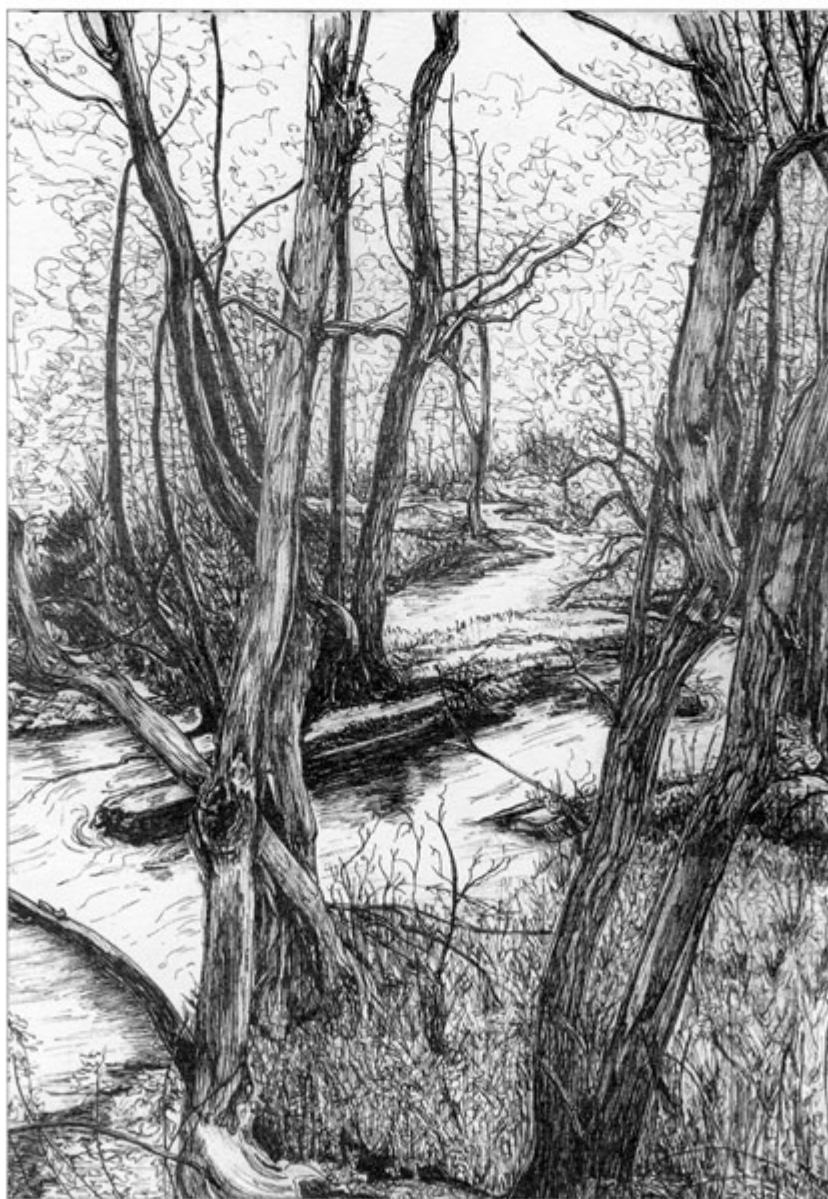




The Rideau Trail NEWSLETTER

SPRING 2001

ISSUE NO. 119



"Spring on the Rideau Trail" (North of Jackson Hills) by Moira Drummond



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, 2001**, to:

R. John Haley

38 Vaan Drive

Nepean, Ontario, K2G 0C6

Telephone: (613) 225-0590

Text should be printed or typed. 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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Cover

Page 4

Page 14

Courtesy of

Moira Drummond

Norm McLeod Estate

Bob Chadwick

Subject

Spring on Rideau Trail

Cathy Cutts

Cat Trail End-to-End, Fall 2000

**KINGSTON CLUB
Annual General Meeting**

**Saturday April 28, 2001
at the
Little Cataraqui Conservation Area
Outdoor Centre**

PROGRAM

**09:30 Coffee
10:00 Business Meeting
12:30 Brown Bag Lunch**

Hikes to follow

**OTTAWA CLUB
Annual General Meeting**

**Friday April 20, 2001
at the
Dominion Chalmers United Church
355 Cooper St., Ottawa
(Parking lot off Lisgar or O'Connor)**

PROGRAM

**7:00 p.m. Coffee and Tea
7:30 p.m. Business Meeting
9:15 p.m. Presentation
(To be announced)**

PARTNERS WANTED

If you would like a partner to hike with, especially for an end-to-end venture when one has not been officially planned, there is a possibility that we can create a match for you. Please phone 613-545-0823 as Jean Thompson is in the process of creating a list of potential hikers desiring partners.

**MEMBERSHIP YEAR ENDS
MARCH 31, 2001**

Please remember to renew your membership using the form on page 16 in order to continue your membership and to receive the RTA newsletter.

**CENTRAL CLUB
Annual General Meeting**

**Saturday April 7, 2001
at McMartin House**

10:00 a.m.

All are encouraged to attend and bring your own bag lunch. Hike following the meeting is to be arranged at the meeting.

TRAIL CLOSURE

The Rideau Trail, where it crosses private land, will be closed **Tuesday March 27, 2001**. This action is necessary to protect the landowners who allow us to cross their land the remainder of the year.

