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The Rideau Trail NEWSLETTER

FALL 2001

ISSUE NO. 121



Maintenance work on the Marion Webb bridge in the Gould Lake Conservation Area.



The Rideau Trail Newsletter is published quarterly in March, June, September, and December by the Rideau Trail Association. The Editor of this issue is Bob Gordon for the Kingston Rideau Trail Club.

Submissions for the next newsletter are encouraged and should be sent, to arrive by **November 1, 2001**, to

R. John Haley

38 Vaan Drive

Nepean, Ontario, K2G 0C6

Telephone: (613) 225-0590

Text should be printed, typed, or in electronic format with accompanying hard copy. 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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ISSN 0709-7085

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Rideau Trail Association

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Picture Credits (front cover): **Maintenance work on the Marion Webb bridge in the Gould Lake Conservation Area.** Hard at work in the snow are Robin Turkington, Peter Murray, and Bill Murdoch (under bridge). Photo courtesy of Tony Parfitt.

RIDEAU TRAIL ASSOCIATION ANNUAL GENERAL MEETING

30th Anniversary - October 12-14, 2001 - Camp Merrywood, Port Elmsley, Ontario

Please join us for an exciting celebration of the RTA's 30th Anniversary. To commemorate this event, we are holding a weekend of hiking, entertainment, and good food at Camp Merrywood, beautifully situated on Big Rideau Lake.

Friday and Saturday evenings' entertainment will include skits, music around the campfire, and possibly a multimedia slide show of Canadian wilderness. Sunday morning the Central Club will be cooking up a fine breakfast. The activities program for the weekend will have a choice of level 1 or 2 hikes or canoeing on Saturday, and a choice of day hikes on Sunday. Your local club contact person will have more information.

There are three options available to participate in the event (see Registration Form below). We encourage attendees to choose Option 1 or 2 (weekend/overnight stays).

The registration deadline is September 21. To register, mail the form below or call your Club contact

person. Registration fees must be paid in full before the deadline. Full refunds will be provided for cancellations before the deadline.

Friday, October 12:

After 15:00: Check-in for weekend
20:00: Evening program

Saturday, October 13:

After 09:00: Check-in for overnight
10:00: Refreshments
10:30: Business meeting
12:30: Lunch
13:00: Afternoon hikes
18:00: Dinner and evening program

Sunday, October 14:

08:30: Breakfast
10:00: Day hikes

-continued on page 4 -

RIDEAU TRAIL ASSOCIATION
30th ANNUAL GENERAL MEETING
Merrywood Camp, Port Elmsley, Ontario
October 12 - 14, 2001

Option 1: **Friday through Sunday**

Includes: Accommodation Friday & Saturday nights; Coffee Break Saturday; Dinner Saturday; Breakfast Sunday; Packed Lunch Sunday.
Cost: **\$ 79.00** per person

Option 2: **Saturday & Sunday**

Includes: Accommodation Saturday night; Coffee Break Saturday; Dinner Saturday; Breakfast Sunday; Packed Lunch Sunday.
Cost: **\$ 69.00** per person

Option 3: **Saturday Coffee Break & Dinner Only**

Cost: **\$ 25.00** per person

Count yourself in! Just complete the registration form, include your cheque made payable to "Rideau Trail Association, in trust" and mail to:

Ottawa Rideau Trail Club
P.O. Box 4616, Station E
Ottawa, Ont., K1S 5H3

Registrations must be received no later than **Sept. 21, 2001.**

AGM Registration Form

Option 1: \$ 79.00 X _____ = \$ _____
No. of persons

Option 2: \$ 69.00 X _____ = \$ _____
No. of persons

Option 3: \$ 25.00 X _____ = \$ _____
No. of persons

TOTAL: \$ _____

___ Single BR ___ Double BR ___ Group BR

Name(s): _____

Address: _____

City: _____

Postal Code: _____

Telephone No: _____

___ Yes, I'd like to help at the AGM as a volunteer.

New Guidebook Release in September

The 6th Edition of the Rideau Trail Guidebook will be released on or about 1 September 2001. The book is considerably changed from previous versions. Thanks to the work of some dedicated experts, the text has been entirely rewritten in a format designed to be read during periodic stops while hiking. Thus, instead of having the information about geology, history, forestry and botany in an introductory section, the new version has this information placed where it will be read along with the Trail description.

The Guidebook now comes in a 6-ring plastic binder, slightly larger than the previous 5x7 inch size, so that individual pages and maps may be removed if desired. However, this version will still fit handily in a daypack. There are 114 pages of text and twelve detailed foldout route maps plus an overall map of the entire Trail. For this issue, the Trail has been entirely plotted and the distances calculated using GPS (Global Positioning Systems) technology. The maps provide detailed information for the hiker including point-to-point as well as cumulative distances along the Trail. Roads, towns, lakes and other landmarks are well identified.

The cost of this edition will be \$22 for members, \$27 for non-members and \$20 for retail outlets; these prices include postage and handling. The order form in the Fall newsletter reflects these new prices.

Linda Hayes and Jerry Hinderks

Volunteer Required

With the publication of the new, improved guidebook, the Association has decided that a formal system is required for control of the storage, sales and distribution of the Guidebook on an ongoing basis. For this purpose we are looking for a volunteer, preferably with some bookkeeping or general accounting experience, to design a system, working in conjunction with the Treasurer, Rolf Calhoun.

Please contact Rolf at 739-9493, or your Club Chair.

Ontario Hiking Week October 1 - 7

Hiking is good for your physical, mental and spiritual health. There are trails nearby wherever you live, and autumn is the best time to hike. Join **Hike Ontario** in celebrating Ontario Hiking Week !

A Powwow on future directions for Hike Ontario will be held in St. Catharines on October 19-21. For information see their website, www.hikeontario.com, or call Hike Ontario at 416-426-7362.

