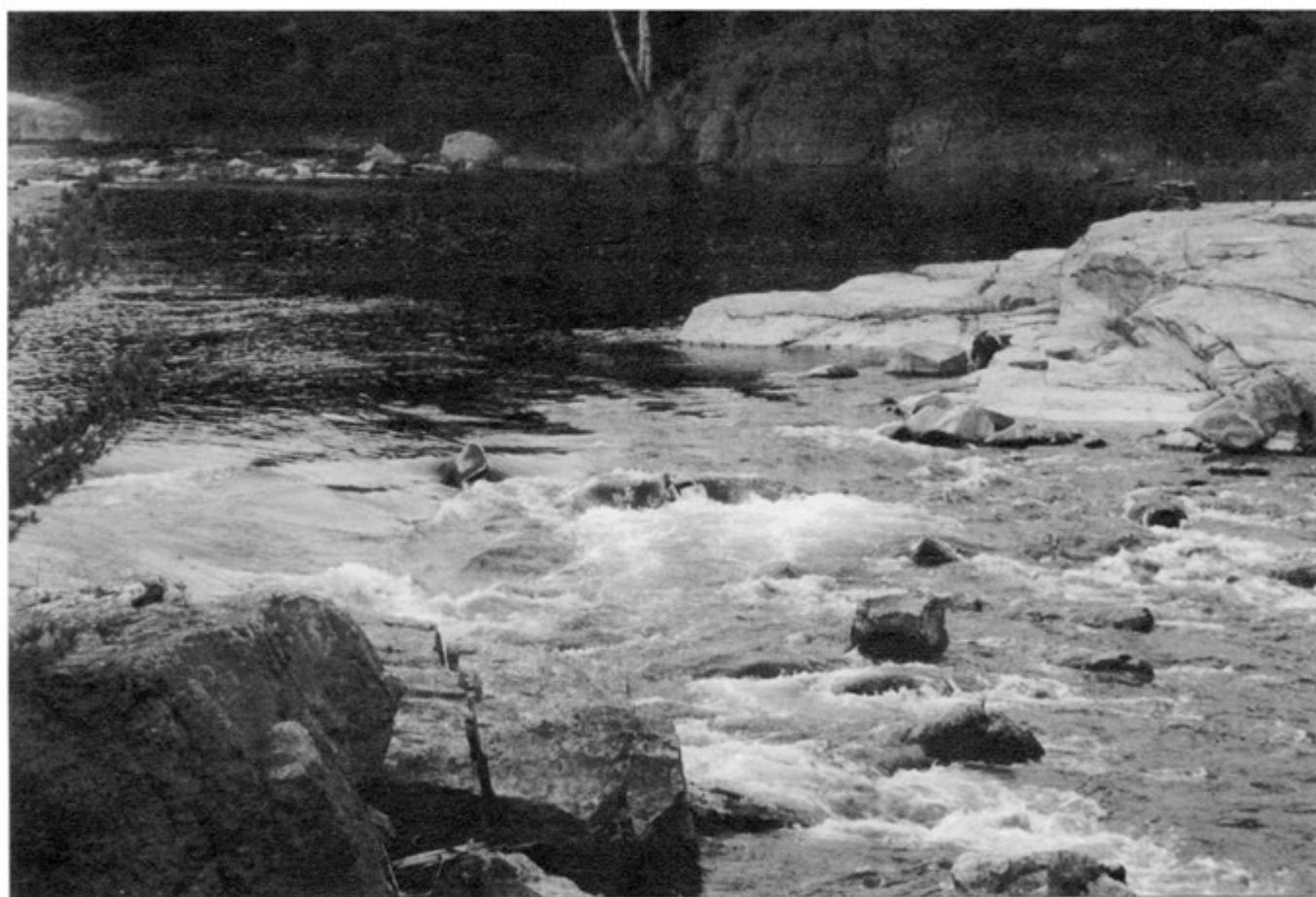




The Rideau Trail NEWSLETTER

SUMMER 1997

ISSUE NO. 104



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 by **AUGUST 1, 1997**, to:

Lynn Nolan & Lars Thompson

832 Wartman Avenue

Kingston, Ontario, K7M 4M5

Telephone: 613-389-8747

Text should be typed or mechanically printed. Pictures are also welcome and, although colour photographs with good definition can be reproduced, black and white photographs are preferred because they print more clearly.

Unless otherwise stated, 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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Photo Credits	Courtesy of	Subject
COVER:	John Haley	Ragged Chutes, Central Club hike, October 20, 1996.
PAGE 6:	John Haley	Lusk Lake, Gatineau Park, April 27, 1997.
PAGE 15:	Barbara Menna	Wednesday Walkers, Mt. Washington, October 1996.

EDITORIAL

A number of changes relating to the Newsletter have taken, or are taking, place, and I am writing this to increase awareness of these changes. The two main areas of change are activity listings and distribution.

Our success as an organization has led to a substantial increase in the numbers of activities that are listed in the Newsletter. The numbers tend to be higher in Spring and Fall (Newsletters prepared by the Kingston Club) than in Summer and Winter (Ottawa Club), but it is now always a squeeze, and often impossible, to fit all our activities onto 4 pages as was traditional. I proposed, and the Spring issue adopted, a way to list activities so that activity lists (the Newsletter centerfold) could also be easily available to the Clubs for their respective activities.

I also proposed that information that does not change much be listed in the Newsletter only once per year, in the Summer issue because it has the greatest distribution, and not in the actual activity listings. So information on hike levels, etc. appears in this issue on page 15. Please keep this for reference, as it may not reappear until next Summer. Copies of this information are to be made available to newcomers with the activity listings.

Distribution of the Newsletter was changed on a trial basis for the issues last Fall and this Spring, at the urging of the Kingston Club who were finding it difficult to find sufficient hand deliverers. There was a suggestion of cost savings, but analysis shows that any savings may be small compared with the traditional mix of hand delivery and regular mail (although savings should be higher if membership increases). For consistency, and to avoid confusion which I experienced for distribution of the Winter issue, I expect that this and future issues will be distributed using Canada Post's "Addressed Ad Mail" procedures, more easily referred to as bulk mail.

These procedures are supposed to get your Newsletter to you reliably and without much delay. However, I have had several reports in Ottawa of non-receipt, or greatly delayed receipt, of the bulk mailed Spring Newsletter. If you maintain your membership (see back cover), your Newsletters should be delivered by the 15th of March, June, September, or December at the latest. If you do not receive a Newsletter by then, please call your local Club (telephone numbers on the back cover) accordingly. We want you to receive each Newsletter on time, and we need you to tell us if there is a problem.

