



The Rideau Trail NEWSLETTER

FALL 1999

ISSUE NO. 113



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 **November 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.

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THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 1998-99

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RTA Web Page:
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www.ncf.carleton.ca/rta
Ottawa: 613-730-2229
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Artistic Credits

Cover:
Page 3
Page 7

Courtesy of

Brian Rook
Dugald Carmichael
Joan & Vic Hughes

Subject

New Bridge, End of Famous Trail
Map #4
Hotel L'Esterel Ski Trip 1999

The Annual General Meeting of the Rideau Trail Association

Saturday, October 16, 1999
at

Perth Curling Club
33 Beckwith St.
Perth, Ontario

AGENDA

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

The dinner tickets *must* be purchased in advance and will cost \$12.50. Please reserve by **October 4, 1999** by calling your club representative.

Kingston: Audrey Sanger	384-6244
Central: Mary Charlton	267-6802
Ottawa: Beryl Arnold	722-2815

If paying by cheque please make payable to the "Ottawa Rideau Trail Club".

No Smoking

The following notice has been placed at various trailheads by the Ministry of Natural Resources:

No Smoking. "Under the Forest Fires Prevention Act it is unlawful to smoke while walking or working in the forest. Any violation of this Act is subject to a fine of up to \$1,000 or 3 months in jail or both."

While the vast majority of Rideau Trail members do not smoke it may be helpful to be aware of the Act when accompanying a smoker on a hike.

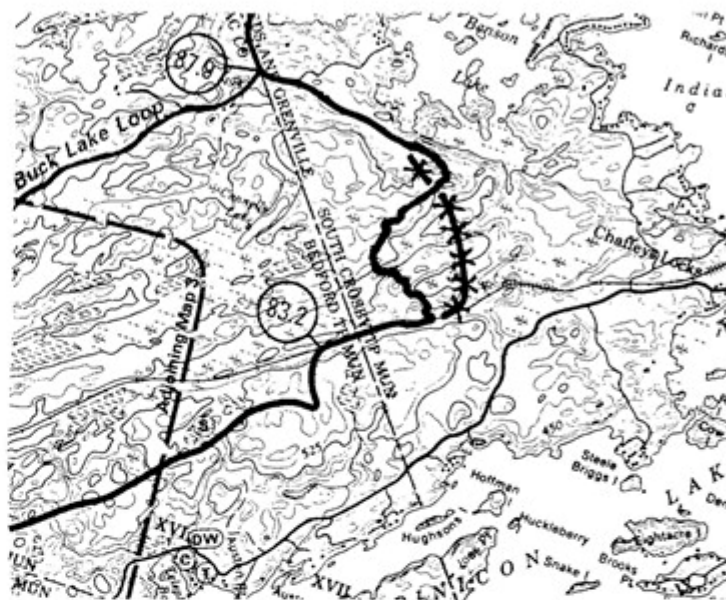
Watson Ogilvie, Kingston Chair

Notification of a change to the By-Laws

The Association membership approved a change relating to the status of the position of Trail Coordinator as a permanent Board function at the September 23, 1995 AGM. The Bylaws are to be amended to reflect the change.

Route Correction on Map 4

In consequence of a helpful letter from landowner Jerry Wyatt and some airphoto mapping by maintainer Dugald Carmichael, Map #4 in the 1998 Guidebook should be corrected as shown below:



Kingston Leaders Wanted for Seniors' Fall Walk

The Kingston Club in association with the Seniors Association Kingston Region is sponsoring a Fall walk for local seniors as part of the **International Year of the Older Persons**. Seniors are invited to enjoy short guided walks at the Little Cataraqui Conservation Area on Monday, October 4th at 2 p.m. If you can help as a leader, please call Keith Bull at 546-9693.

Foley Mountain

For a number of years the side trails in the Foley Mountain Conservation Area have been marked by blue triangles, although they have not been part of the Rideau Trail system.

As a result of negotiations with the Rideau Valley Conservation Authority, the side trails are now part of the Rideau Trail Network and will be maintained by the Kingston Club.

Watson Ogilvie, Kingston Chair

Wanted Two Maintainers

A maintainer is required to take care of a 3 km. section of the Rideau Trail extending from the West side of Foley Mountain Conservation Area down to the beach just past the Interpretive Centre. In addition, the loop trails in the Foley Mountain Park, both for hiking and cross-country skiing are now to be maintained by a Rideau Trail volunteer and these trails will be identified with blue markers, as is the practice in Gould Lake Conservation Area. A second maintainer is required to cover all of these Foley Mountain blue loop trails, a total distance of about 5 km.

It should be noted that "work parties" have replaced just about all the markers in the park this past month, so maintainers will be starting with a well marked trail.

Anyone interested in volunteering for either of these sections should contact Robin Turkington (Maintenance Coordinator) at 549-4139.

Beavers Foiled

The *Famous Trail* is now open at Bedford Road. A crew of famous bridge builders, Robin, Bernie and Tony, recently completed a bridge over the beaver flood with the help of Maintainers Linda and Brian Rook. (See cover photo)

In Memory of Margaret Roberts

Margaret was a regular participant in the Wednesday Walks of the Kingston Club. She divided her outdoor interests between us and the Kingston Field Naturalists.

We all enjoyed Margaret's quiet but well informed and cheerful company and were most interested to hear about the exploits of her two sons and daughter, particularly Marie and her cross-Canada Kayak trip.

Although we knew Margaret as a bright and intelligent person, few of us realized that she had a PhD in French.

We miss you Margaret and our deep sympathy is with your bereaved husband and family. Thank you for enriching our hiking experiences with your companionship on our Wednesday trips.

On behalf of the Kingston Wednesday Walkers
Bob and Wilma Chadwick.

