park, and



then headed north through jagged hills.



Celebration at Bedford Mills. Now - waiting until next year.



Ottawa Club member David McNicoll is the leader/reporter for 'Los Incognitos', an unofficial group of hiking friends.

PHOTO: KEVIN CHAPMAN

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Central Club: (613) 267-5756
Kingston Club: (613) 817-7295, text
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The RTA does not share its mailing list with other organizations.

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**Social Media
Admin. Help
Wanted**



Next Newsletter: **Deadline August 1, 2022**

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

Kingston Club Executive

Chair: Jim Moss
Vice Chair: * VACANT *
Past Chair: Barry Monaghan
Secretary: Lynn Esau
Treasurer: Marilyn Martin
Landowner Liaison: * VACANT *
Construction: James Lorimer
Maintenance: Stan Huff
Communications and Publicity:
Bill Ottny
Outings Coordinator: * VACANT *
Wednesday Walks Coordinator:
Jennifer Brinkman
Human Resources: Cathy Fanjoy
Technical Support: Laura Cybulski
Special Events: Jacqueline Pidskalny
Members at Large: Willa Thayer and
Rusty Bassarab

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Past Chair: Joyce Davis
Secretary: Mary Robinson
Treasurer: Gayle Truman
Trail Maintenance: David Skinner
Hike Leader Coordinator:
Pat Stranberg
Landowner Liaison:
Carol Richardson
Social Coordinator: Angela Quinn
Communications: Donna Glover
Members at large: Linda Hachmer
and Herman Doornbas

Ottawa Club Executive

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Past Chair and Rep. to Board:
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Treasurer: Robert Smith
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NCC Liaison: Kathryn Fournier
Activities: Denise Hall and
Kevin Reynolds
Publicity Coordinator: Adriana Kievit
Members at Large: Kevin Chapman,
Malcolm Sanderson and
Brian Grant
Newsletter Editors: Steve Kelly and
Peter Weir

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Vice President: * VACANT *
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Ottawa: * VACANT *
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Peter Weir, Ottawa
pweir2005@gmail.com



50th Anniversary Gathering of Rideau Trail Members

(Annual General Meeting)

Saturday, June 11, 2022

Senior Staff Mess, Royal Military College
9 Point Frederick Dr, Kingston

8:30 Meet and Greet with coffee and treats

9:30 Learn from the Board of Directors about the RTA's
work, plans and finances

11:00 Election of Officers
End to End Awards

Noon Catered lunch (\$20 at the door, preregistration preferred)
Recognition for Outstanding Service

1:30 Choice of three Level 1 hikes (described in Teamup):
Waterfront, Barriefield or RMC-CFB Kingston

Information? Call (613) 817-7295



Before you go, check the

Trail Alerts

on the website.

<https://www.rideautrail.org/discover-the-trail/trail-alerts/>

Thanks to the volunteers who keep this
current with the latest observations,
closures, etc.

NEW TREASURER, **Cheryl O'Connor**

I am a retired CPA. I grew up in Ottawa but moved to Perth to raise my family. After 25 years there, I recently moved back to Ottawa so it is home once again.

I swim, cycle and golf but mainly I love to hike. I have walked the Camino in Spain twice, the West Highland Way in Scotland, and the Kumano Kodo in Japan.

Hiking has become an important part of my mental health. This will be my fifth year doing the Frontenac Challenge, so

I am looking forward to that. I am in awe of those who have been doing it for as many as 28 years!

Getting out from under the paper-work and exploring more of the Rideau Trail will be fun. If you see me out either walking with my dogs or leading hikes, please introduce yourself.



Association News

Board News

- Insurance costs will be increasing by up to 5%.
- ONCA (the Ontario Not-for-Profits Corporation Act) requires Rideau Trail to update bylaws by Fall of 2024. Working group of Brian Grant, Ruth Oswald and **Roger Reens** (page 3) will review and make initial recommendations at the RTA's 2023 Annual meeting.
- **Google Workspace** adopted via free license. Active files moved to Google Drive. Financial files will follow. Next will be transition to Gmail on Google.
- Google Workspace includes many other applications including Google Meet for video conferencing.
- The Board continues to seek a **Vice-President** who will step up as President in 2023.

Marketing and Communication

- Rusty Bassarab, Trail Coordinator, is leading the **website re-build**

Highlights of Board Meetings

March 1 virtual, and May 1 in person
BY RUTH OSWALD, SECRETARY

project. RTA members are thanked for their helpful participation in the website user survey. Website design is in progress. Volunteers will be needed for a variety of website-related tasks, including webmaster. If you can help, contact TrailCoordinator@rideautrail.org

- **Jim Moss** (Kingston Club Chair) is leading a project to update the Associations Mission and Vision Statements.
- The Newsletter team have standardized on Microsoft Publisher to prepare newsletters.
- The Board continues to seek a **Marketing & Communications** Director. Candidates for this position should contact Brian Grant PastPresident@rideautrail.org

Treasurer

- Cheryl O'Connor reports that the budget process for 2022-2023 is completed.

