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# The Rideau Trail NEWSLETTER

SUMMER 2002

ISSUE NO. 124



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

Guidelines for Newsletter submissions are available from the Editor on request. Submissions for the next Newsletter are encouraged and should be sent, to arrive by **November 1<sup>st</sup>, 2002**, to:

**Bob Gordon**

**266 College Street**

**Kingston, Ontario, K7L 4M2**

**e-mail: [gordonr@queensu.ca](mailto:gordonr@queensu.ca)**

**Telephone: 613-544-9893**

Text should be typed or mechanically printed. Pictures are also 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, opinions expressed in this Newsletter are not necessarily those of the Rideau Trail Association.

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## **THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS**

|                         |          |                      |            |          |
|-------------------------|----------|----------------------|------------|----------|
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| Vice President          |          | David Armitage       | Kingston   | 634-4426 |
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|                         | Kingston | Tony Parfitt         | Kingston   | 382-7835 |
|                         | Central  | John Miller          | Perth      | 264-8338 |
| Club Representatives    | Ottawa   | Bill Grant           | Ottawa     | 820-0697 |
|                         | Kingston | Vacant               |            |          |
|                         | Central  | Don Sherwin          | Perth      | 264-0759 |

**Rideau Trail Association**

**P.O. Box 15**

**Kingston, Ontario**

**K7L 4V6**

**RTA Web Page:**

**Electronic Mail:**

**Club Telephone Numbers:**

**[www.ncf.ca/rta](http://www.ncf.ca/rta)**

**[rta@ncf.ca](mailto:rta@ncf.ca)**

**Kingston: 613-545-0823**

**Central: 613-264-8338**

**Ottawa: 613-860-2225**

| <b>Picture Credits</b> | <b>Courtesy of</b> | <b>Subject</b>                                             |
|------------------------|--------------------|------------------------------------------------------------|
| COVER:                 | Judith Hawkins     | Peter Hawkins: New Association President in Hiking Regalia |
| PAGE 14:               | John Haley         | Waterfall near Lariault Trail, Gatineau Park               |

## From the President

One day last spring I had lunch at the Beveridge Locks with a through-hiker. We had hiked together from Perth and would finish that day at Port Elmsley. The day was sunny and comfortable; the trail was well maintained. It was a very pleasant experience overall. As I sat enjoying my sandwich I realized that my enjoyment was due to the hard work of many of volunteers.

Our organization is volunteer driven. Without the trail maintainers, the negotiations with property owners, the trail planners, the hike leaders, and all your board and executive members, there would not be a Rideau Trail. If no one submits an event to the Activity Coordinator, then very likely nothing whatsoever will take place. No volunteer hike leaders mean no hikes. A sad thought.

Each of us can act to prevent this from happening. Offer to lead a hike, or arrange to learn a trail from someone who already knows it, and then lead it yourself. Help out with maintenance. Go on an exploratory hike to learn more. Ask your club's activity co-coordinator to suggest possible hikes that you could lead.

Get involved and our club will continue to thrive (and so will we). See you on the trail.

**Peter Hawkins**

## Volunteer Needed

Like many other organizations, the RTA is facing challenges associated with insurance. Our Board Treasurer, Rolf Calhoun, would appreciate the help of a club member with expertise in the insurance field to help explore insurance options.

Please call Bill Grant (820-0697) if you are interested in finding out more about this opportunity to contribute to the RTA.

## Ottawa Club Annual General Meeting

The Ottawa Club Annual General Meeting was held on Friday evening, April 19 at St. Giles Presbyterian Church. Forty-one Ottawa Club members and guests attended the business meeting and presentation.

The Club Executive reported on the activities and achievements of the past year, including the opening of the major trail re-route from Acres Road to the Stoney Swamp area near the lime kiln, and the new blue loops in that area. Turnout for activities was very good, especially for the Tuesday Moonlighters and Wednesday Walkers.

Members who volunteered their time and efforts to the Club and the Association were thanked for their dedication and hard work. However, the need for new volunteers to come forward as hike and activity leaders was stressed.

The Club Executive listed below was acclaimed. Note that the position of Activities Coordinator is vacant. It is important to fill this position to ensure that the scope and variety of activities members have come to expect is maintained. Anyone interested is requested to contact Bill Grant or Grant Malinsky.

Following refreshments, Alex Bissett gave a slide presentation entitled "Travel and Hiking in the Patagonia Region of Argentina and Chile". The spectacular mountain and glacial scenery, the vast plains and the enticing hiking trails impressed us. Interesting views of the Cities of Buenos Aires and Ushuaia were presented, as well as scenes of wildlife, such as penguins and sea lions. Thanks to all attendees and to Alex for his wonderful slide presentation.

### Grant Malinsky

#### Ottawa Club Executive:

|                   |                 |          |
|-------------------|-----------------|----------|
| Chair             | Grant Malinsky  | 730-2772 |
| Vice Chair        | Don Grant       | 828-1026 |
| Secretary         | Linda Rea       | 692-0958 |
| Treasurer         | Coby Fuykschot  | 722-6022 |
| Trail Coordinator | Graham Creedy   | 789-1657 |
| Activities        | Vacant          |          |
| Publicity         | Ken Buckingham  | 234-5543 |
| Media Relations   | Marilyn Levitan | 828-2281 |
| Human Resources   | Bill Grant      | 820-0697 |
| Newsletter Editor | Janice Miller   | 233-2833 |

## Bears

Bears hold a fascination for many of us - we would like to see one while we are hiking, as long as it is at a comfortable distance. Mostly we are far less aware of them, when we are in their territory, than they are of us.

In decreasing order of potential hazard, and recognizing that colours vary, North American bears can be classified as white (polar) bears, brown (grizzly) bears, black bears, and teddy bears. The first two varieties are not present in this area, and although I have seen examples of each of the last two varieties on hikes here, the rest of this article refers only to black bears (*Ursus americanus*) and is not necessarily applicable to any of the other varieties.

Black bears are typically bigger than us, weighing up to about 600 lbs, can run faster than us, climb trees better than us, are stronger than us, and can swim well. They are intelligent; they remember food locations and can travel great distances to them. Despite these advantages, they tolerate us well and rarely create a fuss.

