



The Rideau Trail NEWSLETTER

SPRING 1997

ISSUE NO. 103



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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 sent, to arrive by **May 1, 1997**, 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 1996-97

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	Central	Mary Charleton	Perth 267-6802

Art & Photo Credits	Courtesy of	Subject
COVER:	Moir Drummond	On the Rideau Trail - A Story Untold 1997
Page 12	Lynn Nolan	First Ski - January 4, 1997 Lemoine Point

REMINDER

**YOUR MEMBERSHIP EXPIRES ON MARCH 31.
PLEASE MAIL MEMBERSHIP FORM ON BACK PAGE
WITH YOUR CHEQUE, TO RENEW AND TO RECEIVE
FURTHER NEWSLETTERS**

OTTAWA RIDEAU TRAIL CLUB ANNUAL GENERAL MEETING

Friday April 25, 1997

7:00 p.m.

Glebe-St. James United Church
650 Lyon Street South, Ottawa

PROGRAM

7:00 p.m. Coffee & Tea

7:30 p.m. Business Meeting

9:15 p.m. Slide Presentation -

"Exploring Peru with Alex Bissett"

KINGSTON RIDEAU TRAIL CLUB ANNUAL GENERAL MEETING

Saturday April 26, 1997

Little Cataraqui Conservation Area
Outdoor Centre

PROGRAM

10:00 a.m. Refreshments

10:30 a.m. Business Meeting

12:30 p.m. Brown Bag Lunch

1:30 p.m. Hikes to follow

APPALACHIAN TRAIL IN SHENENDOAH NATIONAL PARK, VIRGINIA

The Kingston Club proposes one week of day hikes in the spring of 1997, parties of 4-12 persons, 10-16 km (up to 10 miles) per day, Level 2 experienced hikers only.

Tentative dates June 7-15. For more information RTA members please call:

Dale Ross 384-2959 or Bob Chadwick 352-1052.

BOLTON VALLEY

As part of a tour of the Adirondaks and New England looking at fall colours, Ken and Bev Bowles spent a weekend at Bolton Valley Resort. They obtained a special package available to Canadians (in Canadian funds). If you wish information please contact Mr. Ken Bowles, 744 Grouse Crescent, Kingston K7P 1A2 or Bolton Valley Resort, Bolton, Vermont 05477, Reservations: 800-451-3220.

SEORTTA

Southeastern Ontario Rails-to-Trails Association (SEORTTA) is a movement devoted to converting abandoned railroad rights-of-way into public recreational trails. It was organized in March 1990 by Doug Knapp of Kingston, who as many may recall is the originator of the Rideau Trail Association.

If you enjoy bicycling or skiing through the countryside where you are free of automobile traffic, or just walking or hiking while enjoying all the wonders of nature, SEORTTA would appreciate your support. If action is not taken to preserve these lines for public recreational purposes, the R.O.W. may be purchased by private landowners, and the opportunity to create a trail system will be lost forever. At the present time negotiations are in progress to buy one of the rail lines, but money is needed to complete the purchase. SEORTTA would therefore solicit your support through membership or a donation. For information please contact Doug Knapp at 542-2039, or Paul Ropp at 376-3389, or write SEORTTA, 32 Gretna Green, Kingston, Ontario K7M 3J2.

In Remembrance of Carolyn Burns

SPRING FROST

A little piece of white fluff,
snagged by a protruding twig,
is held delicately against the cold.
Its movements hint of life before
as its edges waver.
I saw their little feet this morn
Patterned on the lawn like tiny angel prints,
randomly spread in abstract forms.
I tried to find a path
where the little spirits
went through the brush but there
were no lines, only scattered hoppings
perhaps in search of a delicate
bit of grass poking heavenward,
through the crystal tomb of new frost.
One could wonder whether
they were there at all, these little angels,
when no human eyes
could catch their private dance,
but one Cinderella
ran too fast, and her silvery gown
was caught on a passing twig.

by Carolyn Ruth Burns (1967-1995)

OVERSEAS HOLIDAYS, ANYONE?

By Patricia Lynn

For Rideau Trail walkers who are considering venturing further afield, I would like to offer some suggestions based on my experiences during the last ten years with the RT (as walks participant and leader, a past Chair of Kingston Club and a past Corresponding Secretary of the Association); and with CHA, HF, and RA in the U.K. For walking holidays in U.K. I recommend the following two organizations:

1. **Country Wide Holidays**, first recommended to me by Donald and Catherine Cutts of the Kingston Club (they met on one of these holidays!). Founded over 100 years ago by a clergyman who wanted to take young boys from the slum streets of Manchester to the Lake District, it is now a charitable organization with 8 guest houses in England, 4 of them in the Lakes, and

can be used for B&B at approx. £20 per night, or full board including a packed lunch for £30 to £40, depending on house and season. The exchange rate is \$2 to £1 sterling.