-RTA AGM Weekend - continued from page 3-

FOOD! Saturday evening's meal will be catered by the Hungry Planet restaurant of Perth. If you've ever eaten there, you will know what a treat this will be. The menu includes: Moroccan Chicken and Vegetable Stew, Pesto Rice, Greek Salad, Spring Salad, and Dinner Rolls. Sunday breakfast will be a full cooked breakfast with bacon, eggs, and home fries. Sunday packed lunch will include assorted sandwiches, fruit, granola bars.

You will need to **bring your own food for Friday dinner, Saturday breakfast, and Saturday lunch**. The camp has full kitchen facilities in the lodge and main dining hall, and barbecue pits are also available.

You may bring your own wine or beer to enjoy with your evening meals; we will not be selling alcoholic drinks.

ACCOMMODATIONS: You need to bring your own bedding/sleeping bag. The camp has twin beds/bunks in single, double and group (4 or more) rooms, all with shared bathroom facilities. On the registration form you may indicate single, double, or group accommodation. For doubles/groups, include the names of all in the group or put all registrations in the same envelope. We will try to accommodate all requests. Best to register early!

FOR MORE INFORMATION:

Kingston Club:	Jean Thompson	545-0823
Central Club:	George Pancyr	264-0228
Ottawa Club:	Don Grant	828-1026

VOLUNTEERS are needed to make this event run smoothly. We need people to help set up and clean up. Please indicate on the registration form that you are willing to volunteer.

DIRECTIONS: Camp Merrywood is on County Road 18, 3 km from the turn off on Hwy 43 at Port Elmsley.

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. **Contact Donald Cutts at 542-5414 for details or location of Wednesday walks.**

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. **See the description of activity levels on page 10.**

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.

Members willing to be leaders or who wish to suggest new locations for the winter season should contact David Armitage at 4323 Bath Rd., Kingston K7M 4Z1, 634-4426 or cell: 613-483-1302. Leaders should send their sign-up sheets to the above address.

The Frontenac Challenge. As a result of a number of requests, the Frontenac Challenge is being featured in the Rideau Trail Kingston Fall hiking program. Unfortunately it has not been possible to include all of the required hikes due to the necessity of providing alternative outings. It is hoped that members will come out to enjoy the splendour of the park in autumn whether they wish to take part in the Challenge or not. The Frontenac Challenge is presented annually by the Friends of Frontenac Park. It continues from September 1 until October 31 and involves hiking all the approximately 160 km of the Park's trails.

Members who are interested in participating should obtain a registration form at the Trail Centre. A reception and barbecue will be held later in November for those who have taken part. Participants will receive a certificate and those who have completed the Challenge successfully will have their names entered on an honorary plaque displayed in the Trail Centre.

September 17-21 Mt. Mansfield, Vermont

A trip for serious hikers. Accommodation at Red Fox Alpine Lodge, Smuggler's Notch. Cost US \$135 excluding transportation. Numbers limited. For possible last minute vacancies, call Watson Ogilvie, 613-530-2378.

Saturday September 22 Amherst Island Cycle

Enjoy the lakeside vistas as Mike takes you on an autumn bicycle excursion around the island. Level 1, approx. 25 km. Meet at the ferry dock in time for the 09:30 ferry.

LEADER: Mike Amodeo , 634-1847

Saturday September 22 Rideau Trail

Hike from the Narrows Lock along the north shore of Big Rideau Lake to the Ghost Town and return along the Blue Trail. Level 1, 12 km. Gas \$4. Departs 09:00.

LEADER: Bob Tolley, 542-9626

Sunday September 23 Frontenac Park Challenge

Hike the Tetsmine and Hemlock Lake Trails starting from Kingsford Dam. Several abandoned mines and homesteads can be seen as well as spectacular views of

Moulton Gorge. The terrain is rated from easy to moderate. Level 2, 17 km. Gas \$3. Departs 09:00. LEADER: Dave Armitage, 634-4426

Septemter 25-27 Tweed B&B

Annual B and B weekend. Hiking the Trans Canada Trail and exploring the Tweed area. Cost is approx. \$60 per night (two per room) and includes breakfast. Gas fee approx. \$5. Departs 09:00. For availability and other details contact Bob Chadwick, 352-1052.

Saturday September 29 Frontenac Park

Challenge Hike the Slide Lake Loop from the Big Salmon Lake parking lot, returning via the Cedar Lake Trail. Experience the granite whaleback ridges and the scenic vistas from the Mink Lake lookout and Flagpole Hill. Bring lunch, water and sturdy hiking boots. Be prepared for a long and arduous day. Level 3+, 26 km. Gas \$4 + park fee. Departs 07:30. LEADER: Bill Murdoch, 389-3023.

Sunday September 30 Wolfe Island

Enjoy a leisurely bicycle ride around Wolfe Island.

Meet at the ferry dock in time for the 09:30 ferry.
Level 1, 25 km. Departs 09:30.
LEADER: Bernie Gates, 389-1835.

Sunday September 30 Frontenac Park Challenge
Enjoy the scenic landscape as you take a relaxing walk around the Arab and Doe Lake Trails. Level 1, approx. 5 km. Gas \$4 + park fee. Departs 09:00.
LEADER: Gloria Seeley, 546-2503.