Black bears spend winters (mid-November to early April) in their dens, although they do not actually hibernate, and the rest of the time they spend mostly foraging for food. Ninety percent of their diet is plant materials, especially berries and nuts when these are available, but they also eat insects and scavenge carcasses of larger animals, and may prey upon deer fawns, small woodland mammals, and beaver. And, of course, our food and garbage, when we are foolish enough to leave it for them.

Black bears are generally timid and avoid humans, so the chances of seeing a bear on a hike are small, but it does happen. And then, you may want to know what to do about it. First, what not to do: do not approach the bear, and do not turn and run away from it. Instead, stop, facing the bear, and back away slowly or wait for the bear to leave. If you are in a group, stay together; if you have a dog, keep it under control and away from the bear. If you are between a mother bear and cubs (the cute, smaller ones), move out of the way. If the bear is in a tree, leave it alone and move away.

If the bear comes after your food, make sure that the bear has a clear escape route, then wave your arms about to make yourself appear bigger, and yell or make a noise to encourage the bear to leave. If it still doesn't leave, or makes huffing sounds or paws the ground to tell you that you are too close, slowly back away, watching the bear.

It is extremely rare for a black bear to attack a person, but if the bear tries to approach as you back away, stop and behave aggressively, making a noise, throwing rocks or sticks at the bear, and using pepper spray if you have it and are very close. If the bear continues to approach, resume backing away slowly and continue to be aggressive towards the bear. Do not "play dead" with a black bear, but continue to fight back to persuade the bear to stop its attack. As mentioned, this is an extremely rare situation (6 incidents in Ontario in the last 100 years).

Black bears are visually attracted to brightly coloured clothing as much as half a mile away, so natural colours for clothing and gear may be preferable. Bear bells are more annoying to other hikers than useful as a warning for bears, who may mistake them for a bird sound. A clap is much more effective because it is like the sound of a stick breaking, or of course you can step on a stick.

For more information:

"Living with Black Bears in Ontario", Ontario Ministry of Natural Resources, [www.mnr.gov.on.ca/MNR/bears/](http://www.mnr.gov.on.ca/MNR/bears/)  
"Adirondack Black Bears", SUNY College of Environmental Science and Forestry, [www.esf.edu/pubprog/brochure/bears/bears.htm](http://www.esf.edu/pubprog/brochure/bears/bears.htm)  
Wild Things, "The Blend In Theory" by David Petersen, Backpacker, October 2000, pages 29-31.

**John Haley**

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## END-TO-END AWARDS

Anyone who has completed hiking the Rideau Trail and would like to receive an End-to-End certificate and badge at the AGM should submit a letter to the RTA Secretary:

Shawn Hutchinson  
13 Westcliffe Road  
Nepean, Ontario K2H 7X3

Include your name and address and something about your hiking of the Trail, including your starting and finishing dates. Comments about the state of the Trail will be forwarded to the Guidebook Editor or Trail Maintainers.

Please ensure that your letters reach the Secretary by September 1 to allow time for preparing lists, letters, badges, certificates, and presenters.

Please indicate whether you will attend the AGM or prefer to have your award mailed to you after the event.

## RIDEAU TRAIL ASSOCIATION - OTTAWA CLUB ACTIVITIES

The meeting place for all Ottawa Club activities, UNLESS OTHERWISE SPECIFIED BELOW, is the parking lot of the R.H. Coats Building (Stats Canada) in Tunney's Pasture on the west side of Parkdale Avenue just north of its intersection with Scott Street. OC Transpo riders use the stop for Tunney's Pasture. The times given below are departure times.

Scheduled activities take place regardless of the weather. For more information about a particular activity, call the leader at the number listed. If you are unable to reach a leader, or for general information, call the Ottawa Club at **860-2225**.

Transportation is by pooling of private cars, and passengers contribute to the driver's costs. Any other fees, e.g. for parking and entry to Conservation Areas, are shared among driver and passengers.

Participants should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing. Leaders, please send sign up sheets to John Haley, 55 Maple View Crescent, Nepean, Ontario K2G 5J7.

### The Moonlighters

Every Tuesday evening until August 27 there will be a Level 1-2 hike, always within a 30-minute drive. A tentative list appears below. Meet at Tunney's Pasture by 17:55 to depart at 18:00 sharp. Hikes last until sunset or shortly after (20:00-21:00). Bring water, snack, bug repellent, and flashlight.

COORDINATOR: Laraine Laughland 723-8851

|                  |                                               |          |
|------------------|-----------------------------------------------|----------|
| <b>June 4</b>    | <b>Kingsmere to Black Lake</b>                |          |
|                  | Lena Creedy                                   | 789-1657 |
| <b>June 11</b>   | <b>Blanchet to the Pulpit</b>                 |          |
|                  | John Crysedale                                | 728-9192 |
| <b>June 18</b>   | <b>The Ramparts</b>                           |          |
|                  | John Haley                                    | 225-0590 |
| <b>June 25</b>   | <b>Pine Road to Herridge</b>                  |          |
|                  | Marilyn Levitan                               | 828-2281 |
| <b>July 2</b>    | <b>McCloskey to Western</b>                   |          |
|                  | Marion Dunning                                | 232-8304 |
| <b>July 9</b>    | <b>Mont Bleu to Pink Lake</b>                 |          |
|                  | Donna Shields                                 | 823-9841 |
| <b>July 16</b>   | <b>Keogan to Fortune Valley</b>               |          |
|                  | Grant Malinsky                                | 730-2772 |
| <b>July 23</b>   | <b>O'Brien to Capucin Chapel</b>              |          |
|                  | Margaret Lafrance                             | 692-1810 |
| <b>July 30</b>   | <b>Kingsmere/Skyline</b>                      |          |
|                  | Peter Scott                                   | 729-9557 |
| <b>August 6</b>  | <b>Black Lake area</b>                        |          |
|                  | Marion Dunning                                | 232-8304 |
| <b>August 13</b> | <b>O'Brien towards Larrimac (&amp; swim?)</b> |          |
|                  | Marilyn Levitan                               | 828-2281 |
| <b>August 20</b> | <b>Greenbelt</b>                              |          |
|                  | Jean Sunter                                   | 828-6077 |
| <b>August 27</b> | <b>To Be Determined</b>                       |          |
|                  | John Haley                                    | 225-0590 |

### The Wednesday Walkers

Every Wednesday there are Level 2-3 hikes in Gatineau Park. Departure time is 09:30. Call Dorothy Belter (523-4420) or Nanette Whitwam (730-5417) for meet location.

