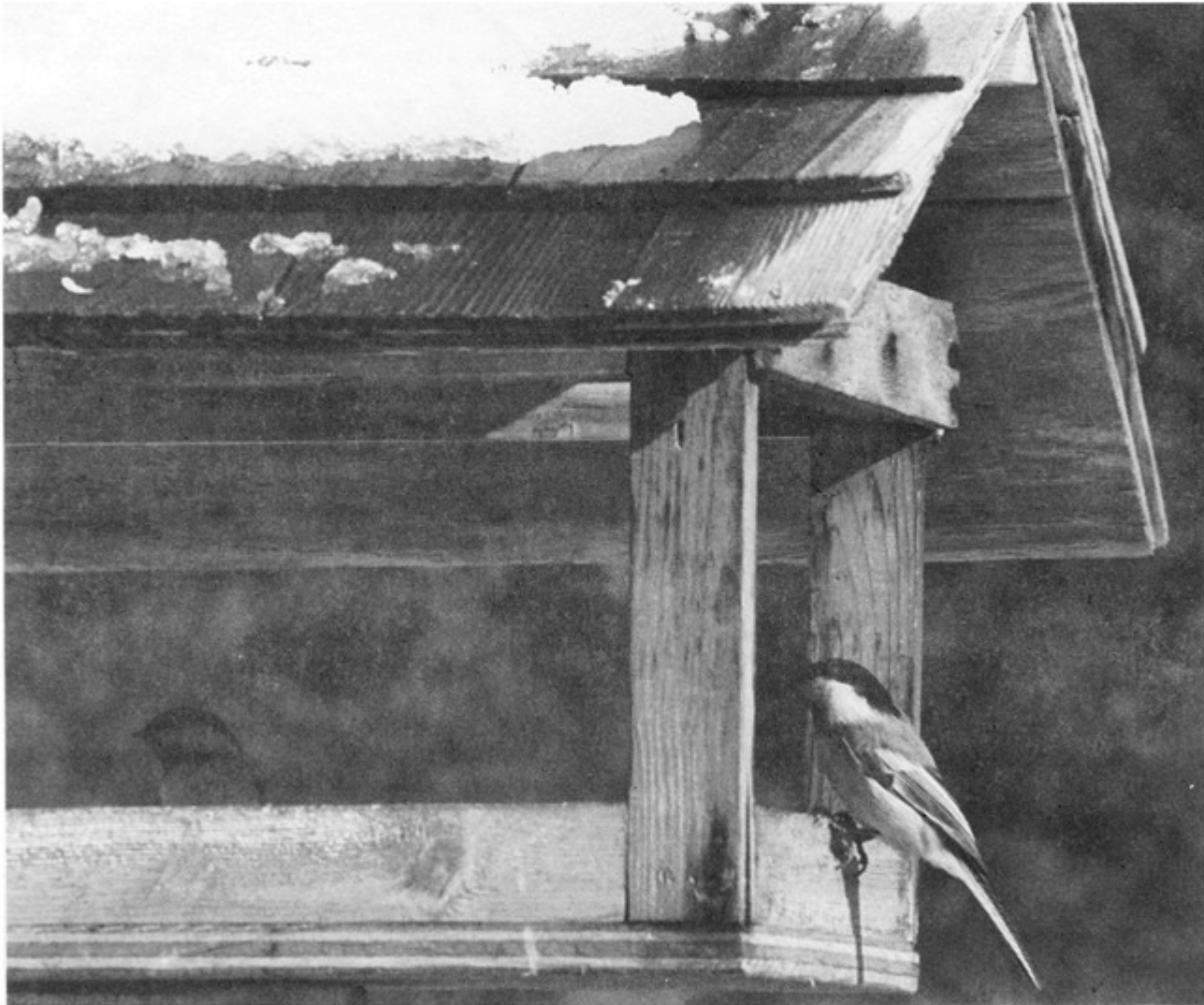




The Rideau Trail NEWSLETTER

SPRING 1999

ISSUE NO. 111



Membership year ends March 31, 1999. Please remember to renew your membership as soon as possible using the membership form on page 16.

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

Submissions for the next newsletter are encouraged and should be sent, to arrive by **May 1, 1999**, 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.

ISSN 0709-7085

©1999 Rideau Trail Association

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1997-98

President	Graham Creedy	Ottawa	789-1657
Vice President	Allan Tattersall	Kingston	549-4080
Secretary	Mary & Wilf Bradnock	Ottawa	829-1403
Treasurer	Rolf Calhoun	Ottawa	739-9493
Membership Director	Paul & Eva Smith	Glenburnie	542-6003
Trail Coordinator	Linda Hayes	Gloucester	749-9537
Correspondence Secretary	Jean Thompson	Kingston	544-0340
Past President	Jim Blain	Elgin	359-6282
Newsletter Editors:			
	Ottawa	John Haley	Nepean 225-0590
	Kingston	Lynn Nolan & Lars Thompson	Kingston 389-8747
Club Chairs:	Ottawa	Lisa Buchner	Ottawa 729-4487
	Kingston	Watson Ogilvie	Kingston 530-2378
	Central	John Miller	Perth 264-8338
Club Representatives:			
	Ottawa	Peter Andrews	Ottawa 728-3016
	Kingston	Dale Ross	Kingston 384-2959
	Perth	Mary Charlton	Perth 267-6802

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

RTA Web Page:
Club Telephone numbers:

www.ncf.carleton.ca/rta
Ottawa: 613-730-2229
Kingston: 613-545-0823
Central: 613-264-8338

Artistic Credits

Cover:
Page 12
Page 13

Courtesy of

Estate of Norm McLeod
Lynn Nolan
Lynn Nolan

Subject

Foley Mountain, 1980
End-to-End
Bonwill Shelter, Opinicon Area

KINGSTON CLUB AGM

Saturday May 1, 1999 at 09:30 at the *Outdoor Centre*, Little Cataraqui Conservation Area

Program:

- 09:30 Coffee & Refreshments
- 10:00 Business Meeting
- 12:30 Brown Bag Lunch. Hikes with Watson and Boots to follow.