You may also choose "Go As You Please" (independent walking), for which you will be offered advice and use of map and route card but I do not recommend this unless you are proficient in map and compass reading. The led groups are about £5 extra per day. Frequently, there is an optional evening social program. The houses are comfortable, the leaders excellent and the other walkers friendly and interesting.

2. **Holiday Fellowship** has 20 guest houses from the Isle of Wight to Scotland. It is more up-market than Country Wide, and rather more expensive; they also offer special interest holidays, e.g. bridge.

Country Wide Holidays
Wilmslow Rd. Didsbury
Manchester M20 2HU
England
(0-11-44)161-446-2226

Holiday Fellowship
Imperial House,
Edgeware Rd. London
England. NW9 5AL
(0-11-44)181-905-9558

FURTHER AFIELD:

3. **Ramblers**. Celebrating 50 years of overseas excursions, Ramblers Holidays, a charitable organization, took over 100,000 clients in 1996 to nations all over the world. This is not surprising, considering they are recognized as being the best organization in their field in the U.K. Holidays are from 1 to 4 weeks and may include other interests as well as walking, for example - sight seeing (Egypt), culture and history (Prague and Budapest), trekking (Nepal). The cost of the holiday normally covers return air fare from the U.K., accommodation, meals and a leader or guide. The walks leaders are all volunteers, and are selected for their experience, enthusiasm and dedication

Ramblers Holidays
Box 43, Welwyn Gardens
AL8 6PQ England
(0-11-44)1707-331-133

Happy Walking!

KINGSTON CLUB ACTIVITIES

The meeting place for all our 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 and water, wear strong footwear, bring sun screen and insect repellent when necessary, and come prepared for weather changes. If in doubt about your ability to cope with the outing, call the leader in advance. Please note the Levels of Difficulty guide elsewhere in this newsletter.

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 summer season, or who wish to suggest new locations to hike, are asked to call Watson Ogilvie at 530-2378 before the end of April.

Sat Mar 8 Gould Lake

Activity and location to depend on conditions.
Meet at 09:30. Level 2. Gas \$3.
LEADER: Mike Amodeo 634-1847.

Wed Mar 12 Rideau Trail

Hike or ski the Trail from Bullen Road to Unity Road and return, approx. 9 km. Meet at 10:00. Level 1. Gas \$1.
LEADER: Lynn Nolan 389-8747.

Sun Mar 16 Frontenac Park

Hike the Arkon Lake Trail starting from the Trail Centre. Meet at 09:00. 16 km. Level 3. Gas \$3, plus park entrance fee.
LEADER: Dale Ross 384-2959.

Thur Mar 20 Register for Indoor Wall Climbing April 10 (see below).

Sat Mar 22 Charleston Lake

Hike two trails on the east side, Sandstone and Centennial, with scenic viewpoints. Meet at 10:00. 5 km. Level 2. Gas \$3. Vehicle fee to the park.
LEADER: Peck Peckover 544-9190.

Sat March 29 Rideau Trail

Hike from Elevator Bay to Cataraqui Cemetery and return, utilizing the Helen Henrikson Trail and a proposed re-routing which avoids the Princess St. overpass. 13 km. Level 1. Gas \$1. Meet at 10:00.
LEADER: Jean Thompson 544-0340.

Mon Mar 31 - MEMBERSHIP YEAR ENDS.
Please renew your membership now using the form on back page.

Sun Apr 6 Gould Lake

Hike the East side Trails from the Barn. Meet at 09:30. Level 2. Gas \$3 + park fee.
LEADER: Audrey Sanger 384-6244.

Wed Apr 9 Depot Lake

Hike the trails in this Conservation Area. Approx. 10 km. Level 2. Gas \$3. Meet at 10:00.
LEADER: Bob Chadwick 352-1052.

Thur Apr 10 Indoor Wall Climbing

Try out this new sport at the Boiler Room, 4 Cataraqui St. in Kingston, 19:00 - 22:30. Group rate \$15 plus GST, (including shoes). No climbing experience necessary. Call Dale to register by March 20.
ORGANIZER: Dale Ross 384-2959.

Sat Apr 12 Rideau Trail

Hike from Narrows Lock to the Ghost Town, returning by Loop Trails. Approx 8 km. Level 2. Gas \$5. Meet 09:30.
LEADER: Bob Tolley 542-9626.

Sun Apr 20 Frontenac Park

Hike the Big Salmon Loop, 19 km. Level 3. Gas \$3 plus park entrance fee. Meet 09:00.
LEADERS: Jim Blain 359-6282, Murray Henderson 546-9906.

Sat Apr 26 Kingston Club Annual General Meeting. See separate notice on page 3 for details. Meet at Sears 09:45. Gas \$1.

Sun Apr 27 Trip Leadership Instruction

Joint event with Ottawa and Central Clubs. Format is a short narrated hike near Westport. All are welcome, novice to expert. Meet at 10:00. Level 2 minus. Gas \$4. Tea afterward at *A Bit of Gingerbread*.