#### **Saturday June 8 Frontenac Park**

Level 3 hike. A long day with a supper stop on the way home. Departs 08:30. Gas \$7.

LEADER: David Spector 829-6802

#### **Sunday June 9 Meech Lake to Larrimac**

Level 2 hike in Gatineau Park. Departs 08:30. Gas \$4.

LEADER: Marilyn Levitan 828-2281

#### **Friday June 14 Evening Canal Walk**

Level 1. Meet at Dow's Lake Boathouse at 18:00 (6 p.m.). Possible parking across the street.

LEADER: Hendika Exel 836-2153

#### **Saturday June 15 Wolf Trail, Gatineau Park**

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

LEADER: Marion Dunning 232-8304

#### **Saturday June 15 Gatineau Park**

Level 3, from Cregheur Road to The Pulpit (Tawadina).

A long hike with steep ascents & rugged terrain; good physical condition required. Departs 10:00. Gas \$4.

LEADER: Peter Hawkins 749-2093

#### **Sunday June 16 Stony Swamp**

Level 1 hike from P8 (Moodie Drive), about 10 km.

Departs 09:30. Gas \$3.

LEADER: Hendika Exel 836-2153

#### **Sunday June 16 Canoe the Kemptville Creek**

Level 1 canoe outing followed by a short walk in Kemptville for an ice cream or hot drink. Call the leader if you need a canoeing partner. Departs 10:00. Gas \$5.

LEADER: Margaret Lafrance 692-1810

**Friday June 21 Evening Cycle to Aylmer Marina**

Level 1. Celebrate the first day of summer and the longest day with an easy cycle ride. Departs 18:00.

LEADER: Marilyn Levitan 828-2281

**Saturday June 22 Westport to Narrows Lock**

Level 2 hike, with possible swim, on a scenic section of the Rideau Trail. Departs 08:30. Gas \$6.

LEADER: Don Grant 828-1026

**Saturday June 22 MacNamara Trail, Arnprior**

Level 1. This short interpretive trail created last year is very interesting, and with luck we may see fringed lady slippers. Tea stop in Arnprior. Departs 10:00. Gas \$5.

LEADER: Bill Grant 820-0697

**Sunday June 23 Westport to Bedford Mills**

Level 2 hike on the Rideau Trail. Departs 08:30. Gas \$6.

LEADER: Ron Hunt 590-7467

**Friday June 28 Reservation Deadline**

Latest date to reserve & pay for Social BBQ and optional golf on July 12.

CONTACT: Marilyn Levitan 828-2281

**Saturday June 29 Western Gatineau Park**

Level 1 half-day hike. Brisk morning walk on country roads and woodland trails. Bring snack. End with a swim at leader's house, weather permitting. Departs 08:30. Gas \$2.

LEADER: Ann Bolster 819-684-8781

**Sunday June 30 Gatineau Parkway Cycle**

Level 2 cycle outing. Departs 09:30.

LEADER: Bev Armstrong 738-0310

**Saturday July 6 Frontenac Park**

Level 3 hike. Long drive, probable supper stop on way back. Departs 08:30. Gas \$7.

LEADER: David Spector 829-6802

**Saturday July 6 Gatineau Park**

Long level 3 hike from P17, possible swim. Refreshment stop after at Wakefield Mill. Departs 09:00. Gas \$4.

LEADER: Ann Lane 741-3184

**Saturday July 6 By The Ottawa River**

Level 1 walk to Champlain Bridge, return on Quebec side, with probable stop for refreshments. Distance depends on the temperature. Departs 09:30.

LEADER: Coby Fuykschot 722-6022

**Sunday July 7 Family Hike & Swim**

Level 1. Lac La Pêche from south (Steeles Road), about 8 km. Children welcome. Departs 09:30. Gas \$5.

LEADER: John Barron 828-2296

**Sunday July 7 Rideau Trail**

Level 2. Hope Side Road to Moodie Drive, about 14 km. Call leader 2 days in advance to arrange car pooling from Tunney's Pasture. Departs 09:30. Hike starts from Hope Side Road at 10:00. Gas \$3.

LEADER: Fred Grodde 269-4306

**Friday July 12 Social BBQ & Optional Golf**

at Dunnderosa Golf Club, 11 Notch Road, Chelsea. BBQ is at 7:30 p.m., cost \$15 (all-in except drinks). Optional golf (9-hole, par 3) costs \$13 with tee-off times from 5:00 p.m. Reservations and payment required by **June 28**.

For any further details and to reserve,

CONTACT: Marilyn Levitan 828-2281

**Saturday July 13 Exploratory Hike**

Level 3. Probable Swim. Departs 09:00. Gas \$4-5.

LEADER: Marilyn Booth & Don Carpenter 730-3879

**Saturday July 13 Ben Lake & Lac La Pêche**

Level 2 hike and swim. Departs 09:30. Gas \$5.

LEADER: Ron Maybury 836-2953

**Sunday July 14 Westport**

Level 2. Short hike, long swim, ice cream stop afterwards. Bring lunch, water, swimsuit, insect repellent. Departs 09:00. Gas \$6.

LEADER: Margaret Lafrance 692-1810

**Sunday July 14 Torbolton Woods**

Level 1. A hot hike, about 6-7 km., in Constance Bay area, followed by a cooling swim. Optional refreshments after. Departs 12:30. Gas \$4.

LEADER: Bill Grant 820-0697

**Saturday July 20 Rideau Trail**

Level 2+. Narrows Lock to Murphy's Point Provincial Park, 18 km. Departs 08:30. Gas \$6.

LEADER: Don Grant 828-1026

**Saturday July 20 Western Greenbelt**

Level 1+. Trails 29, 26, 11, about 15 km. Departs 10:00. Gas \$2.

LEADER: Jean Cottam 726-1596

**Sunday July 21 Gatineau Park, O'Brien Area**

Level 3. Hot, sticky afternoon exploration, mostly off-trail through dense bush, swamps, insects, etc. No great distance but it should be fairly intense. Departs 12:30. Gas \$4.

LEADER: Graham Creedy 789-1657

**Saturday July 27 Gatineau Park**

Level 1 hike and probable swim. Departs 09:30. Gas \$5.