Cold drinks and hot chocolate are available from the snack bar. Members requiring transportation should meet at Sears 09:15.

OTTAWA CLUB AGM

Friday April 16, 1999 at 7:00 p.m. at *Dominion Chalmers United Church* (Fellowship Hall), 355 Cooper Ave., Ottawa (parking lot is off Lisgar or O'Connor)

Program:

- 7:00 p.m. Registration, Coffee & Tea
- 7:30 p.m. Business Meeting
- 9:15 p.m. Guest Speaker & Slide Presentation

TUESDAY MORNING HIKES

Kingston members: Join Jean Thompson for early morning short hikes every Tuesday from June 1 to September 7. Meet at Sears at 08:00 and bring refreshments. For information call 544-0340.

TRAIL CLOSURE

The Rideau Trail, where it crosses private land, will close **Tuesday March 30, 1999**. This action is necessary to protect the landowners who generously allow us to cross their land the remainder of the year. Please take care not to trespass on this day.

IMPORTANT NOTICE

Ottawa Club activities now depart from the parking lot off Parkdale Avenue. North of Scott St. Unless otherwise specified. See details at the beginning of the Ottawa Activity list on page 7.

THE HISTORY OF THE RIDEAU TRAIL ASSOCIATION

Have you ever wondered how it all started?

The Ottawa and Kingston Clubs would like to identify members with an interest in the Rideau Trail's history. One or two members are needed to look at the possibility of developing a history of the Rideau Trail and the Association. Contact Watson Ogilvie (Kingston, 530-2378) or Lisa Buchner (Ottawa, 729-4482) for more information.

Membership year Ends March 31, 1999

Please note that in order to reduce postage costs, the newsletter is no longer mailed in an envelope. This means that our old membership renewal card can no longer be included in the newsletter. Please remember to renew your membership as soon as possible using the membership form on page 16.

Many thanks.

HIGHLIGHTS OF RTA BOARD MEETING JANUARY 30, 1999

K&P ROW

Subsequent to the RTA Board letter urging the City of Kingston to take the lead in acquiring the K&P ROW (right-of-way) as a vital link in both the Rideau Trail and Trans Canada Trails, the City responded by appointing a senior researcher to coordinate any City involvement in this project. Further, the Cataraqui Trails umbrella group has received funding for four temporary positions to staff development of this project. An important meeting is scheduled for 15 April to try to obtain more official support.

RIDEAU TRAIL GUIDEBOOK

A limited number of reverse text pamphlets * have been produced and are available on a trial basis at a cost of \$4.00 each.

The Guidebook Review Task Force continues to explore a variety of options and will be given more guidelines. It is intended to have a report available for the Association AGM in the fall.

The Board authorized the expenditure of \$500.00 for a one-time purchase of a licence to reproduce NRCAN maps in our guidebook and our web page.

HISTORY OF THE RIDEAU TRAIL

In view of the dwindling numbers of founding members remaining, a proposal has been made to develop an historical document or video to capture relevant information for posterity. Look for details elsewhere in this newsletter.**

Allan Tattersall

*See article by Linda Hayes on page 11

**See notice on page 3.

RIDEAU TRAIL HUMOUR?

These are actual comments left on Forest Service comment cards by backpackers completing wilderness camping trips. There are times when we can relate to these comments.

"A small deer came into my camp and stole my bag of pickles. Is there a way I can get reimbursed? Please call."

"Escalators would help on steep uphill section."

"Instead of a permit system for hikers, the Forest Service needs to reduce worldwide population growth to limit the number of visitors to wilderness areas."

"Trails need to be wider so people can walk while holding hands."

"Trails need to be reconstructed. Please avoid building trails that go uphill."

"Too many bugs and leeches and spiders and spider webs. Please spray the wilderness to rid the area of these pests."

"Please pave the trails so they can be plowed of snow in the winter."

"Chairlifts need to be in some places so that we can get to wonderful views without having to hike to them."

"The coyotes made too much noise last night and kept me awake. Please eradicate these annoying animals."

"Need more signs to keep area pristine."

"A McDonald's would be nice at the trailhead."

"The places where trails do not exist are not well marked."

"Too many rocks in the mountains."

Submitted by Peck Peckover

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. 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 if required. 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. Participants are expected to select a trip suitable to their physical ability and skill level, and to support their volunteer leader. Car pooling will be organized. The contribution towards gas is indicated for each hike and includes entrance fees to Provincial Parks and Conservation areas when applicable. The fee indicated is for the round trip. Leaders are reminded to send attendance lists to Helga Wennerstrand, 207-67 Village Dr. Kingston, ON, K7K 6K6. Members willing to be leaders for the summer season, or who wish to suggest new locations to hike, are asked to contact Carol Cain at 548-4556 or Audrey Sanger at 384-6244 before the end of April.

