



Rideau Trail

NEWSLETTER FALL 2022 EDITION

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

Fall 2022

Issue No. 205

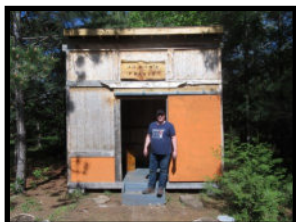
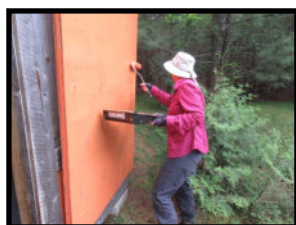


Jason's Palace by Sandy Freeman

Michael Beaupré, former Trail Maintenance Coordinator for the Ottawa Club, initiated the idea for a shelter on the Trail, which was endorsed by the Ottawa Executive and approved at the 2018 Ottawa General meeting.

With the approval and funding from the RTA Board, Paul and Beth Cormier, the landowners, gave their permission for the structure to be located at their farm, The Forest at LilyPond (Map 13 between 13B and 13C), near Merrickville and Burritt's Rapids. The shelter was designed for use of hikers during a storm or to get relief from the summer sun.

Construction commenced...



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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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ISSN 0709-7085



**Social Media
Admin. Help
Wanted**



Next Newsletter: **Deadline November 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: Helene Brillon
Construction: James Lorimer
Maintenance: Stan Huff
Communications and Publicity:
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Wednesday Walks Coordinator:
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Human Resources: Cathy Fanjoy
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Special Events: Jacqueline Pidskalny
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Rusty Bassarab

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Vice-Chair: Herman Doornbas
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
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Ottawa Club Executive

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Past Chair and Rep. to Board:
Sandy Freeman
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Trail Maintenance: Ian Campbell
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Activities: Denise Hall and
Kevin Reynolds
Publicity Coordinator: Adriana Kievit
Members at Large: Kevin Chapman,
Malcolm Sanderson, Brian Grant
and Marianne Kerkhoven
Newsletter Editors: Steve Kelly and
Peter Weir

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Vice President: * VACANT *
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Peter Weir, Ottawa (613) 621-0107
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Association News

Board News

- **National Day for Truth and Reconciliation** is September 30. Each Rideau Trail Club intends to plan a hike for this date.
- **Herman Doornbos** joined the RTA Board as Central Club Rep.
- **Ingrit Monasterios** joined the Board as Marketing & Communications Director.
- The Board of Directors is seeking a **President** to start in June 2023, and a **Vice-President** immediately. Candidates should contact the Nominating Committee via secretary@rideautrail.org.

Important Motions

- The board has voted to remove the term "bushwhacking" from definitions of Hiking Activity Levels. "Bushwhacking is not in keeping with parks and conservation areas that require hikers to stay on the marked trails to prevent the unnecessary trampling of the flora and or disturb fauna. Bushwhacking in/ around RTA trails also goes against RTA policies. Where

Highlights of Board Meetings

First quarter 2022
BY RUTH OSWALD, SECRETARY

conditions or circumstances require, the terminology that should be used is "off trail" hiking. Additionally, the current definitions do not match well with the hike/activity description terminology that is within the Team Up system. The levels should be redefined with more appropriate language that provides more useful information to those considering joining the hike/activity."

Marketing and Communication

- The RTA website re-development is now in the content update and creation phase. The project is on schedule and on budget.

Treasurer / Finance

- The Treasurer, Cheryl O'Connor First quarter financial reports were presented to the board.
- An investment plan was approved to invest Operating Fund surplus in short-term cashable GICs.

- Administrators and signatories for the Preservation Fund and the PayPal accounts are being reviewed and updated.
- The mileage reimbursement rate for approved travel has been increased from \$0.18 per km to \$0.28 per km, calculated according to the RTA Mileage Reimbursement Policy. This is the first increase since 2019.

Trail Coordinator

- There's a lot of detail for this section so please see page 25 for more details and Hunting Season Alerts.

Membership

- Total Membership is 1094 as of July 14, 2022. (Kingston 317, Central 136, Ottawa 579, Unaffiliated 62)
- Membership Director **Evert de Boer** continues to work on streamlining the web-based membership "Join" and "Renew" services.

Next Regular Board Meeting:
October 22, 2022

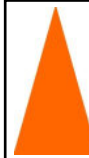


Before you go, check the
Trail Alerts
on the website.

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

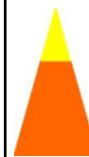
<https://www.rideautrail.org/fr/decouvrir-le-sentier/alertes-de-sentier/>

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



Trail Markers

Rideau Trail heading north, towards Ottawa



Yellow Tip

Rideau Trail heading south, towards Kingston

Women's Backpack for sale

Lowe Alpine Sirocco-blue 1990's version (70+15 litres) with contoured shape, adjustable back and more. Used but not abused, the current owner says she is finished backpacking and canoeing.

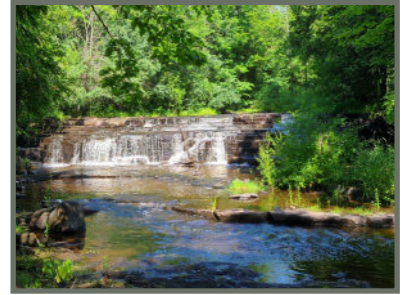
Available for a suitable donation to the Rideau Trail. Contact Steve:
stkelly@rogers.com



Curated Hikes 7.5 km – Burritts Rapids Lockstation to Stoney Steps & Paden Road

by Brian Grant

I could see the waterfall just ahead, but the blue trail sign pointed me to the right. I followed, and with the sound of the rushing water in my ears, I went down the trail, a steep but manageable slope. There, to my left, were the Stoney Steps. At the water's edge, looking up, I could see a set of carved stairs, six to ten metres across. They had been created by the movement of the earth, not by humans, and the water tumbled down to the pond at the bottom. Time for a break.



General location: The trail starts at the Burritts Rapids Lockstation on the Rideau Canal about 45 minutes south of Ottawa and 10 minutes from the town of Merrickville

Access: You can start in the village of Burritts Rapids, but I suggest you drive to the Burritts Rapids Lockstation. From the lockstation you cross the canal and follow the Parks Canada Tip-to-Tip trail that will take you to the village of Burritts Rapids and intersect the Rideau Trail.

