



The Rideau Trail NEWSLETTER

SUMMER 1996

ISSUE NO. 100

Rideau Trail



CELEBRATING

25 YEARS OF HIKING



Printed on recycled paper

The Rideau Trail Newsletter is published quarterly in March, June, September, and December by the Rideau Trail Association. The Editor of this issue is John Haley for the Ottawa Rideau Trail Club.

Submissions for the next newsletter are encouraged and should be sent, to arrive desirably by July 15, 1996 and in any event by **AUGUST 1, 1996**, to:

Lynn Nolan & Lars Thompson

832 Wartman Avenue

Kingston, Ontario, K7M 4M5

Telephone: 613-389-8747

The Editors request that text submissions be typed, but they are not asking for diskettes. Pictures are also welcomed and, although colour photographs with good definition can be reproduced, black and white photographs are preferred because they print more clearly.

Unless otherwise stated, the opinions expressed in this Newsletter are not necessarily those of the Rideau Trail Association.

ISSN 0709-7085

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1995-96

President		Jim Blain	Elgin	359-6282
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	Kingston	Bob Chadwick	Bath	352-1052
	Central	John Miller	Perth	264-8338
Club Representatives	Ottawa			
	Kingston	Dale Ross	Kingston	384-2959
	Central	Don Boyle	Perth	267-2982

Photo Credits	Courtesy of	Subject
PAGE 6:	Marion Dunning	Rock cairns marking a trail in the Gatineau Park.
PAGE 16:	Art Campbell	Art on the Bermuda Railway Trail.

RIDEAU TRAIL ASSOCIATION ANNUAL GENERAL MEETING AND 25th ANNIVERSARY CELEBRATION

**SATURDAY & SUNDAY, SEPTEMBER 7 & 8, 1996
MERRYWOOD CAMP, PORT ELMSLEY**

The Annual General Meeting of the Rideau Trail Association will be held on Saturday, September 7, 1996 at the Merrywood Camp of the Easter Seal Society. Directions are given below.

Agenda: 10:00 Refreshments Available
10:30 Business Meeting

As this year marks the 25th anniversary of the RTA, we have good reason to extend our celebrations throughout the weekend, and our Central Club hosts have made arrangements for us to do this. These arrangements will include the provision of a light lunch and evening dinner on the Saturday at a cost of \$25 per person (\$30 after July 31), and overnight accommodation (including breakfast on Sunday morning) for a further \$20 per person. There is of course no charge to attend the Business Meeting.

Tickets for the Saturday meals and for the overnight accommodation are available from:

Ottawa Club:	Caroline Whaley	726-0237
Central Club:	Dawn Kierens	267-2982
Kingston Club:	Ada Chambers	549-8008
	Cathy Cutts	542-5414

Cheques should be made payable to
RTA - 25th Anniversary

GET YOUR TICKET NOW!

DIRECTIONS TO MERRYWOOD CAMP

From Ottawa, go to Smiths Falls, then West on Highway 43 to Port Elmsley, turn left onto County Road 18, and turn left after 3 km. into Merrywood Camp.

From Perth, go East on Highway 43 to Port Elmsley, turn right onto County Road 18, and turn left after 3 km. into Merrywood Camp.

From Kingston, take Highway 15 North to Lombardy, and turn left on County Road 1 towards Rideau Ferry. Turn right onto County Road 18, and turn right into Merrywood Camp after 2.5 km.

Merrywood Camp is located on a peninsula (Stuarts Point, map 7 of the Guidebook) in the heart of the Rideau Lakes system near Beveridge Locks. It has magnificent views of Lower Rideau Lake. The Camp has been designed as an all-season facility for the use of physically challenged children, and is constructed to meet this need.

The entire Camp has been rented for exclusive use by the RTA for Saturday, September 7, including overnight accommodations. Two major buildings, presently under construction, will be ready. They include a large kitchen and dining hall and an equally impressive lodge with a separate kitchen. The Saturday light lunch and evening four-course turkey dinner, announced in the Spring Newsletter, will be offered in the dining hall. Sunday breakfast will be in the new lodge, which has 14 bedrooms on the second floor, each with 2 bunk beds, to accommodate 28 people.

A variety of other accommodations are available. All lodgings are equipped with a plentiful number of shared toilets and showers. There are separate facilities for men and women. A limited number of private rooms and group cabins can be allocated on request. Preference will be attended to on a first-come, first-served basis. Contact Don Boyle at 267-2982 as soon as possible, and in any event no later than August 18, in this respect.

No housekeeping will be available. Bring your own sleeping bag or bedding, towels, etc. Blankets and linen are available at an extra cost of \$3.50. Smoking is not permitted in any of the buildings.

Hikes will be organized for Saturday afternoon and Sunday. Hikers should bring their own Sunday lunch.

There are docking facilities for those wishing to bring their own boat or canoe. Other water activities will take place in the outdoor swimming pool. The evening program will include a campfire. The Central Club will attempt to coordinate some indoor amateur entertainment on the stage of the Camp's recreation and meeting hall. The Ottawa and Kingston Clubs will be expected to present parts of the evening's fun.

Come and enjoy our celebration of this event!

IMPORTANT NEWS ON SAFETY AND LIABILITY

Some changes are in store for RTA members — changes which may not seem like much to most of our members (indeed, we hope they are barely noticeable) but which should help to make our activities safer for all.

The objective is improved protection: Protection from liability for the RTA and the three Clubs, their officers, members, leaders, volunteers, etc. and, more importantly, protection from the kind of mishaps which can occur during activities such as hiking or cross-country skiing.

These changes are in response to several factors. One is the increasing trend towards liability protection and risk management for all outdoor and sports activities, not just those such as contact sports where risks are obviously higher. The Bruce Trail Association and Hike Ontario are just two of the bodies examining this, and anyone who has signed up for an organized hiking vacation recently is almost certain to have signed a waiver before being accepted as a participant.

Some of our hike leaders have begun using waivers on their sign-up sheets, and the RTA's Board of Directors is now developing a standard waiver for protection during all events in future. The waiver will be presented to the membership at the AGM in September.

The real goal is to minimize the chances of someone getting hurt, lost, etc. by reducing risk in the first place. This sounds straightforward enough, but is not a case of eliminating the risk entirely or even reducing it to the minimum possible. Another organization has observed that the risk of injuries could be greatly reduced by paving the trail from end to end, but that is not the point.

When it comes to outdoor activities, people are prepared to accept some risk — though that level may be less for casual strollers than for bushwhackers, which in turn is less than for mountaineers or parachute jumpers. It is more a case of reducing undue risks and matching those that remain to the type of events, so participants can make informed decisions — and get what they expect.

Reducing the risks is being addressed by revised and improved leader training, thanks to the efforts of such members as John Barron in Ottawa and Betty McIver/Ray Forester in Kingston. The revised guidelines help leaders, especially new ones, to avoid problem situations and prepare them if such situations do develop. Training sessions have also been organized, to take new leaders through some of the common scenarios so they know what to look for when out on the trail.

Matching the newsletter description to the event is also important, so that participants can choose the activities which they enjoy and are suited for. The RTA has tried the "level" system for a year or so to supplement the written description of events in the activity schedules.