KINGSTON ORGANIZER: Watson Ogilvie 530-2378.

Sat May 3 Trail Maintenance Day

This is the day to do the required maintenance on the various sections of the Trail. Trail Maintainers are requested to report on their sections to a coordinator prior to the scheduled date. Bring lunch, water, insect repellent and any maintenance implements you have. All assistance in this chore is greatly appreciated. Meet at 09:00.

COORDINATORS: Bob Chadwick 352-1052, Dale Ross 384-2959.

Sat May 10 Frontenac Park

Central Club members will be joining us for this outing. We will hike into the park from Kingsford Dam. Meet at 09:00. Level 3. Gas \$3.

LEADER: Allan Tattersall 549-4080.

Wed May 14 Sydenham

Hike the Rideau Trail and other paths over roads in the Sydenham area. Meet at 10:00. Level 1. Gas \$2.

LEADER: Margaret Page 389-7840.

Sat May 17 Lemoine Point

Hike the loop trails in this Conservation Area. Meet at 10:00. Level 1. Gas \$1.

LEADER: Peggy Harding 546-7202.

Sun May 18 Frontenac Park

Members of the Pine Ridge Hiking Club of the Ganaraska Trail Association have been invited to join us on this hike on Slide Lake

Loop. 15 km. Meet at 09:00. Level 3. Gas \$3.

LEADER: Klaus Stegemann 542-5375.

Sat May 24 Opinicon Loop

Hike a variety of trails in the Opinicon Loop area. Meet at 09:00. Level 3. Gas \$3.

LEADER: Larry Dyke 389-6692.

Sun May 25 Rideau Trail

Hike from Bullen Road to Unity Road and return. Approx. 9 km. Meet at 10:00. Level 1. Gas \$1.

LEADERS: Eva and Paul Smith 542-6003.

Sun June 1 Gould Lake

Hike the Eastside Trails. 14 km. Meet at 09:30. Level 2. Gas \$2.

LEADERS: Lynda and Brian Rook 634-2510.

Sat June 7 Bicycle Trip

An easy bike trip to Cape Vincent, N.Y. Meet at Wolfe Island Ferry dock at 09:45 to catch 10:00 ferry. Bring proper identification for entry to U.S. and return to Canada.

LEADER: Watson Ogilvie 530-2378.

Sat & Sun June 7-8 Canoe Trip

Route to be determined. Space limited. Phone leader before June 1 to coordinate crews and gear.

LEADER: Allan Tattersall 549-4080.

Wed Jun 11 Sandbanks Prov. Park

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

LEADER: Bob Chadwick 352-1052.

Sat Jun 14 Frontenac Park

Hike the Birch Lake Loop. 17 km. Meet at 09:00. Level 3. Gas \$3 plus park entrance fee.

LEADERS: Murray Henderson 546-9906, Jim Blain 359-6282.

OTTAWA CLUB ACTIVITIES

The activities described below take place as scheduled regardless of the weather. THE RENDEZVOUS POINT FOR HIKES IS AT THE CORNER OF BOOTH AND ALBERT STREETS IN OTTAWA UNLESS OTHERWISE STATED at the departure time indicated. Transportation is by pooling of private cars, 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 give or send 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 in the Gatineau Park. Departure time is 09:30 at Booth and Albert. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for more information.

The Moonlighters

Every Tuesday evening from Apr 29 to late Aug there will be a short Level 1-2 hike, usually in the Gatineau, always within a 30 min drive. Meet at Booth and Albert by 17:55 to depart at 18:00 sharp. Hikes last until sunset or shortly after (20:00-21:00). Bring water, snack, bug repellent, and flashlight. Organizers Roger McCullough (731-7596) and Laraine Laughland (723-8851).

Wednesday Wanderers (Evenings)

Same format as the Moonlighters (above), but west of Ottawa (Greenbelt, Rideau Trail, etc). Wednesdays starting 28 May. Meet at Chances R Restaurant in Shoppers' City West, near Baseline Transitway Station, to depart at 18:45. Leader David Spector (829-6802).

Sat Mar 22 Skiing

Gatineau Park. Level 2, as conditions permit.
Departs 09:30.
LEADER: Bud Masse 235-4670.

Sun Mar 23 Skiing

Level 2 minus in Gatineau Park. If no snow, hiking. Departs 09:30.
LEADER: John Barron 828-2296.

Fri Mar 28 - Mon Mar 31 Easter Weekend

Conditions unpredictable, so last minute organization will occur. To offer to lead a trip, call Nanette Whitwam at 730-5417, preferably by Tue Mar 25. To learn what trips are on, call Ottawa Club Hotline at 730-2229.

Monday Mar 31 - Membership year ends.
See membership form on back page

Sat Apr 5 Hiking

Destination to be determined by conditions.
Level 1. Departs 10:00.
LEADER: Margaret Lafrance 692-1810.