Waterfront Trail News From Quinte Conservation

Quinte Conservation has published information on the two arms of the Waterfront Trail being developed (a) via Belleville and Deseronto to Greater Napanee and (b) via Prince Edward County to Picton and Glenora.

Local authorities are considering routes, other than Highway #2 for route (a) with Deseronto taking the lead, having approved both Main Street and Water Street options; while things are looking good in Belleville, with a link to the Trans Canada Trail along the Moira River that has an approved budget of over \$1 million. City of Kingston please note.

In Prince Edward County the recently abandoned rail line to Picton looks as if it will become a core route for the Waterfront Trail, while the Loyalist Parkway is favoured between Hillier and Bloomfield and between Picton and Glenora.

For information contact: Quinte Conservation, Box 698, Belleville ON K8N 5B3; phone (613) 968-3434; FAX (613) 968-8240

e-mail: quinteca@bel.auracom.com,
Website: www.pec.on.ca/conservation/
Bob Chadwick

Cataraqui Trail

The Cataraqui Trail is a new "End to End" challenge for hikers and cross-country skiers. The Trail is 104 km of abandoned railway right-of-way from Smiths Falls to Strathcona and eventually Napanee. This trail is suitable for four-season use with gentle grades and spectacular views. The section from Smiths Falls to Harrowsmith has been registered as part of the Trans-Canada Trail. In all there are 50 public road crossings that allow access to the Cataraqui Trail. Signs exist at most crossings. The trail is essentially open for use although it is still in the development stage.

The Trail is now owned in part by the Cataraqui Region Conservation Authority and managed by a volunteer Management Board with Rideau Trail representatives Don Coulter and Jim Blain and is wholly supported by private contributions and memberships. Annual Memberships are \$25.00/individual or family with a charitable donation tax receipt issued. Make cheques payable to Cataraqui Trail c/o CRCA, P.O Box 160, Glenburnie ON K0H 1S0. (613) 546-4228, ext 304.
Don Coulter

Rideau Trail Association Kingston Club Activities

The meeting place for all activities, unless stated otherwise, is the northwest corner of the Kingston Centre parking lot (Sir John A & Princess St.), 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 sunscreen. 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 patrons are expected to apportion those fees related to entry into Provincial Parks and Conservation areas, when applicable. 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 October.

Wed September 8 Rideau Trail

Enjoy this late summer outing by hiking through the fields and along Orser Road to Railton Road and return. Level 1. 9 km. Departs 10:30. Gas \$2.
MEADOW MUFFIN: Bill Murdoch 389-3023

Sat September 11 Gananoque Bike Trip

Cycle from Meadowcrest (on Kingston Mills Road) to Joyceville Side Road to Gananoque and return. Don't be shy of this trip; it is both scenic, paced to please and rewarding. Departs 10:00 at Meadowcrest (corner of Kingston Mills Road & Hwy 15). Tattoos optional.
BIKER DUDE: Bernie Gates 389-1835

Sat September 11 Sandbanks Provincial Park

Hike the forest trails, have lunch by the lake and hike the dunes with possible swim in West Lake. Level 2+. 20 km. Departs 08:30. Gas \$5
Contact: Carol Cain 548-4556
LEADER: Morgan Harris 399-5590 (613)

Sun September 12 Frontenac Park

Little Ada is going to take us out on the Arkon Lake loop at one of the best times of the year! Level 3. 14 km. Departs 09:30. Gas \$4.
ARKON HILLBILLY: Ada Chambers 549-8008

Sat September 18 Charleston Lake Pitch Pine Adventure

Join Moe and the Man of Many Barks on a hike to the top of Blue Mountain with its scenic views. The hike will consist of tree identification, in particular, the "Pitch Pine", a tree unique to the southern Frontenac Axis. Level 2+. Approx 10 km. Departs 09:00. Gas \$5.
ADVENTURERS: "Moe" Smith 542-6003
Peter Murray 382-2824

Sun September 19 Paddle with Cataraqui Canoe Club.

We've been invited to join our local Canoe Club members on a paddle of Upper Brewers Lock to Morton. This is to include a climb to Rock Dunder. For more information & arrangements, please contact the leader.
LEADER: Margaret Milne 542-9626

Sun September 19 Rideau Trail

Due to time constraints, we don't have all the information required for this hike going from Bath Road to Unity Road, such as ... who is the Ottawa member who needs this hike to complete her end-to-end? Whoever she is this hike is for "you", and Kingston Club members are only too happy to assist in making your end-to-end quest a reality. Please give Bill a call so he can fine tune this hike accordingly. Level 1. 11 km. Departs 10:00. Gas TBA.
LEADER: Bill Murdoch 389-3023

Sat September 25 Cataraqui Trail Moonlight Walk

The moon is expected to be at its fullest on this particular evening. Level 1. 12 km. Departs at 7:00 p.m. Gas \$3.
MAN WHO MOONS: Watson Ogilvie 530-2378

Sun September 26 Frontenac Park

This trooper will be covering the Tetsmine and Hemlock Lake Loop for interested folks doing the Frontenac Challenge. Expect a great hike with our early morning Glory. Level 3. 18 km. Departs 08:30. Gas \$5.
LEADER: Morning Glory Seeley 546-2503

Sat October 2 Frink Centre Hike

Venture along the trails in the Frink Centre area including drumlin, river and pond trails. A beautiful wooded area with an amazing variety of scenery and habitat. Level 2. 20 km. Departs 09:00. Gas \$5.

Contact: Carol Cain 548-4556

LEADER: Morgan Harris 399-5590 (613)

Sun October 3 Cataraqui Trail

How about a hike from beautiful Chaffey's Locks to the heronry and onward to the Forfar Cheese Factory? Expect a shuttle on this trip and bring \$ for the cheese that squeaks! Level 1. 15 km. Departs 09:00. Gas \$6.