We have had some success, though we still hear occasional reports of members finding that events are not what they expected or leaders finding that would-be participants are not properly prepared — sometimes to the point where they had to be turned away rather than compromising the safety and enjoyment of the group. So we are investigating what can be done to convey more accurately just what each event involves, and are open to constructive ideas and suggestions.

When it comes to safety, all of us have a part to play. These are **some** of the responsibilities:

The RTA Board of Directors establishes the general scope of activities of the clubs — hiking or canoeing, for example, but not mountaineering or parachute jumping.

Club Executives find the leaders and arrange the activity schedules describing the events (via the activity coordinators); they also organize and conduct leader training as appropriate.

Leaders advise activity coordinators of the details and nature of the event and any special conditions for participants; they assess suitability of potential participants, and provide leadership and guidance during events.

Participants consult the schedules and select events for which they are prepared, checking with the leader beforehand if necessary for any questions or concerns; they are also responsible for ensuring that any non-members or newcomers they invite are also fully aware and prepared. (See the Notice on page 13.)

Please direct any questions or comments on liability protection and waivers (well before the AGM, please) to:

Ottawa Club:	Graham Creedy	789-1657
Kingston Club:	Jim Blain	359-6282

and on leader training to:

Ottawa Club:	John Barron	828-2296
	Graham Creedy	789-1657
Central Club:	John Miller	264-8338
Kingston Club:	Betty McIver	549-8028
	Ray Forester	542-4385

Graham Creedy

IN MEMORIAM — CHRIS EYRES

Before the Rideau Trail or the Bruce Trail existed, there was an enthusiastic group of hikers in Ottawa, most often led by Chris Eyres, who were regularly working off the stresses of their jobs on trails both near and far.

Chris, a life member of the RTA, died suddenly in February at the age of 62. Hikers gathered for his funeral service on March 7, 1996.

An early member and long-time president of the RA Outdoor Club, in 1978 he founded the Ottawa Ramblers to make hiking available to everyone; these hikers continue the Sunday and long weekend hiking tradition. Besides regular hikes in the Gatineau Park, Chris' group began hiking in the Adirondack Mountains, NY, in 1961 and have continued every Thanksgiving and Victoria Day weekend since, for 35 years.

Beginning in the late 1960s, with the opening of the Bruce Trail, Chris and his fellow hikers made six consecutive trips on Easter weekends to the Bruce Trail, some years in near winter conditions. Mike Burton recalls the Club basing itself in Tobemory, Cape Croker, Milton, Georgetown, Terra Cotta, and Niagara.

The Bruce trips were followed by long Easter weekend trips out of Westport, Kingston, and Chaffeys Locks. There were camping trips to Bon Echo, and popular spring and summer hikes followed by a barbecue in Gatineau Park. Chris started an annual Boxing Day Hike on the Rideau Trail.

Realizing the importance of political awareness to safeguard trails and green space, Chris provided input from the hiker's perspective to organizations such as the NCC for policy and planning purposes, including comments on the activities of the multitude of beavers active in the Gatineau Park.

Chris Eyres cared deeply about people. The safety and comfort of all hikers on every outing were his top priority. In over 35 years with two clubs, the only incident to have occurred was in the 1960s in the Adirondacks when a lady is reported to have stepped into a hole while chatting during a rest stop.

To honour the contribution that Chris Eyres made to hiking and to hikers, the Ottawa Rambling Club made a donation to the Trans Canada Trail with the request that a plaque bearing his name be placed in the Gatineau hills where he led so many hikes.

Mary Breig

END TO END AWARDS

It's time once again for those have completed hiking the Rideau Trail and would like to receive the End to End certificate and badge at the Annual General Meeting in September to submit their letters to the RTA Secretary:

Caroline Meyer
146 Faraday St.
Ottawa, Ontario K1Y 3M4

Include your name and address and a bit about your experiences hiking the trail, including your starting and finishing dates. Comments on the state of the trail will be forwarded to the Guidebook Editor or Trail Maintainers.

Please get your letters to the Secretary by August 1, because it takes time to organize lists, letters, badges, certificates, and presenters.

It would be helpful if you say if you are planning to attend the AGM to receive your award, or if you would like your award to be mailed out to you after the event.

Caroline Meyer

KINGSTON CLUB 25th ANNIVERSARY RECEPTION/CELEBRATION

Sunday, June 23, at 2 p.m. at the Outdoor Centre, Little Cataraqui Conservation Area.

Founding and early members of the RTA are particularly invited. We hope that they will tell us stories about our beginnings in 1971. Guests of honour, landowners, and the media will also be invited.

There will be hikes in the Conservation Area following the reception. Turn out and make this a unique celebration of our anniversary year. Dress is casual.

Peck Peckover

TRAIL AMENDMENT

On page 61 of the Guidebook, replace the first five lines after "50.1 Desert Lake Road" by the following:

"The Trail turns right along Desert Lake Road for 0.7 km. to the junction with Salmon Lake Road."

Maps 2 and 3 and the Gould Lake Enlargement Map are changed to show the Trail following Desert Lake Road to Salmon Lake Road, on into Frontenac Park.

TRAIL MARKING

The best method for marking hiking and walking trails is an ongoing question.

A basic method uses trail tape. This is often employed in planning and constructing a trail or in early stages of re-routing. Trail tape is light, easy to tie to tree branches, and stands out clearly. Trail tape is not very permanent and its colour may fade, so it is usually followed by a more permanent method.

A popular method is the painted blaze, this term no doubt originating from the now-frowned-on blazing of trees by cutting a thin slice out of the tree with an axe. A blaze can be painted almost anywhere, if there is enough room, and it is cheap, durable, and not easily defaced. Disadvantages include carrying paint and brush or spray can and, for consistency of blazes, a stencil the use of which can be awkward and messy. Blazes can not easily indicate changes of direction; the Bruce Trail uses a second blaze beside the main blaze to indicate a turn, but this does not distinguish between a sharp turn and a slight bend in the trail.

Conservation authorities, provincial parks, and many others including the RTA prefer the physical marker, which can be made of wood, metal, plastic, or even laminated hard paper. Its shape can represent symbols or logos or indicate direction (e.g. an arrow, finger, or isosceles triangle), and the marker can display numbers (as on NCC ski trails) or letters.

Depending on their material, markers can be durable and colour-fast; loss is usually from destruction of the tree or post to which they are attached rather than of the markers as such. Markers are probably the most visually attractive form of trail marking, which accounts for their widespread use on public trails.

A disadvantage of markers is that they are the most difficult to use. Even lightweight markers tend to be heavy and awkward to carry in large numbers, and they require the use of a hammer and nails and training of the maintainer if they are to be attached correctly or used to indicate direction. Markers require larger trees or posts and are, therefore, of limited use in treeless, rocky terrain. Ecological disadvantages are the risk of damage to trees, and hazards presented by nails to sawyers when trees are eventually cut for lumber. This is hardly a major argument against proper use of markers, and a suggested alternative of tying markers to trees is probably impractical and not very effective.

Three basic materials, plastic, wood, and metal, for markers have various virtues and limitations. Plastic tends to be expensive. Wood compound is light but disintegrates in time and usually needs repainting. Steel tends to be heavier and requires pre-punching of nail holes and frequent repainting, but it is virtually indestructible, although subject to bending. Price often determines the selection. The RTA has used markers of wood and wood compounds, plastic, galvanized steel, and baked enamel sheet metal which is currently preferred.