Map and key waypoints: The trail is shown on Map 14 on the Rideau Trail website. At the bottom of the map you will see waypoint 14A which is located very close to the village. You start a little to the east of this at the lockstation and follow the Tip-to-Tip trail into the village of Burritts Rapids. Follow the trail to 14 B and then towards 14C. I suggest you end the hike when you reach the gravel road, Paden Road, on which you will find 14C.

Facilities: At the lock station, during the operating season (generally May to September) you will find parking, washrooms, drinking water and a beautiful park-like setting where you can camp overnight or have lunch.

Parking: There is usually plenty of room in the parking lot which is just off the local county road. Check directions on Google Maps by searching for Burritts Rapids Lockstation

Public transit: No public transit available

Hike level: Mostly Level 1 trail with some rough sections created by rocks and roots. The blue trail leading to a better view of the falls is a bit steeper.

Characteristics of the trail: The Tip-to-Tip trail, about 0.8 km, runs along the canal, is well shaded and easy. You then walk along the main street of Burritts Rapids (minimal services) and follow two county roads until you turn into a field. Once in the forest, the trail is very well marked but it can be rough with stones and tree roots to trip on. The road and field walking is quite sunny, but the forest area is shaded.

Distance: Overall round trip is 7.5 km. If you stop at the Stoney Steps and turn around it is 5.5 km. If you get back to Burritts Rapids and want to hike a bit more, you can link up with the Tip-to-Tip trail and go west along the canal adding about 2.5 km to your hike.



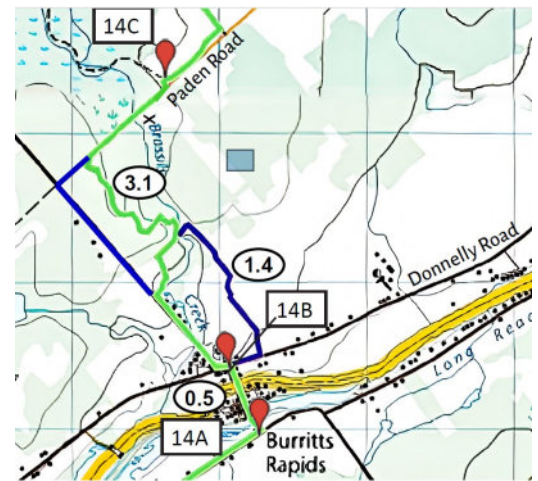
Other comments: From the parking lot head towards the lockstation building and then to the western lock gate. Cross the lock and you will see the Tip-to-Tip trail. Follow the trail to the village of Burritts Rapids. When you come out from under the tree cover you will be on Centre Street and follow it to the left until you arrive at Grenville Street, the main street. To your left is the manually operated lift bridge that you should visit on your way back. Turn to the right and you will see the Rideau Trail markers going up Grenville Street. Follow the street to Donnelly Drive and turn left. Continue for a short distance, passing a church on your right and then turn right on Dwyer Hill Road walking along the side of a graveyard. Continue past some houses and you will see the Rideau Trail marker pointing to the right into the field.

Follow the markers around the edge of the field and near the opposite corner from where you started you will see the marker guiding you into the forest. You are about 0.5 km from the falls, you will hear it as you approach. The trail goes to the left at the creek, but the best view of the Stoney Steps is found at the end of the Blue trail to your right. Walk down and take a break on one of the giant pieces of rock; enjoy the tranquil view and the absence of road noise.

Backtrack along the Blue trail and continue for another kilometer to Paden Road. Someone could meet you at Paden Road, or you can turn around and retrace your steps. A feature of walking in the forest is that the views are different in each direction so enjoy the walk back.

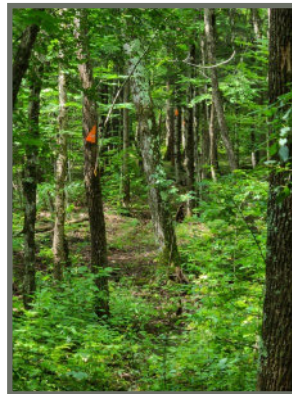
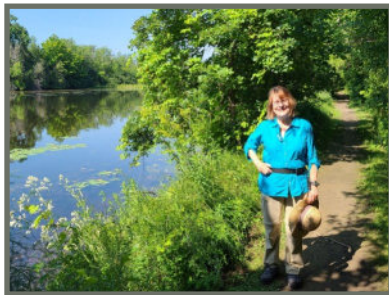
When you reach the lockstation enjoy your lunch, or drive about 10 minutes to Merrickville to enjoy the many restaurants that are available, and some shopping in the local stores. You could walk to Merrickville. This is one of the most historic sections of the Rideau Trail following the roads to Merrickville with many old homes from the 1800s.

Note: If you have a favourite hike with good parking and other facilities let us know so we can add it to our list of curated hikes (pastpresident@rideautrail.org).



from Map #14

Along the Tip-to-Tip Trail



What hiking the Rideau Trail meant to me:

Hiking the full length of the Rideau Trail was an unforgettable and rewarding experience; it was a test to my physical and mental endurance, and taught me much about the land, the Rideau Trail Association and the wonderful people that made it all happen. RTA is more than just an organization that provides hiking opportunities to members and non members alike, it is a group of like minded people who care for the environment, the sustainability of the trail and generously volunteer their valuable time to pursue their passion for hiking. I would have never made such an ambitious trek on my own and having a group to support me, encourage me, motivate me and make me laugh along the way meant a great deal to me. To understand this great organization, and to appreciate what hiking is all about, one has to do an end to end hike.

Thank you to all the wonderful people from all three clubs that I met during our hikes, we had joy, we had fun, we had three seasons under the sun, and the hills that we climbed will be there for us to enjoy.

Ingrit Monasterios

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: 370+ 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.

This editions cover photo was taken at the Stoney Steps, July 2022 by Peter Weir on his quest to complete the E2E



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

RTA WEBSITE UPDATE

Hopefully everyone is aware that work has been ongoing for most of this year on redoing the RTA Website, and many of you participated in the survey that was completed on the current website.

The structure and components of the new website have been determined and the website developer has built the structure. Where applicable, the current content has been moved into the new structure. A wide group of people are now involved in reviewing content, adding content, and doing the integration work for new capabilities within the website (this will include having the TeamUp Activities Calendar inside of the website).