LEADER: Nanette Whitwam 730-5417

**Saturday July 27 Gatineau Park**

Level 2 hike, probably 12-15 km. Departs 09:30. Gas \$4.

LEADER: Alex Bissett 828-4363

**Sunday July 28 Gatineau Park**

Level 2 hike, possible swim. Departs 09:30. Gas \$4-5.

LEADER: Pat Clarkin 729-2737

**Saturday August 3 Gatineau Park**

Level 2 hike, with a good viewpoint. Departs 09:30. Gas \$4-5.

LEADER: Don Mitchell 749-9537

**Monday August 5 Gatineau Park**

Level 1-2 hike to Clear Lake with swim. Possible park fee. Departs 10:00. Gas \$5.

LEADER: Marilyn Levitan 828-2281

**Saturday August 10 Gatineau Park**

Level 2+. Lusk Falls area. Departs 09:00. Gas \$5.

LEADER: Graham Toulson 247-0677

**Saturday August 10 Greenbelt**

Level 1. Trails 30-33 in Sportsplex/Slack Road area, about 8 km. Bring lunch. Departs 10:00. Gas \$2.

LEADER: Jean Cottam 726-1596

**Sunday August 11 Rideau Trail & NCC Loops**

Level 1+. South from Corkstown Road Parking Lot 3, about 12 km. Departs 09:00. Gas \$2.

LEADER: Jim Mabbutt 521-6313

**Sunday August 11 Canoe - Crotch Lake**

Level 2. Afternoon & evening paddle. Bring your own equipment. Poor weather may cause postponement, so call on Friday, August 9 to confirm and for further details. Departs 12:00. Gas \$6.

LEADER: Marilyn Booth & Don Carpenter 730-3879

**Saturday August 17 Gould Lake**

Level 2+. Rideau Trail and Ridgewalk. Long day. Stop for supper after hike. Departs 08:30. Gas \$7.

LEADER: David Spector 829-6802

**Saturday August 17 Gatineau Park**

Long level 2 hike to Ramparts and The Pulpit. Departs 09:00. Gas \$4.

LEADER: Marion Dunning 232-8304

**Saturday August 17 Rideau Trail**

Level 1. About 8 km. Kettles Road to Franktown Road. Departs 09:30. Gas \$3.

LEADER: Linda Hayes 749-9537

**Sunday August 18 Gatineau Park**

Level 2-. Pine Road to Herridge Lodge, with possible swim at Macdonald Bay. About 11 km. Departs 09:30. Gas \$4.

LEADER: Andrew Macdonald 235-8569

**Sunday August 18 Cycle Outing**

Level 1+ cycle to Stittsville and return. 60 km.

Hamburgers & hotdogs provided for lunch. You must call the leader 2 days before. Departs 10:00.

LEADER: Geoff Berry 831-5468

**Saturday August 24 Gatineau Park**

Level 3 hike in escarpment area, expect hills. Departs 08:30. Gas \$5.

LEADER: John Haley 225-0590

**Saturday August 24 Cycle Outing**

Level 2+ cycle. Carp Hills. 80 km., less if return on bus from Kanata. Departs 09:00.

LEADER: Peter Scott 729-9557

**Saturday August 24 Gatineau Park**

Level 2 hike, Skyline & Fortune area. Departs 09:30. Gas \$4.

LEADER: Grant Malinsky 730-2772

**Sunday August 25 Urban Loop**

Level 1 walk, about 8-10 km., from Tunney's Pasture via Portage and Inter-Provincial Bridges, Market, etc. Bring bus fare if you want to bail out early. Departs 09:30.

LEADER: Christine Banfill 235-8569

**Saturday August 31 to Monday September 2**

See the Kingston Club Schedule for a special challenge for Labour Day and Thanksgiving Day weekends.

**Saturday September 7 Gatineau Park**

Level 2+ hike in Carman Hostel area. Departs 10:00. Gas \$4.

LEADER: Peter Hawkins 749-2093

**Saturday September 7 Kanata Ski Trails**

Level 1, 8 km., bring lunch. Departs 10:00. Gas \$3.

LEADER: Bill Grant 820-0697

**Sunday September 8 Western Gatineau Park**

Level 2+, 18 km. tour of several lakes, with swimming. Mix of trail and bushwhacking. Departs 09:00. Gas \$5.

LEADER: John Barron 828-2296

**Sunday September 8 Murphy's Point**

Level 1 hike of trails in the Provincial Park (park fee to be shared). Possible refreshment stop in Perth afterwards. Departs 09:00. Gas \$5.

LEADER: Peter Freyseng 224-5451

**Saturday September 14 Western Greenbelt**

Level 2. Fallowfield to Robertson Road via Greenbelt Blue Loop. 16 km. Departs 09:00. Gas \$2.

LEADER: Don Grant 828-1026

**Saturday September 14 Photo Ramble**

Carman hostel area. Emphasis will be on fall photography, with a little walking. Bring camera, and tripod if you have one. Suitable for all levels of photographer and hiker. Call the leader if you have any queries. Departs 09:30. Gas \$4.

LEADER: Marg Wood 236-8525

**Sunday September 15 Frontenac Park Introduction**

Level 2-. Explore the Arkon Lake loop at a moderate pace. Possible swim. Late return with possible stop for supper. Park fee. Departs 08:30. Gas \$7.

LEADER: Marilyn Levitan 828-2281

**Sunday September 15 Mica Mine Conservation Area**

Level 2. On Rideau Trail and possibly a new trail in the area. Departs 09:00. Gas \$5.

LEADER: Margaret Lafrance 692-1810

**Sunday September 15 Western Gatineau Park**

Level 3. Off-trail exploration, probably including some unusual routes. Note: you must be suitably equipped and able to travel at a reasonable speed through steep, rough terrain and dense bush to participate in this event. Departs 09:30. Gas TBD.

LEADER: Graham Creedy 786-1657

**Saturday September 21 Gatineau Park**

Level 2. Details TBD. Departs 09:30.

LEADER: Ann Bolster 819-684-8781

**Saturday September 21 Gatineau Park**

Level 2. P17 to Pine Road via Herridge Lodge, about 15 km. Departs 09:30. Gas \$4.

LEADER: Laraine Laughland 723-8851

**Sunday September 22 Gatineau Park**

Level 2. Departs 09:30. Gas TBD.

