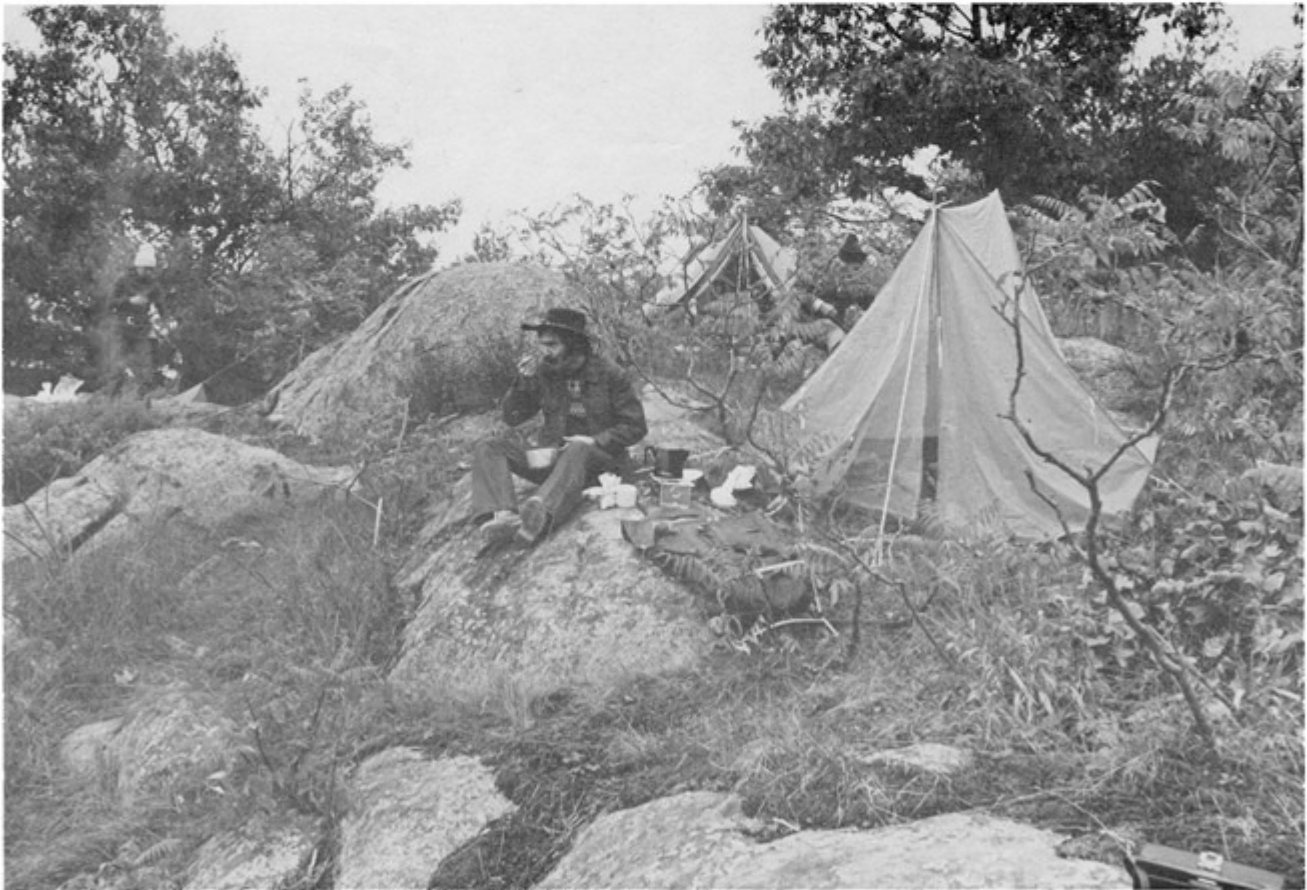




The Rideau Trail NEWSLETTER

FALL 1998

ISSUE NO. 109



Slide Lake
1975

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 1998**, to:

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

Text should be typed or handwritten. Pictures are 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, the opinions expressed in this Newsletter are not necessarily those of the Rideau Trail Association.

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THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1997-98

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COVER:

Courtesy of

Estate of Norm McLeod

Subject

Slide Lake, 1975

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

Saturday, October 24, 1998

at

The Royal Canadian Legion

**County Road 10
Westport, Ontario**

AGENDA:

10:00	Refreshments
10:30	Business
12:00	Lunch (Your own)
13:00	Afternoon Hikes
18:00	Roast Beef Dinner

The dinner is by reservation only and will cost \$15.00. Reserve by October 10, 1998 to avoid disappointment. Please call:

Kingston:	Audrey Sanger	384-6244
Central:	Mary Charlton	267-6802
Ottawa:	Kathy Rothwell	761-9354

Lyme Disease

Submitted by Sybil Peckover

A July article in the Globe and Mail headlined "Lyme disease carrier heads north", states that birds, animals and people carry these tiny, blood-sucking parasites north, and that the disease is spreading at an alarming rate. More than 200 cases have been reported in Ontario alone.

If untreated, the bacterium called a spirochete can play havoc with muscles, nerves and joints and can lead to arthritis and neurological disorders. The most obvious sign of infection is a bull's-eye rash radiating from the site of the tick bite. Muscle, joint pains, fever and fatigue can also develop.

Wearing long pants that can tuck into socks, and checking for ticks after hiking, especially behind the ears, arms, knees and on the back, is recommended.

If left untreated by antibiotics, Lyme disease can damage joints, causing arthritis, and can injure the nervous system and the brain.

IN REMEMBRANCE

Richard Cross

I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.