Sun Apr 6 Sugar Bush

Fulton's in Pakenham. Pancakes, followed by short walk through the maple groves.
Level 0 to 1. Departs 09:30. Gas \$4. Food at cost. LEADER: Lucy Petraroja 731-3533.

Sat Apr 12 Prince of Wales Falls

(Hogsback) to Rideau Falls. Urban walk, one way with car shuttle. 10 km. Level 1.
Gas \$3. Departs Booth and Albert at 10:00.
LEADER: Frank Kemp 736-9939.

Sun Apr 13 Mill Pond Cons. Area.

View a sugar shack operation. 8-10 km. Short, but some steep sections. Level 1. Gas \$5.

Departs 09:30.

LEADER: David Spector 829-6802.

Sat Apr 19.

Russell-Embrun. Abandoned railway, out and back. Bring lunch. Possible tea room at end.

10 km. Level 1. Departs 09:30.

LEADER: Kay Methot 443-3941.

Gatineau Park. On trail. 15 km. Level 2.

Departs 09:30.

LEADER: Ann Bolster 521-6354.

Sun Apr 20

Lusk Lake Loop. 12 km. Level 1-2. Gas \$4.

Departs 09:30.

LEADER: Millicent Toombs 521-6693.

Fitzroy Harbour Provincial Park. Several short loops. 8 km. Level 1. One steep hill. Boots advisable. Gas \$4. Departs 10:00.

LEADER: Caroline Meyer 722-7575.

Fri Apr 25 Ottawa Club Annual General Meeting

Glebe-St. James United Church, 650 Lyon St. South. 19:00. See announcement elsewhere in Newsletter.

CONTACT: Caroline Whaley 726-0237.

Sat Apr 26

Gatineau Park. On trail. 12-15 km. Level 2.

Departs 09:30.

LEADER: Bill Armstrong 737-3567.

Rideau Trail. Twin Elm to Bell High School. 15 km. Level 2. Departs 09:30.

LEADER: Marian Dunning 232-8304.

CEGEP to Pink Lake. 10 km. Level 2 minus. Easy but short bushwhack. Departs 10:00.

LEADER: Ruth Hutchinson 749-0990.

Sun Apr 27

Trip Leadership Instruction. Joint event with Kingston and Central. Format is a short narrated hike near Westport. All welcome, novice to expert. 8 km. Level 2 minus. Gas \$5.

Departs 09:00. Tea afterward at *A Bit of Gingerbread*.

OTTAWA ORGANIZERS: John Barron 828-2296 and Graham Creedy 789-1657.

Plaisance. view migrating Canada geese at conservation area. Spectacular waterfall.

Under 10 km. Level 1. Possible small trail fee.

Gas \$4. Departs 09:30

LEADER: Bob Bennett 749-7440.

Tue Apr 29 The Moonlighters

First Tuesday evening walk of the season (see description above).

Sat May 3.

Frontenac Park. Kingsford Dam-Gibson Lake-Moulton Gorge-Clearwater Lake. 18 km. Level 2+. Late return. Possible supper in Westport.

Gas \$6. Departs 08:00.

LEADER: Rod Gaskell 725-2329.

Gatineau Park. Relatively easy off-trail hike.

Level 2+. Gas \$4. Departs 09:30.

LEADERS: Art and Ida Campbell 828-0426.

Cycling. to Manotick. 40 km. Level 1+. Roads, expect some traffic. Meet at Hogsback Falls Parking Lot at 09:30. You must call leader to confirm details.

LEADER: Coby Fuykschot 722-6022.

Sun May 4

Bushwhacking in western Gatineau Park.

Level 3. Gas \$4. Departs 09:30.

LEADER: Graham Creedy 789-1657.

Rideau Trail. Roger Steven's Dr. to Dwyer Hill Rd., including Earth Star Loop. 12 km. Level 1+. Gas \$3. Departs 09:00.

LEADER: Alec Bissett 828-4363.

Thu May 8 Planning Meeting

For weekend in the Eastern Townships June 20-22 (below). 19:30 at 6 Tammela Court, Ottawa. Note reservation requirement.
CONTACT: Roger McCullough 731-7596.

Sat May 10

Pine Rd. - MacDonald's Bay. Circular route passing Carbide Mill. 15 km. Level 2. Gas \$3. Departs 09:30.
LEADER: Sam Ludmer 728-8892.

Rideau Trail. Beveridge's Locks to Perth. 15 km. Level 2. Gas \$4. Departs 09:30.
LEADER: Dave Wright 613-284-8305.

Sun May 11

Western Gatineau Park. Variation on Hay Lake Loop. Great views. 15 km. Level 2+. Gas \$4. Departs 09:00.
LEADER: Roderic Gaskell 725-2329.