LEADER: Lena Creedy 789-1657

**Sunday September 22 West Of Ottawa**

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

LEADER: Bill Grant 820-0697

**Saturday September 28 Gatineau Park**

Level 2. Hike on snowshow trail at Lac Philippe, with visit to Lusk Caves. Departs 09:30. Gas \$5.

LEADER: Bev Armstrong 738-0310

## 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.. Shorter, easier hikes can be arranged where conditions permit. If in doubt, call 264-8338.

**Saturday, July 6 Canoe Big Gull Lake**

A full day of canoeing from Coxvale into Big Gull Lake. Meet at Conlon at 9:00 am. Bring canoe (Call early if you need a partner), lunch, bug repellent, etc. Featuring Stomping Don Sherwin 268-2447

**Sunday, July 21 Canoe Day at Park Lake**

This is the place to get lost! Canoe Park and Hurst Lake with a planned side trip to Child Haven and Umpherson Saw Mill (one of the last water-driven saw mills). Taste a little bit of Haven with John Miller, 264-8824.

**Sunday, August 11 Canoe Day.** Joint Level 2 Hike with Kingston Club to Linda's Loup. Southern Crotch Lake. Pot Luck on Linda's Beach at end of day. Leader Linda Sterling. 279-1109.

**Sunday, August 25 Canoe Pike and Crosby Lakes.**

Followed by pot luck at Ivan's cottage on Blake Lake. Call John & Veronica 264-8824.

**Sometime Week of September 8 to 15 Canoe Days in Red Horse Lake/Charleston Lake Area**

We'll stay at Shawmere. Details to be developed.

Leaders: Dave Miller 826-2336 & John Miller 264-8824.

**Sunday, September 22 Hike Slide Lake Loop**

**Level II +.** Our favourite spot that covers a good sample of shield terrain along with glacial scrapes and cool, clear, land-locked lakes. Good boots required. Veer to the left with Veronica Airth, 264-8824.

**Week of October 5 to 11 Bruce Trail – Hike Blue Mountain Section**

Spaces are filling up fast. Limited to 15 persons. Call Ernie Trischuck at 283-8112.

## 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 Princess St. Wear strong footwear and come prepared for weather changes. Bring lunch, water, insect repellent and sunscreen. If in doubt about your ability to cope with the outing, call the leader in advance. Car-pooling will be organized. Levels of difficulty and gas contribution are indicated for each hike. Car entry fees for Provincial Parks and Conservation Areas are to be shared.

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 alternatively Bill Murdoch at 389-3023.

Members willing to be leaders, or who wish to suggest new locations to hike, should contact David Armitage at 634-4426. Leaders should send their sign-up sheets to Joan Bailey at 709 Davis Dr., Kingston K7M 7X5

### **Sunday June 16 Rideau Trail/Frontenac Park**

Hike from the Trail Centre to Flagpole Hill and return. Enjoy the scenic vistas. Level 2, 15 km. Gas \$3 + park fee. Departs 09:00.

LEADER: Stan Huff 548-3003

### **Saturday June 22 Frontenac Provincial Park**

Marie will guide you around the Little Salmon Lake Loop. Experience scenic lakes and ponds as well as the sights and sounds of early summer. Level 3, 17 km. Gas \$3 + park fee. Departs 09:00.

LEADER: Marie Poisson 389-2473

### **Sunday June 23 Rideau Trail/Gould Lake**

Enjoy the spectacular views as you hike from Bedford Rd. to the Gould Lake barn and return. Rugged and rocky terrain. Level 3, 13 km. Gas \$3. Departs 09:00.

LEADER: Audrey Sanger 384-6244

### **Saturday June 29 Murphy's Point Provincial Park**

Hike from Miners Point Rd. and back. Fairly rugged trail, scenic views, possible swim. Level 2+, 15 km. Gas \$5. Departs 09:00.

LEADER: Bob Chadwick 352-1052

### **Sunday June 30 Amherst Island Cycle**

Ride along quiet country roads and enjoy lakeside vistas on this early summer excursion. Meet at the dock in time for the 09:30 ferry. Level 1, about 35 km.

LEADER: Mike Amodio 634-1847

### **Saturday July 6 Depot Lakes Conservation Area**

Hike from the Dam to the Beach and return. Scenic views, lakeside walking. Possible swim. Level 2, 10 km. Gas \$4. Departs 09:00.

LEADER: Bob Chadwick 352 1052

### **Sunday July 7 Foley Mountain Conservation Area**

Hike the blue trails and enjoy the view from Spy Rock as you eat lunch. Possible swim at Little Beach. Level 2, about 10 km. Gas \$4. Departs 09:00.

LEADER: Barbara Pusch 544-0933

### **Wednesday July 10 Gould Lake Conservation Area**

Explore the shoreline by canoe. Enjoy swimming, lazing and lunching at a special island. Rental canoes available. Call the leader for more details or to reserve a canoe before July 8. Rain date Thursday July 11.

LEADER: Peck Peckover 544-9190

### **Saturday July 13 Rideau Trail**

Hike the Slide Lake Loop from Perth Rd. Experience scenic vistas from high granite ridges. Rugged terrain, moderate pace. Level 3, 14 km. Gas \$3. Departs 09:00.

LEADER: David Armitage 634-4426

### **Sunday July 14 Schoolhouse Loops**

Hike the trails at the schoolhouse. Level walking, moderate pace, individual interests can be accommodated. Level 1, variable distances. Gas \$6. Departs 09:00.

LEADER: Bill Murdoch 389-3023

### **Saturday July 20 Rideau Trail**

Hike the trail north of Sydenham to the Knowlton Lake Area. Interesting features include a deep gully, a fault line, and diverse scenery. Level 2, 12 km. Gas \$3.

Departs 09:00.

LEADER: Peter Murray 382-2824

### **Sunday July 21 Frontenac Provincial Park**

Hike the Arkon Loop from the Arab Lake parking lot starting along the east side. The main features include scenic views, beaver ponds and forest-clad ravines. Level 2+, 13 km. Gas \$3 + Park fee. Departs 09:00.

LEADER: Cam Hodges 545-1925

**Saturday July 27 Charleston Lake Provincial Park**

Hike the Tabor Rock Loop Trail in the Park. A scenic spot for lunch and a swim from the rocks or beach after the hike. Level 2+, 10 km. Gas \$5. Departs 09:00.

