



Rideau Trail

NEWSLETTER

Fall 2023

Issue No. 209

“To promote, encourage and conduct responsible hiking and similar self-propelled activities while stewarding the Rideau Trail network.”



OUR NEW MISSION STATEMENT

NEWSLETTER EDITOR NEEDED



**No Pay;
No Brass Band;
No Beefs**

**So why would you
get involved? It's
simple. The Rideau**

**Trail has many volunteers, but more are
needed all the time. If you've been a
member for a year or more, then you
probably feel it's time to get more involved.
Here's an opportunity. We need an editor
for next year's Summer Newsletter. Most of
the assembly is done in late April and early
May. We have a format, content and
various submissions. Now we need
someone to put it together.**

Could that be you?

Interested? Can we tell you more?

Contact: newsletter@rideautrail.org

Welcome to the New Ottawa Club Representative - Mary Carlson

Although I originally joined the RTA a few years before, it was in March of 2022 that I really embraced hiking. Coming out of two years of social distancing and lingering grief from a personal loss, I knew I needed to focus on goals that would help me move forward. So I registered for the first hike of the RTA End to End challenge. Five months later, I arrived at the end point in Ottawa in the company of fellow hikers, friends who had been strangers mere months before. The promise of another badge to add to my collection and the chance to reconnect with RTA members from all 3 clubs inspired me to complete the Blue Trail Challenge in June of this year. I'm determined to complete the Frontenac Challenge this fall.

I live in Kemptville, not far from where I grew up. I began my teaching career in Toronto, moved back to this area in 2000, and recently retired after twenty years with the Ottawa Board of Education. Wanting to contribute to the RTA, I offered to fill the vacant position of Ottawa Club Representative. I look forward to assisting the club and learning more about the RTA.



The RTA Welcomes Allan Smith as our new Trail Coordinator.

"I moved to the Kingston area with my wife and 2 teenage children a couple of years ago with an ambition of settling down in the area for the long term after many years travelling with the military. As an outdoor enthusiast, who is about 80% complete on the Bruce trail, joining the Rideau Trail Association was a natural progression have been delighted to have such a great trail local to me and have thoroughly enjoyed the camaraderie as we hike and socialise together.



**I am very happy to help
keep this excellent trail and
organisation running by
taking on roles at club and
association level. When I
am not hiking, I also enjoy
long distance running,
gardening and canoeing /
kayaking. One day I hope
to persuade my family to
join me on the trail."**

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.



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Fax: 1-709- 334-3601

www.brownrabbit.nl.ca



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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.

The Rideau Trail Newsletter is published quarterly in March, June, September and December by The Rideau Trail Association Inc., a not-for-profit, charitable corporation. Unless otherwise stated, the opinions expressed in this Newsletter are not necessarily those of The Rideau Trail Association Inc.

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**Follow, sure.
Why not lead?
Help Wanted...**



Next Newsletter: **Deadline November 1 2023, issued in December**

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
Construction: James Lorimer
Maintenance: Stan Huff
Communications and Publicity:
Bill Ottney
Human Resources: Cathy Fanjoy
Technical Support: Laura Cybulski
Outings Coordinators: Karin McInnis
and Louise Langlais
Wednesday Walks Coordinator:
Jennifer Brinkman
Special Events:
Jacqueline Pidskalny
Members at Large: Margaret
MacSween, Rusty Bassarab and
Alan Smith

Central Club Executive

Chair: Herman Doornbas
Vice-Chair: * VACANT *
Past Chair: Jim Middleton
Secretary: Mary Robinson
Treasurer: Gayle Truman
Trail Maintenance:
David Skinner
Hike Leader Coordinator:
Pat Stranberg
Landowner Liaison:
Carol Richardson
Social Coordinator:
Angela Quinn
Communications:
Linda Hachmer
Member at large:
Janet Eckersley

Ottawa Club Executive

Chair: Peter Weir
Vice Chair: * VACANT *
Past Chair: Sandy Freeman
Secretary: Malcolm Sanderson
Treasurer: Robert Smith
Trail Maintenance: Ian Campbell
Landowner Liaison: Roger Reens
NCC Liaison: Bridget Daley
Activities Coordinators: Denise Hall
and Kevin Reynolds
Publicity Coordinator and
Website Content Manager:
Jennifer Kaspardlov
Member at Large: Brian Grant
Newsletter Editors: Steve Kelly and
Peter Weir

Board of Directors

President: Rusty Bassarab, Kingston
president@rideautrail.org

Vice President: * VACANT *

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

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

Treasurer: Hua Lei, Ottawa
treasurer@rideautrail.org

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

Trail Coordinator: Allan Smith, Kingston
trailcoordinator@rideautrail.org

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

Club Chairs:

Kingston: Jim Moss, Trenton

kingston@rideautrail.org

Central: Herman Doornbas, Perth

central@rideautrail.org

Ottawa: Peter Weir, Ottawa

ottawa@rideautrail.org

Club Representatives:

Kingston: Barry Monaghan, Kingston

barry.monaghan@icloud.com

Central: David Skinner

dskinner18m@gmail.com

Ottawa: Mary Carlson

ottawaclubrep@rideautrail.org

Newsletter Editors:

Steve Kelly, Ottawa

newsletter@rideautrail.org

Peter Weir, Ottawa

newsletter@rideautrail.org

Association News

Board Highlights

Important Dates for RTA members **Be informed, Vote for Bylaw #4**

Mark these dates in your calendar

Passing of the Ontario Not-for-profit Corporations Act (ONCA) made it necessary to update the Bylaw of the Association. Your participation in these two important meetings is essential in ensuring we can move forward.

September 14 7:30 – 8:30 Zoom webinar	Information Session to Introduce Bylaw #4 and the proposed changes. The information session will provide a presentation on the proposed changes, explain their importance and provide you with an opportunity to ask questions.
September 26 7:30 – 8:30 Zoom webinar	Special members meeting to vote and approve Bylaw #4 and additions to the Articles of Incorporation. We require a quorum of RTA members.

You must preregister for the meetings via the **Activities Calendar**. Invitations for these meetings were sent to you in mid-August along with the links to the relevant documents. These can be found in the **Upcoming Events** section of the Website <https://www.rideautrail.org/member-hub/upcoming-events/>.

For more information, see the article “Finally, It Is Your Turn to Approve Bylaw #4”, or contact: VicePresident@RideauTrail.org, Secretary@RideauTrail.org



A HIKER THAT
LOVED THE
RIDEAU TRAIL
SO MUCH THEY
GOT A
TATTOO.