There remains much to do and efforts will likely continue through the fall. Look for notification of when the new website will be trialed and for the confirmation of when it will be in place. The project team believe that you will enjoy an easier interface with better access to RTA information of all types.



RIDEAU TRAIL QUICK WEBLINKS

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

Trail Maps: <https://www.rideautrail.org/discover-the-trail/maps/>

Become a Member: <https://www.rideautrail.org/become-a-member/>

Facebook Page: <https://www.facebook.com/groups/rideautrail>

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 off-trailing and rough spots. Boots recommended.

Level 3 Rough terrain, one or more places with extensive off-trailing, 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.

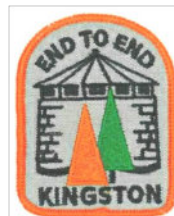
Badge Request Contacts



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 (updated Badge)

cekerfoot20@gmail.com

Carol Kerfoot, Ottawa
Club Secretary

Welcome New Members to the Rideau Trail Association

Debbie Caluori

Donald Croskery

Kathleen Deutekom

**Zillah Deverell
Rowlands**

Leigh Fiske

Gordon Miller

Henry Tiedje

Dina Tleugabulova

Gabrielle Williams

Calum Anderson

Temeara Barrett

Andrew Bennett

Deanna Cooper

Don Cooper

Barry Crane

Arden Ford

Andy Glazin

Peter Kay

Stacey Kay

Brett Kolankowski

Carole Lachaine

Stephen Lane

Kristen Lowitt

Cathy Ross

Alexandra Ruhr

Samit Sharma

Peter Silver

Joanne Snyder

Peter Strickland

Jane Thurber

Nicole Aitken

Paul Atkinson

Karen Bongard

Pascale Castonguay

Suzanne Desaulniers

Geri Dumouchelle

Judith Farrar

Mike Hoyer

Shannon Jackson

Debi Lascelle

Henry Liu

Sabrina Pepe

Lyle Robinson

Margaret Stachowski

Judi Ward

Marcia Winstead



"Not all who wander are lost."
JRR Tolkien

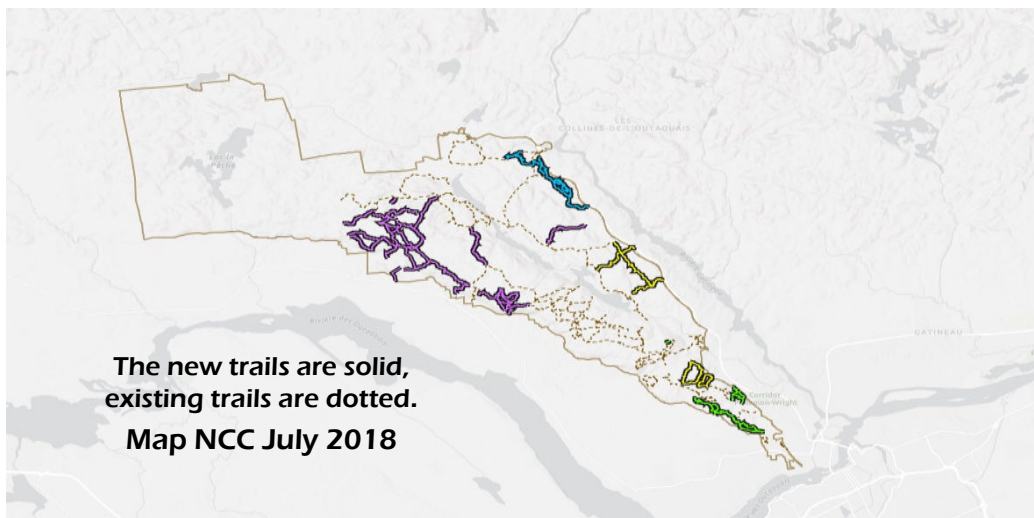
NEW GP TRAILS SOUTH EAST OF KINGSMERE ROAD by Bill McGee

Gatineau Park area started as a forest, and has been mined, farmed and forested for over 200 years. Now much of it is reverting to a forest. There were trails and roads

built over time to service these early settlers, industries and activities. The Park area was first surveyed in the years 1800 to 1850. But aside from Wakefield township, little remains of the surveys, or notes of the routes used for the mining, farming and forestry. Thus, we have little documentation on these former trails and roads. Recreational use of the park area has over 100 years of activity, and there has been documentation of the recreational trails and roads starting from 1925 to the present. Therefore, this historical account has mainly been prepared from these recreational sources.

Gatineau Park was created in 1938, managed by the Federal District Commission, which management was succeeded in 1960 by the National Capital Commission.

On April 27, 2017 the National Capital Commission announced the location of some new back country trails in Gatineau Park that are to receive NCC sanction, and posted maps on the NCC website.



This note covers the new trails south-east of Kingsmere Road. These trails require little travel to access, since they are close to Ottawa and Gatineau, and are convenient for short hikes. They are also close to Gatineau residences, and are heavily used, summer and winter.

The presence of iron ore off Mine Road was detected during surveying in 1801. This area from 1830 saw the earliest mining activity in the Park; iron was extracted from 1830 from time to time to 1976. [Nowadays, mining permits are not issued in the Park.] Katharine Fletcher's book 'Historical Trails' has an excellent account of the history of the FORSYTH area. These days the area is next to large residential areas of Gatineau. The most obvious ruin is a mining cart.

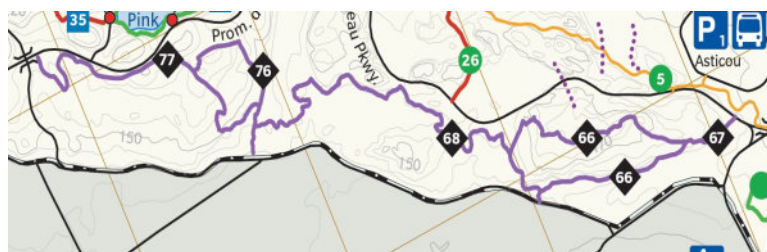
Oddly enough, the new trails manage to avoid the actual former mining areas, which are usually enclosed with fencing, and are dangerous. With the exception of portions of trail 42, the trails are flat. Parking off Mine Road is recommended, on Rue Marie-Burger, for instance. A portion of trail 41 was former trail 22 which accessed parking lot P4, now disappeared.