Contact: Henderson Cheese 546-9906

LEADER: Curd Blain 359-6282

Sat October 9 Rock Dunder

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

DUNDER HEAD: Peck Peckover 544-9190

Wed October 13 Amherst Island

Rocky & Bullwinkle want to take you to beautiful Amherst Island. Level 1. Approx 10 km. Departs 10:00 or meet at the Ferry for 10:30 voyage. Gas \$2. LEADERS: Rocky & Bull Needham 389-1894

Sat October 16

RTA Annual General Meeting. See notice on page 3 of this Newsletter.

Mon October 18 - Fri October 22 Day Hiking in Vermont

For those who registered on the trip to Vermont with lodging in the Mount Mansfield Hostel at the Vermont Ski Dorm; HAVE FUN!. Bookings are now complete (no more vacancies!).

ORGANIZER: Watson Ogilvie 530-2378

Sat October 23 Westport

Bob has something up his sleeve and he's taking us on an excursion of the Westport area. Level 2. Approx 15 km. Departs 09:00 from the Lion's Club Beach. Gas \$4.

Contact: Ellen Shepherd 541-1185

LEADER: Bob Bradley 273-7848

Sun October 24 Frontenac Park

Working on the Frontenac Challenge? ... perhaps JackRabbit can help. Hike the Cedar Lake Loop and cross this one off your "to-do list". Level 3. 16 km. Departs 09:00. Gas \$4.

TRAIL THUMPER: JackRabbit Jewitt 389-0226

Sat October 30 Kingston's Haunted Walk

Join Glen Shackleton as he takes us out on the eve of Halloween to chill us with tales of eerie spirits. Stories not only focus on ghosts, but on the dark history of Skeleton Park and surrounding area. 1 1/2 hours in length. Departs Tir Nan Og at 8:00 p.m. \$5 per person. Please reserve in advance by calling Carol by Oct 29th, payment on the day of the event.

Contact: Carol Cain 548-4556

Sun October 31 Frontenac Park

Hike from the Visitor Centre to Flag Pole Hill and return. Level 3. 15 km. Departs 09:00. Gas \$4. Please note that this hike may change pending on seasonal conditions.

LEADER: Margaret Spicer 530-2308

Sat November 6 Rideau Trail/Frontenac Park

Little Joe wants to take y'all around Slide Lake before heading back to the ponderosa (civilization). Level 3. 14 km. Departs the corral at 09:00. Gas \$3. TRAIL BOSS: Little Joe Pollock 544-3825

Sun November 7 Mystery Excursion

Enter the Twilight Zone ... doo-do-do-doo, doo-do-doo ... Expect a level 2 hike. Approx 12 km. Departs 09:00. Gas TBA.

DOO-DOOER: Skats Sanger 384-6244

Wed November 1 Kingston Waterfront Trail (KWT)

See the many points of interest along the planned KWT from the Rideau Trail in the west to Belle Isle in the east. Level 1. 10 km plus a few diversions. Departs 09:30.

LEADER: Lionel Peckover (Who?) 544-9190

Sat November 13 Depot Lake Cons. Area

Hike the area's lakeside trails and enjoy the scenery while the forest prepares itself for the arrival of a new season. Level 2. Approx 12 km. Departs 09:30. Gas \$4.

LEADER: Dale Ross 384-2959

Sun November 14 Howe Island

Peter is going to introduce or re-introduce us to one of our nearby neighbours, Howe Island. Level 1. 10 km. Departs 09:30. Gas \$3.

LEADER: Peter Burbidge 634-1877

Sun November 21 Frontenac Park

Trek along the East Gate area of the park with big Al leading the pack. Level 2 or 3 option. Approx 15 km. Departs 09:00. Gas \$3.

LEAD WOLF: Al Tattersall 549-4080

Sat November 27 Rideau Trail

Hike along Maple Leaf Road to the Billy Greene Road and return. Level 1. Approx 12 km. Departs 09:00. Gas \$2.

LEADER: Alberta Edgar 542-9662

PLEASE READ: Participants' Responsibilities and Levels of Difficulty for Hiking, Cycling and Skiing on Page 10.



Hotel L'Esterel Ski Trip 1999

Rideau Trail Association Central Club

The meeting place for Central Club activities is Conlon Farm in Perth, unless otherwise indicated. To reach this recreational area, take the main street (Gore Street) south east 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 at 264-8834.

Saturday September 17 Hike the Carp Ridge

Explore this scenic area, exposed rock, beaver ponds, woods, wetlands. 12 km. Level 2. 09:30.

TRAILBLAZER: Dave Miller 826-2336

Sunday September 26 Hike the Salmon Lake Loop

A full days hike and a longish drive to Frontenac Park 20 km. Level 2. 09:00.

PACESETTER: Gernot Eberle 264-0437

Saturday October 3 Hike the Ragged Chutes

Fall colours, Mississippi River rapids and rocky gorges. Some bushwacking. Meet 09:30.

PATHFINDER: Don Sherwin 264-0759

Saturday October 16 - RTA AGM. See notice on Page 3. Meet at Perth Curling Club.

Sunday November 7 Hike Murphys Point

This is a new trail, easy level 2, 11 km. woodlands, beaver dams, rocky ravines. Lunch on a cliff overlooking the Rideau Lake. Meet at Conlon Farm 10:00.

PIONEER: Wanda Pelletier 267-3630

Sunday November 21 Palmerston-Canonto

Conservation Area. Mainly logging roads but possibly some bushwacking. 12 km. Level 1+. Meet 10:00.

SCOUT: Don Sherwin 264-0759

Saturday December 4 Hike Foley Mountain

to Narrows Locks. 14 km. Level 1. Meet 10:00.

LEADER: John Miller 264-8824

Sunday December 19 Murphys Point

Pre Yuletide ski or hike, difficulty and duration to depend upon conditions. Meet 10:00.

