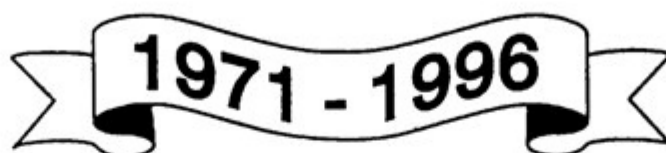


The Rideau Trail NEWSLETTER

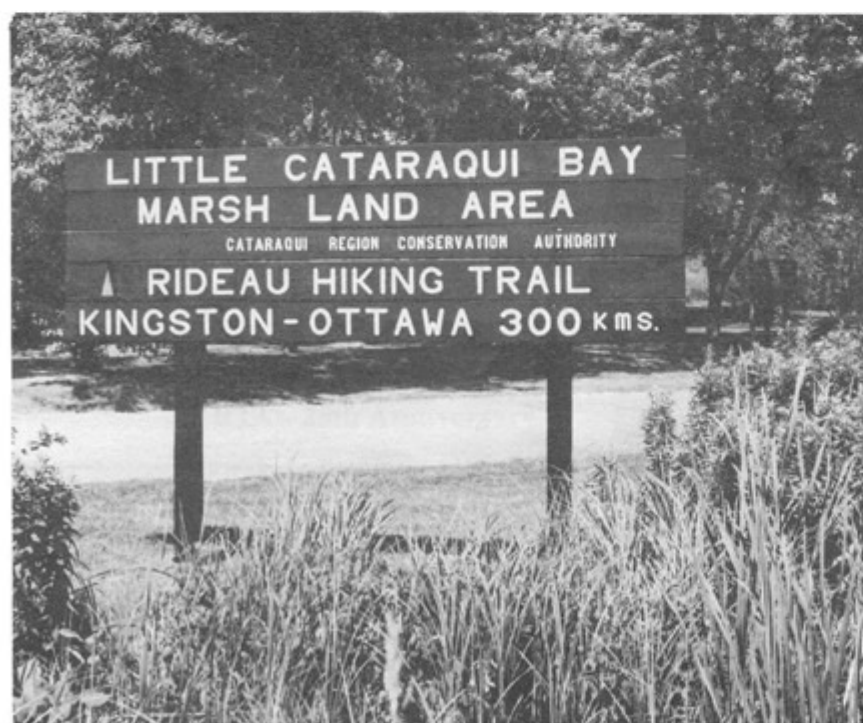


Fall 1996

Issue No. 101



CELEBRATING 25 YEARS OF HIKING



The Rideau Trail Newsletter is published quarterly in March, June, September, and December by the Rideau Trail Association. The Editors of this issue are Lynn Nolan and Lars Thompson for the Kingston Rideau Trail Club.

Submissions for the next newsletter are encouraged and should be submitted by **November 1, 1996**, to:

R. John Haley
433 Viewmount Drive
Nepean, Ontario, K2E 7P1 Telephone: (613) 225-0590

John requests that text be typed with as little formatting as possible. A soft copy (as well as the paper copy) on a 3.5 inch diskette (IBM or Macintosh) will be appreciated, but please include a text-only version of the file to ensure that he can access it. Pictures are also encouraged. Black and white photographs are preferred because they print more clearly, but colour photographs with good definition are also welcome.

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

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Photo Credits	Courtesy of	Subject
Front Page	Norm McLeod	Elevator Bay - trail beginning
Page 15	Peck Peckover	Founder Doug Knapp at the 25th Anniversary celebrations

RIDEAU TRAIL ASSOCIATION

ANNUAL GENERAL MEETING & 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.

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 \$30, 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.

Further information and tickets for the Saturday meals and for the overnight accommodation are available from:

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

**Cheques should be made payable to
RTA - 25th Anniversary**

RTA Fundraising Garage Sale

Saturday Sept. 14 - Sunday Sept. 15. 9 a.m. to 4 p.m.

Place: 2 Sherwood Drive, Kingston

Phone: Jean Thompson 544-0340 to arrange for the delivery of your contribution

DIRECTIONS TO MERRYWOOD CAMP

From Ottawa, go to Smith 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.

BRITAIN FOR WALKERS

WALK THE MORTIMER TRAIL

Walkers have a new English route this summer, through hills and woods close to the mid-Wales border. The 45-kilometre Mortimer Trail meanders southwestwards from Ludlow Castle to Kingston near the Offa's Dyke Path. The trail has 80 new stiles, 200 waymark posts, 100 steps, 335 signposts and 15 new benches. A guide to the new trail is on sale at tourist information centres.

THAMES PATH

LONDON - The River Thames, Britain's "liquid history," now boasts an epic walk and the country's latest National Trail. The new Thames Path has been planned for decades and is officially launched this summer. This signposted route goes for 288 kilometres, from the river's source near the village of Kemble in the Cotswold Hills, through London to the Thames Barrier, which protects the city from flooding. It has involved the construction of three new bridges over the river, as well as repairs to banks, gates and stiles along its length.

—Ken Bowles

DAY HIKING IN THE CANADIAN ROCKIES

by K. Jean Cottam, Ottawa

Day hiking is a good way of experiencing the diverse trail conditions and scenery of the Rockies. In mid-July 1996 I joined a group of 16 in Calgary for a week of hiking in Jasper and Banff National Parks. Our local guides were Ben Gadd and Peter Duck of Jasper and Banff respectively. (Ben is the author of the highly recommended Handbook of the Canadian Rockies; he had climbed Mt. Robson, the highest peak in the Rockies, and explored Castleguard Cave under the Athabasca Glacier.)

Day 1. In the afternoon we hiked onto Parker Ridge, through slippery mud and snow. We were taught how to kick snow, exhale carbon monoxide and straighten our legs for more efficient uphill hiking. A spectacular view of Saskatchewan Glacier awaited us at the top.

Day 2. The climb to the top of Sulphur Skyline Mountain was short but steep, offering the spectacular view of the sawtoothed mountain ranges and the jagged summits of the Ashlar Ridge, among others.

Day 3. The up-and-down Wabasso Lake and Valley of Five Lakes Trail resembled the terrain of Ontario provincial parks. In the late afternoon we admired the unique Angel and Edith Cavell Glaciers on Glacier Trail affording a wonderful view of Mt. Edith Cavell.

