



The Rideau Trail NEWSLETTER

FALL 1997

ISSUE NO. 105



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 **Nov. 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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Courtesy of

Bob Chadwick
Sheila Needham
CRCA
Bob Chadwick
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Don Sherwin

Subject

Bloomfield B&B Outing
Confederation Bridge Walk
Parrott's Bay GPS Map
Tuesday Hikers on Rock Dunder
Max McClellan Farewell photos
Central Club on the Avon Trail

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 starting at 1000.

A roast beef dinner will be served at a cost of \$15.00 by reservation only. Call by October 6, to reserve:

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

The Royal Canadian Legion at Westport is located at the east side of County Road 10, (Perth Rd.) just south of the intersection with Highway 42.

Kingston members requiring rides meet at Sears at 0900. Ottawa members call Caroline Whaley 726-0237 for time.

Bob Bradley of A Bit of Gingerbread Bed and Breakfast in Westport has kindly agreed to coordinate afternoon activities in the shape of alternative hikes in and around Westport.

In Memoriam

Mr. Frank Lalonde died on May 2, 1997 in his 77th year. A scenic portion of the Rideau Trail crosses the Lalonde farm located in RR #1 Elginburg. The Kingston Club always valued Mr. Lalonde's support and generosity. Since the trail passes close to the Lalonde residence many hikers had the opportunity to talk with Mr. Lalonde personally over the years and we wish to offer Mrs. Lalonde and her family our sympathy.

FRONTENAC CHALLENGE

Meet at Sears parking lot 08:30 or
Main parking lot of Frontenac Park 09:15

DATES: Sunday September 7
Sunday September 14
Sunday September 21
Saturday September 27
Saturday October 4
Sunday October 19
Saturday October 25

Leader Murray Henderson 546-9906
Assisted by Gloria Seeley

Since the hikes are often strenuous, averaging 20 km with a level of difficulty of 2-3, only experienced hikers should attempt the challenge. To register please contact Murray by September 1.

HIKING FROM HOSTEL WEEKEND, SEPTEMBER 19-21

The Kingston Club is organizing a Level 2 hiking weekend in the Gatineau Hills near Wakefield, Quebec, about 30 km. north of Ottawa. We have accommodation reserved at Carman Trails County Lodge, a farmhouse style hostel on 81 acres with 15 km. of trails linked to the Gatineau Park system and the National Trail.

Bunk beds in rooms of 2,4,6 units are \$40 per person for the 2 nights. Nutritious communal meals are breakfast \$5.70 and dinner \$9.20, tax included.

All RTA members are welcome, as long as space is available. For more information and booking call Bob Chadwick at 352-1052.

Changes to Kingston Sections

1. **Princess St. to Cataraqui Cemetery** (4 km - 5 km, Map 1). Probable new routing via CN Station, largely off Princess Street, entering Cataraqui Cemetery via main (south) entrance (by September). This reroute is with the cooperation of VIA Rail and CN Rail.
2. **South and East of Sydenham** (26 km - 30 km, Map 2). Possible shift of trail to east of Stagecoach Road (formerly Old Sydenham Road) to County Road 5 near Hilltop Cafe and parkland at southwest corner of Sydenham Lake (not before late fall).
3. **Opinicon Loop** (67 km - 82 km, Maps 3 and 4). Subject to the acquisition of the former CN rail line between Strathcona and Smith Falls by the Cataraqui Region Conservation Authority, the Main Trail would turn south at Maple Leaf Road and after 0.1 km swing north up the former railway route to the Stonehouse Lake area. There it would turn eastward in order to pick up the existing Opinicon Loop trail. The existing Main Trail via Billy Greene Road would probably become a blue loop.
4. **South and West of Westport** (95 km - 101 km, Map 4). Later this Fall with the assistance of Bob Bradley of a Bit of Gingerbread, we hope to put the Trail into fields and woodlands and off the roads as far as possible.
5. **Murphy's Point Provincial Park** (126 km - 133 km, Map 5). In response to Ontario Parks initiatives already underway to prepare a Millennium Trail on the east side of the Park near Big Rideau Lake, the Main Rideau Trail will probably be moved this fall to follow this new route. The existing Main Rideau Trail route may be retained as a blue loop.

For more information call Bob Chadwick at 352-1052.

CATARAQUI REGION CONSERVATION AUTHORITY

Is holding its Annual Conservation Dinner and Auction on **November 14** at the Italo-Canadian Club, Kingston. Tickets are \$30.00 with the proceeds going to support the CRCA's conservation education programs for schools and the public. All donations are eligible for a tax receipt. **For information call Karla Maki-Esdon at 546-4228 ext 226.**

Kingston Maintenance

There will not be an official Maintenance Day this fall. In a new approach Maintenance Coordinator Robin Turkington is organizing a schedule of weekly work hikes. Notices will be sent to all trail maintainers in September and work parties will be organized as maintenance situations arise. Anyone wishing to volunteer their services please call Robin Turkington at 549-4139.



Confederation Bridge

Anna Marshall, Sheila Needham, Audrey Sanger, Kingston and Caroline Baker, Volkssport Canada (Halifax) were among the thousands of participants in the once in a life-time walk across the Confederation Bridge on May 30, 1997.