Trail tape, painted blazes, and markers can be of any colour, the most common being orange (probably the most effective colour), yellow, and blue. Colours need to be visible in all seasons. The Bruce Trail's white blaze is adequate most of the year, but not so good in winter or in bright sunlight. Green is only used on a white background (e.g. Finch Township Recreation Trail), and red tends to be avoided because of fall colours.

The RTA orange marker, registered as a trademark not to be copied by other organizations, is an example of good design, representing the RTA as well as the location and direction of the trail.

Ancillary marking methods include rock cairns, formal signs on posts, and arrows or other indicators painted on rocks. These are used in treeless areas, bogs, and very rocky terrain where the normal methods cannot be employed. The RTA uses rock cairns in some places, and sometimes posts at major junctions, usually with regular orange and/or blue markers attached.

William G. Grant



RIDEAU TRAIL ASSOCIATION — OTTAWA CLUB ACTIVITIES

Activities take place as scheduled regardless of the weather. The meeting place for all weekend activities, unless otherwise stated, is the parking lot at Booth and Albert Streets, before the departure time indicated. Car pooling is arranged and each passenger is asked to give a contribution (\$3 if not indicated) for gas to the driver. Hikers should bring a lunch, drinking water, and sun and insect protection, and should wear appropriate footwear and clothing. Leaders, please give or send sign up sheets to Ruth Hutchinson 168-2111 Montreal Road, Gloucester, Ont., K1J 8M8.

The Wednesday Walkers

Every Wednesday there are Level 3 hikes in the Gatineau Park. Departure time is 09:30. Non-drivers can be picked up at the entrance to Booth & Albert parking lot. Drivers meet at 09:30 at Tom Brown arena, Bayview at Wellington. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for more information.

Saturday June 15 Frontenac Park

Level 2. Short trails, 12 km. Long day, dinner afterwards. Gas \$6. Departs 08:00.
LEADER: David Spector 829-6802

Saturday June 15 Ottawa Greenbelt

Level 1. Departs 09:30.
LEADER: Jean Cottam 726-1596

Sunday June 16 Gatineau Park

Level 1. Swimming. Departs 10:00.
LEADER: Catherine O'Keefe 745-4441

Sunday June 16 End to End #6

Level 2. See page 10. Departs Ottawa 09:00, gas \$4.
LEADER: Mary Lefebvre 727-0754

Saturday June 22 End to End #7

Level 2. See page 10. Departs Ottawa 09:00, gas \$4.
OTTAWA CONTACT: Christene Campbell 722-4483

Sunday June 23 Purdon Conservation Area

Level 1. Joint hike with Central Club to see the orchids. Gas \$4. Departs 08:30. Ottawa organizer needed.
CONTACT: Ruth Hutchinson 749-0990

Saturday July 6 Charleston Lake

Level 1. Short trails, some hills, 12 km. Bring swimsuit. Probable supper stop. Gas \$5. Departs 09:00.
LEADER: David Spector 829-6802

Saturday July 6 Lac Philippe & Twin Lakes

Level 2. Swimsuit. Gas \$4. Departs 09:30.
LEADER: Gerry Schut 746-4548

Sunday July 7 Clayton Lake

Level 1. About 7 km. Swimsuit, stop for ice cream afterwards. Gas \$4. Departs 12:30.
LEADER: Bill Grant 820-0697

The Moonlighters

Each Tuesday to August 27, leaving from Booth & Albert at 18:00 sharp, there will be a Level 1-2 hike. Hikes are on trails, usually in Gatineau Park, until sunset or shortly after. Bring water, snack, insect protection, and flashlight. Organizers Roger McCullough (731-7596) and Laraine Laughland (723-8851).

Sunday July 7 End to End #8

Level 2. See page 10. Departs Ottawa 09:00, gas \$4.
OTTAWA CONTACT: Barbara Thain 241-5082

Saturday July 13 End to End #9

Level 2. See page 10. Departs Ottawa 08:30, gas \$4.
OTTAWA CONTACT: Peter Brebner 729-8178

Friday July 19 Canal Walk

Level 1. Departs 19:00.
LEADER: Barbara Sigurdson 521-7311

Saturday July 20 Western Gatineau Park

Level 3. Bushwhacking, experience essential. Long strenuous day, probable swim. Gas \$4. Departs 09:30.
LEADER: Graham Creedy 789-1657

Sunday July 21 Gatineau Park

Level 2. Mainly on trail. Bring swimsuit, bug repellent. Gas \$4. Departs 09:30.
LEADER: Pat Clarkin 729-2737

Sunday July 21 End to End #10

Level 2. See page 10. Departs Ottawa 08:30, gas \$4.
OTTAWA CONTACT: Caroline Whaley 726-0237

Saturday July 27 End to End #11

Level 2. See page 10. Departs Ottawa 08:30, gas \$4.
OTTAWA CONTACT: Ken Buckingham 234-5543

Saturday July 27 Gatineau Park

Level 3. On trail, long strenuous day. Swimsuit. Gas \$4. Departs 08:30.
LEADER: Bud Massé 235-4670

Saturday August 3 Old Stittsville Railroad

Level 1. Pub at end of hike. Departs 09:30.
LEADER: Frank Kemp 736-9939

Ottawa Club Activities Continued

Sunday August 11 End to End #12

Level 2. See page 10. Departs Ottawa 08:30, gas \$5.

OTTAWA CONTACT: Vivian Boily 741-9663

Saturday August 17 End to End #13

Level 2. See page 10. Departs Ottawa 08:00, gas \$5.

OTTAWA CONTACT: Ron Hunt 736-9887

Sunday August 18 Old School House

Level 1. Short hike. Bring supper, harmonica, etc., for around campfire. Departs 16:30.

LEADER: Nanette Whitwam 730-5417

Saturday August 24 Salmon Lake Loop

Level 2. About 18 km. Possible supper stop on way home. Gas \$6. Departs 08:00.

LEADER: David Spector 829-6802

Sunday August 25 End to End #14

Level 2. See page 10. Departs Ottawa 08:00, gas \$5.

OTTAWA CONTACT: Ron Maybury 836-2953

Monday September 2 Destination TBD

Level 2. Possibly Gatineau Park, old trail #10, Lusk Falls to Lac Philippe, long shuttle. Phone leader in advance.

Gas \$4. Departs 09:00.

LEADER: Ruth Hutchinson 749-0990

Saturday September 7 and Sunday September 8

AGM special weekend. See Notice on page 3.

Saturday September 14 Winchester Bog

Level 1. First time visit. Gas \$5. Departs 10:00.

LEADER: Bill Grant 820-0697

Saturday September 14 Cycling

Destination (possibly Lac Leamy) and level to be determined; please phone leader in advance. Gas \$4. Departs 10:00.

LEADER: Coby Fuykschot 722-6022

Saturday September 14 Gatineau Park

Level 2. On trail. Gas \$4. Departs 09:30.

LEADER: Bev Armstrong 738-0310

Saturday September 14 End to End #15

Level 3-. See page 10. Departs Ottawa 08:00, gas \$6.