Henry David Thoreau (1817-1862)

These words from *Walden* were chosen by Richard C. Cross to introduce his Preface to the First Edition of the Rideau Trail Association Guidebook in 1987, and are an evocation of what nature meant to him. Richard Cross, an avid hiker, canoeist, camper and RTA member, died unexpectedly on June 13, 1998. Richard came to Perth in 1979 as minister of First Baptist Church, and was very prominent in the community. In the 1980's, he was active in the Rideau Trail Association, both in the Central Club and as Co-chairman, with Pearl Peterkin, of the Guidebook Committee for the First Edition of the RTA Guidebook. Pearl recalls how Richard enthusiastically brought his experience and ideas as a Bruce Trail hiker to the work of the Committee, and in her opinion, we have Richard Cross to thank for having the Guidebook in its present format.

With wife Mary, Richard particularly loved hiking in the Gatineaus, and it can be said that he was indeed a true disciple of Thoreau. He had been looking forward to his retirement and to becoming active again in the Rideau Trail Association. He will be missed, not only by his family and many friends but by the entire community of Perth, to which he gave so much.

Submitted by Don Sherwin, Central Club

Highlights of RTA Board Meeting

25 July 1998

Submitted by Allan Tattersall

Cataraqui Trail

Chairman of the Cataraqui Trail Board of Management, Jeff Wimperis, has replied to the RTA Board letter expressing RTA expectations vis-a-vis RT continuing our historic unhindered access to relevant sections of the Cataraqui Trail. Hiking representatives Jim Blain and Don Coulter are both on the Trail Development committee. The Flooding problem in the vicinity of Stonehouse Lake is being dealt with as a first priority. A washout has been filled in and five new culverts installed; two more remain to be installed which will hopefully provide a long term solution to this problem. The RTA Board voted unanimously to forward the final two thousand dollars of our commitment (totalling five thousand), stating our desire that the money be used to help defray the costs of the final two culverts in this common section of trail.

While the resolution of signage standards remains an outstanding issue, members should be aware that RT signs have already been installed at each junction of the Rideau Trail with the Cataraqui Trail between Maple Leaf Road and Indian Lake Road.

Rideau Trail Guidebook

The 5th (1998) Edition of the guidebook is available and has been produced under budget. John Howarth of the Ottawa Club has produced a reverse text (direction Ottawa to Kingston) which is presently being reviewed by club executives. Once approved it is intended to produce a limited quantity of the reverse text as a guidebook supplement which will be sold at cost to test the market.

Members should also note that Bob Chadwick, Bill Grant, John Howarth and Don Sherwin have been nominated to the Task Force to review and recommend changes to the text, format, maps, binding, presentation and other matters pertaining to the production of subsequent edition(s). Members are encouraged to express their views to the above nominees or to the guidebook editors, Linda Hayes, and Jerry Hinderks.

Reimbursement of Mileage Expenses

The Board approved a policy permitting reimbursement of mileage expense to members despatched on Association business at a rate not to exceed 20 cents per kilometer. Individuals must make application for reimbursement and may request a charitable donation receipt in lieu of actual reimbursement. Further, Clubs are also authorized to reimburse members for travel expenses at the above rate for such things as major maintenance or construction projects.

Administration of this financial activity will be left to the Club executive to define; but the funding must be budgeted and shown as a separate expense item in Club budgets.

Strategic Issues - Bass Lake Forum

The Board has completed a review of the strategic issues determined at the Bass Lake Forum under the aegis of former chair Betty McIvor. In reviewing this paper and the subsequent action plan it was noted that all the issues have either been satisfactorily completed or remain on going activities at either club or association level. Specific issues under active consideration at Board level are: membership/recruitment (membership continues to shrink); guidebook issued (as noted above); organizational structure (policy development - pertains to relationships with outside organizations such as Hike Ontario, Ontario Trail Council etc.); public relations/communication (task force to review and recommend); funding strategy (no change until the requirement of a major change in direction is perceived).

Insurance Coverage

A review of our present insurance has been completed which shows the need to update our inventory or equipment for adequate coverage and the need to add Director liability coverage to comply with the Constitution and bylaws. Prior to renewal, due in October, a further comparison will be conducted of the costs and implications of changing to the group policy offered through association with Trans Canada Trail which require a solid association with either Hike Ontario or the Ontario Trails Council.

Rideau Trail - Kingston Club Fall 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 13:30, 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. Contributions towards gas is indicated for each hike and includes entrance fees to Provincial Parks and Conservation areas when applicable. 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 Carol Cain at 548-4556 or Audrey Sanger at 384-6244 before the end of December.

Wednesday Sept 9 Charleston Lake Park

Hike the trails in this pretty park and expect a swim. 10 km. Level 2. Departs 09:30. Gas \$3 plus contribution to park entry fee.

LEADERS: John & Margaret Page 389-7840

Saturday Sept 12 Rideau Trail Highlight #9

Hike the Opinicon Lake Loop. Swim at Lindsay Lake. Level 2+. 15 km. Departs 09:00. Gas \$4.

LEADER: Peter Murray 382-2824

Sunday Sept 13 Rideau Trail

Hike from Orser Rd. to Railton Rd. and return. 8 km. Level 1. Departs 10:00. Gas \$2.

LEADER: Bill Murdoch 398-3023

Sunday Sept 20 Frontenac Park

Hike the Gibson Lake Loop. 17 km. Level 3.

Departs 08:30. Gas \$3 + contribution to park fee.

LEADER: Murray Henderson 546-9906

Saturday Sept 26 Chaffey's Lock

Start at Chaffey's Lock and hike the old railway line. 12-14 km. Level 1. Departs 09:30. Gas \$4.

LEADERS: Brian & Lynda Rook 634-2510

Saturday Sept 27 Rideau Trail Highlight #10

Hike from Perth Rd. to Beveridge Locks. 14 km. Level 1. Departs 08:30. Gas \$6.