FORSYTH AREA

MOUNTAIN RD area

Map MOUNTAIN ROAD Area



These trails are mainly snowshoe trails that have been converted to mountain bike trails. Parking near Mountain Road is not recommended, and Asticou NCC Parking P1 is recommended; rarely is parking available at Pink Lake. The trails appear to be mainly intended for hikers and mountain bikers, and there are few viewpoints. This whole area had been used for gravel pits [eg. Dibblee

Construction near 66] and access roads. These trails are also near old ski trails that joined Pink Lake to Hull and Val Tetreau. Trail 77 goes from the corner of the Parkway and Notch Road to the intersection of Mountain and Cook Roads, passing to the north of the Skyridge development to Cook Road. This trail has been in place for many years. The other new trail 68, which seems recently cut for mountain bike use. It has the twists and turns common to mountain bike trails and ends near the old Hickory parking lot.

The intersection of trails 68 and 76 features ruins of a round stone wall that enclosed the barbecue pit of the Sobie, and later, the Poy families who lived nearby. Madame Adrienne Clarkson nee Poy lived here while attending school in Ottawa. See Jacques Tardivel, "The Mystery of the Stone Wall", Up the Gatineau!, Vol 47, 2021, pp 99-108, for details.



Notch Area

Donations to the Rideau Trail

Yvonne Helwig	Hugh Pratt
Anita Grace	Samuel Sharp
Steven McManus	Randy Smith
Robert Mutrie	Barbara Yeo
Louise Pelletier	

Thank you.

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 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

HIKING DEFINITIONS

Blaze – Color-coded markings along trees that act as a guide along the trails.

LNT (Leave No Trace) - An ethics philosophy with seven principles that will leave the least impact on the land while recreating outdoors.

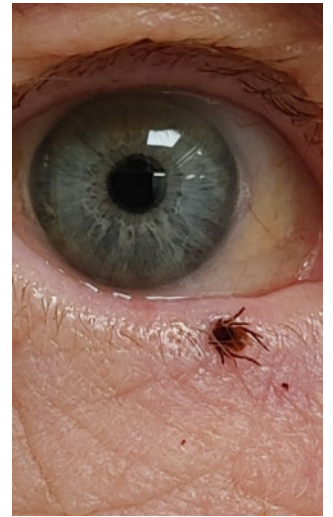
Purist - A hiker who hikes every foot of the trail they are on; these hikers don't deviate by stepping even an inch off the main trail for side trails. John W, you know who you are :)

Bio break - is a shortening of biological break and one of many euphemisms in English for **using the restroom**, like "powder your nose" and "see a man about a horse."

This is the final script on You Tube video.

Always 'keep an eye open' for Ticks when going on nature walks.
This little Tick was in Belle Park, Kingston, Ontario until it decided to come home with me.
Many thanks to the Emergency Doctor at Kingston General Hospital who removed the Tick a few hours later using the 'Tickle Bum' method. (My term, nice pun).
Now before your imagination goes wild I will clarify. He stroked the TICK'S bum with a Q tip which annoyed the Tick. A few minutes later, and after much stroking, the Tick decided to get out of my face. When it stopped digging in, the Doctor was able to get hold of more its body with tweezers, and out it came in one piece.

Thank you Doctor.



RTA Outstanding Service Award: Brian Grant

This year the RTA Board recognizes Brian Grant, a member and volunteer since 1979 whose contribution has often been "behind the scenes". Brian became Ottawa Club Representative to the Board in 2015, and then stepped up as RTA President in 2017. Perhaps Brian's greatest contribution to the RTA has been his work with you, the RTA members and volunteers, to formulate the 2017 Strategic Plan, which continues to provide direction for the Association's goals.

As Past President Brian has continued to actively support the RTA board, as well as serving Ottawa Club as Member at Large and acting Chair. Over the years, he's always been willing to share his knowledge, skills and talents with the RTA. And he has continued learning, taking courses and acquiring knowledge about non-profit board management and legal issues. Brian has chaired or served on many committees for the RTA including the IT Working Group, the Website Team, the Nominating Committee, the Organizational Management working group. Brian is currently chairing the committee reviewing RTA Bylaws and Articles for compliance with ONCA (the Ontario Not-For-Profit Corporations Act).

**Brian, congratulations on a very well-deserved award.
Thank you for your dedicated service to the Association
and its members.**

Submitted by Ruth Oswald

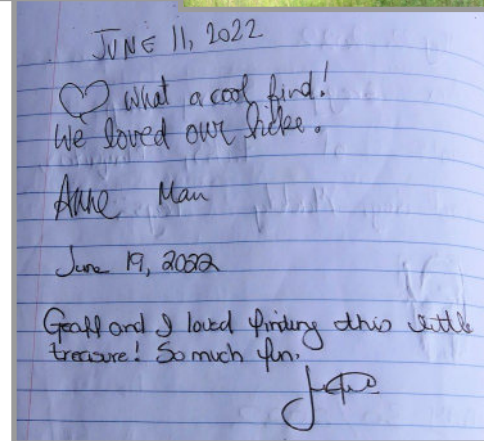
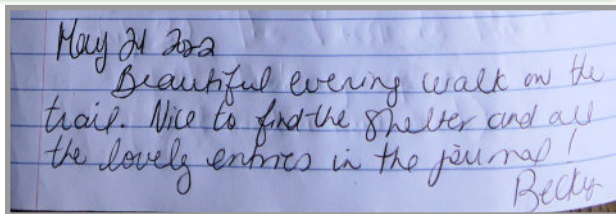


Bonwill Shelter Continues to Deliver.

This little gem in the wilderness just north of waypoint 06A continues to surprise and delight new travelers, and to provide welcome shelter for dozens of hikers.

In the past year, over sixty new entries have been added to the hikers logbook, capturing the magic of this peaceful corner of the Rideau Trail.

Long may it continue.



2022 RTA Woods Road Clean-up by Janet Laraway (Edited)

Early in the Spring, Gill Hyland noted that the trail was in rough shape due to the large amount of trash on the Rideau Trail off Woods Road in Montague township. So on the 3rd April 2022 a Joint effort of 24 folks between the Ottawa and Central clubs as well as friend and a Kanata Scout Troop assisted to clean up the huge amount of garbage.