OTTAWA CONTACT: John Barron 828-2296

Sunday September 15 Gatineau Park

Level 2. On trail. Gas \$4. Departs 09:30.

LEADER: Margaret Lafrance 692-1810

Participants' Responsibilities
Please see the Notice on page 13.

RIDEAU TRAIL ASSOCIATION CENTRAL CLUB ACTIVITIES

The summer activities, leading to the 25th Anniversary Celebrations on September 7 & 8, will be mostly on the water, but we will be participating in the End to End hikes and other happenings will take place from time to time as interest demands. Keep in touch via the hot line at 264-8338.

Sunday June 23 Purdon Conservation Area

Join us for this popular hike with our Ottawa Club friends to view the magnificent display of lady slipper orchids, followed by tea at Sylvania Lodge and possibly a local church supper or supper at another haunt. Level 2. Meet at Conlon Farm at 09:00 or Sylvania Lodge at 10:00.

BOG BUDDY: John Miller 264-8338

Saturday July 6 Canoe at Black Lake

Level 2 canoe outing plus pot luck supper. Bring flotation equipment, lunch, and lots of water. Put your culinary art to the test the night before and bring yourself to a bash at Ivan's. Meet at Conlon Farm at 10:00.

WATER BOY: John Miller 264-8338

Sunday July 28 Canoe at Crotch Lake

Level 3. After a 2-year gap we will again attempt to keep afloat on this testing watercourse. Bring lifejacket and plenty of extra flotation equipment plus a canoe, lunch, and be prepared for a long day. This outing is not for sleepy-heads so meet at Conlon Farm at 09:00.

LIFESAVER par excellence: Don Sherwin 268-2447

Saturday July 6 Canoe at Pike Lake

Level 2. What a success this outing was last year with Don and Dawn pulling out all the stops. We are lucky once again to be able to enjoy a good canoe trip as well as a pot luck supper with flair. Bring whatever you will need for the day's enjoyment and meet at Conlon Farm at 10:00 or at the happening location at 10:15.

PIKE ENTHUSIAST: Don Boyle 267-2982

Saturday September 7 and Sunday September 8

AGM special weekend. See Notice on page 3.

Sunday September 22 Introduction to Orienteering

Basic instruction on how to find your way accurately from point A to point B in the outdoors using a topographical map and a compass. Classroom instruction will be followed by a practical exercise. Bring your compass, scratch pad and pen, and lunch. Dress for bushwhacking. This will take place at Murphy's Point or Foley Mountain, to be decided later.

PATHFINDER: Ken Parkes 264-8646

RIDEAU TRAIL ASSOCIATION — KINGSTON CLUB ACTIVITIES

The meeting place for all activities is the northwest corner of Sears parking lot, unless stated otherwise. Wednesday walkers meet at 13:30, except on the second Wednesday of the month, when an all day outing is scheduled. Bring lunch, water, insect repellent, and sun screen. Wear strong footwear and come prepared for weather changes. If in doubt about your ability to cope with the outing, call the leader in advance. Car pooling will be organized, with passengers contributing towards the gas and parking fees. Leaders are reminded to send attendance lists to Helga Wennerstrand, 207-67 Village Drive, Kingston, Ont., K7K 6K6. Members willing to be leaders for the Fall season, or who wish to suggest new locations to hike, are asked to call Watson Ogilvie at 530-2378 before the end of June.

Wednesday June 12 Sandbanks Provincial Park

Level 1. Hike along the beach. Swim if warm enough.
Gas \$4. Meet at 09:30.

LEADER: Margaret Page 389-7840

Saturday June 15 Frontenac Park

Level 3. Hike from Arab Lake parking lot to Mink Lake and return, 16 km. Gas \$3. Meet at 09:30.

LEADERS: Jim Blain 359-6282

Murray Henderson 546-9906

Sunday June 16 Bicycle Tour

Grey's Beach (1000 Island Parkway) to Brown's Bay and return (50 km.). Bring swimsuit. Meet at Grey's Beach at 10:00. Phone leader for details.

LEADER: Bob Tolley 542-9626

Sunday June 16 End to End #6

Level 2. See page 10. Departs Kingston 08:00.

KINGSTON CONTACT: Watson Ogilvie 530-2378

Saturday June 22 End to End #7

Level 2. See page 10. Departs Kingston 08:30.

KINGSTON CONTACT: Audrey Sanger 384-6244

Saturday June 22 Gould Lake Inaugural Hike

Level 3. On new scenic layout following the lakeshore on west side of the lake. 15 km. Gas \$3. Meet at 09:30.

LEADER: Doug Knapp 542-2039

Sunday June 23 Kingston Club 25th Anniversary Celebration See Notice on page 5.

Sunday June 30 Charleston Lake Family Hikes

Celebrate the Canada Day weekend with a hike and a swim. Choice of level. Gas \$3. Meet at 09:00.

CONTACTS: Watson Ogilvie 530-2378

Ada Chambers 549-8008

Saturday July 6 Second Depot Lake

Level 2. Hike the trails in this conservation area. Bring swimsuit. Gas \$3. Meet at 10:00.

LEADER: Watson Ogilvie 530-2378

Sunday July 7 End to End #8

Level 2. See page 10. Departs Kingston 08:30.

KINGSTON CONTACT: Sam Heusel 542-2201

Wednesday July 10 Pittsburg Township

Level 1, attractive shoreline trails. Gas \$2. Meet at 10:00.

CONTACT: Cathy Cutts 542-5414

Saturday July 13 End to End #9

Level 2. See page 10. Departs Kingston 08:30.

KINGSTON CONTACT: Pat Hardy 548-1268

Saturday July 13 Amherst Island Bike

Level 1, around island. Bring swimsuit. Meet at 09:30, or at Millhaven dock for 10:30 ferry. Gas \$1. Ferry fee.

LEADER: Mike Amodeo 634-1847

Saturday July 20 Frontenac Park

Level 3. Hike in different parts of the Park. Gas \$3. Meet at 09:30.

LEADER: Allan Tattersall 549-4080

Sunday July 21 End to End #10

Level 2. See page 10. Departs Kingston 08:30.

KINGSTON CONTACT: Jean Thompson 544-0340

Saturday July 27 End to End #11

Level 2. See page 10. Departs Kingston 09:00.

LEADER: Mary Jane Moore 544-6630

Sunday July 28 Frontenac Park

Level 3. Hike the Cedar Lake Loop, 15 km. Gas \$3. Park fee. Meet at 09:00.

LEADER: Dale Ross 384-2959

Saturday August 3 Ecological Theme Hike

Level 2. Learn about the ecology of the Frontenac Axis while enjoying a 10 km. hike in the Gould Lake - Sydenham area. Gas \$3. Meet at 09:00.

ORGANIZER: Peck Peckover 544-9190

LEADER: Dale Kristensen

Saturday August 10 Napanee River Area

Level 1. Enjoy a pleasant historical hike. Gas \$3. Meet at 10:00.

LEADER: Cathy Cutts 542-5414

Sunday August 11 End to End #12

Level 2. See page 10. Departs Kingston 09:00.