CONTACT: Ada Chambers 549-8008

Sunday October 4 Ontario Hiking Day

Hike #1 Bon Echo Park

Hike the Abes & Essens Trail. Approx 17 km.

Level 3+. Departs 08:00. Gas \$5 plus contribu-

tion to park fee.

LEADER: Don King (613) 478-2156

KINGSTON CONTACT: Murray Henderson
546-9906

Hike #2 Little Cataraqui Creek Cons. Area

Hike the trails of Little Cat with lunch at Outdoor Centre. 7 km. Level 1. Departs 10:00. Gas \$1 plus contribution to park fee.

LEADER: Alberta Edgar 542-9662

Hike #3 Ragged Chute

Joint fall colour hike with Perth Club on the Mississippi River. Level 3+ Meet Sears 08:45.

Gas \$5. Perth Leader: Don Sherwin 268-2447

KINGSTON CONTACT: Carol Cain 548-4556

Saturday Oct 10 Rock Dunder

Climb to the summit for lunch at the top with spectacular view of autumn leaves. Hike short but rugged. Departs 10:00. Gas \$3.

LEADER: Peck Peckover 544-9190

Saturday Oct 11 Rideau Trail Highlight #11

Hike from Long Lake Rd. to Ferrier Rd. 14 km. Level 2. Departs 08:30. Gas \$6.

KINGSTON CONTACT: Helga Wennerstrand
547-5944

Wednesday Oct 14 Murphys Point Park

Hike the various trails with a swim stop. 10-15 km. Level 2. Departs 09:00. Gas \$5 plus contribution to park fee.

LEADER: Audrey Sanger 384-6244

Saturday Oct 17 Gould Lake Cons. Area

Hike the East Trails at a bugless time of year. 10 km. Level 3. Departs 09:00. Gas \$4 plus contribution to park fee.

LEADER: Lynn Nolan 389-8747

Sunday Oct 18 Rideau Trail Highlight #12

Hike from Roger Stevens Dr. to Munster Hamlet Rd. Level 1+. 14 km. Departs 08:00. Gas \$9.

KINGSTON CONTACT: Stan Huff 549-2081

Saturday Oct 24 - RTA Annual General Meeting (see notice on page 3)**Sunday Oct 25 Frontenac Park**

Join Chris Barber on a walk of the Black Lake area and learn about the history of the Park and the families who worked and lived in this region. Departs 08:45 or meet on Hwy #10 (Perth Road) and Clear Lake Road at 10:00. Gas \$2.

CONTACT: Carol Cain 548-4556

LEADER: Chris Barber

Sunday Nov 1 Rideau Trail & New Blue Loop

Hike the Opinicon Lake area and take in the new Blue Loop. 17 km. Level 3. Departs 09:00. Gas \$4.

LEADER: Murray Henderson 546-9906

Sunday Nov 1 Rideau Trail Highlight #13

Hike the new trail from Richmond Rd. to the Queensway. 17 km. Level 1. Departs 08:00. Gas \$11.

KINGSTON CONTACT: Carol Cain 548-4556

Saturday Nov 7 Frontenac Park

Hike the Arkon Lake Loop. 13 km. Level 3. Departs 09:30. Gas \$3 plus contribution to park fee.

LEADER: Ada Chambers 549-8008

Sunday Nov 8 Little Cat. Conservation Area

Suitable for all levels. 10 km. Departs 09:30 Gas \$1. plus contribution to park fee.

LEADERS: Sheila & John Needham 389-1894

Wed. Nov 11 Macaulay Mountain Cons. Area

Explore area and town of Picton. Departs Sears at 09:15 or 10:15 at the Adolphustown Ferry.

Level 1. Gas \$4.

LEADER: Bob Chadwick 352-1052

Sunday Nov 15 Depot Lake Conservation Area

Hike the lakeside trails, approx. 10 km. Departs 09:30 or meet at 2nd Depot Lake at 10:15. Level 2. Gas \$4.

LEADER: Allan Tattersall 549-4080

Saturday Nov 21 Foley Mountain Cons. Area

Hike or ski (dependent on weather conditions). 13 km. Level 2+. Departs 09:30. Gas \$4.

LEADER: Dale Ross 384-2959

Sunday Nov 29 Rideau Trail

Level 1 hike from Unity Rd. to Orser Rd. and return. 12 km. Departs 10:30. Gas \$1.

LEADER: Anna Marshall 634-0398

Saturday Dec 5 Rideau Trail

Hike the Opinicon Loop. Level 2+. Departs 09:30. Gas \$4.

LEADER: Allan Tattersall 549-4080

Saturday Dec 5 Dessert Party

Join your friends and fellow hikers at our Annual Dessert Party. Bring your favourite delight to St. Lawrence Place, on Ontario Street. Coffee and tea provided. Starts at 6:30. See you there!

CONTACT: Audrey Sanger 384-6244

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, some rough spots or obstacles. Boots recommended.

3 Rough terrain, difficult hiking. Boots, Level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

Rideau Trail - Ottawa Club Fall Activities

The activities described below take place as scheduled regardless of weather. **The RENDEZVOUS POINT is at the ENTRANCE to the parking lot at the corner of BOOTH AND ALBERT STREETS** in Ottawa, UNLESS OTHERWISE STATED, at the departure time indicated. Parking at Booth and Albert is courtesy of ALLPark.

Transportation is by pooling of private cars. Passengers generally donate to the driver's gas costs on a voluntary basis. Eastern Gatineau Park is \$3; western Gatineau Park is \$4; Ottawa-Carleton region is \$3; otherwise the payment increases on crossing county lines, e.g. Kingston would be \$6. Hikers should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing. Any parking fee is shared between drivers and passengers.