John Haley

ANNUAL GENERAL MEETING RIDEAU TRAIL ASSOCIATION

The Rideau Trail Association Annual General Meeting will be held on:

Saturday, October 18, 1997

at

The Royal Canadian Legion

County Road 10
Westport, Ontario

AGENDA:

10:00	Refreshments
10:30	Business
12:00	Lunch (bring your own)
13:00	Afternoon Activities
18:00	Dinner

Dinner is **by reservation only** and will cost \$15.00.

A roast beef dinner will be served.

Reservations are required by October 6, 1997.

To reserve dinner, call:

Kingston:	Ada Chambers	549-8008
or	Jean Thompson	544-0340
Central	Mary Charlton	267-6802
Ottawa	Caroline Whaley	726-0237

TRAIL CLOSURE NOTICE

Where it crosses private property, the Rideau Trail was officially closed on Monday, March 24, 1997, in order to protect landowners who generously allow us to cross their land the remainder of the year.

We apologize for any inconvenience that may have been caused by the omission of this notice from the Spring Newsletter.

HIKE LEADER CERTIFICATION

On February 22-23, 1997, I attended a Train the Trainer workshop sponsored by Hike Ontario, a provincial association of hiking trail clubs. Hike Ontario has developed a certification program for hike leaders that it hopes will be adopted by all hiking clubs in the province. The objectives of this workshop - held at Seneca College's King Campus (north of Toronto) - were to get feedback on the course, and to qualify local club representatives to give the required hike leadership training.

To become a Hike Ontario certified hike leader, one must take the two day course described below, as well as be certified to the St. John Ambulance Standard level, or equivalent, in first aid/CPR (which is also a two day course). Hike Ontario is in the process of developing a "Prior Learning Assessment" mechanism, by which experienced leaders can gain credit for the hike leadership portion without having to suffer through the two day course. A current first aid certification is mandatory, no exceptions allowed.

The course curriculum is based on a variety of source materials, including an outdoor program taught at Princeton University. It covers outdoor technique topics including fitness and nutrition; water treatment; sanitation and waste disposal; environmental appreciation; weather

prediction; campsite selection; clothing and equipment; shelter building; signalling; and map and compass skills. It also includes practical skills including trip planning; risk management; group leadership and communication; and on-trail leadership techniques. The course takes two days to teach, about 60% of which is spent indoors covering various topics, and about 40% is spent outside taking part in model hikes to illustrate concepts.

The RTA is considering what to do in respect of leader certification. The level of effort and expense required to attain the Hike Ontario standard is quite high, and there is a large body of opinion that it may be more than is required to run the RTA's type of program safely. In the short term, we will be incorporating some of the ideas of the Hike Ontario program into our own leader training. We may consider offering the Hike Ontario certification program as an option to leaders who want it, but it is uncertain what type of certification, if any, will become mandatory for RTA trip leaders.

If you have thoughts on the matter, or if you are interested in becoming Hike Ontario certified, contact your local activity coordinator, or myself. Those who are leaders might expect a poll to take place regarding interest in the Hike Ontario qualification.

John Barron 828-2296
Ottawa Club

END TO END AWARDS

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

Caroline Meyer
146 Faraday Street
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 about the state of the Trail will be forwarded to the Guidebook Editor or Trail Maintainers.

Please get your letters to the Secretary by September 1 to allow time for preparing lists, letters, badges, certificates, and presenters.

Please say whether you will attend the AGM or prefer your award to be mailed to you after the event.

RIDEAU TRAIL UPDATES

Perth Road Parking Spot Re-Opened

The landowner now permits parking on the paved strip of old road which the Trail crosses at km. 65.2, Map 3, on the west side of Perth Road. This supersedes item 9 in the update in the Spring 1997 Newsletter.

Temporary Re-Routing south of Unity Road

The landowner/maintainer John Milligan has kindly alerted us to a temporary diversion of the Rideau Trail that will be required around his property at about km. 12 (Map 1) for 1-3 months this Summer because of some pipeline relaying that will be taking place on an easement across his property. He has generously agreed to try to negotiate a temporary re-routing of the Trail through a neighbour's property. If you are planning to hike in this area please call John Milligan at 613-389-2747 for the latest information on this situation.

Bob Chadwick

THE NATIONAL TRAIL

Editor's note: The following article is reproduced from the February 1997 Newsletter of the National Trail Association of Canada., which proposes a single-purpose hiking trail across Canada, as distinct from the proposed multi-purpose Trans Canada Trail.

A quarter century after foundation of the national trail movement, hikers across Canada are asked to make decisions.

As in 1971, the aim remains to establish a continuous foot trail coast to coast across the more populated southern regions of the country.

Our efforts over the years helped to give inspiration to the Trans Canada Trail Foundation initiative whose proposers believed the best chance of success was to go for the broad appeal of a multi-use trail. They were right, not that we were wrong in pursuing established trail-building techniques, but with the Trans Canada Trail providing a continuous foot trail the N.T.A.C. can withdraw in good conscience. Two considerations cry out in protest.

First, the National Trail extends some 1800 km., primarily on recognized hiking trails. Many more hundreds of kilometers on public lands await designation when routing is finalized. Key sections in Ontario and Quebec on established systems are far removed from the proposed T.C.T. route. Withdrawal means abandoning those trail clubs and landowners who have generously and faithfully supported the national trail concept.

Second, increasingly our membership has come to more accurately represent hikers who seek the natural, generally single-purpose hiking route. They're keen to see it completed.

But the N.T.A.C. cannot deliver. A giant gap in routing exists from Saskatchewan to Northern Ontario and there are extensive links missing elsewhere.

The structure of the N.T.A.C., realistic and for the most part appropriate at one time, is found wanting. Ten directors spread across five regions, hampered in meeting and communicating, have had little success in finding the inspiration and drive to organize regionally. No one has come forward to take on Association presidency, vacant for three years.

We have gone back to the leading national outdoor and youth organizations which urged us forward at national meetings in 1971 and 1984 but so far there is no offer to encourage regional and local involvement from their ranks. While remaining supportive in principle, their agendas are full.

One obvious and necessary step to help avoid confusion with the multi-use trail is to proclaim the National Trail as a hiking route, and a new trail-marker to reflect this image has been designed. Encouragingly, a contribution of \$1,000 from Mountain Equipment Co-op has been granted to help meet the cost.

A sensible solution to preserve our gains is being demonstrated in Alberta. There, the Trans Canada Trail will share existing National Trail routing for many kilometers.