LEADER: Peck Peckover 544-9190

Kingston Club Activities Continued

Wednesday August 14 Amherst Island Bird Walk

Level 1. Enjoy the KFN property. Meet at 09:30, or at Millhaven Dock for the 10:30 ferry. Gas \$3. Ferry fee.
LEADER: Cathy Cutts 542-5414

Saturday August 17 End to End #13

Level 2. See next column. Departs Kingston 09:00.
LEADER: Betty McIver 549-8028

Saturday August 17 Crotch Lake Canoeing

The Cataraqui Canoe Club invites Rideau Trail members to join them canoeing on Crotch Lake.
CONTACT: Alan Nichols 389-4026 for details.

Thursday August 22 Historical Theme Hike

Learn about Kingston's historical buildings. Meet on steps of City Hall at 19:00.
CONTACT: Cathy Cutts 542-5414

Sunday August 25 End to End #14

Level 2. See next column. Departs Kingston 09:00.
LEADER: Bob Chadwick 352-1052

Saturday August 31 Charleston Lake

Level 3. Hike the scenic West Side Trail. 15 km.
Gas \$3. Vehicle entrance fee. Meet at 09:00.
LEADER: Heather Barr 542-8406

Saturday September 7 and Sunday September 8

AGM special weekend. See Notice on page 3.

Wednesday September 11 Gould Lake

Level 2 hike on East Side Trails, with swim if weather is suitable. 10 km. Gas \$3, vehicle fee. Meet at 10:00.
LEADER: Jean Thompson 544-0340

Saturday September 14 End to End #15

Level 3-. See next column. Departs Kingston 09:30.
LEADER: Watson Ogilvie 530-2378

Sunday September 15 Frontenac Park

Level 3. Hike the Arkon Lake Trail, 13 km. Gas \$3. Vehicle entrance fee. Meet at 09:00.
LEADER: Ada Chambers 549-8008

Hikes are graded with the following Levels

- 1 Suitable for beginners. Good trails, gentle inclines. Hiking boots not required, but trails may be very wet.
- 2 Generally on trail. May be hilly, light bushwhacking, some rough spots or obstacles. Boots recommended.
- 3 Rough terrain, difficult hiking and bushwhacking. Boots, level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

RTA 25th ANNIVERSARY END TO END HIKE SERIES

The 25th Anniversary End to End Series is a joint effort of the Central, Kingston, and Ottawa Clubs of the Rideau Trail Association. The series will cover the entire Rideau Trail, ending in Kingston in September 1996. The hikes are strenuous (Level 2 or 3-) and very long (20 km.+), and should be attempted only by people in good physical condition. Long drives and long car shuttles are required, so a late return is the norm.

Arrangements and meeting places are as normal for each local club; see the introductions and hike listings for details including departure times and contacts. Kingston gas contributions are according to map number at the current Club rate. The leader is appointed by the Club responsible for the trail segment being hiked; the contacts arrange transportation from Club meeting places. Participants can do any or all of the hikes. For details about a particular hike, call the leader or local contact. For overall information about the series, call Watson Ogilvie (530-2378) in Kingston, John Miller (264-8338) in Perth, or John Barron (828-2296) in Ottawa.

Sunday June 16 #6 Dwyer Hill Rd. - Rosedale

Road allowance and trails, some muddy sections.

Saturday June 22 #7 Rosedale - Port Elmsley

Mostly road, short stretch of riverside trail.

Sunday July 7 #8 Port Elmsley - Perth

Short road walk, trails, fields, Tay Canal towpath.

Saturday July 13 #9 Perth - McLaren Lake

Fields, roads, bush trail. Possible stretch of knee-deep water.

Sunday July 21 #10 McLaren Lake - Murphy's Point

Bush trail through Mica Mine region, fields, roads.

Saturday July 27 #11 Murphy's Pt. - Narrows Lock

Trails and cottage roads.

Sunday August 11 #12 Narrows Lock - Westport

Hilly and rocky trails and roads.

Saturday August 17 #13 Westport - Opinicon Loop North End

Roads, road allowances, and trails, some wet spots.

Sunday August 25 #14 Opinicon Loop - Perth Road

Mainly roads and tracks, some field and woods trails.

Saturday September 14 #15 Perth Road - Frontenac Park Visitor Center

Rugged trails.

OTHER ACTIVITIES

RIDEAU TRAIL HIKES

The remaining hikes in an End to End series organized by David Peddle are listed below. Direct any questions and registrations to him at (905) 829-1157.

All hikes in this series will be Level 2 at a moderate pace — an average of 4 km. per hour. Hiking boots are recommended. Advance registration is required for all hikes. Please call at least 5 days before the hike you wish to attend for the meeting place and time.

Kingston Section

- Saturday, June 1, 23 km., Gould Lake (km. 44) to
Raymonds Corners (km. 67).
Sunday, June 2, 23 km., Raymonds Corners (km. 67) to
Blairs Settlement (km. 90).
Saturday, June 22, 22 km., Blairs Settlement (km. 90) to
Westport (km. 112).
Sunday, June 23, 21 km., Westport (km. 112) to
Murphy's Point (km. 133).

Central Section

- Saturday, September 7, 23 km., Murphy's Point (km. 0)
to Perth (km. 23).
Sunday, September 8, 24 km., Perth (km. 23) to Port
Elmsley (km. 47).
Saturday, September 21, 23 km., Port Elmsley to
Rosedale (km. 2, Ottawa).

Ottawa Section

- Sunday, September 22, 24 km., Rosedale (km. 2) to
Marlborough Forest (km. 26).
Saturday, October 12, 23 km., Marlborough Forest
(km. 26) to Richmond (km. 49).
Sunday, October 13, 23 km., Richmond (km. 49) to Bells
Corners (km. 72).
Monday, October 14, 22 km., Bells Corners (km. 72) to
Ottawa (km. 94).

BRITAIN FOR WALKERS

A map folder by this name is available free from the British Tourist Authority, 111 Avenue Road, Suite 450, Toronto M5R 3J8, telephone (416) 925-6326. Published with the help of the Ordnance Survey, it gives brief details of 62 national trails and long-distance footpaths in England, Wales, and Scotland, and may be a valuable new aid for those considering a walking holiday in Britain.

1996 ENVIRONMENTAL VACATIONS

Some Hike Ontario member clubs are again this year hosting working vacations on their trails:

The Oak Ridges Trail, Uxbridge Section, is the setting for a vacation from August 6 to 17, staying in the Durham Forest Outdoor Education Centre. The Uxbridge Chapter plans to complete its trail this summer. In surprisingly unspoiled country close to Toronto. Details from Tom Rance (905) 852-7128, fax (905) 852-4413.

The Voyageur Trail work vacation, August 19 to 30, is in the hills of Algoma. The Saulteaux members will be billeting guests; space is limited so register early so as not to miss this chance to visit Lake Superior country. Details from Larry Gringorten (705) 949-9461 ext. 2500 or (705) 949-7953.

These are joint vacations with the British Trust for Conservation Volunteers, with their leader Andy Rockall, who also led Ganaraska and Voyageur trips last year. The BTCV is also coming in September to work on trails in nature reserves managed by the Federation of Ontario Naturalists. You are also welcome on this vacation.

Details of environmental vacations are in "Natural Breaks 1996". Call Hike Ontario's Walking Centre (416) 426-7362 if you would like a copy.