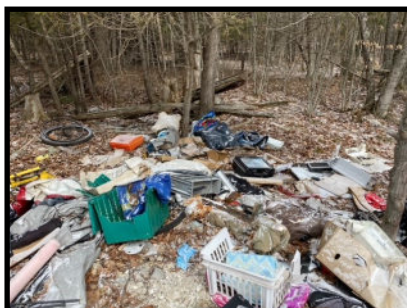
Gill laid out the plan on what had to be done, "Are you here to help with the clean-up?" She assigned tasks and the clean up began.

Once it was all cleaned up, it was a nice surprise when a ATV came along (thank you to Adam and Paige for the ATV) and Ottawa RTA members put their wheelbarrow to good use to haul stuff out to the road. (The largest pile was ~1 km down the trail). Carrying out the gargabe and sporting a smile, folks worked hard to help with the effort.

Items picked up were bicycle wheels, truck bumper, computers, ceramic tile, and uncounted bags of much, much more! Folks please dispose of your waste at approved sites and leave the trails to nature and nature enthusiasts

Thanks to Montague township for supplying bags and picking it all up afterwards.

It was a wonderful feeling to have this mess cleaned up!



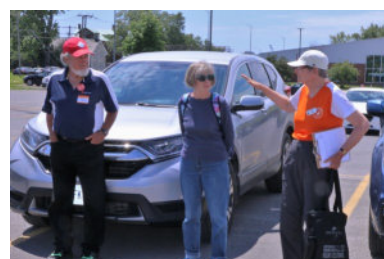
11 June, 2022 AGM Royal Military College Officers Mess Kingston

Pictures of the day's events





Afternoon hiking around the beautiful City of Kingston





End To End 2022...has Ended!

By the time this Newsletter is printed the 2022 version of the E2E will be done. In sending out the e-mail for 'The Awards', I noted some statistics. Over the 22 hikes around 80 people have done at least one hike. The average attendance has been around 20, with the most being 25 or so. When Denise, Pat and I started planning last October, I must admit that I was not expecting this high participation. So, thank you to everyone who has come out or helped out in the background. This sort of response makes it all worthwhile.

I must admit too that I had not realized how much the 'social side' of hiking means to so many folks. The E2E FB Page has been a huge hit, allowing folks to do catch up hikes midweek. People from all three Clubs have partnered up on this, never having met before March 12th. As we go forward will give more attention to the 'post hike social' arrangements too. If there are other improvements that could be made, please drop me a line to jjwnmoss@hotmail.com.

Now, the E2E will not be offered next year, but should be back in 2024. Circle March 16th 2024 on your calendar. At 930am we should be standing on the Kingston waterfront to do it all again.

Ottawa Volunteer awards



Ingit Monasterios,
Malcolm Sanderson,
Carol Kerfoot, Roger
Reens and Peter Weir.

Board Members; (not
Present) Kathleen Holst

Also not present—Hike
Leaders; Randy Ray and
Kyle Taugher, Trail
Maintainers and Jennifer
Reid, for assistance to
the RTA
Board Secretary

"Leave the road, take the trails." – Pythagoras

Club Outstanding service awards

OTTAWA—Kathryn Fournier

Kathryn joined the RTA in 2003. She has been an active and vibrant member of our club ever since. I first met her on a Winter End to End when I joined the club in 2006. I will never forget her big beaver mitts and how welcomed she made me feel which was appreciated as I knew no one.

In her working life Kathryn was an employee of the Federal Government in the Department of Indian Affairs. She was heavily involved with her church and the RTA and continues to be so to this day.

In her RTA life she has contributed so much to our organization. Kathryn has been a hike leader for quite some time and even through Covid has been prolific in her offerings. She has been a mentor to many of our new leaders, has helped many of us with pre-hikes and is a real ambassador for our club. She always makes new participants feel welcome and has assisted in publicity activities over the years.

In 2014 she developed Accessible Hikes for any members who were confined to a wheelchair or had limited mobility or anyone who just enjoyed leisurely walks in beautiful surroundings. She led many of these hikes herself and later helped Central Club to develop some of these outings as well.

Recently, she has come up with the Tuesday Trails program for the Ottawa Club which meets every Tuesday to participate in regular impromptu level 2 hikes mainly in the Gatineau and Greenbelt areas.

On Sept. 30, 2021 Kathryn headed up a group of Ottawa RTA members for a tour and presentation by Project of Heart and others on residential schools in Beechwood Cemetery. Kathryn Fournier is a member of Pinaymootang First Nation in Manitoba. Her maternal grandparents spent many years in an Anglican residential school near Winnipeg.

Kathryn's latest contribution to the club has been to take over the NCC liaison position on our Ottawa executive team.

Kathryn is a problem solver, an organizer and a hard-working volunteer. We are so lucky to have her in our organization! by Denise Hall



KINGSTON—ROBERT TOLLEY AND MARGARET WILD



Nomination of Robert Tolley and Margaret Wild for the Kingston Club Outstanding Service Award.

Robert and Margaret are a couple who have been active members of the Kingston Club RTA for many years.

Robert joined the RTA in 1985. He was a keen participant in the activities and soon became a trip leader. Robert also maintained the Rideau Trail between Narrows Lock and Murphy's Point (later modified to a more reasonable distance to finish at Miners Point Road)

He is now the longest serving trail maintainer in the Kingston Club. Robert is still involved in leading scheduled hikes and is the leader of Kingston Club bicycle trips.

Robert also led the annual RTA ski trip to Lake Placid twice.

Margaret is also a long time member of the RTA. She served on the RTA board as secretary from 2005 to 2008. She has been busy being Commodore of the Cataraqui Canoe Club and the President of the Kingston Velo Club. Submitted by Jim Moss

CENTRAL—PEDER KROGH

" The Central Club is very fortunate to have Peder Krogh. Peder is a retired dairy Farmer with a lifetime of experience in the outdoors. He's the one we call on for complicated and big projects. He always has a plan or has done it all before. He is reliable, capable and approachable.

Building boardwalks, stiles and bridges; chainsawing trees; routing and clearing trails; maintaining equipment, and storing all our lumber.