Indications are that other T.C.T. groups may reciprocate, thereby promoting unity and honouring the Federation's dedication to the encouragement of trail development programs. Joining forces with the T.C.T. to work on a common route, where appropriate, does not resolve our organizational issues.

Given time the National Trail will succeed but an effective coordinating body to oversee and to keep the scheme on course is needed. Hike Ontario would like to see a national meeting called in 1998 to help sort out these issues.

Editors of hiking newsletters may wish to consider canvassing views among readership, and trail clubs and trail federations across the country are asked to place the matter on coming meeting agendas for serious discussion to reach a consensus on whether work is to go on, and how.

The questions are:

1. Is there a need to complete the National Trail?
2. If so, how do we close the mid-Canada gap, beef up regional organization, and boost funding?

Early comments from readers will be welcomed and club replies should be received promptly after meetings to discuss the issue are held. You don't have to be on the route to comment.

N.T.A.C., Box 8063, Canmore, Alberta T1W 2T8

FRIENDS OF GATINEAU PARK

A group within the National Capital Region is seeking to establish Friends of Gatineau Park, modelled after similar volunteer organizations that have been highly successful.

The mandate of this new organization would be to co-operate with the park management by assisting with the interpretive and educational programs. This could include fund-raising to finance new projects.

The group wishes to assess the degree of public interest. Specifically, they seek indications that there are sufficient people capable and willing to make this happen. If such support becomes evident a public meeting will be held.

At this meeting a structure would be proposed, most likely to incorporate Friends of Gatineau Park as a non-profitmaking organization that would seek charitable designation by Revenue Canada. A nomination committee would be established to propose candidates for the Board of Directors and an election subsequently held.

For more information, contact Patricia (778-3147), Stephanie (230-5858) or me.

John Cameron 236-8591

FRONTENAC PARK

A series of seven weekend hikes has been planned in October and November to enable Rideau Trail members to complete the Frontenac Challenge.

These hikes will be on alternate Saturdays and Sundays and avoid conflict with scheduled Kingston Club hikes.

Meet at 08:30 at Sears, or at 09:15 in the parking lot next to the Frontenac Park Trail Centre.

Hikes will not be media advertised. Interested members will be supplied with a schedule of dates by calling leader Murray Henderson (546-9906) who will be assisted by Gloria Seeley.

This is the fifth year of the Frontenac Challenge, to hike the entire trail network (160 km.) in September and October. Registration forms are at the Trail Centre, and there will be an Awards BBQ on November 9 at 10:00. The Frontenac Challenge is presented by the Friends of Frontenac Park, who are also presenting:

Saturday, July 19 Take A Hike Day

Three hikes of different lengths and difficulty. Register at the Trail Centre, starting between 09:00 and 11:00.

GATINEAU PARK

Eardley-Masham Road closed

Art Campbell has advised that, due to bridge damage, this road is closed (at least to vehicles) from the foot of the escarpment to just South of the access road to Camp Gatineau. Repairs are expected to take until September or longer.

Lusk Cabin

As the ice thins on Lusk Lake, it appears that the old Lusk Cabin is being replaced by a new and much bigger Lusk Lodge.

Ottawa Club Activities Continued from page 8

Saturday Sept. 20 Gatineau Park

Level 3, trails and bushwhacking.

Departs 08:30.

LEADER: John Haley 225-0590

Saturday Sept. 27 Gatineau Park

Level 2, 15 km. Departs 09:00.

LEADER: Marion Dunning

232-8304



RIDEAU TRAIL ASSOCIATION — OTTAWA CLUB ACTIVITIES

The activities listed below take place as scheduled regardless of the weather. Unless otherwise stated, the meeting place is at the entrance to the parking lot at the corner of Booth and Albert Streets in Ottawa by the departure time indicated. Transportation is by pooling of private cars, and passengers are expected to contribute to the driver's gas costs. Any parking fee is shared by driver and passengers. Hikers should bring a lunch, drinking water, sun and insect protection, and should wear appropriate footwear and clothing. 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, call the Ottawa Club at 730-2229.

Leaders, please send sign up sheets to Ruth Hutchinson, 168-2111 Montreal Rd, Ottawa, Ontario K1J 8M8.

ALL PARTICIPANTS

See the Notices on Activity Levels and Participants' Responsibilities on page 15 of this Newsletter.

The Moonlighters

Every Tuesday evening to August 27, except July 1, there is a short Level 1-2 hike, usually within Gatineau Park, always within a 30 minute drive. Meet at Booth & Albert by 17:55 to depart at 18:00 sharp. Hikes last until sunset or shortly after (20:00 to 21:00). Bring water, snack, bug repellent, and flashlight.

ORGANIZER: Roger McCullough 731-7596
and Laraine Laughland 723-8851

Saturday June 14 Opinicon Loop - Chaffeys Locks

Level 2, 16 km. Possible swim. Departs 08:30.
LEADER: David Spector 829-6802

Saturday June 14 Gatineau Park - MacDonald's Bay

Level 1, 8 km. Swimming. Departs 09:30.
LEADER: Mina Azad 728-9591

Sunday June 15 Cycling - Masson and Cumberland

Level 2, 80 km. Small charge for ferry. Departs 09:30.
LEADER: Bill Armstrong 737-3567

Sunday June 15 Mer Bleue

Level 1. Easy walk in Ottawa's famous bog. Wet ground, expect bugs. Departs 10:00.
LEADER: Linda Hayes 749-9537

Thursday June 19 Planning Meeting for June 28-30

CONTACT: Marilyn Booth 730-3879

Weekend June 20-22 Estrie Trail, Mt. Orford

For details and possible late participation contact
LEADER: Roger McCullough 731-7596

Saturday June 21 Rideau Trail

Level 2, 12 km. Frontenac Park to Gould Lake. Long day, swimming. Departs 08:00.
LEADER: David Spector 829-6802

Wednesday Walkers

Every Wednesday there are Level 3 hikes in Gatineau Park. Departure time is 09:30 from Booth & Albert. For more information

CONTACT: Dorothy Belter 523-4420
Nanette Whitwam 730-5417

Wednesday Wanderers

Same format as the Moonlighters, but west of Ottawa (Greenbelt, Rideau Trail, etc.), Wednesday evenings from May 28 to August 28. Meet at Chances R Restaurant, Shoppers' City West, near Baseline Transitway Station, to depart at 18:45.