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.

Wednesday walkers depart at 1330, except on the second Wednesday of the month, when an all day outing is scheduled. Bring lunch, water 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.

There is no gas allowance but contributions to the driver for 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, ON, K7K 6K6.

Members willing to be leaders for the Winter season, or who wish to suggest new locations to hike, are asked to contact Watson Ogilvie at 530-2378 before the end of September.

Please refer to hike and ski activity levels on page 10 of this newsletter.

Wed Sept 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 0930 or at one of the Area parking lots at 1030. (If meeting at the wildlife area please call leader in advance.)
LEADER: Watson Ogilvie 530-2378

Sat Sept 13 Gould Lake Hike and BBQ (Rain date, Sept 14) Members and guests are invited to participate in hikes suitable for all levels, and afternoon BBQ. Bring your own food and refreshments. Coolers and fuel will be available. Depart 1000.
CONTACT: Ada Chambers 549-8008

Thurs Sept 18 Evening Walk at Lemoine Point

Level 1. Depart Front Road parking lot at 1930. Phone Leader if you require a lift.
LEADER: Margaret Page 389-7840

Fri, Sat, Sun Sept 19 - 21 Hosteling at Carman Trails (Please see separate notice.)

Sat Sept 20 Opinicon Loop

Hike the trails in the Lindsay Lake area. Aprox 15 km. Level 2. Depart 0900.
LEADER: Bill Chambers 548-8520

Sun Sept 28 Frontenac Park

Hike trails in the park. Level 3. Depart 0900.
LEADER: Gloria Seeley 546-2503

Fri Oct 3 Kingston's Haunted Walk

Brought back by popular demand; new scary stories. Meet opposite City Hall at 1945. Cost \$5 to members and their guests*. 1 1/2 hr at a slow pace.
CONTACT: Fran Hollywood 548-8520

Sun Oct 5 Ontario Hiking Day

Hike #1 - Bon Echo Provincial Park
Hike the Abes and Essens Trail. Approx 17 km. Level 3. Departs 0800.
LEADER: Don King, KINGSTON CONTACT: Murray Henderson 546-9906

Hike #2 - Little Cat. Creek Conservation Area. Level 1. Depart 1000 or meet at Outdoor Centre.
LEADERS: Sheila and John Needham 389-1894

Wed Oct 8 Gould Lake

Hike various trails in the Gould Lake Conservation Area. Level 2. Depart 1000.
LEADER: Ellen Shepherd 541-1185

Sat Oct 11 Rock Dunder

Climb to the summit of Rock Dunder for lunch at the top with a spectacular view of Autumn leaves. Hike is short but rugged. Depart 1000.
LEADER: Peck Peckover 544-9190

Sat Oct 18 Annual General Meeting - page 3

Sun Oct 26 Mount Fitzsimmons --Landon Bay area. A fairly steep climb to the top for a spectacular view of the St. Lawrence River and surrounding area. Level 2. Depart 0900. Note clock change.
LEADER: Peter Murray 613-382-2824

Sat Nov 1 Gould Lake

Hike the East Side Trails. Level 2. Depart 1000.
LEADER: Lynn Nolan 389-8747

Sun Nov 9 Frontenac Park

Hike from the Trail Centre to Flagpole Hill and return. Approx 15 km. Level 3. Depart 0900.

LEADER: Stan Huff 549-2081

Wed Nov 12 Rideau Trail

Hike from Railton Road through Sydenham and return, with a stop for lunch at a restaurant/tea room in Sydenham. Level 1. Approx 11 km. Depart 1000.

LEADER: Watson Ogilvie 530-2378

Sat Nov 15 Westport Area

Level 2. Depart 0830, or 0930 from Lions' Club Beach in Westport.

LEADER: Bob Bradley 613-273-7848

Sun Nov 23 Rideau Trail

Hike from The Parkway to Elevator Bay and return. Then, following lunch, through Cataraqui Cemetery and return, by-passing the Princess St. overpass.

Level 1. 12 km. Depart 1000.

LEADER: Jean Thompson 544-0340

Sat Nov 29 Rideau Trail

Location to depend on trail and weather conditions.

Level 2. Depart 0900.

LEADER: Bob Tolley 542-9626

Sun Dec 7 Rideau Trail

Hike the Maple Leaf Road and adjoining parts of the trail. Length to depend on weather conditions. The Central Club will join us. Level 2. Depart 0930.

LEADER: Dale Ross 384-2959

Wed Dec 10 Bath

Hike or ski along the waterfront and surrounding area in Bath. Level 1. Depart 1000.

LEADER: Bob Chadwick 352-1052

Sat Dec 13 Frontenac Park

Hike or ski from East Gate depending on conditions, a reconnaissance for a later ski trip. Level 3. Depart 0900.