SKI GUIDE: Bob Pelletier 267-3630

RIDEAU TRAIL ASSOCIATION OTTAWA CLUB ACTIVITIES

The activities described below take place as scheduled regardless of weather. The meeting place is in the parking lot of the R. H. Coats Building (Statistics Canada) on the west side of Parkdale Avenue just north of its intersection with Scott Street in Ottawa, **UNLESS OTHERWISE STATED**. The departure time is indicated.

Transportation is by pooling of private cars. Passengers generally donate to the driver's gas costs on a voluntary basis. Any other fees, e.g. for parking and entry to parks and conservation areas, are shared among the driver and passengers.

Participants should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing.

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.

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.

Fall Activities Schedule

Wednesday Walkers

Every Wednesday there are Level 3 hikes or ski trips in Gatineau Park. Departure time is 09:30 a.m. Call Dorothy Belter (523-4420), or Nanette Whitwam (730-5417) for meeting location.

Saturday September 18. Greenbelt

Level 1 family/joint hike with NCC. Beautiful restored lime kiln, from Wild Bird Centre, 6 km. Phone leader for meeting time. Gas \$2.
LEADER: Bill Grant 820-0697

Saturday September 18. Rideau Trail

Level 2. Westport to Bedford Mills. 17 km. Departs 08:00. Gas \$5.
LEADER: Ron Hunt 736-9887

Sunday September 19. Gatineau Park

Level 2 hike. Departs 09:30. Gas \$3.
LEADER: Bev Armstrong 738-0310

Saturday September 25. Frontenac Park North

End. S. Moun-ton Gorge. Level 3. 20 km. Departs 08:30. Gas \$5.
LEADER: David Spector 829-6802

Saturday September 25. Greenbelt

Level 1+. 12+ km. Departs 09:30. Gas \$2.
LEADER: Jean Cottam 726-1596

Sunday September 26. Cycling

Level 2. 50-60 km. Departs 09:30.
LEADER: Geoff Berry 831-5468

Saturday October 2. Cycling

Leisurely ride to Petrie Island. Level 1. Departs 09:30, 60 km. Meet at Algonquin College, Lees Avenue Campus. Secondard meeting place: Aviation Museum 10:30 (40 km ride).
LEADERS: Barri and Dennis Scully 565-7710

Saturday October 2. Gatineau Park

Eardley escarpment area. Level 3 hike. Departs 08:30. Gas \$3-4.
LEADER: John Haley 225-0590

Sunday October 3. Gatineau Park

Level 2. Departs 09:00. Gas \$3.
LEADER: Don Mitchell 749-9537

Saturday October 9. Skyline and King Mountain

Level 2. 12 km. Departs 09:30. Gas \$3.
LEADER: Ann Bolster 521-6354

Sunday October 10. Mer Bleue

Level 1. 8-12 km. May be mud. Departs 10:00. Gas \$2.

LEADER: Linda Hayes 749-9537

Sunday October 10. Lac Renaud-Twin Lakes

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

LEADER: Gerry Schut 746-4548.

Monday October 11. Gatineau Park

Hike. Level 2. 14 km. Departs 09:30. Gas \$3.

LEADER: Jean Sunter 828-6077

Monday October 11. Gloucester trails (Ottawa

River) Hike. Level 1. 10 km. Some mud possible. Departs 10:00. Gas \$2.

LEADER: Ruth Hutchinson (must phone her in advance) 749-0990

Saturday October 16.

Annual General Meeting of the Rideau Trail Association.

Perth Curling Club. See notice on page 3. Departs 08:45. Rides (and return) to be arranged in advance - call Ken Buckingham 224-5543. Program includes walks in Perth, Tay Marsh and dinner.

Sunday October 17. Rideau Trail

Kettles Road to Dwyer Hill Road. Level 2. 15 km. Departs 09:00. Gas \$3.

LEADER: Jim Fish 599-4806

Saturday October 23. North end Frontenac Park

Gibson Lake Loop. Level 2+. 16-17 km. Departs 08:30. Gas \$5.

LEADER: David Spector 829-6802

Saturday October 23. Camp Fortune area

Level 2+. Departs 09:30. Gas \$3.

LEADER: Bill Shannon 722-6407

Sunday October 24. Lac Philippe area

Level 2. Departs 09:00. Gas \$4.

LEADER: Ron Maybury 836-2953

Saturday October 30. Kanata trails

Level 1. 7 km. Departs 10:30. Gas \$2.

LEADER: Bill Grant 820-0697

Saturday October 30. Meech Creek Valley

Level 2. 15 km. Departs 09:00. Gas \$3.

LEADER: Caroline Whaley 726-0237

Sunday October 31. Kidder Lake area

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

LEADER: John Barron 828-2296

Sunday October 31. Gatineau Park Taylor Lake

Level 1. Departs 09:30. Gas \$4.

LEADER: Millicent Toombs 521-6693

Saturday November 6. Rideau Trail

Merrickville, Blue Loop. Level 2. 14 km. Departs 09:30. Gas \$4.

LEADER: Alex Bissett 828-4363

Saturday November 6. Spring Lake-Brown Lake

area. Level 3. 10-15 km. Some bushwhacking.

Departs 09:00. Gas \$4.

LEADER: Marilyn Booth 730-3879

Sunday November 7. Mer Bleue

Level 1. 8-12 km. Prepare for mud. Departs 10:00. Gas \$2.

LEADER: Ruth Hutchinson 749-0990

Thursday November 11. Kemptville Forest

Level 1. 8 km. Optional refreshment stop at end.

Departs 10:30. Gas \$4.

LEADER: Bill Grant 820-0697

Sunday November 14. Skyline and King Mountain

Level 2. About 12 km. Departs 09:30. Gas \$3.