Participants Responsibilities

Participants are expected to choose a trip suitable to their physical abilities and skill level. They should inform their leader, at the start, of any health problems or of any existing or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and cooperation of each group member. Parents and guardians are expected to supervise their own children.

Please exercise caution on all trails, even where these have been cleared since the ice storm, because of residual hazards such as branches hung in trees overhead

For more information about a particular event, call the leader at the number listed below. If unable to reach a leader, or if seeking general information, please call the Club enquiries number at 730-2229. **Note: Leaders please send sign up sheet to Ruth Hutchinson, 168 - 2111 Montreal Road, Ottawa, Ontario K1J 8M8.**

Wednesday Walkers

Every Wednesday there are Level 3 hikes or ski trips in Gatineau Park. Departure time is 9:30. Call Dorothy Belter (523-4420), or Nanette Whitwam (730-5417) for meet location.

Monday Sept 7

Reservation deadline for Ottawa Rambling Club weekend to the Adirondacks October 10-12

Sunday Sept 20

Gatineau Park, Level 2. Depart 9:00

Leader: Margaret Lafrance 692-1810

Rough Grouse Trail, Level 1, 10 km. Depart 9:30

Leader: Linda Hayes 749-9537

Sept 25-27 weekend

Mont Tremblant, JB Ski Club, 2 nights, \$50/pp with breakfast. Level 3. Leader to be confirmed. Contact Jane Buckley 745-5786 for date of planning meeting.

Saturday Sept 26

Wolf Trail level 2, About 12 km. Depart 9:30

Leader: Alex Bissett 828-4363

Finch Recreational Trail Level 1, 7-8 km.

Refreshments in Finch afterwards. Depart 10:00; \$5 gas charge.

Leader: Bill Grant 820-0697

Cycling: on bike paths Level 1. 10:00.

Leader: Elizabeth Mason 729-6596

Sunday Sept 27

Rideau Trail Highlight # 10: Perth to Beveridge Locks Level 2, 16-18 km. Meet Conlon Farm, Perth Depart 10:00

Leader: Ken Parkes 264-8646

Gatineau Park. Level 2. Depart 9:00

Leader: Don Mitchell 749-9537

October 2-5

Adirondacks Weekend

Hilly Fall Hike. Rideau Trail/Adirondack Ottawa co-outing. Two days of White Mountain intermediate hiking at peak colours. 3 nights accommodation at the Wayside Inn, Bethlehem, New Hampshire. Rates are Can\$320 pp/double, Can\$490 pp/single, including room, 3 breakfasts, 2 dinners, 2 packed lunches, tips and taxes. Can\$50 pp deposit secures. Call Cliff Daly (613) 834-1851

Saturday Oct 3

Rideau Trail. Level 2. Depart 8:30
Leader: Peter Brebner 729-8178

Gatineau Park, Glorious Fall Level 2, 14 km. Depart 9:00
Leader: Jean Sunter 828-6077

Sunday Oct 4

Skyline Trail. Level 2. Depart 9:30
Leader: Bill Armstrong 737-3567

Cycling Level 1. Depart 9:30
Leaders: Barri and Dennis Scully 565-7710

Oct 10-12 weekend

Adirondack Camping Fall Outing. Co-outing with Adirondack Ottawa. Tent at the High Peaks Base Camp in Wilmington, or stay at its lodge. Rocky Peak Ridge trail hike Saturday (5,000 ft vertical, 14 miles), easier Nun-Da-Ga-o walk on Sunday (1,400 ft vertical, 6 miles).

Call Cliff Daly (613) 834-1851

Oct 10-12 weekend

(Thanksgiving). Adirondacks Hiking Trip. The Ottawa Rambling Club invites RTA members to participate in a Thanksgiving hiking trip to the Adirondacks. Cost for lodging/meals (taxes and gratuity included) at Whiteface Chalet is \$174.00/person. Car pool transportation available (\$15.00/person). Assured reservation deadline is 7 September.

Call Gregory Stack (613) 741-5378 for information and reservations.

Saturday Oct 10

Gatineau Park Level 2, 14 km. Depart 9:00
Leader: Gary Kyer 748-0373

Gatineau Park, Taylor Lake Level 1. Depart 9:30
Leader: Kay Méthot 526-5589

Sunday Oct 11

Rideau Trail Highlight # 11: Long Lake Road to Ferrier Road Level 2, 14 km.
Meet Conlon Farm, Perth. Depart 10:00
Leader: Don Sherwin 268-2447

Monday Oct 12

Gatineau Park Level 2+. Depart 9:30
Leader: Graham Creed 789-1657

Saturday Oct 17

Gatineau Park, MacDonald Bay Level 1+, 10-12 km. Depart 9:30
Leader: Laraine Laughland 723-8851

King Mountain Level 2, about 10 km. Depart 9:30
Leaders: Wilf and Mary Bradnock 829-1403

Mount Tremblant Level 3. Depart 7:30
Leader: David Stambrook 739-7904

Sunday Oct 18

West Gatineau Park Level 3. Depart 9:00
Leader: John Barron 828-2296

Rideau Trail Highlight #12: Roger Stevens Drive to Munster Hamlet Level 1+, 14 km. Depart 9:30
Leader: Ron Hunt 736-9887

October 19

Reservation deadline for Ottawa Rambling Club trip to Madawaska Valley October 30-November 1

Saturday Oct 24

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

Sunday Oct 25

Lusk Falls Level 2. Depart 9:30
Leader: Caroline Whaley 726-0237

Weekend 30 October-1 November**(Halloween) Madawaska Valley Hiking Trip.**

The Ottawa Rambling Club invites RTA members to participate in Halloween weekend hiking trip to Madawaska Valley, Renfrew County. Cost for lodging/meals(taxes and gratuity included) at Spectacle Lake Lodge is \$143.00/person. Car pool transportation available (\$20.00/person). Assured reservation deadline is 19 October.