Saturday October 6 Rock Dunder
Climb to the summit, have lunch at the top and enjoy spectacular views of the autumn leaves. A short rugged hike. Level 2. Gas \$3. Departs 10:00
LEADER: Peck Peckover, 544-9190

Sunday October 7 Frontenac Park
Hike the new Bufflehead Trail starting at the Arab Lake parking lot. Interesting features include a scenic ridge which overlooks a creek valley and beaver ponds. Moderate terrain, relaxed pace. Level 2, 8 km. Gas \$4+ park fee. Departs 09:00
LEADER: Eberhard Heusel, 542-2201

Wednesday October 10 Charleston Lake Provincial Park. Hike the trails at Charleston Lake. Moderate distance, relaxed pace. Level 2. Gas \$5 + park fee. Departs 09:00.
LEADER: Ellen Shepherd, 541-1185

October 12-14

**Rideau Trail Association
30th Annual General Meeting
Camp Merrywood, Port Elmsley**
See page 3 for details and registration form.

Saturday October 20 Frontenac Park Challenge
Hike the Big Salmon Lake Trail. Moderate terrain with many scenic vistas. Lunch at the lookout above campsite 5. Level 2, 19 km. Gas \$4 + park fee. Departs 09:00.
LEADER: Dave Armitage, 634-4426

Sunday October 21 Frontenac Park Challenge
Carol will guide you along the historic Gibson Lake Trail starting from Kingsford Dam. Easy to moderate terrain. Level 2, 14 km. Gas \$4. Departs 09:00.
LEADER: Carol Cain, 548-4556

Sunday October 21 Cataraqui Trail
Hike the Napanee Valley Section of the Trail between Newburgh and Yarker. Interesting villages, relaxed pace. Lunch stop in Camden East. Call the leader for details. Level 1, 11 km. Gas \$3. Departs 09:30.
LEADER: Bob Chadwick, 352-1052

Saturday October 27 Frontenac Park Challenge
Hike the Arkon Loop Trail starting at the Arab Lake parking lot. The main features are the bog complex, mature trees, beaver ponds and autumn colour. Moderate terrain. Level 2, 13 km. Gas \$4 + park fee. Departs 09:00.
LEADER: Audrey Sanger, 384-6244

Sunday 28 October Lemoine Point
Enjoy the autumn vistas as you walk the trails at Lemoine Point Conservation Area. Level 1. Gas \$1. Departs 10:00.
LEADER: Alberta Edgar, 542-9662

Saturday November 3 Cataraqui and Rideau Trails
Starting at Maple Lead Rd., Peter will guide you along the Cataraqui Trail and the Rideau Trail via Upper Rock Lake and Lindsay Lake. Level 2, 12 km. Gas \$4. Departs 09:00.
LEADER: Peter Murray, 382-2824

Sunday November 4 Foley Mountain Conservation Area. Hike the Blue Loop on Foley Mountain. Level 1, approx. 10 km. Gas \$4 + park fee. Departs 09:00.
LEADER: Barbara Pusch, 544-0933.

Hunting Season

The season for hunters using firearms in our area north of Hwy. 401 is November 5-10. It is advisable to stay clear of trails passing over or in the vicinity of private land during this period. For further information call the Ministry of the Environment at 546-4228.

Saturday November 10 Potluck Supper,
6 pm at Peggy Harding's, 14 Greenview Drive. We extend a special invitation to our new members. Bring your favourite dish and B.Y.O.B. If anyone has slides or a video we would appreciate viewing them. Please let Peggy know if you plan to attend.
HOSTESS: Peggy Harding, 546-7202

Sunday November 11 Remembrance Day

Wednesday November 14 Wellesley Island State Park, N.Y. Hike the wooded Riverside Trail system of the Minna Anthony Common Center. Bring identification and if possible out of province health insurance. Level 2, 12 km. Gas \$5. Departs 09:00. LEADER: Bob Chadwick, 352-1052

Saturday November 17 Kingston
Join us for a short invigorating morning walk (9 am to noon) cross country from Fort Henry to Deerview Drive. Level 1, 8 km. Departs 09:00.
LEADER: Barbara Pusch, 544-0933

Sunday November 18 Kaladar
Our morning hike will be on the short but rugged and scenic trail around three lakes in the Sheffield Conservation Area, located about 43 km north of Napanee off Route 41. We will then drive about 7 km north to the Trans Canada Trail crossing and walk west along the Trail for about 6 km before returning. Level 3, total distance 16 km. Departs 09:00, or call the leader if you plan to meet at the trailhead.
LEADER: Watson Ogilvie, 530-2378.

Saturday November 24 Rideau Trail
Hike the Rideau Trail north of Sydenham to the Knowlton Lake area. The main features include an interesting fault line, a deep gully, a pleasant lakeside walk and diverse scenery as you pass over farmland and emerge onto the rocky terrain of the Canadian Shield. Level 2, 12 km. Gas \$3. Departs 09:30
LEADER: Lynn Nolan, 389-8747

Sunday November 25 Gould Lake Conservation Area. Starting from the main parking lot we will hike along the Tom Dixon Trail to the Mica Loop and return along the Wagon Trail. Short but rugged. Level 3, 8 km. Gas \$3 + park fee. Departs 09:00.
LEADER: Margaret Spicer, 530-2308

Saturday December 1 Dessert Party
Party time! Let's get together and start the holiday season with a bang! Bring your favourite dessert to St. Lawrence Place on Ontario St. at 6:30 pm for our annual dessert party.
CONTACT: Barbara Pusch at 544-0933.