LEADER: Bev Armstrong 738-0310

Saturday November 20. Gatineau Park

Hike. Level 2. Departs 09:30. Gas \$3.

LEADER: Bud Massé 235-4670

Sunday November 21. Fitzroy Harbour

Level 1+. 6 km. Departs 10:00. Pub stop afterwards. Gas \$3.

LEADER: Caroline Meyer 722-7575

Saturday November 27. Old School House Loops

Level 1 hike. 8-10 km. Departs 09:00. Gas \$4.

LEADER: Nanette Whitwam 730-5417

Saturday December 4. Gillie's Grove, Arnprior

Level 1-. A very short forest hike followed by a tea room and a used book store. No need to bring a lunch. Departs 09:30. Gas \$4.

LEADER: Bill Grant 820-0697

Saturday December 4. Pot Luck Supper

Bring a main dish, salad, appetizer or dessert; bring dishes, cups, cutlery, beverage. No menu. There may be a small charge for incidentals. 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. Contact John Cottee before December 2 at 231-5562. Adults only.

Saturday December 11. Greenbelt

Snowshoe or hike. Level 1. 10 km. Departs 09:30. Gas \$2.
LEADERS: Wilf and Mary Bradnock 829-1403

Saturday December 18. Greenbelt

Snowshoe or hike. Level 1. Departs 13:00. Meet Baseline Road Transit Station, S. end of parking lot. Gas \$2.
LEADER: Jean Cottam 726-1596

Sunday December 19. Pine Road to Herridge

Lodge. Ski or hike. Level 1. 10 km. Departs 09:30. Gas \$3.
LEADER: Andrew Macdonald 235-8569

Independent Activities

The Rideau Trail Association accepts no responsibility for the following notices, provided for the information of RTA members, or for the activities to which they relate.

Ottawa Rambling Club

October 9-11. Thanksgiving Adirondacks Hiking Trip
RTA members are invited to join the Ottawa Rambling Club in a hiking trip to the Lake Placid region, New York State. Reservation deadline September 6. Package cost (accommodation, meals, taxes & gratuity) \$188.50/person, double occupancy.
October 29-31 (Halloween). Madawaska Valley Hiking Trip. RTA members are invited to join the Ottawa Rambling Club in a hiking trip to Madawaska Valley/Renfrew County. Package cost (accommodation, meals, taxes & gratuities) \$153. Reservation deadline October 17.

E-mail: orc@visualcities.com

Web: www.visualcities.com/ottawa_rambling_club

CONTACT: Gregory Stack 741-5378

PARTICIPANTS' RESPONSIBILITIES

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

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, some rough spots or obstacles. Boots recommended.

Level 3 - Rough terrain. One or more of extensive bushwacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock scrambling. Boots, level 2 experience, and a high fitness level 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 distances to 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. (Black trails in Gatineau Park).

"Bruce, Brock, Secord and Shaw"

A Spring Trip to the Niagara Peninsula

In early May, 21 members of the Central and Ottawa Clubs enjoyed three days of hiking, history and culture in the Niagara district. The trip was organized, competently as usual, by Central Club's Wanda Pelletier.

Two days were spent hiking portions of the Niagara section to the Bruce Trail, following in the footsteps of Isaac Brock and Laura Secord. Spring was in full spate, with the trees unfolding in many shades of greenery, and the ephemeral wildflowers in glorious profusion. Visits were made to Decew and Ball's Falls on the Bruce Trail, both steeped in pioneer history, but somewhat starved of water due to the spring drought.

In the evenings participants sampled *Heartbreak House* by George Bernard Shaw at Niagara-on-the-Lake, took in a winery tour, or just enjoyed the honky-tonk ambience of Niagara Falls (I don't believe for one minute that they are the new bride's second biggest disappointment!).

On the final evening, we all took in a performance of the delightful Gershwin musical *A Foggy Day* at the Shaw Festival. Truly, it was a delightful way to usher in the hiking season, in one of the most attractive corners of our province.

George Bernard Shaw and Winston Churchill were never the best of friends, hence the following exchange of letters:

GBS to Winston Churchill: "Enclosed are two tickets to the opening night of my new play for you and a friend, if you have one".

Winston Churchill to GBS: "Sorry I am unable to attend the opening night of your play. Please send tickets for the second performance, if there is one".

Don Sherwin
Central Club

The Appalachian Trail Conference - 1999

The 32nd Biennial meeting of the Appalachian Trail Conference was held in Radford, Virginia, July 9 - 16, attended by approximately 1000 hikers, including at least six from the Kingston area. It was hosted by the maintaining clubs of the Appalachian Trail in Southwest Virginia. As usual, there was a wide variety of hikes, rated according to difficulty. The loop trails on the Blue Ridge offered many beautiful views but the more energetic hikers usually chose sections of the Appalachian Trail itself which often passed through densely wooded areas. There were also hikes in the nearby parks and recreational areas. We enjoyed walking a section of the popular Virginia Creeper Trail: Creeper referring to an old train, not a reference to hiker status.

However, it was possible to forsake the trails and enjoy excursions like tubing, caving, rafting - even shopping, or participation in the workshops such as "Utilitarian Gourd Vessels", "What every woman needs to know about hiking" and other offerings.

We were interested to learn that the Appalachian Trail's focus has changed from trail maintenance to trail management, as they struggle to gain adequate protection for the Saddleback Mountain section in Maine - following 15 years of negotiation between them, the National Park Service and the Saddleback ski area. Without careful management recreational activities along this Appalachian Trail section would be replaced by a highly developed recreational environment, supporting as many as 11,000 skiers at one time.

Perhaps of more interest to us is the proposed extension of the Appalachian Trail into New Brunswick and Quebec, with a spectacular finish on the Gaspé cliffs in Forillon Park. Negotiations are underway between Maine, New Brunswick, the Province of Quebec and Parks Canada. It will be completed, it is hoped, by 2000.