Sunday March 7 Rideau Trail

Hike the Billy Greene Road from Maple Leaf Road to woods. Easy terrain, approx 12 km. Level 1. Departs 09:30. Gas \$2.
LEADER: Peck Peckover 544-9190

Wednesday March 10 Spin the Bottle

Spin the bottle on which Conservation Area to hike. Level 2. Departs 09:30. Gas TBA
LEADER: Bob Chadwick 352-1052

Saturday March 13 Rideau Trail

Join Watson on a hike (perhaps a ski) at an undisclosed location. Depends on the weather gods and conditions. Level 2+. Departs 09:30. Gas TBA
LEADER: Watson Ogilvie 530-2378

Saturday March 13 Pot-Luck Party

Bring your favourite pot-luck dish and join the gang for some fun, food and camaraderie.
CONTACT: Margaret 389-7840

Sunday March 21 Rideau Trail

Join the crazy Canuck and head for the Opinicon area on what may be the final ski of the year; conditions permitting, otherwise bring hiking gear. 15 km. Level 2+. Departs 09:00. Gas \$4.
LEADER: Al Tattersall 549-4080

Saturday March 27 Rideau Trail

Can you tell a tree without its foliage? Join Peter as he teaches us all about tree identification from Sydenham to the Gould Lake Barn and return.

14 km. Level 1. Departs 09:30. Gas \$3.

MAN OF MANY BARKS: Peter Murray 382-2824

Wed Mar 31 Membership Year Ends!

Please renew your membership now using the form provided on page 16 in order to continue receiving your copy of the newsletter.

Saturday April 3 Foley Mt Conservation Area

Bring your fly gunk along just in case and join Dale in the Foley Mountain hills. Level 3. 13 km. Departs 09:30. Gas \$5. (The Conservation Area presently charges \$6 for entry.)
LEADER: Dale Ross 384-2959

Sunday April 11 Rideau Trail

When was the last time you experienced Bullen Road to Unity Road? Head out with Betty and take advantage of the Spring weather. Level 1. 10 km. Departs 09:30. Gas \$2.
LEADER: Betty McIver 549-8028

Wednesday April 14 Cataraqui Trail

Hike from Sydenham to Harrowsmith and return, with a break at Harrowsmith. An option is to hike towards Perth Road village if everyone is game. Level 1. 9 km. Departs 10:00. Gas \$3.
LEADER: Watson Ogilvie 530-2378

Sat April 17 Frontenac Park/Rideau Trail

Larry's going to take you from the Perth Road entry on to do the Slide Lake Loop. Level 3. Approx 16 km. Departs 09:00. Gas \$3.
LEADER: Larry Jenkins 530-2308

Sunday April 25 Frontenac Park

Hike the Cedar Lake Trail with wee Lynn before the wee bugs materialize. Level 3. 16 km.

Departs 09:00. Gas \$4.

LEADER: Lynn Nolan 389-8747

Saturday May 1 Kingston Club Annual General Meeting

See notice on page 3 for details.

Sunday May 9 Frontenac Park

Hike the Gibson Lake Loop with "Boots" and enjoy a scenic lunch stop at campsite #10. Level 2+. 17 km. Departs 09:00. Gas \$4.

LEADER: Boots 548-4556

Wed May 12 Depot Lake Conservation Area

This is such a beautiful spot in springtime. Level 2. 10-12 km. Departs 10:00. Gas \$4.

LEADER: Lynn Nolan 389-8747

Saturday May 15 Lemoine Point

Come see the trilliums and other native wildflowers. Level 1. 6-8 km. Departs 10:00. Gas \$1.

LEADERS: Sheila & John Needham 389-1894

Thursday May 20 The Boiler Room

You don't have to be crazy to climb the walls. Practice at 4 Catarqui St, all gear provided and experience unnecessary. Group rate \$15 + GST. Starts 19:00. Call Dale to register by May 7th. MAIN MONKEY: Dale Ross 384-2959

Saturday May 22 Gould Lake Cons. Area

Join Bobcat Tolley on a hike around Gould Lake and those that are hardy, bring your swim suits.

(brrrr!) Level 3. 15 km. Departs 09:30. Gas \$4.

LEADER: Bobcat Tolley 542-9626

Sunday May 23 Amherstview Island Hike

Hike the charming back roads of the future Waterfront Trail for beautiful views of Lake Ontario. Brown bag it or try "The Back Kitchen" restaurant. Level 1+. 12 km. Departs 09:00 or meet at the Ferry, 09:30. Gas \$3. (includes ferry).

LEADER: JoAnn Rogi 549-0953

Saturday May 29 Frontenac Park

Hike from Big Salmon to Little Salmon and up to Hemlock with robo-Seeley. This hike is for those who like to feel invigorated by a job well done.

Level 3, 18 km. Departs 09:00. Gas \$4.

TROOPER: Gloria Seeley 546-2503

Sat /Sun June 5/6 Hart Lake Canoe/Camping Trip

Ever hear a hundred whippoorwills sing? Ear plugs necessary and so is the annual pilgrimage to Hart Lake with canoeheads Al & Dale.

This is great fun so book with Al before May 31 for crew coordination and gear. Departs 09:00.

LEADER: Al Tattersall 549-4080

Sunday June 6 Rideau Trail

Join Bill on a leisurely hike. You'll be hiking from Orser to Railton Road and return. Level 1. 9 km. Departs 10:00. Gas \$2.

LEADER: Bill Murdoch 389-3023

Wednesday June 9 Gananoque

Why not try something new and hike the Little Blue Mountain of Gananoque. Level 2. Approx. 10 km. Departs 09:30. Gas \$3.

