



Rideau Trail

NEWSLETTER

Winter 2022-23

Issue No. 206

New Website Ready to Launch
Trip Reports: Stories from the Challenges

Fall Trip

Oct. 17-19, 2022

BY DENISE HALL

Reservations to stay at the Cove Inn in Westport and participate in a hiking trip in the Frontenac area were quickly snapped up when I advertised it during the spring. Within a week people had signed up and a waiting list was created. This was my fourth year offering to organize this trip and the quickest to fill. I guess after all we have been through with Covid people were all chomping at the bit to get away and eager to hike in fall's beauty.

Every annual trip to the Frontenac area has been eventful and this year was no different. The weather was not nice but as hardy hikers we soldiered on and made the best of it. We experienced everything – showers, rain, and hail with odd patches of sun so hikes had to be planned around these conditions. On the plus side the colours were still brilliant, the weather brought us less traffic on the trails and ease of parking at the trailheads and as one hiker commented, "This will be a good test for our raingear." There was a good sense of comradery and everyone seemed to enjoy themselves.

Our hiking was done on various parts of the Rideau Trail in the area, Frontenac Park and some enjoyed a trip to Rock Dunder. Many thanks go to the following leaders: Vivien Ratcliffe, Eva Berringer and Roger Reens who helped me to provide options for hiking each day and to the Cove Inn establishment who always provides such welcoming accommodations.



Denise Hall is a former Chair of the Ottawa Club



Cover: Snow-covered tracks on a pond invite visitors to see where they lead. Photo: Steve Kelly

Welcome Ingrit Monasterios

Director of Marketing and Communications

I was born in La-Paz, Bolivia, but I've been in Ottawa since 1980.

I retired from the Federal Government and joined Rideau Trail as part of my retirement plan. The RTA became my lifeline during the pandemic. Hiking cleared my mind and led me to beautiful wooded areas. Most importantly, hiking connected me with wonderful like-minded people which helped me expand my social network at a time when socializing was limited or non-existent.

I was so impressed with the quality of hike leaders I decided to get involved. A year later, once I got to know some of the trails, I decided to become a hike leader, a decision I shall never regret.

I recently completed the End to End hikes. I welcome any ideas or suggestions people may have in that regard so please contact me at marketing@rideautrail.org





Electronic Mail: info@rideautrail.org

Webmaster: web@rideautrail.org

Telephone:

Rideau Trail Association: (613) 817-7295, text

Central Club: (613) 267-5756

Kingston Club: (613) 817-7295, text

Ottawa Club: (613) 860-2225

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

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**Social Media
Admin. Help
Wanted**



Next Newsletter: **Deadline February 1, 2023**

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:

Hélène Brillon

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Maintenance: Stan Huff

Communications and Publicity:
Bill Ottney

Outings Coordinator: * VACANT *

Wednesday Walks Coordinator:
Jennifer Brinkman

Human Resources: Cathy Fanjoy

Special Events:
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and Rusty Bassarab

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Kevin Chapman,
Malcolm Sanderson and
Brian Grant

Newsletter Editors: Steve Kelly and
Peter Weir

Board of Directors

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

Vice President: * VACANT *

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

Secretary: Ruth Oswald, Ottawa
(613) 590-7467 secretary@rideautrail.org

Treasurer: Cheryl O'Connor, Ottawa
treasurer@rideautrail.org

Membership Director: Evert de Boer, Ottawa
membership@rideautrail.org

Trail Coordinator: Rusty Bassarab, Kingston
trailcoordinator@rideautrail.org

Marketing/Communications: Ingrid Monasterios, Ottawa
marketing@rideautrail.org

Club Chairs:

Kingston: Jim Moss, Trenton
kingston@rideautrail.org

Central: Jim Middleton, Portland
central@rideautrail.org

Ottawa: * VACANT *
ottawa@rideautrail.org

Club Representatives:

Kingston: Barry Monaghan, Kingston
barry.monaghan@icloud.com

Central: David Skinner
dskinner18m@gmail.com

Ottawa: Sandy Freeman
ottawa@rideautrail.org

Newsletter Editors:

Steve Kelly, Ottawa
(613) 422-1318 stkelly@rogers.com

Peter Weir, Ottawa
pweir2005@gmail.com

Association News

Board Highlights

BY RUTH OSWALD, SECRETARY

Treasurer

Cheryl O'Connor, intends to resign at the end of December 2022 due to changes in her personal commitments. The Board is seeking a qualified **new Treasurer** to start learning the ropes immediately. The Board of Directors is also seeks

• **Vice-President** immediately

• **President** to start in June 2023

Candidates should contact the Nominating Committee via secretary@rideautrail.org for more information.

Ontario Not-For-Profit Corporations Act (ONCA)

The team of volunteers working on new RTA Bylaw and articles presented recommendations to the Board. The proposed new Bylaw will be provided to RTA Members in advance of the 2023 Annual General Meeting.