The Rideau Trail Association would like to thank all landowners for their generosity. Please take care not to trespass on this day.

VOLUNTEER - PAR EXCELLENCE

Since its beginning, the Rideau Trail Association has been richly blessed by many enthusiastic and dedicated volunteers who brought their gifts of energy and expertise. Fortunately this trend continues.

Over the years, many of us have made our contributions as members of the executive, trail maintainers, hike leaders or even as faithful participants on hikes or at related social events. However some R.T.A. volunteers do stand out, not just as being good club members but for the length and breadth of their service. Among the ranks of outstanding volunteers, Cathy Cutts has a special place.

Cathy's love of hiking goes back a long way. Fifty years ago she and some fellow hikers formed the Stockton-on-Tees Hiking Club and Cathy organized and led most of their events arranging bus times and pub lunches, etc.

Appropriately, she met her future husband, Donald, on one of these hikes. They have covered many miles together since then!

On emigrating to Canada, in 1957, she quickly noted the lack of trails in this area and was delighted when a trail between Ottawa and Kingston was created in 1971. She was on the first hike and also at the official opening on Foley Mountain.

Since then, Cathy has been an active member of the R.T.A., taking on just about every job the club has to offer - member of the executive, hike coordinator, trail maintainer, president of the overall association that unites Ottawa, Perth and Kingston. She observes that she was never treasurer - "not her cup of tea".

In 1981 she and Doug Knapp were assistant editors to Pearl Peterkin in the compilation of the RTA's Trail Notes.

She became an End-to-End in 1983 - with Donald's encouragement and car shuttle support and then, fittingly, in 1990 she received the Outstanding Service Award.

Cathy started a 3 day B&B programme in the early 80's and I have some happy memories of hiking through the Marlborough Forest, resting at the cabin, and continuing through meadows fragrant with oregano. Cathy had great difficulty moving the group past the raspberry patches.

The Kingston Club's Wednesday Walkers were organized and led by Cathy and this programme continues to be very popular especially with retired persons and those who for various reasons can no longer participate in the longer week-end hikes. The post-hike coffee hour is an essential part of the Wednesday outing! Now Cathy shares responsibilities for the Wednesday Walkers with Donald and other members. She has been a *volunteer par excellence* over all the years of the R.T.A.'s existence and is quite an act to follow!

Joan Hughes
Kingston Historian



Cathy Cutts

RIDEAU TRAIL ASSOCIATION - KINGSTON CLUB ACTIVITIES

The meeting place for all activities, unless stated otherwise, is in the Kingston Centre north parking lot next to the exit to 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. Car pooling will be organized. The contribution towards gas is indicated for each hike. Car entry fees for Provincial Parks and Conservation Areas are to be shared. Leaders should send their attendance lists to Cam Hodges, 22 Liddell Cres., Kingston, ON, K7M 2T4.

Members willing to be leaders for the Summer season, or who wish to suggest new locations to hike are encouraged to contact David Armitage at 634-4426, or Cellular 613-483-1302 before the end of April 2001.

Sunday March 4 Rideau Trail

Hike Billy Greene Rd from Maple Leaf Rd. to the woods.
Level 1. 12 km. Gas \$3. Departs 09:30.
LEADER: Allan Tattersall 549-4080

Saturday March 10 Depot Lake

Hike or ski the trails at the Depot Lake Conservation Area. Less capable skiers are welcome as the group can be divided. Level 2+. 15 km. Gas \$4. Departs 09:00.
LEADER: Peck Peckover 544-9190

Wednesday March 14 Wellesley Island State Park, NY

Hike or Ski the trail system 10 km., eat a packed lunch in the interpretation centre. **Departure time should be 09:00** not 08:00 as shown in the Winter Newsletter (it is only a 45 minute drive from Kingston), Level 1-2. Gas and Toll contribution \$5 Canadian. Depart 09:00.
(Please note that although out-of-province medical insurance is advisable, some gold credit cards include it in their coverage. In any event, you will need personal identification such as a driver's licence or passport)
LEADER: Bob Chadwick 352-1052

Saturday March 17 POT LUCK SUPPER

6 p.m. at Margaret and John Page's. Bring your favourite dish and B.Y.O.B. For details call Barbara Pusch 544-0933 or Peggy Harding 546-7202.

Sunday March 18 Rideau Trail

Hike from the marshland at Elevator Bay to Cataraqui Cemetery and return. Level 1. 10 km. Departs 10:00.
LEADER: Peggy Harding 546-7202

Saturday March 24 Rideau Trail

This challenging hike to start at the Narrows Lock and continue along diverse terrain including cottage roads, forest trails and across beaver dams to Murphy's Point Provincial Park. Level 3. 19 km. Gas \$5. Departs 09:00.
LEADER: Bill Murdoch 389-3023

Saturday March 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.

Sunday April 1 Frontenac Park

Experience the sights and sounds of early spring as you hike the Cedar Lake Loop in Frontenac Provincial Park. Level 2. 15 km. Gas \$3. Departs 09:00.
LEADER: Lynn Nolan 389-8747

Saturday April 7 Rideau Trail

Escape the city and hike through woods and meadows from Bullen Road to Unity Road and return. Level 1-2. 9 km. Gas \$1. Departs 09:30.
LEADER: Betty McIver 549-8028

Wednesday April 11 Rideau Trail

Hike from the Narrows Lock along country roads and woodlands to Foley Mountain. Enjoy remarkable views of Upper Rideau Lake and Westport from Spy Rock. Tea at "A Bit of Gingerbread", afterwards. Level 2. 11 km. Gas \$4. Departs 09:00.
LEADER: Bob Bradley 273-7848
CONTACT: Audrey Sanger 384-6244

Saturday April 14 Rideau Trail

A relaxing early spring hike on the Rideau Trail through meadows and along forest paths from Freeman Rd. to the Gould Lake Barn. Level 1. 9 km. Gas \$3. Departs 09:30.
LEADER: Peter Murray 382-2824

Saturday April 21 Cataraqui Trail

Hike the Cataraqui Trail from Sydenham to the historic village of Harrowsmith and return. Level 1. 13 km. Gas \$3. Departs 10:00.
LEADER: Joe Pollock 544-3825

Saturday April 28 Kingston Club Annual General Meeting. See Notice on Page 3 for details.**Saturday May 5 Frontenac Park**

Hike the Little Salmon Lake Loop. See the spring flora and enjoy scenic lakes and ponds. Level 3. 17 km. Gas \$3. Departs 09:00
LEADER: Ellen Shepherd 541-1185

Sunday May 6 Lemoine Point

Hike the trails at Lemoine Pt. to view trilliums and wildflowers. Level 1. 6-8 km. Gas \$1. Departs 10:00.
LEADERS: Sheila/John Needham 389-1894

Wednesday May 9 Depot Lakes

Wonderful spring hike. Level 2. 10 km. Gas \$4. Depart 09:00.
LEADER: Bob Chadwick 352-1052

Saturday May 12 Rideau Trail

See the woodlands and pastures in Spring garb from Freeman Rd. to Sydenham and return, with lunch at a local tearoom. Level 1. 8 km. Gas \$2. Departs 10:00.
LEADER: Peck Peckover 544-9190

Saturday May 19 Charleston Lake

Discover early wildflowers and pleasant scenery along the East Side Trails. Celebrate the opening of swimming season with Watson. Level 2. Gas \$5. Departs 09:30.
LEADER: Watson Ogilvie 530-2378

Saturday May 26 Rideau Trail

Stroll through meadows and woodlands between Orser and Railton Rd. Level 1. 9 km. Gas \$2. Departs 10:00.
LEADER: Bill Murdoch 389-3023

Saturday May 26 - Welcoming New Members.

Join Bill Murdoch's hike from Orser Road (listed above) which will be followed by a weiner roast and short program in Kingston (12:30 - 2:00). Please bring something to sit on. For BBQ details call Barbara Pusch 544-0933.

Sunday May 27 Rideau Trail/Frontenac Pk.

Hike the Slide Lake Loop from Perth Rd. over rocky terrain with spectacular views of Buck Lake and Slide Lake. Level 3. 14 km. Gas \$3. Departs 09:00.
LEADER: Margaret Spicer 530-2308

Saturday June 2 Rideau Trail

From Frontenac Prov. Park Trail Centre to Flagpole Hill and return with spectacular views of the surrounding area. Level 3. 15 km. Gas \$4. Departs 09:00.
LEADER: Stan Huff 634-6146

Sunday June 3 Opinicon Loop

Join Gloria's hike in the rugged Opinicon Area with a lunch stop and possible swim at scenic Lindsay Lake. Level 3. 17 km. Gas \$4. Departs 09:00.
LEADER: Gloria Seeley 546-2503

Saturday June 9 Gould Lake

Hike some of the scenic woodland trails in the Gould Lake Conservation Area. Level 2. Approx. 12 km. Gas \$3. Departs 09:30.
LEADER: Bob Tolley 542-9626

Sunday June 10 Rideau Trail/Foley Mtn.

Take a relaxing walk up Foley Mountain starting at the Lions Club Beach in Westport to Spy Rock. Enjoy panoramic views of Upper Rideau Lake and the picturesque village of Westport below. Bring swim-suit, insect repellent and lunch. Level 2. Approx 10 km. Gas \$4. Departs 09:30.
LEADER: Dale Ross 384-2959

Wednesday June 13 Gananoque

Hike Little Blue Mountain with scenic views of the countryside and Gananoque River. Level 2. 10 km. Gas \$4. Departs 09:30.

LEADERS: Paul and Eva Smith 542-6003

Saturday June 16 Amherst Island

Enjoy the island's scenery and quiet country roads with lunch by the shore and a relaxing ride on the Amherst Ferry. Level 1. 10 km. Gas \$1 plus Ferry. Departs 09:00.

LEADERS: John and Sheila Needham 389-1894

Saturday June 26/27 Weekend Canoe/Camping

Hart Lake Canoe overnight. Shakedown for summer canoe camping with emphasis on gourmet campfire cooking. Book with Allan as space is limited.

LEADER: Allan Tattersall 549-4080

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.

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, must be able to ride a bicycle.

Level 2 - Some hills, narrower roads, some traffic, 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 (15+ km).

Level 2 - Variable terrain, some steep hills. Level 1 experience needed.

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

THE CATARAQUI TRAIL

The Cataraqui Regional Conservation Authority wants to remind us that vehicles should not be used on the **Cataraqui Trail** unless specifically authorized.

NAME CHANGE

Kingston Co-ordinator of Routes and Negotiations, Joanne Rogi, would like to announce that her name has been changed to Joanne A. Rudy.

THE KINGSTON CLUB NEEDS YOU

Kingston is looking for a member or members willing to take over the position of Newsletter Editor. It is the Editor's job to type the articles submitted (some, including Club Activity Lists, are on disk), and fit them into the Newsletter format of 16 pages. It is then proofed and submitted for printing. A separate group arranges labelling and mailing. Kingston is responsible for the March 1 and September 1 issues while Ottawa arranges for June 1 and December 1.

The Editor is a member of the RTA Board and should attend Board Meetings in Perth approximately 6 times a year. For more information please call Lynn Nolan 389-8747.

RIDEAU TRAIL ASSOCIATION - OTTAWA CLUB ACTIVITIES

The activities described below take place as scheduled regardless of the weather. Unless otherwise stated the rendezvous point for activities is the parking lot the 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. Transportation is by pooling of private cars and passengers are asked to contribute to the driver's gas costs. Conservation fees, if any, are the responsibility of the participant.

Participants should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing. Leaders, please give or send sign up sheets 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, or the spring activity co-ordinator Barbara Dorrell at 235-0604. If you have trouble reaching the 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. Beginning of the hike season is usually mid April, but dependent on conditions. Departure time is 09:30. Call Dorethy Belter 523-4420 or Nanette Whitwam 730-5417 for more information.

The Moonlighters. Every Tuesday evening starting April 24 to late August, there will be a short Level 1-2 hike, usually in the Gatineau, always within a 30 min drive. Meet by 17:55 to depart 18:00 hrs sharp. Hikes usually last until sunset or shortly after. Bring water, snack, bug repellent and a flashlight. Laraine Laughland 723-8851.

Sunday March 18 Early Spring Hike

Level 1, 8 km. Destination to be determined by the weather. Departs 09:00. Gas to be determined.
Leader: David Spector 829-6802.

Sunday March 18 Gatineau Park

Level 2 ski or hike. Departs 09:30. Gas \$5.00
Leader: John Barron 828-2296

March 24, 25. No activities due to lack of leaders.

Membership year ends March 31. Please renew your membership using the form on the back of this newsletter.

Saturday March 31 Ottawa River

Level 1, 5-7 kms. A walk along the River parkway.
Depart 10:00.
Leader: Jean Cottam 726-1596.

Sunday April 1 Ottawa Fringe

Level 1, 7 - 8 kms. A short hike on the fringe of Ottawa, location to be determined. Optional refreshment stop afterwards. Depart 12:30. Gas \$3.00.
Leader: Bill Grant 820-0697.

Saturday April 7 Graham Hills Bushwack

See write-up under section "Hikes sponsored by other Groups" at the end of the Ottawa listing.

Sunday April 8 Merrickville Area

Level 1 hike, 12 kms. Depart 09:00. Gas \$5.00.
Leader : John DuVernet 738-8021

Saturday April 14 Carman Trails

Level 2, 12-15 kms. On trails, specific destination dependent on conditions. Depart 09:30. Gas \$4.00.
Leader: Ann Bolster 521-6354.

Friday April 20 Ottawa Club AGM.

See notice on page three of this newsletter.

Saturday April 21 Gatineau Park

Level 2 hike, 12 kms. McKenzie King Estate to Pink Lake to Hermit Forsyth Mine. Followed by a visit to Gerry and Isobel's Tea Room in Chelsea. Depart 09:30. Gas \$3.00.
Leader : Margaret La France 692-1810.

Exploratory Hike Gatineau Park

Level 3. This hike will be an opportunity to learn new routes and practice orienteering skills. Destination and length to be determined by participants. Expect a full day hike. Depart 09:00. Gas TBA.
Coordinator: Lisa Buchner 729-4487.

Sunday April 22 Gatineau Park

Level 2 hike, 13-14 kms. Meech Creek. Depart 09:30. Gas \$ 4.00.
Leader: Peter Scott 729-9557.

North West Gatineau Park

Level 2+, 18 kms. Lac des Loup area, trails and some road. Depart 09:00. Gas \$6.00.
Leader: David Spector 829-6802.

Saturday April 28 Plaisance Nature Reserve

Level 1. View migrating geese and walk to spectacular waterfall. Less than 10 kms. Possible small trail fee. Depart 09:30. Gas \$5.00
Leaders: Bob and Mabel Bennett 749-7440.

Gould Lake

Level 3 hike. Superb rugged trails, possibly wet in parts. Long day, supper in Westport, late return. Departs 08:00. Gas \$7.00.
Leader: John Haley 225-0590.

Sunday April 29 Gatineau Park

Level 2 hike. Skyline to King Mt. View the spring flowers, 12 kms. Depart 09:00. Gas \$4.00
Leader: Bev Armstrong 738-0310

Mud Lake

Level 1, 5 - 6 kms. A short hike at Mud Lake to see the spring flowers. Possible refreshment stop afterwards. Depart 12:30. Gas \$2.00.
Leader: Pat Grant 820-0697.

Saturday May 5 Gatineau Park

Level 2 hike, 12-15 kms. Destination to be determined by conditions. Depart 09:30. Gas TBA.
Leader: Alec Bissett 828-4363.

Exploratory Hike Gatineau Park

Level 3. This hike will be an opportunity to learn new routes and practice orienteering skills. Destination and length to be determined by participants. Expect a full day hike. Departs 09:00. Gas TBA.
Coordinator: Lisa Buchner 729-4487.

National Forest Week Hike Stoney Swamp

Level 1, 7 kms. A hike in conjunction with the NCC to celebrate National Forest Week. The Lime Kiln Loop is an easy half day hike, taking time to enjoy the spring flowers and the Lime Kiln itself. Depart 09:00. Gas \$3.00.
Leader: Bill Grant 820-0697.

Saturday May 12 Gatineau Park

Level 2, 12-15 kms. Destination to be determined. Depart 09:30. Gas TBA.
Leader: Bud Masse 235-4670.

Gatineau Park

Level 3, 10 kms. Lac Racine circuit. Depart 09:00. Gas \$5.00.
Leader: Stan Rosenbaum 596-4288.

Sunday May 13 Gatineau Park

Level 2, 10 kms. McKenzie King Estate to Pink Lake. Depart 09:30. Gas \$3.00.
Leader: Gerry Schut 746-4548.

Spring Flower Walk

Level 1. West end location, wherever flowers are best. Depart 01:00. Gas \$3.00.
Leaders: Wilf and Mary Bradnock 829-1403.

Friday May 18 Hilly Hike 2001.

See section "Hikes sponsored by other Groups" after this listing.

Saturday May 19 Gatineau Park

Level 1, 12kms. A walk to enjoy the spring wild flowers. Depart 09:30. Gas \$4.00.
Leader: Jean Sunter 828-6077.

Western Gatineau Park

Unusual bushwhacking routes around Pilon's Road Area. Steep terrain, dense vegetation, possible swamps (that's why they are unusual!). Boots with good grip essential. Level 3, 12 - 15 kms. Depart 09:30. Gas TBA.

Leader: Graham Creedy 789-1657.

Sunday May 20 Gatineau Park

Level 2. Destination dependent on conditions. Depart 09:30. Gas \$4.00.

Leader: Pat Clarkin 729-2737.

Saturday May 26 South Frontenac Park

Level 2+, 17 kms. Cedar Lake Loop. Pleasant woodland walk. Departs 08:30. Gas \$7.00.

Leader: David Spector 829-6802.

Sportsplex/Slack Road Trails

Level 1, under 10 kms. Sportsplex/Slack Rd trails. Depart 10:00 from Baseline Station (south end of transitway parking lot). Gas \$2.00.

Leader: Jean Cottom 726-1596.

Sunday May 27 Adirondack Mts (Joint trip with Adirondack Ottawa) Level 2+, 8 kms, 2000' gain. Cascade & Porter. Ascend two of the most accessible of the Adirondack high peaks. Depart 07:00, late return. Gas approx \$10.00.

Leader: John Barron 828-2296.

Sunday May 27 RTA Spring Picnic & Hikes

All RTA members are invited to an afternoon (2pm) picnic preceded by a Level 1 &/or Level 2 hike.

Level 1, 5 kms. A short loop hike on the Rideau Trail. Bring lunch, insect repellent & drink. Depart 10:00. Gas \$4.00.

Leader: Nanette Whitwam 730-5417.

Level 2, 12 kms. Rideau Trail, Richmond Fen. Bring lunch, insect repellent & drink. Depart 09:00. Gas \$4.00.

Leader: Ron Mayberry 836-2953.

For our **Spring Picnic** please bring a small contribu-

tion to share pot luck style at the picnic. Lemonade will be served.

The picnic will be held in the park in Richmond just off the Rideau Trail. Please call in advance for further directions and to facilitate planning.

Co-ordinator: Ruth Hutchinson 749-0990.

Friday June 1 Evening Hike Plus

Level 1. Stoney Swamp (trail may be wet). Bring flashlight, bug repellent, fluids and a snack to enjoy at the Lime Kiln as we hear the story of the Unpardonable Sin. Depart: 19:00 Gas \$2.00

Leader: John Haley 225-0590.

Saturday June 2 Rideau Trail

Level 2, 13 kms. Westport to Narrows Lock. On trail, some road. Depart 08:30. Gas \$5.00.

Leader: Don Grant 828-1026.

Greenbelt Stoney Swamp

Level 1, 10 kms. Trails within Stoney Swamp. Depart 10:00. Gas \$3.00.

Leader: Hendrika Exel 836-2153.

Sunday June 3 Gatineau Park

Level 2, 12 -15 kms. Lusk Lake Loop. Depart 09:30. Gas \$5.00.

Leader: Barbara Dorrell 235-0604.

Gatineau Park

Hike the Larriault Trail which offers great escarpment views. We will also include a loop around Moorside. Level 1. 5 km. Depart 12:30. Gas \$4.00.

Leader: Bob Bennett 749-7440.

Saturday June 9 Rideau Trail

Level 3, 24 kms. Opinicon Cataragui Loop. Very scenic trail, passes six lakes. Depart 08:30. Gas \$7.00.

Leader: David Spector 829-6802.

Rideau Trail Earth Star Loop

Level 1+, 14 kms. Depart 09:30. Gas \$4.00.

Leader: Nanette Whitwam 730-5417.

Sunday June 10 Cycle Level 2

Leisurely cycle trip from St Andrew West to Williamstown and return (50 kms). Explore this interesting village, including Nor'westers Museum. Possibility of an early supper at Quinn's Inn in St Andrew West. Depart 10:00. Phone if your car can take an extra bike.

Leaders: Barri & Dennis Scully 565-7710.

Gatineau Park

Level 2, 14 kms. Pine Road Carbide/McDonald Bay Loop. Depart 09:00. Gas \$4.00.

Leader: Grant Malinsky 730-2772.

Saturday June 16 Rideau Trail

Level 2, 17kms. Bedford Mills to Westport. Depart 08:30. Gas \$6.00.

Leader: Ron Hunt 590-7467.

Sunday June 17 Carman Trails

Level 2, 12-15 kms. Following on Ann Bolster's April hike, this visit to Carman Trails will explore the other trails in this area. A possible swim. Depart 09:00. Gas \$4.00.

Leader: Ann Bolster 521-6354.

Saturday June 23 Frontenac Park

Level 3, 24 kms. Big Salmon Lake loop. Lakeside walk, well defined trail, one steep section. Depart 08:30. Gas \$7.00.

Leader: David Spector 829-6802.

Rideau Trail.

Level 1, 7-8 kms. Hike the new section of the Rideau Trail on the fringe of the city. Possible tea room stop. Depart 12:30. Gas \$3.00.

Leader: Bill Grant 820-0697.

Sunday June 24 Cycle Pinhey's Point

Level 2, approx 80 kms. Cycle to historic Pinhey's Point. Depart 09:00.

Leader: Esther Hault 724-6106.

Hikes Sponsored by other Groups

Saturday April 7 Graham Hills Bushwhack

Level 3. An all day outing, where we hike to Taylor Lake on trail, then bushwhack back over these humps just west of Lac Philippe. Enjoy one of the finest prospects in the Gatineaus on the return leg. Depart 09:00.

Leader: Cliff Daly 225--8372 Adirondack Ottawa.

May 18 - 21 Hilly Hike 2001

Day hiking in New Hampshire's White Mountains over the May long weekend. Three night's accommodation and meals at the Wayside Inn in Bethlehem. About \$270.00 Cdn per person double occ. including all tips and taxes. Triple, single rates available. Deadline for payment in full is Tuesday May 1.

Leader: Cliff Daly 225-8372 Adirondack Ottawa.

WOULD YOU LIKE MORE FUN?

The Ottawa Club would like to include more activities with a theme, for example quiz or scavenger hikes, which can be more fun for those who like less strenuous hiking.

We need new organizers for these or other similar activities. So if you are enthusiastic about having fun, and are prepared to make a small effort to help achieve this, call Ruth at 749-0990. You don't need to be a hike leader to participate.

Of course we are also always looking for potential hike leaders, especially those who would like to lead shorter, maybe half-day hikes. If you would like to try it, give Ruth a call. You don't need to have a hike route in mind - we can suggest all sorts of possibilities.

And if you want an experienced hike leader to fall back on in case of need (even though it won't be needed), we can arrange that too.

RIDEAU TRAIL ASSOCIATION - CENTRAL CLUB ACTIVITIES

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) onto County Road 10 towards Westport, then take the third road to the right (Conlon Drive) to the Conlon Farm Parking area. If in doubt, call 264-8338.

Sunday March 4 Foley Mountain Area

Ski a new trail to the North of Foley Mtn. Level 2+, 6 km and finish up by skiing the upper part of Foley Mountain. Meet at 10:00. FOLLOW THE MARCH HARE WITH: Veronica 264-8824

Sunday March 25 Murphy's Pt to Narrows Lock

This ski is designed for left-handed people as generally they have a right leg longer than their left which is useful when traversing a mountain from a clockwise direction. You will get the drift. Level 2. Meet 10:00. HOPPING ALONG WITH David Miller 826-2336

Saturday April 7 Central Club AGM

All are encouraged to attend and bring your own bag lunch. A hike is to be arranged at the meeting. Meet at 10:00 at McMartin House.

Sunday April 22 Hike Cataraqui Trail

Hike from Chaffey's Lock South West towards Kingston. Level 1.
STRIDE ALONG WITH Bruce Gourley 267-3030

Saturday April 28 Festival of the Maples in Perth

We will have a booth and would like help attending to the booth by selling new memberships and providing information. Want to help? Call 264-8338

Saturday May 5 Foley Mountain

Hike the Rideau Trail from Sand Lake to the Conservation Area including Blue Loops. Welcome back the birdies and early spring flowers. Welcome also to Dave Miller as the LOOP EXPERT. Level 1+. Meet at Conlon Farm at 10:00.

Sunday May 27 Frontenac Park

Our hike will commence outside the park about 3 km past Michael's. We will complete a loop including Gibson's Lake. Level 1.
KING FOR A DAY Don Sherwin 268-2447

Saturday June 9 Canoe The Fall River

Our intended passage will commence at Maberly and

Meander towards Sharbot Lake stopping for a cuppa at Grandmas. Very level outing. Meet at Conlon at 10:00.
BAILER: John Miller 264-8824

Saturday June 23 Purdon Bog

Join Mary for a day exploring the wonders of the Conservation Area and a trip to the beach following. Level 1. Meet at Conlon at 10:00 or at Sylvania Lodge at 10:30. KEEP ON THE BOARDWALK WITH:
Mary Charleton 267-6803

GRAND CANYON HIKE NOV. 2/3, 2000

The Grand Canyon is a World Heritage site, as is the Great Barrier Reef in Australia. As one stands at the edge of the South Rim it is impossible to comprehend the magnitude of the Canyon - 10 miles across to the North Rim, and almost one mile deep to the muddy Colorado River on the canyon floor.

The trail from the South Rim, which we used, is 7.6 miles in length and frequently clings to the edge of a cliff, and sometimes follows a ravine, always descend-

ing, by means of dozens of switchbacks. Often we were coming to what appeared to be an impossible precipice, but at the last moment the trail would become apparent.

We hiked for 5 hours to Phantom Ranch where we stayed overnight, crossing the Colorado River via suspension bridge which is about 100 feet above the water. Our leg muscles grew increasingly sore as we descended, but the excitement of reaching the Ranch and accomplishing half our goal pushed the pain to the background. The river was only 1/2 mile from the Ranch, but we were too tired to explore the area before dark.
(Continued on page 14)

HIKING TRAIL BEAVER

One day last October I was driving eastward checking for downed trees and other obstructions when I found the trail blocked by a large beaver. I stopped my 4WD about one car length from the little beastie, blinked my headlights, and waited for it to step aside. It did no such thing.

The beaver faced left, taking a pose exactly like the beaver on a Canadian nickel. I beeped my horn. The beaver ignored me.

It commenced walking eastward along the trail, alternating from left to right and back as it felt like it, and I followed behind hoping to learn something about beavers, their lifestyle and behaviour. Evidently fed up with my tailgating, the beaver began flinging loose gravel at my vehicle so I backed off to a safe distance beyond rock throwing range and continued to follow.

What I'd seen of the beaver until now had revealed no evidence of rabid behaviour. Perhaps the beastie's personality left something to be desired, but physically I could see absolutely nothing wrong with this beaver.

Again I tailgated a bit too closely and it slowed as its rear end flew upward while its hind feet threw stones and gravel at my car. I had never before heard of a beaver using a projectile weapon. They certainly use trees, branches and mud to build dams and lodges and plug culverts but I had never before heard of a beaver throwing stones as weapons.

Due to the location where I met the beaver, this was probably the first time it had met a motor vehicle which suggests that the beaver was highly intelligent.

After doing its Canadian nickel impersonation a few more times it reached its destination, abruptly turned left, and allowed me to pass and resume my trail maintenance chores. I first met the beaver 2.65 km. west of Indian Lake Road and it left the trail 2.2 km. from this road.

Thank you for sharing a small part of your life with me, little buddy. I'll treasure the stretch of trail I shared with you.

Ron Lank, Kingston Trail Maintainer

GANARASKA TRAIL HIKES

Rideau Trail member Peter Verbeek is also associated with the Ganaraska Trail Association where he does most of his hiking. Having received expressions of interest from some Rideau Trail members regarding hiking the Ganaraska, especially the renowned "winder-ness" section, Peter would like to invite RT members to participate in a series of week-end hikes this year as part of an end-to-end of the entire Trail.

The hikes will be on the following dates:

May 5	25.3 km	May 6	24.1 km
May 26	24.9 km	May 27	23.6 km
Jun 9	23.6 km	Jun 10	22.2 km
Sep 15	20 km	Sep 16	19 km
Sep 29/30	38 km	backpacking	

The hikes will cover the Trail from its start in Port Hope to past the "Wilderness" section. If you are interested in participating, please contact:

Peter Verbeek at 416-757-3814 (7 - 9 p.m.) or hikers.net@sympatico.ca or by snail mail to 24 Romulus Drive, Scarborough, ON. M1K 4C2

HIKE ONTARIO ANNUAL GENERAL MEETING

Thanks to all the volunteers who helped to make the Hike Ontario AGM happen last October.

Donations were received from **Mountain Equipment Co-op** in Ottawa, to provide continental breakfasts, tea, coffee and juices, and **A.I.C. Limited** of Burlington, Ontario who covered most of the costs of the meeting rooms and wine and cheese. The help of Shannon Fleming and Jean Lawson of the **CRCA Outdoor Centre** was very much appreciated.

Kingston volunteers co-ordinated meetings, receptions, and dinner arrangements, made lunches, arranged billets, lead hikes, hosted out-of-town participants overnight and generally made the weekend a success.

My thanks to everyone.

Bill Murdoch, Kingston Chair

RAIL TRAILS WITH THE KINGSTON CLUB FALL 2000

Between September and November seven hikes, averaging 15 km. allowed members to complete the Cataraqui Trail from Smith Falls to Strathcona, with stops along the way at Portland, Forfar, Chaffey's Lock, Sydenham, Harrowsmith, Yarker, Camden East and Newburgh. The Cataraqui Trail provides new scenic hiking opportunities for Kingston Club members, generally at Level 1 and always off-road, but watch out for the occasional ATV or other motorized vehicle.

Other rail trails accessible to all three RTA clubs, radiate from scenic Sharbot Lake where the Kingston Club held a B & B weekend in September. We explored open sections of the K&P Trail both north and south of Snow Road and scenic segments of the Trans Canada Trail both close to Sharbot Lake and further west between Arden and Mountain Grove.

Not far from Sharbot Lake we found the short Level 2 walk to and from the impressive Ragged Shutes of the Mississippi River, incorporating an exciting portage trail over private land where visitors are permitted. In the same vicinity we visited the characterful Snow Road Café where a good time was had by all.

Bob Chadwick, Kingston

(Grand Canyon article cont'd from page 12)

We enjoyed two outdoor talks by a Park Ranger, one on the Grand Canyon and the other on the Colorado River. We had a delicious steak dinner, slept in male or female segregated dorms, and had a substantial family style breakfast, all arranged 2 years earlier, before starting the ascent on the Bright Angel Trail just after 6 a.m.

The ascending hike required a whole new set of muscles. I found the telescoping ski poles very helpful indeed. Though we were in sun the entire hike down, we were in shade throughout the hike up. We had perfect fall weather both days.

En route to the top, we could see numerous differently coloured layers of rock much better than the previous day. Many times we hiked into a magnificent natural amphitheatre, seemingly without any exit, but in another half-mile would find our trail continuing along a ravine, climbing upward in a series of switchbacks.

We saw finch-like birds, one robin and one type of jay, the occasional squirrel, one male Big Horn sheep, and several mule deer. My fellow hikers were Ruth, Don, and Peter, all over 65. We all enjoyed the challenge equally. Been there! Done That!

Hugh Pratt (currently resting in Largo, Florida)



On the Cataraqui Trail

HIGHLIGHTS OF THE RTA BOARD OF DIRECTORS MEETING OF 20.JAN.01

Probably of greatest interest to members is the decision by the Board to delay publication of the 6th Edition of the Guidebook until late summer/early fall. This decision was precipitated by the need for further refinement of the costs, particularly those associated with withdrawal of the remaining stocks of the 5th Edition in order that a fair price can be set for the new Guidebook. The Board felt that it should ensure cost recovery of unsold stock. The editorial committee was directed to prepare a complete marketing strategy for Guidebook sales.

The other thorny issue concerns the proposal to change the name of the association to include the word "hiking" in order to ensure public recognition that the **Rideau Trail** is a single use hiking trail as opposed to the multi-use trails such as the Trans Canada Trail, the Cataraqui Trail, and the Waterfront Trail. The Treasurer advised that the "operating name" of **Rideau Hiking Trail** can be adopted without changing the Association name. A motion was approved expressing intent to offer a motion at the next AGM in October 2001 to permit clubs to adopt the operating name in publicity and a full explanation will be presented at the AGM.

Club AGM's are scheduled as follows: Ottawa April 20, Central April 7, and Kingston April 28. Peter Andrews has volunteered to replace Jerry Hinderks as the map editor for future editions of the Guidebook. Rob Gerritson has volunteered to assist in the technical work.

The Chairman briefed the Board on the proposed development of a formal trailhead at Elevator Bay which would cater to both the Rideau Trail and its connection to the Waterfront Trail. This is intended to be a joint project with the developer of the proposed housing development to the west of the parking lot, the City of Kingston and the CRCA.

Allan Tattersall, President RTA

PROPOSED UNESCO BIOSPHERE RESERVE DESIGNATION FOR THOUSAND ISLANDS REGION

The Canadian Thousand Islands Heritage Conservancy (CTIHC) is a grassroots, charitable organization incorporated in 1993 and is dedicated to protecting natural and cultural resources in the Thousand Islands area.

The international **Man & the Biosphere Program** was established in 1971 by UNESCO and one of its major activities is the selection and international designation of Biosphere areas or 'reserves'. The term Biosphere is '...a word used to describe the biological system that includes all the earth's living organisms interacting with the physical environment as a whole.' The boundaries for the proposed Biosphere reserve follow a rough natural triangle of Kingston, Brockville and Westport - covering the area where the St. Lawrence River corridor and the Frontenac Axis intersect.

Dave Warner, President of the Thousand Islands Heritage Conservancy Board of Directors, has stated that the current landowners have been doing a good job at protecting the land but that the conservancy's concern is for the future.

The plan is to mobilize community support for the project early 2001 and to have the application for formal designation ready for submission to UNESCO by Fall/2001.

RTA member Peter Murray is a member of the CTIHC Board of Directors and has agreed to present RTA support, or concerns, to that body. Peter can be reached at 382-2824.

Further details on the conservancy can be obtained by writing the Thousand Islands Heritage Conservancy, P.O. Box 266, Mallorytown, ON. K0E1R0 or by visiting their website at www.1000islands-conservancy.on.ca.

Summary of Conservancy document: Cam Hodges
Additional information from Brockville Freelance
writer Roy Lewis. Article submitted by Jackie Wark



Return Address:

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

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**HAVE YOU RENEWED YOUR MEMBERSHIP?
IF NOT, PLEASE RENEW NOW.**

MEMBERSHIP APPLICATION: The membership year is from April 1 to March 31. Applications for new memberships dated November 1 - March 31 will be valid for the following membership year. 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 to:

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

**Ottawa Club Telephone: 613-860-2225
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 |
| () Rideau Trail Wall Map (new) | ** \$12.00 |
| () Crest | \$2.00 |
| () Lapel Pin | \$4.00 |
| () Car Sticker (Free to New Members) | \$1.00 |
| () Enamelled Pin | \$3.00 |
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