Peder is indispensable. Peder was our Trail Maintainer for four years running and still generous with his time and equipment. He always comes out to help. Plus, he and Maida have cut and groomed kilometres of trails on their property on the Clyde River which they regularly share with RTA hikers. Peder is an amazing indispensable asset for the Central Club and very much deserves this recognition." - Submitted by James Middleton



Gros Morne Approach Trail - 9 km return

Submitted by Judy Kwasnica and Randy Ray

Ever wanted to hike Gros Morne but felt it would be too strenuous? Parks Canada developed a new Approach Trail in 2021 to allow hikers to go halfway safely with a great rest stop at the midpoint. It's 4 km uphill (allow 2 hours). Once you are at the resting place, there are washrooms, benches and scenic areas to explore. Wonderful 180 degree views of Bonne Bay are afforded along with animal and plant life to observe. Using your binoculars you can follow the progress of the hikers who are going to the summit. An hour's walk up a gravel path will take them to the top. It was fun to talk to the hikers as they prepared to go further. Most people who reach the halfway point are committed to the whole 8-9 hour hike.

The Approach Trail is gravel with good drainage. The last kilometre is narrow amongst alpine shrubbery. Sturdy hiking boots and poles are highly recommended. Take plenty of water and food and be prepared for weather changes. It was sunny and 22 degrees when we hiked it in July.



Coming Events - Fall 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>

Avoid Tick Trouble

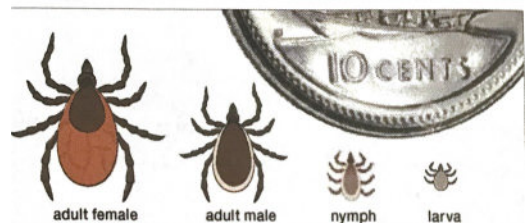
- Stay on the trail
- Dress appropriately
- Use a repellent
- After hiking, 'roast' clothes in dryer before washing
- Check yourself for ticks

More information:

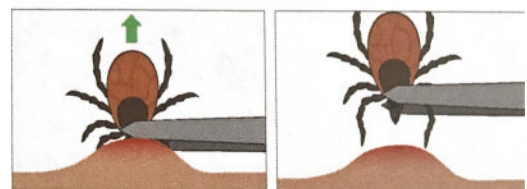
<https://www.ontario.ca/page/lyme-disease>



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



For more images, please go to: [Centers for Disease Control and Prevention](https://www.cdc.gov/disease/prevention/ticks/).



Comfortable Hiking Holidays
Hike an adventure. Rest in comfort.

HIKING IN DOMINICA

February 4 to 13, 2023

The Nature Island of Dominica is tailor-made for exploring. Mountains, waterfalls, 365 rivers & over a thousand flowering plants, it's a hiker's paradise and a diver's dream. It's unlike any other Caribbean destination - no major hotel chains, no fast food outlets, no casinos or boardwalks, not even a single stop light! It's the perfect place for adventurers to escape winter without going to an all-inclusive resort. Accommodations are at the award-winning Jungle Bay eco-resort.

COMING UP IN 2023

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

Ask to be placed on the **Interested List** for the trip you want in order to be notified once we are ready to start taking reservations. There is no obligation on your part; it's simply the best way not to miss any important announcements.

www.letshike.com

info@letshike.com * Toll free 1 (866) 449-1908

Kingston Club Activities - Fall 2022

Going Out with Kingston?

Be prepared (page 8). 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)

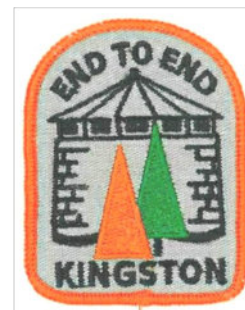
Tuesdays at Lemoine Point - Brisk walk, Tuesday mornings at Lemoine Point. Level 2, 9-11 am.

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.

Kingston Picnic is Sept 11th in Lake Ontario Park from 11am to 3pm. Sign up on Team Up

<https://teamup.com/ks4o7f1oa94o7taugd/events/1230373236>

Check Team Up or the Rideau Trail website for more events



Certificate of Appreciation 2022

Dean Avery – Treasurer, 2020-2021

Dilhari Fernando – Marketing & Communications Director, 2020-2022

David Skinner – Central Club Rep, 2021-2022

Nigel Brereton - long time volunteer of the Rideau Trail Association until 2021

Jack Tannett - long time volunteer of the Rideau Trail Association in many capacities

"We started back in September 2018 and over the course of five trips covered the entire length of the trail starting in Kingston and finishing in Ottawa. The trail was wonderful and we both appreciated the unique mix of urban and natural settings along the way. I liked Frontenac Provincial Park and the Gould Lake Conservation Area but also appreciated grabbing lunch in Smith's Falls and Merrickville as we passed through."

Nick Teramura of Toronto.

Central Club Activities - Fall 2022

Going Out with Central?

Be prepared (page 8). 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)

Other Events this Fall

Check Team Up or the Rideau Trail website for more events

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

LANDOWNERS CORNER

In addition to the fall season bringing many opportunities for beautiful hikes, it also brings the fall hunting seasons. Last year the RTA Board decided that, for safety reasons, all private landowner portions of the Rideau Trail network are closed for the period of deer hunting season where rifles, shotguns and muzzle loading guns can be used in addition to bows. The specific dates for the fall of 2022 are from November 7th to November 20th inclusive.



This closure is advertised in this newsletter and will be featured on the Trail Alert portion of the RTA website. This will ensure that RTA members will be aware of the closure, but it won't necessarily be seen by non-RTA members who use the trail. For that reason, landowners may wish to post sign(s) that confirm that the property is temporarily closed for trail use.

It is also understood that particular properties will be closed for other portions of the different hunting seasons. If landowners could advise us of the particular dates involved, then we will post Trail Alerts that show the locations and period of these additional closures.

Any landowners wishing assistance with signage can contact the RTA through normal Club Landowner Liaison representatives or by emailing

trailcoordinator@rideautrail.org.