VERY NICE

Trail Reroutes

Kingston

Kingston City – temporary due to construction
Between RT08D and RT08F –
permanent reroute as of Feb 2023

Central

Between 11A and 11B – permanent
reroute as of May 2023

Ottawa

Between 19C and 19H – variable
due to construction

Association News

Why Is Hiking Fun? 6 Reasons Why You Should Hike.

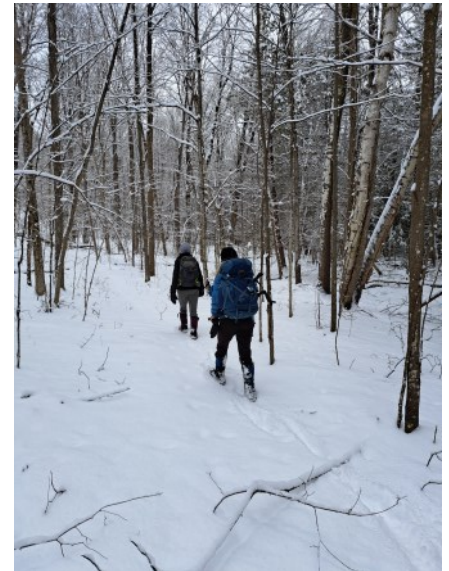
#1. Great Exercise

#2. Unplug:

#3. Amazing Views:

#4. Improve Your Mental Health

#5. Connect With Nature



#6. Get A New Perspective
Now Get Out There And Hike!

Benefits of Membership

The Rideau Trail Association Inc.—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
- Vamos in Almonte, On. 10 % off



**Winter
E2E
Hikers**



New Store Discount for RTA Members

Vamos Outdoor, a Clothing & Footwear store for Outdoor Adventure apparel, is graciously offering Rideau Trail Association members a 10% discount on regular priced items upon presentation of a valid RTA membership card.

Vamos Outdoor (<https://vamosoutdoors.ca/>)
located in Almonte at 14 Mill St.

Absent Friends

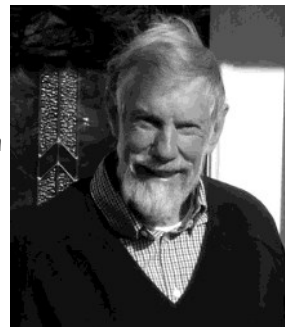
David Lucien Armitage Dec 23, 1935 – June 26, 2023

David passed away peacefully at Arbour Heights LTC home in Kingston in his 88th year. David was born in the UK and as a young adult was called up to National Service. This was followed by time in Rhodesia (now Zimbabwe and Zambia) and then a move to Canada.

In Canada, he met and married Miriam Sullivan. While working at Toronto City Hall, he attained a BA and a MA at night school classes. David worked as a teacher in Toronto until he retired.

He and Miriam moved to Bancroft for several years and then made a final move to Kingston. In Kingston, he was an active member of the Rideau Trail Association as a Past President and a Trail Co-ordinator. He enjoyed singing in a men's choir and a Church Choir.

David was predeceased by his wife Miriam, his siblings, Denys, Donald and Muriel. He is survived by a niece in the UK, Elizabeth Robinson (Denis) and a niece in Ottawa, Canada, Mary Richardson (Wayne, and children, Mark and Sarah). David has been well cared for by the wonderful staff at Arbour Heights since, 2018.



David will be interred with his wife Miriam at York Cemetery, Toronto

Remembering A Trail Builder Extraordinaire

Linda Holmon Sterling of Chagrin Falls, Ohio passed away on July 27th, 2023 in the care of Serenity Hospice.

She was 87 years of age and leaves behind her husband Bruce, son Mark Sterling and daughter Sue McKay.

Linda spent many years in the wilderness near Coxvale, Ontario clearing and developing a trail network near the shores of Crotch Lake.

The trails became known as Linda's Loop Trails and include 12, 15 and 22 Km loops.

In her honor, we are offering the Linda's Loop Trails Challenge this fall.

Please see the article on page 7 in this newsletter for details.

<https://www.legacy.com/us/obituaries/name/linda-sterling-obituary?id=52600172>



Welcome New and Returning Members

Kingston Club

Stephen Byrne
Robert Chittick
Tracey Dean
Bonnie Emigh
Priscilla Ferrazzi
Mariah Hamilton
AbbeynKerkmann
Karen Mac Fadyen
Adam Malus
Nicole Mcfarland
Ron Neufeld
Joan Price

Sylvia Robb

Rebecca Ward

Central Club

Lise Bourque
Robert DeRoche
Kelly Johnson
Steve O'Connor
David Sawatzky

Ottawa Club

John Arrigo
Peter Buist
Christina Burke
Dionie Cameron
Michelle Coyne
Ross Hansen
Thomas Heidenreich
Frederika Hess
Lisa Johns
Anastasiia Koziar
Lise Laneville
david lawton

Zuo Chao Liao

Myra McFarlane
Kathy McGee
Chris Mwakiluma
Sabrina Pillay
Heather Powell
Eunice Publow
Dean Razack
Carey Roeske
Jason Soltys
Brandon Tkachuk
Laura Wheeler
Mary-Anne Zwicker

Unaffiliated

Donna Brooks
Lexy Choma
Donna Copeland

Linda's Loop Trails Challenge (Crotch Lake)

We will be offering the following 3 hikes as a challenge in September / October. The 3 hikes will be offered twice: once during the week and once on a weekend, for 3 consecutive weeks. Please read the information below to determine if the challenge interests you and you are prepared for, capable of, and committed to completing all 3 hikes. Each hike will be limited to 10 individuals.

There are added risks to these hikes due to the remote wilderness location and difficulty in rescuing an injured participant. The trails are not maintained, they are infrequently visited, the trail markers can be difficult to find and the trails have significant elevation gains and losses. The South and Outer Loops may cross 2 difficult beaver dams. Each hike will include at least 2 leaders that have previously been on the trails.

But despite the description the area is very scenic – with the trails travelling along Crotch Lake and Gull Creek shores, past numerous beaver ponds and through a mixed forest. Elk and moose are known to frequent the area.