LEADER: Allan Tattersall 549-4080

Sun Dec 14 Seasonal Coffee and Dessert Party

Bring your favourite dessert to share with others, and lots of good holiday cheer. Gather at 1900. For details please contact Ada Chambers 549-8008

CENTRAL CLUB ACTIVITIES

Now that the summer is almost over we can turn our mind to the joy of entering the hiking season. We have some new hikes and some old favourites revisited. The hot line is still in operation so don't be misled by the message on the answering machine and do call 264-8338 with any of your questions or com-

Sat Sept 20 Maintenance Day

Bring your hedge cutter, clippers and enthusiasm to spruce up the trail. Meet at Conlon Farm at 1000.

TRAIL CHAR: Don Sherwin 264-0759

Sun Sept 21 Narrows Lock to North Burgess Rd #2.

Hike the trail and visit the Ghost Town in its regal splendour. Level 1. Meet at Conlon Farm at 1000.

GHOULISH BREEZE: Don Sherwin 264-0759

Sun Oct 5 Ragged Chutes

Hike from the Chutes to King's Lake. The scenery on this outing is breathtaking so bring a camera to capture the outlaw Ted Pearl. Shoes with firm gripping

soles are a must for this difficult terrain as well as bushwhacking. Level 3+. Meet at Conlon Farm 1000.

TRACKER: John Miller 264-8824

Sat Oct 18 Annual General Meeting.

Hosted by the Ottawa Club in Westport. Details on page 3.

Sun Nov 2 Big Salmon Lake

A lot of spawning has gone on since we visited last. We are hoping the outing will be bigger than ever.

Level 1+. Meet at Conlon Farm at 0930.

PECHER: Wanda Pelletier 267-3630

Sun Nov 23 Bottle Lake - Lavant Station

This is a new happening and as such we don't know what to expect apart from the fact that the scenery in the area is very interesting and a look out point gives a view of the countryside for miles. Level 2. Meet at Conlon Farm 0930.

BOTTLER: John Miller 264-8824

Sun Dec 7 Maple Leaf Road

A joint hike with the Kingston Club led by Dale Ross (384-2959). Level 2. Meet at Conlon Farm at 0930.

LOCAL CONTACT: Veronica Airth 264-8824

OTTAWA CLUB ACTIVITIES

The activities described below take place as scheduled regardless of the weather. **The RENDEZVOUS POINT FOR HIKE 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. **Parking at Booth and Albert is courtesy of Allpark.**

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, call the Ottawa Club at 730-2229.

Participant Responsibility: Select a trip suitable to physical ability and skill level; inform the leader prior to the event of any health problems or possible difficulties with equipment; respect all financial obligations. Volunteer leaders will expect the support and cooperation of each group member. Parents and guardians are expected to supervise their children.

Wednesday Walkers: Every Wednesday there are Level 3 hikes in the Gatineau Park. Departure time is 0930. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for information.

Sunday Sept 7

Registration deadline for joint hike Thanksgiving weekend (Oct 11-13) with the Ottawa Rambling Club in the Adirondacks. Registration, Gregory Stack (ORC) 741-5378. Room rates cannot be guaranteed if you call after September 7.

Saturday Sept 13

Sierra Club - Ottawa Chapter invites Rideau Trail participants on the following outing: Edible Wilds. Full day (10-4) excursion through the

Almonte woods lead by Martha Woods, an experienced botanist and specialist on wild edibles.

Bring lunch and water. Depart 1000 from Petro Canada Station at the junction of Hwys 44 and 15 in Almonte.

For information contact Marilyn Booth 730-3879 or the Sierra Club 241-4611

Gatineau Park. Level 1, 12 km. Herridge Lodge and MacDonald's Bay. Swim. Depart 1000.

LEADER: Lucy Petraroja 731-3533

Cycling. Level 2, 70 km. To Stittsville. Meet at Champlain Bridge (leave any cars at Booth and Albert). Depart 0930.

LEADER: Coby Fuykschot 722-6022

Sunday Sept 14

Gatineau Park. Level 2, 10-12 km. On trail near Black Lake. Depart 0930.

LEADER: Alec Bissett 828-4363

Rideau Trail. Level 2, 16 km. Dwyer Hill Road to Rosedale (may be wet). Depart 0900.

LEADER: Linda Hayes 749-9537

Saturday Sept 20

Gatineau Park. Level 1. O'Brien to mill ruins and chapel. Return to the beach. Depart 0930.

LEADER: Laraine Laughland 723-8851

Rideau Trail. Level 2. O'Neil Side Road to Dwyer Hill Road. Possible wet sections. Depart 0900.

LEADER: Margaret Wood 224-3160

Gatineau Park. Level 3. Trails and some bush-whacking. Departs 0830.

LEADER: John Haley 225-0590

Trail Maintenance Day, Central Club. Any members from Ottawa who can assist, phone Peter Andrews for coordination 728-3016

Sunday Sept 21

Gatineau Park. Level 2, 14 km. On trail from McClosky parking lot. Depart 0900.

LEADER: Gary Kyer 748-0373

Monday Sept 22

Register for Mont Tremblant hike (max. 18 participants) by phoning Jane Buckley 745-5786.