Day 4 The Bald Hills Trail shares an access road with the famous backpacking Skyline Trail. On top of one of the imposing Bald Hills, covered with wildflowers, we were rewarded with a magnificent view of Maligne Lake and Queen Elizabeth Range.

Day 5. While hiking toward Willcox Pass we donned our first extra layer of clothing at the treeline. We had lunch amidst rocks, mud and snow, shivering in our winter attire, including

jackets, mitts and warm hats, the famous Athabasca Glacier across from us.

Day 6. On Helen Lake Trail, assisted by our guides, we crossed an icy-cold, turbulent mountain stream in our bare feet, our boots and backpacks having been thrown onto the opposite bank beforehand. The Dolomite Pass we hiked on offered spectacular vistas. We had lunch at the half-frozen Helen Lake amidst curious hoary marmots (high-altitude relatives of groundhogs). Afterwards we climbed to the top of a nameless ridge, over snow and scree: the altitude of 2750 m was our highest so far. The panoramic view from the top included the Crawford Glacier and five additional lakes.

Day 7. A short hike to Consolation Lake, our first in the rain, ended at the beautiful Moraine Lake, formerly shown on 20 dollar bills. Miraculously, the sky cleared in time for our last lunch in the Rockies, which we enjoyed beside the lake.

While hiking we were sternly admonished not to stray from the trail, regardless how snowcovered, muddy and slippery it was, so as to preserve the delicate alpine ecosystem. We were provided with some information about the flora and fauna of the Rockies: eg. how to recognize the droppings of weasels, porcupines, hoary marmots, coyotes, bighorn sheep, elk, moose and grizzlies. All-in-all it was a memorable week.

TRAIL NOTICE -- STONEY SWAMP

NCC Conservation Officers have asked us to inform members that camping is no longer permitted at the old Scouts Campground.

BED AND BREAKFAST OUTING

When: October 1, 2, 3 (2 nights and 3 days)

Where: Cobourg/Port Hope area - waterfront trail and Ganaraska trail.

Contact: Cathy or Donald Cutts at 542-5414 before September 27, 1996. A deposit of \$25.00 is required.

HELEN HENRIKSON - An Appreciation

After a lifetime full of achievements to better the quality of life for all of us, and a long and courageous battle with cancer, Helen Henrikson passed away on May 5th last. She is greatly missed by her wide circle of friends.

Helen was not only a hiker and skier but a scientist and an environmental activist and, above all, an observer of all around her. She was enthusiastic, energetic and resolute in all she set her mind to. Her many achievements have been recognized with a Canada 125 Award, and awards from the Cataraqui Conservation Foundation, the Cataraqui Region Conservation Authority and the City of Kingston.

Some Trail members will recall that over a period of several years she spearheaded the effort to save the wetlands between Bath and Princess Streets from development and put them under the protection of the Little Cataraqui Creek Conservation Area. This has benefitted the Rideau Trail directly. The Trail passes through the area and a blue loop trail which Helen proposed has now been cleared and marked. Those walking the loop can refer to a booklet which she prepared describing the flora and fauna along the way. We thus have a direct and lasting connection with and remembrance of a special person and a good friend.

Helen and her husband Arne were very close. Arne's continuing association with us will recall our mutual happy memories of Helen.

—Sybil and Peck Peckover

It was during one of our Wednesday hikes with Don and Cathy Cutts that I first met Helen Henrikson. I noted that she was a slight retiring lady. She also had a very broad knowledge giving her the capacity to converse on many subjects with considerable ease. Because I enjoy good discussion and debate, it wasn't long before I was in conversation with Helen on topics ranging from world politics to music. These conversations provided considerable stimulus to our Wednesday hikes.

It was on a cold but sunny Wednesday afternoon in mid-December that I particularly remember. It had rained the day before and as a result the trees and the ground were covered with a thick layer of ice which glittered in the sun like millions of diamonds. Helen and I were, as usual, discussing the merits of a piece of music we heard on the radio. Suddenly, she stopped, looked up and scanned her eyes over the large field of ice confronting us. She hesitated for a moment, and then, thrusting her arm inside mine, said, "Come along Brian, I'll see you safely across". She held my arm tightly as we stumbled and slid our way across the ice field to join the rest of the hikers. With this notable display of courage, how could I possibly know that in a few very short months, Helen would slip the tenuous bonds of life to rest in God's hands.

That moment on the ice field seemed to sum up Helen's life. She was a strong-willed lady who was fully committed to the causes she pursued. Her successes are the legacies she imparts to us.

—Brian Rook

EMMA MARTIN - Happy Memories

As a fellow hiker for many years with Emma Martin I can recall her kindnesses, her energy, and in particular, her determination to keep her section of the Rideau Trail well cleared.

Over the years she was also involved with routes and negotiations, trail maintenance, publicity displays, answering enquiries and serving delicious refreshments. She called them leftovers! Emma loved to invite people to her home.

One showery day we were taking shelter in a cedar bush area when Emma opened her rucksack and produced the leftovers from the previous evening. We celebrated with Pink Lady, cheese and crackers and other nibbles. What a lady! Even when Emma wasn't able to attend the Wednesday walks she took time to ask how the hikes were going. Happy trails, Emma.

—Cathy Cutts, on behalf of the Wednesday Walkers of Kingston Rideau Trail Club

A CO-OPERATIVE EFFORT

RTA members going into the Mountain Equipment Co-Op store in Ottawa this summer to replace their worn-out hiking boots have seen an interesting sight. Just inside the front door, on a large green billboard, stands a display celebrating RTA's 25th anniversary with a map of the Rideau Trail area, a club brochure, a newsletter, and an anniversary T-shirt. While they're trying on their boots, they may see more T-shirts on the backs of store employees.

The displays are part of a joint publicity venture between the Ottawa Club and MEC. In addition to the display, MEC is advertising some of the club hikes in its summer newsletter, including the Tuesday night "Moonlighter" series and the cycling outing and three hikes scheduled for September 14.

MEC manager Tracey Clark feels the two organizations have a good deal in common. Both are voluntary organizations whose purpose is to celebrate the outdoors and promote a healthy lifestyle, and both are celebrating their 25th anniversaries in 1996. So far customers have bought at least 50 club T-shirts and taken away about 1,700 brochures; and while I have no hard statistical data on new members attracted by the promotion, I do know that participation in the "Moonlighter" hikes has grown dramatically since last year.

