



Rideau Trail

NEWSLETTER

Spring 2024

Issue No. 211



Looking forward to spring hiking ????? muddy trails, new adventures, challenges.....and wet boots.

A New Vision Statement for the Rideau Trail Association

The Board has recently approved a new vision for the Rideau Trail Association which, at the direction of the Board, was put together by a small committee composed of Alan Smith, Mary Carlson and Ingrid Monasterios.

While our current Mission Statement provides the focus and guidance to clarify what we do as an organization:

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

Promouvoir, encourager et organiser des randonnées pédestres responsables et des activités similaires tout en gérant le réseau du Sentier Rideau.

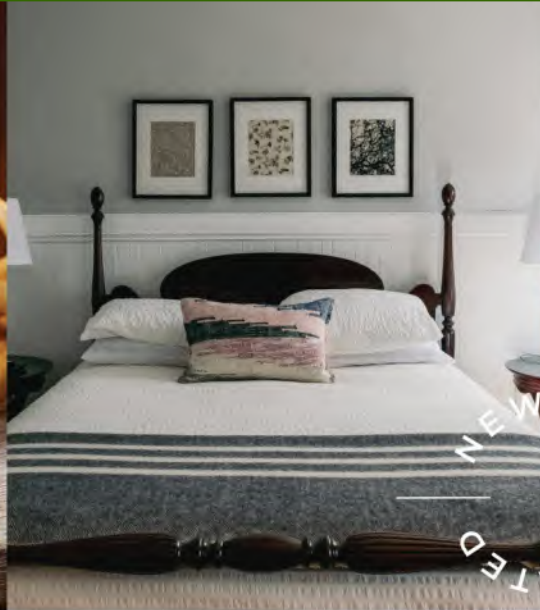
The Vision statement INSPIRES and focuses on the LONG term, WHY we exist, where we're headed and the impact we wish to make on an enduring basis. It is short, succinct and it aims to being remembered and inspiring:



A community of engaged hikers; a legacy of enduring trails.

Une communauté de randonneurs engagés; un héritage de sentiers durables.

You will see the new RTA vision statement in future promotional materials, and we invite you to use it to self-promote our Association.



DINE.STAY.ENJOY.

Book now. 613-273-3636 or coveinn.com





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.

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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<https://www.instagram.com/rideautrail/?hl=en>

@RIDEAUTRAIL

<https://www.facebook.com/rideautrail>



Next Newsletter: **SUMMER Deadline May 1, 2024**

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: Rusty Bassarab
and Alan Smith

Central Club Executive

Chair: Herman Doornbos
Vice-Chair: * VACANT *
Past Chair: Jim Middleton
Secretary: Mary Robinson
Treasurer: Joyce Davis
Trail Maintenance:
Dave Skinner
Hike Leader Coordinator:
Pat Stranberg
Landowner Liaison:
Carol Richardson
Special Events:
Angela Quinn
Communications:
Linda Hachmer
Member at large:
* VACANT *

Ottawa Club Executive

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

Board of Directors

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president@rideautrail.org
Vice President: Brian Grant, Ottawa
(613) 225-8770 vicepresident@rideautrail.org
Past President: Sharen Yaworski, Kingston
(613) 449-2808 pastpresident@rideautrail.org
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trailcoordinator@rideautrail.org
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marketing@rideautrail.org

Club Chairs:

Kingston: Jim Moss, Trenton
kingston@rideautrail.org
Central: Herman Doornbos, Perth
central@rideautrail.org
Ottawa: Peter Weir, Ottawa
ottawa@rideautrail.org

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macsweenmarg@gmail.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

On behalf of the RTA Board of Directors, the Central Club Executive is pleased to announce the following:

RTA Annual General Meeting June 1st, 2024

The Rideau Trail Association Annual General Meeting, for 2024, will be held at the Legion in Smiths Falls:

- Please sign up via the RTA Activity Calendar so we have an accurate count for lunch.
- Registration will start at 8:00 AM – coffee / tea / snacks will be served.
- The business meeting will commence at 9:00 AM.
- A buffet style lunch will be served from Noon to 1:00 PM.
- A guest speaker is still in the works.
- 1 or more local hikes will be offered after the guest speaker.
- Volunteers will be available to assist with membership and RTA Activity issues.
- Marketing and promotional items will be available.

***** Times are approximate as determined by meeting status.

Cost will be \$20 for coffee/tea/snacks & lunch.

- Payable via e-Transfer to centralrtatreasurer@gmail.com
- Cheque or cash (only) at the door.

The Legion does not have a parking lot - limited street parking – please car pool.



Royal Canadian Legion Branch 95
• **7 Main Street East, Smiths Falls, ON**
• **GPS - 44.89959, -76.02020**
• **W3W – embrace.steamboat.invoke**

"Coordinator for the Ottawa Adopt-A-Road Program Needed"

What is this program?

The Ottawa RTA Club looks after cleaning a 5.5 km stretch of road on Roger Stevens Dr. west of North Gower.

When- 2 half days a year, spring and fall. The coordinator is responsible for registering with the city, picking up any materials required, organizing the volunteers the day of the clean up, etc.

Contact Denise Hall (rebeccahall@rogers.com) for more information if you are interested.



Association News

Wanted: Volunteer to support Marketing and Communications Committee

If you are interested in using your creative skills to support marketing and promotional activities for RTA, and you have some experience in the area, the Marketing and Communications Committee wants to hear from you. Please send an email to marketing@rideautrail.org.

RTA Survey

The RTA Marketing and Communications Committee is conducting a survey of all RTA members to gather information that will support the direction and further

development of the RTA Marketing and Communications activities and ongoing strategy. The survey will run from February to March 2024.

RTA in Social Media:

Did you know that RTA has two main Facebook (FB) pages? There is the corporate FB page www.facebook.com/rideautrail which is open to the general public and it is used to promote RTA. Only the Administrators have the required permission to post in this page.

We also have the Membership FB page named "Rideau Trail Association Members (Present and Past)" www.facebook.com/groups/rideautrail

The purpose of this page is for RTA members to share information and post pictures and other RTA related information. In the past, we have also created pages for specific purposes such as the End to End Challenge, the Blue Trails challenge, etc. Moving forward, however this will be the only member page that will be maintained.

RTA also has social media presence on Instagram: www.instagram.com/rideautrail which is open to the general public and only the Administrators can post information.

If you have any relevant information you would like to post on the public FB page or in Instagram, please contact marketing@rideautrail.org

Inside Spring.

EDITED BY PETER WEIR (OTTAWA)

Help Wanted: RTA VP - New Responsibilities

The RTA seeks a Vice President to assist and support the President, and to coordinate the administration of the Association. The majority of the work is completed by other RTA Officers and volunteers (including Secretary, Membership, Treasurer, IT Coordinator, etc). Think you could help? For more information contact the RTA Nominating Committee via Secretary@rideautrail.org

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RTA Crest Badge - Help us promote RTA - Contest to win a free RTA Membership



Show your RTA spirit and share how you are displaying your RTA Crest badge for a chance to win a free RTA membership. For some time now RTA Crest badges are being distributed free of charge for an extended period of time via special events and through the local club Activities Coordinators. For those who want their RTA Crest badge mail to them, they are available for purchase at a cost of \$3 from the RTA Website.

If you have your RTA Crest badge and are displaying it in a visible surface, we want to hear from you. Please email the information below to be eligible to win a free RTA membership at

marketing@rideautrail.org.

- Send a picture of the surface where you are displaying your RTA Crest badge
- Tell us how you attached your badge. Some of us are getting creative!!