Sunday December 2 Rideau Trail
Burn off the effect of those desserts and join up with Jean to hike from Elevator Bay to the Cataraqui Cemetery and return. Level 1, 10 km. Gas \$1. Departs 10:00.
LEADER: Jean Thompson, 544-0340

Saturday December 8 Rideau Trail/Gould Lake
Starting at the gate in Gould Lake Conservation Area we will hike the Ridge Walk and return on the Rideau Trail. Moderate to rough rocky terrain. Level 3, 11 km. Gas \$3 + park fee. Departs 09:00.
LEADER: Bill Murdoch, 389-3023

Sunday December 9 Little Cataraqui Conservation Area. Hike, or possibly ski depending on the weather, at the Conservation Area. Level 1, approx. 10 km. Gas \$1 + area fee. Departs 09:00.
LEADER: Stan Huff, 548-3003

Wednesday December 12 Bath and Parrott's Bay Areas. Hike, or ski weather permitting. Level 1, 10 km. Gas \$2. Departs 09:30.
LEADER: Bob Chadwick, 352-1052

Saturday December 15 Rideau/Cataraqui Trails
Hike through mixed bush in the Skycroft area with views of Stonehouse Lake, return via Cataraqui Trail. Level 2, 20 km. Gas \$4. Departs 09:00.
LEADER: Bill Murdoch, 389-3023

Sunday December 16 Kingston
Spend a pleasant Sunday morning on a short hike from Fort Henry along the waterfront to Ravensview. Level 1. Gas \$1. Departs 10:00.
LEADER: Gloria Seeley, 546-2503

Another Kingston Area Walking Group

Bath's Fairfield-Gutzeit Society has History/Nature walks monthly May-October. Contribution to Society \$5 full day, \$3 part day. Just two trips remain for 2001:

September 19, full day trip - Stirling and the Sager Conservation Area - meet Bath 09:30

October 24, afternoon walk - Napanee and its riverside - depart Bath 13:00

For more information call Bob Chadwick, 352-1052.

Possibilities for 2002: Deseronto and Tyendinaga Indian Territory, Newburgh and the Hell Holes, Bloomfield and Sandbanks Provincial Park, Brighton and Presqu'ile Provincial Park, Picton and Macaulay Mountain Conservation Area, Westport and Foley Mountain Conservation Area, Sacket's Harbor Historical Site in NY State (via Wolfe Island ferries).
Bob Chadwick

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 co-operation of each group member. Parents and guardians are expected to supervise their own children. **See the description of activity levels on page 10.**

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 860-2225.

NOTE: Leaders: please send sign up sheet to Ruth Hutchinson, 168 - 2111 Montreal Road, Ottawa, Ont., K1J 8M8.

Wednesday Walkers

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

Saturday/Sunday September 15-16 Frontenac

Challenge Weekend 1. One of 3 consecutive weekend trips to hike all of the Frontenac Park trails. Level 3 hikes, about 20 km each day, staying over on Saturday night. For further details or to participate contact: John Haley 225-0590

Saturday September 15 Frontenac Park

Day trip, level 3. Long drive. Possible supper stop on way back. Departs 08:30. Gas \$7.
LEADER: David Spector 829-6802

Saturday September 15 Larose Forest

Level 1 hike - seek and identify mushrooms. Depart 09:30. Gas \$5.
LEADER: Bob Bennett 749-7440

Sunday September 16 Gatineau Park

Level 2. O'Brien to MacDonald Bay with stop for snacks or early lunch. Departs 09:30. Gas \$4.
LEADER: Laraine Laughland 723-8851

Saturday/Sunday September 22-23 Frontenac

Challenge Weekend 2. See September 15-16.

Saturday September 22 Kanata Area

Level 1, 7-8 km. Departs 12:30. Gas \$3
LEADER: Bill Grant 820-0697

Sunday September 23 Cycling Mystery Tour

Level 1+. Not more than 50 km. Departs 09:30.
LEADERS: Dennis and Barry Scully 565-7710

Sunday September 23 Kingsmere to Keogan

and return. By way of trail #8. Level 2. Departs 09:30. Gas \$4.
LEADER: Lena Creedy 789-1657

Saturday/Sunday September 29-30 Frontenac

Challenge Weekend 3. See September 15-16.

Saturday September 29 Gatineau Park

Level 2. Departs 09:30. Gas \$4. About 14 km. Enjoy the Fall colours.
LEADER: Jean Sunter 828-6077

Saturday September 29 Stoney Swamp

Level 1. 10 km. Departs 09:30. Gas \$3.
LEADER: Hendrika Exel 836-2153

Sunday September 30 Western Gatineau Park
Level 3. Bushwhacking. Departs 09:30. Gas \$5.
LEADER: John Barron 828-2296

Sunday September 30 Tim Drive to Bell High School New section and Blue Loop. Level 2. 15 km.
Depart 09:00. Gas \$3.
LEADER: Don Grant 828-1026

Saturday October 6 Perth Area.
Hike along the Tay River and return to the Farmer's Market for lunch. Level 1, 10 km. Departs 09:00. Gas \$5.
LEADER: Ruth Hutchinson 749-0990

Saturday October 6 Luskville Falls
Level 2. Departs 09:00. Gas \$5.
LEADER: John DuVernet 738-8021

Sunday October 7 Gatineau Park
Level 2. Departs 09:00. Gas \$5.
LEADER: Don Mitchell 749-9537

Monday October 8 Cycling to Stittsville and return Level 1+. Hamburgers and hot dogs provided for lunch. Departs 10:00. Call leader 2 days beforehand.
LEADER: Geoff Berry 831-5468

Monday October 8 Thanksgiving hike. Pine Road to Herridge Lodge
Pot-luck lunch. Level 1. 11 km. Departs 09:30. Gas \$4.
LEADER: Marilyn Levitan 828-2281

Friday/Saturday/Sunday October 12-14 Annual General Meeting of the Rideau Trail Association. Camp Merrywood, Port Elmsley.
See notice on page 3 for details and registration form. Call in advance to Don Grant 828-1026 to ask for a ride or offer a lift, meeting in Tunney's Pasture at 08:00 if going on Saturday.