Starting this fall, hikers will see new signs along the Rideau Trail, marking access points to the next measurable destination. We are adding them thanks to another important part of the promotion—a financial grant from MEC. Right now the only signs on the trail (apart from markers) are the plaques at the Ottawa and Kingston ends, and we hope the new additions will make the trail more accessible and "hiker-friendly."

Thanks, MEC, for your support, and may we march forward together for 25 more years!

—Millicent Toombs

THE '96 END-TO-END

by Anonymous Gaiety

It should have been obvious right there at the start of the trail... They could be seen **everywhere** - the *dainty dew-drenched bootwort*, the *cascading purple capelet*, the *trailing snowbane* and, as a portent of things to come, the *soggy mudvetch*.

Our experienced hike leaders stared glassily at the unlikely display arrayed before them... Would this group be hasty hikers, wantonly scattering seeds as they trampled roughly over field and meadow? Or would they tread gently in the wilderness, alert to the shy glances of wildflowers peeking out from the woods? Amidst humour and companionship, we became treaders, not trappers; spotters, not squashers; probers, not pickers.

We saw wildflowers in profusion and the Plantmaster and his lens-clicking consort provided us with the colloquial and botanical names we lacked. The knowledge they shared was awesome and we learned as we walked. Among the rich and colourful selection of wildflowers we saw were: White flowers (*foam flower*, *slender ladies' tresses*, *bunchberry*, *yarrow*, *Solomon's seal*, *anemone*, *mayflower*, *sarsaparilla*, *trillium*, *bladder campion*, *starflower*, *bloodroot*, *ladies' bedstraw*, *pearly everlasting*); Yellow and orange flowers (*yellow lady slipper*, *spotted touch-me-not*, *butter-and-eggs*, *wild lettuce*, *trout lily*, *hawkweed*); Pink, red and purple flowers (*wild columbine*, *cardinal flower*, *fleabone*, *twinkflower*, *wild bergamot*, *fringed polygala*, and *Deptford pink*); Blue and purple flowers (*pickerel weed*, *purple vetch*, *verbena*, *blue flag*, *vipers bugloss*).

Even as sightings of deer, osprey and other wildlife provided momentary flashes of excitement on the trail, the satisfaction of identifying the infamous *Deptford pink* was equally thrilling for many of us... As '96 End-to-Enders, we walk to learn and invite you to join us any weekend.

(Editor's Comment: Notice the primary colours!

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, ON K7K 6K6. Members willing to be Leaders for the Winter season, or who wish to suggest new locations to hike, are asked to call Watson Ogilvie at 530-2378 before the end of October.

Wednesday Sept 11 Gould Lake

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

Saturday Sept 14 End to End #15 Perth Road to Frontenac Park.

Rugged trails. Level 3. Departs Kingston 09:30.
LEADERS: Watson Ogilvie 530-2378
Klaus Stegmann 542-5375

Sunday Sept 15 - Frontenac Park

Level 3. Arkon Lake Trail. 13 km. Gas \$3. Meet 09:00.
LEADER: Ada Chambers 549-8008

Thursday Sept 19 Kingston Humorous Historical Walk

Myths - History - Local Legends 1 1/2 hour walking tour covering the strange and humorous side of Kingston history, led by the folks who brought us the Ghost Walk. Cost \$5 to members and their guests. Meet at 19:20, across from Kingston City Hall.
CONTACT: Watson Ogilvie 530-2378

Saturday Sept 21 Depot Lakes Conservation Area

Join Naturalist Terry Sprague of the Quinte Conservation Services Alliance for a 4 km. Level 1 morning nature hike. Afternoon Level 2 optional. Gas \$3. Meet at 09:00.
CONTACT: Bob Chadwick 352-1052

Sunday Sept 22 End to End Hike #16

Level 3. See Page 11. Departs Kingston at 09:30.
LEADER: Allan Tattersall 549-4080

Saturday Sept 28 End to End Hike #17

Level 2. See page 11. Departs Kingston at 09:30.
LEADER: Dale Ross 384-2959

Sunday Sept 29 End to End Hike #18

Level 2. See page 11. Departs Kingston 09:30.
LEADER: Bob Chadwick 352-1052

Sunday Sept 29 Canoeing Charleston Lake

Canoe with Kingston Canoe Club.
CALL: Beth Orr 389-6362 or Alan Nicholls 389-4026

October 1,2,3, B&B in Cobourg/ Port Hope Area

(See notice elsewhere in Newsletter)
CONTACT: Cathy Cutts 542-5414

October 4,5,6 Adirondacks

See Ottawa schedule. Kingston participants must register, but need not attend the planning meeting.
CONTACT: John Barron 613-828-2296

Saturday Oct 5 Hike Ontario Day

Hike #1 - Bon Echo Provincial Park. Hike the 17 km Abes and Essens Trail. Level 3. Gas \$6. Meet at 08:00.
LEADER: Don King
CONTACT: Murray Henderson 546-9906

Hike #2 - Little Cataraqui Creek Conservation Area. Level 1. Gas \$1. Meet at 10:00.
LEADER: Peggy Harding 546-7202

Wednesday Oct 9 Eel Bay Area

Hike trails north of Eel Bay, near Sydenham. Level 1. Gas \$2. Meet at 09:30.
LEADER: Ian Watson
CONTACT: Keith Bull 546-9693

Saturday Oct 12 Rock Dunder

Climb to the summit of Rock Dunder for lunch at the top with spectacular view of fall leaves. Hike is short but rugged. Level 2. Gas \$3. Meet at 10:00.
LEADER: Peck Peckover 544-9190

October 12,13,14 Backpacking Frontenac Park

See Ottawa Schedule
CONTACT: David Farrington 613-226-1244

Sunday Oct 20 Frontenac Park

Hike the Slide Lake Loop. Level 3. Gas \$3. Meet at 09:00.
LEADER: Larry Dyke 389-6692

Saturday Oct 26 Gould Lake

Experience the new Main and Loop Trails, on west side. 19 km. Level 3. Gas \$3. Meet at 09:00.
LEADER: Stan Douglas 389-2563