Saturday Sept 27

Gatineau Park. Level 2, 15 km. Depart 0900.
LEADER: Marion Dunning 232-8304

Mont Tremblant. To the top of Pic Johanssen. Level 3, tough hike, 18 km with 800 metres vertical ascent. Bring boots, rain gear, lunch, snacks and fluids (3 L or more). Max. 18 participants. Call by Sept 22 to register. Depart 0730. Long day.
LEADER: Jane Buckley 745-5786

Sunday Sept 28

Gatineau Park. Level 1+, 10-12 km. Lac Philippe to Lusk Caves. Depart 0930.
LEADER: Millecent Toombs 521-6693

Rideau Trail. Level 2. Perth to Port Elmsley. Depart 0900.
LEADER: Ken Buckingham 234-5543

Thursday Oct 2

Registration deadline for Adirondack trip Oct 10-13. Phone John Barron 828-2296

Saturday Oct 4

Gatineau Park. Level 1. Pine Road to Herridge. Depart 0900.
LEADER: Key Methot 526-5589

Gatineau Park. Level 2, 10 km. Meech Lake to an interior lake, "Sky Turtle Lake". Depart 0930.
LEADER: Gerry Schut 746-4548

Nakkertok North. Level 2+, 17 km, hilly. View the fall leaves from X-country ski trails north of Cantley. Depart 0900. Small fee for trail use.
LEADER: Jane Buckley 745-5786

Sunday Oct 5 Ontario Hiking Day - Introduce a friend to hiking. Upper Canada Bird Sanctuary, Level 1, Depart 0900.
LEADER: David Spector 829-6802

Gatineau Park. Level 2, 15 km. Meech Creek Valley. Depart 0900.
LEADER: Peter Scott 729-9557

Gatineau Park. Level 2+, Lusk Falls. Depart 0930.
LEADER: Ann Bolster 521-6354

Mont Ste Marie. Level 3, 15 km. Extensive bush-whacking. Depart 0900.
LEADER: John Barron 828-2296

Cycling. Level 2. Eastern Parkway. Meet at Algonquin College, Lees Avenue, (east end of parking lot). Depart 0930.
LEADERS: Dennis and Barri Scully 565-7710

Monday Oct 6

Planning meeting for Thanksgiving in the Adirondacks. 1930. Call by October 2 to register and obtain location.
CONTACT: John Barron 828-2296

Long Weekend October 10-13 Two options Adirondacks. Joint weekend trip with Adirondack Ottawa. Stay at High Peaks Base Camp (coed dorms or camping). Level 2-3. Max. 10. Est. cost \$130 (based on dorms, transportation, food). Bring own lunches. You must reserve by October 2 and attend planning meeting Oct. 6 (above).
LEADER: John Barron 828-2296

Adirondacks. Joint trip with Ottawa Rambling Club. Oct. 11-13. Cost \$162.50 per person, double occupancy. Accommodation at Whiteface Chalet includes 2 nights accommodation, 2 breakfasts, 2 dinners, all taxes and gratuity (assuming Cdn \$1.425-\$1 US). Tripple and quad occupancy available. Travel is extra. Reservation by September 7.
CONTACT: Gregory Stack 741-5378

Saturday Oct 11

Gatineau Park. Level 2, 15 km. Walk in the fall colours. Depart 1000.
LEADER: Jean Sunter 828-6077

Rideau Trail. Level 2, about 18 km. Twim Elm to Bells Corners. Depart 0900.
LEADERS: Mary and Wilf Bradnock 829-1403

Sunday Oct 12

Gatineau Park. Level 2. Destination will depend on weather conditions. Depart 0930.
LEADER: Pat Clarkin 729-2737

Monday Oct 13

Cycling. Level 2, about 4 hours on bike paths/routes in the Ottawa area. Bring lunch. Depart 1030.

LEADER: Elizabeth Mason 729-6596

Saturday Oct 18

Annual General Meeting for the Rideau Trail Association. See notice on page 3.

Sunday Oct 19

Mayo, Quebec. Level 1. Centre Educatif Forestier near Lac La Blanche. Several short loops on trails with some steep sections. Slow pace to enjoy interpretation. Depart 1000. Small trail fee. LEADER: Dave Davis 281-5137

Charleston Lake. Level 2, 15 km. West side trail. Depart 0900.

LEADER: Dave Wright 1-613-284-8305

Gatineau Park. Level 2+. Meet at 0930 in Gatineau Park. Call Roslyn for meeting place.

LEADER: Roslyn Bern 827-3845

Cycling. Level 2, 60 km. To Blackburn Hamlet. Depart 0930.

LEADER: Bill Armstrong 737-3567

Saturday Oct 25

Gatineau Park. Level 1. Keogan area on trails. Depart 0900.

LEADER: Barbara Krieger 235-0604

Sunday Oct 26 Don't forget the time change.

Gatineau Park. Level 2. Pine Road to Carbide Mill and MacDonald Bay. Depart 0930.

LEADER: Sam Ludmer 728-8892

Gatineau Park. Level 2+, about 18 km. Hills, possibility of short bushwhack. Depart 0900.

LEADER: Lisa Buchner 729-4487

Registration deadline for joint hike

Remembrance Day weekend (November 8-11) with the Ottawa Rambling Club to Algonquin and Bon Echo Parks.