The best descriptions and image provided will qualify for a draw to select the winner. Selected photo submissions and descriptions will be posted in the Members Only page in FB.

Contest will run from March 1 to April 30, 2024

Trail Reroutes

Kingston

- Between 08D and 08F – permanent reroute as of Feb 2023

Central

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

Ottawa

- Mud Lake Blue Trail - temporary for rehabilitation project
- Between 19D and 19E - temporary due to construction
- Between 19G and 19H – variable due to construction
- Lime Kiln Blue Trail - closure of section 18B to 18BA

Membership Renewal

If your membership expires on March 31, 2024, then you have received an email with a reminder to renew your subscription. About 200 members have already done so – thank you very much. Early renewals are great as it reduces the renewal rush in March. The expiry date of your RTA membership can be found at the bottom of the email with the newsletter notification. If this reads as follows: “Your membership is valid until 03/31/2024” then please renew your membership by following this link <https://www.rideautrail.org/renewal/>

Note: The expiry date of your membership is printed on the back page of the printed newsletter but If you receive a printed copy of the RTA Newsletter, and don't know the expiry date of your membership, please contact Evert at: membership@rideautrail.org

After paying by PayPal or e-transfer, your new RTA Membership card will be emailed to you within 1 week. If you did not receive your new RTA Membership card after 1 week, then please contact Evert. If you paid by cheque, then you will receive your RTA Membership card after we receive your cheque.

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"

You can update your membership preferences [here](#) or from the link provided at the bottom of membership related emails.

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

It's a busy organization, volunteers are always welcome. Please contact those listed on (page 3) indicating your volunteer interest such as co-leading hikes, supporting your club's committees, working on the Trail maintenance or any other interest you may have.

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 Trails 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 Le
- 9am Ferner Road Loop, West Lo

Feb 19

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

Feb 26

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

Mar 5

- Crazy Horse Trail
- Mer Bleue Sector Sunday March
- Hike 10B to 9E & Return

What are Gaiters

For some of the new hikers on the trail you have probably seen some of our members wearing funny looking leg warmers, and you think you have travelled back in time to the 80's and your last aerobics class, but they are more than what you think.

The whole purpose of gaiters is to protect your feet and lower leg from moisture or debris while on a hike or walk.

Most often, gaiters will be used as a shield against moisture – this can be rain, mud or snow. They stop your feet, ankles, and lower leg from being vulnerable. Aside from protection against moisture, gaiters can also stop mud and debris, such as stones, thorns, or branches from entering your boots.

Basically, with a pair of gaiters, you'll have a welcomed extra layer of defence to prevent anything from getting into your socks, boots, or trouser legs.

You don't have to wear these but they are a great way to protect your legs from the ever present Ticks on the trail.



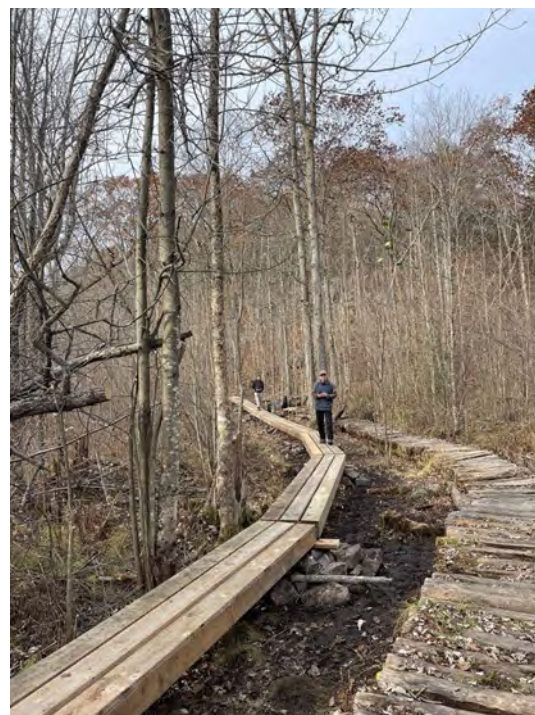
<https://www.winfieldsoutdoors.co.uk/blog/what-are-gaiters/>

Marble Rock 20th Anniversary Hike - Saturday 4th May 2024



The RTA opened up the trail system at Marble Rock Conservation Area just over 20 years ago and looking back through the archived newsletters for Spring 2004 the second hike on this new trail was organized by "Gan's own native son... Peter Murray" on Sun 2nd May 2004.

There is an RTA hike planned for Saturday 4th May 2024, (almost) on the anniversary of the original hike. To commemorate this anniversary, the hike will be longer than the usual 11km circuit of Marble Rock; exact details are still being confirmed. It will also give members an opportunity to walk over the new boardwalks installed in Fall 2023. See the Activity Calendar for further details and to sign up.



Coming Events - Spring 2024

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 de-icer (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. Check the member hub at <https://www.rideautrail.org/member-hub/>

<https://teamup.com/ks4o7f1oa94o7taugd>



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.

Events / Dates

See details in the Activities Calendar.

Special Events

Information Starting this year

Trails Less Travelled Challenge starting March 17 (see Pg16)

Frontenac Perimeter challenge Starting on May 24 see page 27.

The Locks Endeavour (starting June 1st 2024) (see Pg 14-15).

Ottawa Outdoor and Adventure show—April 20-21 Nepean Sportsplex, Nepean (RTA will have a table)

Adopt a Road—28th April Roger Stevens Road Parking lot E4 (see Pg 4)

Rideau Trail Association AGM— 1st June @ Smiths Falls Legion (see Pg 4)

Ottawa Club AGM—Friday the 26th April @ St. Thomas the Apostle Anglican Church, Ottawa

Central Club AGM—Sunday the 21st April @ McMartin House Perth

Kingston Club AGM—Wednesday the 3rd April @ the Kingsbridge Retirement Community, Kingston

Trail Markers



Orange

North-bound
Rideau Trail



Orange-Yellow Tip

South-bound
Rideau Trail



Blue

Side trail or
Blue Loop

Mobile?

Before you go, check the **Trail Alerts**

Remember to display the **Rideau Trail brand**.

Report Trail issues/ideas



Starts Mar 1st

Contest

Win a free membership!

- Send a photo of your displayed badge, or
- Tell us how you attached it marketing@rideautrail.org



News and Notes from the Clubs - Spring 2024

Kingston

When attending an outdoor event, be safe; be prepared (page 9). Remember, for the safety of the group, a leader can refuse to accept a participant who is not ready for the outing's challenges.

Questions/Contacts

General: kingston@rideautrail.org

Activities:

Wednesday Walkers: Contact Jennifer at wednesdaywalks60@gmail.com

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

Events and Activities

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

<https://teamup.com/ks4o7f1oa94o7taugd>

Special Events

Kingston Club AGM—Wednesday the 3rd April @ the Kingsbridge Retirement Community, Kingston

16 Mar—Bowling at Garrison 5 Pin Lanes

Monthly Social—Thursday evening (last Thursday of month)

The Trails Less Travelled Challenge will start on March 17 and run through to Jun 8th. (see Pg 16).

Regular Activities

(Every week, conditions permitting)

Tuesday hikes at Lemoine Point with Doug
<https://w3w.co/uplift.cooling.party>

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.

Thursday - Little Cat Conservation Area (Lively Little Cat) <https://w3w.co/loud.arrive.without>

If you have other suggestions or trails that we can add to our list, please e-mail Jim.