LEADER: David Spector 829-6802

Saturday June 21 Gatineau Park

Level 2, 15+ km., on trail. Departs 09:30.
LEADER: Gary Kyer 748-0373

Saturday June 21 Cycling to Manotick

Level 1+, 40 km. Roads, expect some traffic. Meet at Hogs Back Falls parking lot. Departs 09:30. You must call leader to confirm details.
LEADER: Coby Fuykschot 722-6022

Sunday June 22 Gatineau Park

Level 2, long 15+ km., on trail. Departs 09:00.
LEADER: Don Mitchell 749-9537

Sunday June 22 Gould Lake, East Side Trails

Level 1, several short loops. Departs 09:00.
LEADER: Bill Grant 820-0697

Sunday June 22 Rideau Trail

Level 1, 10 km. Departs 09:30. Car shuttle. This hike from Knoxdale Road is planned to arrive in time to join the inaugural activities for the newly created Park on the Bow of the Jock River. Bring munchies and water for the hike. Lunch planned on arrival at the park. Refreshment booths. Canoeing and other afternoon activities arranged by Nepean Parks and Recreation.
LEADER: Pearl Peterkin 747-2985

Weekend June 28-30 Frontenac Park

Camp, canoe, and hike. Paddle to site by Birch Lake, camp Saturday and Sunday nights, at least one Level 2 15 km. loop hike. Max. 12 participants. Call leader by June 15 to reserve. Planning meeting June 19 at 19:30.
LEADER: Marilyn Booth 730-3879

Saturday June 28 Purdon Bog

Level 2 joint hike with Central Club to view the spectacular lady slipper orchids. Tea at Sylvania Lodge by Dalhousie Lake. Departs 08:30.
OTTAWA ORGANIZER: TBD 730-2229

Tuesday July 1 Gatineau Park

Level 1, possible swim. Departs 10:00.
LEADER: Nanette Whitwam 730-5417

Saturday July 5 Gatineau Park

Level 1, 10 km. short hike with swim. Departs 09:00.
LEADER: Kay Méthot 443-3941

Sunday July 6 Cycling

Level 2, 80+ km. From entrance to Dick Bell Park to Constance Bay. Departs 10:00.
LEADER: John Barron 828-2296

Saturday July 12 Gatineau Park - Lac Lapeche Area

Level 2, 12 km. Bring swimsuit. Departs 09:00.
LEADER: Ron Maybury 836-2953

Sunday July 13 Gatineau Park

Level 2. Bring swimsuit. Departs 09:30.
LEADER: Pat Clarkin 729-2737

Saturday July 19 Rideau Trail end-to-end

Level 2, 15 km. Rosedale-Smiths Falls. Departs 09:00.
LEADER: Ken Buckingham 234-5543

Saturday July 19 Moonlight Hike & Barbecue

Level 2, 12 km., some bushwhacking. Bring swimsuit and food to barbecue. Possible park fee, late return. Departs 16:00.
LEADER: Caroline Whaley 726-0237

Sunday July 20 Rideau Trail - Marlborough Forest

Level 2, 18-20 km. easy hiking on trail. Departs 09:30.
LEADER: Dave Wright 284-8305

Sunday July 20 Cycling to Old Chelsea

Level 2, 60 km. leisurely all day cycle. Bring swimsuit, lunch. Stop for ice cream or tea. Departs 09:30.
LEADER: Margaret Lafrance 692-1810

Saturday July 26 Gatineau Park

Level 1, 8 km. Pine Road to MacDonald's Bay and swim. Departs 09:30.
LEADER: Andrew MacDonald 235-8569

Sunday July 27 Gatineau Park

Level 2, 14 km., some bushwhacking. Lac Philippe to Lac Monette, swim. Departs 09:30.
LEADER: Gerry Schut 746-4548

Saturday August 9 Gatineau Park - Ben Lake

Level 1, short walk, 8-10 km., long swim. Departs 09:30.
LEADER: Barbara Thain 241-5082

Sunday August 10 Rideau Trail

Level 2, 16 km. Narrows Lock-Westport. Departs 09:00.
LEADER: John Barron 828-2296

Saturday August 16 Cycling to Wakefield

Level 2, about 70 km. return. Departs 09:30.
LEADER: Bill Armstrong 737-3567

Sunday August 17 Cycling to Meech Lake

Level 2. Ice cream stop. Departs 09:00.
LEADER: Dave Wardell 722-3752

Saturday August 23 Charleston Lake

Level 2, 18 km. Our 10th year to hike this area. It is planned to do all the trails with a swim to follow. Long day with supper stop on the way home. Departs 09:00.
LEADER: David Spector 829-6802

Sunday August 24 Gatineau Park - The Ramparts

Level 2, 15 km. Swim on return. Departs 09:00.
LEADER: Marilyn Booth 730-3879

Sunday August 24 Cycling - St. Lawrence Parks

Level 2, 50 km. Plan to transport own bike to Cornwall. Possible swim. Departs 09:00.
LEADER: Geoff Berry 731-4832

Monday September 1 Luskville Falls

Level 2, 15 km., steep climb. Departs 09:00.
LEADER: Dave Wardell 722-3752

Monday September 1

Level 1 hike, 10 km., destination TBD. Departs 09:30.
LEADER: Ruth Hutchinson 749-0990

Saturday September 6 Rideau Trail

Level 2, 16 km. Westport-Bedford Mills. Departs 08:30.
LEADER: Ron Hunt 736-9887

Sunday September 7 Osgoode Area

Level 1, 7 km. hike followed by pub stop. Departs 12:00.
LEADER: Bill Grant 820-0697

Saturday September 13 Gatineau Park

Level 1, 12 km. Herridge Lodge and MacDonald's Bay. Swim. Departs 10:00.
LEADER: Lucy Petraroja 731-3533

Two more hikes, Sept. 20 & 27, listed on page 6.

RIDEAU TRAIL ASSOCIATION — KINGSTON CLUB ACTIVITIES

The meeting place for all activities, unless stated otherwise, is the northwest corner of Sears parking lot BEFORE THE DEPARTURE TIME INDICATED. Tuesday morning Level 2 hikes DEPART at 08:00 returning about 12:00; call Jean Thompson (544-0340) for more information. Wednesday walkers DEPART 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. CONTRIBUTIONS TO THE DRIVER TOWARD GAS WOULD BE APPRECIATED, TOGETHER WITH ENTRANCE FEES TO PROVINCIAL PARKS AND CONSERVATION AREAS, WHEN APPLICABLE. IF ASKED, THE LEADER WILL SUGGEST AN APPROPRIATE AMOUNT. Leaders are reminded to send attendance lists to Helga Wennerstrand, 207-67 Village Drive, Kingston, Ontario 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.

ALL PARTICIPANTS

See the Notices on Activity Levels and Participants' Responsibilities on page 15 of this Newsletter.