Submitted by Jill Leslie (519) 821-2133

KINGSTON CLUB QUESTIONNAIRE

Thanks from the Kingston Executive to all who took the time to return our Questionnaire. We received 67 replies, representing 92 hikers. A preliminary summary follows:

About half those replying indicated a particular interest in Trail Maintenance or Construction, and others offered to help in other ways. Unfortunately, very few indicated an interest in leading hikes, the mainstay of our program.

About 25% showed an interest in historical or nature walks, while 35% looked forward to travelling further afield to participate in 2-day B&B hikes, 1 to 2-week hikes, or other long-distance trails in Canada and the U.S.

Your ideas will certainly be considered in future programs, and all who offered to help in any way will be contacted by the appropriate member of the Executive.

Watson Ogilvie

KINGSTON CLUB AGM

The Kingston Club AGM was held at the Outdoor Centre of the Little Cataraqui Creek Conservation Area on Saturday, April 27, 1996. As seems to be the norm, attendance represented about 10% of Club membership.

Reports of activities and considerable achievements were given, including trail reports and preparations for the 25th Anniversary. Ongoing Kingston Club initiatives cover:

An inaugural hike on June 22 on the rerouted main trail on the west side of Gould Lake. This scenic waterside trail has been a sole project over the past two years by Doug Knapp. Well done Doug!

A 25th Anniversary Reception on June 23 at the Outdoor Centre. See Notice on page 5.

Summer work to effect blue loop trail in the Cataraqui Marshlands, proposed by Helen Henrikson, and at Gould Lake by Allan Tattersall.

Research and development of blue loops from Gully Road to the Holleford Crater, from junction of Boundary and Campbell Roads north to Millhaven Creek, and re-establishing a former blue trail north of Jacksons Mills, past the quarry, along the granite ridge, by Cathy Cutts.

Research and development of a blue loop from the main trail north of the 401, looping Kingston and linking Little Cataraqui Creek Conservation Area, Kingston Mills Locks, and Cataraqui River Marshlands to Kingston City Hall and Fort Henry, by Allan Tattersall.

For the Saturday evening entertainment at the AGM, Moira Drummond has volunteered to coordinate our Club contribution. Call Moira (544-9529) with your ideas for skits/sketches/music, and volunteer your skills. Let's make this a truly memorable occasion!

Jean Thompson has organized a Fun Draw with a host of donated prizes, featuring a Utility Patchwork Quilt made and donated by Grace Howard. All donors will be acknowledged in the Fall Newsletter. The draw will take place at the AGM. For tickets and/or books of tickets to sell, contact: Jean Thompson 544-0340 in Kingston
Caroline Whaley 726-0237 in Ottawa
Don Boyle 267-2982 in Perth.

Betty McIver and assistants will run a second garage sale on September 14-15. Contributions accepted after July 1. Phone Jean Thompson (544-0340) to arrange delivery.

Anniversary T-shirts are being sold at MEC in Ottawa. Please phone 544-0340 for information in Kingston.

For the Fund Raising project for the 25th Anniversary, all members are encouraged to make a charitable contribution to the RT Preservation Fund. From a Kingston Club perspective, if even half our members were to donate \$10 each, we would raise \$2,000 for the fund.

Frank and open discussions of the developing memorials policy were held. A motion was passed to proceed with developing one memorial place of remembrance on the Rideau Trail, with a rider to the motion precluding further memorial development pending an Association Policy. Allan will provide a proposed policy to the RTA Board's July meeting, which should be aired at the AGM. The Club consensus is that the Trail itself is a memorial to its members; contributions should be made to the Trail itself, without prerequisite for individual recognition.

The highlight of the AGM was an address by Dr. Stewart Fyfe, Chairman of the Cataraqui Region Conservation Foundation. Dr. Fyfe summarized the acute funding shortfalls which have faced the CRCA since November last, and the very real threats imposed by Bill 26. On the good news side, he reported a continuing commitment of support by local authorities, and the public, which are enabling the continued operation of the CRCA, albeit at reduced scales, but with some elements of growth. Members were urged to continue to speak up on behalf of Conservation Authorities at every opportunity.

The business meeting concluded with the election of officers for the coming year.

Allan Tattersall

KINGSTON CLUB EXECUTIVE

Chair	Bob Chadwick	352-1052
Vice Chair	Dale Ross	384-2959
Past Chair	Allan Tattersall	549-4080
Secretary	Margaret Page	389-7840
Treasurer	Norm McLeod	546-9440
Routes & Negotiations	Jean Thompson	544-0340
Hike Programs	Watson Ogilvie	530-2378
Maintenance	Bernie Gates	389-1835
Construction	Allan Tattersall	549-4080
Publicity	Peck Peckover	544-9190
Special Events	Ada Chambers	549-8008
Human Resources	Helga Wennerstrand	547-5944
RTA Representative	Dale Ross	384-2959
Newsletter Editor	Lynn Nolan & Lars Thompson	389-8747
Newsletter Distribution	Lynda & Brian Rook	634-2510

TRAIL ADVISORIES — KINGSTON

- (1) Cataraqui Bay Marshland Conservation Area - approval of new blue loops east and west of Main Trail, just north of Bath Road at about 3 km.
- (2) Princess Street - likely diversion off this street altogether between 4 and 5 km., onto The Parkway north of Princess Street, continuing on a short section of woodland trail by the Little Cataraqui Creek to Portsmouth Ave. and a turn west on Counter Street to rejoin the existing trail at the Cataraqui Cemetery, using the Main Gate instead of the western entrance.
- (3) New bridges planned at about 18 km. and 20 km. on recently rerouted Main Trail near Van Order Road and the Lalonde Farm. Prior to completion, be prepared with rubber boots or shorts and old shoes. Construction will take place in May, when conditions permit.
- (4) Gould Lake has three improvements underway - new blue loop 42 - 46 km., lakeside reconstruction at 46 km. (completed), and new parking lot near Desert Lake Road crossing.
- (5) Trail rerouting at Desert Lake Road and Salmon Lake Road. See Trail Amendment on page 5.
- (6) Perth Road (65 km.) parking lot closure will necessitate very careful parking on shoulders, where they are widest and sight lines are best for approaching traffic. Minor rerouting along Perth Road may be necessary.

Bob Chadwick

TRAIL MAINTENANCE — KINGSTON

Maintainers who could use the following equipment on their sections should contact the operator in each case:

Brush Cutter	Robert Janik	547-3142
Chain Saw	Bernie Gates	389-1835

RESPONSIBILITIES OF PARTICIPANTS IN RTA ACTIVITIES

Participants are expected to choose activities suited to their physical capabilities and skill level, to tell the leader before the start of the activity about any health problems and any existing or potential problems with their equipment, to respect the judgement of the leader and the fact that they are part of a group, and to respect all financial arrangements. Parents and guardians are responsible for their own children.

EDITORIAL

I have saved this column for myself; that's a privilege of being Editor of the Newsletter, but I will continue to exercise it sparingly.

First, I want to thank all who contribute to the Newsletter in any way. Our efforts are appreciated by our readers, whether they tell us or not. I also want to encourage future contributions; the Newsletter is a major communication tool, so let's use it fully. In particular, I would like ongoing submissions of photographs for use especially on the covers of the Newsletter, and articles of interest and relevance to RTA members.