LEADERS: Paul & Eva Smith 542-6003

Saturday June 12 Rideau Trail

How do you handle a hungry man? Bring extra grub 'cause Stan's taking you from the Frontenac Park Visitor Centre to Flag Pole Hill and return.

Level 3. 15 km. Departs 09:00. Gas \$4.

LEADER: Stan the Man 634-6146

Sunday June 20 Sandbanks Provincial Park

Enjoy the trails of Sandbanks and bring your swim suit, just in case! Level 1. Km to be played by ear. Departs 09:15 or meet at the Adolphustown ferry at 10:15. Gas \$4.

LEADER: Alberta Edgar 542-9662

Saturday June 26 Frontenac Park

Watch your step with Skats and hike the Tetsmine Lake trail. Bring swim gear along. Level 3. 12 km. Departs 08:30. Gas \$4.

LEADER: Audrey Sanger 384-6244

**RIDEAU TRAIL ASSOCIATION
OTTAWA CLUB ACTIVITIES**

The rendezvous point for all Ottawa Club activities, except Wednesday Walkers and unless otherwise specified, is the parking lot of the R. H. Coates Building (Stats Canada) in Tunney's Pasture on the west side of Parkdale Avenue just north of its intersection with Scott Street.

The activities described below take place as scheduled regardless of the weather. Transportation is by pooling of private cars, and passengers are asked to contribute to the driver's gas costs. Conservation area fees, if any, are the responsibility of the participant. 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 Hutchison, 168-2111 Montreal Rd., Gloucester, Ont 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. Participants are expected to: Select a trip suitable to their physical ability and skill level, inform the leader prior to the event of any health problems or possible difficulties with their equipment, and 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 09:30. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for more information.

The Moonlighters. Every Tuesday evening from April 26 to late August there will be a short Level 1-2 hike usually in the Gatineau. Depart 6pm sharp from Tunney's Pasture. Coordinator Laraine Laughland (723-8851)

Saturday March 20 Early Spring Hike

Destination to be determined by leader. Departs 09:00. Gas \$4.

LEADER: Ken Buckingham 234-5543

Sunday March 21 Hike on First Day of Spring

Level 1 short walk of about 6km somewhere on the fringes of Ottawa, depending on ground conditions. Departs 10:30. Gas \$3.

LEADER: Bill Grant 820-0697

Saturday March 27 Gatineau Park

Level 1 ski (or hike) Pine Road to Herridge Lodge. Depart 9:30. Gas \$3.

LEADER: Andrew MacDonald 235-8569

Sunday March 28 Gatineau Park

Level 1+ snowshoe or hike depending on conditions. Stop will be made at the Visitor Centre for

those who need to rent snowshoes. Depart 9:30.

Gas \$3.

LEADER: Ann Bolster 521-6354

MARCH 31, MEMBERSHIP YEAR ENDS

Please renew your membership using the form on page 16 of this newsletter.

Saturday April 3 Pot Luck Brunch and Hike

Pot luck brunch followed by a Level 1 hike in the west end green belt. Numbers limited, reservations taken only between March 29 - 31.

Depart 9:30.

LEADER: Caroline Whaley 726-0237

Saturday April 10

Level 2 hike Gatineau Park, on trail. Depart 9:30. Gas \$3.

LEADER: Bud Massé 235-4670

Saturday April 10 continued...

Level 1 Sugarbush outing. Depart 10:00. Gas \$4.

LEADER: Lucy Petraroja 731-3533

Sunday April 11

Level 2 hike Skyline Highland, Gatineau Park.

Approx 12km. Depart 9:30. Gas \$3.

LEADER: Peter Scott 729-9557

Friday April 16

Ottawa Club Annual General Meeting, 7pm.

See details on page three.

Saturday April 17

Level 2 Cataraqui Trail, approx 16kms. Depart

9:00. Gas \$6.

LEADER: David Spector 829-6802

Level 1 Gatineau Park, Taylor Lake. Depart 9:30.
Gas \$3.

LEADER: Kay Méthot 526-5589

Sunday April 18

Level 1 Rideau Trail. Depart 9:00. Gas dependant on location, to be announced by leader.

LEADER: Nanette Whitwam.

Level 2 Gatineau Park, on trail, possible wet sections, 12kms. Depart 9:30. Gas \$3.

LEADER: Alex Bissett 828-4363

Saturday April 24

Level 1 Plaisance (less than 10 kms). View migrating ducks and geese at conservation area.

Walk to spectacular waterfall. Depart 9:30.

Gas \$4.

LEADERS: Bob and Mabel Bennett 749-0990

Level 2 Gatineau Park Wolf Trail, 12 kms.

Depart 10:00. Gas \$3.

LEADER: Barbara Dorrell 235-0604

Sunday April 25

Level 1 Greenbelt, Mer Bleu. Depart 10:30.

Gas \$2.

LEADER: Ruth Hutchinson 749-0990

Level 2 Gatineau Park, Skyline Trail to King Mt.

Depart 9:30. Gas \$3.

LEADER: Bev Armstrong 738-0310

Saturday May 1

Level 2 Gatineau Park, Renaud Dock to Twin

Lake. Depart 9:30. Gas \$3.

LEADER: Gerry Schut 746-4548

Level 2 Kennedy Road - Wakefield area, 14 kms.

Depart 9:30. Gas \$4.

LEADER: Gary Kyer 748-0373

Sunday May 2

Level 1 Greenbelt, to be determined. Depart

10:30. Gas \$2.