Sunday Oct 27 Mount Fitzsimmons

Landon Bay area. A fairly steep climb to the top for a spectacular view of the St. Lawrence River and surrounding area. Level 2. Gas \$4. Meet at 09:00.
LEADER: Peter Murray 382-2824

Sunday Nov 3 Frontenac Park

Level 3 hike. Route to depend upon weather conditions.
Gas \$3. Meet at 08:30.
LEADER: Audrey Sanger 384-6244

Saturday Nov 9 Rideau Trail

Hike from Elevator Bay, through Cataraqui Cemetery to Sydenham Road and return. 12 km. Level 1.
Meet at 10:00.
LEADER: Jean Thompson 544-0340

Wednesday Nov 13 Camden East

Enjoy walking in this historic area. Level 1. Gas \$3.
Meet at 10:00.
LEADER: Cathy Cutts 542-5414

Sunday Nov 17 Frontenac Park

Join Chris Barbour for an historical walk through the Black Lake, Clear Lake areas of the Park. Level 2. Gas \$4.
Meet at 09:00.
CONTACT: Watson Ogilvie 530-2378

Saturday Nov 23 Rideau Trail

Hike from the north end of Opinicon Loop to Westport. 18 km. Level 2. Gas \$4. Meet at 09:00.
LEADER: Maggie Baerg 546-6065

Sunday Dec 1 Opinicon Loop

Hike, snowshoe or ski, from Skycroft to Chaffey's Locks and return. 14 km. Level 2. Gas \$4. Meet at 09:00.
LEADER: Jim Blain 359-6282

Saturday Dec 7 Frontenac Park

Hike the Arkon Lake Trail, starting at the Trail Centre. Level 3. 16 km. Gas \$3. Meet at 09:00.
LEADER: Arne Henrikson 544-0465

Wednesday Dec 11 Parrotts Bay

Hike or ski, depending upon the weather. Level 1. Gas \$2.
Meet at 10:00.
LEADER: Bernie Gates 389-1835

Sunday Dec 15 Rideau Trail

Hike or ski Unity Road, Elginburg, to Orser Road and return. Level 1. Gas \$1. Meet at 09:30.
LEADER: Watson Ogilvie 530-2378

Sunday Dec 15 Year End Coffee & Dessert Party.

Share your favourite dessert. Coffee and tea provided.
From 19:00 to 21:00
For location and information call Lynn Nolan 389-8747
or Ada Chambers 549-8008

CENTRAL CLUB ACTIVITIES

The 25th Anniversary celebrations have been a real success. Thanks to all members for their support. For information relating to specific outings, contact the leader and/or the hotline 264-8338. All attendees should bring lunch and water and meet at Conlon Farm unless otherwise indicated.

Sunday Sept 22 Introduction to Orienteering

Basic instruction on how to find your way 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

October 15 to 20 Wiarton area of Bruce Trail

Plans are well on their way for a repeat of last year's foray onto the Bruce Trail. This year we will be staying at Cedar Home B&B in Wiarton. Space again is limited and at the time of writing we are fully booked. If booking on a stand-by basis or for next year, call Don Boyle.
PLANNER: Bruce's second cousin Don Boyle: 267-2982

Sunday Oct 20 Ragged Chutes

Hike from Ragged Chutes to King's Lake. The scenery on this outing is breathtaking so bring a camera to capture Ted Pearl. Shoes with firm gripping soles are a must for this difficult terrain as well as bushwhacking. Level 3+.
Meet at 10:00
TRACKER: John Miller 264-8338.

Sunday Nov 10 Charleston Lake

Come celebrate Berta's birthday by hiking the west section of the park. Come and view Perry's handiwork to show we appreciate his efforts. Level 2. Meet at 09:30 at Conlon Farm or 11:00 at Park Gate.
MIKE'S BUDDY: Mary Charlton 267-6802

Sunday Nov 24 K & P Trail

Wander along the Northern part of the trail from Flower Station to Barryvale on the old rail bed of the 'Kick & Push' railway line. This is one of the SEORTRAC's priority tracks to be set aside as a hiking trail so we should support the efforts by using the present right of way.
GANG LEADER: Veronica Airth 264-8824

Saturday Dec 14 Murphy's Point Provincial Park

Winter is coming so we head back to base camp to prepare our skis and minds. Bring cross country skis for a trial run.
HOME BUDDY: John Miller 264-8338

OTTAWA CLUB ACTIVITIES

The activities described below take place as scheduled regardless of the weather. The **RENDEZVOUS POINT FOR HIKES IS THE PARKING LOT AT THE CORNER OF BOOTH AND ALBERT STREETS IN OTTAWA UNLESS OTHERWISE STATED** at the departure time indicated. Transportation is by car pooling, and passengers are asked to contribute to the driver's gas cost in the amount indicated below (\$3 if not indicated). Hikers should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing. Leaders, please forward sign-up sheet to Ruth Hutchinson, 168-2111 Montreal Rd., Gloucester, Ontario, K1J 8M8.

For more information about a particular event, call the leader at the number listed below. If you have trouble reaching a leader, or for general information about the overall hike schedule for this season, call John Barron at 828-2296.

Wednesday Walkers

Every Wednesday there are Level 3 hikes or cross country ski trips in the Gatineau Park, depending on conditions. Departure time is 09:30. Non-drivers can be picked up at the entrance to the parking lot at Booth and Albert Streets. Drivers (and others) call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for details.

Monday Sept 16 Planning Meeting

For weekend hiking at Mont Tremblant Sept 20-22 (next entry). Deposit of \$25 required. Max 18 participants; last year's group start from waiting list. Meeting admin fee \$1-2. 19:30 sharp. Board Room, St. Laurent Complex, 525 Cote St. (off St. Laurent Blvd., opposite Rideau HS playing field; 742-6767). Contact Jane Buckley (745-5786).