Wednesday June 11 Sandbanks Provincial Park

Hike along the beach and trails. Level 1. Swim if water warm enough. Departs 09:30.

LEADER: Bob Chadwick 352-1052

Saturday June 14 Frontenac Park Hike

Birch Lake Loop, 17 km. Level 3. Departs 09:00.

LEADERS: Murray Henderson 546-9906
Jim Blain 1-613-359-6282

Tuesday June 17 Summer Morning Hike

First Tuesday morning hike. Level 2. Departs 08:00.

CONTACT: Jean Thompson 544-0340

Saturday June 21 Rails and Trails, Quinte Isle

Walk on abd. rail trail, snowmobile trails, road allowance & beach, & a swim. 20 km. Level 1 at 4 km/hr. Departs 09:00 or Carrying Place on bridge, Hwy 33, over Murray Canal (S. of Trenton) at 10:30. Leader: Morgan Harris. KINGSTON CONTACT: Watson Ogilvie 530-2378

Sunday June 22 Foley Mountain

Hike the Foley Mountain Conservation Area, with a stop for a swim. Up to 10 km. Level 2. Departs 10:00.

LEADER: Dale Ross 384-2959

Saturday June 28 Opinicon Loop

Hike on the Opinicon Loop with a stop at Lindsay Lake for a possible swim. Level 2-3. Departs 09:30.

LEADER: Dugald Carmichael 542-8628

Saturday July 5 Canoeing

Joint trip with Cataraqui Canoe Club from Morton to Beverly Lake. Phone leader for details prior to July 1.

LEADER: Don Harris 542-0842

Sunday July 6 Frontenac Park Hike

Arkon Lake Trail, 13 km. Level 3. Departs 09:00.

LEADER: Ada Chambers 549-8008

Wednesday July 9 Rideau Trail Hike

North Burgess Road to Murphys Point Park (for lunch and a swim), and return, 15 km. Level 3. Departs 09:30.

LEADER: Bob Chadwick 352-1052

Saturday July 12 Gould Lake

Hike the Mica Trail and adjoining trails, with a swim stop. Level 2. Departs 10:00.

LEADER: Peck Peckover 544-9190

Thursday July 17 Evening walk to Barryfield

Departs from behind the OHIP Building (49 Place d'Armes) at 18:30 for a walk to Barryfield and return. Level 1.

LEADER: Cathy Cutts 542-5414

Sunday July 20 Rails and Trails, Quinte Isle

Walk on abandoned rail trail, snowmobile trails and road allowances; possible swim. Level 1 at 4 km/hr. 20 km. Departs 08:30 or A&P parking lot on Hwy 33, on the west side of Picton, at 10:00. Leader: Morgan Harris. KINGSTON CONTACT: Watson Ogilvie 530-2378

Sunday July 20 Canoeing on Depot Lakes

Please phone leader for details prior to July 16.

LEADER: Allan Tattersall 549-4080

Saturday July 26 Bon Echo Provincial Park

Hike the Abes and Essens Trail, with a swim stop, 15 km. Level 3. Departs 07:00.

LEADER: Carol Cain 548-4556

Saturday August 2 Bike Trip

Bike from Thousand Island Pkwy to Lyndhurst and Gananoque and return, 50 km. Level 3. Departs 08:00 North of the Border Gas Station, Reynolds Road, Thousand Island Pkwy.

LEADER: Larry Wark 613-659-3971

Kingston Club Activities Continued

Sunday August 3 Frontenac Park

Hike the Little Salmon Lake Trail, 15 km. Level 3.
Departs 09:30.

LEADER: Helga Wennerstrand 547-5944

August 4, 5, & 6 Camping, Canoeing, Hiking

Bon Echo Prov. Park. Activity leaders are Ray Forester and Lynn Nolan. Call Lynn (389-8747) for information.

Saturday August 9 Rideau Trail

Hike from Freeman Road to Gould Lake, and return after swim and lunch. 14 km. Level 1. Departs 10:00.

LEADER: Jean Thompson 544-0340

Wednesday August 13 Parrot's Bay

Hike the trails in this Conservation Area. Level 1.
Departs 10:00.

LEADER: Peggy Harding 546-7202

Sunday August 17 Frontenac Park

Hike the Mink Lake Lookout, the highest point in the Park, with a swim stop. Level 3. 16 km. Departs 09:00.

LEADER: Murray Henderson 546-9906

Saturday August 23 Rideau Trail

Hike from Railton Road to Sydenham Lake for a swim and return. 12 km. Level 1. Departs 10:00.

LEADER: Bob Tolley 542-9626

Saturday August 30 Bike Trip

Cycle from Kingston Mills through Joyceville to Gananoque and return. Level 3. Departs at 08:00 from Kingston Mills.

LEADERS: Carol Cain 548-4550
Bernie Gates 389-1835

Sunday August 31 Opinicon Loop

Hike the Opinicon Loop, starting from Chaffeys Locks, 14 km. Level 2. Departs 09:00.

LEADER: Jim Blain 1-613-359-6282

Saturday September 6 Frontenac Park

Join Chris Barber for a historical walk to the Birch Lake Mines and farmer settlement, 16 km. Level 2. Departs 09:00 or Sydenham Beer Store at 09:30.

CONTACT: Watson Ogilvie 530-2378

Wed. September 10 Mac Johnson Wild Life Area

Discover the trails surrounding the reservoir and wetlands of this 532 hectare area north of Brockville, approx 10 km. Level 1. Departs 09:30 or at one of the Area parking lots at 10:30. (Hikers planning to meet the group at the Wildlife area, please call the leader in advance.)

LEADER: Watson Ogilvie 530-2378

RTA CENTRAL CLUB HAPPENINGS

Summer activities will be mostly on water, but we will participate in other happenings as interest demands. All participants should bring water, insect repellent, suitable clothing and footwear. Keep in touch at 264-8338.

Saturday June 28 Purdon Conservation Area

A joint hike with the Ottawa Club to view the exquisite lady slipper orchids at Purdon Bog which is operated by the Mississippi Valley Conservation Authority. Tea &/or supper to follow hike for those interested. Level 2. Meet at Conlon Farm at 09:30 or Sylvania Lodge at 10:00.

BOGGER: John Miller 264-8338

Saturday July 12 Perth to Smiths Falls

Canoe via the Tay, Rideau Lake and Canal from Perth to Smiths Falls. Bring canoe or agree to share. Level 2-. Meet at the Tay basin in downtown Perth at 10:00.