LEADER: Ruth Hutchinson 749-0990

Level 2 Nakkertok north (15kms). Boots recommended. Depart 9:30.

Gas \$4. Small fee for use of these trails.

LEADER: Jane Buckley 745-5786

Wednesday May 5

Leader Training Evening. Meet at 19:00 at Sarasaprilla Trail Parking lot. From Bells Corners follow Moodie Drive (which becomes Richmond Rd) for 2 km. Lot is on the right hand side of Richmond.

This is a good opportunity for both new and experienced leaders to develop and /or renew leadership skills.

LEADER: John Barron 828-2296

Saturday May 8

Level 1 Kanata Ski Trails (7-8 kms). First hike in this location. Depart 10:30. Optional refreshment stop afterwards. Gas \$2.

LEADER: Bill Grant 820-0697

Level 2+ Gatineau Park. Depart 9:00. Gas \$3.

LEADER: Roslyn Bern 819-827-3845

Sunday May 9

Level 2 Gatineau Park hike to admire spring flowers. Approx 14kms. Depart 9:30. Gas \$3.

LEADER: Jean Sunter 828-6077

Saturday May 15

Level 1 wildflower walk, (10 kms) Bells Corners area. Depart 9:00. Gas \$2.

LEADERS: Wilf and Mary Bradnock 829-1403

Level 2 Gatineau Park. P17 Wakefield, trail into Herridge, on to Lac Phillipe and Kennedy Rd area. Approx 18 kms. Depart 8:30. Gas \$4.

LEADER: John Haley 225-0590

Sunday May 16

Level 3 cycle. Mason Cumberland circle, 80 kms. Depart 9:30.

LEADER: Bill Armstrong 737-3567

Level 1+ hike Mica Mine Conservation area, southwest of Perth. Boots recommended.

13 kms. Depart 8:30. Gas \$4.

LEADER: Pearl Peterkin 747-2985

Hilly Hike 1999

Friday May 21 to Monday May 24, day hiking in New Hampshire's White Mountains. Three nights and all meals at the Wayside Inn, Bethel NH for approx \$250.00 CDN. double occupancy. Graded at hardy intermediate, we will hike approx 8 to 16 kms daily. Advance registration is required.

LEADER: Cliff Daly 834-1851

Saturday May 29

Level 1 Rideau Trail. Britannia and Cederview area. Depart 10:00. Gas \$2.

LEADER: Linda Hayes 749-9537

Level 2 Gatineau Park. Depart 9:00. Gas \$3.

LEADER: Marion Dunning 232-8304

Sunday May 30

Hike Gatineau Park. Level 2. Depart 9:30. Gas \$3.

LEADER: Pat Clarkin 729-2737

Level 2+ Rideau Trail, Westport area. Depart 8:30. Gas \$5.

LEADER: Jim Fish 599-4806

Saturday June 5

Level 1 North Grenville ramble, 12 kms. Long day. Depart 8:30.

LEADER: Henry Clark 258-7220

Level 3 Gould Lake area, approx 17 kms. Depart 8:30. Gas \$6.

LEADER: David Spector 829-6802

Sunday June 6

Level 3+ Seymour Mountain. A trailless peak in the Adirondaks, 22 kms, 2,000' climb. Depart west end Ottawa at 07:00, late return. For details contact leader.

LEADER: John Barron 828-2296

Saturday June 12

Level 1 Greenbelt forest west of Ottawa, 7 to 8 kms. Refreshment stop afterwards. Depart 10:30. Gas \$2.

LEADER: Bill Grant 820-0697

Level 1 Rideau Trail. Hike Dwyer Hill Rd to Roger Stevens Rd., 10 kms. Depart 9:00. Gas \$3.

LEADER: Ron Hunt 736-9887

Sunday June 13

Level 2 cycle approx 60 kms. Destination to be decided. Depart 9:30.

LEADER: Geoff Berry 831-5468

Level 3 hike Gatineau Park. Part trail/part bushwacking but only 10-12 kms. Possible swim. Depart 9:30. Gas \$3.

LEADER: Graham Creedy 789-1657

Saturday June 19

Level 3 hike Gatineau Park. Approx 16 kms. Depart 9:30. Gas \$3.

LEADER: Don Carpenter 256-2651

Level 2 cycle. Approx 80 kms to Phineys Point. Depart 09:00.

LEADER: Esther Hault 724-6106

Sunday June 20

Level 2 hike Leader's Choice. Depart 9:30.

Gas to be announced by leader.

LEADER: Margaret Wood 236-8525

Level 1 cycle. Aylmer for brunch and return, approx 40 kms. Depart 9:30.

LEADER: Margaret Lafrance 692-1810

Saturday June 26

Purdon Bog hike. Joint trip with the Central Club to see the Lady Slipper Orchids. More details in next newsletter.

RIDEAU TRAIL ASSOCIATION CENTRAL CLUB ACTIVITIES

The meeting place of Central Club activities is Conlon Farm in Perth, unless otherwise indicated. To reach this recreational area, take the main street (Gore Street) southeast through Perth to County Road 10, turn right (south-west) towards Westport, then take the third road to the right (Conlon Drive) to the Conlon Farm parking area. If in doubt call the hot line 264-8338.

March 31 Membership Year Ends

Please renew your membership now using the form on page 16 in order to continue receiving the newsletter.

The RTA appreciates your continued support.

Saturday May 1 Mac Johnson Wildlife Area

A new outdoors area for our Club and we can

expect to see plenty of wildlife, with an emphasis on the feathered variety. Peter deLepper will provide a map of this conservation area which is situated near Brockville.