LEADER: Watson Ogilvie 530-2378

**Sunday July 28 Gould Lake Conservation Area**

Hike the Mine Loop trail to Point Spur. Lunch and swim at a scenic spot. Short but rugged. Level 3, 10 km. Gas \$3 + park fee. Departs 10:00.

LEADER: Peck Peckover 544-9190

**Saturday August 3 Rideau Trail**

Hike beside the Tay River from Perth to Port Elmsley. The main points of interest include waterside scenery, interesting bird life and the Beveridge Locks. Level 1, 15 km. Gas \$6. Departs 09:00.

LEADER: Bill Murdoch 389-3023

**Sunday August 4 Frontenac Provincial Park**

Hike from Big Salmon Lake to the Mink Lake Lookout. Experience breathtaking views of the surrounding countryside. Possible swim at campsite 4. Level 3, 15 km. Gas \$3 + park fee. Departs 09:00.

LEADER: Audrey Sanger 384-6244

**Saturday August 10 Rideau Trail**

Hike from historic Bedford Mills through hardwood bush and over abandoned farmland and gravel roads to Westport. Level 2+, 17 km. Gas \$3. Departs 09:00.

LEADER: David Armitage 634-4426

**Sunday August 11 Frontenac Provincial Park**

Walk the Cedar Lake Loop starting from the Arab Lake parking lot. Of special interest are the scenic views of Big Salmon, Cedar and Doe Lakes. Rugged terrain. Level 3, 15 km. Gas \$3 + park fee. Departs 09:00.

LEADER: Gloria Seeley 546-2503

**Wednesday August 14 Bon Echo Provincial Park**

Hike the scenic Abes and Essens loop trails. Some lakeside walking. Moderate pace. Level 2+, 17 km. Gas \$7 + park fee. Departs 09:00.

LEADER: Bob Chadwick 352-1052

**Saturday August 17 Cape Vincent, New York, Cycle**

We will enjoy a leisurely ride across Wolfe Island and ferry ride to Cape Vincent. Lunch will be at the Lighthouse. Bring identification and health insurance for entry to the U.S. Level 1, about 25 km. U.S. Ferry Fee \$2. Meet at the dock in Kingston in time for the 09:30 ferry.

LEADER: David Armitage 634-4426

**Sunday August 18 Rideau Trail**

Hike from Narrows Lock to Murphy's Point Provincial Park. The trail winds over rugged terrain, cottage roads, and beaver dams. Level 3, 19 km. Gas \$5. Departs 09:00.

LEADER: Peter Burbidge 634-1877

**Saturday August 24 Gould Lake Conservation Area**

Hike some of the scenic trails in the Conservation Area. Possible swim and lunch at a scenic spot. Level 2/3, about 12 km. Gas \$3. Departs 09:00.

LEADER: Ellen Shepherd 541-1185

**Sunday August 25 Rideau Trail**

Hike through mixed bush in the Skycroft area with views of Stonehouse Lake. Possible swim in Lindsay Lake. Return via the Cataraqui Trail. Level 2, 20 km. Gas \$4. Departs 09:00.

LEADER: Bill Murdoch 389-3023

**Saturday August 31 Little Cataraqui Cons. Area**

Alberta will guide you along the trails in the Conservation Area. Bring lunch and water. Level 1, about 10 km. Gas \$1. Departs 09:00.

LEADER: Alberta Edgar 542-9662

**Saturday August 31 Challenge 1 of 6**

Murphy's Point Provincial Park - Westport  
Parking at Lions Club Beach. Bus to Murphy's Point 08:00. The trail enters the park and continues over rough rocky ground, beaver dams, cottage roads and through wooded areas. Outstanding views of Upper Rideau Lake from the Foley Mountain Escarpment before entering Westport. Checkpoint at Narrows Lock Rd. Level 3, 31.5 km. Gas \$3. Departs Kingston 07:00.

HIKE PATROLLERS: Gloria Seeley, David Armitage

**Sunday September 1 Challenge 2 of 6****Massassauga Rd. - Westport**

Parking at Lions Club Beach. Bus to Massassauga Rd. 09:00. The trail heads north crossing Perth Rd. It passes an old grist mill and pond in what is now the Ghost Town of Bedford Mills. After entering a hardwood forest it continues over rocky terrain, abandoned farmland and a succession of gravel roads before reaching Westport. Checkpoint at Centreville Rd. Level 3, 22.1 km. Gas \$3. Departs Kingston 08:00

HIKE PATROLLERS: David Armitage, Gloria Seeley

**Monday September 2 Challenge 3 of 6****Massassauga Rd.- Maple Leaf Rd.**

Parking at Maple Leaf Rd. Bus to Massassauga Rd.  
09:00. The trail winds in a southerly direction over a combination of rough, rocky wooded ground, cart tracks and the abandoned rail bed of the old Canadian Northern Railway, now the Cataraqui Trail. The trail skirts the shoreline of Lindsay Lake and there is a scenic lookout above Stonehouse Lake. The Ghost Town of Lake Opinicon lies here buried in the vegetation. Checkpoint at Rock Lake Side Trail. Level 3, 25.4 km. Gas\$3. Departs Kingston 08:00.

Hike PATROLLERS: Gloria Seeley, David Armitage

**Saturday September 7 Welcoming New Members**

There will be a Garden Party at 9 Kennedy St. for everyone who has joined the Club since May 1 2002. Meet at the Kingston Shopping Centre at 09:00 for a morning hike. Barbecue at noon. A short information session on the Rideau Trail will follow. Please confirm attendance by September 1.

CALL: Barbara Pusch 544-0933

**Sunday September 8 Depot Lake Conservation Area**

Audrey will guide you along the trails in the Conservation Area. Scenic views and shoreline hiking. Level 1, 10 km. Gas \$4 + park fee. Departs 09:00.  
LEADER: Audrey Sanger 384-6244

**Wednesday September 11 Wellesley Island State Park, N.Y.**

Hike the waterside trails. Spectacular views of the Lake Ontario shoreline. Bring identification and health insurance. Level 2, 10 km. Gas \$5 + park fee. Departs 09:00.