- RTA bookkeeping has been migrated from a single computer-based license to a cloud-based version of QuickBooks, allowing both the Treasurer and the RTA's volunteer bookkeeper (**Marilyn Martin**, Kingston) to access the data easily.

Trail Coordinator

- **Waypoint sign** installation is continuing in all trail sections.
- Efforts are ongoing to provide expanded trail information to everyone using Google Earth software. RTA maps will continue to be provided in their current PDF format as well.

Membership

Total members at March 31: 1022.
Evert de Boer, Membership Director, has continued to streamline the online membership renewal process.

Marketing Opportunity

Account Administrator RTA Merchandise

Volunteer needed to coordinate merchandise design with an on-line supplier. Respond to RTA member inquiries, write ads for Newsletter. No requirement to store merchandise or handle cash.

- o Skills: Customer service; marketing
- o Number: 1 or 2 positions
- o Start date: Summer 2022
- o Commitment: Startup, followed by about 1 hr/wk



Saturday, June 11 Annual Meeting

Renew acquaintances from the Trail, and catch up on the news from the RTA.

Optional catered lunch and choice of three, afternoon walk-and-talks around Kingston.





Landowner Renée Smith is a long-time lover of the outdoors - a marathon cross-country skier and horseback rider. She considers herself lucky to be surrounded by the beauty of the area in general and in particular, the Stoney Steps (pictured here in April). She is happy to share this with fellow nature lovers and hikers who are respectful of the surroundings.



3.1 km reroute between waypoints 14B and 14C

Landowner to the rescue

BY ROGER REENS

January 2021 began a period of change for the Rideau Trail north of Burritt's Rapids. A scenic part of the Trail between waypoints 14B and 14C leading to the Stoney Steps had just been permanently closed due to a landowner's concerns about increased foot traffic during the pandemic, and safety during hunting season. This required an immediate reroute that resulted in an undesirable road-walk along Paden and Dwyer Hill Roads between the Marlborough Forest and Burritt's Rapids.

Access to the Stoney Steps would no longer be part of the through Trail. Local users of the Trail were also concerned. This portion of the Trail was a community favourite.

Representatives of the RTA began discussions with Brad and Renée Smith, residents of the area for almost 60 years and supporters of the Rideau Trail since its inception. Part of the Trail already passed over their land, on the east side of the Brassils Creek.

From there, the Trail had to reach Paden Road on the west side of the Creek. It could not be easily bridged, but it was possible to route the Trail on the west side, from Paden Road to the Stoney Steps. From there, a new path could connect again to Dwyer Hill Road, thereby minimizing the amount of highway walking. The reroute created a scenic year-round passage for hikers.

The Rideau Trail would not be possible without the cooperation and generosity of landowners like the Smiths. We couldn't do it without you! Thank you.

Roger Reens, pictured here during the creation of the reroute, volunteers with the Ottawa Club in Landowner Liaison.

PHOTO: DENISE HALL

Roger offered special thanks to Denise, Kevin Reynolds, Malcolm Sanderson and Doug Parsons who created this route. Ed.



End to End Update – May 1st 2022

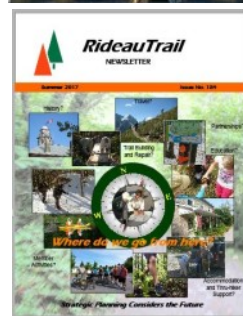
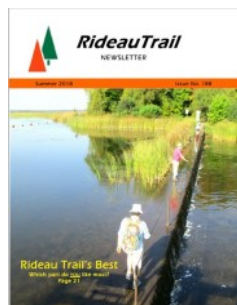
As of this writing, the E2E has completed 8 stages, and has reached Westport - about 126 km. More accurately, it has reached The Cove in Westport, as hikes now seem to celebrate completion with a beverage!

From snow on March 12th, to pouring rain on March 19th to glorious sunshine on April 30th, the morale and camaraderie has been amazing. So good to see people making new friends and new memories.

There is a Facebook Page with photos, dedicated to the End to End – Rideau Trail Association 2022 E2E. It is private. This means you can see that it exists, but have to request to join. Once I grant your access, you get to see the content.

Though many folks have done 'make up hikes', a tip of the sunhat to Margaret Pimm (Ottawa Club) for showing up at every scheduled hike. She advises that as the weeks go by, her boots are gradually getting less and less wet by the end of the hike!

JIM MOSS



Does the Trail still go there?

The Newsletter Archive might be the best place to find your answer.

<https://www.rideautrail.org/>

Back Issues

A few extra copies of the printed Rideau Trail Newsletter are available (from 2015 to present). Contact the Editor: newsletter@rideautrail.org





End to End Badges

Rideau Trail members can earn up to five end-to-end badges by hiking the entire Rideau Trail or major sections of it. These made in Canada badges are free, but recipients must be members of the Rideau Trail Association.