Bring duck boots and meet at Conlon Farm at 10:00. Level 1. 10 km.

LEADER: Peter deLepper 269-4700.

Tuesday May 11 to Friday May 14 Shaw Festival Niagara on-the-Lake

We will attend Gershwin's *Foggy Day* and hike the Bruce Trail. Other play offerings are available, it is up to individuals to book their preferences as they see fit. Hikes are not strenuous nor lengthy. Limited space available, check with Wanda Pelletier.

ORGANIZER: Wanda Pelletier 267-3630

Friday June 18 to June 20 Canoeing with Dave

Fishing Camp at Delta will be Base Camp. Details are not finalized for the exact location of this canoe trip but we will be plying the waters of the Gananoque River System, Marble Rock Conservation Area or alternatively Charleston Lake (western part).

Two nights in Cabins and three days of gentle canoeing. Catering is on a group basis. With individuals bringing their own snacks, teddy bears, etc.

HELMSMAN: Dave Miller 826-2336.

Saturday June 26 Purdon Bog Conservation Area

This is a joint outing with the Ottawa Club and will encompass a visit to view the many thousands of Lady Slipper Orchids as well as a hike and a dip into Dalhousie Lake.

Meet at Conlon Farm at 09:30 or Sylvania Lodge at 10:00 a.m.

FLOWERGIRL: Mary Charlton 267-6802

RIDEAU TRAIL REVERSE TEXT NOW AVAILABLE

The text of the Rideau Trail description written in reverse direction to the existing Rideau Trail Guidebook, that is, north to south, or Ottawa to Kingston is now available to RTA members. The rewriting was undertaken in conjunction with the production of the Guidebook Fifth Edition, by Jon Howarth of the Ottawa Club, who has done a thorough and meticulous job. The text has been checked carefully by members of all three clubs.

The reverse text corresponds to the text of the Guidebook Fifth Edition (1998) except that where errors have been found in that edition, they have been corrected. The most notable change in the Central Section has been at Ferrier Road West, where the Trail had to be rerouted in the summer of 1998 immediately after publication of the Guidebook. In the Ottawa Section, the rerouting between Britannia and Cedarview Rd., which was announced in the Guidebook, has been completed and is described in the narrative.

The blue loops have not been rewritten as they are essentially circular. The only exception is the Buck Lake Loop, in the Kingston Section, which is parallel to the main Trail and has been rewritten in the north to south direction. Descriptions of the loop trails in the Ottawa section have been relocated to the end of the section. Loop trails in the Kingston section remain at their previous locations in the text.

Kilometre distances are given from the Ottawa end of each section, with the distance from the Kingston end enclosed in brackets. This is to correspond with the map distances, which are measured from the southern end of each section. Rerouting in the Ottawa area has shortened the Trail by 4k; hence the last two S-N distances in the text do not conform to the numbers on Map 12.

The reverse text is intended to be used in conjunction with the maps and introductory material in the Rideau Trail Guidebook Fifth Edition. It is not intended to stand on its own. The text is available from the RTA Membership Secretary at the Association address in Kingston, at a price of \$4, which just covers the cost of printing and mailing.

Please send a cheque and a note to Paul Smith, or use the RTA order form which appears at the back of the newsletter; just write in "reverse text".

Linda Hayes

LEVELS OF DIFFICULTY

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..

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.

Quebec Hikers Complete End-To-End

Jim James of St. Donat, Quebec and Irv Ellenbogen of Montreal read about the Rideau Trail in a Canadian Geographic magazine article written a few years ago and they decided to try it. They ordered an RTA guidebook, said goodbye to loved ones and friends, and set off on an adventure.

After sleeping in the Ottawa Jail (Youth Hostel), they began hiking south on April 28th but were forced to stop May 4th because of ice storm damage which was quite severe especially in the Marlborough Forest area. They resumed hiking October 7 and completed their end-to-end in Kingston on October 20, 1998.

I met Jim and Irv Saturday October 17 by the Barn in Gould Lake at the end of a scheduled Kingston Club hike. They telephoned me a few days later to say that they needed help to get to Sydenham where their friend Sandra had met them and had left her car in order to accompany them on their last few days of hiking. (I think they imagined there would be a bus link up between Kingston and Sydenham, but we know better.)

I picked them up Wednesday morning at Lake Ontario Park and drove them back to the Summer Kitchen B & B on the Alton Road north of Sydenham. In exchange for the drive I asked permission to do this write-up for the RTA newsletter.

Jim and Irv commented that good campsites were found convenient to the trail and that the trail often passes right through towns which allowed them to resupply with groceries and not have to walk long distances from the trail as they did on the Bruce Trail. They thought the towns and villages quite lovely but said they seldom met any people except on weekends.