Dwyer Hill Rd. and Burritt's Rapids. 7 km. loop, partly on the Rideau Trail, followed by a short walk at Burritt's Rapids. Level 1. Gas \$4. Departs at 12:30. An optional refreshment stop afterwards.
LEADER: Bill Grant 820-0697.

Sat May 17 Gatineau Park

On trail. Level 2. Departs 09:30.
LEADER: Bev Armstrong 738-0310.

Sun May 18 Wolf Trail to the North Window

Extensive bushwhacking. 18 km. Level 3. Departs 09:30.
LEADER: Dave Wardell 722-3752.

Mon May 19 Victoria Day

Schoolhouse Loops. Short, easy, several options. Level 1. Gas \$4. Departs 09:30.
LEADER: Nanette Whitwam 730-5417.

Sat May 24

Frontenac Park. From Kingsford Dam. 22 km.

Level 2+. Gas \$6. Departs 08:30.
LEADER: Lisa Buchner 729-4487.

Gatineau Park. Walk to see spring flowers. Level 2. Departs 09:30.
LEADER: Jean Sunter 828-6077

Sun May 25

Bushwhacking near Lusk Falls. Tough climb at start. 20 km. Level 3. Gas \$3. Departs 08:30.
LEADER: Roderic Gaskell 725-2329.

Rideau Trail. Bleeks Rd. to Flood Rd. (Marlborough Forest). 20 km. Level 2. Departs 09:30.
LEADER: John Barron 828-2296.

Wed May 28 Wednesday Wanderers

First Wednesday evening walk of season. See description above.

Sat May 31

Eastern Frontenac Park. Includes west (rocky) side of Slide Lake Loop. 18 km. Level 3. Restaurant stop, late return. Gas \$6. Departs 08:00.
LEADER: John Haley 225-0590.

Gatineau Park. Five hour loop walk from Wakefield, part on ski trails, part bushwhack. Level 2+. Gas \$4. Departs 09:30.
LEADER: Gerry Schut 746-4548.

Sun Jun 1

Gatineau Park. Details to be determined by weather and trail conditions. Level 2. Departs 09:30.
LEADER: Pat Clarkin 729-2737.

Rideau Trail. Dwyer Hill Rd. to Rosedale (Long Bush). 16 km. Level 2. Gas \$4. Departs 09:30.
LEADER: Ken Buckingham 234-5543.

Sat Jun 7

Southern Frontenac Park. Varied, rugged, scenic, and very long. Sustained fast pace required. Level 3 experience essential. 25 km+. Very long day; possibly supper in Westport. Gas \$6. Departs 08:00. LEADER: Roderic Gaskell 725-2329.

Cycling. Gatineau Hills and/or Aylmer. 3-4 hours including lunch. Level 2. Departs 10:30.

LEADER: Elizabeth Mason 729-6596.

Sun Jun 8

Cycling. To O'Brien's Beach at Meech Lake. 70 km. Level 2. Lunch in Old Chelsea. Departs 09:30.

LEADER: Dave Wardell 722-3752.

Mayo, Quebec. Centre Educatif Forestier near Lac la Blanche. Several short loops. Well built trails, easy, but short steep sections. Slow pace to enjoy interpretation. Level 1. Departs 10:00. Gas \$4. Small trail fee.

LEADER: Dave Davis 281-5137.

Sat Jun 14

Opinicon Loop to Chaffey's Locks. Possible swim. 16 km. Level 2. Gas \$5. Departs 08:30.

LEADER: David Spector 829-6802.

Pine Rd. to MacDonald's Bay. Swimming. 8 km. Level 1. Departs 09:30.

LEADER: Mina Azad 728-9591.

Sun Jun 15

Cycling. Masson and Cumberland. 80 km. Level 2. Small charge for ferry. Departs 09:30.

LEADER: Bill Armstrong 737-3567

Mer Bleue. Easy walk in Ottawa's famous bog. Wet ground. Expect bugs. Level 1.

Departs 10:00.

LEADER: Linda Hayes 749-9537.

Thur Jun 19 Planning Meeting

For weekend in Frontenac Park Jun 28-30 (below). Note reservation requirement. 19:30.

CONTACT: Marilyn Booth 730-3879.

Weekend June 20-22 Estrie (Eastern Townships, Quebec)

Estrie Trail. Climb Mt. Orford and other peaks. Well defined trail. good views. 25-30 km in 2 days. Level 2. Stay 2 nights at a motel in Magog. Est. cost \$110. Call leader ASAP, before 1 Apr to reserve. Planning meeting 8 May (see above).

LEADER: Roger McCullough 731-7596.

Sat Jun 21

Rideau Trail. Frontenac Park to Gould Lake 12 km. Level 2. Swimming. Long day. Gas \$6. Departs 08:00.

LEADER: David Spector 829-6802

Gatineau Park. On trail. 15 km+. Level 2. Departs 09:30.

LEADER: Gary Kyer 748-0373.