Weekend Sept 20-22 Mont Tremblant

Overnight Fri and Sat as guests of J.B. Ski Club Inc, in a ski lodge at the foot of Mont Tremblant (host Don Davison, (613) 726-1280). Bring own bedding, towel, 2 lunches, and a pot luck dish for Saturday pm. Saturday a tough, level 3, 18 km, 800 vertical metres ascent of Mont Tremblant; Sunday an easy, level 1, half-day walk at Domaine St. Bernard. Cost \$50 for 2 nights' lodging and 2 breakfasts; Fri dinner \$10 extra. Gas \$8. Departs Fri pm. Participants must call leader by September 15 for reservations, and must attend a planning meeting on Sep 16 (see entry above). Leader Jane Buckley (745-5786)

Saturday Sept 21

Russell to Embrun and return 12 km. Level 1. Tea room at end, bring lunch. Departs 09:30. Leader Kay Methot 443-3941.
Cycling. To Champlain Lookout. Huge steep hills, top conditioning required. Lunch in Old Chelsea. 80 km, level 3. Departs 09:30. Leader Dave Wardell 722-3752

Sunday Sept 22

Gatineau Park. Ascend by Lusk Falls (steep), then on to a destination TBD by weather conditions. 14 km. Level 2. Gas \$3. Departs 09:00. Leader Alec Bissett 828-4363.

End to End #16. See page 11.

Tuesday Sept 24

Planning Meeting. For trip to Kingston, 27-29 Sept (below). \$75 deposit. 19:30 sharp at McNabb Community Centre, 180 Percy Street. Contact John Barron 828-2296.

Planning Meeting. For trip to the Adirondacks, 4-6 Oct

(below). \$25 deposit. 20:30 at McNabb Community Centre, 180 Percy Street. Contact John Barron 828-2296.

Thursday Sept 26 Eclipse Walk

Short walk to a ski lodge in Gatineau Park to view the total eclipse of the moon. Bring a flashlight and your own late supper. Meet at Booth and Albert at 19:30. Leader/Organizer Erl Cassells 820-8157

Weekend Sept 27-29 Kingston

To take part in End to End hikes #17 and #18 (see End to End descriptions). Space very limited. Call organizer NLT 15 Sept to reserve; \$75 deposit required by 15 Sept. Est Cost \$150 single (less to share) plus meals. Gas \$12. \$2 admin cost. Participants must attend planning meeting at McNabb Community Centre 24 Sept (see above). Organizer John Barron 828-2296, address 23 Leeming Dr., Nepean, Ontario K2H 5P6.

Saturday Sept 28

Gatineau Park. Partly on, partly off trail. 10-15 km. Level 2. Gas \$4. Departs 09:30. Leader John Young 828-0369.

Larose Forest. Possibility of finding mushrooms. 10 km. Level 1. Gas \$4. Departs 09:30. Leader Bob Bennett 749-7440.

Sunday Sept 29

Gatineau Park Lakeland. Level 3 bushwhacking SW of Lusk Lake/Twin Lakes. Gas \$4. Departs 09:30. Leader Graham Creedy 789-1657.

Mer Bleue. New route, near old forestry reserve. Waterproof boots advisable. 15 km. Level 1. Departs 10:00. Leader Frank Kemp 736-9939.

Weekend Oct 4-6 Adirondacks

Level 3 day hiking. 20 km+, 1000 metre climbs, very rough trails. Top fitness and experience in high mountain hiking are essential. Stay at High Peaks Base Camp (coed dorms). Est cost \$90. \$2 admin fee. Gas \$20. Call leader by Sept 15 to reserve. Participants must attend planning meeting Sept 24 (above). Leader John Barron 828-2296.

Saturday Oct 5

Western Gatineau Park. Bushwhacking, Level 3. Gas \$4. Departs 08:30.

Leader John Haley 225-0590.

Lusk Lake Loop. About 12 km. Level 1. Gas \$4. Departs 09:30. Leader Millicent Toombs 521-6693

Sunday Oct 6

Murphy's Point. Hilly. 12 km. Level 1+. Gas \$4. Departs 09:00. Leader David Spector 829-6802

Gatineau Park. Long 16 km+, hilly route to see the fall colours. Level 2. Departs 09:30. Leader Jean Sunter 828-6077.

Long Weekend Oct 12-14 Frontenac Park

Backpacking in Level 2 terrain, physically demanding with heavy pack. Gas \$6. Departs Sat am. Call leader by Oct 1 for trip coordination. Leader Dave Farrington 226-1244.

Saturday Oct 12 Meech Valley

15 km. Level 2. Departs 09:00. Leader Peter Scott 729-9557

Sunday Oct 13 Cycling

Leamy Lake, Gatineau Park, McConnell-Laramée, and Aylmer; return by Ottawa River. Lunch at Aylmer Marina, or bring your own. 55 km. Level 2. Departs 09:30. Leaders Barri and Dennis Scully 565-7710.

Monday Oct 14 Thanksgiving

Frontenac Park. Long day's hike in Big Salmon Lake region. 15 km+. Level 2. Gas \$6. Departs 08:30. Late return. Leader Ron Maybury 836-2953.

Mayo, Quebec. Level 1 hiking at former Centre Éducatif Forestière. Slow pace to enjoy interpretive facilities. Small trail fee. Gas \$4. Departs 10:00. Leader Dave Davis 281-5137.

Saturday Oct 19

Mica Mines Area. On Rideau Trail S. of Perth. 12-15 km. Level 2. Gas \$4. Departs 09:00. Leader Pearl Peterkin 747-2985.

Lusk Falls. Level 3 bushwhacking at the top of the escarpment. Gas \$3. Departs 09:30. Leader Dave Wardell 722-3752.

Sunday Oct 20

Western Gatineau Park. Relatively easy off trail hiking. Level 2+. Gas \$4. Departs 09:30. Leaders Art and Ida Campbell 828-0426

Marlborough Forest. Short, Level 1. Ground may be very wet. Departs 09:30. Leader Linda Hayes 749-9537.

Saturday Oct 26

Gatineau Park. On trail hiking, Level 2. About 15 km. Start time 09:30. Leader Bill Armstrong 737-3567.

Sunday Oct 27

Gatineau Park. On trail, about 15 km. Level 2. Departs 09:30. Leader Ann Bolster 521-6354.

Dwyer Hill Rd. and Burritt's Rapids. 7 km loop hike, followed by a short walk in a historic village. Level 1. Gas \$4. Departs 10:00. Leader Bill Grant 820-0697.

Saturday Nov 2

Gatineau Park. Long, strenuous, all-day hike. Level 2-3. Departs 09:30. Leader Don Mitchell 749-9537.

Sunday Nov 3.