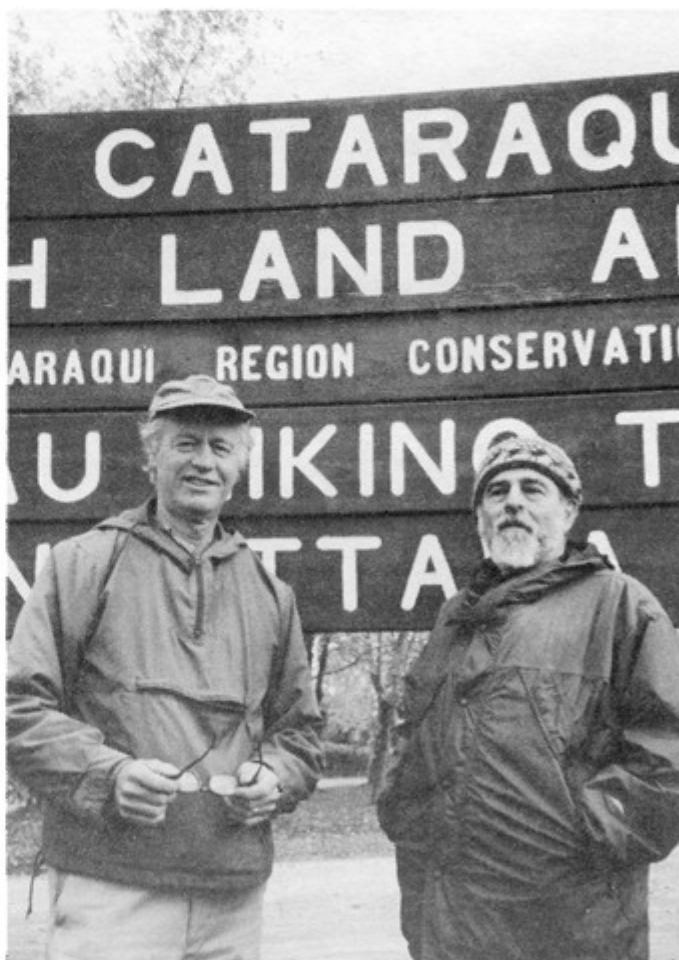
When I asked about wildlife encountered they described hearing beavers working at night, grouse, pileated woodpeckers, nut hatches, chickadees, and red shouldered hawks, as well as deer.

One unusual happening occurred when they met a man on a road in the Murphys Point area who excitedly asked them if they had seen "it". He described just having seen an animal with a black head as large

as a cougar, but with a bushy tail almost as long as the body. Irv and Jim replied that they must have just missed it. I'm particularly happy that they didn't see it because we don't want the rest of the world to find out about Murphys Point's large-headed, bushy tailed, reclusive inhabitant now do we?

Congratulations to Irv Ellenbogen and Jim James on the completion of their end-to-end. I hope they will be able to attend the 1999 Annual General Meeting (tentatively set for October 16) to accept their badges and to join us on a hike.

Lynn Nolan
Kingston Newsletter Ed.



Jim James & Irv Ellenbogen
October 1998



Bonwill Shelter 1998

ALLAN & ELLEN BONWILL SHELTER LOGBOOK

When Maintenance Co-ordinator Robin Turkington replaced the log book at the Bonwill Shelter in the Opinicon section late last year he suggested that some of the entries would make interesting reading in the newsletter.

There were hikers from Huston, Texas, Wymouth, Mass., Oxfordshire, England, and Yarmouth, Maine. Some entries were as follows:

"August 25/91. A morning hike to awaken our kids to something more than T.V. Many thanks for this beautiful spot. Will be back again."

"'91 Camped at Lindsay Lake last night; wish I'd know this was here!"

"April 23, 1992. Visited heron rookery and had a nice visit in this wonderful abode. Whoever built this place did a mighty fine job." signed Pat and Harry Gardner, Pauline & Ab McMichael.

"4/21/92 Ed Gill, Ray Forester, Arnold Pitman and Shaddow. Measuring Opinicon for RTA..."

"May 22, 1995 There are 3 birds in the nest in the shelter. They are very still, waiting for us to move on."

August '94 "Nice birch trees, other trees, birds, & water & trails, Alan Clark, Kingston, Ontario"
". . . beautiful country, magic day, Elizabeth Greene."

Harry Gardner's joking comment on the "fine job" was particularly apt since he and his wife Pat built this wonderful shelter in 1988.

Shaddow was Ray Forester's dog who dedicated himself to keeping Ed, Ray and Arnold from getting lost, and succeeded most of the time.

Please take time to make an observation in the Bonwill Logbook on your next visit as they are fun to read and to share with others in the newsletter.

Editor

A SPRING HIKE FROM SMITH FALLS TO KINGSTON

From Monday May 25 to June 3 we spent ten beautiful spring days walking from Smith Falls to Kingston along the Rideau Trail.

After much help from Jean Thompson in Kingston we took the train from Toronto to Smith Falls staying the first night at "Maude's B&B" in Port Elmsley and then we walked to Perth to stay with friends. Wednesday May 27 we walked through Mica Mines

Conservation Area where Colin and Jacqui Riley were going to pick us up at North Burgess Rd. We came out on Narrows Lock Road instead and by the time we figured out our mistake we had missed our ride. As we hitchhiked towards Horseshoe Bay a man in a pick-up truck gave us a ride to Horseshoe Bay Road and Ms Code let us use her cordless phone.

The Rileys were able to pick us up. We spent two nights at "Riley's on the Rideau" from where we were able to walk back through Murphy's Point Provincial Park and on the following day to Westport.

In Westport we stayed at "A Bit of Gingerbread B&B" for three nights sampling the restaurants in this picturesque village, doing our laundry, and walking through Foley Mountain Conservation Area.

On June 1 Anne Bradley drove us along the Perth Road to where the Rideau Trail enters Frontenac Provincial Park. We had a very nice walk to the Trail Centre where Betty Peters picked us up and drove us to "Dover House B&B".

The next day Betty Peters drove us back to Frontenac Park and we walked to Sydenham for another night with the Peters. June 3 was our last day on the Rideau Trail and we walked to Kingston where we stayed a couple of nights with a friend.