REGISTRATION: Gregory Stack (ORC) 741-5378

Friday Oct 31

Pre-register for St. John Ambulance First-Aid Course November 29-30.

CONTACT: John Barron 828-2296

Saturday Nov 1

Greenbelt. Level 1, exact location to be determined. Depart 0930.

LEADER: Marilyn Booth 730-3879

Gatineau Park. Level 2+. Lusk Falls area. Depart 0900.

LEADER: Ron Maybury 836-2953

Sunday, Nov 2

Gatineau Park. Level 3-. Bushwhack Spring Lake to Herridge, probably return by trail. Depart 0930.

LEADER: Graham Creedy 789-1657

Long Weekend Nov 8-11

Algonquin and Bon Echo parks. Joint trip with Ottawa Rambling Club. November 8-11. Cost is \$207.00 person. Accommodation at Spectacle Lake Lodge, known for sumptuous meals, and includes 3 nights accommodation, 3 breakfasts, 3 dinners, all taxes and gratuity, and Algonquin Park day use fee. Travel extra. Reservation by Oct. 26. CONTACT: Gregory Stack 741-5378

Saturday Nov 8

School House Loop Trails. Level 1. Bring lunch. Depart 1000.

LEADER: Bill Grant 820-0697

Gatineau Park. Level 2, about 15 km on trail. Depart 0930.

LEADER: Bill Armstrong 737-3567

Sunday Nov 9 Gatineau Park.

Level 2. Skyline and King Mountain. Depart 0930.

LEADER: Bev Armstrong 738-0310

Tuesday Nov 11 Gatineau Park.

Level 1. 10 km. Ramparts area. Depart 0900.

LEADER: Ruth Hutchinson 749-0990

Saturday Nov 15

Gatineau Park. Level 1. Steele Road to Lac La Peche. Depart 0930.

LEADER: Nanette Whitwam 730-5417

Sunday Nov 16

Bells Corners. Level 2, 24 km. To Stittsville (return) via trails and abandon railway. Tea room at midpoint. Depart 0900.

LEADER: David Spector 829-6802

Saturday Nov 22

Gatineau Park. Level 2+. O'Brien to Huron. Some bushwhacking. Depart 0900.

LEADERS: Marilyn Booth 730-3879 and Inge Gullon 738-0712

Sunday Nov 23

Rideau Trail. Level 2, 14 km. Dwyer Hill Road to Munster Road. Possible wet spots. Depart 0900.

LEADER: Ron Hunt 736-9887

Weekend, November 29-30

St. John Ambulance First Aid Course, specifically tailored for hike leaders. Runs 0830 to 1630 both days. Ottawa General Hospital, room SD-D \$60.00 Contact: John Barron by October 31 to register at 828-2296. Mailing address: 23 Leeming Drive, Nepean K2H 5P6.

Saturday Nov 29

Urban Walk. Level 1. From Booth and Albert, walk along Rideau Trail to Baseline Station. Return by other bike paths. Bring bus fare. Depart 0930.

LEADER: Coby Fuykschot 722-6022.

Sunday Nov 30

Gatineau Park. Level 2. Destination dependent on conditions. Depart 0830.

LEADER: Peter Brebner 729-8178

Friday Dec 5

Hiking end of season pot luck dinner. Bring a main dish, salad, appetizer or dessert. Bring dishes, cups, cutlery, soft drink. \$5 towards expenses. Volunteers helpers needed (arrive early). 18:30 at Maki House, 19 Leeming Dr. Nepean. No registration or menu coordination - just come.

Essentials calls: Marilyn Booth 730-3879

Sunday Dec 7

Gatineau Park. Level 1. Ski or hike, depending on conditions. Depart 0930.

LEADER: Andrew Macdonald 235-8569

Saturday Dec. 13

Gatineau Park. Level 2. Ski or hike depending on conditions. Depart 0930.

LEADER: Bud Masse 235-4670

Sunday Dec 21

Gatineau Park. Level 2. Ski or hike depending on conditions. Depart 0930.

LEADER Sam Ludmer 728-8892

Hike Activity Levels

1 Suitable for beginners. well-defined trails, gentle inclines. Hiking boots not required, but trails may be 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.

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.

3 Long, varied terrain, may be off trails. Level 2 experience essential.

The Green Mountain Club (Vermont) Trip Leaders' Handbook

By Watson Ogilvie

I recently obtained several copies of the GMC Trip Leaders' Handbook which contains a number of ideas which could be of interest to readers of the recently published RTA Leaders' Guide. The Handbook emphasises that while the GMC does not require formal training or certify leaders, training offered by the Red Cross, local colleges and the GMC in first aid, orienteering, survival, and group dynamics can help new and experienced leaders develop or improve leadership skills.

A sample outing schedule includes the following: "Our trip leaders are volunteers who are not necessarily trained in First Aid, nor does the Wampahoofus section or the GMC certify or license trip leaders. Participants should attend these events with the understanding that they are responsible for their own preparedness and safety and that all contribute to the well-being of the group."