Roger Stevens Drive to Earth Star Loop. Via Rideau Trail. 12-15 km. Level 1+. Departs 09:00. Leader Nanette Whitwam 730-5417.

Gatineau Park. 15 km. on trail. Level 2. Departs 09:30. Leader Shirley Scott 747-9559

Saturday Nov 9

Wolf Trail. 10-12 km. Level 2. Departs 09:30. Soup in Old Chelsea afterwards. Leader Ruth Hutchinson 749-0990.

Sunday Nov 10

Gatineau Park. On trail, some clean bushwhacking. Level 2. Gas \$4. Departs 09:30. Leader Pat Clarkin 729-2737.

Monday Nov 11 Remembrance Day

Stony Swamp. Short walk, 2-3 hours max. Level 1. Gas \$3. Departs 13:00. Leader Elizabeth Mason 729-6596

Saturday Nov 16

Gatineau Park. McCloskey ski trail to Western Lodge. 15 km. Level 2. Departs 09:30. Leader Marian Dunning 232-8304.

Urban Walk. From Booth and Albert, east along the Ottawa River toward Rockcliffe. Level 1. Departs 09:30. Ends no later than 16:30. No driving; you might bring \$1.85 for a city bus. Leader Ken Buckingham 234-5543.

Sunday Nov 17

Finch Township Recreation Trail. 10-12 km. Level 1. Gas \$5. Departs 09:00. Leader David Spector 829-6802.

Wakefield to Herridge Lodge. Very Hilly. 15 km+ Level 2. Gas \$4. Departs 09:30. Leader Lisa Buchner 729-4487.

Saturday Nov 23

Western Gatineau Park. Off trail hiking in relatively easy terrain. Long day. Level 2+ Gas \$4. Departs 09:30. Guide Art Campbell. Contact Mary Lefebvre 727-0754.

Sunday Nov 24

Roger Stevens Drive to O'Neil Side Road. Via Rideau Trail. Passes the Cameron Lot. 10 km. Level 1. Departs 09:00. Leader Ron Hunt 736-9887.

Hang Glider Parking Lot to the Ramparts. Trails, some bushwhacking. 12 km. Level 2+. Departs 09:30. Leader John Barron 828-2296.

Friday December 6 Hiking end of Season pot luck supper.

Bring a main dish, salad, appetizer, or dessert; bring dishes/cups/cutlery/soft drink. \$5 towards expenses. Volunteers needed, contact by Dec 1. 18:30 at St. John the Apostle Church Hall, 2340 Baseline Road, Nepean. No reservations, no menu coordination, just come. Contact John Barron 828-2296 (essential calls only).

Saturday Dec 14

Ski or hike. Depending on conditions. Level 2. Departs 09:30. Leader Bud Masse 235-4670.

25th Anniversary End to End Series

The following hikes bring to a close the 25th Anniversary End to End Series. End to End #16 starts from the Kingston (Sears North Parking Lot) and Ottawa (Parking lot at Booth and Albert Streets) meeting places at the times shown. End to Ends #17 and #18 will be run entirely out of the Kingston meeting place; Ottawa and Central participants may register for a weekend trip to Kingston as listed in the Ottawa schedule. Gas contributions from Kingston are by map number at the current rates. For information, call the hike leader or organizer in your city, or John Miller (264-8338) in Perth, Watson Ogilvie (530-2378 in Kingston, or John Barron (828-2296) in Ottawa.

Sunday Sept 22 #16 - Frontenac Park Visitor Centre to Gould Lake Mainly rugged trails, some roads. Level 3. 15 km. Leader Allan Tattersall (549-4080) (Kingston). Ottawa Organizer Fran Cutler (729-2055). Departs Kingston 09:30 (Ottawa 08:00, Gas \$6, late return).

Saturday Sept 28 #17 - Gould Lake to Van Order Rd. Mixture of park and field trails, road allowances, and roads. Could be muddy or flooded in places. Level 2. 20 km. Leader Dale Ross (384-2959) (Kingston). Ottawa Organizer John Barron (828-2296). Departs Kingston 09:30.

Sunday Sept 29 #18 - Van Order Rd. to Elevator Bay Mixture of cemetery and park trails, road allowances, roads, and city streets. Level 2. 20 km. Leader Bob Chadwick (352-1052) (Kingston). Ottawa Organizer John Barron (828-2296). Departs Kingston 09:30.

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 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 five days before the hike you wish to attend for the meeting place and time.

Central Section

Saturday Sept 7, 23 km, level 2, Murphy's Point (km 0) to Perth (km 23)

Sunday Sept 8, 24 km, level 2, Perth (km 23) to Port Elmsley (km 47)

Saturday Sept 21, 23 km, level 2, Port Elmsley to Rosedale (km 2, Ottawa)

Ottawa Section

Sunday Sept 22, 24 km level 2, Rosedale (km 2) to Marlborough Forest (km 26)

Saturday October 12, 23 km, level 2, Marlborough Forest (km 26) to Richmond (km 49)

Sunday October 13, 23 km, level 2, Richmond (km 49) to Bells Corners (km 72)

Monday October 14, 22 km, level 2, Bells Corners (km 72) to Ottawa (km 94)

The Frontenac Challenge

Get out your boots and hiking stick and take The Challenge. Register at the Trail Centre at Frontenac Provincial Park and hike all 160 kilometres of the Park's trail network within the September/October time period. Participants will receive a certificate at an award BBQ on November 3rd.

A plaque at the Trail Centre will display the names of those who complete "The Challenge"! Look for the new Challenge T-shirt in the Friends' Store!

Levels of Difficulty

Hiking

Level 1 - Well defined trails, gentle inclines. Hiking boots not required, but trails may be very wet. Suitable for beginners.

Level 2 - Generally on trail. May be hilly, light bush-whacking, some rough spots or obstacles. Boots recommended.

Level 3 - Rough terrain. One or more of extensive bush-whacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock scrambling. Boots, level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

Cycling

Level 1. Few hills, broad roads or bike paths, little traffic.

Level 2. Some hills, narrower roads, some traffic.

Participants should be fit and experienced.

Level 3. Long hills, narrow roads, excellent fitness and cycling skills required.

Participants' Responsibilities

Participants are expected to choose a trip suitable to their physical capabilities and skill level. They should inform their leader at the start about any health problems and difficulties with their equipment. They should respect their leader's judgement and their financial obligations for the outing. Parents and guardians are expected to supervise their own children.