Sun Jun 22

Gatineau Park. On trail. 15 km+. Level 2. Departs 09:00.

LEADER: Don Mitchell 749-9537.

Gould Lake. East side trails. Several short loops. Level 1. Gas \$6. Departs 09:00.

LEADER: Bill Grant 820-0697.

Extended Weekend Jun 28-30**Camping, Canoeing, Hiking**

Paddling to a campsite on Birch Lake (Frontenac Park). Camping Sat and Sun nights. At least one 15 km Level 2 loop hike. Max 12. Contact leader by Jun 15 to reserve. Planning meeting Jun 19 at 19:30.

LEADER: Marilyn Booth 730-3879.

CENTRAL CLUB ACTIVITIES

Our outings generally commence at Conlon Farm which is an outdoor recreational centre located on the trail just outside the Town of Perth off county road # 10. The meeting spot is 1 km down the third road to the right travelling from Perth towards Westport. If in doubt call the hot line at 264-8338. For all outings participants should bring lunch, lots of water, appropriate footwear, and protection from insects and the sun.

Sun Apr 13 K & P Trail

Hike from Clyde Forks to Barryvale on this most scenic part of the abandoned railway track running from Kingston to Pembroke. Level 1. 15 km. Meet at Conlon Farm at 10:00.

GANG LEADER: Veronica Airth 264-8824.

Sun Apr 27 Trip Leadership Instruction

Join Ottawa and Kingston clubs for a short narrated hike near Westport. This is a good opportunity to not feel shy at leading a hike by learning a few pointers from our experts. All are welcome. Level 2 Tea afterwards at "*A bit of Gingerbread*". Meet at Conlon Farm at 10:00.

CENTRAL LOSER: John Miller 264-8338.

March 31 Membership Year Ends.
Please renew now using the form on back page.

Sat May 10 Frontenac Park - Kingsford Dam

A joint hike with the Kingston club to the northern part of Frontenac Park. Level 2. Meet at Conlon Farm at 09:30 to arrive at Kingsford Dam by approx. 10:15.

CO-ORDINATOR: Mary Charlton 267-6802.

Sat May 24 Tay River Run

Canoe from Christy Lake to Perth on the

spring flow of high water. This is a new club experience so in addition to the normal requirements for an outing of this type we suggest you pack some duck tape! Level Bumpy. Meet at Conlon Farm at 10:00.

FEARLESS CAPTAIN: Don Sherwin 278-0759.

Weekend May 29th to 31st Stratford

Plans are well on their way for this "Play and Walk Weekend". We plan to see Camelot on Thursday night and then hike part of the Avon trail on Friday and Saturday and return home on Sunday. Numbers are limited and filling up fast. Level Romantic 2. Artistic Director: Wanda Pelletier 267-3630.

Sun Jun 15 Father's Blue Mountain

Hike near Charleston Lake on this hidden treasure mountain. Level 2. Meet at Conlon Farm 09:30.

FATHER'S FAVOURITE SON: Mark Miller 267-1493.

Sat Jun 28 Purdon Conservation Area

A joint hike with the Ottawa club to view the exquisite lady slipper orchids at this area run by the Mississippi Conservation Authority. Tea and supper for those interested. Level 2. Meet at Conlon Farm at 09:30 or Silvania Lodge at 10:00.

BOGGER: John Miller 264-8338.

Level Descriptions

Skiing

Level 0 - Easy, short, slow pace. All other levels require some experience, and may be of considerable length (exceeding 15 km).

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

Level 2 - Intermediate. Narrower, steeper trails (blue in Gatineau).

Level 3 - Expert. Steep narrow trails (red in Gatineau), and/or bushwhacking.

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 bushwhacking, some rough spots or obstacles. Boots recommended.

Level 3 - Rough terrain. One or more of extensive bushwhacking, steep sections, long climbs and descents, beaver dams or 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 good cycling skills required.

Participants' Responsibilities.

Participants are expected to choose a trip suitable to their physical capabilities and skill level, to tell the leader before the start of the trip 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 supervising their own children.



TRAIL UPDATE - KINGSTON CLUB

by Jean Thompson

The following is a summary of changes in the Kingston area since the 1995 publication of the Guidebook:

1. Map 1 - **HELEN HENRIKSON TRAIL** is a new blue trail within CRCA between Bath Road and Princess St., 1.2 km.

2. Maps 1&2 - Rerouting between Van Order and Orser Roads. In doing so, the Trail length has been increased by 600 metres. A new bridge is in place to cross a stream and marshy area. At Orser Road, the Trail turns left along the road for approximately 1.0 km. where it rejoins the trail by turning right and proceeding in a northerly direction. (Spring '96 Newsletter).

3. Map 2 - Rerouting at northern end of Trail between Alton and Freeman Roads. The Trail has been moved slightly, at new landowner's request, with no change to distance.