Saturday October 13 Carman Trails
Level 1+. Departs 09:30. Gas \$4.
LEADER: Ann Bolster 521-6354

Sunday October 14 Lac Philippe to Lusk Caves
Level 2. Departs 09:30. Gas \$5.
LEADER: Bev Armstrong 738-0310

Saturday October 20 Meech Lake Area
Various trails from P12. Level 2. Departs 09:30. Gas \$4.
LEADER: Alex Bissett 828-4363

Saturday October 20 Slack Road Trails
Level 1. 10 km. Departs 10:00. Gas \$3.
LEADER: Jean Cottam 726-1596

Sunday October 21 Gatineau Park
Level 2. Departs 09:30. Gas \$5.
LEADER: Pat Clarkin 729-2737

Saturday October 27 Gatineau Park
On ski trails. Level 2. About 14 km. Departs 09:30. Gas \$4.
LEADER: Bud Massé 235-4670

Saturday October 27 Dwyer Hill Road to Roger Stevens Drive (Earth Star Loop).
Level 1. 12 km. Departs 09:00. Gas \$4.
LEADER: Ron Hunt 590-7467

Sunday October 28 Murphy's Point
Level 2-. 10-11 km. Departs 09:00. Gas \$5.
LEADER: David Spector 829-6802

Sunday October 28 Pine Road to Herridge Lodge Level 1. 11 km. Departs 09:30. Gas \$4.
LEADER: Donna Shields 823-9841

Saturday November 3 Fringe of Ottawa
Level 1. 6-7 km. Departs 12:30. Gas \$3. Bring a snack.
LEADER: Bill Grant 820-0697

Sunday November 4 The Pulpit
Level 2. Departs: 09:15. Gas \$4.
LEADER: Jane McGann 823-2528

Sunday November 4 Centre Éducatif Forestier de l'Outaouais Near Mayo. Level 1. Departs 09:00. Gas \$5.
LEADER: Helmut Alexander 725-3338

Sunday November 4 Gatineau Park Exploratory
Level 3 hike. 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

Saturday November 10 King Mountain

From P7. Level 2. Departs 09:00.

LEADER: Sam Ludmer 721-2855

Sunday November 11 Rideau Trail

Merrickville to Burritts Rapids. Level 1. 11 km. Possible supper stop afterwards. Departs 09:00 Gas \$5.

LEADER: Peter Freyseng 224-5451

Monday November 12 Kennedy Road

Hike where you aren't allowed to ski. Level 2. 15 km.

Departs 09:30. Gas \$5.

LEADER: Peter Scott 729-9557

Saturday November 17 Lac Philippe to Lusk Cabin

Level 1+. Departs 09:00. Gas \$5.

LEADER: Nanette Whitwam 730-5417

Sunday November 18 Western Greenbelt

Level 1+. 12-14 km. Departs 10:00. Gas \$3.

LEADER: David Spector 829-6802

Saturday November 24 Fortune-Skyline Area

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

LEADER: Grant Malinsky 730-2772

Sunday November 25 Lac Philippe Area

Hike depending on conditions. Level 2. 12 km. Departs 09:00. Gas \$5.

LEADER: Ron Maybury 836-2953

Saturday December 1 Architectural Walk, Sandy Hill.

Level 1. Departs 1:00 pm. Gas \$1.

LEADER: Pat Grant 820-0697

Sunday December 2 Larrimac to Carbide Willson's fertilizer plant. Hike depending on conditions. Level 2.

Departs 09:00. Gas \$4.

LEADER: Marilyn Levitan 828-2281

Saturday December 8 Marlborough Forest

Hike or snowshoe depending on conditions. Level 1+.

Departs 09:00. Gas \$4.

LEADER: Catherine Levesque 446-5620

Saturday December 8. 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. 6:30 pm 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 Cotte before December 6 at 231-5562. Adults only.

Sunday December 9 Greenbelt

Hike or snowshoe depending on conditions. Level 1+.

Departs 10:00. Gas \$3.

LEADER: David Spector 829-6802

Saturday December 15. O'Brien (P11) to Rourke's Clearing Hike or snowshoe depending on conditions.

Level 1. Departs 10:00. Gas \$4.

LEADER: Peter Hawkins 749-2093

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 bushwhacking, some rough spots or obstacles. Boots recommended.

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

Cycling:

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

Level 2 - Some hills, narrower roads, some traffic. Participants should be fit and experienced.

Level 3 - Long hills, narrow roads, excellent fitness and good cycling skills required.

Skiing:

Level 0 - Flat terrain, variable length.

Level 1 - Gentle hills, may be long distance (eg 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.

RIDEAU TRAIL ASSOCIATION - CENTRAL CLUB ACTIVITIES

The meeting place for Central Club activities is Conlon Farm in Perth at 9am, unless otherwise indicated. To reach this recreation area, turn right from the main street (Gore Street) onto County Road 10 towards Westport, and take the third road to the right (Conlon Drive) to the Conlon Farm parking area. Come prepared for the conditions: bring water, lunch, bug spray, rain gear, etc. If in doubt, call 264-8338. See activity levels on page 10.

Sunday, September 8 Slide Lake Loop Frontenac Park from Perth Road. This is a Level 3 hike for about 15 km. Views are often spectacular and is a favourite of the club. Join us at Conlon Farm at 9am. AS LOOPY AS IT GETS. Leader: Bruce Gourley 267-3030

Saturday, September 23 Lavant Station to Snow Road.

Following the hike we will have supper at MacDonalds Corners. Meet at Conlon at 9am. Keeper of the straight and narrow track, Chris McGuire 268-2447

Friday, Saturday, Sunday, October 12, 13, 14 Rideau Trail Association Annual General Meeting Camp Merrywood, Port Elmsley. See page 3 for details and registration form. Central club members can register by calling George Pancyr at 264-0228 before September 21.