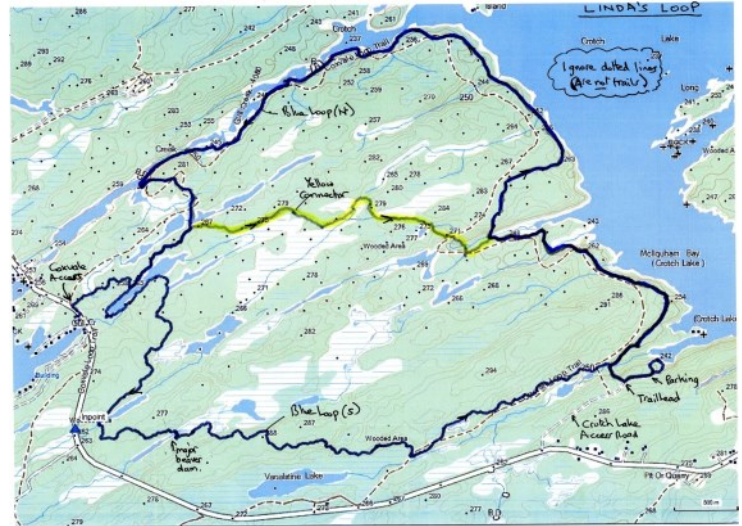
Linda's North Loop – 12 Km – Level 2 – Moderate
Pace – 4 to 5 Hours

Moderate effort intensity, moderate technical challenge, moderate pace intensity.

Linda's South Loop – 15 Km – Level 2+ - Moderate
Pace – 6 to 7 Hours

High effort intensity, moderate technical challenge, moderate pace intensity.

Linda's Outer Loop – 22 Km – Level 3 – Moderate
Pace – 8 to 9 Hours
High effort intensity, high technical challenge, high pace intensity.



A certificate will be presented to each participant who completes all 3 led hikes.

Lynn Esau - Kingston Club

Peter Weir - Ottawa Club

Herman Doornbos - Central Club

Before you go, check the

Trail Alerts

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

Afterwards, anyone can report the need for maintenance or repair on the Trail.

Be sure to do your part.

Kingston Wednesday Walkers

Taken on August 2, 2023 at the Kingston Military Community Sports Centre after a Wednesday Walk through nearby Barriefield Village. Everyone in the photo gave their consent with the knowledge that it may appear in the RTA newsletter. Photo credit should be given to John Cruickshank.

There's no need to photoshop the Ottawa interloper out of the photo, lol.

Kevin is as much a Kingston Wednesday Walker as the rest of us.

Jennifer Brinkman Thank you.



Update from the Marketing and Communications Committee

The newly formed Marketing and Communications Committee is composed of the following individuals:

Marketing and Communications Director – Ingrit Monasterios

Newsletter editors – Peter Weir and Steve Kelly

Three communications/publicity coordinators from each Club – Bill Ottney from Kingston, Linda Hackmer from Central and Jennifer Kaspardlov from Ottawa

The committee has put together an action plan to guide the activities for the upcoming months. Some of these activities include increase RTA social media presence, and advertising in venues where hikers may hang out, RTA participation at community events such as trade shows, a membership survey to take the pulse on how we are doing regarding the Newsletter, social media, the RTA Website, weekly communications, AGM, etc. The expectation of the Action Plan is that these activities will enhance communication and member engagement within the RTA and increase its visibility outside the organization, which in turn will result in increased membership. More members mean more volunteers to share the work, expand availability of new talent, and ensure RTA's succession planning and the longevity of the Rideau Trail.

When new members register, they complete a short questionnaire asking them “how they found out about the RTA”. It is clear that word of mouth through friends is resulting in the greater number of new members followed by the website. For that reason the Theme for this year's marketing and communications Action Plan is “Members Promoting RTA”. The premise is that each member is an ambassador of the RTA and we all have a role to play in promotion and getting the word out. Some of the marketing and communication activities for this year will be centered in supporting and encouraging our membership to further self-promote RTA. We started with offering Free RTA Crest Badges which members are encouraged to display in visible areas such as backpacks, clothing, etc. Members can obtain their free badge by participating in hikes and special RTA events such as the AGMs and the annual picnic. Individuals who want to have their badge mailed to them may order it from the Website at a cost of \$3.00.

Did you know that RTA has a corporate and an internal Facebook page? Join or check out the Rideau Trail Association Members (Present & Past)

<https://www.facebook.com/groups/rideautrail> to share/post RTA related information with fellow members or to find out what is going on. Or share with your friends the Rideau Trail Association web page <https://www.rideautrail.org/> or corporate Facebook page <https://www.facebook.com/rideautrail>. If you have relevant content to contribute to the website or Facebook corporate page, please send it to marketing@rideautrail.org.

The committee welcomes participation from other RTA members interested in supporting the delivery of the planned activities. In particular, we are looking for a savvy social media volunteer to help us moving things along. If any of this interests you, please contact marketing@rideautrail.com.

Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 4) 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 4). 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.

What Will the Outing be Like?

The three main factors in rating an outing are Effort Intensity, Technical Challenge and Pace Intensity. For each, Moderate is defined this way:

Effort Intensity: similar to walking on a hilly forest trail

Technical Challenge: similar to needing careful footing

Pace Intensity: steady, with periodic breaks and allowance for unplanned breaks

The Levels serve to summarize that detail.

Level 1: All parameters are "Low" or up to one parameter may be moderate. The least difficult type of outing.

Level 2: At least 2 parameters are "Moderate" and no more than one parameter is "High". An outing with mid-range difficulty.

Level 3: At least 2 parameters are "High" or at least 1 parameter is "Very High". The most difficult type of outing.

Note that you can also find the latest, detailed guide to the Hike Classifications by going to the 'RTA Calendar Help' and click on "Outing Classifications".

Hike Leaders can gain further assistance on completing the Hike Description portion by clicking on the "Leader Instructions" link in the area immediately under that.

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

mxjxsanderson@gmail.com
Malcolm Sanderson ,
Ottawa Club Secretary



Blue Trails

Submit your record of hiking the 12 designated Blue Loops to your Club's badge volunteer.



RIDEAU TRAIL ASSOCIATION ACTIVITY CALENDAR

Calendars ^> << < Today > >> Feb 12 - Mar 11, 2023

CANCELLED

EVENT

- MEETING/WORK PARTY
- SOCIAL
- TRAINING
- Level 1
- Level 2
- Level 3
- RTA All Clubs
- RTA Central
- RTA Kingston
- RTA Ottawa

Filter v

RTA Calendar Help ^

See definitions of the outing classifications at the following link: [Outing Classifications](#)

Leaders: to add or modify events see the instructions at the following link [Leader Instructions](#)

Feb 12, 2023

- Gatineau Hike
- Route Finding for Level 3 Hike Loops 9am Ferrier Road Loop West to

Feb 19, 2023

- Winter Adventure @ Charest's 9:30am Hike/Snowshoe Blakene

Feb 26, 2023

- Hike Leader Training Event
- Smiths Falls to Numagong on the
- Murphy's Point Ski

Mar 5, 2023

- Crazy Horse Trail 6:30pm Kingston Hike
- Mer Bleue Sector Sunday March
- Hike 10B to 9E & Return

Coming Events - Fall 2023

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:



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.