The badges described below can be earned by hiking sections over a span of a few days, months, or a few years. Hikers should keep track of where they hiked, when, and with whom, and provide this information when they apply for their badge.

The original and the winter end-to-end badges for the entire Trail are presented with a certificate, suitable for framing. The badges are mailed shortly after hikers submit their claim. Traditionally, the recipients are recognized at the Association's Annual General Meeting.



End-to-End Badge

Hike the entire Rideau Trail between Kingston and Ottawa: 320+ km*.



Winter ("Snowflake") End-to-End Badge

For a real challenge, hike, snowshoe and/or ski the entire Rideau Trail during the months of January and February to earn this coveted badge.



Kingston Club's End-to-End Badge

Kingston's waterfront to Lally Homestead at Murphys Point Provincial Park (RT 09B, map 9): 150 km.



Central Club's End-to-End Badge

Between Lally Homestead and Rosedale, just outside Smiths Falls. (RT 12F, map 12): 65 km.



Ottawa Club's End-to-End Badge

Between Rosedale, and the Rideau Canal Ottawa Locks near Parliament Hill (map 19): 110 km.

* The Trail's exact distance can vary, as the route is improved.



Have you got this one?

It's an honour to be recognized for helping the Rideau Trail:

- Trail maintenance
- Social committee
- Outing leader
- Club Executive
- Special events/activity



Anniversary Challenge

The deadline was extension meant a few more members succeeded in meeting the Challenge.

Kingston

Cathy Fanjoy (aka Cummings)

Ottawa

Melodie Mortensen

Jon Mortensen

Eva Berringer

Vivien Ratcliffe

Paul Robinson

Mutsumi Okada-Robinson

Volunteer Appreciation

On April 24th, the Kingston Club hosted a Volunteer Appreciation Lunch at the Sydenham Library.

The day started with two-hour hike on the Catarqui Trail, led by Stan Huff. Lunch followed at noon, attended by about 35 RTA volunteers.

They included Hike Leaders; Trail Maintainers; 50 K Hike Helpers; Committee Members. Lots of 'catching up' (aka talking) took place over lunch.

The celebratory cake was cut by Bill Murdoch, the Father of the Winter E2E. Personalized certificates and Volunteer badges were handed out at the end.

Thanks to Jacqueline Pidskalny for making all the arrangements and to the small band of helpers for set up and clean up. It really was an excellent day, and will be done again!



Long-time volunteer Bill Murdoch cuts the cake
PHOTO: RUSTY BASSARAB

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.

Member Services

(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

DIY Option: "Update your Preferences"

This link at the bottom of emails from the Rideau Trail, enables you to verify or change your information/interests.

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 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.

Badge Request Contacts



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



Kingston Club
jkbrinkman59@gmail.com
Jennifer Brinkman,
Kingston Club Volunteer



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



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

Welcome New and Returning Members

Kingston Club

Randy Bagg
Azadeh Barzideh
Carol Bauer
Cindy Berry
Maureen Carbray
Helen Coe
Nicholas Farkas
Jillian Gobrecht
Kathleen Hart
Patrick Leonard Kennedy
Tara Kovach
Diann Lawton
Roy Leach
Leslie Lemire
Frances Misutka
John Ostrander
Alan Smith
Ashkan Tabibian
Gregg Wade
Ling Yang

Central Club

AEmilia Jarvis
Peter Minnelli
Catherine Stapleton
Lori Vardy
Robert Wright

Unaffiliated

Jonathan Couturier
Barbara Davidson
Anna Majury

Ottawa Club

Joanne Anka
Carolyn Broadhurst
Lorie Carson
Virginie Closson
gillian cooper
François Cyr
Elizabeth Csiszler
Matthew Deraspe

Sarah Dewar
Fay Doherty
John Doherty
Lucia Dolcetti
Yajie Dong
Allison Eddy
Brenda Elliott
Ross Finnie
PaulPatty Fischer
Marielle Gallant
Sharon Ginsberg
Patrick Gorry
Kristina Guiguét
Eleanor Hamelin
Marvin Harik
Joanne Hopkin
Helen Jelich
Robert Jensen
Anne Kaden
Moon Kim
Li Lu

Ross MacLeod
Elizabeth Marshman
Donald McLaughlin
Sherry McLean
Donna Munro
Birgit Nielsen
Qiong Pei
Kerstin Ring
Dean Roberts
Paul Robinson
Anabelle Salas
Nancy Stewart
Alima Tapsoba
Debra Thornington
Robert Valois
Esther Vininsky-Oakes
Paul Way
Deb Wilson
Susana Xiang
Jane Yu

Donations to the Rideau Trail

Mary Robinson In memory of Howard Robinson	Dorothy Kessler
Carolyn Anglin	Elizabeth Marshman
Marc Baillon	Chris McBain
Robert Charest	Peter Murray
William Davies	Cheryl O'Connor
Peter Dawe	Margaret O'Dell
Herman Doornbus	David Ott
Allan Gordon	Fred Parkinson
Carl and Elizabeth Hamacher	Tom Rance
Verena Hammerli	Kyoung Za Uhm
Heather Harrison	Dukke van der Werf
Joseph Iannicelli	Guy Warwick
Beryl Kelly	Gary Waterford
	CJ Woodford

Thank you.