CAPTAIN: Margaret Mcleod 267-7772

Saturday July 26 Black Lake

Canoe this pristine spring fed lake. Bring canoe, swim-suit and contribution to pot luck supper after the outing at Bob and Wanda Pelletier's new mansion. Level 1. Meet at Conlon Farm at 10:00.

YOUR HOSTS: Bob and Wanda 267-3630

Weekend August 9-10 Crotch Lake

Test your canoeing skills on this ever unpredictable lake with wind that comes from all directions without notice. Early morning departure with wilderness camp overnight. Catering will be on a group basis starting with supper on Saturday, so bring lunches. Numbers are limited so reserve early. Level 3-. Meet at Conlon Farm at 08:00.

CAMPFIRE SPARK: John Miller 264-8338

Sunday August 23 Park Lake Hike

By popular demand we hope to avoid the mosquitos and appreciate this wilderness gem in North Lanark County.

Bushwhacking Level 2. Meet at Conlon Farm at 10:00.

PARK SUPERINTENDENT: Peter D'Aoust 278-0164

Weekend September 5-6-7 Algonquin Park

Leaving noon on Friday we will enter the park nr Black Bay entering Shall Lake and travelling along the Barron River Canyon. Bring canoe, tent and sleeping bag etc.

Catering on a group basis. Book early so we can fix numbers. Level 2. Meet at Conlon Farm at 12:00.

CANYON CARVER: Michael Priest 264-8824

Sunday September 21 Narrows Lock-Murphys Point

Hike the Rideau Trail and visit the Ghost Town in its regal splendour. Level 1. Meet at Conlon Farm at 10:00.

GHOULISH BREEZE: B Silent 264-0000

KINGSTON CLUB AGM 1997

Close to 40 stalwarts sacrificed a beautiful Spring morning to attend the annual business meeting of the Kingston Club on Saturday, April 26, 1997. They were compensated for their efforts by an equally fine Spring afternoon when they emerged from the deliberations at the Outdoor Centre for a picnic lunch. Then they divided into three hiking groups which between them covered virtually all the trails in the Little Cataraqui Creek Conservation Area.

The meeting had three interrelated themes: recording the achievements of the last year, discussing the program of activities, and honouring the accomplishments of our volunteers. Outstanding among the achievements of the past 25th year was the construction of four bridges, one in Frontenac Park, one at Gould Lake, and two on the Lalonde Farm. Two Main Trail location improvements were recorded: one a much improved lakeside trail on the west side of Gould Lake constructed by RTA founder Doug Knapp, the other giving access to viewpoints of Knowlton Lake and providing 500 meters of scenic trail along the top of the escarpment on the Rideau Lake-Canoe Lake fault line, all thanks to the generous cooperation of the landowner and the efforts of an energetic work party.

Two new blue loops were added, the Ridgewalk on the west side of Gould Lake thanks to the efforts of Allan Tattersall, and the Pine Woods area of the Little Cataraqui Marshlands in accordance with proposals made by our former club member and much honoured environmental activist, the late Helen Henriksen. Overall trail improvements coordinated by Bernie Gates were carried out by section maintainers and other volunteers with emphasis on marker upgrading and trail clearing. The latter was greatly enhanced by our newly acquired brushcutter, effectively wielded by Bob Janik. Signage has received a boost in both quantity and quality, thanks to 25th anniversary funding from the Mountain Equipment Co-op in Ottawa and the careful planning and installation efforts of Allan Tattersall.

Two other noteworthy Kingston initiatives in the past year were the bulk mailing of the Newsletter and the transfer of the Rideau Trail archives to Queen's University. Thanks to the persistent efforts of Brian and Lynda Rook, we now have all the Rideau Trail Newsletters bulk mailed each quarter for less than we formerly paid to have half of them mailed using conventional Canada Post rates when the other half were

hand delivered by time consuming volunteer effort. (See also page 3 - Editor.) After many years of generous work by Peter Brebner of the Ottawa Club in managing the records, Kingston Club has coordinated the Association's positive response to Queen's Archives' kind offer to take them over.

A comprehensive list of landowners has been completed by Jean Thompson. It is cross referenced both to the sections of the Trail and to the maintainers responsible for them. Jean also organized a Fun Draw which raised \$1,000. Thanks are due both to RTA members for purchasing tickets and to the donors' generosity, most notably Grace Howard who provided a patchwork quilt. Another \$500 had been raised earlier for the Rideau Trail Preservation Fund by a garage sale organized by Betty McIver with the help of several volunteers.

Program Coordinator Watson Ogilvie thanked trip leaders for their continuing strong support of the club program. He also called for more volunteers, recognizing that some long time leaders have expressed a wish to retire. Watson and other leaders outlined forthcoming club activities. In response to suggestions in a recent membership survey, more bicycle trips and both midweek and weekend level 2 hikes are being incorporated into the program. Allan Tattersall described plans being made for the ever popular winter weekend ski trip, while Don Cutts covered this year's bed & breakfast trip and Lynn Nolan talked about plans for a camping weekend in Bon Echo Provincial Park. Jean Thompson outlined her idea for weekly level 2 hikes on Tuesday mornings.

RTA President Jim Blain gave an encouraging report on local rails to trails developments, Helga Wennerstrand presented some interesting activity participation statistics, and Moira Drummond called for more help from members in the club participation in Kingston's forthcoming Heart and Stroke Fair.

Certificates of Appreciation were presented to retiring members of the Kingston Club Executive: Margaret Page, Jean Thompson, Bernie Gates, and Lynda and Brian Rook. The Chair also expressed grateful recognition of the roles played by landowners, section maintainers, members of the Executive, and other volunteers.

The meeting concluded with the election of officers for the coming year (see next page).

Bob Chadwick

KINGSTON CLUB EXECUTIVE

Chair	Bob Chadwick	352-1052
Vice-Chair	Dale Ross	384-2959
Past Chair	Allan Tattersall	549-4080
Secretary	Lynn Nolan	389-8747
Treasurer	Norm McCleod	546-9440
Routes & Negotiations	JoAnn Rogi	549-0953
Construction	Allan Tattersall	549-4080
Maintenance	Robin Turkington	549-4139
Hike Program	Watson Ogilvie	530-2378
Special Events	Ada Chambers	549-8008
Publicity	Peck Peckover	544-9190
Human Resources	Helga Wennerstrand	547-5944
Newsletter Editors	Lynn Nolan and Lars Thompson	389-8747

OTTAWA CLUB AGM 1997

The Annual General Meeting of the Ottawa Club was held on the evening of Friday, April 25, and was well attended by Ottawa members. Tea and coffee were followed by the business meeting with reports from the Club Executive. An interesting statistic was that the number of participants per activity during the past year ranged from 4 to 48, with an average of about 19. Thanks were given to the numerous Ottawa members who volunteer their time and efforts to the activities of the Club and the RTA. The business meeting ended with the election of the new Executive, listed below.