More News about 2024

FROM THE ACTIVITIES COMMITTEE

Spring Hikes for 2024

So....have you ever hiked the Rockport Hiking Trail....Meisel Woods...Front of Yonge? No?? Well, neither have most of us. This Spring, there will be the opportunity to correct this.

The RTA Activities Committee has come up with 15 hikes across Eastern Ontario and Western Quebec that a lot of people will not have hiked. We actually have another dozen or so hikes for future years too!

These will start in the middle of March and run through the end of May/start of June. We are just working through the final list, deciding dates, finding leaders.

Look out on the Activities Calendar for the first hike around March 16 there is no badge for these hikes.

End-to-End?

We won't have one in the coming year, but watch for it in 2025. It will probably start in Kingston around March 22nd 2025, and wend its way towards Ottawa through April and May, maybe the start of June. The thought is then to stop hiking for the summer due to the heat. It would take up again in September and October, ending at the Ottawa Locks around the end of October.

Of course, the clubs and leaders might offer alternative hikes through the year.

Look forward to seeing you out there. Jim Moss

jwnmoss@hotmail.com.

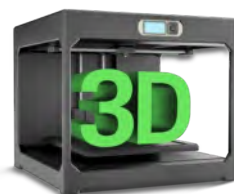
3D printed treats on some hikes this summer

Some hike leaders this summer will be giving out 3D printed items to help promote the RTA as well as a useful tool for hikers.

Some of the gifts will be Tick removal Keys (last years item), Emergency Whistles and Carabiners....never know what you will get and not all hikes will have gifts, but if you wish to collect them all then get out and hike with us. (production run is small and numbers are limited)

ANOTHER GREAT REASON TO JOIN THE RTA ON A HIKE

Look out for special treats when you hike with the Rideau Trail this summer.



News and Notes from the Clubs - Spring 2024

Central

When attending an outdoor event, be safe; be prepared (page 9). 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 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



Central

Connie Adams
Nathalie Bedard
Janet Bilodeau
Moodie Cheikh
Diana Comrie
Debbie Dixon
Andrea Fournier
Carol Gudz
Dick Hegan
Mary Hegan
susan kasprzak
Michele Quaglia
Daria Sangiovanni
Elizabeth Turner

Kingston

Karen Alexander
Kathy Baker
Judi Baldwin
Devan Barr
Robert Len Coligan
Michael Doogan

Maureen Gauci
Leonard Harris
Susan Kerr
Marina Lee
Susan Long-Poucher
Karen Matthews
Scott Pyne
John Richards
Lucy Segatti
Lynn Snider
Jeremy Statham
Devin Stewart
Katherine Taylor
Laura Thomson
Bobby Walker
Woody Woodhouse

Ottawa

Peter Aubin
Ashley Beun
Barbara Boraks
Jeff Fraser
Marilyn Fraser

Events and Activities

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

Special Events

Central Club AGM—Sunday the 21st April @ McMartin House Perth

Regular Activities

(Every week, conditions permitting)

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

Friday morning walks—Every Friday from the Hour Glass Coffee Show parking lot

Other Outings

The Central Club offers hiking at Murphys Point and at various conservation areas.

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

Welcome to all our New Members

Antonio Garcia
Paul Hanvey
Kim Haynes
Martha Hemphill
Ian Kent
Murray McKercher
Nancy McMahon
Barbara Mendel
Eric Naud
Greg Parent
Nicola Saunders
David Tang
Rick Tremblay
Matthew van Abbema
Patrick Van Abbema
Stephanie Woodend

No Club Affiliation

Alessandro Galeone
Philip and Victoria Jones
Lisa Nicholas

News and Notes from the Clubs - Spring 2024

Ottawa

When attending an outdoor event, be safe; be prepared (page 9). 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 the Champlain bridge.

Questions/Contacts

General: ottawa@rideautrail.org

Activities: rtaleaderottawa@gmail.com

Front Cover

04 MAY 23 Ingrid Monasterios, Lynne Avar and Murry Flemming, Pre-hiking the blue loop Burritt's Rapids spring last year, Photo by Peter Weir (wet feet but a fun hike)

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

Ottawa Outdoor show—April 20-21 Nepean Sportplex, Nepean (RTA will have a table)

Adopt a Road—28th April Roger Stevens Road Parking lot E4

Ottawa Club AGM—Friday the 26th April @ St. Thomas the Apostle Anglican Church, Ottawa

Regular Activities

(Every week, conditions permitting)

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

Wednesday Walkers: Impromptu hike - 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**

WHAT3WORDS (W3W) being used by the RTA

You don't get much for free these days and if you do there are always drawbacks. Not this time, **what3words** is free and never needs to be updated. It is a quick and simple way to find, share and save exact locations. They have divided the world into 3m squares and given each square a unique combination of three words.

what3words addresses are easy to say, to share and are as accurate as GPS coordinates. 51.520847, - 0.19552100 would be /// filled.count.soap in **what3words**

Enter a place name or street address into the search bar and choose the result.

Switch to satellite mode and zoom in to see the grid. Tap on a square to see the **what3words** address.

It is so precise it can guide to a parked car in a large parking lot, or locate you in the middle of the lake, or somewhere in the bush, maps can't do that.

Many 911 and other emergency service has been using W3W and many more across the country and world.

what3words supports over 50 languages with more being added all the time

They convert 3-word addresses to GPS coordinates and vice versa GPS coordinates to three-word addresses.

It comes in an Android and iOS flavour and can be used to provide offline functionality for any app. **what3words is a great navigation program, it will not call 911 for you but it will surely bring emergency services to your exact location fast.**

Go to the main website for more information, downloads to the software and many useful tutorials.

<https://what3words.com/>



Absent Friends

Fred Grodde March 28, 1937 – January 5, 2024



Fred was a long time Life member of the Rideau Trail, Ottawa Club, during which time he was very much involved in trail maintenance, leading hikes, liaising with landowners in rerouting or creating new sections of the Rideau Trail.

His early hiking adventures were with his beloved late wife, Constance and their children. Fred and a long time friend hiked sections of the Appalachian Trail at Big Meadows in Virginia and the beginning of the trail in Georgia with some locations in North and South Carolina. Other hiking adventures were in Wales and Somerset in the UK. In Canada, he and his friend hiked lengthy sections of the Bruce Trail.

In later life, Fred spent his winters in Tucson Estates, and enjoyed hiking in the Arizona desert with visiting family members and friends

Donald Fletcher Sherwin May 16, 1931 - November 29, 2023

It is with heavy heart and great sadness that the family announces the death of Don Sherwin at home in Perth on November 29, 2023, in his 93rd year. Don was born May 16, 1931, in Guelph, Ontario, the younger son of William Fletcher Sherwin and Vera Winnifred House. Survived by his loving wife and best friend, Christina Charlotta McGuire of Perth, Ontario, daughters Nancy Jean Sherwin of Port Dover, Ontario and Wendy Ann Owens (John) of Constance Bay, Ontario, granddaughters Katherine and Jennifer Owens, and his brother Bill's extensive family in Ontario and Alberta.

Predeceased by his first wife, Esther Mildred Belton (1931 -1989), son Donald James "Jamie" (1958 – 1989) and his brother William Webster Sherwin (1927 – 2021). In 1940, the family moved to St. Catharines, Ontario, where Don attended high school. He then studied at the University of Toronto, where he graduated in 1953 with a degree in geological engineering. For the next 35 years, Don pursued a career as a petroleum geologist, assuming positions of increasing responsibility, first in the Alberta oil patch with Chevron Canada, later with the federal government Department of Energy, Mines and Resources in Ottawa, in the regulation and evaluation of industry offshore and northern oil and gas exploration programs, and finally with the Canada-Newfoundland/Labrador Offshore Petroleum Board in St. John's.