Tick Talk

DOES YOUR DOCTOR KNOW YOU ARE A HIKER?
PAT STRANBERG'S TALE TELLS US HOW IMPORTANT
THAT COULD BE.

With tick season upon us I thought I would tell you about my experience with Lyme disease. Around Thanksgiving of 2020, we went on a hike and did not find any ticks on me. Then I started to feel like I was getting the flu: aches, chills, and extremely tired. For about a week I was sleeping about 18 hours a day. Although I had markings on my abdomen, arm and legs, they were not bullseye shaped.

Without that characteristic shape, I didn't think this might be Lyme. I did get tested for Covid and was negative. Following the week of flu, I was able to get around with little energy and had trouble catching my breath. The doctor sent me for x-rays for pneumonia, results were negative.

For the next four months my energy level was very low. I wanted to work on the Winter E2E, but I could only cover short sections at a time.

After hearing about someone with similar symptoms being diagnose with Lyme, I asked my doctor for a test. The results of the test showed as positive for Lyme and I ended up on antibiotics for a month. Fortunately, I have recovered and my energy levels are back to normal.

If after a hike you start to feel like you are getting the flu, and are very tired, I recommend you ask to get tested for Lyme as a precaution.

PAT IS LEADER COORDINATOR WITH THE CENTRAL CLUB.

Benefits of Membership

Rideau Trail Association—committed to preserving and promoting the use of over 400 km of Trail system between Kingston and Ottawa.

Volunteers do the work, but membership fees pay for the upkeep and improvements to the Trail, including construction materials, signage, insurance, mapping, etc.

Benefits include

- Quarterly Newsletter
- News from the clubs
- Retail discounts
- Voting privileges
- The knowledge that you are supporting and protecting this world-class treasure.

Discounts for Members

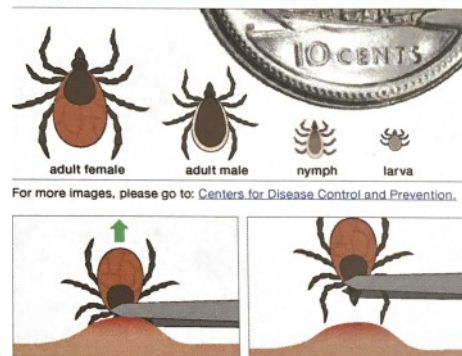
- 10% off at Ottawa stores Trailhead Paddleshack, Bushtukah, Great Escape Outfitters
- 10% off at Vamos Outdoors in Almonte
- 10% off at Novel Idea in Kingston, and 10% off at Smith Army Surplus
- 10% off Annual Pass purchased at Little Cataraqui Creek Conservation Area
- Discounted Winter Trail Pass at Gatineau Park

Avoid Tick Trouble

- Stay on the trail
- Dress appropriately
- Use a repellent
- After hiking, 'roast' clothes in dryer before washing
- Check yourself for ticks

More information:
<https://www.ontario.ca/page/lyme-disease>

Box 3. Blacklegged Ticks at Various Stages and Safe Tick Removal



Quiz

In the Spring issue, we asked, "Can you identify where the three pictures were taken, they are all right on the trail, but where? For the one with "Poole", what is the 'other name' of it?"



Marlborough Forest hut, between 14D and 14E



Between 5F & 5G, its partner lake and sign is Lindsay Lake



Sculpture is from Centennial Park in Smiths Falls

RideauTrail.org?

Websites are the go-to sources of information about an organization. Ours is getting an overhaul.

If you have experience managing or working with web design, the Rideau Trail needs your help

IMMEDIATELY

As soon as you see this, follow up to volunteer. A developer is already engaged.

Project Officer

Also required are enthusiastic **volunteers** to review content, test the new pages and links. *You* have what it takes. If you don't 'put your hand up' who will?

Contact

Rusty, trailcoordinator@rideautrail.org

or

Brian, pastpresident@rideautrail.org

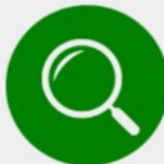




Rideau Valley Conservation Authority - RVCA GIS Open Data

Welcome to the RVCA GIS Open Data Portal; your one-stop-shop for RVCA Open Data. To aid in transparency & decision-making, RVCA is working towards freely-downloadable and open, online-access to key datasets, information & mapping. Browse RVCA's Open Data by Category, or explore our complete catalog of datasets.