PATH MARKING

by Art Campbell

William G. Grant's excellent article "Trail Marking" in the Summer Issue reminded me of environmentally and aesthetically friendly ways of marking "paths", as some Gatineau Park officials call trails which are not part of the National Capital Commission system. Paths are ways of getting around those parts of the park which cannot support heavy traffic such as invited by marked trails. The object, like all hiking, is to leave nature unspoiled, as much as practicable. Some practices, even by experienced hikers, such as using brightly coloured ribbons and paint splotches, violate the creed of hikers to leave only footsteps behind. Unlawful too.

When I started walking/skiing wilderness or non-NCC trail regions 20+ years ago, I found some paths, sometimes when following ski tracks, sometimes by stumbling across a path while bush whacking. Often this would be an animal path. Occasionally, I used a ribbon or tape to mark where the new-found path left the main trail. Without fail on my next visit, the ribbon/tape was gone, removed by a person who felt, as I soon felt, that ribbons not only spoil the visage, they invite over-use and detract from the satisfaction for the next generation in finding paths.

The way to find a path made by humans, (Max told me) is to go to the general area of the path and look for cut branches. That leads to law 1 on "path" marking: if a path is properly cut, then markers are not needed.

One area where markers are truly excessive is the Camp Gatineau area - a leased area for child care, which is zoned as "intensive recreation". Wooden arrows point the way along well cut paths. But also there are blue paint splotches; almost every tree is marked. We thought at one point we had discovered the mother lode of blue paint but it turned out to be a blue tent.

Ribbons and tapes and paint splotches, by the

way, not only spoil the visage of nature untouched, but, in most nether regions violate the Park Plan, which calls for environmentally sensitive areas of the Park to be returned to nature as much as possible. In line with this policy, for example, NCC have removed picnic tables, buildings and bridges.

Now us guys remove tapes, ribbons and cover up paint splotches, and bush whack frequently rather than use paths which are threatening to become worn and nasty looking, even abused.

In summary, trails are in areas which can support high usage, and could be marked. Paths are in areas which cannot support high usage, and are best left unmarked.

Admittedly, some sort of guide is useful where paths cross rock faces. Probably the most useful and ingenious marker (I use "ingenious" with some trepidation since the person who explained the device may read this and he is praise sensitive) is a cairn with pointer rocks - ideally slim rocks but any will do, laid at the cairn and flowing towards each segment of the path. Sort of fits in quietly and doesn't yell like a paint splotch or ribbon does. More acceptable. Unlawful too.

OTTAWA CLUB EXECUTIVE

Chairperson	Graham Creedy
Vice-Chairperson	Caroline Whaley
Secretary	Merlene Seth
Treasurer	Laraine Laughland
Routes & Negotiations	Fred Grodde
Activities	Ruth Hutchinson
	John Barron
Trail Maintenance	
&RTA Rep	Peter Andrews
Major Projects	Leon Sokolowski
Publicity	Koreen Fahey
	Millicent Toombs
Human Resources	Bill Grant
Wednesday Walkers	Pat Clarkin
Newsletter Editor	John Haley

ORIGIN OF THE RIDEAU TRAIL

by Douglas J. Knapp

The Sixties; flower children, communes, hippies, the founding of Harrowsmith magazine and Mother Earth News, Rachel Carson's Silent Spring and a rapidly developing concern for our deteriorating environment. Out of this, a sudden awareness that if people are going to be concerned about the natural environment, they must first have enjoyable access to it.

So began the decade for construction of hiking trails. In the case of the Rideau Trail, I happened to be the catalyst who got the reaction going. On a family trip to the west coast in 1968 I was intrigued to see sign posts along the Trans Canada Highway indicating the starting points of numerous hiking trails, and the hikers themselves - strong, healthy looking people with their big boots and packsacks. In '69 and '70, family trips through northern New York, Vermont and New Hampshire brought the same scenes to view and stimulated an emotional response. Why didn't our region of Ontario have anything like this?

At the same period, high school "outers" clubs were springing up, modelled on the premise that outdoor challenge and adventure stimulates personal growth of character. As staff advisor to one such club I needed appropriate places to take the students. Unfortunately, there were none within two or three hours drive of Kingston.

Noticing that there was no development along the high rocky scarp which forms the western side of Canoe Lake as well as on the eastern side of Desert Lake, my outers club planned and undertook a 40 km hike south from Wolfe Lake to Sydenham. This was so successful I decided to propose to the Kingston Field Naturalists that they join with me in building a trail along this route. In '71 my proposal was quickly expanded to link Ottawa and Kingston, generally following the corridor of the Rideau Canal and the Rideau Trail Committee began its brief existence.

At the same time, an advertisement placed in Ottawa newspapers led to the creation of an Ottawa committee chaired by Rolly Hamilton and including Ray Billingham (now deceased) and Ed and Shirley Simpson. A similar ad in the Smith Falls paper aroused the support of several individuals - most notably Col. Duncan Douglas of Merrickville. Several sub-committees were created at both Kingston and Ottawa and Dick Henriksen, an astronomy professor at Queen's University, chaired the Kingston Routes and Negotiating sub-committee.

In April three students at Queens (Mac Gervan was one) heard of our project as well as a federal program for job creation called Opportunities for Youth. These three drafted and submitted a proposal, first to the Rideau Trail Committee for its endorsement and then to the federal government for a grant for a team of twenty-seven students to actually build the trail. Their proposal was accepted, providing a grant of \$34,000 and a group of students keen on getting to work by the first of June.

From that moment on, the Routes and Negotiating Committees had to stay ahead of the students, selecting a proposed route on maps, locating it on the ground, identifying and approaching the owners of the land to request permission to place the trail there. Most landowners were supportive and the trail began to take shape. In fact, although the Rideau Trail Committee estimated in February that the trail would require four or five years to be built, it was completed by the first of September.

The Rideau Trail Assn. was officially created in June at the first annual general meeting held in Kingston. Fred Cooke was elected President, a position he held for the first two years followed by myself, retaining the position for the next three years. In October, the trail was formally opened at a special ceremony held at the Foley Mountain Conservation Area north of Westport.