In 1988, Don retired to Ottawa. After his son Jamie and wife Esther unexpectedly died in late 1989, Don moved to the Perth area west of Ottawa, where he built a new home on Bennett Lake. In 1994, Don met fellow hiker and Navy Lieutenant Christina McGuire of Ottawa. They were married in April 1995 in an all-night chapel in Las Vegas, to begin a new life of adventure, travel, and companionship. Over the next 25 years the couple visited 95 countries by land, sea, and air, including hikes in the Himalayas, Alps, Andes, Rockies and mountains in England, Wales, and Ireland.

Don's hobbies, other than traveling and hiking, included volunteer work and quiet philanthropy, genealogy, canoeing, camping, cottaging, sailing, skiing, singing, and dancing. respect for all. Superhero as a husband, and as a father.

In memory of Don, please take a moment, or perhaps a few moments, to reflect on the blessings of the world around us: the sun, the water, the trees, and the rocks he loved so much.

"There is a link death cannot sever, Love and remembrance last forever " Author unknown

A celebration of Don's life will be held at a later date. Arrangements are in the care of Blair & Son Funeral Directors, Perth.

The RTA received a letter and donation from the Estate of Beryl Arnold. The letter says..

Following a period of disability, Beryl died on March 13/23 at the age of 92. She was an enthusiastic member of the RTA for many years and was particularly proud of her end to end badge achieved in the 1990s. She also volunteered in an admin capacity with the Ottawa Club at some point.

THE LOCKS ENDEAVOUR (starting June 1st 2024)



So, you are collecting badges, and think you have them all? Well starting June 1st there will be one more available through the Association - The Locks Endeavour Badge.

All that is required is to **visit** every one of the 47 locks on The Rideau System, either by:

Paddling from Lock 1 to Lock 49*

Biking from Lock 1 to Lock 49*

Hiking at every one of the Locks



This is an Ongoing Event, and so you can take more than one year to complete.

You can combine methods of visiting every lock

*The Lock numbering does actually go up to 49, but there are only 47 locks today. Three (28/29/30) were combined into one (29a) in Smiths Falls.

Some more details:



Paddling

Now, there is only one route to paddle the 200 km from Lock 1 to Lock 49, though you are welcome to do it in either direction, and in as many stages as you want.

Dave Skinner will be offering an 8 day 'paddle from one end to the other' between August 10th and August 17th 2024, camping along the way. Watch the Calendar for more details and Log Sheet.

Biking

There are many routes to bike the 275km from Lock 1 to Lock 49.

Herman Doornbos and Peter Weir have come up with a suggested route that minimizes the amount of travel on main roads.

This will be available on the RTA website shortly, together with a Log Sheet.

You are free to pick your own route, but you must actually cycle from lock to lock

Assisted bikes are allowed. This is intended to help all members to be involved. Pedaling is still intended to be the primary method of propulsion however.

This will be offered as an Association organized event, starting 1st June 2024 from Ottawa to Kingston. One definite option being explored is offering the Bike Endeavour over 6 weekends, OR over 3 weeks with 2 bikes per week. Final details are being worked out.

Other Biking options are very likely.

For all Biking options, watch the RTA Activity Calendar again.

You are again welcome to do this by yourself in as many stages as you wish, and over how many years as you want.

Hiking

Hiking is completed by Hiking **AT** every lock (Not from Lock to Lock). Too much road walking to hike from lock to lock!

Alan Smith has come up with a list of hikes to be done to complete this method of visiting every lock.

This list of hikes will be available on the RTA website shortly too along with a Log Sheet.

The thought is that all the hikes can likely be completed in 8 days, with the hikes ranging in length between 8 and 15km.

The 8 hikes will be offered as an Association organized event again starting mid-June 2024. Watch the Calendar.

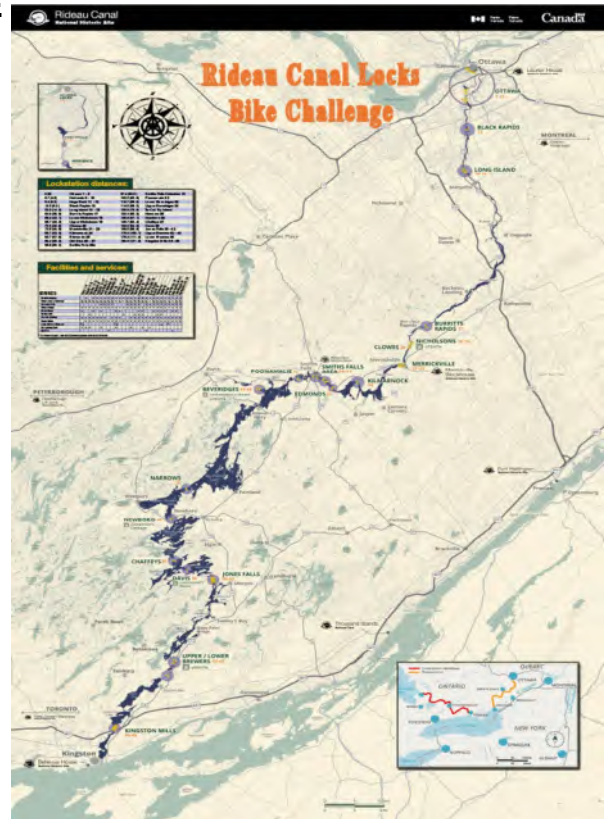
If there are any questions or suggestions, please e-mail Jim Moss at moss@hotmail.com.

[jjwn-](#)

BIKING PART OF THE LOCK ENDEAVOUR CHALLENGE

Biking

- There are many routes to bike the 275km from Lock 1 to Lock 49.
- Herman Doornbos & Peter Weir have come up with a suggested route that minimizes the amount of travel on main roads.
- The information package will be available on the RTA website shortly, together with a Log Sheet and a Waiver.
- You are free to pick your own route, but you must actually cycle from lock to lock.
- Assisted bikes are allowed.
- Pedaling is still intended to be the primary method of propulsion however.
- This will be offered as an Association organized event, starting June 1st, 2024 – from Ottawa to Kingston.
- We may offer the challenge over 6 consecutive weekends, or over 3 weeks with 2 bikes per week (Tuesday & Thursday) – not both.
- Final details are being worked out – watch the RTA Activity Calendar.
- You are again welcome to do this by yourself in as many stages as you wish, and over how many years as you want.
- If someone from Kingston wishes to lead the bikes from Kingston to Ottawa, please post on the RTA Activity Calendar.



Donations to the Rideau Trail

Anonymous (through Link Charities)

Anonymous (through United Way)

Estate of Beryl Arnold (see absent friends Pg 15)

Donald Beattie Peter Bulkowski William Davies

Julia Gray Elizabeth Hamacher Robert Lantos

Nancy Onlock David Ott S Snyder and C Temple

Weider Family Trust Greg Williams

Thank you for your generosity.

TRAILS LESS TRAVELLED CHALLENGE AND MORE.....

The Activities Committee has worked hard in organizing a series of exciting new challenges and outing activities for this Spring and Summer.

The main events include:

Marble Rock Anniversary challenge, (page 8)

Frontenac Perimeter Challenge (page 27)

Locks Endeavour Challenge (see feature article in the newsletter page 14)

In addition to the above mentioned activities, there is a new challenge which will not get you an RTA badge, but will get you the satisfaction of having completed nine hikes of carefully selected **Trails Less Travelled** between Kingston and Ottawa. These are not part of the Rideau Trail Network and are therefore areas where many of us have little opportunity to visit. Below is the list of hikes that will be offered between March and June. All hikes are available on the Activities Calendar and you are welcome to sign-up or complete the hikes on your own. If you have any questions or suggestions, please contact Jim Moss at jjwnmoss@hotmail.com.

Hike #	Hike	Distance (km)	Difficulty	Location	Date	Club
1	Charleston Lake Blue Mountain & Huckleberry Hollow	15	Moderate	Lansdowne	17-Mar	Kingston
	Charleston Lake Blue Mountain ONLY	10	Moderate	Lansdowne	17-Mar	Kingston
2	Little Cataraqui Conservation Area	12	Easy	Kingston	23-Mar	Kingston
	Lemoine Point	6				
3	Landon's Bay	10	Moderate	East of Kingston	30-Mar	Kingston
	Rockport Hiking Trail	4				
4	Depot Lakes Conservation Area	7.5	Moderate	North of Harrowsmith	06-Apr	Kingston
	Depot Creek Nature Reserve	4				
5	Murphy's Point Provincial Park Point & Sylvan Trails	15	Moderate	SW of Perth	13-Apr	Central
6	Sheffield Conservation Area	6	Moderate	Tamworth	20-Apr	Central
	Codes Mill Blue Trail	8				
7	Mississagua Creek Nature Conservancy Canada - Blue & South Trails	11	Moderate	Bedford Mills	28-Apr	Central
8	Carbide Willson Ruin Hike, Gatineau	15	Moderate	Ottawa	02-Jun	Ottawa
9	Carman Lake Lookout from P17, Gatineau	12 +	Moderate	Ottawa	08-Jun	Ottawa

15th Annual Caroling Event at Spy Rock

On the 7th Dec 2023 the 15th Annual Caroling Event at Spy Rock Foley mountain was held, followed by a Christmas Tree lighting and dinner afterwards at The Cove Inn in Westport. A perfect evening was held apart for the drive home with a light drizzle freezing on the windshield, but all made it home safe.

Thanks to everyone for making this such an enjoyable evening Photo by Bill Ottney



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
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website; www.brownrabbit.nl.ca

WANTED

NEWSLETTER EDITOR

If this is in your background,
or if you'd like to help out or
learn more about it, The
Newsletter Team is looking
for some help. We will train
you, but use of Microsoft
Publisher is helpful

If this interests you, please
contact:

Newsletter@RideauTrail.org

REWARD

Acknowledging the contribution of a RTA Kingston Member

If you are hiking along the Rideau Trail through Gould Lake CA; across Frontenac PP; or through the Murphy's Point PP wilderness section, you will cross a number of superbly-built new structures. Our RTA Kingston Trail Maintenance and Construction team, in the company of the RTA Trails Coordinator and an eager group of volunteers, have been hard at work constructing new footbridge/boardwalks. These new structures not only serve to improve the hiking experience for all who traverse these sections, but this new construction work also addresses safety concerns that many of us have had in regards to wetland crossings consisting of slippery tree limbs or logs laid parallel across a wet, muddy section. In other places hikers were forced to hop, skip, and jump through wet crossings. These new structures represent a huge improvement, but there is a backstory. A benefactor involved, and we will let Dr. Nag introduce herself:

I am a Rideau Trail Association, Life member.

I was very active with trail activities in the 1980's and early 90's serving as the Hike Co-ordinator for the Kingston Club (1985-90), and Chairperson of the Kingston Club (1987-90). I attended Board Meetings, and also maintained a section of the trail for a while. I received the Outstanding Member award in 1992.

It was in my watch that the Slide Lake Loop, which the MNR were going to close, became jointly maintained by the RTA and Frontenac Park and this happened following meetings between Chuck Mathieson (Ministry of Natural Resources), Ray Forester (President, RTA) and myself.

In Fall of 2014, I walked the Slide Lake Loop (anticlockwise), maybe for the last time. It was well maintained for the most part. A couple of times after leaving the ridge on the West side I wandered off the trail since markers were not easily visible. The last swamp just before the Slide Lake Junction needs some kind of bridge. The water level was low so I was able to cross on the logs thrown across.

Also, during my term as [Kingston] Chair, several building projects were planned and undertaken. The first boardwalk at Gould Lake was built in 1987 with a bequest from Marian Webb. The honorable Flora McDonald of Kingston & the Islands came to Gould Lake to open the boardwalk which was named the Marian Webb Boardwalk. Stanley Douglas built a poster board at Gould Lake with a grant obtained from the Ministry of Natural Resources and Harry Gardner built the shelter at Skycroft which had a similar design to the lean-tos which Harry frequented while hiking in Maine. The shelter opened in September 1988 by Ray Forester, was named the Allan and Ellen Bonwill shelter to honor the Bonwills who were the landowners and long term friends of the Kingston Club. Some of these structures have been rebuilt stronger and better in the recent past. I also initiated the placement of plaques at Elevator Bay in Kingston and at Foley Mountain. The latter to mark the official opening of the Rideau Trail in 1971.

I am writing to pledge [a donation] for construction work/trail maintenance in the Kingston Club section of the [Rideau] trail.

Continued on Next page



Continued from previous page

The photos are of the section between South Slide and West Slide Junctions to which Dr. Nag was referring in her letter. This work was completed on December 1st 2023.

There is more to come in 2024. Look for details on continuing utilization of the Dr. Sukriti Nag fund throughout this coming year.

The Rideau Trail Association, Provincial Parks Staff, Conservation Area Staff, and Landowners all extend their heartfelt thanks to Dr. Nag.

Dr. Nag is an anatomical pathologist and neuropathologist who retired from Toronto Hospitals but is still active in neuropathology and clinical research at the Rush Alzheimer's Disease Centre in Chicago



RTA Westport Trip Oct. 16-19th, 2023. by Denise Hall



Our hiking trip in and around Westport was a great success. Unlike last year our weather was superb for hiking and there was still lots of colour to enjoy. Twenty-four of us filled the Cove Inn with an overflow housed at the Black Dog in Westport. Food and the hospitality from the Cove Inn staff did not disappoint. We had an optional happy hour gathering before supper in the main lounge, 3 choices for the supper each evening in which all dietary needs were met, a substantial breakfast to enjoy each morning and nightly live entertainment in the main section of the inn. With leaders working on their Rideau Trail End to End, the Blue Trail Challenge and the Frontenac Challenge there were lots of options offered to all participants on a daily basis.

In addition to these hikes some of our people enjoyed a 10 km loop walk in the Gananoque as well as taking in a play at the theatre in the afternoon.

Some of us also hiked the Rock Dunder trails which provided excellent views of the surrounding area.

CHEMIN DES OUTAOUAIS– Ottawa to Montreal

Because one week is not enough, An interesting route to travellers who wish to find themselves, rediscover themselves or reconnect "here and now".

Inspired by the Compostela model, the Chemin des Outaouais includes 240 km of walking, spread over 12 days, from Notre-Dame Cathedral in Ottawa to Saint-Joseph Oratory in Montreal.

Beyond the kilometers, this walk will take you along the Ottawa River, in a succession of bucolic country roads, valleys, historical monuments and much more. You will experience a beautiful mixture of wide open spaces and urban landscapes.

For more information, visit our web page at

<https://chemindesoutaouais.ca/>.

Depart from May 25, 2024 to June 18, 2024. Registrations open on January 15, 2024.

Earlier registration is possible for group of 2 or more walkers, with a maximum of 6. Please contact between January 2 and 12 the following address:

<https://chemindesoutaouais.ca/index.php/contactez-nous>

and give your phone number and you will be contacted to complete the registration.



Levels of Difficulty (Spring/Summer)

FROM THE RIDEAU TRAIL ASSOCIATION GUIDE FOR LEADERS

Hiking

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

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

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

Speed

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

Cycling

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

Level 2 Some hills, some traffic, participants should be fit and experienced.

Level 3 Long hills and narrow roads. An excellent level of fitness and cycling experience is essential.

Canoeing

Level 1 Slow-moving sheltered water with no portages.

Level 2 Larger expanses of water, level 1 experience required.

Level 3 Canoeing in areas with larger expanses of water and Portages.

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

Refer to Page 7 for a more detailed description of levels

RTA Outings - Categorization Guide

Benefits of Membership

The Rideau Trail Association is 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

- Hikes lead by trained hike leaders anywhere between Kingston and Ottawa and beyond.
- Quarterly Newsletter; News from the clubs
- Retail discounts
- Voting privileges
- The knowledge that you are 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 at Vamos Outdoor in Almonte
- 10% off Annual Pass purchased at Little Cataraqui Creek Conservation Area
- Discounted Winter Trail Pass at Gatineau Park



Late fall brings a lot of hikers out to enjoy a walk with a bit of snow and ice. That is Elizabeth Mason leading a group of 19 on a morning hike.

Photo by Sharon Ashley

Blue Trail Challenge Completion WELL DONE

Lynne Avard (4th from the left hand side beside Doug Parsons) completes her Blue Trail Challenge on the Slide Lake Loop hike. *Photo by Denise Hall*



MARBLE ROCK BOARDWALK PROJECT by Jim Lorimer

In 2018 the Ottawa Club funded, built, and installed on the Rideau Trail a 608' pressure-treated wood boardwalk south of Paden Road. The cost to build this boardwalk was a significant expense for the Ottawa Club.

Unfortunately in 2022, the Rideau Trail had to be re-routed away from this area and as a result, this recently built and perfectly good boardwalk was left high and dry.

The RTA decided to reuse this boardwalk on other sections of the Rideau Trail. Both the Kingston and Ottawa Clubs had areas of trail that required boardwalks, so sections of the Paden Road boardwalk were allotted to each club.

The boardwalk the Ottawa Club installed at Paden Road is similar in design to the example shown on page 19 of the RTA Trail Maintenance Handbook. With this design, a boardwalk section comprises a 24" (wide) x 6" (deep) x 16' (long) pressure-treated wood frame with three 2" x 8" x 16' pressure-treated decking boards. The advantage of this design is a modular plan with ease of construction and portability. The design is also relatively easy to disassemble, allowing for the relocation of the boardwalk to other sites. Where should the Kingston Club reinstall its allotment of the Paden Road boardwalk?

The Marble Rock Conservation Area (MRCA) "blue" hiking trails were planned and developed by members of the RTA in partnership with the Cataraqui Region Conservation Authority (CRCA). The Kingston Club has been maintaining the MRCA trails for public use since 2003. Located in the MRCA is a 200' boardwalk that was built using locally cut logs and has deteriorated badly and is now unsafe to use.



The RTA decided that the boardwalk in the MRCA would be a suitable location to install the repurposed Paden Road boardwalk. An interesting fact about the Marble Rock Conservation Area is that it is part of the UNESCO Frontenac Arch Biosphere Region.

In August 2023 RTA Trail Coordinator Alan Smith, Kingston Club Maintenance Coordinator Stan Huff, and Kingston Club Construction Coordinator James Lorimer met with Tom Beaubiah, CRCA Conservation Lands Manager, and Cole Spence, CRCA operations, to discuss cooperating on a MRCA boardwalk replacement project. The Kingston Club agreed to provide the labor and the boardwalk for the project while the CRCA agreed to transport the boardwalk from Paden Road to the Gananoque Lake Road/ MRCA access trail junction using their truck and heavy-duty trailer. The CRCA also agreed to provide an ATV and trailer to transport the boardwalk sections from the Gananoque Lake Road/ MRCA access trail to the "blue" hiking trail/ MRCA access trail junction within the MRCA. This use of the CRCA's ATV would reduce the amount of hand-carrying of the boardwalk by Kingston Club volunteers to a minimum.



RTA Trail Coordinator Alan Smith contacted a landowner of private property east of MRCA and received permission to temporarily use an ATV trail on his property to access the MRCA "blue" hiking trail. This provided an easier and shorter distance for Kingston Club volunteers who would have to hand-carry the boardwalk sections to the boardwalk site. The alternative option was to unload the boardwalk sections at the main MRCA parking lot and hand-carry the boardwalk over much more rugged terrain and a longer distance to the boardwalk site. Even using hiking poles, care is required to hike this section due to its ruggedness and steep climbs. It would be appreciably more unsafe while carrying heavy boardwalk sections. Before the Kingston Club could use the ATV access trail on the landowner's property it had to be cleared of thick overgrowth that included an abundance of nasty prickly ash. Cole Spence of the CRCA operated their brushcutter and cut a trail wide enough to allow a CRCA ATV to access.

The Kingston Club decided to make use of surplus Paden Road boardwalk sections to extend the MRCA boardwalk south a further 64 feet to cover additional swampy ground. The total boardwalk length was now 272'. This required seventeen 16' boardwalk sections with fifty-one 2" x 8" x 16' decking boards. At this time the Kingston Club also decided to replace a footbridge built with locally cut logs located below the MRCA cement dam with a proper footbridge using a section of the Paden Road boardwalk.

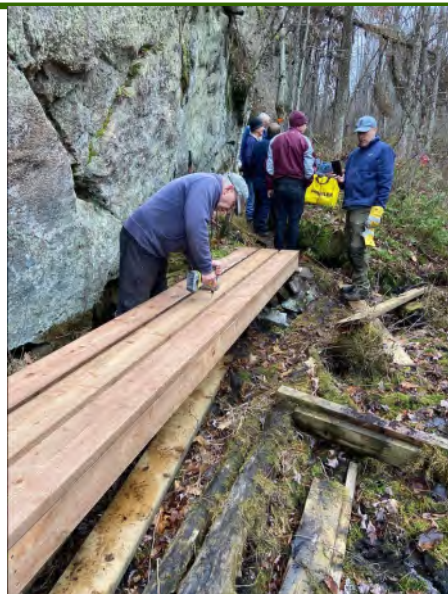
Another two boardwalk sections will be required and installed in the Gould Lake Conservation Area, and are currently stored at the CRCA workshop. All told the Kingston Club took a total of 20 sections of the Paden Road boardwalk leaving 18 sections for the Ottawa Club to use.

The Paden Road boardwalk was located on low-lying and swampy ground, which mandated using cedar stumps to keep the boardwalk off the ground. However, the Marble Rock location with its Canadian Shield terrain provided a sufficient supply of stone to construct stone piers on which the boardwalk could rest. Throughout several Kingston Club work parties, volunteers cleared and marked a new route for the new boardwalk beside the old one. The work parties also gathered a large quantity of stone to be used in the construction of the stone piers and placed it nearby.

With the MRCA access trail cleared of overgrowth and the boardwalk site cleared and marked the process of transporting the boardwalk from Paden Road to MRCA could begin.