Other interesting suggestions include when (and how) to cancel an event due to weather conditions, how to deal with the "problem participant", low impact hiking, dealing with emergencies and my favourite: "Never leave a rest stop as soon as the last hikers arrive."

There is nothing more discouraging for a slower person than seeing a group of refreshed walkers take off the minute he or she arrives, denying him or her the same luxury. Latecomers need a break as much as anyone, perhaps more.

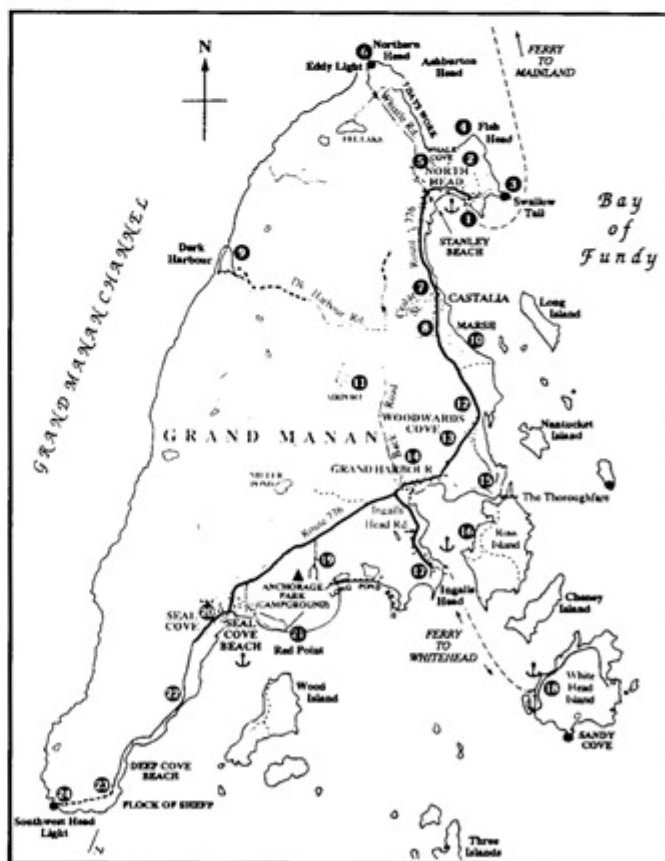
Please give me a call (613-530-2378) if you would like to borrow a copy of the Handbook.

Grand Manan Island

By Lynn Nolan

While attending a sea kayaking Elderhostel on this lovely island 1 1/2 hours off the coast of New Brunswick in the Bay of Fundy, we explored some of the approximately 70 km of marked hiking trails. Many of the rugged trails follow the edges of cliffs and afford magnificent views of local bays as well as nearby islands. Grand Manan is known as a bird watcher's paradise, but both whales and seals are seen in the secluded bays, and herring weirs, salmon, and lobster enclosures, provide interesting glimpses into fishing practices.

The Marathon Inn, an 1870s Victorian landmark near the North Head ferry dock, provides excellent accommodation and superb food, while Baldwin's Guest House at Seal Cove caters to those wanting a B & B. Contact : The Grand Manan Tourism Assoc. P.O. Box 193, North Head, Grand Manan, New Brunswick, E0G 2M0



Max McClellan, Chief Guide, Ottawa Wednesday Walkers

By Art Campbell

The Ottawa Club Wednesday Walkers said good-bye to their Chief Guide on June 13th on a special farewell walk in Gatineau Park. A cake was provided by the Chief Punster, decorated with the message "Happy Trails" and Max did the cutting, using a well used pruning saw. (See photos page 14.)

Max McClellan joined the Wednesday Walkers in 1985 just after the thought of mid-week walks was implemented; he relaxed and took a few, very few weeks off to have knee replacements, one in 1993 and one in 1994 and to sell his house and pack his bags this spring.

When I joined the Wednesday Walkers in 1990, I frequently found myself in front of the pack, heading in the general direction of our objective. As we got close, I invariably feigned equipment failure - laces untied, a loose pack strap, skis iced up, whatever. While making repairs, I noted which way Max was heading and thus adjusted my own direction. As long as Max was with us, we never missed our objective. Thus Wednesday Walkers benefitted from the same navigational skills that anti-submarine aircrews experienced in 1940 over the Atlantic and Eastern Canada, and which Max used after landing on the beaches of France on D Day, earning an MBE. Max has moved to Comox, B.C. Happy Trails, Max. You are missed.