Before you go, check the
Trail Alerts

Calabogie Parking

The message from Calabogie Peaks is, "hikers are welcome anytime to hike the mountain. There is a lovely little cabin at the top called "Top Hut" where hikers are welcome to have a picnic lunch. Also, anyone wanting to hike "The Eagles Nest" trail are welcome to access it from our ski run, 'Ole K & P'.

"Sometimes it's just nice to settle in for a quiet evening away from home."

www.calabogie.com

Events / Dates

See details in the Calendar or club information

Special Events

Social gatherings
Frontenac Challenge
Linda Loop Challenge
Winter E2E

Outings

Regular weekly outings in each club, in season

- Tuesday Trails
- Wednesday Walks/Walkers/Wanderers
- Friday's urban walks
- Urban walk and lunchtime concert

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

<https://teamup.com/ks4o7f1oa94o7taugd>

Trail Markers



Orange
North-bound
Rideau Trail



Orange-Yellow Tip
South-bound
Rideau Trail



Blue
Side trail or
Blue Loop

News and Notes from the Clubs - Fall / Winter 2023

Kingston

When attending an outdoor event, be safe; be prepared (page 10). 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>

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

Monthly Socials: Starting June 29

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 often has walking, hiking or cycling outings.

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

Central

When attending an outdoor event, be safe; be prepared (page 10). 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>

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

Frontenac Challenge, Blue Loop Challenge, Linda's Loop Challenge

Regular Activities

(Every week, conditions permitting)

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

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>

Finally, It Is Your Turn to Approve Bylaw #4

You may have heard there are some changes planned for The Rideau Trail Association, Inc. It's true, but the changes will not affect our regular activities. The changes will make our Bylaw consistent with the new Ontario Not-for-profit Corporations Act (ONCA). The new act replaces older legislation and defines how we must operate. It specifies things like how the Board works, how members meetings must be conducted, who can be a member of the Association and the Board, and how we manage our finances.

There will be an information session on Thursday evening September 14 to explain the proposed changes and answer your questions. Then, there will be a special on-line meeting for members on Tuesday, September 26 to vote on the changes. Prior to these two meetings, probably in mid-August, you will have received an e-mail with more information. You need to register for the meetings, so follow the instructions that were sent to you.

Bylaw #4

A small team of four people, myself, Ruth Oswald, Roger Reens and Rusty Bassarab have been working for over a year. We went through the old Bylaw #3, compared it to the requirements in the new legislation and then adjusted the wording and structure to create a new Bylaw #4. After several meetings with the RTA Board, some legal discussions, and reviewing models of what the bylaws might look like, the working group is prepared to ask for your approval of the changes.

What are the changes being proposed? Throughout Bylaw #4 there are wording changes to improve the readability of the document, it has been extensively re-organized from Bylaw #3 and there are several key changes made that will:

Reduce the size of the Board. The Board will have twelve directors, eight elected by all members and four Ex Officio (unelected) directors, reduced from the current sixteen. Elected Directors will be chosen at the annual meeting. Clubs will have only one representative each on the Board and they will determine how to select that director. The newsletter editors will no longer be Directors. The smaller Board is expected to be more efficient while retaining representation from each club. Club representatives will become more integral to the Board and their club executives.

Improve management of contracts and agreements. The Board will be able to assign responsibilities for contracts and agreements to officers or members of the Association.

Voting by proxy at members meetings. Voting by proxy at members meetings, such as the annual meeting, will be eliminated. Voting by proxy is administratively demanding with over 1,200 members and has never been used, to our knowledge.

Legal status of clubs. The legal status of the Clubs is clarified and a formal statement on the names that should be used. In addition, Bylaw #4 states that clubs will be formally called, The Rideau Trail Association, Inc., Central Club (or Ottawa, or Kingston, or any new club that may be developed)



Articles of Incorporation

In addition to approving Bylaw #4, members will be asked to approve two additions to our Articles of Incorporation. These articles, formerly known as Letters Patent, define the purposes and goals of the Association and include other required information. Articles are difficult to change, they are meant to be relatively permanent. Our goals and purposes have not changed. They have carried the Association for over 50 years and are still relevant today. The following additions to the Articles of Incorporation are being proposed:



Number of Directors. Based on legal advice we have received, this is best stated by providing a range that allows the size of the Board to be adjusted, based on need. The proposed range for the Board is six to sixteen (6 to 16) directors. We anticipate that there will be twelve directors initially, but the range provides options to adjust the number of directors to meet changing circumstances.

Membership classes. It is necessary to define the number and types of membership classes in the Articles. We are proposing that there be only one membership class. All members have the same voting rights and responsibilities.

Learn More, Join the Meetings

If you want to know more, please attend the Information Session being held on September 14 at 7:30. There will be a 15 to 20 minute presentation on the changes followed by an opportunity to ask questions. If, after you review the material you have questions, it would help us prepare for the meeting if you sent your questions to us in advance. You will need to sign up for the meeting, so review the instruction sent to you by e-mail in August.

Remember, you also need to join the Members Meeting on September 26 so you can lend your voice to approving the new Bylaw #4 and the additions to our Articles of Incorporation. Support The Rideau Trail Association, Inc., and join us on September 26 to start a new chapter for the Association.

You can e-mail any questions to: Secretary@RideauTrail.org or Vicepresident@RideauTrail.org

FRONT COVER: The RTA Board of Directors are happy to announce that we now have a new mission statement for the RTA

GET ACTIVE WITH YOUR CLUB!

Get out to Activities
Attend at Meetings and Events
Volunteer for the Club Executive
Be a Trail Maintainer



Fun Hiking Coloring page for adults and kids to enjoy as the evenings get cooler or on a wet day. Express yourself, de-stress and relax after a hard days work and dream of the trail. Enjoy and share your work on our facebook or Instagram page.



National Hiker Award - A challenge for Canadian Hikers

Imagine being a trailblazer, one of the first hikers in Canada to obtain your National Hiker Award and being connected to other hikers across the 5,500 km breadth of our great nation from the Atlantic to the Pacific to the Arctic. Imagine being part of an elite and prestigious group of hikers bonded in knowledge and achievement, climbing the hiking ladder as you progress from National, to Advanced, and to the ultimate Distinguished level with all its accolades and privileges.



So what is the National Hiker Award? It has been created by Hike Canada en Marche with a number of goals and exams for each level. The Award Program is due to launch in November 2023, then the race will be on to see who will obtain the coveted # 1 award position. There will be no disgrace in being in the top 100, forever locked into the historic founding members of the National Hiker Award Program.