Call Gregory Stack (613) 741-5378 for information and reservations.

Saturday Oct 31

Murphy's Point Park Level 1+, 12 km. Depart 9:00
Leader: David Spector 829-6802

Curley Lake, Lac La Pêche Level 2. Depart 9:00
Leader: Ron Maybury 836-2953

Sunday Nov 1

Gatineau Park Level 2 Depart 9:30
Leader: Pat Clarkin 729-2737

Rideau Trail Highlight #13: new section Depart 10:00
Leader: Ken Buckingham 234-5543

Saturday Nov 7

Bells Corners to Stittsville Level 1, about 14 km with lunch in tearoom. Depart 9:30
Leader: Coby Fuykschot 722-6022

Gatineau Park, South Window Level 3. Depart 9:30
Leader: Dave Wardell 722-3752

Sunday Nov 8

Mer Bleu Level 1, about 10 km. Depart 9:30
Leader: Ruth Hutchinson 749-0990

Skyline and King Mountain Level 2, about 12 km. Depart 9:30
Leader: Bev Armstrong 738-0310

Wednesday Nov 11

Leader's Choice Depart 9:30

Saturday Nov 14

Kemptville Forest Level 1, 8 km. Optional refreshment stop at end. Depart 10:30.
Leader: Bill Grant 820-0697

Lusk Lake Level 1+ Depart 9:30
Leader: Millicent Toombs 521-6693

Sunday Nov 15

Pine Road to Herridge Level 1, about 10 km. Depart 9:30
Leader: Andrew Macdonald 235-8569

Saturday Nov 21

Gatineau Park Level 2+, some bushwacking. Depart 9:00
Leader: Marilyn Booth 730-3879

School House Loops Level 1, 8-10 km. Depart 9:30
Leader: Nanette Whitwam 730-5417

Sunday Nov 22

Leader's Choice. Depart 9:30

Saturday Nov 28

Gatineau Park Level 2+, hike or ski depending on conditions.
Call leader for starting point: Roslyn Bern 827-3845

Sunday Nov 29

Leader's Choice. Depart 9:30

Saturday Dec 5

Gatineau Park Level 2, hike or ski depending on conditions. Depart 9:30.
Leader: Bud Massé 235-4670

Saturday December 5

Pot luck supper. Bring a main dish, salad, appetizer or dessert; bring dishes, cups, cutlery, beverage. 18:30 at party room, Queen Elizabeth Towers, 530 Laurier Avenue West, which has a small microwave, toaster oven, coffee pot, fridge. Maximum capacity about 40 people. No registration or menu.
Questions: John Cottee 231-5562

Saturday Dec 12

Gatineau Park Level 2, ski. Depart 9:30
Leader: Bill Shannon 722-6407

LEVELS OF DIFFICULTY

Hiking:

Level 1 - Well defined trails, gentle inclines. Hiking boots not required, but trails may be wet. Suitable for beginners. Recommended for newcomers to Club activities.

Level 2 - Generally on trail. May be hilly, light bushwacking (where permitted), some rough spots or obstacles. Boots recommended.

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

Cycling:

Level 1 - Few hills, broad roads or bike paths, little traffic. Participants must be able to ride a bicycle.

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.

Skiing:

Level 0 - Flat terrain, variable length.

Level 1 - Gentle hills, may be long distance (e.g. 15 km)

Level 2 - Variable terrain, some steep hills. Level 1 experience needed. Green and blue trails in Gatineau Park.

Level 3 - Long, varied terrain, may be off trails. Level 2 experience essential. Red trails in Gatineau Park..

Trail Reroute - Central Section, McLaren Lake Road to Ferrier Road

Submitted by Don Sherwin, Central Club

Due to a change in ownership of Lot 4, Con. 9, North Burgess Township at the Ferrier Road end of this leg, and withdrawal of permission to hike across the land by the new owner, the following reroute has been implemented:

While hiking in the direction of Ottawa north of the Burgess Wood subdivision, the Trail now crosses one stile, picks up a wagon road in a northerly direction, and reaches a high bluff overlooking a broad swamp. After crossing the swamp on an old tree-covered fence-line, the Trail veers sharply right to the existing fence-line, turns left, and follows the fence to intersect with Ferrier Road a few hundred metres southwest of the original Trail intersection.

Saturday Sep 12 Mill of Kintail and Morris Island.

Kingston Club Enthusiasts!

To continue to provide the diverse activities which we all enjoy (hiking, skiing, swimming, canoeing, camping, snowshoeing, birdwatching, climbing), we need **YOU** to volunteer and be a **LEADER**.

To get involved or for more information,
please call

Carol Cain at 548-4556

Rideau Trail - Central Club Fall Activities

You will note that the meeting place for Central Club activities is Conlon Farm, unless otherwise indicated. To reach this recreational area, follow the main street through Perth (Gore Street) to County Road 10, turn right in the direction of Westport, then take the third road to the right (Conlon Drive) to reach the Conlon Farm parking area. For further information, please call Don Sherwin 613 268-2447.

This will be an interesting hike to a number of new venues in North Lanark and Carleton Counties, rescheduled from May 3, due to high water levels this past spring. Our day will culminate with English tea or Peterson's ice cream in Almonte. Level 1. Meet at Conlon Farm at 10:00.