Important Motions

Teamup - Purchase of premium version of Teamup was approved, primarily to integrate **Activity**

Calendar into the RTA website, and also to improve the Calendar's versatility.

Blue Trail Challenge – The Board approved this new challenge and badge. (Page 9)

Finance

- Second quarter financial reports to the Board.
- Independent Financial Review of the 2021-22 fiscal year been completed successfully.
- Budget cycle for the 2023-2024 is underway.

Membership

Total Membership is 1167 as of Oct 22, 2022 (Kingston 336, Central 159, Ottawa 648, Unaffiliated 116).

Membership Director **Evert de Boer** is working closely with the designer for the new RTA website to ensure "Join" and "Renew" services are functional.

Marketing & Communication

The RTA website re-development is now in the final testing and content checking phase. The project is on schedule and on budget. The board is seeking a Webmaster, preferably with experience in

- Waypoint Sign installation continues
- Trail closed over private lands for two weeks in November.

Trail Reroutes

- North of 04A to improve safety along cliff face
- 11A to 11B - not yet finalized
- 14B to 14C is in place

New Shelter between 13A and 13B:

Jason's Palace Map still to be updated

Maps Updated: 08, 10, 11, and 13

Next Regular Board Meeting: January 28, 2023 (video conference)

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 Fax: 1-709- 334-3601
email: brownrabbitcabins@nf.aibn.com www.brownrabbit.nl.ca

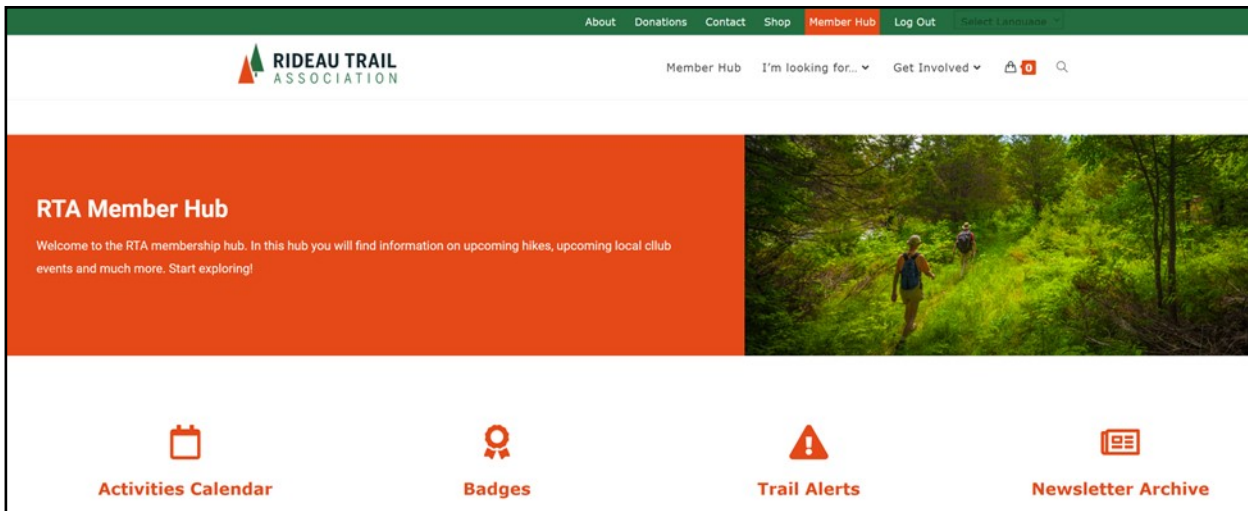


Marketing and Communications Director Ingrid Monasterios takes a break

Association News

WEBSITE REDESIGN

Most members are aware that efforts have been ongoing to redesign and improve the RTA Website. By the time that you receive this newsletter it is hoped that the new website will be in use, even if not finalized.



There are many changes to the website that we hope will assist users in easily finding what they are after. Here are some key features:

- Member Hub (see above image) that includes direct member access to the improved RTA Calendar (Teamup)
- Simplified navigation across the website
- Better legibility on various platforms, including smart phones
- Guide and legend for map areas
- Maps come up on screen when looking at a specific map or a Trail Alert
- Ability for any trail user to input a trail report
- Expanded contact information, including club-specific information
- Improved experience for new members and membership renewal
- Added history of the region where RTA trails are located
- Added Google translate function (still under review)

Remember, it will take effort to keep the website current and functioning appropriately. To that end we are always looking for volunteers to assist with website upkeep. If you are willing to help out then please put your name forward through your club.

Winter End to End?

No series of outings for the Winter badge is planned for 2023.

Erratum

Woods Rd Cleanup (Fall issue) - Gill Hyland advises that besides submitting the article, Central member Janet Laraway obtained the Township's help, in providing all the bags and picking up the waste, afterwards. It really was a joint effort.

Absent Friends



Pearl Peterkin

Long-time active member Pearl Peterkin departed this world on Sept 7, 2022 at 94 years old. She had moved from Ottawa to the Rockies in Spring 2021 to satisfy a long-lived dream. Her son Donald lives there, so he helped with finding

her a retirement home near him.