PEOPLE THAT EARNED THE E2E BADGE & CERTIFICATE AS OF THE LAST AGM (JUNE 2022)

REGULAR E2E

Number	Name	Start	Finish	Club	City
602	Doug O'Connor	Jan 1 2021	Jun 5 2021	Ottawa	Kemptville
603	Kristina Davis	Jul 25 2021	Aug 8 2021	Ottawa	Nepean
604	Cliff Trafford	Jul 25 2021	Aug 8 2021	Ottawa	Nepean
605	Sean Pollick	Jun 14 2020	Jul 18 2021	Ottawa	Stittsville
606	John Gascon	Jun 14 2020	Jul 18 2021	Ottawa	Ottawa
607	Mary Stewart	Mar 16 2021	Jul 9 2021	Central	Perth
608	Suzanne Savard	Apr 1 2021	Aug 5 2021	Kingston	Kingston
609	Helen Su	Oct 18 2020	Feb 7 2021	Ottawa	Ottawa
610	Christina Eckerlin	Jul 15 2021	Aug 25 2021	Ottawa	Lac des Loups
611	Linda Emslie	Aug 12 2021	Aug 27 2021	N/A	Beamsville
612	Ruth Moffatt	Aug 12 2021	Aug 27 2021	N/A	Grimsby
613	Jack Tannett	Jan 15 2021	Sep 16 2021	Central	Perth
614	Mary-Ellen Cole	Sep 4 2021	Oct 1 2021	N/A	Burlington
615	Sandra Green	Sep 4 2021	Oct 1 2021	N/A	Burlington
616	Megan McEwen	Sep 4 2021	Sep 16 2021	Ottawa	Ottawa
617	Rosemary Zehr	Jul 25 2021	Aug 31 2021	Central	Waterloo
618	Smadar Junkin	Jul 25 2021	Aug 31 2021	Kingston	Thornhill
619	Chris McBain	Sep 4 2021	Oct 28 2021	N/A	Seeley's Bay
620	Audrey Stewart	Apr 2014	Jun 7 2021	Ottawa	Ottawa
621	Angie Strotmann	Aug 29 2021	Sep 26 2021	Central	Perth
622	Robin Andrew	Mar 31 2021	Nov 28 2021	Ottawa	Carleton Place,
623	Paul Nichols	Mar 31 2021	Nov 28 2021	Ottawa	Carleton Place,
624	Carolyn Lunn	Oct 5 2018	Nov 23 2021	Central	Smiths Falls
625	Simon Lunn	Oct 5 2018	Nov 23 2021	Central	Smiths Falls
626	Michele Haggerty	Apr 24 2020	Feb 25 2021	Kingston	Amherstview
627	Anita Grace	Mar 27 2021	Dec 12 2021	Ottawa	Ottawa
628	Harold Piel	Mar 8 2021	Sep 25 2021	Ottawa	Nepean
629	Judy Piel	Mar 8 2021	Sep 25 2021	Ottawa	Nepean
630	Yajie Dong	Oct 31 2021	Jan 30 2022	Ottawa	Kanata
631	Susana Xiang	Oct 31 2021	Jan 30 2022	Ottawa	Kanata
632	Qiong Pei	Oct 31 2021	Jan 30 2022	Ottawa	Nepean
633	Diana Rolston	Jul 5 2019	Mar 17, 2022	Ottawa	Stittsville
634	Barb Rimmer	Jul 7 2018	May 12, 2022	N/A	Peterborough
635	Eveline Stout	July 7 2018	May 12, 2022	N/A	Peterborough

WINTER E2E

Number	Name	Start	Finish	Club	City
109	Audrey Stewart	Jan 1 2017	Feb 11 2022	Ottawa	Ottawa
110	Dave Audette	Jan 10 2019	Feb 24 2022	Ottawa	Ottawa

congratulations

Volunteer Notice Board Updated: September 1, 2022

Opportunity	Basic tasks	Commitment	Contact
Board Members			
President	Lead the association, chair Board meetings, represent RTA	4 to 8 hours per week, Board meetings, club events	President@RideauTrail.org Sharen Pastpresident@RideauTrail.org Brian
Vice-President	Assist with managing the association, learn tasks of president	4 to 6 hours per week plus attendance at RTA functions	President@RideauTrail.org Sharen Pastpresident@RideauTrail.org Brian
Board Committees and Projects			
Chair and vice chair— Organization Review working group	Lead a working group to look at RTA organizational, structure, make recommendations for change	2 to 4 hours per week for 6 months	Pastpresident@RideauTrail.org Brian Secretary@RideauTrail.org Ruth
Volunteer coordinator	Recruit volunteers for the Board and Clubs	2 to 3 hours per week	Pastpresident@RideauTrail.org Brian
Website coordinator	Manage the RTA website by ensuring current content, effective delivery of RTA messages, updating the system as required	2 to 3 hours per week	Pastpresident@RideauTrail.org Brian
IT coordinator	Manage RTA software (Mail Chimp, accounting etc)and tools in a Goggle Workspace environment	1 to 2 hours per week	Pastpresident@RideauTrail.org Brian Secretary@RideauTrail.org Ruth
Ottawa Club			
Chair, Ottawa Club	Manage the Ottawa RTA; organize & chair meetings, grow the Ottawa club	3 to 4 hours per week	Pastpresident@RideauTrail.org Brian Ottawa@RideauTrail.org Sandy
Kingston Club			
Vice-chair	Works with the Chair to manage the club	2 hours per week	kingston@rideautrail.org
Central Club			
Vice-chair	Works with the Chair to manage the club	2 hours per week	central@rideautrail.org

Ottawa Club Activities - Fall 2022

Going Out with Ottawa?

Be prepared (page 8). 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)

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



What Do I do Now the E2E is Over?

So, what next? Here are a few hiking events coming up:



- **August 27/28th – 51K / 26K over 2 days.** Details on TeamUp
- **September/October – The Frontenac Challenge.** An annual event put on by the Friends of Frontenac. Complete 11 hikes of various lengths in the two months to get a badge/certificate. Each hike is typically offered multiple times by the RTA Clubs, both weekends and midweek. Again check TeamUp for hikes already offered. Kingston are following tradition with Big Salmon on Sept 1st – all are welcome of course.
- **October 29th.** More tradition - Get soaked with Jim on Little Slide Loop. Always Rains!
- **November/December – Come hike the Cataraqui Trail End to End.** Will be 5 hikes of around 20km each, starting in Smiths Falls on November 5th, and ending just north of Napanee in early December. This is about as close to 'it's downhill all the way' as it gets!
- **January/February – look out for hikes on TeamUp to work on your Winter E2E**



"Do The Blue" Trails. In 2023, an opportunity to explore (some of) the 60 Blue Trails that support the main Rideau Trail network. Still a work in progress. Check the next newsletter for more details.