There will be two award sections, one for youth under 21, which will be shorter and less demanding, and one for adults which is described below.

Each Award level will have its unique numbering up to the elite Distinguished Hiker Level top # 100. There will be a number of steps for each level, with greater challenges as you work up to the Advanced, then Distinguished Hiker Levels.

These will include some physical hiking challenges, documented trail maintenance and online multi choice exam questions testing your knowledge of long distance hiking trails in Canada, historic trails, values, safety, first aid, weather, natural history and Indigenous trail connections. We are working hard to set up the online registration process and multi choice exam questions. Progress reports will be posted on our Facebook page:

<https://www.facebook.com/groups/hikeacrosscanada> and on our website: <https://nationalhikingtrail.org/>

What will be the process to get started?

The first thing will be to register online starting in November 2023 and paying a \$20 registration fee for adults, and \$10 for youth, which will pay for the National Hiker Award website portal, the award badges and towards the cost of the program coordinator. Once registered, you can access the program content and your personal log. These will be set out as a physical component and an online hiking skills component with multi-choice questions.

The physical component will consist of a hike, trail maintenance work and working at a community hiking event. The online skills section demonstrates your knowledge of Indigenous communities and recognizing their importance for wilderness trails, the names and locations of many of our long distance hiking trails across Canada, the history of the National Hiking Trail and how it differs from the Trans Canada Trail, the historic trails such as the Klondike Trail and its importance in Canadian history, the core values of Hike Canada En Marche and their importance to the hiking community, demonstrate basic safety considerations when venturing out onto a wilderness hiking trail and finally, demonstrate knowledge of our natural history and how this can be appreciated and protected.

Each award level will add to the depth and range of questions as well as requiring more physical challenges as you progress to the Advanced and Distinguished levels.

Be ready to challenge yourself to be a knowledgeable and proficient hiker as you proceed from level to level, and be recognized by your hiking peers across Canada.

For details and more information, contact David Francis at david.francis.trails@gmail.com

UPCOMING EVENTS

The Next Year and Beyond..

As people have finished The Blue Trails Challenge, a number have asked as to 'what's next'. Well, here is a list of outings and challenges that are being considered or are already posted:

Sept/Oct 2023 – The Frontenac Challenge. Many hikes already posted on the Calendar

November 4th 2023 – Finish the Cat Trail Challenge (posted)

November 2023 – Gould Lake East and West in one Day (Challenge being considered)

January/February 2024 – Winter End to End. Westport to Rosedale (see separate article)

January/February 2024 – if it freezes...Skate the Rideau Canal in Ottawa. Socialize after.

Spring 2024 – Explore the Provincial Parks and Conservation Areas of Eastern Ontario. A series of hikes on trails we usually do not travel. Alas, no badge for this, but hopefully some memento for those who complete them all. (Being planned)

May 4th 2024– Marble Rock turns 20! 20km Challenge around Marble Rock. (Being planned. This is a higher level Challenge)

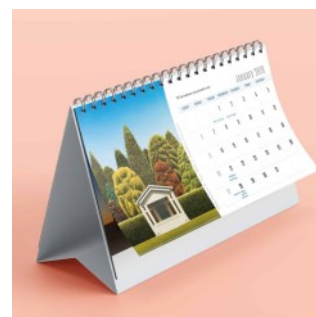
Summer 2024 – The Rideau Lock Challenge. Hike, Bike or Kayak/Canoe from Lock 1 to Lock 46. Your choice, and in any combination. Potential Badge for those who collect (Being looked at)

Sept/Oct 2024 – The Frontenac Challenge.

January/February 2024 – Winter Hiking Challenge (E2E or maybe The Blue Trails in Winter)

March 2025 – Regular End to End starts

2026 – The RTA turns 55..So..How do we celebrate?



These are just the main ones. There are some smaller 'one off' outings and events. Follow them all on the RTA Activities Calendar.

<https://teamup.com/ksxz4wfvuov82rkv4d>

If you have any ideas for Outings or Events, please let your Outings Coordinator know, or just message me at jjwnmoss@hotmail.com

News and Notes from the Clubs - Fall /Winter 2023

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.

Bate Island: In Spring, Summer and Fall, meet on the east side of Bate Island. In the winter, meet in the NCC parking lot at the south east end of Champlain bridge.

NCC Parking Lot: Located at the south east end of Champlain Bridge. Used primarily by the Wednesday Walkers in the winter when Bate Island is closed.

Questions/Contacts

General: ottawa@rideautrail.org

Activities: rtaleaderottawa@gmail.com

Calendar of Events:

<https://teamup.com/ks4o7f1oa94o7taugd>

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

Watch the Activity Calendar for urban walks, mid-week hikes, and the occasional option for swimming.

Regular Activities

(Every week, conditions permitting)

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

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

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



The photo is of the Kingston club Wednesday Walkers enjoying themselves at Everitt Park on June 28, 2023.

That's Lake Ontario in the background. The leader was Linda Line.

Photo by
Jacqueline
Pidskalny.

Kingston Wednesday Walkers

THE FRONTENAC CHALLENGE 2023 (Yearly)

Every year 20 or so of our Members complete the 11 hikes that make up The Frontenac Challenge (FC). Most come back year after year to do it. Do it once and you become addicted - just ask Audrey Sanger who has done it 28 times!

We will be out there again this year, starting on September 1st with the Big Salmon Loop. This, along with a bunch of the other FC hikes, is already posted on the RTA Calendar.

The longest hike (Big Slide) is 26km and so many people say they can't do that. This year Bill Ottney is offering it at a moderate pace on September 23rd. A great way to get it done with a great hike leader.

The hikes are typically all offered at least once on the weekend and once during the week. Try them through the week for less people.

If you need more details, either google the Frontenac Challenge (best in August after the Paddling Challenge is complete) or drop me (Jim Moss) an e-mail to jjwnmoss@hotmail.com

So, how about it? Why Not?? See you out there...



****Save the date! Celebrate Foley's 50th****

Join us at Foley Mountain Conservation Area on Friday, Sept. 22 to mark 50 years since Foley Mountain officially opened to the public. Enjoy light refreshments and a trip down memory lane at the Interpretive Centre. Contact EMMA at emma.jackson@rvca.ca

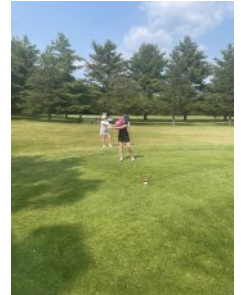
Our Rideau Trail Association Outings *by Cathy Fanjoy*

What do we do?
Kingston Club (and all clubs)



The RTA not only offers various hikes. In the spring, the presence of insects in abundance drives most hikers out of the wooded areas.