Following refreshments, Ron Maybury and Pearl Peterkin provided an update on activities of the Optimum Route Task Force, and Alec Bissett gave an excellent slide show on hiking in Peru.

OTTAWA CLUB EXECUTIVE

Chair	Graham Creedy	789-1657
Vice-Chair	Lisa Buchner	729-4487
Secretary	Merlene Seth	226-3443
Treasurer	Laraine Laughland	723-8851
Routes & Negotiations	Fred Grodde	744-1841
Trail Maintenance	Peter Andrews	728-3016
Major Projects	Leon Sokolowski	253-4524
Activities	Ruth Hutchinson	749-0990
	Marilyn Booth	730-3879
Publicity	Bill Armstrong	737-3567
	Millicent Toombs	521-6693
Human Resources	Bill Grant	820-0697
Newsletter Editor	John Haley	225-0590

WALKING HOLIDAYS OVERSEAS AND AT HOME

Many thanks to Patricia Lynn for her informative article, "Overseas Holidays, Anyone", in the Spring 1997 issue. I, for one, much appreciated the information and have made use of it. Here are some related items that Newsletter readers may also find useful.

Regarding Holiday Fellowship (HF), I found its walking holiday packages good value for money both in Britain in 1995 and also in Malta in 1996. Its good values seem to result from efficient management of its UK guest houses, careful packaging of overseas trips and a strong team of volunteer leaders. HF has Canadian agents, including Teacher's Travel in Toronto and Odyssey Travel in Kingston.

Kingston Club members have enjoyed the relatively spartan but attractively priced hiking expeditions in Canada and the United States with Natural Outings of Belleville. This organization offers a year-round program of walking holidays that also includes venues in Central America and the British Isles. This year a new series of summer events has been added on the West Coast. For more information, write Natural Outings, RR#2 Belleville Ontario K8N 4Z2 or Phone/Fax 613-967-3806 (E-mail outings@msn.com).

Further to hiking in the UK, as recently as March, I enjoyed a few days exploring 40 miles of the 200 mile Thames Pathway. An indispensable guide, including fine maps, is David Sharp's "The Thames Path" published in 1996 by Aurum Press. It may be ordered through Canadian booksellers for \$19.95.

Bob Chadwick

B&BS ALONG THE TRAIL

Robert Bradley of A Bit Of Gingerbread Bed & Breakfast has compiled an updated list of Bed & Breakfast establishments within a reasonable distance of points along the Rideau Trail. By the time you read this, copies should be available on request. Write to the RTA address (on the back cover) or telephone:

Kingston:	Fran Hollywood or Bill Chambers	548-8520
Ottawa:	John Haley	225-0590

TRAMPING IN NEW ZEALAND

We were in New Zealand in January and tramped the Keppler Trail, the Routeburn Walk, and various trails in Abel Tasman Park. One firm conclusion - there are trails virtually everywhere on the South Island. For example, we took a municipal bus to the outskirts of Christchurch. Where the bus turned to go back into town a fine trail led up into some beautiful low hills surrounding small inlets, villages, the sea in the distance.

We bussed South from Christchurch to Te Anau, a pretty town located on the edge of the Fiordland National Park. Within the park we did some day walks and took a boat trip through Milford Sound. On another day a quick boat trip across the nearby lake landed us at the start of the Keppler Trail. Normally a three or four day tramp with lodges for accommodation, we decided on a return day trip to the first lodge. The trail was very well groomed and we kept asking ourselves when the "real" trail was to start. We are used to the rugged pathways all too familiar to RTA walkers. But the groomed path kept going and so did we until we emerged above the tree line to a magnificent view of snow-capped NZ Alps all around the horizon. A few more kilometers and we reached our first NZ tramping lodge - clean, organised, supervised, with a dorm and well-equipped kitchen. There were trampers from all parts of the world and of all ages.

The tramp back down was less fun and one of us opined that twenty-eight kilometers in one day was worthy of a medal. The boat was waiting at the beach to take us back across the lake to a well-earned shower, meal and sleep.

From Te Anau we bussed to Queenstown, the so-called testosterone centre of NZ. This is where you can do it all - hang gliding, jet boating, tramping, climbing, skiing, and so on. You can tell the tourists - they don't look as fit as the locals.

It was from Queenstown that we were to leave on a three day tramp along the Routeburn Walk, described by Edmund Hillary as one of the most superb walking areas in the world. (A local had confided to us that the Keppler was the best, the Routeburn the second best, and then the famous Milford Track).

The Routeburn was all that had been promised. The weather was so-so, but our fellow trampers, our guides and the accommodation were all delightful.

The Routeburn is divided into three stretches, each with somewhat different geography, and each about 15 kilometers long. This is alpine trekking with waterfalls,

narrow mountain ledges, mountain flora, view after wonderful view of valleys and snow-capped mountains. The two nights on the trail were spent in modern and extremely comfortable lodges. The guides cooked and there was even wine with dinner. We were miles from anywhere but this was no slum!

By the way, we went on a guided walk because we had been travelling for six months in South-East Asia and had no gear except boots. You can do all the main trails in NZ as a Freedom Walker, that is go on your own, but some of the more popular trails now restrict numbers and you have to reserve your tramp ahead of time.

Probably the prettier tramping was in Abel Tasman Park on the Northern coast of NZ's South Island. The park has two tracks, one inland and the other following the coast, which meet at the North end of the park. There are sea taxis that ferry trampers up the coast to let you walk back to the base village, or the taxis will move you from one drop-off point, usually a beach in a cove, to another; there are myriad combinations. In short, everyone can walk the whole or their chosen bits and pieces of the five-day trail through Abel Tasman. We met a group of young women just completing the whole trek. Great whoops of triumph, faces flushed with success, hair all over the place.

An area we should have explored more is the Nelson Lakes, again in the Northern half of the South Island. The reports we had were favourable and apparently the tramping there is spectacular.

One area that we "discovered" for ourselves is around the Marlborough Sounds, not far from Abel Tasman. Here we joined the local mail boat for a day visiting the isolated homesteads and found that the boat will drop you off at any of the tiny wharfs located along the rugged coast of the many Sounds. You tramp for whatever time it takes and the mail boat picks you up at the other end of the track, maybe a week later. These trails were not well-advertised. For that matter, none of what we would call wilderness trails are. It seems the NZ tourism people want foreigners to stick to the tried and true.