Leader: Wanda Pelletier 267-3630

Saturday Sep 26 Kick and Push Trail

This will be an easy Level 1 hike, designed for people of all ages and average fitness level. We shall hike the old K & P railway right-of-way from Snow Road Station to Lavant Station to savour the ever-changing fall panorama in North Frontenac County. About 16 km. Meet at Conlon Farm at 09:30.

Leader: Jim Ronson 264-1937

Sunday Sep 27 Rideau Trail Highlight #10

Level 2. Perth to Beveridge Locks. Departs Ottawa 08:30, Perth (Conlon Farm) 10:00.

Leader: Ken Parkes 264-8646

Ottawa Contact: Peter Scott 729-9557

Sunday Oct 4 Ragged Chute

Our special fall colour hike, this year jointly with Kingston Club. We shall hike to this scenic set of falls on the Mississippi River, then bushwack along the river to King's Lake. Good Hiking boots are a must. Level 3+. Meet at Conlon Farm at 10:00; departs Kingston 08:45.

Leader: Don Sherwin 268-2447

Kingston Contact: Carol Cain 548-4556

Special Central Club Fall Event - Mount Orford Provincial Park, Eastern Townships,

Quebec - October 19-25.

Central Club has organized a hiking and sight-seeing excursion to this beauty spot, as advertised in the summer newsletter (slightly earlier date). We shall be staying at the Auberge de la Fugue near the main park entry gate, and staging hikes each day in the park (Level 2-3). This event is fully booked, however, a waiting list will be compiled in case of cancellations.

Organizer: Wanda Pelletier 267-3630

Sunday Oct 11 Rideau Trail Highlight #11

Level 2. Long Lake Rd. to Ferrier Rd. Departs Ottawa 08:30, Perth (Conlon Farm) 10:00.

Leader: Don Sherwin 268-2447

Ottawa Contact: Peter Scott 729-9557

Saturday Oct 31 Slide Lake Loop, Frontenac Park.

The first opportunity for many Central Club members to tackle this challenging but very rewarding hike. Level 3. Meet at Conlon Farm at 10:00.

Leader: Dave Miller 826-2336

Saturday Nov 14 Merrickville Area

Hike around this historic village on the Rideau Canal with a recognized expert on the area.

Level 1. Meet at Conlon Farm at 10:00, or at Merrickville Blockhouse at 10:45.

Leader: Peter de Lepper 269-4700

Sunday Dec 6 Round Lake Loop Murphys Point Park.

Hike or ski this newest trail in the Park depending on the whims of El Nino. Level 2. Meet at Conlon Farm at 10:00

Leader: Ken Parkes 546-9449

Our thanks to the Westport "Review-Mirror" for giving their permission to print excerpts from the longer June 18, 1998 article by managing editor Craig Bakay.

15K Rideau Trail trek no easy task

By Craig Bakay
The Review-Mirror

I like to think I'm in reasonably good shape for a 43-year-old. Sure, the knees aren't in the best shape (football) the back is a bit wonky at times (hockey) and I still haven't managed to give up the pack or so a day habit (journalism).

So, when I met the Thursday hiking group at Frontenac Provincial Park, I figured I shouldn't have any trouble keeping up with them for a 15-kilometre trek around Arkon Lake. After all, out of the dozen people there, I was one of the youngest and many of my compatriots had 20 years on me. However, looks can be deceiving.

Peter Clarke, from Elgin was one of my comrades on this outing. He and Jim Blain from Chaffey's Lock have been getting together on Thursdays for some time now with a group Blain met while doing an end-to-end of the Rideau Trail three years ago.

At any rate, I felt confident that this would be a piece of cake - slight miscalculation on my part. Trail boss Murray Henderson gave the signal and off we went, a line of stalwart trekkers disappearing into the bush.

"One woman told me, 'you have the option - to walk and talk or to walk in silence and enjoy Mother Nature,' " said Jim Blain. "For me, it's exercise, getting out and enjoying the people that are associated with the trail."

Indeed the company was pleasant. We talked sports, politics, you name it. At the first break, a cool marshy area where a makeshift bridge of logs crossed a black stream Henderson sought me out. "How's the pace?" he asked. "You OK?" "I'm fine," I said, although little beads of sweat had begun to trickle down my forehead.

We continued on. As the rest of the crew scampered

up a granite outcrop, I began to feel like this may not have been the best idea I've ever had. Talking became more difficult and I started to think about how far we'd come - and how far there was yet to go.

It wasn't long before we stopped for a sit-down break in a clearing. Henderson, as all good trail leaders do, checked on the condition of each of his charges. "Still OK?" he asked. "I'm fine," I said, lying like a cheap rug.

It was here that we broke out the water bottles. Henderson wasn't lying when he said to bring plenty of water. I watched as the hikers munched on granola bars and wished I'd eaten a banana before setting out. Potassium, it seems, is lost during a hike and bananas have a lot of it.

I learned that freezing a two-thirds full water bottle the night before and then filling it up in the morning makes for cool water along the trail. At this point, anything wet was just fine.

As clouds started to form, the sun dipped behind them and the temperature became quite pleasant. Refreshed by water and chocolate, along with an escape from the sun, I felt ready to continue...remarkably, with a second wind, I began enjoying it again. By the time we stopped for lunch, I was famished. Never before had a ham sandwich tasted so good.

At the end of the 15 clicks, I felt like I could do another loop. Luckily, my compatriots had other ideas so I got into my van and left. On the way home, I stopped for some cranberry juice and getting out of the car, my knees, back and eyebrows began to tell me - 15 clicks is plenty for the first time. But I'll be back.

The Rideau Trail is 300 kilometres of varied terrain that runs from Ottawa to Kingston and is maintained entirely by volunteers. Anyone wishing more information can call Jean Thompson at (613) 545-0823 in Kingston to in Westport, Bob Bradley at (613) 273-7848. Club activities include organized hikes with leaders, canoe trips, biking trips and ski trips.

The association is always looking for new members. All you need is good boots, a hat, sunscreen, bug gunk and plenty of water.

Kingston Club AGM 1998

By Bob Chadwick

This year the Kingston Club held its AGM on Saturday May 2 as usual at the Outdoor Centre of Little Cataraqui Conservation Authority. Forty members attended the meeting followed by a Brown Bag lunch and hikes under the energetic leadership of Carol and Alberta.

Retiring Chair, Bob Chadwick expressed sad regrets at the loss last winter of 27-year member and Club Treasurer Norman McLeod and life member, Ethan Hollingshead.

Bob mentioned a number of Club achievements over the past year. A Public Information Night in April arranged by Peck, Dale and Lynn attracted nearly 200 guests. The highlight of the evening was a fashion show presented by Trailhead in which several of our trimmest members modeled latest styles in hiking gear.

The single greatest achievement of the year was undoubtedly the clearance of extensive blockages to the Trail created by the January ice storm. Thanks to Robin Turkington and his hardworking maintenance teams, the Kingston section of the Trail was open by early April, except where it passed through provincial parks.

Of great benefit to the Club was the establishment of the multipurpose Cataraqui Trail, a former rail line. This has facilitated the development of a long new off-road section of the main Rideau Trail in the Opinicon area. This new section incorporates an entirely new rugged and scenic route close to Stonehouse Lake as well as most of the original off-road portion of the Opinicon Loop, all thanks to local landowners and Club volunteers. A second major off-road improvement is the reinstatement of a scenic pastureland routing north of Westport Sand Lake, thanks to the generous cooperation of the landowner. Meanwhile, inside Kingston city limits we have a new route through the Railway station to the Cataraqui Cemetery which largely avoids Princess Street, thanks again to helpful landowners and the persistent efforts of enthusiastic members.

All these recent route improvements plus those of the preceding year in the vicinity of Gould Lake and Knowlton Lake appear in the 1998 edition of the Guidebook. Other improvements made to the Kingston Section of the Guidebook include more names of main streets in Kingston (special request from Ottawa members) and the addition of the new names for rural roads. Greater accuracy was achieved in the identification of the Trail on the existing outline maps, thanks to input from the Cataraqui Region Conservation Authority, the Friends of Frontenac Park and others. The completely new detailed map 2A for Gould Lake is derived from the new CRCA map for this conservation area. The CRCA used the Global Positioning

System (GPS) technique with Kingston Club members helping with the fieldwork.

New initiatives in the past year's activity program included Tuesday morning level 2 hikes last summer, hostelling weekends in the Gatineau Hills for hiking in September and cross-country skiing in January, a lodge based hiking week on the Appalachian Trail in June and a camping weekend for hikers and canoeists in Bon Echo Provincial Park in August.

Coming events include a repeat of the camping, hiking, and canoeing weekend at Bon Echo next September, and Kingston's annual cross-country ski weekend in February.

Robin Turkington reported on the ice storm cleanup. This included a photographic display of the work in progress and a roll of honour of those who participated, with special mention of the efforts of Cookie Cartwright, Don Coulter, Bob Janik, Bill Murdoch and Paul Smith.

Allan Tattersall outlined the development of the Cataraqui Trail as a link in the Trans Canada Trail. It has been taken over by the CRCA with Jim Blain and Don Coulter of the Kingston Club on the Board of Management. Doug Knapp, our Association founder, represents hiking interests on the inner executive. Another former rail route, the "Kick and Push" Railway, now owned by Bell Canada, runs from Kingston to Sharbot Lake. The CRCA would like to take it over as another link in the Trans Canada Trail. We are urged to contact our MPs, MLAs, and municipal authorities on their behalf.

In turning over the meeting to Allan Tattersall for nominations for the 1998-9 Executive, Bob acknowledged the tremendous efforts of the executive and other volunteers and the generous support of landowners during his 2-year term of office.

Kingston Club Executive

Chair	Watson Ogilvie	530-2378
Vice-Chair	Dale Ross	384-2959
Past Chair	Bob Chadwick	352-1052
Secretary	Brian Rook	634-2510
Treasurer	Margaret Page	389-7840
Routes and Neg.	JoAnn Rogi	549-0953
Construction	Allan Tattersall	549-4080
Maintenance	Robin Turkington	549-4139
Hike Program	Carol Cain	548-4556
Special Events	Audrey Sanger	384-6244
Publicity	Peck Peckover	544-9190
Human Resources	Helga Wennerstrand	547-5944
Newsletter Editors	Lynn Nolan and Lars Thompson	389-8747

Wild Animals in Gatineau Park

By Art Campbell

Hearing a siren in Gatineau Park is most unusual. Hearing sirens on the Masham Eardley Road was a great surprise.

We were one part of the June 24th Wednesday Walkers - for that day, the swimmers. The other group were the berry pickers. We had our swim and lunch (with a beaver swimming in front of us), bushwhacked through woods, bored ourselves on an old road, recovered at the Water Tank lookout, and by walking through open bush to a lookout over the Masham Eardley Valley.

Sirens, very loud, were heard to the south west. One siren was moving north, while the others appeared to be stopped. We strained, trying to see the vehicles. A dust cloud near Ramsay Lake revealed the presence of the moving vehicle. The other sirens sounded different. We realized it was howling - wolves. Beautiful. Their notes rose and fell, almost with the siren, then suddenly stopped.

The area was close to where we had heard wolves before. About 5 years ago, Ida and I were just completing a short ski trip late afternoon in February, when Ida heard the first howl. We stopped and listened, leaving only when we were about to run out of light. The next day wolf tracks, converging in the middle of a pond, were visible.