On our RTA calendar different adventures are being offered. One can find paddling, cycling excursions as well as some new ideas like "nine and dine" golf and monthly social pub nights.



If you have any ideas to bring forward for alternative RTA events please let the club know.



Rideau Trail Association Summer Social July 8th

Thanks to everyone who travelled from Kingston to Rideau Ferry on this spectacular summer's day. And a special thank you to everyone who worked so hard to organise and set up for this event.

Letting the photos speak for themselves- a splendid time was had by all



People who have competed the End to End and were awarded their certificate and badge this year, Congratulations to all



Number	Name	Start	Finish	Club
636	Jim Moss	Aug 7, 2021	May 28, 2022	Kingston
637	Karin McInnes	Oct 3, 2020	May 28, 2022	Kingston
638	François Cyr	Apr 20, 2022	June 6, 2022	Ottawa
639	Mary Carlson	Mar 12, 2022	Aug 20, 2022	Ottawa
640	Murray Fleming	May 5, 2022	Aug 20, 2022	Ottawa
641	Debra Denault	Oct 1, 2021	Aug 20, 2022	Ottawa
642	Margaret Pimm	Mar 12, 2022	Aug 20, 2022	Ottawa
643	Sharon Kerr	Mar 12, 2022	Aug 20, 2022	Kingston
644	Bert Stranberg		Aug 20, 2022	Central
645	Peter Weir	May 14, 2022	Aug 15, 2022	Ottawa
646	Carol Kerfoot	Mar 12, 2022	Aug 20, 2022	Ottawa
647	Ingrit Monasterios	Mar 12, 2022	Aug 20, 2022	Ottawa
648	Mary Robinson	Mar 20, 2022	Aug 20, 2022	Central
649	John Warren	May 8, 2022	Aug 20, 2022	Ottawa
650	Nick Teramura	Sep 28, 2018	Aug 15, 2022 -	
651	Evan Allen	Sep 28, 2018	Aug 15, 2022 -	
652	Herman Doornbos	May 21, 2022	Aug 20, 2022	Central
653	Jon Morrish	Fall 2019	Aug 27, 2022	Kingston
654	Lynne Avard	Mar 12, 2022	Aug 6, 2022	Ottawa
655	Matthew Dixon	Aug 6, 2022	Aug 16, 2022	Kingston
656	Andy Glazin	Aug 2, 2022	Dec 30, 2022	Kingston
657	Cathy Fanjoy	Aug 16, 2021	May 18, 2022	Kingston
658	Sharon Rouatt	Oct 22, 2020	Mar 16, 2023	Ottawa
659	Kelly Howell	Oct 22, 2020	Mar 16, 2023	Ottawa
660	Kathy Bobyn	Oct 22, 2020	Mar 16, 2023	Ottawa



Number	Name	Start	Finish	Club
111	Gary Waterfield	Jan 3, 2021	Jan 18, 2023	Central
112	Lynn Esau	Jan 5, 2019	Feb 18, 2023	Kingston
113	Cathy Fanjoy (formerly Cummings)	Jan 4, 2020	Feb 18, 2023	Kingston
114	Abdullah Mostamandi	Jan 5, 2019	Feb 18, 2023	Central
115	John McNinch	Jan 5, 2019	Feb 18, 2023	Kingston
116	Pearl Wang	Jan 5, 2019	Feb 23, 2023	Kingston

“If there’s one thing I’ve learned from hiking, it’s that the early bird gets the face full of spider webs.”



Kingston Club trail maintenance work party showing off their handiwork.

This particular footbridge is located between Frontenac Provincial Park and Perth Road.

Left to right are; RTA Trail Coordinator Alan Smith, Robert Charest, Ed Jezak, Mike Foster, John McNinch, Audrey Sanger and Stan Huff.

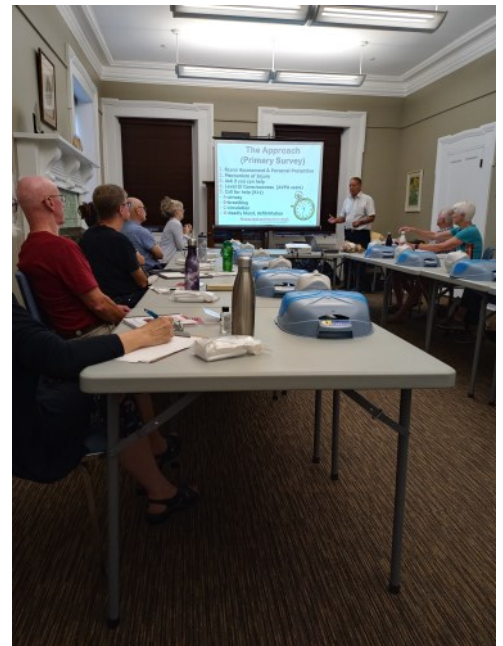
The photo was taken by James Lorimer.

First Aid Training by Cathy Fanjoy

The RTA would like to thank John Osborne for continuing to offer his First Aid Courses. John has offered his basic first aid teachings as well as yearly refresher courses for RTA hike leaders for two years. His knowledge and experience allows him to focus and specialize with what hike leaders most commonly would run into when out on the trail. He also demonstrated and made students practice with the use of the AED. The automated external defibrillator, is used to help those experiencing sudden cardiac arrest.

John also explained the use of a new phone app "what three words" which identifies exact location for every 3 metre square of the world.

This app gives a unique combination of three words which can be used for emergencies. He also mentioned it is very important to enter your medical data in your phone as first aid responders can access a lot of information.



Setting up emergency information for your Android smartphone's lock screen

Open your Settings app;

Tap "Safety & emergency";

You should find where you can enter medical emergency information.

Enter medical information (or any other info you'd like first responders to see).

John, you have really helped the RTA achieve our goals of making competent hike leaders. Thank you!

first aid/CPR course conducted by John Osborn (Kingston Club) in Perth on August 3.

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 2023 being from November 6th to November 19th 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 reasons the private property sections of RTA trails are closed for the November 6-19 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.

It is now
**HUNTING
SEASON**
We suggest that you
WEAR ORANGE

Sojourn in the Susquehannock State Forest May 18 – 22, 2023

Ok, First, Where Were We?