Pearl joined the Rideau Trail in 1979 and was an active member for many years. She led many hikes, and especially enjoyed leading historic walks in the Merrickville and Burritt's Rapids areas. From 1984 to 1988 she was on the RTA executive. At that time the position of president was a one-year term with preparation as 2nd and then 1st vice president leading to president and past president. She filled each of these positions in turn.

Originally the RTA maps were individual maps in a plastic case with a small binder of trail notes added later. Pearl was on the Guidebook Committee that changed the maps, trail guide and trail notes into a single pocket-sized spiral-bound volume. After five editions they were changed to a two-ring binder before everything was moved to the Internet.

For many years she was part of a ladies' week-away group that hiked in Ontario or Quebec. Pearl enjoyed many trips with Rideau Trail friends to the Rockies, the Appalachians and Great Britain. It was while on such a trip that she and friends were identifying flowers in an Alpine meadow. A fellow hiker asked Pearl, "What flower are you?" "I am not a flower, I'm a jewel", she replied!

Pearl will continue to watch the activities of the RTA from her new position 'on high'.

SUBMITTED BY ELIZABETH MASON

Beryl Kelly

Peacefully, on September 25, in her 91st year, surrounded by her family's love.



Beryl grew up in Old Ottawa South, and had fond memories of swimming and skating at Brewer Park, and of streetcar parties to the end of the line at Britannia Beach. She played sports throughout high school, and passed her love of basketball down to the next two generations.

Beryl's 'happy place' was the outdoors – canoeing in Algonquin Park, backpacking in the Rockies, skiing and hiking in Gatineau Park, or just relaxing on the back deck, with a suitable beverage. She spent many happy years as a member of the Rideau Trail Association, and always looked forward to the Wednesday Walks, and the annual Ladies' Week getaway. Pearl and Marion were regular members of that group of spring time hikers.

She was always open to new adventures, and in her retirement, this led her to canoe the Nahanni River. It also meant that with Club members, friends and/or family, Beryl had many adventures. These included walking across England, tree-top trekking in Costa Rica, and travels to explore Ireland, New Zealand, Spain, Switzerland, and the UK. Each new adventure started the same way – a big smile, and the words "we're going!"

Beryl was in her 80's when she stopped cross-country skiing in Gatineau Park. Because she was so active in her later years, it is no wonder that Beryl was often called an inspiration.

SUBMITTED BY THE KELLY FAMILY



Marion Viola Armstrong

On Monday, August 29, 2022, Marion Viola Armstrong passed peacefully in her home with her sons by her side. Marion was born in Montreal, and she taught elementary school there.

While at Queen's University in Kingston, Marion met Bill Armstrong, a young officer cadet from RMC. They were married in

1956 and began a nearly 50 year life together that would see them traveling across the country from Gander, NL to Comox, BC and to Germany before settling in Ottawa.

In retirement, Marion and Bill were avid hikers and skiers. As Rideau Trail members, they and their friends logged many miles together, hiking through Canada, the U.S. and Europe.

Wherever Marion lived, she was an active community volunteer. In her last several years, she could be found at Options Bytown every week, helping residents with conversation and repairs to clothing.

Bill Irwin

Last October, the Rideau Trail lost a man who seemed to be with us forever. Bill had been one the Trail's landowners, right from the beginning.

He died peacefully, surrounded by his loving wife of 27 years Tracy, and sons Ryan and Blair at the Providence Care Hospital. Bill Irwin was 75.



WATCH FOR A SPECIAL TRIBUTE TO BILL IRWIN, IN THE SPRING NEWSLETTER.



Tribute to Friendship

We come together because of a common interest: to be in the outdoors. It was a good experience. We join. We see familiar faces, and friendships form. Some friendships last years.



Mentioned in the notes about Beryl Kelly, the Ladies' Spring hike visited Killarney Ontario in 2005. Other years they planned and enjoyed a trip to Tremblant, Algonquin, Haliburton, etc.

Old Timers Hike and Picnic

Sept. 21, 2022

BY INGE GULLON WITH DOROTHY BELTER

Six hikers met for this special 'anniversary' outing. As Steve suggested in the Activity Calendar, we started at 11 am from the Gatineau Park Visitor Centre in Old Chelsea, and had a pleasant walk along the Sugarbush Trail. The trail was well suited for elderly hikers busy talking and getting re-acquainted. Trying to remember hikes where we first met was a good exercise for the brain.

Back to the Visitor Centre to have lunch and where we were joined by a group of "younger" Wednesday Walkers. Lots of food was on hand, as some walkers brought extras for everybody to enjoy. Around 2 pm we started cleaning up and saying good-bye.

We were lucky to have sunshine most of the time making the temperature for outdoors very comfortable. Thanks to Steve Kelly for suggesting this outing.

Editor's note: The six in this report have been in the Rideau Trail for an average of 32 years!

The friendships formed by hiking together each week last indefinitely. At the time, these members had done so for 20 years or more.

What the picture does not show is the great spread of food and wine they brought to the event.

KELLY FAMILY PHOTOS



Above, Pearl and Beryl celebrate reaching Wenkchemna Pass while standing on the border between Alberta and British Columbia, high in the Rocky Mountains.

Below, Beryl and Marion share a smile in Spain during a hiking holiday on El Camino de Santiago.



Wednesday Walker Anniversary (2014)



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. Send questions or claims 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

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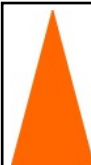
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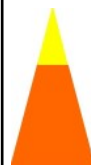
New BLUE BADGE!

As with the End to End badges, it will be awarded to members who hike 12 of the best Blue Loops. The badge design and official start are still TBA.



Trail Markers

Rideau Trail heading
north, towards Ottawa



Yellow Tip

Rideau Trail heading
south, towards Kingston



PH: JACK TANNETT

Saturday, May 27, 2023

Annual Meeting Returns to Perth

The business, lunch with friends, the hikes.
Details in the Spring Newsletter

Welcome New and Returning Members

Kingston Club

Shirley Birks
Patricia Dingman
Marlene Foster
Melodie Gummer
Susan Lansing
Anne Linscott
Ashley Logan
Shirley ONeill
Julie Schneider
Nancy Wood
Pat Young

Central Club

Amy Crawford
Brian Crawford
Kathleen Dorner
Jarrod MacNaughton
Linda Minnelli
Peter Stainforth

Unaffiliated

Michael Foster
Timothy B. Johnson
Nancy Quist
Katrin Rex

Ottawa Club

Maurice Brown
Janet Carr
Yusuo Chang
Marilyn Dykstra
Kathy Empey
Carol Franklin
Greg Griffith
Lorna Hakoyan
Jill Hawken
Jane Inch
Melissa Jones
Valerie McIntyre

Sonja McKay
Glenda Miralles
Dennis Myers
Nicole Pye
Kayla Seguin
Caroline Vanneste
Dale Wagner
Walter Wilmot
Nick Ziskowski



New for 2023!

A Badge for Hiking Blue Trails

Just when you thought you had all the RTA Badges, 2023 will see the introduction of a NEW one - The Blue Trail Challenge Badge.

The objective is to hike twelve of the Rideau Trail's Blue Loops. The required list includes:

- Little Slide Lake Loop
- Marble Rock
- Gould Lake (East & West), and
- 8 More across all three sectors of the Trail

There will be no time limit, but the plan is to offer all 12 as RTA organized hikes in the March – June 2023 time frame.

This will be an 'ongoing Challenge', not limited to 2023. As with the End to End badge, you can 'collect' Blue Loops as you want.



The start date to be confirmed, and the Badge is still being designed.

Watch your e-mail for more details as they become available in the next month or two.

Information: Jim jjwnmoss@hotmail.com

Jim Moss is Chair of the Kingston Club

Before you go, check the

Trail Alerts

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



May 18 to 22 , 2023

Hiking Trip

Pennsylvania's Allegheny Mountains

RTA Members are welcome to join us for a series of hikes in picturesque Northern Pennsylvania.

View the magnificent "Grand Canyon of Pennsylvania" from the Colton Point rim trail, and hike the extensive Susquehannock Trail System (STS). Cyclists will have the option of exploring the extensive rail trail system in the area. All hikes in this series are rated level 2-3 due to steep terrain and distances varying from 16 km to 20 km.

Our "home base", Susquehannock Lodge and Trail Centre is situated in the heart of the STS trail network with trailhead on the lodge property. Single and shared occupancy is available at Susquehannock Lodge. Rates are all-inclusive including a packed hiking lunch. (susquehannock-lodge.com)

For more information, please contact
Co-ordinator: Bill Ottney
comms.kingston@rideautrail.org

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

E2E Fun Awards - 2022

Most interesting person	Bill Davis and Peter Weir
Most likely to break the rules	Murray Fleming
The Two Left Feet Award - the most memorable fall	Carol Kerfoot
Most likely to hike the E2E again	Mary Robinson
Most likely to suggest something interesting	Jim Moss
Most likely to go to the pub at hike's end (the boozier award)	Margaret Pimm
Most likely to request a bio break (Gotta go pee now award)	Lynne Avar
Most Determined Hiker	Debra Denault
Best Photography	Cathy Fanjoy
Most likely to make you laugh	Bert Stranberg

Donations to the Rideau Trail

In memory of Beryl Kelly

Dorothy Belter

David Clegg

Denise Hall – Preservation Fund

E. Grace Hyam

Steve Kelly

Ruth Kirk - Preservation Fund

Sue Senior

Kyoung Uhm

In memory of Marion Armstrong

Nigel Brereton

Laura Northey

Tom and Janice McTavish

Philippe Bourdeau

William Davies

Jennifer Doubt

Anita Grace

Yvonne Helwig

Michael Kelly – Pres. Fund

Megan Mahoney

Steven McManus

Marie Moloughney

Dale Northey - Pres. Fund

Louise Pelletier

Samuel Sharp

Randy Smith

Wayne Zaugg

Thank you.

Levels of Difficulty

FROM THE RIDEAU TRAIL GUIDE FOR LEADERS

Hiking/Snowshoeing

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.

Cross-country Skiing

Level 0 Easy, short, slow pace. All other levels require some experience and may be long (more than 15 km).

Level 1 Easy. Small hills, wide trails (green).

Level 2 Intermediate. Narrower, steeper trails (blue).

Level 3 Expert. Steep narrow trails (red/black) and/or bushwhacking.

LEVELS ARE BASED ON MAINLY TERRAIN DIFFICULTY OR SIMILAR CRITERIA, NOT ON DISTANCE. IF A PARTICULAR TRIP HAS SPECIAL REQUIREMENTS, THIS SHOULD BE EXPLAINED IN THE EVENT DESCRIPTION.

Coming Events - Winter 2022-23

What to Bring

- Water
- Lunch or snack
- Identification
- Footwear (suitable for the outing)
- Emergency contact info
- List of medications

In Season

- Hat
- Sunglasses
- Insect repellent/treatment
- Sunscreen
- Handwarmers
- Spare hat
- Dry mitts
- Lock deicer (also good for frozen bindings)

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.

Note

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

Activity Calendar



Each club uses email to remind members of hikes and other outings. See for yourself in the Calendar:

<https://teamup.com/ks4o7f1oa94o7taugd>

Also from RideauTrail.org in 2023



Participants' Responsibilities

Participants are expected to choose a trip suitable for their physical abilities and their skill level. At the start they should inform their leader of any health problems or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and cooperation of each group member. Parents and guardians are expected to supervise their own children. Dogs are not generally permitted.



Christmas Gift Idea

For that special person? How about a Membership!

1. RTA Website (<https://www.rideautrail.org/>)
2. Join
3. Use the gift receiver's name and address.

Note: if your email address is already registered with RTA for your own membership, then you **must use another email address**.

The gift membership will be valid until 31st of March, 2024. What a gift for only \$26!

Events / Dates

See details in the Calendar or club information

Special Events

Seasonal gatherings

Club Annual Meetings in the spring

Rideau Trail Annual meeting: May 27, in Perth

Picnic: July 8

Outings

Regular weekly outings in each club

- Tuesday Trails
- Wednesday Walks/Walkers/Wanderers
- Fridays on the Towpath
- Saturday Skiers

Jazz - urban walk and lunchtime concert

XC Ski/Snowshoe days at Murphys Point

Snowshoe trails in Gatineau Park

Blue Loop hikes in March?

Events are added to the Calendar all the time. Check it often, so you're there in time!

<https://teamup.com/ks4o7f1oa94o7taugd>

Renewal?

Did you know? Renew now, and your membership will be good until March 2024.

Rideau Trail Thru-Hike

A very personal account
BY ANGIE STROTMANN

As I approached the anniversary of my Rideau Trail thru-hike, it was time to put the experience into words. When I think about it, the depths of emotion are still there.

When I decided to hike the Trail I was at the lowest point of my life. My husband had just left me and everything about life felt broken and overwhelming. Pouring



over maps and itineraries, making calculations, and planning accommodations all gave me something else to focus my thoughts on. Something to look forward to. Having a thru-hike to prepare for forced me to be active, to get outside and moving. I could so easily just lie in bed and try to hide from reality.

As I headed off on my own from Kingston, facing each day was already hard. At least now I would know which way was forward. There's a map for this; just keep following the orange triangles.

Those first couple of days were hard. My body hurt in ways I couldn't prepare for. It was so hot, and I could so often see water I couldn't get to. I thought hiking on the K&P would make things easier, graded and flat gravel, great! Actually, it was exposed: no shade to speak of, and elevated away from water sources or places to step off the trail for breaks. I hobbled into Sydenham questioning my abilities, and sanity. No need to question my insanity I guess, I already knew I was out here to battle my demons. So I kept walking.

It took me so long to cover the distance when I got into Frontenac that I started to feel desperate and woefully underprepared. Why had I been so confident about how far I could cover in a day without having hiked in this region before? The numbers were not working in my favour. I called my kids. I took a break, heard their voices, told them I was having a hard time and they were my best cheerleaders.

I struggled to maintain an adequate water supply. I was learning a hard lesson about what to consider a usable water source and how often I needed to refill. I am not good at asking for help. I resigned myself that if I found a house before a water source, I would ask to use their hose. Thank-you to the mom with children's toys in the yard. You may have saved my hike. I saw two men performing Trail maintenance. Despite all my planning, this journey seemed incomprehensible to me. I was completely overcome with gratitude to all those that made it possible.