Two years ago, Paul and I were in the same general area skiing. Suddenly, near the start of our trip, there was one wolf call, very close, then a much more numerous response and then, quiet. We noted wolf tracks in the area.

Only once before had I encountered a wolf, and that was a lone animal coming down a trail that I was walking up. The wolf's reactions were

somewhat faster than mine; it was gone before I had even stopped.

That was a great day - a little later I saw a moose, a female, which simply looked in my direction and scented her location. That is the only moose that I have sighted in the park, although we regularly see their droppings; in fact, there is Moose Poop Trail leading to Moose Poop Hill.

Deer are our most frequent sighting. The biggest group was 14 deer crossing the road, with one full sized animal standing, like a crossing guard, until all the deer has crossed. On another day, we followed their trail, which proved to provide very good access, better than we previously used, to that section of the park.

We have seen many bears. Most turned and ran, like the small bear working a berry patch just yesterday, July 10th. One went back to raiding the garbage can in which it was buried when we interrupted it. Pairs of bears, presumably mother and youngster, invariably looked at us and continued on their way. The biggest thrill without doubt was the sight of three cubs up a tree, about four years ago. And we were not far from the base of that tree, where, lore would tell us, mother should be perched. That does get the heart rate up.

However, besides all those pluses to walking or skiing in the park, there is a downside - blueberries. A blueberry patch invariably slows down the group; frequently walkers come to a standstill.

Blueberries do have a useful feature. As you no doubt know, grabbing a handful of berries results in some leaves and white or red unripened berries mixed in with the delicious fruit. When I find myself throwing away the blueberries and retaining the white and red ones, I know it is time to go home.

RIDEAU TRAIL ASSOCIATION KINGSTON CLUB WINTER GET-AWAY WEEKEND

Registration Form #

(for use by organizers)

Name(s): _____
Address: _____ City: _____ Postal Code: _____
Phone (home): _____ (business) _____
Rideau Trail Member (Y/N) _____

Enclosed is my/our deposit of \$80/person, totalling: \$ _____
and post-dated (to 5 Jan 99) cheque, totalling \$ _____
I wish to room with: _____ Prefer smoking: _____ Non smoking: _____
I/we have the following dietary restrictions (Please continue on the back) _____
I/we will be parking at Cataraqui Town Centre over the weekend; vehicle registration plate: _____

Cancellations after 5 Dec 98 may not receive a full refund if replacements are not available:

It is suggested that non-members of the Rideau Trail take out a membership prior to registration to ensure booking priority.

Cut out and mail to: Dale Ross (Ski Weekend'99)
974 Old Colony Road
Kingston, ON K7P 1J7

**Late registrants
after 30 September:**

Allan Tattersall (SkiWeekend'99)
92 Herchmer Cres
Kingston, ON K7M 2V9

Rideau Trail Association Kingston Club Winter Get-Away Weekend Hotel L'Esterel - Laurentians February 5, 6, 7 1999

Thanks to the negotiating skills of Peck's daughter Joan Patterson of Marlin Travel we have a great price for our 1999 Ski Weekend in an excellent 5 star cross country ski resort located one hour north of Montreal - Hotel L'Esterel.

Hotel L'Esterel is situated on 5,000 acres of lakes, forests and mountains; has 85 km of cross-country ski trails which are track set and groomed daily, leading right from the door. Tracks are available at three different levels using the international symbols (circle = easy, square = more difficult, diamond = most difficult) and gives access to over 200 km of Trans-Laurentian trails. Other activities available include ice skating on Lake Dupuis, ice fishing, snow shoeing, downhill skiing, dog sledding with Siberian husky dogs and sleigh rides. Indoor facilities include a jogging track, racquet ball courts, basketball, badminton, volleyball court, indoor heated pool with whirlpool, sauna and a games room with billiards and ping-pong tables.

The costs for this weekend are \$270.00 per person double occupancy or \$370.00 per person single. These prices include a fixed Table d'Hote dinner on Friday

and Saturday nights, full American breakfast Saturday and Sunday mornings and a hot and cold buffet early supper Sunday (late afternoon). Trail lunches may be ordered extra.

We have booked 30 rooms and a deposit has been paid. A further deposit of \$4200 is required by 1 Nov 98. Hence we require a deposit of \$80 per person with the balance by post-dated cheque due 5 Jan 99.

Konrad will be driving again this year and we are hoping for a larger 55 passenger bus. Departure will be at 09:00 hours Friday 5 Feb 99 from the Cataraqui Town Centre with an expected arrival of 1300 hours. As rooms may not be available until 1600 hours come dressed ready for the Trails. We will be returning to Kingston at approximately 2130 hours Sunday evening (9:30 p.m.)

Please complete and return the above form along with your deposit of \$80.00/person and a post-dated cheque (5 Jan 99) for \$190 double occupancy, \$290 single payable to Rideau Trail (In Trust) by 30 Sep 98. Please send in your application form as soon as possible as availability will be ranked in order of reception. Participants wishing to drive their own cars will be refunded their share of the transportation costs after all bills are settled.

You may direct any questions to Allan at 549-4080 (after 30 Sep) or Dale at 384-2959.

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



NOTE: If your address label includes the year "1998" then your membership has expired and has not been renewed. Your continued membership is important to the RTA; please maintain it by renewing now. Future issues of the Newsletter will not be sent without your membership renewal.

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, 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 | * \$ _____ |
| () Donation RT Preservation Fund | * \$ _____ |
| Prices Subject to Change | |
| TOTAL | \$ _____ |

* 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: _____

PLEASE INDICATE MEMBERSHIP CATEGORY:

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

Name _____

Address _____

City _____ Postal Code _____

Telephone Number _____