The RTA has an interesting history, some of which I have learned by reading back issues of the Newsletter. No doubt you and I will learn much more over the coming months this year. I thought of providing in this, the 100th issue of the Newsletter, a historical summary from the previous 99 issues. I will leave that to those who can do it better than I (offers, please). Instead, I have reprinted on page 14 an article from Issue Number 10, 22 years ago. Its author is number 11 on the RTA list of End to End hikers, and was then a grade-10 student at Fisher Park High School in Ottawa. I don't know him, but I hope that he is still hiking and writing.

That article says, eloquently, what hiking and the Rideau Trail are all about. Experience it, and enjoy it.

* * *

To me, hiking is a miniature of life. The following are neither good nor bad; they happen on hikes and they happen in life. Think about them.

Sometimes ...	At other times ...
I know which way to go.	I wonder which way to go.
The path has obstacles.	My path is clear.
Signs guide me.	I see no sign of help.
Progress seems slow.	I go fast.
Others accompany me.	I travel alone.
I carry a heavy load.	My load is light.
I look down at the ground.	I see all around me.
I smile.	I frown.
I look after myself.	I help others.

All of these can happen on a single hike, and I can enjoy that hike fully. As in hiking, so in life: I can enjoy all aspects of it fully, and encourage others to do the same.

John Haley

HOW I WALKED THE TRAIL FROM OTTAWA TO KINGSTON by Ralph Huellar

ONE DAY early in the year, I read about nature trails and the enjoyment and adventures one can experience in walking them.

Having been raised an outdoor boy, I had the desire to be close to nature, and the Rideau Trail offered the opportunity I had always dreamed about.

I discussed the idea of walking the Trail with my parents and also tried to get the interest of some of my friends. Most kids my own age were not too optimistic and even tried to discourage me. However, one of my chums, Frank Schmidt, caught my enthusiasm and agreed to walk the Trail with me.

We planned every detail with the help of my dad, packed all necessary equipment, studied our maps carefully and reviewed commonsense rules for outdoor living. And off we went.

As we increased the distance between the inhabited areas and ourselves, the quietness and beauty of nature became more and more apparent. The sounds and smells of the country were soothing and harmonious to our senses. The flutter and songs of birds, the nervous darting to and fro of butterflies and insects, the breeze in the treetops, the gurgling of creeks and rivers. How much more enjoyable than just zooming through by car.

At night, fireflies filled the air and interrupted the darkness. The stars: there are so many more than one can see from the city. But having walked all day, we were very tired, and after a night snack, we rolled into our sleeping bags. Moments later we were fast asleep.

During the first few days we stopped occasionally to try our luck at fishing near Burritts Rapids, as well as Tay River and Jock River, but we did not stay long enough in any one spot to make fishing pay off.

One morning, on the fourth day of our journey, we reached the town of Perth. At this point, my partner complained about a severe chest cold and it looked as though our trip was to end here. After Frank and I thoroughly discussed his illness and what we should do about it, he decided to quit at Perth and have his parents come from Ottawa to pick him up. I was very disappointed, but I decided very definitely to carry on alone. I felt I had to make it. It now became a challenge. I telephoned my parents to beg for their permission to continue on to Kingston. Though worried, my dad agreed, since he knew he could count on me, as he had taught me many things about outdoor life.

From here on, I was alone, completely dependent on my own strength, wits and determination. I had to reach my goal — and my goal was to walk all the way to Kingston.

The first day alone was not so bad. Mixed feelings of excitement, disappointment, and I guess a bit of anger, pushed me onwards at an astonishing pace. But when night came, I realized how lonely I was. No one to talk to or to depend upon. It was the first time for me to be alone in the woods. My meagre dinner didn't taste good at all, and I didn't sleep well that first night alone. I guess I was just a little scared. I welcomed the first sunrises the next morning.

After a quick breakfast, I continued on the Trail, winding through some dense, quiet forest land near swamps, lakes and an occasional farm.

Being alone, I saw more wildlife than one would see with a partner. And I moved quietly. One morning, I watched a humorous episode. While away from my camp for a few minutes, a raccoon invited himself for breakfast, gorging himself on some of my bread, a little bologna sausage, and when I approached my tent, he hastily fled with half a bar of chocolate — for dessert, I assumed!

I broke camp one morning near Chaffeys Locks and walked most of the day to reach Sydenham before dusk. On the way, I met people who made my trip even more interesting by telling me about some of the history of this area. One item I recall that impressed me was the history of Lake Opinicon City, a community that was wiped out by smallpox which a girl had brought back from a visit to another town. All that remains today is a graveyard.

Finally, on Tuesday morning, August the 28th, I awoke to a beautiful day. Somehow everything seemed brighter than usual. The birds chirped happier and I felt just great. Checking my Trail map, I knew I was not far from my destination, Kingston.

I felt stronger now, and my steps seemed quicker. Soon I could hear the familiar sound of highway traffic and other sounds of civilization. I had made it!

In Kingston, I called my parents to convey the good news. I contacted the city's newspaper to tell them about my journey, which was later included in that day's issue. I was also introduced to people at the television station and was interviewed by a friendly reporter. All of this added to the excitement of the day.

In conclusion, I'd like to say that as a 14-year-old boy, I have learned an important lesson in life: to stand on my own two feet and pursue any worthwhile goal with the same determination with which I reached the end of the beautiful Rideau Trail.

I enjoyed the entire journey, and can only encourage other young people to pack your bag and discover the beauty and serenity that you'll find on the Rideau Trail.

THE BERMUDA RAILWAY TRAIL

At an AGM of the Ottawa Club, Dorothy Belter, Nanette Whitwam and Barbara Krieger gave a slide show of their walk on the West Coast Trail. It left me with the impression of adventure, rather dangerous adventure; then in February 1996, Ida and I walked the Bermuda Railway Trail.

Bermuda consists of about 300 islets, some habitable, 20 habited, with a total area less than 21 square miles, stretched along a 22-mile fish-hook-like line. The coral islands sit on the top of an extinct volcano, rising 10,000 (10,280 for the highest point) feet from the ocean floor.

A railway was proposed in 1899, completed in 1931 and dismantled in 1948. In 1984 the lands were dedicated as a bridleway and path, except for about 3 miles which are used for roads. The railway joined islands, and was built close to and across water, and, as we discovered, the associated bridges were not dedicated. Presumably the footings were; they are still there. Vaulting poles are not provided, so walkers are guided to the nearest road, thence back to the Trail. In summary, the Trail is made up of several sections, totalling 18 miles. It exceeds the requirement for a railway trail, namely to have a tea room at each end, by also having several along its length.

Access to our first encounter with the trail was by ferry, a half-hour ride, to Somerset Bridge, the smallest draw bridge in the world. A strip wide enough for a mast to fit through is lifted in sections to allow sail boats passage. Alongside the bridge are the railway footings, leading to the start of the sections of trail on each shore. Our section started with an interesting grade; there must have been a fair amount of huffing and puffing in the good old days of rail travel. Nothing has changed.

A delightful trail, arched over with vegetation at the start, provided an excellent view of the main sound and, later, the length of Bermuda. This section was $1\frac{3}{4}$ miles long. Near the end were quaint signs "pedal cycles, motor bikes and equestrians only" (should we have been there?).