(citations for this section go to John Arrigo, our local trail guide and the Susquehannock State Forest Booklet)

The Susquehannock State Forest resides in north-central Pennsylvania on the rugged Allegheny Plateau. Susquehannock is the name of the native-American tribe which once inhabited nearly all of its approximately 265,000 acres. The forest is one of eight state forests that make up the “PA Wilds” region.

The state forest is a vast and remote expanse of forestland commonly referred to as Pennsylvania’s “Big Woods.” It is predominantly comprised of northern hardwoods and mixed forest, though the original virgin forest was clearcut of hemlock and pine in the lumber trade between about 1880 and 1920. It was eventually reforested and is managed by the Pennsylvania Department of Conservation and Natural Resources who oversee a total of 2.2 million acres of this gorgeous forestland.

The Susquehannock State Forest has about 550 miles of hiking trails with 150 miles well-marked and maintained including the 85-mile-loop Susquehannock Trail System (STS). The state forest includes the 30,253-acre Hammersley Wild Area which we hope to explore on our next visit to the area. This area contains the headwaters of Pine Creek [Chesapeake Bay], the Allegheny River [Gulf of Mexico], and the Genesee River [Lake Ontario]. John noted that there is a point where the three watersheds come together, just outside of the state forest in Potter County. It is a unique concurrence (does this sound familiar Kingston RTA members?). This triple divide, while not located directly on the continental divide is close to it. When rain falls in this area the water will flow from this spot into the Gulf of Mexico, the Chesapeake Bay, and the Great Lakes. The Triple Continental Divide sign can be found at the following coordinates: 41.858988, -77.825243.

While we didn’t see any significant wildlife (a distinct absence of squirrels was noted by one member, maybe they just have too many trees to attend to!), deer and bear sightings are not uncommon. We certainly saw the evidence of it!

The Pennsylvania Lumber Museum, one of our trailheads, features a full-size logging camp and sawmill, demonstrating logging practices between 1870 and 1930.

We stayed at the most charming and friendly of places, and as we were the only guests, it was like hiking out of our living room. A comfortable and homey lodge, we had meals and trail lunches packed each day. There were veggie options and room options, shared. Some who booked on for the shared washrooms noted that at first, they wondered how it would all work, but as Bill noted on the first day “in all of our trips here, I’ve never seen it NOT work out!”

Hiking Overview and Four Interesting Days

Three of our four hikes were in the Susquehannock State Forest. The fourth was at Colton Point State Park on a loop that wends its way along the west rim of the Pennsylvania Grand Canyon. Located in the Tioga State Forest, the Pine Creek Gorge, typically referred to as the Grand Canyon of Pennsylvania, stretches for over 45 miles with depths of nearly 1500 feet. The dynamic topography features stunning forested views and steep canyon walls.

Bill Ottney, who has been coming down here for 17 years or so, did a lot of pre-work and trip planning. His greatest contribution was to invite **John Arrigo**, a Pittsburgh resident who grew up hiking the forests who joined us as a hike leader. This made for a most informative and deeply insightful trip — what a privilege to have all this experience as our guiding light throughout. Between them both I felt like we could have written the “unofficial” brochure of the STS!

Yoga anyone? Or forest lore? How about a “Juniper John?”

John was not just a hike leader, he ran a half-hour yoga stretch class each morning at 7:00 to warm us up, provided essential and interesting plant and historical lore throughout the hikes (more to come below), knew some patches of unmarked and less used trails, and made the cocktail hour martinis. What’s not to love in all that? It should be noted that Bill was up with us too at 7:00 but he gingerly picked his way through our aching and groaning yoga bodies spread out over the floor — we were the obstacle between his room and the coffee lounge.

Trip down and first night — dinner and Happy Birthday Gunhild!

...Her comment at blowing out the candles "I have no idea how I am 80 already". We don't either Gunhild!



Arrivals all in by 6:00, just in time for cake made by Gunhild's daughter, Xenia, who joined us for a day from Virginia.

Some of us drove down bits of the Finger Lakes, an easy and pretty drive down the side of Seneca Lake, through wine-growing hills, and through the charming town of Watkins Glen, worth a stop if you have the time. We didn't. We were headed for the Corning Museum of Glass in Corning, NY — I would personally recommend adding a full day to the trip to see this museum. It was worth a great deal more time than the 2.5 hours we gave it. An extensive gift shop floor alone is compelling enough, but there is the whole history of glass in there from 4,000 BC to contemporary art of today.

Day one — A first taste of these beautiful forests from the trailhead at Susquehannock Lodge along the Jacob Hollow Run Trail. 16 kms, 1361-foot climb.

A note on the food — it was hearty and varied every day. Choices of eggs or pancakes in the mornings, oatmeal with apples a big favorite, veggie options at each meal on request, we had turkey, pork, roast beef, and salmon in the evenings, always a dessert, and a choice of sandwich lunch with apples and cookies to take along. It was a great hiking foundation.

Breakfast was served each day around 7:30 or so, as we gathered in the lounge for coffee and organized our hiking gear in anticipation of the day's new adventure. Hikes started around 9:15 to 9:30 "or whenever the sandwiches were ready." Hummingbirds always joined us at windows beside our tables.

A comment on our hosts — Ed and Carol run the lodge, and Sue who served us brekky each day and her partner Chuck — they not only broke trail over the years but have written essential guides to the forest which are for sale at the lodge or at the local Pine Creek Outfitters.

Newbie note #1:

I was uncertain what I would be able or not able to do — a bit of pre-hike trepidation because although I had looked it up before signing up, I have a fear of heights. What a great choice to hike in mountains you say? Well, these forests are so amenable. Our first day's hike reassured me that the ascents were quite manageable, the ground soft beneath our feet with varied trail, old lumber roads and railroad grades, and marked, narrow forest trail.



The Jacob Hollow trail has gradual slopes down to a creek bed. While the ascents can be significant, it is not as with Gould Lake or Frontenac Park in my humble opinion — you will find yourself at parts in an airy place, mostly surrounded by tall trees, timothy grass, pine needles underfoot, with Solomon's seal, wild partridge berries, wild strawberry, periwinkle, ground pine and may apple flowers around you and underfoot.

John points out Black Birch that back in the day was distilled to make Oil of Wintergreen, a potion that is basically salicylic acid (aspirin).

One of the notable trees, with rich, orange wood, is American black cherry, which is key to the lumber business today and used in furniture. It is one of the primary exported woods of Pennsylvania.





We had our lunch by a stream after crossing a suspension bridge.

And look! The first part of the trail has blue flashes — so it was an Honorary blue trail hike!