HUNTING SEASON

Included in the activities that come with fall in Canada are a series of hunting seasons, each one for various wildlife species and some with limitations on what weapons can be used for hunting. In our part of Ontario these stretch from September all the way until the end of December, though generally the season that has the biggest impact to RTA trail use is deer season, with the important dates for the fall of 2022 being from November 7th to November 20th when rifles, shotguns and muzzle loading guns can be used in addition to bows.



It is important to remember that the lands that our trails go through do not belong to the RTA, they belong to various kinds of landowners. In some cases, the properties are owned for the specific purpose of being used for hunting when hunting is authorized. This does mean that significant portions of our trails will not be usable during rifle based deer hunting season, as well as some portions for other periods. We will be posting known restrictions to the Trail Alerts portion of the RTA website.

We do not always find out that hunting is permitted and taking place in the area of our trails. So, for safety's sake the private property sections of RTA trails are closed for the November 7-20 period. Only hikes that are conducted in Provincial Parks, Conservation Areas, public areas and confirmed areas where there is no hunting are permitted (see the Trail Alerts page of the RTA website for further information). Through hikes of the entire trail should NOT be undertaken in this time frame.

Hike leaders/hikers should do the following:

- Check the Trail Alerts portion of the RTA website to ensure that where you plan on hiking is permitted.
- Throughout the full hunting season timeframe, even if there is no specific alert, efforts should be made to ensure that there is definitely no hunting in the area of the proposed hike.
- Wear bright/easily visible clothing.
- Look for any signs indicating that an area is closed or that hunting is ongoing AND DO NOT PROCEED IF THERE ARE SIGNS!
- Look for any evidence that hunters are in the area and leave that area if there is such evidence.

CENTRAL CLUB PICNIC

The Central Club had its first in person gathering in over two years when 29 members had a picnic at the Lions Beach Park on a gorgeous Saturday in July.

This was preceded by a well attended two hour hike on the trail south of the park led by Pat Stranberg.

Most hikers followed the hike with a refreshing swim.

Thanks to Angela Quinn for all her organizing.



Rideau Hiking Trail 2022



From L-R: Barb Rimmer, Linda Guppy, Sandra Carew, Marjorie Hurst, Linda Piper, Eveline Stout, Doug Smith, Mary Smith, Roxanne Heard.

Ten people met hiking the Ganaraska Hiking Trails and decided to hike the Bruce Trail. The mixture of these folks varied, but consistently we were 9 or 10 hiking together. On completion of the amazing Bruce Trail, some of us felt lost as we had completed one trail and didn't have another hiking project planned.

Three of us decided to start hiking the Rideau Hiking Trail starting in Kingston. Usually we would hike for 3 or 4 days at a time staying in a VRBOs, college dorms or similar accommodation during the time we hiked where we would take turns cooking meals. As we approached the time to start our new adventure on the Rideau Hiking Trail all 10 came on board to start our hike.

For the first leg of this great trail one individual got a tick, but fortunately he did not have any negative effects. On the second leg five of the 10 found ticks on their bodies, again we were

lucky in that we found them early. A couple were given antibiotics, but no symptoms. During our times together we refined our way of handling how we organized the hikes. 5 people would go to the start of our day's hike and the other 5 went to the end. We hiked and met somewhere around the middle and exchanged keys and drove back to our accommodation to enjoy the rest of the day.

With planning the hikes we got confused by figuring which group went which way; so we called the one group "Beauty Marks" because their blazes had the yellow tip on the blaze. The other group was called "Plain Jane" because their blaze was 'just' orange. Those names stuck throughout our adventure on the trail.

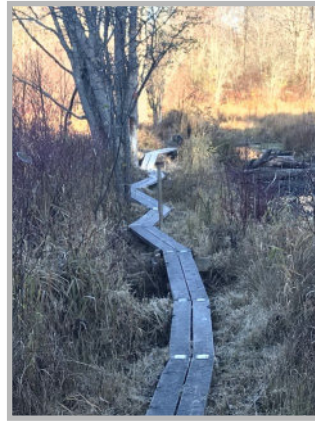
We started the trail July 2018 and went twice a year until completion this past May 2022, except for COVID delays. We even drove 5 ½ hours to complete a ½ km piece of the trail, because a bridge had been washed out near Westport, and we felt we could not go for an end to end badge if we actually did not complete the trail. Would you call that a little anal?!!

Some of our hiking days were very hot, other days were sunny and very enjoyable and then there were days that were cold, rainy, muddy and sometimes not enjoyable at all, but in general we thoroughly did enjoy all of our hiking along the trails from Kingston to Ottawa.

We would all like to thank all of the volunteers, board members, trail maintenance folks, and all of the others who have made this trail available and accessible to hike. From this trail some of us are heading off to start the East Coast Trail in Newfoundland in June 2022.

Respectfully submitted by Barbara Rimmer,
Peterborough, Ontario





More pictures of Barbara Rimmers group on their Rideau trail Adventure
Congratulations and Well Done



Trekking Pole Height Adjustment

- Use the chart below when adjusting the baseline setting of your poles.
- Match the corresponding number to your height.
- Fine-tune the setting by adjusting the middle section.
- Make sure your elbow is at 90-degree angle.

The setting should be longer for downhill descents and shorter for uphill ascents.

Your height	Approx. lower section height	Your height	Approx. lower section height
4'0" (122cm)	85	5'4" (164cm)	115
4'2" (128cm)	90	5'6" (170cm)	115
4'4" (134cm)	90	5'8" (176cm)	120
4'6" (140cm)	95	6'0" (182cm)	125
4'8" (146cm)	100	6'2" (189cm)	130
5'0" (152cm)	105	6'4" (195cm)	135
5'2" (158cm)	110		

HOW TO ADJUST YOUR HIKING POLES

experience The East Coast Trail with Brown Rabbit Walkabout

Hike 250 kms of beautiful coastal trails on the Avalon Peninsula in Newfoundland with our help.

We provide transportation from & to St. John's Airport, to and from trail heads, and three meals a day with accommodations.

For prices and information contact Isa.



Phone: 1-709- 334-2208

email: brownrabbitcabins@nf.aibn.com

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