<https://rvcagis.github.io/jkan/>

 RVCA ArcGIS Online Search  Document Link RVCA ArcGIS Online Search - Layers, Maps, Apps etc View item details	 RVCA Watersheds ArcGIS Online Map  Web Mapping Application RVCA Subwatersheds/Catchments ArcGIS Online Map View item details	 RVCA Watershed Flyovers  Document Link RVCA Watershed Flyovers using 2014 Imagery with elevation DRAPE View item details	 RVCA Flow & Water Levels ArcGIS Online Map  Web Mapping Application RVCA Flow & Water Levels ArcGIS Online Map View item details
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Know your landscape? Test yourself by viewing one of the flyovers. You might need to look more than once.

Coming Events - Summer 2022

Things to know, before leaving for an outing

What to Bring

Bring lunch or a snack, water and footwear that is suitable for the outing. Many outings are 'rain or shine', so be prepared for weather changes.

It's advisable to bring ID, emergency contact information, and where it's relevant, a list of your medications.

In season, other items include a hat, insect repellent and treatment, sunscreen, handwarmers, spare mitts and hat.

Note

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

Please review the Participant's Responsibilities and definitions used by the Rideau Trail. At their discretion, leaders may refuse to accept someone who does not have proper equipment or clothing.

Carpooling and Fees

Be at the meeting place at least 15 minutes before the departure time. Where a gas share is indicated, it is a suggested, voluntary contribution. Fees for parking and entry to parks are shared among the driver and passengers.

Questions?

Contact the leader or the club's activity coordinator.

A few outings and events are listed below. Be sure to check the Teamup Calendar online, for the current events and details:

<https://teamup.com/ks4o7f1oa94o7taugd>

Rideau Trail: End to End

This series of hikes runs on most weekends until August, when the hikers reach the northern terminus. Join in for a single hike, or for the whole series.

Annual Meeting and Hikes

Saturday, June 11

Three ways to explore Kingston. More on page 4

51 K in 2022

August 27-28

In 2021 it was 50K for the 50th Anniversary. So, as the Club is 51 in 2022, on the week-end of August 27-28, we'll do 51 km.

- Two hikes will offered to TOTAL 51 km
- Half distances hikes also offered.
- No re-supply
- No car shuttling ('out and back' hikes)
- Special completion souvenir
- Group dinner on Saturday, Aug. 27

Watch for details in the Calendar:

<https://teamup.com/ks4o7f1oa94o7taugd>

Suggestions/questions, contact Jim:

jjwnmoss@hotmail.com



As summer progresses, watch for new events posted to the Calendar for cyclists and paddlers, in addition to hikes on the Trail and in other interesting places.



Kingston Club Activities - Summer 2022

Going Out with Kingston?

Be prepared (page 12). Remember, a leader can refuse to accept a participant who is not ready for the outing's challenges.

Calendar of Events:

<https://teamup.com/ks4o7f1oa94o7taugd>

Questions? Contact the leader, or

The **Activity Coordinator:**

activities.kingston@rideautrail.org

MEETING PLACE

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

Kingston Leaders: please send the completed waiver to HR Coordinator, Cathy: waiver.kingston@rideautrail.org

Regular Activities

(Every week, conditions permitting)

Tuesdays at Lemoine Point - Brisk walk, Tuesday mornings at Lemoine Point. Level 2, 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 at 1:30 pm. Contact Jennifer at wednesdaywalks60@gmail.com if you would like to be put on the email distribution list.

Saturday, June 11 Annual Meeting

Renew acquaintances from the Trail, and catch up on the news from the RTA. Page 4.

Optional catered lunch and three, afternoon walk-and-talks around Kingston.

FROM THE NEWSLETTER ARCHIVES

What Diversity of Activity!

Evening hike: Battersea and Dog Lake

4 km round trip

Marble Rock

11 km, Level 3

Foley Mountain

Level 3, 10 round trip. Lions Club Beach to Foley Mountain. Swim stop.

Mystery Evening Hike

Charleston Lake, Tallow Rock Bay Loop

Level 3, 10 km Swim at lunch

Wolf Island Cycle

Cycle the island. Meet at the Wolf Island Ferry
Frontenac Park, Doe Lake and Arab Lake Gorge
Level 1 and 2, swim option

Rock Dunder

Level 2 New trail (in 2007!)

Canoe Trip to Gould Lake

Enjoy a day of canoeing and swimming at Gould Lake

Are you in for 51 km and Dinner?

August 27-28

Part of the 51K event (page 11). Central will host a 12 km hike on each day. Possible group dinner Saturday night.



FROM NEWSLETTER 144, SUMMER, KINGSTON ACTIVITIES IN
JULY 2007.

Central Club Activities - Summer 2022

Going Out with Central?

Be prepared (page 12). Remember, a leader can refuse to accept a participant who is not ready for the outing's challenges.