4. Map 2 - North of Freeman Road, there is an optional route to the right of the section of Trail which runs along the edge of the steep ravine. (Winter '94 Newsletter).

5. Map 2 - Assisted by the landowner, the northern end of the Trail between Freeman and the cottage road, was moved slightly to the west. The Trail is now closer to Knowlton Lake.

6. Map 2 - The Main Trail in Gould Lake Cons. Area has been rerouted to run along the shoreline.

7. Map 2 - **RIDGEWALK** is a new blue trail that runs west of Gould Lake Main Trail. From Brook Junction, it follows the Main Trail over the next ridge, then bears left through dense young woods and

crosses a brook draining a high beaver pond. The trail ascends the next ridge and follows a natural bench, roughly paralleling the Main Trail along the west side of Gould Lake, but overlooking the Gould Lake basin. **RIDGEWALK** then drops down to a beaver flood, turns back on itself along an old beaver dam in an S fashion, before rejoining the Main Trail as it drops down towards the creek at the KFN property boundary. It rejoins the Main Trail at **RIDGEWALK JUNCTION**.

8. Map 2 Where **Gould Lake Main Trail** meets Bedford Road, the route continues right on the road for 0.7 km., turning left on Salmon Lake Rd. and on into Frontenac Park. (Summer '96 Newsletter).

9. Map 3 - As the Trail emerges from Frontenac Park, it turns left and up an incline to Perth Road. You may phone Mr. Geracimo at 549-3335 for permission to park in his gated driveway (to the north, west side).

10. Map 4 - On Massassauga Road, the camp sign (c) should be further south in the Guidebook, close to the trail as it crosses the Massassauga Creek Bridge. This campsite belongs to the CRCA and is readily available to canoeists. However, it is only accessible on foot from the trail by crossing private land. The landowner has kindly given RT members permission to enter this site. This is not to be used as a Group Campsite. (Winter '95 Newsletter).

ROAD FACTS

5th Concession is Bur Creek Road.

6th Concession is Alton Road.

7th Concession is Freeman Road.

(Gully Road is the unofficial name given to the road running along the escarpment).

Desert Lake Road is now Bedford Road.

The 1996 Anniversary Hike

It was the sorriest day, one would guess, the
morning we started out
Cold and damp, perpetual rain, our sanity in
question, no doubt
We milled around, strangers most, measuring
each other up
Our leaders shouting and car shuttles moving,
coffee?..Could only dream of a cup
Rejoined again, we began our hike all hidden in
our wear
300 kms, the Rideau Trail, a journey we all would
share
Looking up, I viewed the parade of slickers so
colourful in rain
Red, yellow, geen, purple and blue, We'll see
this scene once again
It wasn't long before I met the folks I hold so dear
To laugh, tell tales as the kms went by, I felt I'd
known them for years
Now, Margaret Wood, I love that girl, her humour
was shared through the lot
I knew we'd be friends that first day in the rain
when we hid for a squat!
From Richards Landing, Bleeks Road on to
Rosedale our feet steadfastly went
Met Heidi and Wilf and yes, Leon to boot, end-
less quips, flying wit unrelent
Through Port Elmsley, the Tay and to Murphy's
Pt. Provincial Park
Our friendships ever increasing upon each hike
we embarked
I recall chats with Linda and Peter, he hit 70 yrs
young at this point
To see them hike along you'd swear the Fountain
of Youth had anoint
How about Joy, Anne and Susan, she'd volunteer
to sweep
Beside mica mines, green forests and streams
often deep
Over Spy Rock, to Bedford Mills and the
Opinicon Loop
We'd much to experience and embrace, as indi-
viduals, as a group
As Wilf would enthrall us with his botanical
knowledge
Mary was ever taking pictures of us and the
foilage

(A picture pleeeaaasse!)

One of our most charismatic leaders, we called
him Bob for short
"Jolly good fellow" who I think talked for sport
Wilma was steadfast, a tower of kind strength
You would be too putting us with Bob at such
length!

We passed Buck Lake, Perth Road then Audrey,
Sheila, Anna and me
Tangled with some wasps, Anna yelling, "Son of
a B!"

And "Run, run, bloody well run for your lives"
We were scratching for weeks recovering from
those hives

From Frontenac Park, Gould Lake and on to Van
Order way

The rains began incessantly, reminiscent of
another day
Our spirits remained undaunted for we all knew
that soon
Our target was ever closer, in spite of the mon-
soon

The final end-to-end trail...no rain! T'was really
quite a treat
The miles we covered together, the feelings bit-
tersweet
And Deb on the first hike, she had blisters to the
nines
Ended with the rest of us and crossed that finish
line

Now I know Mother Nature is fascinating, what
she gave us we all can boast
But the leaders, planners and friends I met, linger
in my mind the most
Like Gloria who kept a fanatic pace and not far
behind you'd find Murray
And so many, many others who hiked during this
25th Anniversary

And so the time has come when I often reminisce
About my new found friends who I most solemnly
wish
We will have a big reunion, celebrate and I know
when
I'll see you all next fall of course, at Award's
Night, the AGM

—by Carol Cain

HIKING THE LONG TRAIL

Nearing the south end of Les Sentiers de l'Estrie in July 1995, I felt the green mountains of Vermont beckoning me. I joined the Green Mountain Club and started planning to hike the Long Trail (LT).