October 15 - 21 Bruce Trail
Leader: Don Sherwin 268-2447

Sunday, October 28 - Ragged Chutes, Mississippi River . Once again we will be visiting Ted Pearl to

enjoy his fall splendours. Level 3 - bushwacking involved. Shoes with a firm grip should be worn. Meet at Conlon at 9am. Leader with a crown at the end; Bruce Gourley 267-3030.

Saturday, November 10 - Lally Homestead to McLaren Lake. We will be diverting off trail and bushwacking across a "dreamed-of " part of the trail. Level 2. Meet at Conlon at 9am. Leader of the Dream Team, Dave Miller 826-2336

Sunday, November 25 - Big Salmon Lake Frontenac Park. We are determined to carry out this hike despite the pitfalls of the past. It will be a long day as we may have to hike in from the main office parking lot to the lake and back again. Level 3 ,about 25 km. Meet at Conlon at 9am. Determined-as- they-get leader, Ernie Trischuk 283-8112

Sunday, December 8 - Murphy's Point Area
Year end wrap up, pot luck after. Level 1. Meet at Conlon 9am. Call leader for details; Veronica Airth 264-8824.

Gamaraska Trail End to End

Responding to a note in the Spring RTA Newsletter we have begun hiking the Gamaraska Trail. Peter Verbeek has proposed a series of 20-25 km hikes, averaging 4 km per hour, described in the GTA website (www.gamaraska-hiking-trail.ca). Those wanting a demanding set of hikes for the fall might be interested in our experiences thus far. Hikes continue in September. Contact Peter Verbeek at 416-757-3814 (7- 9 pm) or at hikers.net@sympatico.ca

Starting at Port Hope, we found the trail relatively easy, following former railway tracks covered with fine gravel. On the Gamaraska River we saw leaping trout and a fish ladder. As the trail passes through classy Lindsay, the tourist town and lock station of Fenelon Falls, along Burnt River and on to Moore's Falls, it moves from agricultural land and cultivated forest into the Canadian Shield with forest, rocks, beaver dams and more difficult terrain. The "Wilderness Section" beyond Moore's Falls

(to be hiked in September) is harder going, involving backpacking and an overnight camp.

The hikes were well organized by Peter Verbeek with efficient car shuttles and ample short breaks, making for an enjoyable and satisfying experience. The trail is well maintained and marked with white blazes.

Mary and Wilf Bradnock

Volunteer Drivers and Gas Money

Some members volunteering to drive others to RTA events worry that accepting gas money from others may compromise their insurance coverage. The revised (2000) version of the Ontario Standard Automobile Insurance Policy states that:

'Volunteer drivers are covered by the policy at no extra charge. They may accept reimbursement "for their reasonable driving expenses, including gas, vehicle wear and tear, and meals" without being considered to be carrying paying passengers (Section 1.8.1).' **Peter Murray**

What's in a Name ?

As recorded in the Minutes of the October 28, 2000 Annual General Meeting of the Rideau Trail Association Inc., the Chairperson of the Kingston Club moved at the RTA Board meeting of January 20, 2001 to change the name of 'The Rideau Trail Association' to 'The Rideau Hiking Trail Association'.

The rationale for the name change, as provided by the mover, included:

- the positive public relations it would generate among landowners, especially in the Kingston area, where owners are constantly wary of non-hiking traffic along the trail;
- the difficulty that has been encountered in trying to correct internet endorsement of the Rideau Trail as 'a good trail for mountain bikers';
- the need to distinguish between our Trail and the proliferation of other 'Trails' which are not necessarily hiking trails, e.g. snowmobiling trails.

The motion generated intense discussion, both pro and con. Counter considerations included:

- the administrative complications of changing the name;
- the cost of a name change, e.g. signage and letterheads;
- historical/traditional significance of the name;
- possible dilution of the traditional name of the Rideau Trail Association and potential public confusion and loss of goodwill;
- the fact that Clubs regularly schedule activities other than hiking;
- there is no evidence that the proposed change will have the desired effect.

In recognition of many of these concerns, it was recommended that the Board consider an 'operational' name change. As explained, this would involve minimal costs, would leave intact the 'traditional' value of the name, would allow each Club the option of using or not using the word 'hiking' in their operational usage, and would leave the Association name as it currently stands.

While the Kingston Club was amenable to this compromise, opposition continued to be encountered. Therefore it was proposed that a motion be put to RTA members at the next AGM to 'permit Clubs to adopt the operating name of "Rideau Hiking Trail" .

It has become apparent that there will be issues, from

time to time, which will have varying importance for the three Clubs. To attempt to impose overall policies could lead to dissension among the Clubs. For example, the proportion of private land along the Trail differs considerably among the Clubs:

	Kingston	Central
Parks/Recreation	27 km	11 km
Public Roads	51 km	36 km
Private Land	65 km	18 km

In the Ottawa area much of the Trail route is shared with other trails and recreational pathways which permit multiple use. On the other hand, in the Kingston area there is a strong dependence on the generosity and good will of private landowners, and the Club must make every effort to ensure that trail usage accords with landowners intentions.

It is for these reasons that the question of an 'operational name change' will be on the agenda for the Association AGM on October 12-14. Please ask questions, talk to other hikers, seek information, and be ready to vote on the question.

Motion: Whereas: (a) there is a marked difference in the ownership of lands among the three Clubs making up the Rideau Trail Association; and (b) such composition emphasizes differences in the use of such lands among the three Clubs; and (c) the solutions for managing such differences may vary among the three Clubs;

and whereas it is desirable to maintain the existing name of the Rideau Trail Association Inc., without change, in issues related to the Association as a whole;

Therefore be it resolved that Bylaw #17 be amended by adding the following:

17.1 Any Rideau Trail Club may use the name "Rideau Hiking Trail" for operational purposes, in place of or in addition to the name "Rideau Trail", according to its preference in particular circumstances. For the avoidance of doubt, the Rideau Trail Association shall continue to use its existing name for all purposes, including its publications and communications.