Calendar of Events:

<https://teamup.com/ks4o7f1oa94o7taugd>

Questions? Contact the leader, or

The **Activity Coordinator:**

activities.central@rideautrail.org

MEETING PLACE

Unless otherwise specified, meet at the specified trailhead.

Some outings will car pool from 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

Regular Activities

(Every week, conditions permitting)

Wednesday Wanderers - These are shorter, leisurely hikes for those who want a mid-week stretch. Details in the Calendar or contact: activities.central@rideautrail.org

Towpath Hikes - Level 1 hike. Every Friday morning throughout the summer. The length to be determined by the participants. Check the Calendar for details and/or cancellation notice. Meet at 1 Sherbrooke St E, Perth, to leave at 10 am.

Other Events this Summer

End to End Series continues north
from McLaren Point (10A) on May 29.

Monday, June 6 Arkon Lake in Frontenac Park

Saturday, June 11 Annual Meeting

Renew acquaintances from the Trail, and catch up on the news from the RTA. Page 4.

Optional catered lunch and three, afternoon walk-and-talks around Kingston.

Save the Date!

Central Club Picnic

Saturday, July 9

We have been unable to have any social events for two years. Let's go!



First Aid Training

For members and leaders
July/August date TBA

51 km Dinner

August 27-28

Part of the 51K event (page 11). Central will host a 12 km hike on each day. Possible group dinner Saturday night.

Ottawa Club Activities - Summer 2022

Going Out with Ottawa?

Be prepared (page 12). Remember, a leader can refuse to accept a participant who is not ready for the outing's challenges.

Calendar of Events:

<https://teamup.com/ks4o7f1oa94o7taugd>

Questions? Contact the leader, or

The **Activity Coordinator:**

activities.ottawa@rideautrail.org

INFO FOR LEADERS

Please send completed waivers to

waivers.ottawa@rideautrail.org

Note: For Wednesday Walkers, send waivers to fellwalkerca@gmail.com

MEETING PLACE LOCATIONS

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.

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

Regular Activities

(Every week, conditions permitting)

Moonlighters - Tuesday evenings, short Level 1 or 2 hikes in Gatineau Park, lasting until sunset. Recommended: water, bug stuff, sturdy footwear and a flashlight.

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

Saturday, June 11 Annual Meeting

Renew acquaintances from the Trail, and catch up on the news from the RTA. Page 4.

Optional catered lunch and three, afternoon walk-and-talks around Kingston.

Rideau Trail in Ottawa

From **June 18**, the End to End series will traverse the Ottawa Sector. Hike with those who've seen Kingston and Central.

Extra (overflow) leaders might be needed. Contact: activities.ottawa@rideautrail.org

First Aid Training for Leaders

Sunday, June 19 Details and limited registration in the Calendar.

51 km Weekend?

Hikers Dinner Aug. 27?

Page 12

Outstanding Leader

A look at Ottawa's hikes listed in April would have shown this leader's name all over the Calendar. Jean Gauthier led at least four hikes that month.

Jean is in his 90's, so you know it is not a contest for him. If you like to hike, why not consider leading an outing?



Bring the Rideau Trail to Your Town

Vendor Discount Liaison

Volunteer needed to liaise regularly with vendors who offer (or wish to offer) discounts to RTA members. Answer RTA member inquiries, write related content for RTA newsletter and website.

- o Skills: Good people and communication skills.
- o Number: 1 to 3 positions available
- o Start date: Immediate
- o Commitment: approx. 1-2 hours per month
- o Contact: Ruth, Secretary@rideautrail.org



Turkey Tail
(Trametes versicolor)
fungus

Turkey Tales

Not to be confused with the forest fungus, there are stories of encounters with wild turkeys along the trail. Sometimes these birds do more than just lie there in your roasting pan.

If you've had such a meeting with a turkey, why not share your tale? newsletter@rideautrail.org



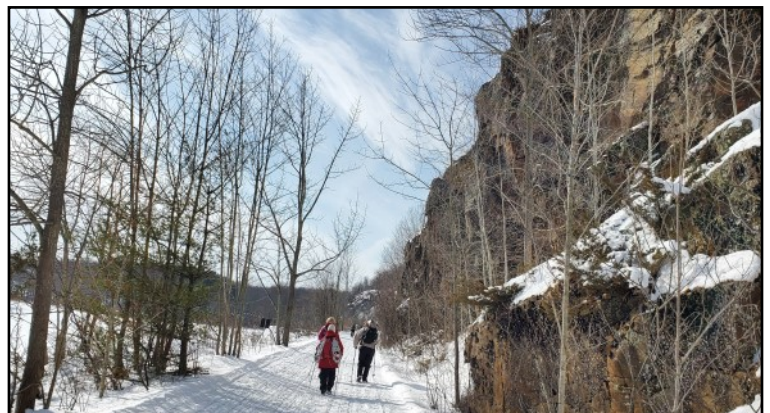
Cutting the Ribbon

Landowner Renée Smith and Ottawa Club Liaison Roger Reens open the new route of the Rideau Trail between Burritts Rapids and Paden Road.