Near the start of this section was a fort. More on this later, but while on the subject of forts, I believe that there are 16 forts on the islands. The British were determined that Bermuda, and especially the naval base, would not be lost to any invader. The guns of the 16 forts were fired only twice — two guns were fired once. The suspected invaders fled. Deterrence paid off.

There are also some side trails, most are called "Tribe Trails". One especially rewarding one led to Gibb's Hill

Lighthouse, providing a view from 362 feet above sea level, with the usual disconcerting effect if one looked at what one's feet were standing on.

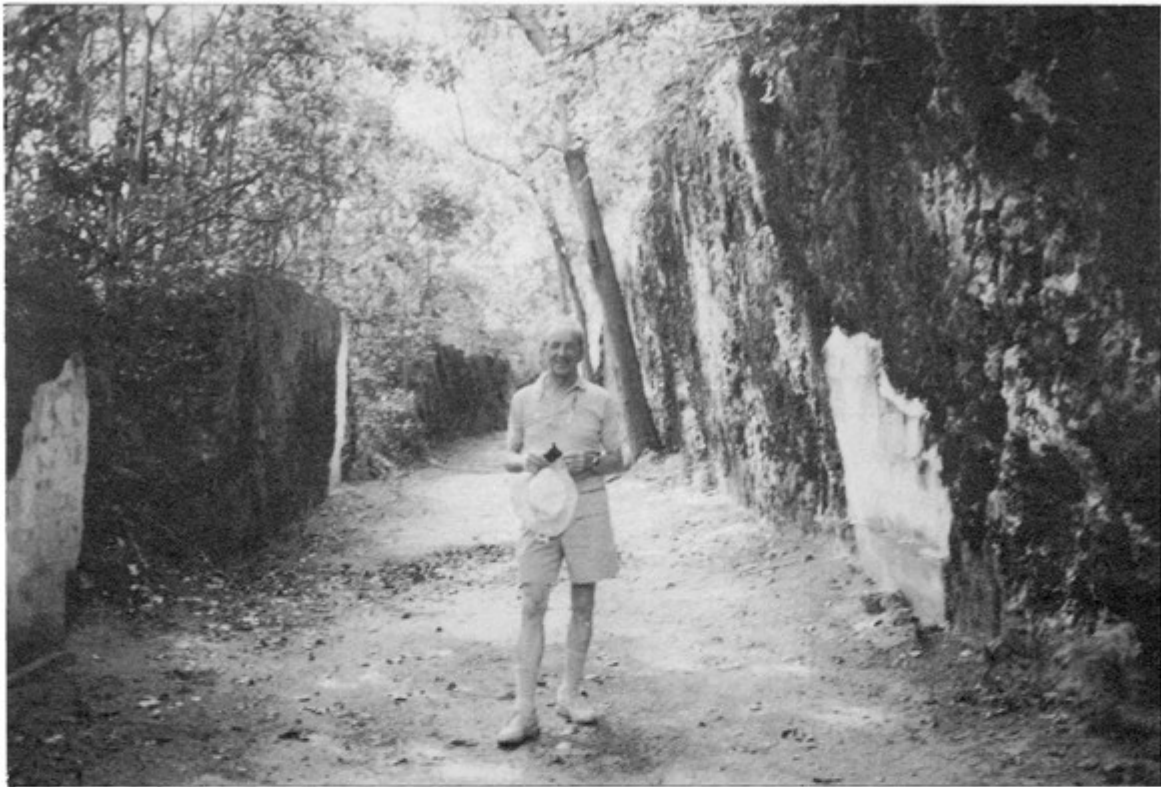
Another nearby Tribe Trail led to Warwick Long Bay on the South shore; delightful. Then on to the massive, impressive, pink "Princess Southampton", a hotel not for peasants. Yet another trail led to Spittel Pond, a bird sanctuary, where we saw several birds, probably of different species. One — there were several — we have identified as a Black Crowned Night Heron, and one as a Clapper Rail (but see Martello Tower below).

Our last encounter with the trail was near the start of the line. The rugged North coast is impressive, more so because gale force winds (that's what the forecaster said) were blowing (what else can they do?). Less than 2 miles of walking led to the inevitable bridge footings, this time with signs pointing to various attractions, including one uphill to "Martello Tower". Looked like a large rain barrel, which made sense since Bermuda's water supply is rain water, collected and stored. I announced that the Martello Tower was a rain barrel and we continued our walk. Later that afternoon while visiting Fort St. Catherine, we were advised through the medium of a film that a Martello Tower was a fort. A small fort with a moat and one cannon to help scare off invaders while "providing a very small target for guns on ships". So much for rain barrels and identification skills.

Why connect the danger of the West Coast Trail with the Bermuda Railway Trail? Late in our stay, for example, we visited Fort Scaur, which abuts the trail which we visited by ferry, only this time access was by bus; bus stops never seem to be at a Trail access point or an attraction, such as Fort Scaur. Thus there is an interesting(?) walk on the road, between vertical cuts, twisting horizontally, in the coral. Talk about sucking in your stomach! Watch your hips! Needless to say we walked out on the rail trail. Further, the Railway Trail occasionally shares the way with scooters, motorcycles, bikes, taxis and buses, equestrians and their horses, all usually on the left side of the road/trail. Few sidewalks. No such thing as stepping onto the nearest lawn to avoid traffic since those coral cuts are at least twice the height of big people, thrice the height of us normal people.

So take your choice, slip and slide on the West Coast Trail or cower in Bermuda. Maybe do both.

Art Campbell



SUBSCRIPTION APPLICATION: The Membership year is from April 1 to March 31. Your Membership in the Rideau Trail Association provides the financial support essential for the continuous maintenance, improvement, extension, and protection of the Rideau Trail network. As a Member you will receive the quarterly newsletter and special mailings, as well as voting rights in local Club and Association activities. To join or renew, complete the form below and mail it with your payment in an envelope to:

**Rideau Trail Association
P.O. Box 15
Kingston
Ontario K7L 4V6**

**Ottawa Club Telephone: 613-730-2229
Kingston Club Telephone: 613-545-0823
Central Club Telephone: 613-264-8338**

- ☐ Annual Individual / Family Membership \$20.00
- ☐ Patron (Life Membership) *\$300.00
- ☐ Guide Book: Members \$15.00
- ☐ Non-Members \$20.00
- ☐ (Plus \$2.00 Postage & Handling) \$2.00
- ☐ Car Sticker (Free to New Members) \$1.00
- ☐ Crest \$2.00
- ☐ Enamelled Pin \$3.00
- ☐ Rideau Trail Wall Map \$12.00
- ☐ (Includes \$4.00 Postage & Handling)
- ☐ Donation to the RTA *\$_____
- ☐ Donation to the RT Preservation Fund *\$_____
- Prices Subject to Change**
- TOTAL \$_____**

PLEASE INDICATE YOUR INTERESTS:

- Serving on executive ☐ Construction ☐
- Trail maintenance ☐ Leading hikes ☐
- Leading x/c ski outings ☐ Newsletter ☐
- Other (specify): _____

PLEASE INDICATE MEMBERSHIP CATEGORY:

- Renewal ☐ Already Life Member ☐
- New Member ☐ Complimentary Member ☐

* Qualify for income tax deduction. Charitable Registration No. 0041733-56-11.