An Ottawa Club work party then got to work and after five hours of hard work completely disassembled the boardwalk and stacked it beside Paden Road. The lumber in the boardwalk was quite valuable so there was some urgency in getting it loaded and transported to Kingston.

A major event of the MRCA boardwalk replacement project occurred on 11 October 2023 when a Kingston Club work party along with Peter Weir and Ian Campbell of the Ottawa Club loaded twenty sections of the Paden Road boardwalk onto a CRCA truck and trailer at Paden Road. Cole Spence of the CRCA assisted with the loading and transported the boardwalk back to the CRCA workshop on 164 1 Perth Road in Kingston.



The boardwalk sections were then unloaded from the trailer, pressure washed, and reloaded onto the trailer. On 14 October, a Kingston Club work party began offloading the boardwalk from the CRCA truck and heavy-duty trailer at the Gananoque Lake Road/ MRCA access trail and began transporting it to the "blue" hiking trail/ MRCA access trail junction within the MRCA. The CRCA provided their ATV and trailer to assist in transporting the boardwalk sections. A small glitch required that some of the boardwalk pieces had to be carried from Gananoque Lake Road, however at the end of the day all the boardwalk had been transported to the "blue" hiking trail/ MRCA access trail junction.

Now began the labour-intensive process of carrying the boardwalk from the "blue" hiking trail/ MRCA access trail junction to the boardwalk site. This required several work parties to complete. The 24" x 6" x 16' boardwalk frames were very heavy and required the use of the stronger Kingston Club volunteers to carry. Thank you to RTA Trail Coordinator Alan Smith and his partner, Gananoque volunteer fire department member Chris Perry for carrying most of the boardwalk frames. The 2" x 8" x 16' decking boards were easily carried by the rest of the Kingston Club work party volunteers.

Kingston Club work parties began building the stone piers as soon as the boardwalk frames were delivered. In total 18 stone piers were required on which the 17 boardwalk sections would rest. To build a stone pier, a 4' x 4' layer of geotextile fabric was laid at the pier locations, then a layer of galvanized wire mesh was placed on the

fabric. Then stones were placed on the galvanized wire mesh with the flat sides facing down, then further stones were placed in such a manner that the weight of the stone pier would be distributed over the entire sheet of geotextile fabric. Then a 2" x 6" x 3' pressure-treated wood sill plate was placed on the stone and the boardwalk would rest on the sill. The tricky part is to ensure that the sill plate is level. This process often required different combinations of stones to get it right. Sometimes the use of a 5lb sledge was needed to make adjustments.

Each stone pier required approximately 20 cu ft of stone, in total 360 cu ft of stone was required to build all 18 piers. That large amount of stone ensured that Kingston Club volunteers were working non-stop transporting stone using wheelbarrows from the stone pile at the end of the boardwalk to the pier locations. On Friday 3 November, Kingston Club Maintenance Coordinator Stan Huff organized the argest Kingston Club work party to date, consisting of 16 volunteers. This work party carried the remainder of the boardwalk to the boardwalk site and installed the decking. Perhaps the largest volunteer turnout was also because Tim Horton's coffee and donuts were provided for our lunch break.

Thank you to Kingston Club secretary Lynn Essau and Kingston Club Outings Coordinator Karin McInnis for delivering hot Tim Horton's coffee and donuts to the MRCA boardwalk site.

Installing the boardwalk sections was an easy task, just a matter of placing the boardwalk frames on the sill plates and attaching them to the next frame using nuts and bolts through predrilled bolt holes. The final task was to attach the 51 decking boards to the boardwalk frames. At the end of the afternoon, the boardwalk was ready for its first hiker.

The MRCA boardwalk replacement was a large project with volunteers from all three RTA clubs involved.

The Ottawa Club provided 11 volunteers with a total of 66 volunteer hours.

Ottawa Club volunteers were; Ian Campbell, Ron Hughes, Lyse Langevin, Kyle Taugher, Kate Taugher, Sharon Taugher, Chantal, Steve Kelly, Sandy Freeman, and Peter Weir.

Central Club Maintenance Coordinator Dave Skinner and Chair Herman Doornbas also assisted.

The Kingston Club provided 29 different volunteers with a total of 550 volunteer hours. 15 Kingston Club work parties were required to complete the project from start to finish.

Kingston Club volunteers were; RTA President Rusty Bassarab; Jim Moss, Stan Huff, Alan Smith, Chris Perry (member of Gananoque Volunteer Fire Department), Lynn Essau, Karin McInnis, Cathay Fanjoy, Dagmar Jones, Chuck Patterson, Robert Charest, Ed Jezak, Mike Foster, John McNinch, Glenn Green, Rick Woodhouse, Peter Burbidge, Fred Penter, Sue Goff, Sylvia Robb, Stephen Abbott, Miu Lam, Monica Hilton, Glen Hilton, John Rowe, Wen Bouges, Robert Tolley, and James Lorimer.

CRCA Operations person Cole Spence provided transportation of the boardwalk.



***Thank you, everyone, for volunteering and a job well done.
Please enjoy the Marble Rock Conservation Area***



Killarney Yurt (November 2023 - David McNicoll and Janice Dowling)

We've recently returned from spending three nights in a yurt in the wilderness Killarney Park. We hiked into the land of the wild flags on granite bluffs overlooking Lake Huron and hiked the (notorious if popular) "crack".

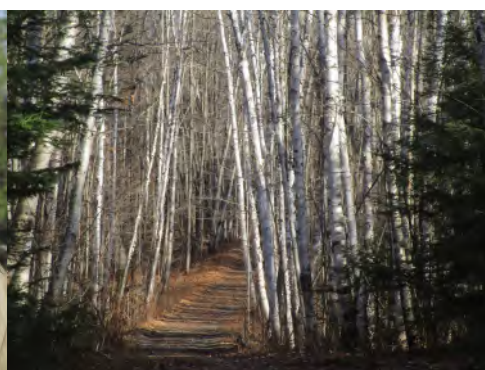
On looking back we were surprised to see this was our 7th intended Killarney yurt visit (an 8th is booked for March 2024). Ironically three times it was disrupted by the fates. The first time a ranger arrived by snowmobile at dusk in the middle of our stay (March 2020) and told us that the entire wilderness park was closed because of a mysterious virus (still mysterious). Next year Covid cancelled again as we prepared to leave home. And then this spring the park was again closed because a great horned owl had attacked several campers. Such is life.

Cheers David and Janice



PS An interesting song and creative video that, with a stretch, relates to our (constant) hiking. It's called Crooked Legs by Acorn. "I've got a fire on the soles of my feet" by Gilles Grove (Arnprior)

<http://tinyurl.com/bdfrwnah>



GATINEAU MORNING HIKING

Thursday morning hike in the southern area of Gatineau Park. Hikers include Elizabeth Mason, Heather McDowell, Grace Strachan, Jocelyne Robidoux, Lynne Avard, Carol Kerfoot and Wendy Stashick.

Photo by Rosie Tay.

Marlborough Forest Loop

Denise Hall lead a hike through the Marlborough Forest on the 06th Jan 2024, these pictures were shared by Viola Caissy



Left: Doug Parsons, Denise Hall and John Warren taking a snack break.



Right: Nancy Issac looking a bit chilly but enjoying her break and hike.

Winter E2E - New Year in Frontenac (Jan 1 2024)

Jim Moss lead a Hike from 6767 Perth Road to Flagpole Hill and back to see winter in Frontenac. He was joined by a eager group that all found a great way to celebrate the New Year and to see the new RTA Bridges too.