Story on page 6.

PHOTO: SHAREN YAWORSKI

Pleasant winter walk on the Catarqui during Dave Audette's Winter E2E. See more refreshing winter on page 2.



Yellow Box Replaced

BY KATHLEEN HOLST AND STEVE KELLY

Was it stolen or missing? What was it, and why was it yellow? There are too many questions, and why would we care?

For hikers who venture off the road-trails of Gatineau Park, 'Yellow Box' means a pleasant trail on the top of the Escarpment that is a challenge to reach.

It is of particular significance because it is one of the trails that Gatineau Park has identified for a change to official status as a Park trail. Phase 4 of the Park's strategy focuses on the unofficial (but well used) trails in the Eardley Plateau part of the park.



Wally Kalbfleisch and Janet Murphy install the box in 2006.

Yellow Box? The trail always carried the name, because at its lookout over the Eardley Escarpment there was a wooden storage box, painted yellow. The box is long gone, but visitors can still see a few of the remaining boards.

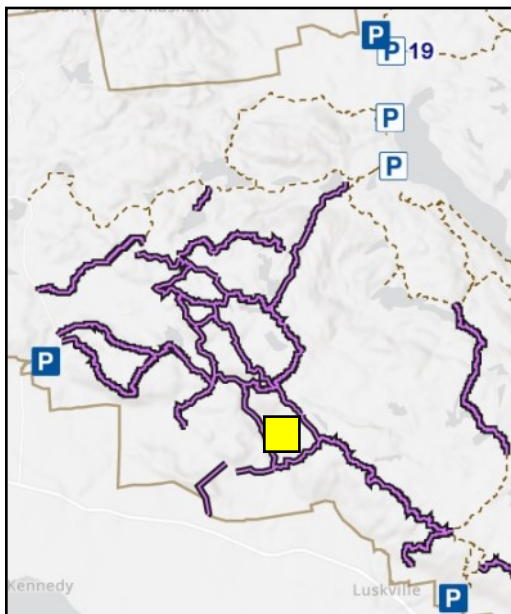
Ottawa Club hike leader, Wally Kalbfleisch said it was a shame to have such a descriptive name with no box to see. So, he constructed a small wooden box and painted it yellow. In 2006, he and a few hiking friends installed it in a tree at the Yellow Box site. Over the years, weather took its toll on the box.

April 2022: Kathleen Holst said, let's replace the box in recognition of all that Wally has done for the Wednesday Walkers. So, a few hiking friends arranged to take the box that Wally had restored, back to the lookout. Kathleen advised the participants of the outing: 384 m elevation up rough terrain, about 10 km. Some of the original installation were present for the replacement. The hikers also came from the Ottawa Rambling Club, in addition to the Rideau Trail.

The afternoon concluded with a pub stop, at which some of the hikers met Wally and a few other interested members.



Rideau Trail Association



Phase 4 Trails

Some skiers will notice Old No. 10 will reopen.
[HTTPS://NCC-CCN.MAPS.ARCGIS.COM/APPS/MAPSERIES/INDEX.HTML?APPID=F23DDAAF355A4B6598668BBA000DC921](https://ncc-ccn.maps.arcgis.com/apps/mapseries/index.html?appid=f23ddaaaf355a4b6598668bba000dc921)



Ottawa Club hike leader Kathleen Holst coordinated the box replacement hike with the two clubs.

Hiking the East Coast Trail

From St. John's to Brigus South

BY BILL OTTNEY



From Tinkers Point looking northeast towards North Head

It is a foggy August 2, 2017 and we are in the company of a Bruce Trail group who plan to spend the next eight days hiking south along the Atlantic coastline from Fort Amherst Trailhead to a yet-confirmed destination. Not having hiked for a few weeks, Gunhild and I find that the steep 150 m (500') ascent from Fort Amherst Road is truly a workout.

Moments earlier, Bill Bernardy of Brown Rabbit Cabins in Tors Cove had dropped our group off, with plans to retrieve us at Cape Spear, some 15.3 km distant. After our morning wakeup climb to the summit, our group pauses briefly near Cistern to take in the view on this soon-to-be beautiful day. Looking due East over the Atlantic Ocean, the spouts of feeding humpback and minke whales can be seen in the



distance. Ahead of us, the trail continues south along the rim of a steep bluff until it descends to the shoreline at Whitty's Rock some 5 km distant. The views become immense as the morning fog continues to burn off.

We all have our Bucket Lists. Until today, we had never considered the ECT as a Bucket List entry. No problem, there is nothing wrong with a quick add to the list. In fact, we loved hiking The Rock so much that we returned again in 2021. Newfoundland offers an almost endless list of attributes: Its ancient geology, its deep-rooted history as a destination for the first European explorers, its rugged topography, its unspoiled panoramic vistas, its abundant sea life, wildflowers galore, trailside wild berry patches, and of equal importance its people who add to the uniqueness of this place in grand measure. National Geographic

Traveller refers to Newfoundland as a place of "stunning natural and cultural integrity".