Post-hike cocktails on the back deck included a few contributions to

“martini hour” — our combined resources resulted in a highly collaborative effort we named “The Sassy Susquehannock” — after much taste-testing we thank Cathy for her dark orange chocolate and a mandarin orange, and Ingrid for the Grand Marnier — combined with orange vodka (guess who brought that?) and a pearl onion it was a great complement to “The Juniper John” (gin, olive, onion and caper berry) for a more traditional choice. Cheers to breaking in the forest with our first hike.

We had a remarkable slide show from Bill about trail trips to Utah - unbelievable vistas and scenery and feats of hiking by Bill and Gunhild — climbing mesas on all fours, as poles were not a help at all in the smooth, rock bowls. Where did everyone go by 9:15 at night? 11 kms to walk tomorrow with an expectation of some rain.

Day 2 – Susquehannock Forestry Office back to the Lodge 11 kms, 584 foot climb, Grey with threat of rain — an early start and a finish mid-day just in time for about 2 kms in a fine downpour!



With an expectation of rain, today’s hike was a forest walk at the ridge line, we drove to Susquehannock Forestry Office up the road for our start and walked back to the Lodge on the STS.

Still, we got a great group shot – Rob Tolley teaches us all how to use his phones “panorama” setting to ensure everyone is in the shot!



First row-left: William Ottney, James Lorimer, Karen Toon, Gunhild Karius, Margaret Wild, Karin McInnis, Sanjay Ramlohl, Margaret MacSween, Lynn Esau, Dagmar Jones, Robert Tolley.

Second row-left: Ingrid Monasterios, Cathy Fanjoy, Lynne Avard, John Arrigo, Marga-

Those who had done an extension hike the day previous showed us the painted trillium “turn the key it opens up to reveal a perfect pink center diamond!”



A chance to dry off, then many chose the rainy afternoon to explore Galetton or Wellsboro and a wonderful local ice cream shop and trail store. Bill provided a further slide show of winter hijinks over the years on the Rideau Trail with (add name) between 2004 and 2007, and a memorable steam rail trip near Durango, Colorado. Peace and quiet in our rooms, nothing but the crickets and frogs to keep us company...ahhhh.

Day 3– Colton Point State Park Loop “The Grand Canyon” 11 deceptive kms, rim trail and forest, 1323 foot climb



Today's hike – the west rim trail from Barbour Rock — this report is primarily from the rest of the group, as I was not able to complete the rim trail myself due to height issues, though I was able to drive up the switchbacks and walk in and take photos of the Grand Canyon from lookouts.

Here is what was reported to me over that day's cocktails...

Sightings of mountain laurel — rhododendron and azaleas – and a cluster of turkey vultures over the canyon.



Lots of edgy bits! Making it slower going, with a note that a hiking pole is a must for this trail. To my mind this makes everyone very brave RTA hikers experiencing many dramatic vistas.



Also, the group hiked through a small stand of virgin forest — hemlock and white pine — a mere 100 steps long and wide. It was also the first and pretty much only sign of black flies. It was a relatively bug-free hiking trip.

Day 4 – A stunning closer – Commissioner Run Long Loop from the Lumber Museum, with a choice of two extensions —18 km forest hike (before extensions of approx. 5 – 8 kms each) 1729 foot climb including about 4kms straight up Thomson Road

Now that we are 'old hats' at these hikes, we got to hike a less-travelled trail that had been cleared for us in a pre-hike by Bill and John. What a treat it was too! Rougher in patches, we ascended our mountain to the summit and came back down through a rocky stream bed. This hike started at the Lumber Museum along a still-active lumber road. It was our last chance to hike it as John believed it would soon be closed for that season's business of tree-cutting.

Today we got to sniff some Wild Leeks (the ramps were just ending), and to take water shots galore down the stream bed. Gorgeous deciduous forest, mucky in bits, a couple of stream crossings to boot, and only one sock-change needed.



The hikes out meant we had a “wee jaunt” up Thomson Road (it was a hot and let's just say, non-stop upwards to the trails, 4 kms worth hmmm!). After a brief stop for a snack and clothing adjustment (that was a warm one up!) the split was up, and we each got to end the hike in our own way. How wonderful to have hiking choices!

Final newbie note #2:

I am very glad I took this trip. As a newer RTA member, it expanded my sense of my own hiking capabilities — as a “kinder gentler” forest (if I can say it that way) it still challenged me. I now feel I might be able to tackle some of the parts of Frontenac Park that I might have been cautious of previously.

One step at a time as they say, in hiking life.

Thank you, Bill, John, and all my fellow hikers for all you did to create such a memorable hiking adventure. Karen toon

WINTER END TO END 2024

Yes, it is still mid-summer, but just want to let folks know that we will be out there working on Winter End to End hikes starting January 1st 2024.

This winter the hikes will cover the Trail from Westport to Rosedale (between Smiths Falls and Merrickville). This is just over 90km of Hiking. Target will be to complete in 6 hikes.

We typically hike one day per weekend, and pick a section of trail that is suitable for the weather. Longer hike if the weather is good, shorter if high effort is required. This is a little different to other Winter E2E, but will cover all the Trail. There is typically time at the end for Treats and the opportunity to warm up. I do cancel if the temperature is going to be excessively cold, or there is risk in traveling to and from the hikes

So, if you are interested in more details, please e-mail me at jjwnmoss@hotmail.com. You will need snowshoes, and you will need spikes, as it does get messy out there. These will all be 'shuttle hikes' and so willingness to participate in car shuttles is a must too.

Come join us out there. It is a lot of fun.

More fun than I ever imagined!



(more pictures on page #5)

The Rideau Trail Association Inc. Notice of a Special Members Meeting

Thursday, September 26, 2023, 7:30 – 8:00

Using a Zoom webinar

(please register)

Agenda for the Meeting

Call to order

Motion to Approve the agenda

Motion to approve Bylaw #4

To be moved by Brian Grant, seconded by
Roger Reens

Motion to approve additions to the Association's
Articles of Incorporation

Moved by Brian Grant, seconded by Ruth
Oswald

Motion to adjourn

Background: The passing of the Ontario Not-for-profit Corporations Act (ONCA) made it necessary to update the Bylaws of the Association and add to our Articles of Incorporation (formerly Letters Patent). The updates are contained in Bylaw #4, the fourth version of the Association's Bylaw. The revised Bylaw were sent to all members along with the additions to the Articles of incorporation in August.

For more Information, see the article in this Newsletter, or contact:

Vicepresident@RideauTrail.org;

Secretary@RideauTrail.org

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- ✚ Have tea with a maiko (an apprentice geisha)
- ✚ Led by two of our best guides - Sheila (Canadian) and Ryoko (Japanese)



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