The LT, the oldest long-distance hiking trail in the United States, runs for about 430 km. through the length of Vermont, the southern part also forming part of the Appalachian Trail (AT). The LT has an average gradient of about 1 in 11, which means that in hiking its length, one also goes up (and down) about 20 km. vertically. It's not much if you don't think about it.

Initial planning was difficult but fun. Who else might be interested? Back-pack or day hikes? Camp, motel, country inn or B&B? Write for information, study the maps, guides, contours, and road accesses. Can one drive on this track? Is there any parking there? Experience from other hiking trips helped; the 1996 edition of the Long Trail Guide, much improved with information not in earlier editions, was a great help when it arrived.

I divided the LT into 5 sections, with the idea of hiking one section in August each year from 1996 to 2000, in a group of 4 to 8 hikers. Others quickly expressed interest; when the group size reached 11, I cut the numbers off and held a planning meeting. My suggestion was to hike the longest, least steep, and easiest-to-plan section in 1996, and the rest of the group easily agreed. They also easily agreed that my proposal of camping was out, and that day hikes were desirable, returning each day to a hot shower, and sleeping each night in a real bed.

Compromise being essential in any group, we settled for a five-bedroom fully equipped rental house at the Killington-Pico Motor Inn, near the center of our first section of the LT. This turned out to be ideal accommodation at low cost. Laundry facilities and use of the hot tub were bonuses.

Our first section was from Mad Tom Notch to Brandon Gap, a distance on the LT of over 100 km.; this was increased to about 110 km. with the

necessary accesses to the LT. The accesses allowed the distance to be divided, not too unevenly, into 6 hiking days. The shortest day's hike was 14 km.; the longest 25 km. with elevation changes of 3000 feet up and down. To reduce driving, we agreed to hike each day in two groups going in opposite directions.

Final arrangements were made at another planning meeting. We formed a schedule for 2 people to prepare the evening meal and clean up on each of 5 days; we ate out/ordered in on the other days. I was exempted from this schedule, baking muffins for breakfast most mornings instead.

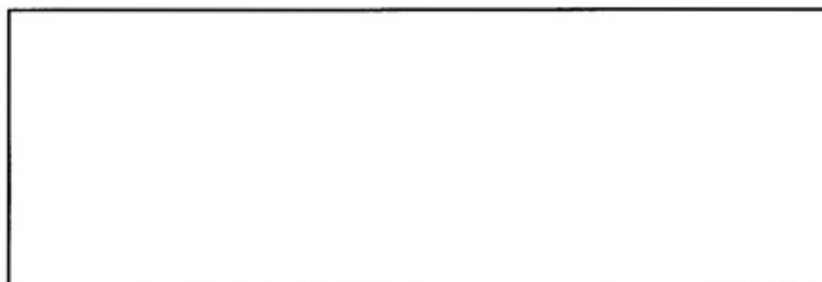
I could write pages about the trip itself, but it would not do it justice. The only real way for hikers to experience this is to hike it for themselves. The views from Styles, Baker, Killington, and Pico Peaks are best when you have just climbed those peaks. Meeting AT hikers, re-meeting the same hikers on successive days, and delivering them the requested bagels are only meaningful if you have participated in the atmosphere of the trail and seen the expressions on the hikers' faces. Would the week's hiking have been complete without a dog joining us, in this case with a dislocated shoulder? Were all 11 hikers really up for breakfast by 6:25 a.m. for the longest day?

Suffice it to say that the accommodation, food, weather, hiking, and camaraderie were all excellent. Everyone completed the entire LT section, without mishaps. It is hard to imagine that any group hiking trip could be better. Thanks to all participants! Plans are under way for our next trip to hike another section of the LT this August.

As for any hiking trip, the planning that went into this trip contributed to its success, and for me was a significant part of the fun of the trip. But others might like to hike on the LT without doing so much planning. If there is someone who would like to organize another LT hike using similar plans, I can pass on the information that I prepared for this trip, and a few names of possible participants who have expressed an interest.

—By John Haley 613-225-0590.

From:
Rideau Trail Association
P.O. Box 15
Kingston, Ontario
K7L 4V6



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, ON. 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 \$17.00
Non-Members \$22.00

(includes Postage & Handling)

- () 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 RTA *\$_____
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PLEASE INDICATE MEMBERSHIP CATEGORY:

Renewal () Life ()
New () Complimentary ()

Name _____

Address _____

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Telephone Number _____