Picking a favourite hike along the East Coast Trail is a challenge, as there are so many gems. Three hikes immediately come to mind though: from Signal Hill trailhead down through The Battery to the Terry Fox memorial, followed up with a walking tour/pub stop in St. John's; or from Witless Bay trailhead to Tors Cove; and our personal favourite from Cape Spear Trailhead to Maddox Cove/Petty Harbour, described here.

First of all, although most hikes offer some relatively easy sections, there are no "cakewalk" hikes on the East Coast Trail. Using Frontenac PP as a benchmark which I will set at a difficulty Level 3 due to its rugged topography, most ECT hikes would rank as a 4+. The trail is more rugged, the elevation changes are significantly greater, resulting in longer climbs and descents. There are rock-strewn sections of trail which demand a slower pace and in many places the boardwalks are in need of repair due to a shortage of trail maintenance volunteers.

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MORE ABOUT BROWN RABBIT CABINS IN TORS COVE, NL. HOSTS ISA AND BILL BERNARDY ARE A COMPLEMENT TO THE HIKER'S EXPERIENCE. BILL PICKS UP INCOMING HIKERS AT ST JOHN'S YYT AIRPORT, SHUTTLES HIKERS EACH DAY, AND DRIVES THE HIKERS BACK TO THE AIRPORT ON DEPARTURE DAY. ISA OFFERS BREAKFAST, A WHOLESOME PACKED LUNCH, AND SUPPER WHICH USUALLY CONSISTS OF LOCAL FARE. SHE CATERS TO SPECIFIC INDIVIDUAL NEEDS WHEN REQUESTED. AND HER ARTISTIC TOUCHES ROUND OUT THE PACKAGE. - BILL OTTNEY



Channel into St. John's Harbour from Signal Hill

Cape Spear is Canada's easternmost point of land (52.63°W). The Trail follows a plateau 90 m (295') above the shoreline, so expect some remarkable unobstructed views along this 5 km section. On the inland side, you will have a commanding view of the massive Cape Marsh. At The Basket, the trail then wanders southeast following a long boardwalk which crosses the many marsh drainage streams. Exiting the boardwalk, the difficulty level cranks up a few notches as the trail follows the rugged undulating coastline.

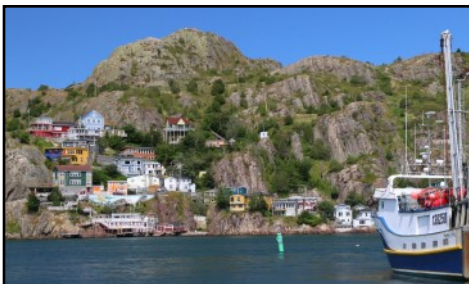
At Herring Cove, the trail jogs off into the forest before reaching Second Stairs ("This shouldn't be allowed"- hiker from BC) which is a massive stack of huge boulders. There is no defined path down Second Stairs but

all that is required was to pick a path and descend into the rocky ravine. In 600 m, you have the opportunity to climb out of the ravine on First Stairs which are basically a bookend. The rocky trail traverses a couple smaller sets of "stairs" before breaking out of the forest at Deep Cove. From here on, the difficulty level gradually diminishes until you reach Maddox Cove trailhead. If you choose to walk into Petty Harbour, there is a good pub in the village. A cold beer with a side of cod bites or cod tongues are always a great way to end a hike.

I mentioned that we went again, last year. Gunhild and I are already considering a third trip. Such is the magnetism of Newfoundland.



Approaching Cape Spear from the north



The Trail passes through private property in The Battery, below Signal Hill.

Kingston Club's Bill Ottney is their Communication and Publicity Officer.



**Get ready
for your next
adventure!**

Journey further, explore more.

salomon S

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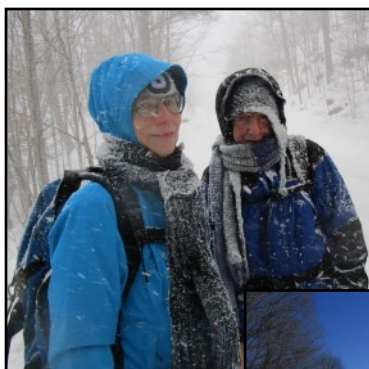
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Return undeliverable Canadian addresses to:

RIDEAU TRAIL ASSOCIATION

PO BOX 15

KINGSTON ON K7L 4V6



Los Incognitos (page 2) prove that Winter on the Trail is more than January weather. It can mean fun too!



Trail Markers

Rideau Trail heading north, towards Ottawa



Yellow Tip

Rideau Trail heading south, towards Kingston

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Inside Summer. EDITED BY STEVE KELLY (OTTAWA)

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