I got lost going into Skycroft campground. I made a wrong turn and walked up a private trail to the backside of a house. This is not where I'm supposed to be. Where did I go wrong? I went back and forth like a squirrel trying to decide what to do next. Do I backtrack 'til I find the Trail, no one the wiser that I had been trespassing for some unknown length of time? Or do I approach the house, explain the situation and get pointed in the right direction? I was going to run out of sunlight at some point and I really didn't know where I was. I approached the house, got to the driveway; driveways lead to roads, the campground is on a road, what are the odds it's not the same one? I made a beeline down the driveway, away from the house.

I had planned to have one easy day. At Skycroft, I was able to sleep in. Had a hot shower and just generally took my time getting going. I made a stop at the Bonwill shelter and signed the log book. I could see in writing what I was getting from this hike. Thru-hiking, like life, is hard, but I can do it. As long as I kept moving, kept going, I would get there. I have it in me, I can do hard things. One step at a time.



I was really getting into a routine now. Hiking was by no means easier or faster but at least I felt a little more like I knew what I was doing. I was

watching the terrain change beneath my feet and beginning to marvel at what I had already accomplished. Moving at footspeed made me feel in tune with the world around me. I was constantly awe-struck by what felt like vistas and landscapes laid out just for my eyes. I had a

conversation with a deer that felt like a gift from the earth. My footing in life was a little less shaky.

Reality struck again as I approached Murphy's Point PP. Suddenly my right knee started to ache terribly, I whimpered every time I had to go downhill. My pace slowed again. I was scared. This journey was always so

much more than a hike, but now I could feel that truth in my core. I had to finish this, I needed that success to compensate in some small measure for my crushing feelings of failure. If my own body gives up on me, who's left? I cried as I stepped off the Trail after only 3 kilometres the next day. If I didn't take a break now, if I let my ego and stubbornness make decisions for me, that's what would cost me the hike. Rest now so you can do the rest.

Feeling better, I set off again towards Smiths Falls. I kept walking, each step hurting more than the last. Then, walking on the road, I got a static, tingling feeling in my left shin. That turned out to be a stress fracture.

I was resolute now, as long as I could move I was going to keep going. I didn't make it this far not to finish. One step at a time. I was rewarded with a home cooked meal and the company of a good friend who visited me where I camped at the Merrickville Locks that night.

My tent felt safe and familiar now. I knew where everything was when I was in my tent or while I was walking. I was on my own, self-reliant, and doing just fine. No



one asked anything of me. I could go into myself and just be present. This hike is pretty damn badass.

Now I was close to home. The people driving by me on the street might be people I know. I was crying when my friend pulled over her car and joined me walking down the road. She took me out of my head, gave me a welcome distraction from the excruciating pain I was feeling in my left leg. Without even realising how much my pace had improved, suddenly we had reached my final destination for the day. There aren't enough thanks.

Tape, painkillers, topical creams, and anything else I could think of were having little to no effect on the misery I felt with each step. I watched the clock tick down and calculated my pace and distance left to go. How could I possibly make it to Wesley Clover in time for check-in? I asked for help, and it came. Relieved of my pack, leaning heavily on my trekking poles and the love I felt for my companion, I made it to Wesley Clover under my own power. Only one day left.

I woke up and felt happy. It was an unexpected reunion.



"Welcome back happiness. Please try to stay around." I was going to make it to the finish line. I celebrated with a massive breakfast at Cora's, answering a few questions to the tables around me who noticed my backpack. Yes, I hiked here all the way from Kingston. Pride, that's the other seemingly lost feeling I was revisiting now.

When I saw my kids that last day, I ran to them, I didn't know my legs could still do that. The map may have said I was hiking toward Ottawa but I was always hiking to them. The flood of emotions when I touched the plaque at the Ottawa locks truly can't be put into words. I have completed very few big things in my life.

I was so proud. I walked from Kingston to Ottawa. My GPS tracked a total of 360 kilometres. I hiked every step of the Rideau Trail. I carried everything I needed to sustain myself and left behind some of the things holding me back.

I stepped off the trail a new woman. I will stumble and I will make wrong turns. But I will keep going. This journey was profound for me, and I will cherish it for life. I will think back to all I discovered within myself whenever I sink into darkness and remind myself how strong I really am.



One step at a time, I can do hard things.

Central Club's Angie Strotmann completed the Rideau Trail in two weeks, finishing on September 12, 2021.

Save the Date!

Association Picnic

Saturday, July 8, 2023

Join RTA Central for a summer gathering



WINTER END-TO-END PHOTOS: JACK TANNETT
2018 PICNIC: STEVE KELLY



Our 50/50 Challenge

BY SUE OSBORN



The Rideau Trail 50/50 Challenge became a real-life saver. As 2021 rolled in, the Covid restrictions eased a little. One could walk in small groups, with social distancing of course. The Health Unit was really pushing people to do outdoor activity for physical and mental health well-being.

CONTINUES ON PAGE 15



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News and Notes from the Clubs - Winter 2022-23

Kingston

When attending an outdoor event, be safe; be prepared (page 11). Remember, for the safety of the group, a leader can refuse to accept a participant who is not ready for the outing's challenges.