This was an enjoyable conference and we look forward to ATC 2000 at Shippensburg, Pa.

Joan and Vic Hughes
Kingston Club.

Highlights of RTA Board Meeting July 24 1999

Cataraqui Trails Alliance/K&P Trail Group

RTA is providing \$1500 to the K&P Trail Group as its share of the initial \$5000 seed money for full membership in the Cataraqui Trails Alliance, which is now pursuing acquisition of the former K&P ROW with the City of Kingston, soliciting corporate and other funding, and conducting public meetings with adjacent landowners and other affected parties regarding the development of this regional trails network. The City of Kingston deferred approval of the K&P proposal pending a decision whether it should be under City or Cataraqui Region Conservation Authority (CRCA) ownership. It is expected that this question will be resolved in August. The conversion of the former K&P ROW to a trail corridor is vital to the long term protection of the Rideau Trail from Kingston to Harrowsmith.

As the Cataraqui Trails Alliance has not had sufficient time in operation to acquire "charitable organization" status, a requirement for seeking Trillium Foundation funding, the Alliance has requested the RTA to accept the lead agency role for their submission, which is expected to be favourably received. The Board has formed an internal task group to look into this matter to ensure that the RTA would not be unduly liable should it accept this role.

Guidebook Revision

The task group reviewing options for future revision of the RTA guidebook presented a status report. It is expected that a presentation of options will be made to the AGM this October. A lot of hard work and research has been put into this project. Those attending the AGM can voice an opinion on the way ahead.

Millenium Projects

Clubs are developing Millenium projects regionally. A "Capital to Capital" end to end series has been suggested. A show of hands will be sought at the AGM to determine if there is sufficient support to make it worthwhile.

Potential Reroute - Central

Investigation into a rerouting of the Trail from Murphys Point Park around the west end of Round Lake, thereby avoiding the long road march Elm

Grove Road north Burgess No. 5 Road is underway. This project may require the expenditure of Corridor Protection Funds.

Allan Tattersall

A Letter to the Editor Where has all the Fun Gone?

Looking at an old newsletter (circa 1990), I notice that we are invited to "enjoy a 15 km hike to see the Fall colours and a Pub Lunch afterwards." This gives me a warm and fuzzy feeling with visions of a brisk walk with fellow hikers, while admiring the brilliant leaves, and at the end of the hike retiring to a cosy pub for a pint and a hot meal. By contrast, in a 1999 newsletter we are told there will be a "Level 2 hike, Gatineau Park, on Trail. Depart 9:30. Gas \$3." Exciting eh?

What catches my eye and my interest are the descriptions for the Kingston and Central Club' activities where, for example, one is cheerfully encouraged to join canoheads, Al and Dale and listen to a hundred whippoorwills sing or to join the Man of Many Barks to learn about tree identification.

On a similar note, there seems to be few ski outings available and those offered tend to be "Level 2 in the Gatineau Park." Again, could we not offer a different variety of winter activities, such as snowshoe outings, walks along the canal, level 1 skis (at the school-house, or other locations) with the promise of a stop for hot chocolate or soup afterwards?

Finally about long weekends. Could we not try to schedule a hike every long weekend? There are after all, many people like myself who do not go away on holiday weekends and would like to be able to spend a few hours sharing an outdoor activity with others.

Margaret Lafrance, Ottawa Club

Editor's Note: Due to the increasing number of participants on hikes it may be difficult to accommodate up to 35 hikers at a Pub or to find leaders willing to tackle the event. Margaret's suggestions are welcome however and members willing to lead hikes such as these, or with other suggestions, should contact your Club Activity Co-ordinator to find out how you can help make outings more enjoyable.

The End of the Trail

Well friends, I have done it. I have finished hiking the Appalachian Trail (AT), all 2160.2 miles of the scenic footpath along the Appalachian Mountains between Springer Mountain in Georgia and Mount Katahdin in Maine. I want to share with you how this came about and how my friends in the Rideau Trail Clubs helped me in this venture.

My early hiking experiences were with members of the Rideau Trail Clubs in the early 80's. My asthma was bad in those days and I can still remember that day at Lemoines' Point when Cathy and Moira walked with me as I struggled to keep up with the group due to sudden onset of cold-induced asthma. My asthma improved as the years went by and I progressed into more challenging terrains but to my chagrin my speed has not improved much and I remain a slow hiker. Contributing to my slowness is the fact that I am an avid photographer and my 3500 slides of the AT should help me relive my experiences when I am no longer able to hike.

My interest in the AT started after talking with a group from the Potomac AT Club during a hike I was leading along the west side of Gould Lake. This encounter led to our Spring hikes in Shenandoah National Park. I would lead a group of Rideau Trail Club hikers for circuit hikes during which we would walk on short sections of the AT which as I discovered later were some of the easiest sections of the Trail. In Fall of 1989, I was hiking with the Ottawa Ramblers in the Adirondack National Park and Tony and Grace Hyam mentioned that they may start hiking the AT. I was delighted when Tony said I could join. Allie and I started at Springer Mtn, Georgia in April 1990. We loved it even as we struggled up some of those knolls in Georgia.

In the early days I used to arrange small group hikes and there would be 3 or 4 of us doing day hikes with overnight stays at motels or cabins. In retrospect, this was luxury ! We enjoyed each trip with no thoughts of hiking the entire trail. Then the trail worked its magic and I became obsessed with wanting to walk more and more of the trail.

When the terrain become rough and we encountered sections with no roads, backpacking became a necessity. The skills that I had picked up during the backpacking trips that Arne Henrikson led in Fall, helped me.

Our first backpacking trip was in the Great Smoky Mountains National Park. An easy backpack in retrospect since despite the height of these mountains the trail was not difficult.