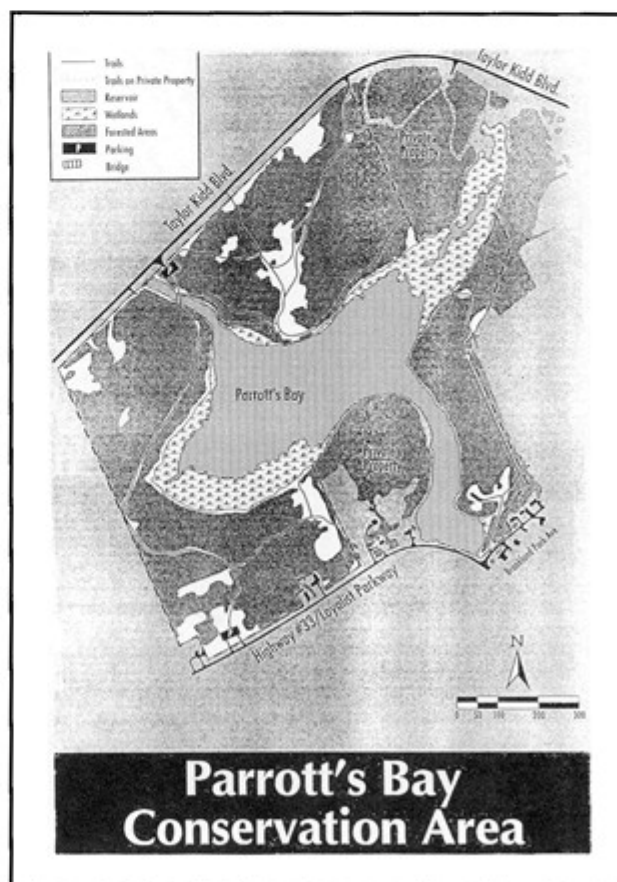
Satellite Technology Traces the Rideau Trail

By Bob Chadwick

Rideau Trail Association members have been assisting the CRCA with mapping the trails in two of our conservation areas - Parrott's Bay

and Gould Lake. Members were trained in the use of the CRCA's Global Positioning System (GPS) unit by Rob Gerritsen. The GPS uses satellite technology to accurately locate your position on the ground at any given point. Rideau Trail Association members have now walked all of the trails in both conservation areas using the GPS. Rob has superimposed this data onto digital base maps of both conservation areas. Brochures for Gould Lake and Parrott's Bay are now in production and will be ready by early summer.

The article above is reprinted with permission from the Summer 1997 issue of CAT TALES (the newsletter of the Cataraqui Region Conservation Authority). The Rideau Trail runs through the Gould Lake Conservation Area and the whole trail there is maintained by the Kingston Rideau Trail Club. It is likely that the whole Rideau Trail system will be mapped this way in due course.



Midweek Hiking in Kingston

By Bob Chadwick

We expanded our midweek program in the Kingston Club this summer with Tuesday morning level 2 hikes starting at 0800, back in town for noon, to beat the summer heat. Originator of the idea and coordinator of Tuesday trips is Jean Thompson. Typical of these half day events was a visit to Rock Dunder (see photograph) a short steep climb, courtesy of the Boy Scouts of Canada.

Meanwhile, the year-round Wednesday afternoon hike program organized by Cathy and Don Cutts continues to flourish and the full day monthly Wednesday hike remains a popular event.

Another midweek tradition is the annual bed and breakfast trip, also organized by Cathy and Don. This year the trip was to Prince Edward County. We visited a selection of conservation areas and both Sandbanks and Lake on the Mountain Provincial parks, enjoying short scenic walks at each place. We stayed for two nights at a heritage B&B in the attractive old village of Bloomfield and sampled some of the County's fine dining rooms. (See photograph on the cover.)



**Rock Dunder Tuesday Morning Hike
Leader Jean Thompson (rt.)**

"To B & B Or Not To Be" Hiking the Avon Trail to Stratford

By Don Sherwin

In late May, the Perth Club (largely through the efforts of Wanda Pelletier) organized a unique hiking and cultural experience to savour the latest treats of the Stratford stage, combined with two days of hiking on the Avon Trail. There were 25 participants.

Our accommodations were in the former nurses' residence of the Stratford General Hospital. Following our arrival we took in the evening performance of "Camelot," starring that femme fatale of "Street Legal" fame, Cynthia Dale. We were suitably delighted with the show, which took place in the newly-refurbished Festival Theatre.

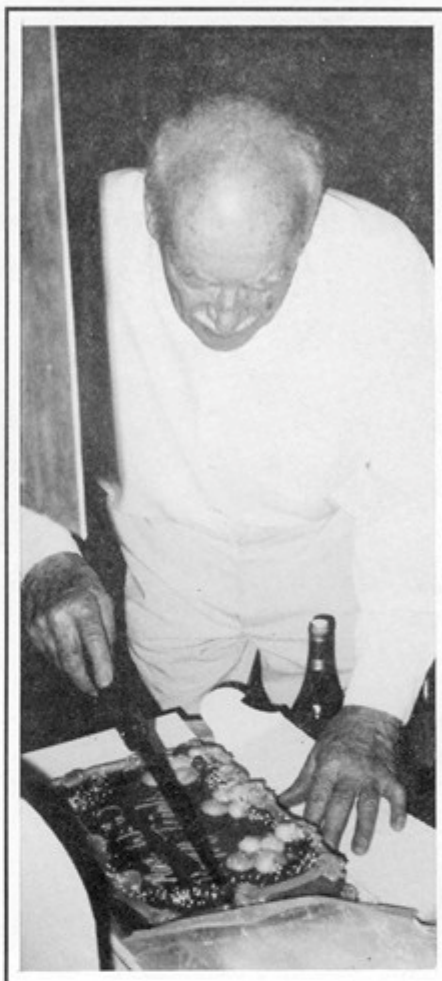
The next day, we set out to explore the Avon Trail. The trail led firstly beside cultivated fields (that an Eastern Ontario farmer would die for!), then through marginal Carolinian forest replete with carpets of trilliums, wild leeks and Dames rocket. The trail took us eventually to the Avon River making a delightful transition from rural to urban setting. A few raced ahead, just in time to catch a matinee of "Little Women," in the old-fashioned downtown Avon Theatre and that evening, others partook of "Taming of the Shrew," with less enthusiastic reviews.