(Continued on page 14)

Many trail changes have occurred since 1971 and the RTA and its local clubs have evolved to remain significant and vital organizations. Past association and club directors can take sincere pride in the success of their creation.

During the past twenty-five years uncounted thousands of hikers have enjoyed the challenge and beauty of the trail - enjoying access to the natural environment that can only stimulate feelings of love and concern for it. May the Rideau Trail continue in this role for a long time to come. Happy anniversary, R.T.A.

KINGSTON CELEBRATES 25th ANNIVERSARY

Doug Knapp (Association Founder and Past President) led an inaugural hike on a new scenic section of the main trail along the west shore of Gould Lake on Saturday, June 22.

It was a very wet day but 10 stalwarts turned out for the occasion to honour our association pioneer and show appreciation for his solo effort in clearing this new route in time for our 25th anniversary. We went right through from the Barn to Desert Lake Road, some returning with Doug on the Main Trail and others joining Allan Tattersall on the new alternative blue loop Highland Trail that he developed.

—Bob Chadwick

It was up to all expectations. More than 70 Rideau Trail members and guests gathered on June 23 to celebrate the 25th anniversary of our Association. On a sunny afternoon, the Outdoor Centre of the Little Cataraqui Creek Conservation Area provided the ideal setting, and there were many greetings among old friends.

Bob Chadwick, chair of the Kingston Club, introduced guests who included those past chairs of the Kingston Club and Association presidents who could attend, and representatives of organizations with close ties such as the Cataraqui Conservation Authority and the Rideau Canal

Headquarters. Some landowners also attended. Doug Knapp outlined the initial steps taken to establish the Rideau Trail and Mac Gervan told of the construction of the Trail. It was interesting to hear that a total of 27 students were involved, divided into four groups, and that half of the construction crews were female students.

Sharing of an anniversary cake wound up the social gathering, and was followed by two group hikes in the late afternoon.

—Peck Peckover

HIKE LEADERS NEEDED

Initial analysis of a questionnaire sent to Kingston members in the spring shows that they want an expanded Wednesday program with more Level 2 hikes, B&B trips mid-week and on weekends, trips on other trails using B&Bs in the fall, auto-accessible camping grounds in summer, more cross-country skiing and snowshoeing events in winter, additional canoeing trips in summer and bike trips in spring, and a canoeing weekend and a backpacking weekend. These are the activities that many/some members would like according to 79 responses to the questionnaire sent out with the Newsletter earlier this year.

Trip coordinator, Watson Ogilvie, will be using his proven ingenuity to schedule a program to respond to as many of these interests as possible. However, he needs trip leaders. While the questionnaire was successful in identifying the types of activities that members enjoy, few members offered to act as leaders and a future leader development program may be considered.

The Fall Program for the Kingston Club reflects some of the interests identified by the questionnaires. Some events are experimental. Depending upon membership reaction to the expanded fall program and the availability of leaders, more ideas will be incorporated in future schedules.

—Bob Chadwick



Doug Knapp and Family at the 25th Anniversary Reception
with Mac Gervan and Chris Coyle (youngest end-to-ender at age 11)

**RIDEAU TRAIL ASSOCIATION
KINGSTON CLUB
WINTER GET-AWAY WEEKEND - PINESTONE REVISTED
JANUARY 24, 25, 26 1997**

Almost unanimous approval of our February 1996 ski-weekend at the Haliburton facilities of Pinestone Lodge has encouraged us to book there again. We have selected the January 24-26 weekend as the most desirable one available. Accommodation will be 2 to a room in the main Lodge adjacent to meeting rooms, dining, swimming, the bar and other facilities. We will even predict great outdoor weather and skiing conditions.

A slight increase in bus rates puts the whole weekend at \$245.00/person double occupancy. This includes Sunday pre-departure dinner of \$11.00. Nordic Trail passes are \$7.50 per person/day, and packed lunches are extra. As Konrad's bus holds only 47 passengers, the early registrants get to ride...first come, first served. We have booked 32 rooms and should you wish to drive, you can save \$43.00/person, or \$54.00 if you don't stay for Sunday dinner. Departure will be 09:00 Friday January 24th from the Cataraqui Center for the 3 1/2 hour trip, returning to Kingston at approximately 21:30 Sunday, January 26.

Please complete and return the form on the reverse of this page, along with your deposit of \$60.00/person, made out to Peter Murray In Trust, by September 30, 1996. Final payment of \$185.00, or \$142.00 if driving with Sunday dinner, \$131.00 if driving with no dinner, by December 16th, 1996. It is suggested that you include a post-dated cheque for the final payment in your registration. If there are any questions, please call Peter Murray at 382-2824 or Dale Ross at 384-2959.

KINGSTON CLUB WINTER WEEKEND AT PINESTONE LODGE

NAME(S) _____ Registration # _____

ADDRESS _____ CITY _____ POSTAL CODE _____

PHONE: HOME _____ BUSINESS _____ RIDEAU TRAIL MEMBER _____

I wish to room with _____ smoking _____ non-smoking _____

I will be driving _____ I am willing to drive if the bus is full _____

Enclosed is my deposit of \$60.00/person, total of \$ _____

You are encouraged to include a post-dated cheque to cover the remaining balance, which is due by December 16, 1996.

Post-dated cheque \$ _____

Closing registration September 30th \$60.00/person deposit. Final payment due December 16th \$185.00;

driving with Sunday dinner \$142.00; driving no dinner \$131.00.

Cancellations after January 1, 1997 may not receive a full refund if a replacement is not available.

It is suggested that non-members of the R.T.A. join prior to registration as members have booking priority.

If you are parking at the Catarqui Center over the weekend, please give your car licence number _____

Any special requests, eg. diet, please enter here _____

MAIL TO: PETER MURRAY...SKI WEEKEND, 120 FIRST STREET, GANANOQUE, ON K7G 2J1

cut and mail -

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 \$ _____

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

PLEASE INDICATE YOUR INTERESTS:

Serving on executive	()	Construction	()
Trail maintenance	()	Leading Hikes	()
Leading x/c ski	()	Newsletter	()

Other : _____

PLEASE INDICATE MEMBERSHIP CATEGORY:

Renewal	()	Already Life Member	()
New Member	()	Complimentary Member	()

Name _____

Address _____

City _____ Postal Code _____

Province _____ Country _____