Jim Moss (Leader), Andy Glazin, Robert Tolley, Robert Charest, Betty Letendre, Don Workman Photographer, Abdullah Mostamandi, Bill Davies, Lynn Esau, Karin McInnis and, Alan Smith.



HIKING ALONE?

5 TIPS FOR SOLO HIKING SAFELY

KNOW BEFORE YOU GO



Research your hike, weather & animal safety. Pack sufficient supplies.

SHARE YOUR PLANS



Let someone know where you'll be & when you plan to finish.

STAY ON TRAIL



Minimize your risk of injury & getting lost.

STAY ALERT



Eliminate distractions.

TRUST YOUR GUT



If it doesn't feel right, turn back to safety.

WHY HIKE ALONE?....join the Rideau Trail Association Today www.rideautrail.org

EVOLVING RTA GOVERNANCE AND OPERATIONS

Most RTA members are familiar with the Ontario Not-for-profit Corporations Act (ONCA) legislation that drove some changes to our Articles of Incorporation and our Bylaws last fall. In addition to the actual legislation, there were many recommendations provided by the various agencies who provided guidance and assistance. Essentially, the guidance provided was to “View the ONCA transition not just as a legal requirement but as an opportunity to learn about your current rules and alternatives, and ask fundamental questions about whether your governance makes sense for you.”

In keeping with this guidance, over the past year our Board completed an extensive review of what the RTA is, where we should be going. These efforts have resulted in a number of products and outcomes:

- ⇒ New wording of the RTA Mission (the new wording remains consistent with the goals and purposes as originally outlined). A survey completed by Directors on the RTA in the future, coupled with the creation of an ad hoc committee to determine the wording of an appropriate vision statement. The new mission and vision statement are as follows:

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

Vision: *A community of engaged hikers, a legacy of enduring trails.*

- ⇒ A detailed review was completed of the differences in responsibilities and authorities between the Board, Directors, Officers and general volunteers. Somewhat simplified descriptions are provided below:
 - ⇒ The RTA Board is responsible for the long-term health of the Association, high level policies and oversight of RTA operations. The Board consists of 8 Directors who are elected annually, plus 1 (club selected) per Club, plus the immediate past Chair (as per our new Bylaw 4).
 - ⇒ Officers are senior managers, responsible for aspects (as assigned by the Board) of daily operations. They are appointed by the Board (less Club Chairs who are elected by their own Club).
 - ⇒ Association Volunteers (the many, many, people that provide voluntary assistance in all manner of ways).
- ⇒ Several structural and reporting options were developed and assessed by the Board. Based upon the assessment results and discussion, the Board decided to further develop an option where RTA officers are organized using a functionally based, “committee” type structure, with each committee lead reporting back to the Board. Adopting such a structure will require a fair amount of administrative effort to ensure that all of the Terms of References and Job Descriptions are in place. These need to be in place and received Board formal approval at the April Board Meeting. The backup, should the work not be completed/accepted by the Board, will be to continue next year with the new aspects of Bylaw 4, but no real change to structure or reporting lines.

Proposed Structure Details **

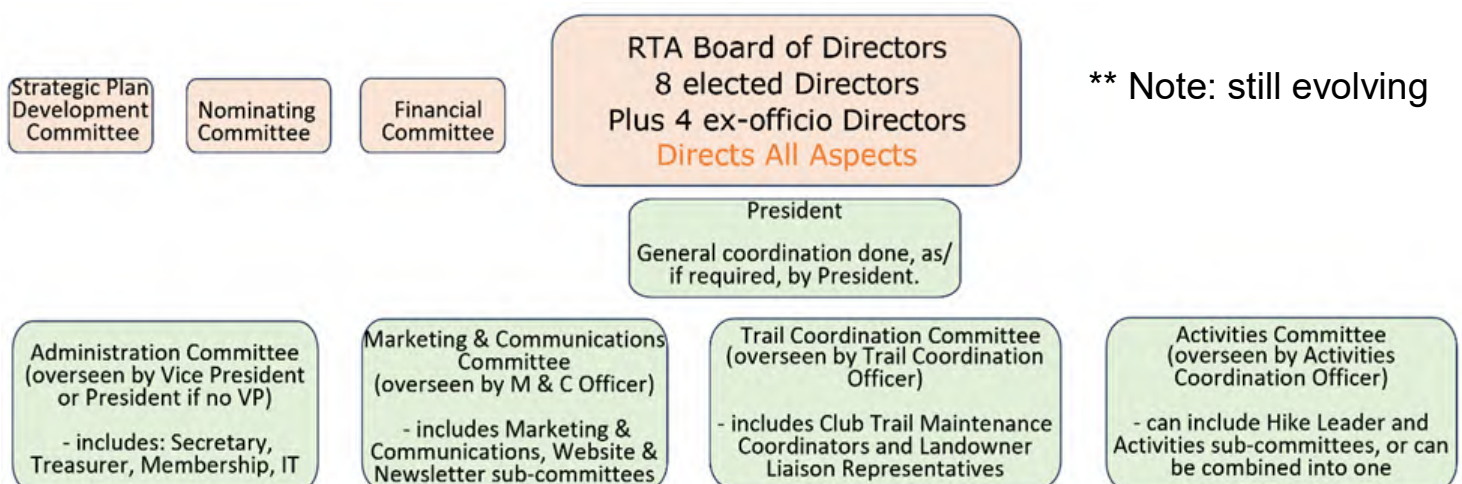


Figure 1. Proposed Structure Diagram

The Board will continue to provide high level direction for all aspects of the Association, but day-to-day operations are conducted through the four functional area committees. Day-to-day coordination with functional area coordinators/committee leads can be done by the President, but all committees report back to the Board. All of the day-to-day operational committees (the ones shown in green) will either have members/representatives from each Club or will liaise with each Club. This is really no change from past practices in the areas of Trail Coordination and Marketing and Communications. Board level committees are coordinated, as and when required, by the Chair, but they all report directly to the Board. With some Directors not fully engaged in daily RTA business, the intent is to put greater effort into the three Board level committees (the ones with an orange background), as well as any others that might be created.

Clubs. There is no real change to how Clubs determine their Executive or conduct their business. Club Chairs are considered Association Officers and oversee all aspects of Club level activities and responsibilities. Each Club has one representative who serves as a Director on the Board. That individual can be the Club Chair, or it can be a different person – it is up to the Club to determine (for example, the Club Chair might also be a Director by virtue of another position. In such cases the Club may wish to choose a separate representative to be a Director/Club Representative on the Board). Clubs should have representatives on the main committees or sub-committees.

When Do Changes Take Effect?

The Board will review the development of the proposed structure at our April meeting. Provided that the Board gives approval, then the intent is to start operating under this structure following the elections at the AGM June 1st.

PERIMETER CHALLENGE—FRONTENAC PARK

Hike the perimeter of the trails that make a large loop around the park (see the image at the bottom of this page) and earn this awesome badge!



See this website for more information:

<https://www.friendsoffrontenac.com/perimeter-challenge>

The RTA will be running some hikes that you can sign up for on the Activities Calendar



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The photo was taken on October 25, 2023 along a section of the Rideau Trail that runs through the Cataraqui Cemetery. A group of Kingston Wednesday Walkers are standing behind the Rideau Trail memorial bench which overlooks a memorial garden and pond on West Avenue in the cemetery.

According to Craig Boals, General Manager of the Cataraqui Cemetery, the memorial bench was donated to the cemetery circa 2009. Bill Murdoch told us that Jean Thompson was very much involved in getting this bench put into place.

Photo credit should be given to Kevin Chapman.



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