The backpacking increased my freedom and it was easy to pack my gear and leave for a hiking trip without spending time on the myriad of tasks involved in arranging a group hike. Nonetheless, I am grateful to Nanette Whitwam for accompanying me on the backpacking trip from Crawford Notch to Franconia Notch, part of the Presidential Range in New Hampshire. We experienced the whole spectrum of weather changes from bright sunny days to that day with howling winds, rain and dense mist as we walked along Franconia Ridge. I found the latter to be a little daunting but Nanette seemed unperturbed and this helped to dispel my uneasiness. This experience and others including the bushwacking trips with Terry and Don prepared me for hiking alone.

I hiked the rest of the trail in the White Mountains, Massachusetts, Connecticut, parts of Virginia and parts of Maine by myself including walking through the famed and dreaded Mahoosuc Notch in Maine, in pouring rain. For Stan, Bev and myself, Maine remains "the jewel in the crown". The lush greenery, rugged mountains and beautiful lakes, in this wilderness section of the Trail, are truly spectacular. I now understand the sentiments expressed by Harry Gardner, many years ago, regarding hiking in Maine.

Last, but in no way the least, I would like to acknowledge the help and support provided by Stanley Douglas, my hiking buddy for about 20 years. Stan walked at least half the AT with me and together we walked through it all, the sunshine, pouring rain, ice storms, thunderstorms, windstorms and snowstorms and whatever else nature threw at us.

I walked the last mile of the AT in April this year and now that it is over, I feel a great sense of loss as the AT was a source of great enjoyment for about a decade. I enjoyed the planning and the challenges and believe me every section had its own set of challenges. I now understand why those who having reached the end of the Trail, turn and walk the AT in the opposite direction and continue on until their energy or money runs out.

Chief Su, AT 2000-miler (Su Nag)
Life Member, Rideau Trail Association

End to End 1972 to 1998

Below are listed all those known to have hiked End to End on the Rideau Trail to the end of 1998. If you have hiked End to End and your name is not on the list, please write to Mary Bradnock, c/o Rideau Trail Assn. P.O. Box 15, Kingston K7L 4V6, giving a brief outline of your hikes. The letters are very interesting. Suggestions are passed to the Trail Coordinators. Information on accommodation and how you got to and from your hikes may help others. The motivations to complete the Trail are fascinating: the camaraderie of groups, the desire to stay fit or recover health, to celebrate advancing age. The youngest to complete the Trail was 12 years old. Who was the oldest?

Jim McCalla Smith, Peter van der Sar, Frank Cooke, Chris Cooke, Dave Pratt, Rob Linscott, Paul Morgan, Dave Baird, Piers MacDonald, Alex Dutkewych, Ralph Huellar, Robert Kuder, Henry Heald, Betty Hallman, Mark Priddle, Stephen Priddle, Roland Priddle, Peter Westaway, Jinny Shanks, Katherine Shanks, David Houlton, Mark Houlton, Matthew Wooding, Bruce Pilcher, Tad Higginson, Pearl Petterkin, Thelma Quinn, Gordon Quinn, Elizabeth Mason, Bob Tysen, Cathy Cutts, Bernard Powis Barsby, Margaret Warren Thompson, Mary Cross, Richard Cross, R. Watts, Archibald Mason, Dorothy Shaw, Michael Shaw, John Merrill, John Le Geyt, Sukriti Nag, A.R. Forester, Tom Kaddits, Ken Johnson, Ginny Johnson, Kathryn Johnson, Bill Brown, Joan Brown, Julia Brown, Haidee Harrison, John Anderson, John Wynn-William, Christina Ratzel, Don Mitchell, Carol Swanbergson, Sigfus Swanbergson, John Beech, Mabel Bennett, Bob Bennett, Lucille Birch, Patricia Thurlby, Christine Jones, Pat Smith, Richard Revelle, Andrew Oakes, Richard Wickman, William Innes, Bruce Innes, Marty Marquette, Fred Catherwood, Chris Ormerod, W.G. Baldwin, Peter de Lepper, Nanette Whitwam, John Cottee, Roger McCullough, Eileen Evans, Bill Grant, Richard Vincent, Dominique Lamarre, Jean Cottam, Caroline Whaley, Erl Cassells, Terri Bolster, Moira Drummond, Alex Bissett, Marion Dunning, Donald Cutts, Ann Bolster, Gerry Schut, Geoffrey Berry, Mel Goddard, Margaret Lafrance, George Anderson, Janet Anderson, Tony Hyam, Grace Hyam, Mary Williams, Betty McIver, Jim Dee, Hilda Dee, Bud Masse, Peter Gordon, James McCrostie, Jeff Greenall, Ken Wilson, Duane Goodwin, Horst Dannehl, Andre Mercier, Charles Rowe, Christine Banfill, Lynne Hindercks, Peter Roberts, Maxine Oldham, Barbara MacVicar, Jean Valliant, Wilfred Raeder, Heidi Raeder, Leon Sokolowski, Laraine Laughland, John Haley, Liis Painter, Gertrude Garneau, Jacoba Fuykschot, Annette Murray, Don Landry, Marion Landry, Andre-Gil Cusson, Jean Thompson, Ian Reid, Hugh Pratt, Wayne Clifford, Shah Khan, Elsie Koop, Willa Leach, Gloria Miskelly, Cathy Mooney, Josie O'Brien, Gregg Trott, Rob Butler, Louise Crawford, Monica Feran, Norman Preston, Patrick Shipton, Russell Short, Joe Slaney, Hana Zimnowitz, Gwen Lynch, John Candra, Vlasta Candra, Birley Cowan, Ursula Nocon, Margaret McCourt, Pat Lever, Vicky Gavino, Joyce Taylor, Doug Sloan, Nina Carlisle, Elsa Karko, Margaret Robbins, Reg Freeman, Rachel Bernard, Jim Blain, Murray Henderson, Bob Good, Don King, Ruth King, S Kreuger, Jo, Betty Snelson, Warren Cooper, Bunny Ezer, Stephen Freedhoff, Sherry Kelner, Barbara Marjeram, Susan Spier, Irene McCullough, Bob Chadwick, Wilma Chadwick, Robert Brown, David Armitage, Nancy Cole, Maggie Baerg, Betty Clifford, Jean Sunter, Bob Janik, Joanne Janik, Sergio Scarabello, Nora Scarabello, Dale Ross, Watson Ogilvie, Dora Hunter, David Farrington, Richard Coyle, Christopher Coyle, Beryl Arnold, Christine Banfill, Bill Chambers, Fran Hollywood, Gloria Seeley, Ada Chambers, Edward Lancaster, Ruth Hutchinson, Peck Peckover, Sybil Peckover, Jack Scrimgeour, George Hughes, Ken Buckingham, Peter Murray, Helga Wennerstrand, Stanley Huff, Jerome McDuff, Pete Golding, Jennifer Housden, Jim Goetz, Doug Vincent, M. van Proojen, Timo Viitanen, Maggie Hunter, Kay Methot, Don Sillars, David Spector, David Peddle, Suzanne Gagnon, Ken Sutton, Christine Gordon, Frank Vajda, Helen Dinovo, Kit Chapman, Ed Millar, Uzeir Huskic, Bob Zachary, Orval White, Susan Murdock, Andreas Szabo, Ole Olson, Carol Cain, Marg Wood, Eva Tihanyi, John Barron Anna Marshall, Sheila Needham, Audrey Sanger, David Wright, Don Sherwin, Marion Armstrong, Joy Webster, Heidi Raeder, Wilf Raeder, Leon Sokolowski, Mary Bradnock, Wilf Bradnock, Hendrika Exel, Jon Howarth, Barry Edwards, Douglas Edwards, Bill Murdoch, Valeria Ruttan, Caroline Meyer.