Cam Hodges, Chair

Kingston Club of the Rideau Trail Association,

Rideau Trail: New and Rerouted Trails

The following new routes are now in effect on the **Rideau Trail, in the Ottawa Section:**

There is a new route at the schoolhouse, called the **Hydro Line Loop**, north of the McKenna Road, as follows: The Hydro Line Loop leaves the McKenna Road about 100 metres west from the exit of the west boundary path. It proceeds northwest, passing through an old cedar wood before reaching open fields. It crosses these fields and proceeds north into brush and passes over a very small creek before reaching more fields. Here it divides into two: clockwise around the loop, the west side crosses a fence line and enters a large field. Heading northwest, the trail crosses the field and then skirts the edge, passing in and out of cedar bush until it turns northwest along a track. Crossing the hydro right-of-way, it passes through a gate and proceeds along the north side of the right-of-way, and after 400 metres it turns south and returns along the south side. At a hydro tower by a fence, it turns south and meanders through mixed brush. After 500 metres it crosses the fence and rejoins the rest of the trail.

Greenbelt Blue Loop: This loop begins at the catwalk near the south end of Stony Swamp. From the south end of the catwalk, the blue loop leads to the right (southeast) over fissured pavements and slabs of Ottawa limestone for at least 1 km to a lime kiln, recently reconstructed by the NCC. This blue trail meanders along the edge of the small escarpment on which the kiln was built and crosses an old cedar rail fence, passing through a variety of cedar and hardwood forest and providing a view of the adjacent marsh. Past the lime kiln, the blue loop proceeds northeast, through a grove of tamaracks, to Moodie Drive. The trail follows Moodie Drive northwest about 200 metres before entering the bush on the east side, along an old bush road. The trail shortly joins the outside loop of the NCC Jackpine Trail, which it follows for several hundred metres. It leaves the Jackpine Trail and heads north on ski trail 25, which it follows to Parking Lot 10 on Hunt Club Road. The loop exits the parking lot from the southwest corner and heads south. Shortly after passing under the hydro line, the trail leaves the NCC ski trail and enters a pine plantation. At the turn, look for the limestone foundation of the Lenahan

farmhouse. The Lenahans, early farmers on this limestone ridge, are mentioned as owners of this property in the 1879 Carleton County Atlas. The loop trail passes through an old cedar grove, through a wet section before crossing an alvar and arriving at Moodie Drive. Crossing Moodie Drive, the loop trail enters the NCC's Stony Swamp Sector, goes through Parking Lot 8 and shortly after passes the Wild Bird Care Centre. The NCC interpretive trail ends at a raised catwalk that includes an observation point overlooking a large swamp, but the loop trail continues. After about 1 km the loop is completed as the trail returns to the catwalk.

The following **minor reroutes have been carried out in the Kingston Section:** These are minor changes and will not show on the RTA maps.

On **Parkview Avenue**, which runs south of Princess Street for about 500 metres, the markers have been moved from one side of the road to the other. This means that the Trail is not on the sidewalk, but on an unpaved grassy strip with trees abutting the road.

The Trail running south from the **Freeman Road (Map 2)** has been rerouted for about 200 metres to oblige a landowner. The net effect is that going north on the Trail one hits the Freeman Road 100 metres or so to the east of the original intersection. Going north from the Freeman Road, the Trail skirts Knowlton Lake before turning east along a cottage road. The Trail has been rerouted to intersect with the cottage road about 200 yards from the end of the road.

Linda Hayes

Legacy Trail Event - Kingston

Mothers' Day, Sunday May 13, 2001, was sunny and warm at Emma Martin Park in Kingston. Fifty guests attended, including the MLA and representatives from City Hall, hiking clubs, Hike Ontario, outdoor groups and the Urban Wanderers.

Moir Drummond and Peggy Harding coordinated a cleanup of the park (an annual event) before the invited guests arrived. Peck Peckover and Jean Thompson made arrangements for food, drink, chairs, and a large tent. George Muirhead topped it off with a hike along some of the waterfront with stories of years gone by.

Ontario's Legacy Trails are promoted by Hike Ontario.

Bill Murdoch

Highlights of the RTA Board of Directors Meeting - July 28, 2001

The summer meeting of the RTA Board of Directors took place on July 28, 2001 at Murphy's Point Provincial Park.

The president welcomed Tony Parfitt as the new representative of the Kingston Club and Bob Gordon as the Kingston newsletter editor (fall and spring editions)..

The new Rideau Trail guidebook will be available from the printers on or about September 1. There was considerable discussion as to how best to market the guidebook and which organizations would receive free copies. The board is looking for a volunteer help develop and implement formal written procedures for distribution, storage and accounting control of the guidebooks.

The board discussed the idea of having a reverse text prepared for the written description of the Rideau Trail. At the moment there is a volunteer who is prepared to do this rather painstaking work. Since there would be some cost involved in printing such a text, the board decided to ask the membership at the AGM how many would be interested in buying a reverse text. If there is sufficient interest the project will be implemented.

The three clubs reported on their initiatives to make new members welcome. Such initiatives include special invitations to new members for social events, special activities for new members and telephone invitations to hikes.

The board voted to join the Friends of the Rideau Canal on a trial basis at a cost of \$20 a year. It was felt that the organization complements the activities of the RTA.

The board reaffirmed its policy of nondisclosure of membership information to commercial organizations.

The 2001-02 RTA budget was examined and will be submitted for approval at the AGM. Preparations for the AGM are advancing well.

Membership is growing somewhat. We had 716 regular members on July 20 compared with 613 at the same time last year. There has also been an increase in life memberships. The reminder campaign for late renewing members has been very successful.