MEETING PLACE

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

Questions/Contacts

General: kingston@rideautrail.org

Activities: activities.kingston@rideautrail.org

Wednesday Walkers: Contact Jennifer at wednesdaywalks60@gmail.com

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

Calendar of Events:

<https://teamup.com/ks4o7f1oa94o7taugd>

Note: We need an organized member to step in to help with activity coordination.

Events and Activities

The Club sends regular notices by email. Be sure to check the Activity Calendar for the latest updates.

<https://teamup.com/ks4o7f1oa94o7taugd>

Special Events

November 30: Kingston Holiday Party at Zorba's

Spring: Kingston Club annual meeting

May 27: Rideau Trail Annual General Meeting

Regular Activities

(Every week, conditions permitting)

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.

Other Outings

The Kingston Club is active in winter with short outings at Lemoine Point. Other snowshoe/hike events are offered for locations such as Gould Lake, Frontenac or Murphys Point Provincial Parks. Cross-country skiing is also possible, depending on the conditions.

Remember: <https://teamup.com/ks4o7f1oa94o7taugd>

CHALLENGE...CONTINUED FROM PAGE 14

A small group of us decided to tackle the 50/50 challenge as we only had until September to complete it. We would have more time than we knew.

The group started walking in Kingston doing 50-minute segments at a time. Weather was pretty good for walking during the winter months. We started doing 2 walks a week - nice pacing. Then we thought while we are doing this maybe we should start doing the Rideau Trail Kingston End to End as well. So we started to plot different routes. Suddenly we realized we were doing three or more walks a week.

The walking fever had struck and there seemed to be an urgency to complete the challenge. By the end of February, we had over half the walks done. It was then we started going north on the Rideau Trail as the weather in March was improving. We were now doing much longer segments and thoroughly enjoying the scenery and exercise. The scenery just kept getting better and better.

Towards Sydenham there was a beautiful waterfall. The K&P Trail through the rock cuts had miniature figurines placed on the rocks. We also wondered about Peter's Perch (Who is Peter?). In addition, we were meeting a few walkers and even some horses. Gould Lake, while



a challenging walk, had beautiful views of the lake, mica mines and a beaver dam.

As restrictions were increased so was our pace to get the challenge done. By April 2. Three of us had completed our challenge and by the end of April the other two had completed theirs. To say the least I have probably never walked as much during the winter. Thanks to Covid, it gave us the time and the desire to be outside and enjoying our section of the Trail.

If you haven't done the Kingston section yet put it on your bucket list. It is well worth it. Thanks Rideau Trail organizers for creating the 50/50, challenge, maintaining the trails and for giving us a goal to work towards. Oh yes, we are still working on our end to end for the Kingston section and hope to finish this year. For avid hikers this may be an easy feat but for the average person it is a challenge.

Keep walking, stay safe and healthy.

NOTE: THE GREEN ANNIVERSARY CHALLENGE BADGE WAS AWARDED TO MEMBERS WHO COMPLETED 50 HIKES OF 50 MINUTES OR MORE.

ED.

FROM ISSUE 182: **PETER'S PERCH - SYDENHAM**
IN HIGH SCHOOL, PETER TIMAN WORKED WITH DOUG KNAPP AND THE SYDENHAM HIGH SCHOOL'S OUTERS WAY CLUB TO BUILD SOME OF THE ORIGINAL RIDEAU TRAIL.

News and Notes from the Clubs - Winter 2022-23

Central

When attending an outdoor event, be safe; be prepared (page 11). Remember, for the safety of the group, a leader can refuse to accept a participant who is not ready for the outing's challenges.

MEETING PLACE

Unless otherwise specified, meet at the specified trailhead.

Conlon Farm in Perth. Gore St. 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

Questions/Contacts

General: central@rideautrail.org

Activities: activities.central@rideautrail.org

Calendar of Events:

<https://teamup.com/ks4o7f1oa94o7taugd>

Also from RideauTrail.org in 2023



Beware of the Wild Turkey

BY ADRIANA KIEVIT

If you're out in late winter, be cautious about approaching a wild turkey.

Late last March, I was walking a narrow footpath, among the Mud Lake trails. They are well known to Ottawa naturalists and other trail users. When I met a wild turkey or two, one of the birds became somewhat aggressive.

Despite a combination of facing the bird with noise, arm movements, running, etc., the bird gave chase. It would fly in pursuit, and actually push me in the back. The incident ended when another person came along. I guess we had it outnumbered.

I didn't see any chicks at the time, but my turkey might have been protecting a brood. Regardless, those are big birds, and this one gave me a fright.

Adriana Kievit is Publicity Officer with the Ottawa Club.



Events and Activities

Although emailed notices might come from the Club, be sure to check the Activity Calendar for the latest updates. <https://teamup.com/ks4o7f1oa94o7taugd>

Special Events

December 11: Central Club Christmas Luncheon

Spring: Central Club annual meeting

May 27: Rideau Trail Annual General Meeting

Regular Activities

(Every week, conditions permitting)

Wednesday Wanderers - Shorter, leisurely hikes for those who want a mid-week stretch.