We would like to thank Jean Thompson, Robert Bradley and all the trail workers along the Rideau Trail. The Trail was in very good condition after such a devastating ice storm.

We would also like to thank all our bed and breakfast hosts as well as all the people who gave us directions, rides and use of telephones along the Trail. The Rideau Trail is an excellent hiking trail and a good reflection of the people who maintain it.

Deb Trimnell & Don Smith
Toronto

FRIENDS OF THE BRUCE DISTRICT PARKS

Ross McLean, who is an Honorary Member of both the Bruce Trail Association and the Friends of the Bruce District Parks Association, forwarded notices of three fund-raising events which may be of interest to Rideau Trail hikers.

Two Anniversary Hikes - Sunday June 20, 1999 jointly sponsored with the Peninsula Bruce Trail Club and commemorating the official opening of the Bruce Trail in Tobermory in 1967. Tickets to a Saturday evening fish-fry and a badge or pin is included in the registration fee, with proceeds donated to the Friends of the Bruce District Parks Association.

The difficult 25 km hike runs from Halfway Log Dump to Little Tub Harbour crossing rocky headlands and boulder beaches. Participants will be bussed from Tobermory at 7:30 a.m. to the start of the hike. Registration is \$25/person.

The shorter hike is approximately 12 km long covering the most northerly section of the Bruce Trail. Participants meet at the cairn in Tobermory at 9:00 a.m. and car pool to the starting point. Registration is \$20/person.

An Introduction to the Beauties of the Upper Bruce June 11-13, 1999. Join Ross McLean for two nights of camping at the national park at Cyprus Lake or a personally arranged for Tobermory motel. Participants are responsible for their own transportation, camping equipment and food and drinks. The registration fee of \$50.00 per individual includes access to the national park and free camping, two books about natural history and trails of the area and hike leadership. Proceeds donated to the Friends of the Bruce District Parks.

To register please send the entry fee, indicating which outing you will be participating in, and your name and address, to the **Friends of the Bruce District Parks Association, P.O. Box 66, Tobermory ON N0H 2R0**

For more information on these and other opportunities please write Ross McLean at the above address.

IN REMEMBRANCE

BIRD SAMPSON

Bird Joyce Cowan Sampson died in Kingston December 31, 1998 in her 81st year.

Bird moved from her birthplace in Gananoque to Kingston in the early 1980's and immediately established herself in her new community by volunteering at Kingston General Hospital and by joining the Rideau Trail Club.

She was a small woman with a large spirit who rejoiced in walking the rugged trails of Frontenac Park and Gould Lake.

Bird was most ably supported in her declining months by Jean Thompson. She is survived by her sister Gay.

Bird will be missed by all her hiking companions.

KINGSTON EVENT

The Cataraqui Canoe Club Open House will be held on May 4, 5 & 6 from 6:30 - 8:30 p.m. at the Boat house at the foot of Cataraqui Street. For more information call: 544-8375

CANADA'S PHYSICAL ACTIVITY GUIDE

Canada's Physical Activity Guide Handbook is a 27 paged guide to healthy active living. Doug Knapp felt that many of the items would be of interest to Rideau Trail members who are well aware of how regular physical activity impacts upon health.

The Guide states that there are three types of activities you need to do to keep your body healthy: endurance

activities, flexibility activities, and strength activities. Do a variety from each group to get the most health benefits. The Guide offers you a rainbow of activities to choose from:

1. Endurance Activities: (4-7 days a week)

Endurance activities help your heart, lungs and circulatory system stay healthy and gives you more energy. Some examples are: walking, golfing, yard and garden work, cycling, skating, skiing, and tennis.

2. Flexibility Activities: (4-7 days a week)

Flexibility activities help you to move easily, keeping your muscles relaxed and your joints mobile. Regular flexibility activities can help you to live better, longer, so that your quality of life and independence are maintained as you get older. Examples are: gardening, yard work, vacuuming, stretching exercises, T'ai Chi, golf, bowling, curling and dancing.

3. Strength Activities: (2-4 day a week)

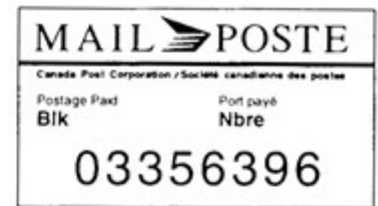
Strength activities help your muscles and bones stay strong, improve your posture and help to prevent diseases like osteoporosis. Strength activities are those that make you work your muscles against some kind of resistance, like when you push or pull hard to open a heavy door. Examples are: heavy yard work, such as cutting and piling wood, raking and carrying leaves, lifting and carrying groceries, climbing stairs, exercises like abdominal curls and push-ups, wearing a backpack, weight/strength training routines.

The Guide offers articles such as "How do I know if I'm doing enough physical activity to stay healthy?" and lists activities you can do at home, at work, and in retirement. There are physical activity readiness questionnaires (PAR-Q) and lists of both the benefits of regular activity and the health risks of inactivity.

The Guide is colourful, fun and informative. We thank Doug Knapp for submitting this to us.

Copies can be obtained by calling toll-free: 1-888-334-9769, or from Publications, Health Canada, Ottawa, ON. K1A 0K9

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



EFFECTIVE DECEMBER 12, OTTAWA CLUB ACTIVITIES DEPART FROM PARKING LOT OFF PARKDALE AVE. NORTH OF SCOTT ST. UNLESS OTHERWISE SPECIFIED. SEE DETAILS ON PAGE 7.

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 _____