LEADER: Bob Chadwick 352-1052

**Saturday September 14 Frontenac Park Challenge**

Hike the Arkon Loop Trail along the west side starting from the Arab Lake parking lot. The main features include scenic vistas, beaver ponds and deep ravines. Level 2+, 12 km. Gas \$3 + park fee. Departs 09:00.  
LEADER: Cam Hodges 545-1925

**Sunday September 15 Crotch Lake**

Join our friends from the Central Club to hike the Coxvale Loop, a new wilderness trail. The trail is rough, rocky and forested. Crotch lake is located about 15 km. north of Sharbot Lake. Phone the contact person for further details. Level 3, 16 km. Gas \$7. Departs 08:30.  
LEADER: Linda Sterling 279-1109

CONTACT: David Armitage 634-4426

**Saturday September 21 Frontenac Park Challenge**

Hike the Big Salmon Lake Trail. Moderate terrain, with many scenic vistas. Lunch at a lookout. Level 3, 19 km. Gas \$3 + park fee. Departs 09:00.

LEADER: Peter Burbidge 634-1877

**Sunday September 22 Gould Lake Cons. Area**

Starting at the gate in the Conservation Area we will hike the Ridgewalk and return on the main trail. Moderate pace, rocky terrain. Level 3, 11km. Gas \$3. Departs 09:00.

LEADER: Dale Ross 384-2959

**September 24, 25 and 26 Annual B&B Trip Two Nights**

This year we will visit the Bancroft Area to hike some of the Trails in the Silent Lake and Petroglyphs Provincial Parks. Levels 1 to 3. Accommodation will be in the \$50 range for single and \$70 for double per night. Down payment is \$50 single and \$75 double by cheque to Bob Chadwick. Space is limited. Phone the leader for further details.

LEADER: Bob Chadwick 352-1052

**Highlights of Last Year's B&B Trip**

Last fall, an enthusiastic group of nine hikers, capably led by Bob Chadwick, enjoyed a few days hiking in Hastings County. The weather did not always cooperate but this was not a deterrent. On Day One, we warmed up by climbing the lookout tower in the Sager Conservation Area, followed by a pleasant hike on the area's woodland trails. After a picnic lunch we drove to the Glen Ross lock and hiked eastward on the Hastings Trail towards Stirling. We explored Stirling, including a tea shop, and later ate supper at Kelly's Restaurant, north of Tweed.

On our second day, we were warmly welcomed at the Tweed Historical Museum, after which we hiked a section of the Trans Canada Trail east from Tweed, having first inspected the Trans Canada Trail pavilion. In the afternoon, we explored the area around the O'Hara Mill and walked a short, but rocky trail. Then, an opportunity to walk another bit of the Hastings trail presented itself – east of our restaurant of the evening – the Two Loons.

On the final day of the trip, we expected to be rained out, but the skies cleared and we walked an 8 km stretch in the Vandewater Conservation Area, and on to the Frink Conservation Area where we walked on the boardwalks across the wetlands. Many thanks to Bob Chadwick.

**Joan Hughes**

## NOTICES

### **4<sup>th</sup> Annual Kingston Trip to Vermont (September 16-20)**

Destination 2002: Camel's Hump, Mount Mansfield and Long Trail hiking.

This is a trip for serious hikers. You are encouraged to contact the hike organizer for information about levels of difficulty.

Accommodations for this year's trip will be at the Red Fox Alpine Lodge at Smuggler's Notch, near Jeffersonville. Cost, excluding transportation, will be \$143 US, including 4 breakfasts and 4 dinners.

For information call Watson Ogilvie at (613) 530-2378 or contact Sheila Needham at needhamj@kingston.net.

To reserve a place, please send a cheque for \$45 CAN to Watson Ogilvie at 4-1 Place D'armes, Kingston, ON K7K 6R7.

### **Bruce Trail Hiking**

Anyone interested in hiking the Bruce Trail this year on the following dates, please call Don Bond at (613) 634-9533 or Barb Pusch at (613) 544-0933:

- June 17-28
- September 30-October 11
- October 21-November 1

### **Discount for RTA Members**

Trailhead, located at 1960 Scott Street in Ottawa, is now offering a 10% discount on regularly priced clothing or footwear.

### **RTA Annual General Meeting**

The next AGM will be held at the Lombard Glen Golf Club, Smiths Falls on Saturday, October 19th. Mark your calendars now.

### **Hiking in Scotland, Summer of 2003**

Departure July 24, 2003; return August 3, 2003.

Explore the wilderness areas of the Highlands of Scotland with this unique hiking tour. Each day offers the choice of guided hikes at both level 1 and level 2. This tour begins in the Great Glen of Glen Coe, winding its way to the Isle of Skye for a two-day stopover. On the Isle of Skye hikers can enjoy a visit to the Talisker Distillery on the west coast of the island for a wee taste of the "water of life"! From there it is on to the jewel in this tour – an overnight to the Orkney Islands. We will catch a ferry at John O'Groats, the most northerly point of the mainland. Passing the Old Man of Hoy, hikers will explore the rich historical heritage of Orkney with settlements that are 5000 years old. Included will be a visit to the Ring of Brodgar – the Standing Stones of Stonness. Then it is back to the mainland for cliff hikes along the northeast coast of Scotland with an overnight at beautiful Carbisdale Castle and a final dinner together in the Grand Hall.

The Scotland Hiking Tour includes: the services of a driver and 2 experienced Wilderness Scotland guides throughout; coach transport throughout; Orkney ferries; 9 nights of mixed, small-hotel, hostel and castle accommodation (double and triple); all breakfasts and lunches; tea and coffee; one evening meal in the castle.

COST: approximately \$2,100 for the complete tour per person. A complete itinerary can be emailed or will be sent upon receipt of a stamped, self-addressed envelope to the following:

Linda Simpson  
46 Daniel Street, Brockville, ON K6V 4Z5  
e-mail howaboutahike@aol.com;  
phone (613) 345-5664.

## New!

### A Guide to B&B's Along the Rideau Trail

The 2002 edition of a new, loose leaf guide to B&Bs along the Trail is now available for \$5.00. Contact Bill Murdoch at (613) 389-3023 for more information on this handy insert to the latest edition of *The Rideau Trail Guidebook*.

Please send (#) ..... copies of the B&B Guide to:

Name: .....

Address: .....

City\Prov.\Code:.....

Enclosed is a cheque for \$.....

Mail your application form to: Bill Murdoch, 352 Chelsea Road, Kingston, ON, K7M 3Z2.

### Registration Form For Kingston Six-Day Challenge

Name: .....

Telephone: .....

Address: .....

E Mail: .....