James Mabbutt

End-to-End Rideau Trail Hikes Arranged by the Toronto Bruce Trail Club

If interested, **pre-register with Tom Hall**, 416-239-6578 (9 am-10 pm) or e-mail: tomjhall@home.com or **Larry Haigh**, 416-487-7216 (anytime).

This is a chance to hike the 300 km Rideau Trail in the rugged Canadian Shield from Kingston to Ottawa. Traverse through an area of varied geological and ecological systems, steeped in early Canadian history. The end-to-end hikes will take place in three 5-day segments (The Thanksgiving Weekend 2001 segment is described below, and further segments are planned for Canada Day and Labour Day 2002 weekends.)

Saturday, October 6, Rideau Trail - Cataraqui Marshlands Conservation Area. Level II Car Hike, 19 km. No dropouts, Map 1, Rideau Trail 5th ed, End-to-End # 1 of 15. Hilly, rocky, moderate pace, hiking boots, pre-registration. Depart 08:30, Map 1 (Rideau), km 18.9, Van Order Rd.

Sunday, October 7, Rideau Trail - North of Kingston. Level II Car Hike, 20 km, no dropouts, Maps 1 & 2, Rideau Trail 5th ed, End-to-End # 2 of 15. Hilly, rocky, moderate pace, hiking boots, pre-registration. Depart 08:30, Map 2 (Rideau), km 39.1, Gould Lake Conservation Area.

Monday, October 8, Rideau Trail - Frontenac Provincial Park. Level II Car Hike, 22.6 km, no dropouts, Maps 2 & 3, Rideau Trail 5th ed, End-to-End # 3 of 15. Hilly, rocky, moderate pace, hiking boots, pre-registration. Depart 08:30, Map 3 (Rideau), km 61.7, Perth Rd.

Tuesday, October 9, Rideau Trail - Precambrian Shield. Level II Car Hike, 18 km, no dropouts, Maps 3 & 4, Rideau Trail 5th ed, End-to-End # 4 of 15. Hilly, rocky, moderate pace, hiking boots, pre-registration. Depart 08:30, Map 4 (Rideau), km 80.0, Skycroft Campground - Lake Opinicon

Wednesday, October 10, Rideau Trail - Lake Opinicon. Level II Car Hike, 21.5 km, no dropouts, Maps 3 & 4, Rideau Trail 5th ed, End-to-End # 5 of 15. Hilly, rocky, moderate pace, hiking boots, pre-registration. Depart 08:30, Map 4 (Rideau), km 101.5 corner of Perth Rd.

Tom Hall

Rideau Trail - Kingston Club: Winter Get-Away Weekend for 2002

Location: Hotel L'Estérel, Laurentians Dates: February 8 - 10, 2002

Hotel L'Estérel is a cross-country ski resort north of Montreal. The hotel has groomed cross-country trails, leading from the door. Trails are available at all levels of difficulty. Expert trails access the Laurentian trail network. Other outdoor activities include snowshoeing, skating, and sleigh rides.

The hotel's indoor facilities include track, courts, heated pool, whirlpool, and sauna. Facilities available for group activities such as bridge and scrabble. A "get-acquainted program" on Friday (before supper) and a Saturday evening program will be planned. Evening program offerings welcomed.

Gourmet meals are fixed table d'hôte dinners on Friday and Saturday evenings, full breakfasts Saturday and Sunday mornings, and a buffet supper Sunday (late afternoon). Gratuities are included. Bag lunches may be ordered. Cost for the weekend is \$280 per person double occupancy or \$380 single.

Departure from Cataraqui Town Centre at 9:00 a.m. Friday February 8 with arrival at about 1:00 p.m. Konrad Wolf, a RT member, is our bus driver. Since all rooms may not be available, bring a lunch and dress for your preferred activity. We return to Kingston about 9:30 p.m. on Sunday February 10.

We have reserved 40 double rooms. A payment is due to the hotel on September 30 with final payment on January 2. We require a deposit of \$80 per person on registration, with the balance payable by post-dated cheque dated December 30. Make cheques payable to **Rideau Trail in Trust**.

Please return your completed registration form with your deposit and post-dated cheque. Available rooms will be allotted in order of registration with priority given to bus passengers and members. You are urged to **register early** to avoid disappointment. Those unable to travel on the bus will be refunded their share of bus transportation costs after all bills are settled. Enquiries: Lars at 389-8747.

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND (Feb 8-10) 2002

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 \$200 per person double occupancy, or \$300 single occupancy, totalling \$ _____ (to Rideau Trail in Trust)

I wish to room with _____ Prefer non-smoking ____ Smoking ____

I/We have the following dietary restrictions _____

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 1 may not receive a full refund if replacements are not available.

Cut out and mail to: Lars Thompson (Ski Weekend 2002) 832 Wartman Avenue, Kingston K7M 4M5



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

Canada Post
Publications Mail
Agreement No. 1650440

**THE 30TH ANNUAL GENERAL MEETING OF THE
RIDEAU TRAIL ASSOCIATION WILL BE HELD AT
CAMP MERRYWOOD, PORT ELMSLEY, OCTOBER 12-14, 2001**

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, Ontario, 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 | ** \$22.00 |
| (6th edition, 2001) Non-Members | ** \$27.00 |
| () 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 |
| () Donation RTA | * \$ _____ |
| () Donation RT Preservation Fund | * \$ _____ |

PLEASE INDICATE YOUR INTERESTS

Serving on Executive () Construction ()
Trail Maintenance () Leading Hikes ()
Leading x/c Ski Outings () Newsletter ()
Other (specify): _____

PLEASE INDICATE MEMBERSHIP CATEGORY

Renewal () Already Life Member ()
New Member () Complimentary Member ()

Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____

Telephone: _____

Prices subject to change

TOTAL \$ _____

* Qualifies for income tax credit

** Includes postage and handling