That's what we did with no regrets. We thoroughly enjoyed our walks and can say with confidence that tramping (or what we call hiking) the advertised routes in New Zealand is pleasant, safe, and moderately challenging for the average RTA type. Their wilderness trails would probably be more enjoyable for some of the old RTA pros.

Barbara Krieger and Robin Dorrell

HIGHLIGHTS OF RTA BOARD MEETING APRIL 19, 1997

The Guide for Leaders has now been distributed, and work is in progress on brief guidelines for improved safety during maintenance and construction projects.

A decision was made to reprint the Fourth Edition of the Guidebook, with an update of Trail changes, rather than preparing a completely new Edition at this time.

The RTA AGM will be held at Westport Legion Hall on October 18 (see Notice on page 3 of this Newsletter). The later date is to allow time for the Treasurer to prepare an audited financial report.

The Association has approved purchase of a modem so that the usefulness and viability of an Internet web page can be assessed. (The web page created last year was not maintained and is no longer operational because the operator was transferred out of our area.)

Up to \$3,000 was approved from the Preservation Fund in response to a request from SEORTRAC. This is part of the RTA's contribution towards transfer of the Smiths Falls - Strathcona rail line from CN to the Cataraqui Conservation Authority as approved at last year's AGM. This amount is towards legal and engineering studies.

The list of landowners has now been completed by the Ottawa and Central Clubs. Work is continuing on the Kingston list.

Newsletter distribution will continue by bulk mailing, although differences in Canada Post operations make some of the procedures different between Ottawa and Kingston. Membership renewals have been slower than usual with the renewal notice on the back of the Spring Newsletter rather than in an insert. This will continue to be monitored.

For more information on any item above, please contact a member of the Board listed on page 2 of this Newsletter.

Graham Creedy

Note: A possible insurance concern has been raised over inclusion in the activity schedules of specific amounts for passengers' contributions to drivers' gas costs. To avoid this concern, specific amounts are no longer listed. But we depend on our volunteer drivers for transport to and from activities and, as stated in the schedule headings, passengers are still expected to contribute to gas costs. Thanks for the drivers' consideration are also important.

1997 WORK VACATIONS IN ONTARIO

Once again Hike Ontario clubs are hosting trail work crews this summer, with each crew consisting of about twelve participants, British and Canadian. These vacations are a great opportunity to show our British visitors some of Ontario and are a lot of fun for all concerned.

Caledon Hills Tuesday July 22 to Thursday July 31

Building a new 4 km. section of the Bruce Trail, on its optimal route, including a small bridge and slope control. Accommodation will be at the Ecology Retreat Centre in Hockley Valley, in a comfortable bunkhouse in a rustic setting in the woods. Some work will also be at the Ecology Centre itself. There is a swimming pool for off-time, and a campfire circle, as well as a side trail leading to the Bruce Trail.

Cost: \$180 per person.

Albion Hills Tuesday August 5 to Monday August 18

Trail building in the Humber Valley (including bridge and boardwalk) and on the Oak Ridges Moraine and stream restoration in the Albion Hills Conservation Area. Accommodation will be on group campsites at Albion Hills; bring your own tent. Albion Hills has a swimming beach and a wide variety of hiking trails in attractive countryside.

Cost: \$230 per person.

Registration is through the Federation of Ontario Naturalists "Working for Wilderness" Expeditions Program organizers, Graham Bryan and Lisa Nevar. They can also send details of other outdoor work vacations, for example:

Butterfly Count at Point Pelee

Friday August 9 to Sunday August 11

Flowerpot Island composting toilets

Cootes Paradise marshland restoration

Both sometime in the Fall

For more details and registration forms please contact:

The Federation of Ontario Naturalists

Attention : Graham Bryan

355 Lesmill Road, Don Mills, Ontario M3B 2W8

Telephone: 416-444-8419 1-800-440-2366

Facsimile: 416-444-9866

E-mail: fon@web.net

HIKE ACTIVITY LEVELS

Hikes are graded with the following Levels

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

PARTICIPANTS' RESPONSIBILITIES

Participants must choose activities suitable to their physical capabilities and skill levels. They must inform the leader before the start about any health problems and difficulties with their equipment. They must respect the leader's judgement and their own financial obligations for the activity. Parents and guardians must supervise their own children.

SKI ACTIVITY LEVELS

- 0 Flat terrain, variable length.
- 1 Gentle hills, may be long distance (e.g. 15 km.).
- 2 Variable terrain, some steep hills. Level 1 experience needed (Green & Blue trails in Gatineau).
- 3 Long, varied terrain, may be off trails. Level 2 experience essential (Red trails in Gatineau).

WINTER ACTIVITIES

Our activities do NOT provide formal instruction. Each participant is assumed to:

- understand the causes, preventive measures, and treatment for hypothermia;
- dress appropriately (in layers), bring lunch and water, and be prepared for unforeseen delays on the trail;
- understand that changes in weather and snow conditions can affect the difficulty level of a given trail;
- have experience on and be familiar with his /her own equipment;
- for skiers, be able to perform at least the basic diagonal stride, snowplow, and herringbone manoeuvres with confidence under a variety of snow conditions, for a period of three or four hours.



Ottawa's Wednesday Walkers sought greater challenge and splendour at Mt. Washington. Dorothy Belter, John Young, Harry Menna, Shirley Scott, Morris Davidson, Barbara Thain, Beryl Kelly, and Ron Maybury pause on Wildcat Ridge with the First President as a backdrop.

From:

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



NOTE: If your address label includes the year "1997" then your membership has expired and our records do not show that it has been renewed. Whether you are an active hiker or simply have compatible views, your continued membership is important to the RTA and we invite you to maintain it. Future issues of the Newsletter will only be sent upon renewal of your membership.

MEMBERSHIP 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 | \$17.00 |
| ☐ | † Non-Members | \$22.00 |
| ☐ | Car Sticker (Free to New Members) | \$1.00 |
| ☐ | Crest | \$2.00 |
| ☐ | Enamelled Pin | \$3.00 |
| ☐ | † Rideau Trail Wall Map | \$12.00 |
| ☐ | * Donation to the RTA | \$_____ |
| ☐ | * Donation to the RT Preservation Fund | \$_____ |
| Prices Subject to Change | | |
| TOTAL | | \$_____ |

- † Includes Postage & Handling
* Qualifies for income tax credit.
Charitable Registration No. 0041733-56-11.

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 ☐ |

Name:

Address:

City:

Province:

Postal Code:

Telephone: