



The Rideau Trail NEWSLETTER

Published by The Rideau Trail Association

SPRING '74

ISSUE NUMBER 11



Mrs. T. Bradbrooke Smith, her daughter Claire and Colonel Duncan Douglas riding the trail between Burritts Rapids and Merrickville.

RIDING THE TRAIL

Riding a horse on an interesting trail is a wonderful experience, second only to following a pack of hounds over good country.

However, I think that really the best way to enjoy a trail hike is to do it on foot. This gives one the greatest chance to observe the flora and fauna and possibly the most and the best type of exercise in the long run.

In the Merrickville area both north and south of the Rideau River there are many little country lanes that are eminently suitable for both walking and riding. These are for the most part old pioneer roads leading to isolated farms long since abandoned. They are grass covered and flanked by cedar fences and bushes covered in many places with grape vines.

One of these lanes, locally called The Quarry Lane has, during the month of May, the largest collection of wild flowers and fruit that I have seen in Ontario. This lane is so called because Colonel By and his men took the stone from this area to build the locks at Merrickville. One can still see large stones lying about which have been squared off but apparently rejected or not required. It must have been interesting to see these huge stones each weighing about a ton being hauled by ox teams about a mile to the locks and being lowered into position virtually by hand. These stones are still in the positions they were placed over a hundred years ago.

My wife and daughter and I have for some years camped on these trails with horses. This is great fun and requires quite a bit of planning. We have always camped at places where there is water for the horses and have made caches of fodder at the chosen spots a day or so before setting out from home. On one occasion we had twelve horses in the party and thirteen riders, one old mare carrying two small boys who rode bare-back. The horse was too tall for the boys to mount in the normal way so she was made to kneel down on her forelegs and they scrambled on before she got up.

On Saturday 22nd September 1973 Mrs. T. Bradbrooke Smith of the Burritt's Farm, her daughter Claire and I carried the scroll from Burritt's Rapids to Merrickville on the Relay Hike. This part of the trail skirts the Limerick Forest and if the weatherman had been kind to us it would have been a lovely ride. In fact it poured with rain the whole way - about 15 miles in all - and as the three of us unfortunately wore short raincoats, we were soaked from the seat down. This of course was nothing to what the horses had to put up with.

A few days before the 22nd I rode this section of the trail with one of the Hilliard girls to check on the going and find out how long it would take us. This was a glorious day - the trees were just beginning to turn colour and we saw many different species of birds and a most interesting sight. On a sandy part of the trail we found dozens of dog tracks all going in the same direction for a short distance. There are known to be wolves in the Limerick Forest and these tracks must have been made by a pack of them.

continued

Riding The Trail continued

On the 22nd we only saw one thing worth noting although we may have missed many others. You don't see much with your eyes screwed up and water dripping off your lashes. Just as we approached the Limerick Forest a huge flock of several hundred robins flew over us, landed in a large dead elm and then flew off again. I have never seen so many robins together before. I believe they congregate before they take off on their journey south, but the 22nd September seems a bit early for this.

In spite of the rain, the consequent mud and a delay caused by Claire's horse refusing to cross a railway track for some minutes, we arrived at the Blockhouse in Merrickville on time (see photo). But the camera-men present did not get pictures of the Reeve receiving the scroll, inserting his message to the Mayor of Kingston and handing it over to Paul Patterson to complete the next leg of the relay. This ceremony had to be done in the shelter of the Blockhouse while the horses huddled under a tree outside.

Trail riding has become a popular sport all over the world now and it is great fun if you have a properly trained horse, the going is good, the countryside is interesting and the weatherman is kind.

Duncan Douglas.



Trail riders arriving at the Merrickville Blockhouse, having carried the scroll from Burritts Rapids during the relay hike.

OTTAWA TRAIL CLUB SUMMER AND FALL OUTINGS.
Other Trail Club members welcome.

Saturday 20th April 1974

Hike on Kemptville spur.
Meet Burritts Rapids, in front of Strolgers store at 10.00 a.m.

Weekend 25-26th May

Back-packing Westport area.
Meet Blockhouse at the Narrows of Big Rideau Lake 10.00 a.m.
Saturday 25th.

Sunday 23rd June

Hike Howard Ferguson Forest then back to Rideau River Provincial
Park for weiner roast.
Meet entrance Rideau River Prov. Park at 2.00 p.m.

Saturday 7th September

Hike & cook-out Carleton Forest area.
Meet where main trail crosses North Gower - Smiths Falls road (Map 4)
at 1.00 p.m.

Weekend 5-6th October

Back-packing Slide Lake area.
Meet where main trail crosses Buck Lake Rd. south of Little Franklin
Lake (map 10) at 9.00 a.m. Sat. 5th.

Saturday 30th November

Ski or hike Moodie Drive Conservation area.
Meet Rideau Trail Parking Lot on Moodie Drive 10.00 a.m.

Bring required food for each outing.
For further information call Trix Geary 722-2736.

PHOTOS PLEASE - WE NEED THEM FOR THE NEWSLETTERS!

The R.T.A. will pay for duplicates.
Send them to Box 15, Kingston.

WINTER OUTING IN FOLEY MOUNTAIN CONSERVATION AREA

At 8:00 a.m. on Saturday, January 5th, about twenty people left Ottawa (by car) for a group outing in the Foley Mountain Conservation Area at Westport.

This area, via the Rideau Trail, is about 120 miles south of Ottawa. It is high on an escarpment overlooking the Big Rideau Lake and the picturesque little town of Westport. It is truly a photographer's delight.

The outing was organized by the Ottawa Rideau Trail Club and we were very happy to welcome members from Kingston, Smiths Falls, Burritts Rapids and Stittsville, as well as our own Ottawa area members. Over thirty people gathered at the meeting spot.

The weather co-operated beautifully, with temperatures in the twenties under sunny skies.

We soon donned our skis and snowshoes and were off on one of the many nature trails.

There seemed to be an equal number of skiers and snowshoers, with ages ranging from the very young to the very old, expert and not so expert. Some were trying snowshoes for the first time and I know it won't be the last.

The trail had many small hills winding up and down through the woods. After a couple of miles, we returned to the parking lot following a path along the escarpment and stopping many times to view the scenery from our lofty height.

Everyone was hungry and we soon had a nice fire where we gathered to eat and chat. It was a nice opportunity to meet other members and get to know each other a little better.

I hope on future outings we can again welcome members from all the trail clubs. Remember to check your newsletter for future outings and mark them on your calendar.

Shirley Simpson
Ottawa Rideau Trail Club

DON'T MISS THE

A N N U A L G E N E R A L M E E T I N G

to be held in the newly constructed
NATURE CENTRE in the FOLEY MOUNTAIN CONSERVATION AREA at WESTPORT.

Date: Saturday May 4th 1974

Time: 10.30 a.m.

Programme: Business session - President' report
 Treasurer's report
 Auditor's report
 Election of officers

Guest speaker - to be announced

Lunch - Members are urged to bring their own,
 although sandwiches can be supplied
 if requested in advance. If anyone
 prefers, a hot meal can be obtained
 at the Tweedsmuir Hotel in Westport
 or the Opinicon Hotel at Chaffeys Locks.

Hike - This year the Annual Meeting is being
 held somewhat later in order that a hike
 can be organised along the trail after
 lunch.

How to get there:

Take Hwy.15 to CROSBY (which appears to consist of one Gas Station), turn onto Hwy.42 for about 10 miles to Westport, turn right,drive through the main village street, curve left up a steep hill and at the top you'll find the Foley Mountain Conservation Area. Go through the gates and keep straight on until you come to the Nature Centre.

INVITATION FROM RIDEAU SKI CLUB

The Rideau Ski Club of Smiths Falls extends an invitation to members of the Rideau Trail Association in this area to join them for cross country skiing every Sunday, starting at 2.00 p.m. from Sugar Bush Hill, Otter Lake.

John Hollinger.

MINOR CHANGES IN THE SLIDE LAKE LOOP

When the Slide Lake loop was originally put in, the west side of the lake was mainly an escarpment on the edge of a long swamp, and to more easily come off the escarpment, the trail came as far southwest as necessary and in doing so inadvertently crossed onto private property. This property was owned by Mr. Elwood Shales whose home was some two miles to the southwest on Draper Lake.

Mr. Shales has politely, but insistently, asked us to remove the trail from his property. Jim Smith and I investigated this problem starting last summer (1973) and with the assistance of Mr. Shales found an alternative route across the swamp and hopefully off Mr. Shales' property. By the way, Mr. Shales is 78 years old and he huffed and puffed with the rest of us around the swamp.

The new route is completely marked. Coming from the north and east one veers off the trail, which actually follows an old logging road, and continues on the old road up a rise. There are some hemlocks on the left as you start the rise and under these hemlocks is an old box spring which we have cleaned and hope to have a cover for shortly. One continues up the rise to a high lookout over the swamp to the northeast where at least every other dead tree contains an osprey nest.

At this point one cuts more or less to the west and via some outcrops in the swamps makes ones way to the escarpment on the west side of the swamp. This trail was laid out at the end of a dry summer and finished marking in the winter. By December what we thought was a dry trail had softened up a bit. With a little care and the help of old logs no severe wet spots should be encountered.

Persons assisting Jim Smith and me in this project were Jon Segel, Ellie Segel, Peter, Jamie and Rob Mc.Lellan and Jennifer Hodges.

Stan Segel.

RIDEAU TRAIL ON CBC TV PROGRAM

The producers of the CBC TV series, WAY OUT have informed RTA that a special 15 minute program on the Rideau Trail will be broadcast on March 31 and again on June 2 from 12.45 to 1.00 p.m.

Harry Walker.

- LEARN ABOUT CANADA -

WALK IT THE WHOLE WAY FROM BONA VISTA TO PRINCE RUPERT.

We are planning a hike across Canada almost entirely through wild country and are looking for able and eager hikers to join us.

When	-	Starting December 1975
Where	-	From Bonavista to Prince Rupert
Distance	-	4500 miles on foot.
Time required	-	Two years
Cost	-	Approx. \$2,000

The two of us are seventeen and experienced in winter hiking, survival hikes and have tackled some of the thickest swamp country in Ontario. To avoid carrying too many supplies we are taking a town hopping route and have most of the maps. We will continue to train from our farm base at New Liskeard for the next two years.

We invite anyone, male, female, young or old to join us.

If you are interested write to:

Murray Muir,
21 Gregory St.,
Brampton,
Ontario. L6Y 1G2

Lines from the Limerick Forest.

An avid young hiker from Perth,
Was appalled at the size of his girth,
He could manage the stiles,
But the thought of those miles,
Was a daydream that caused him great mirth.

A FEW OTHER ONTARIO TRAILS

In this and the next two issues of the R.T.A. newsletter a short description of other Ontario trails will be given. Perhaps if you visit these areas you will find the opportunity to try them out.

Grand Valley Trail Association

The G.V.T.A. had its beginnings in January 1972 at a public meeting in Kitchener. The purpose of the meeting was to unite groups interested in establishing hiking trails in the Waterloo County area. This resulted in the formation of a steering committee which decided to begin by building a 30 mile trail along the Grand River from Preston to Conestogo. A section of trail built as a OFY project, during the summer of 1972 added another 20 miles, from Conestogo to Belwood Lake. The trail was completed from Doon to Elora by Fall 1973 with the addition of another miles.

During the next few years the G.V.T.A. plans to extend the trail south to Brantford and to connect with the Speed River Trail at Cambridge, with the Bruce Trail at Orangeville and with the Thames Valley Trail at Stratford.

The Grand Valley Trails Association
Box 1233, Kitchener, Ont. N2G 4G8

Ganaraska Trail Association

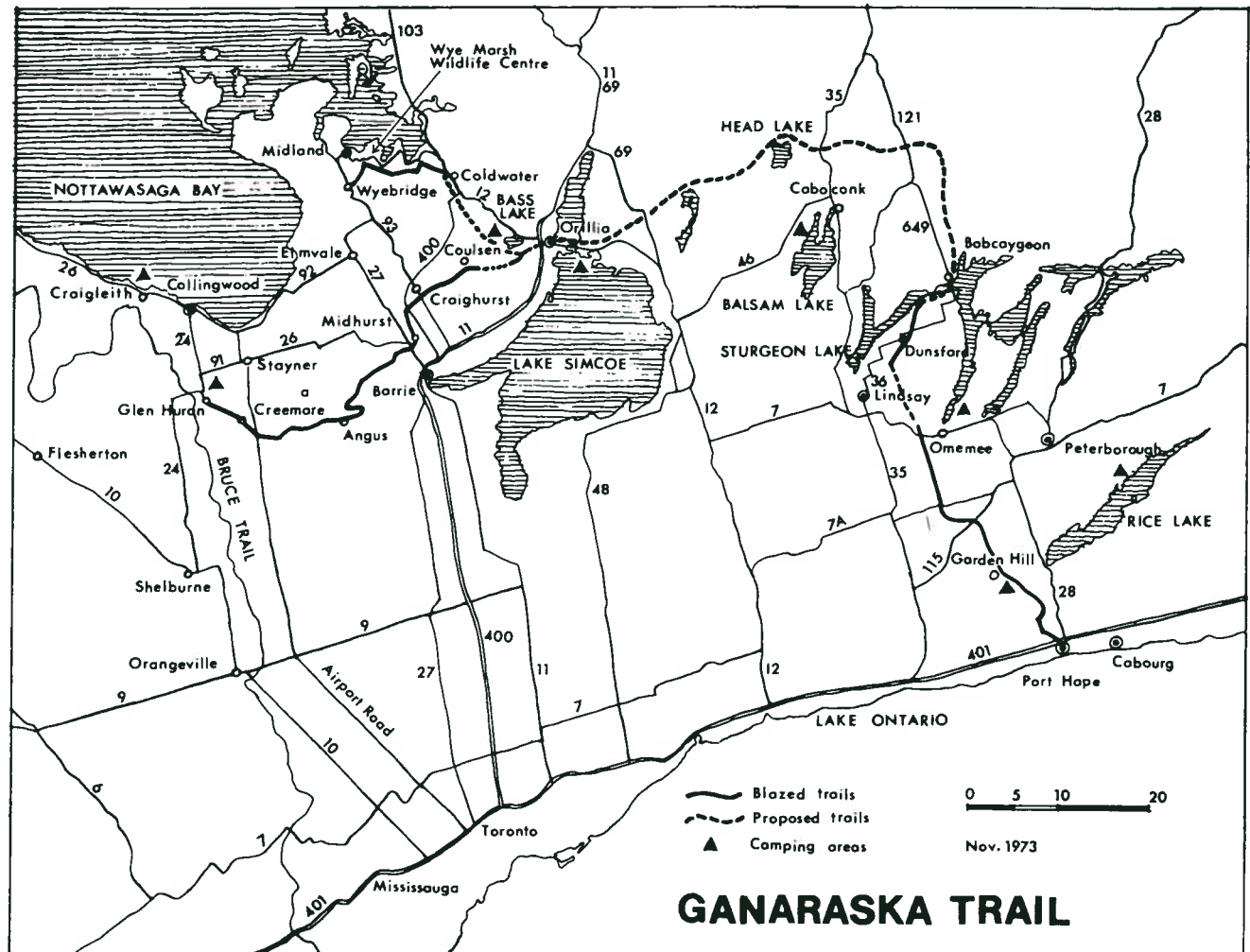
After the Bruce Trail was completed from Niagara to Tobermory in 1967 another public hiking trail called the Ganaraska was constructed northward from Port Hope, Ontario. In 1970 the Ganaraska Trail Association was formed to extend this Trail to connect with the Bruce Trail near Collingwood.

The location of the trail is shown on the map on the next page.

In the same style as used on the Bruce and Rideau Trails, the Ganaraska Trail is divided into sections, each the responsibility of a local trail club.

The Pine Ridge Club includes the rolling hills north of Port Hope; the Kawartha is noted for the beautiful shield country - a backpacker's paradise; Simcoe has the sandy hills west of Orillia; Mission is named after the Jesuit Missionaries who were martyred at Ste. Marie, St. Louis and St. Ignace. (Near Midland, is the Wye Marsh Wildlife Centre - a must for every hiker!) The Barrie Club is responsible for the beautiful section north of Barrie including Utopia, Midhurst and Craighurst, while the Wasaga Club looks after the exciting area along the Mad River (Glencairn, Avening, Creemore) to Glen Huron where the Trail connects

with the Bruce Trail.



The Ganaraska Trail Association
 Frith House,
 R. R. #2, Coldwater, Ontario.

Thames Valley Trail Association

The Thames Valley Trail is a hiking trail similar to the well known Bruce Trail. Its route follows the Thames River, starting in the city of London and extending both upstream and downstream. Ultimately it is intended to reach from Wardsville to Stratford and perhaps further, with side trails along major tributaries.

The Thames Valley Trail Association exists to establish, construct, and maintain the trail. In addition, the association is concerned with

encouraging hiking as a form of recreation and with developing a favourable public attitude toward trails, hiking, cross-country skiing, snowshoeing and nature study.

The hiker can identify The Thames Valley Trail by the symbol shown to the right. It is printed green on a white diamond shape metal plaque attached to trees or posts.

The trail is also marked by a vertical white blaze 2" wide by 6" high, placed on trees, posts or appropriate objects, in order to be always visible within the hiker's sight. A single blaze indicates a continuous trail in the same direction; two blazes, one above the other, indicates a change of direction. Side trails and loop trails are blazed in blue.



The hiker will travel for the most part on private rural land, which has fenced fields.

The T.V.T.A. plans on establishing camping areas in the future. Those hikers wishing to camp will find conservation and private camping areas adjacent to most sections of the trail.

The Thames Valley Trail Association
403 Lansing Avenue,
London, Ontario. N6K 2J2

The Rideau Trail Association is grateful to the following
for their donations and support:-

Mr. D.P.Apsimon
Mr. & Mrs. Robert F. Bark
Mr. Rodney Cook
Mr. Alex J. Dutkewych
Mr. Harry A.Dyer
Mr. B.I.England
Miss Mary Catherine Forbes
Dr. A. Ford-Jones
Mr. R.F.Hirsch
Mrs. Anne Hutchison
Mrs. G. Krotkov
Mrs. M.J.Laubitz

Dr. J.S.Lott
Mr. Ralph L. MacIntosh
Mr. Gordon Moore
Mr. T.W.Newton
Miss Joan Pietersma
Dr. & Mrs. William E. Powles
Miss Sheena Pritchard
Mr. & Mrs. Walter J. Roche
Mr. Mitchell Romanow
Mr. E. Steven Shelley
Mr. & Mrs. Peter B. Sutherland
Mr. E.G.Woolsey



Page 12



R.T.A.
Box 15
Kingston. Ont.

APPLICATION FOR MEMBERSHIP - RENEW NOW FOR 1974

Please check: New Membership _____ or Renewal _____

Name (please print): _____ Telephone No. _____

Mailing Address: _____

City & Postal Code: _____

Student: \$3.00
Adult: \$4.00
Family: \$6.00
Senior Citizen: \$3.00
Affiliated Organization: \$5.00

I enclose \$ _____ to cover:-

- (a) Membership fee _____
- (b) Plastic map case \$1.00 _____
(supplied with each
new membership)
- (c) Crest .50¢ _____
- (d) Donation _____

Make cheques and money orders payable to Rideau Trail Association
and send to:

P.O.Box 15,
Kingston, Ont.
K7L 4V6.



RIDEAU TRAIL

April 8, 1974

KINGSTON TRAIL CLUB NEWS BULLETIN

ANNUAL GENERAL MEETING:

On Saturday April 27, 1974 at 10:00 A. M. the Annual General Meeting of the Kingston Trail Club will be held at the barn at the south end of Gould Lake in the Gould Lake Conservation Area.

The purpose of the meeting will be the election of the Club executive, discussion and formulation of the Club's activities program for the coming year, and development of motions for the Rideau Trail Association annual general meeting the following week.

All positions on the club executive are open, and are to be filled by democratic election. The executive positions consist of the following:

- (a) Chairman
- (b) Vice-Chairman
- (c) Secretary-Treasurer
- (d) Maintenance Co-ordinator
- (e) Publicity co-ordinator
- (f) Routes and Negotiating co-ordinator

Following the meeting, at about 10:40, those attending will be given maps showing detail of the main trail and the numerous side trails (some brand new) in the immediate area. Members are encouraged to enjoy a good hike and then return to the barn between 12:30 and 1:00 for a weiner roast. A large fire, mustard, relish, catsup and coffee will be provided, but participants are asked to bring all other food and utensils.

Come out prepared to give your club the support it needs, and to enjoy a beautiful spring hike in one of the loveliest areas on the trail.

SPRING HIKE - Saturday, May 25, 1974 - SLIDE LAKE LOOP

Meet at 10:00 A.M. at the south end of Perth Road Village just off the Perth Road. Bring a lunch and enjoy a walk on this very popular and beautiful loop. Leader is Guy Thorne, phone 544 3232.