Town or Tow Path: Friday morning walks

Other Outings

The Central Club is active in winter with snowshoe/hike and ski events are offered at Murphys Point and a various conservation areas.

Remember: <https://teamup.com/ks4o7f1oa94o7taugd>



Central and Ottawa skiers at Murphys Point
PHOTOS: STEVE KELLY



News and Notes from the Clubs - Winter 2022-23

Ottawa

When attending an outdoor event, be safe; be prepared (page 11). Remember, for the safety of the group, a leader can refuse to accept a participant who is not ready for the outing's challenges.

Meeting Places

Transit construction can affect access to the meeting places. Check with the Calendar or the leader.

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.

Questions/Contacts

General: ottawa@rideautrail.org

Activities: activities.ottawa@rideautrail.org

Calendar of Events:

<https://teamup.com/ks4o7f1oa94o7taugd>

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

Porcupine Faceplant

A tale from the trail

BY BILL OTTNEY

Something really odd happened to me last fall. I believe there are concerns about wearing sunglasses in sun-and-shade sections on rugged trail. There is a danger of missing a hazard in the shaded portions. Still, I decided to put on the sunglasses while I hoofed it along the Park's access road at Black Lake.

I was walking at a good pace when I tripped on something on the roadway. This time, the hazard was a young porcupine, of all things.

I was on an open, maintained roadway, but the porky was in shade and of course I did not see it.

No injuries to the critter and no quills in my ankle.

Bill Ottney does communications for the Kingston Club, and he occasionally walks into wild animals.

Events and Activities

A weekly email from the Club advises of coming events, but be sure to check the Activity Calendar for last minute updates. <https://teamup.com/ks4o7f1oa94o7taugd>

Special Events

December 14: Holiday Jazz - urban walk and lunchtime concert.

Christmas Lights Walking Tour: details TBA

Spring: Ottawa Club annual meeting

May 27: Rideau Trail Annual General Meeting

Regular Activities

(Every week, conditions permitting)

Events include a stop for lunch, sometimes **outdoors**.

Tuesday Trails: Impromptu, sometimes rugged Level 2 hike and snowshoe outings. lou_daybreak@hotmail.com

Wednesday Walkers: Impromptu hike, XC ski and snowshoe outings - Level 2 or 3. fellwalkerca@gmail.com

Saturday Skiers: If no similar outing is scheduled, impromptu Level 2-3 XC ski outings. stkelly@rogers.com

Other Outings

Weekend events are also plentiful with various level outings that might visit Marlborough Forest, Hollow Glen, Mer Bleue, Lac Philippe and other locations.

Remember: <https://teamup.com/ks4o7f1oa94o7taugd>



Twice a year, the Ottawa Club collects garbage on an 'Adopted' road near 15B, where the Trail crosses the road.

Thanks to Marianne Kerkhoven and her volunteers.

PHOTO: DENISE HALL

A favourite winter place - Steve Kelly



Chemin des Navigateurs Walkabout 2022

BY JANICE DOWLING AND DAVID MCNICOLL

This illustrates our recent walkabout along the St Lawrence River (la fleuve), along the Chemin des Navigateurs (3-weeks, 400 km). We hiked with friends Christine and Diane.



Diane joined us, once free of Covid-19.





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Jason Beaupré

The Story Behind Jason's Palace

BY SANDY FREEMAN

The idea of a shelter was championed at the 2018 Ottawa General Meeting by Michael Beaupré, former Trail Maintenance Coordinator for the Ottawa Club. It was designed for the use of hikers during a storm or to get relief from the summer sun.

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 RTA Board approved the project in April 2018. Funding was granted and construction commenced that summer with the platform, walls and roof installed primarily by Mike, his son Jason, and Paul, supported by Paul's family and staff. Rideau Home Care in Smiths Falls kindly donated the bulk of the construction material.

Sadly, Jason passed away suddenly in July 2019. Work on the project halted as those who knew him as a strong, quiet, gentle bear of a man, mourned his passing. Landowner Paul Cormier proposed the shelter be named Jason's Palace in honour of his memory.

In the spring of 2022, a work crew of Paul Cormier, Mike Beaupré, Roger Reens, Steve Kelly and I began the finishing touches to the shelter. We painted the exterior, installed benches and a table. Finally, the building's custom sign went up. It was designed and built by Steve Chamberland, the General Manager of The Forest at LilyPond.

We ask hikers who visit Jason's Palace to reflect on the origin of its name, as well as on all the good work done by RTA volunteers. Please observe the guidelines for its use.



Sandy Freeman is
Past Chair of the Ottawa Club.

Landowner Liaison Roger Reens (l)
presents a certificate of
appreciation to Paul Cormier



Mike and Jason Beaupré in 2018



Inside **Winter**. EDITED BY STEVE KELLY (OTTAWA)



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