Will you be staying in:

Kingston\Westport\Other .....

Home Hiking Club: .....

Amount Enclosed: .....

### Kingston Club Six-day Challenge

Participants will hike from Murphy's Point Provincial Park to the Marshland Conservation Area, Kingston. Total distance 144.6 km. Each day will be self paced. Two hike patrollers will be assigned to each hike to follow the last hiker and sweep the trail.

Hikers will sign out at the beginning of the hike and pass through checkpoints along the trail and also on completion of the hike. Participants must wear hiking boots and carry an adequate supply of water.

The hikes will take place on the Labour Day weekend (Aug.31, Sept.1 and 2), and on the Thanksgiving Day weekend (Oct.12, 13 and 14). A Kingston End-to-End badge will be awarded to all those who complete the Challenge.

Participants must register by August 15. The registration fee is \$15 for RTA members and \$20 for non-members. The fees will defray the cost of the buses. However, additional charges may be necessary. Cheques should be made payable to *Rideau Trail Association in trust* and be mailed to David Armitage, 4323 Bath Rd., Kingston, ON K7M 4Z1.

Email: [dlama@rogers.com](mailto:dlama@rogers.com)

Members are welcome to join the hikes even though they may not wish to complete the Challenge. However, there will be a fee for the bus.

|                     |                                              |         |
|---------------------|----------------------------------------------|---------|
| Saturday August 31  | Murphy's Point – Westport                    | 31.5 km |
| Sunday September 1  | Massassauga Rd. – Westport                   | 22.1 km |
| Monday September 2  | Massassauga Rd. - Maple Leaf Rd              | 25.4 km |
| Saturday October 12 | Maple Leaf Rd. - Gould Lake entrance         | 26.7 km |
| Sunday October 13   | Gould Lake entrance - Van Order Rd.          | 18.7 km |
| Monday October 14   | Van Order Rd. - Marshlands Conservation Area | 20.2 km |



## Highlights of the RTA Board of Directors Meeting April 20

By the end of May there will be about 200 RTA members on the e-mail list. Paid up membership is at a record high level. As of March 31 the total membership was 1,164 including 151 life members. A discussion regarding membership fees revealed that revenue from this source does not cover our working costs. However, sales of guidebooks have helped to remedy the shortfall.

Allan Tattersall presented a discussion paper and a draft policy statement on the issue of memorials. It was concluded that donations for memorial bridges and trailhead development with memorial plaques, should be encouraged, as should donations to the Corridor Preservation Fund. The creation of a Book of Remembrance was also discussed.

The K&P Committee reported that a resolution has been adopted by the Kingston City Council that the K&P right-of-way that runs north for 7 km to the old city boundary be incorporated into the park system. The committee will continue to lobby to ensure that this comes to fruition.

Hike Ontario recently established a committee to study hike leader certification. Two RTA Board members were involved in the development of a standardized, hike-leader training course, which could be given within our association at minimal cost by our own instructors. It is expected that this project will go ahead soon.

Bill Murdoch has been working to compile a list of all the B&Bs along the length of the Trail. The location of each B&B will be coordinated with the guidebook so that hikers will know where the closest B&B can be found. The B&B descriptions can be inserted into the new guidebooks, and will be sold for \$5.

Arrangements are underway for the RTA A.G.M., which is to be held at the Lombard Glen Golf Club, Smiths Falls on Saturday Oct 19.

**David Armitage**

### Do You Know How To Blow Your Whistle?

One blast means "Stop" in a group, or "Where are you?"

Two blasts mean "Please come here now!";

Three blasts mean "I need help, this is an emergency!"

In each case the reply is one whistle blast.

First, warn anyone else nearby **before** you blow your whistle, and **never** blow a whistle close to his or her ears.

## PARTICIPANTS' RESPONSIBILITIES

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

### HIKE ACTIVITY LEVELS

#### Hikes are graded with the following levels

- 1 Well defined trails, gentle inclines. Hiking boots not required, but trails may be very wet. Suitable for beginners and recommended for newcomers.
- 2 Generally on trail. May include hills, light bushwhacking, some rough spots or obstacles. Boots recommended.
- 3 May include one or more of rough terrain, long climbs and descents, rock scrambling, extensive bushwhacking. Boots, level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

### CYCLING ACTIVITY LEVELS

#### Bike outings are graded with the following levels

- 1 Few hills, broad roads or bike paths, little traffic. Participants must be competent at riding their bicycles.
- 2 Some hills, narrower roads, some traffic. Participants should be fit and experienced.
- 3 Long hills, narrow roads. Excellent fitness and good cycling skills required.



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

**Canada Post**  
**Publications Mail**  
**Agreement No. 40022816**



*Printed on recycled paper*

**IF YOUR ADDRESS LABEL ENDS "Mar/02", YOUR MEMBERSHIP HAS EXPIRED AND HAS NOT YET BEEN RENEWED. PLEASE RENEW NOW!**

**MEMBERSHIP APPLICATION:** The Membership year is from April 1 to March 31. Applications for new memberships dated November 1 to March 31 will be valid to the end of the following Membership year. Membership in the RTA provides the financial support essential for the continuous maintenance, improvement, extension, and protection of the Rideau Trail network. Members receive the quarterly newsletter and special mailings, as well as voting rights in Club and Association activities. To join or renew, complete the form below and mail it with your payment in an envelope to:

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

**rta@ncf.ca**  
**www.ncf.ca/rta**

**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         |
| ( ) | † Non-Members                          | \$27.00         |
| ( ) | Car Sticker (Free to New Members)      | \$1.00          |
| ( ) | Crest                                  | \$2.00          |
| ( ) | Lapel Pin                              | \$4.00          |
| ( ) | † Rideau Trail Wall Map (new)          | \$12.00         |
| ( ) | * Donation to the RTA                  | \$ _____        |
| ( ) | * Donation to the RT Preservation Fund | \$ _____        |
|     | <b>Prices Subject to Change</b>        |                 |
|     | <b>TOTAL</b>                           | <b>\$ _____</b> |

- † Includes Postage & Handling  
 \* Qualifies for income tax credit  
 Charitable Registration No. 0041733-56-11.

**PLEASE INDICATE A DESIRE TO HELP WITH:**

- |                             |                   |
|-----------------------------|-------------------|
| 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: \_\_\_\_\_

E-Mail: \_\_\_\_\_