Rideau Trail - 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 per person, totalling \$ _____ (payable to Rideau Trail In Trust)
and post-dated cheque dated December 30 for \$190 per person double occupancy, or \$290 single occupancy, totalling
\$ _____ (to Rideau Trail In Trust)

I wish to room with _____ Prefer non-smoking _____ smoking _____
I/We have the following dietary restrictions (please continue on back) _____
I/We will be parking at Cataraqui Town Centre while away. Vehicle licence plate _____

Members of the Rideau Trail - Kingston Club will be given booking priority if hotel room numbers are restricted. It is suggested that non-members take out a membership before registering to ensure their booking priority. Cancellations after December 4 may not receive a full refund if replacements are not available.

Cut out and mail to:

Peck Peckover (Ski Weekend '00), 904 - 165 Ontario St., Kingston K7L 2Y6

1999

Rideau Trail - Kingston Club: Winter Get-Away Weekend

Hotel L'Esterel, Laurentians - Feb. 4 - 6, 2000

Thanks again to our favourite travel agent, Joan Patterson of Marlin Travel, we will be returning to the scene of last year's most successful Winter Get-Away Weekend. Same place, same price!

Hotel L'Esterel is an excellent 5-star cross-country ski resort located one hour north of Montreal. With its high elevation we are almost assured of prime skiing conditions. The hotel is among 5000 acres of lakes and forests and has 85 km of cross-country trails which are groomed and track-set daily, leading right from the door. Trails are available at all levels of difficulty, most being at the easy and intermediate level. Expert trails access the Laurentian trail network. Other outdoor activities include snowshoeing, skating (a track is cleared along lakes for several kilometres), downhill skiing, dog sledding with Siberian huskies, and sleigh rides.

The hotel is well appointed and we will be made most welcome. Indoor facilities include a jogging track, racquetball courts, a volleyball/badminton/basketball court, indoor heated pool and whirlpool (guaranteed to be open this year), sauna, billiards and table tennis.

Cost of the weekend is the same as last year: \$270 per

person double occupancy or \$370 single. Included are fixed table d'hote dinners on Friday and Saturday evenings, full breakfasts Saturday and Sunday mornings, and a hot and cold buffet supper Sunday (late afternoon). The meals are gourmet class. Gratuities are included. Trail lunches may be ordered extra.

Konrad will be out of the country at the time, but he has arranged for a 55-passenger bus and a congenial driver. Departure will be from Cataraqui Town Centre at 9:00 a.m. Friday, February 4, with an arrival time of about 1:00 p.m. As rooms may not be ready until later, please come dressed for skiing. We will return to Kingston about 9:30 p.m. on Sunday, February 6.

We have a deposit on 32 double rooms and a substantial payment is due to the hotel on September 30 with final payment on January 4. We will therefore require a deposit of \$80 per person on registration, with the balance payable by post-dated cheque due on December 30. Please complete and return the registration form at the top of the page, along with your deposit cheque and post-dated cheque. Available rooms will be allotted in order of registration. On account of the expected popularity of this weekend, you are urged to **register early** to avoid disappointment. Those wishing to drive their own car will be refunded their share of bus transportation costs after all bills are settled. You may direct any questions to Peck at 544-9190 or Dale at 384-2959

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



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 |
| Reverse Text | ** \$4.00 |
| () Crest | \$2.00 |
| () Car Sticker (Free to New Members) | \$1.00 |
| () Enamelled Pin | \$3.00 |
| () Donation RTA | * \$_____ |
| () Donation RT Preservation Fund | * \$_____ |

Prices Subject to Change

TOTAL \$_____

* Qualifies for income tax credit
** Includes Postage and Handling
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 () Already Life Member ()
New Member () Complimentary Member ()

Name _____

Address _____

City _____ Prov. _____ Postal Code _____

Telephone Number _____