The following day, we returned to the Avon Trail for a 17 km hike through the Wildwood Conservation Area, winding up in the pretty limestone town of St. Marys, on the North Branch of The Thames River. There we enjoyed a great buffet dinner at Damen's, on Water Street. Sunday morning after breakfast, the participants parted, accompanied by loud cries of "All's Well that Ends Well." (Photo page 14.)



**Max McClellan Farewell
June 1997**

**Ottawa
Wednesday Walkers**



Max and Cake — June 1997



Central Club B&B Hike on the Avon Trail

RIDEAU TRAIL ASSOCIATION KINGSTON CLUB
WINTER WEEKEND AT PINESTONE LODGE

Registration # _____

NAME(S) _____

ADDRESS _____ CITY _____ POSTAL CODE _____

PHONE HOME _____ BUSINESS _____ RIDEAU TRAIL MEMBER _____

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

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

Enclosed is my deposit of \$60.00/person, total of \$ _____ Post-dated cheque \$ _____

You are encouraged to include a post-dated cheque to cover the remaining balance, which is due by **January 15, 1998**.

Closing registration September 30th 1997 \$60.00/person deposit. Final payment due January 15th 1998. \$190.00; driving with Sunday dinner \$146.00; driving no dinner \$135.00.

Cancellations after January 1, 1998 may not receive a full refund if a replacement is not available. It is suggested that non-members of the R.T.A. join prior to registration as members have booking priority.

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

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

Cut off and mail to: **Dale Ross, Ski Weekend, 974 Old Colony Road, Kingston, ON K7P 1J7**

Late Registrants mail to: **Allan Tattersall, 92 Herchmer Cres., Kingston, ON K7M 2V9**

Rideau Trail Association
Kingston Club
Winter Get-away Weekend - Pinestone Revisited
February 20, 21, 22 1998

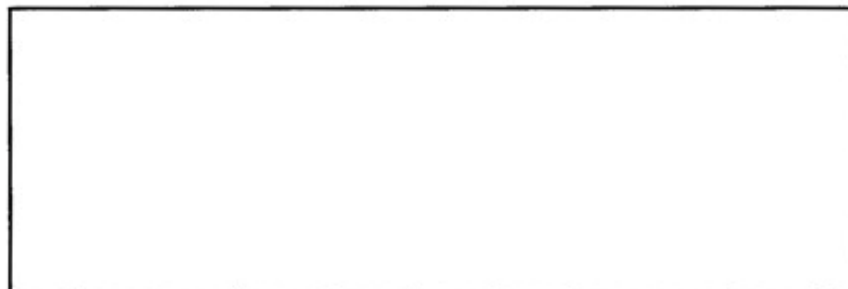
Despite serious bids having been received from hotels in Val David, Val Morin, PQ, the cost savings offered by Pinestone (same rates as last year) and the perception that the increase to book in Quebec would preclude a considerable number of our regulars from attending, drove the decision to rebook at Pinestone for February 20, 21, 22—expecting great snow conditions! Accommodations will be two to a room, in the main lodge, adjacent to all amenities: meeting rooms, dining, swimming, sauna, bar, and game rooms. We plan to organize some trips on trails not used before. Lots to explore!

A potential increase in rates (new owners?) puts the whole weekend at \$250.00 per person double occupancy. Should the increase not occur, we will try to offset with a trail pass, which remains \$7.50 per person, per day. The above package price includes a Sunday pre-departure supper at \$11.00. Packed lunches are extra.

As Konrad's bus holds 47 passengers, the early registrants get to ride - first come, first served. We have booked only 28 rooms - so book early. Should you wish to drive, you can save \$44.00/person, or \$55.00/person if you don't stay for Sunday dinner. Departure will be 09:00 Friday February 20 from the Cataraqi Center for the 3 1/2 hour trip, returning to Kingston at approximately 21:30 Sunday February 22.

Please complete and return the form (above) along with your deposit of \$60.00/person, made to Rideau Trail In Trust, by 30 September 1997. Final payment of \$190.00, or \$146.00 if driving with Sunday supper, \$135.00 if driving with no supper, by January 15th, 1998. It is requested that you include a post-dated cheque for the final payment in your registration. If there are any questions, please call **Allan at 549-4080 or Dale at 384-2959**.

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
- () 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 *\$ _____
- () * Donation 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 () Newsletter ()
- Other: Specify _____

PLEASE INDICATE MEMBERSHIP CATEGORY:

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

Name _____

Address _____

City _____ Postal Code _____

Telephone Number _____