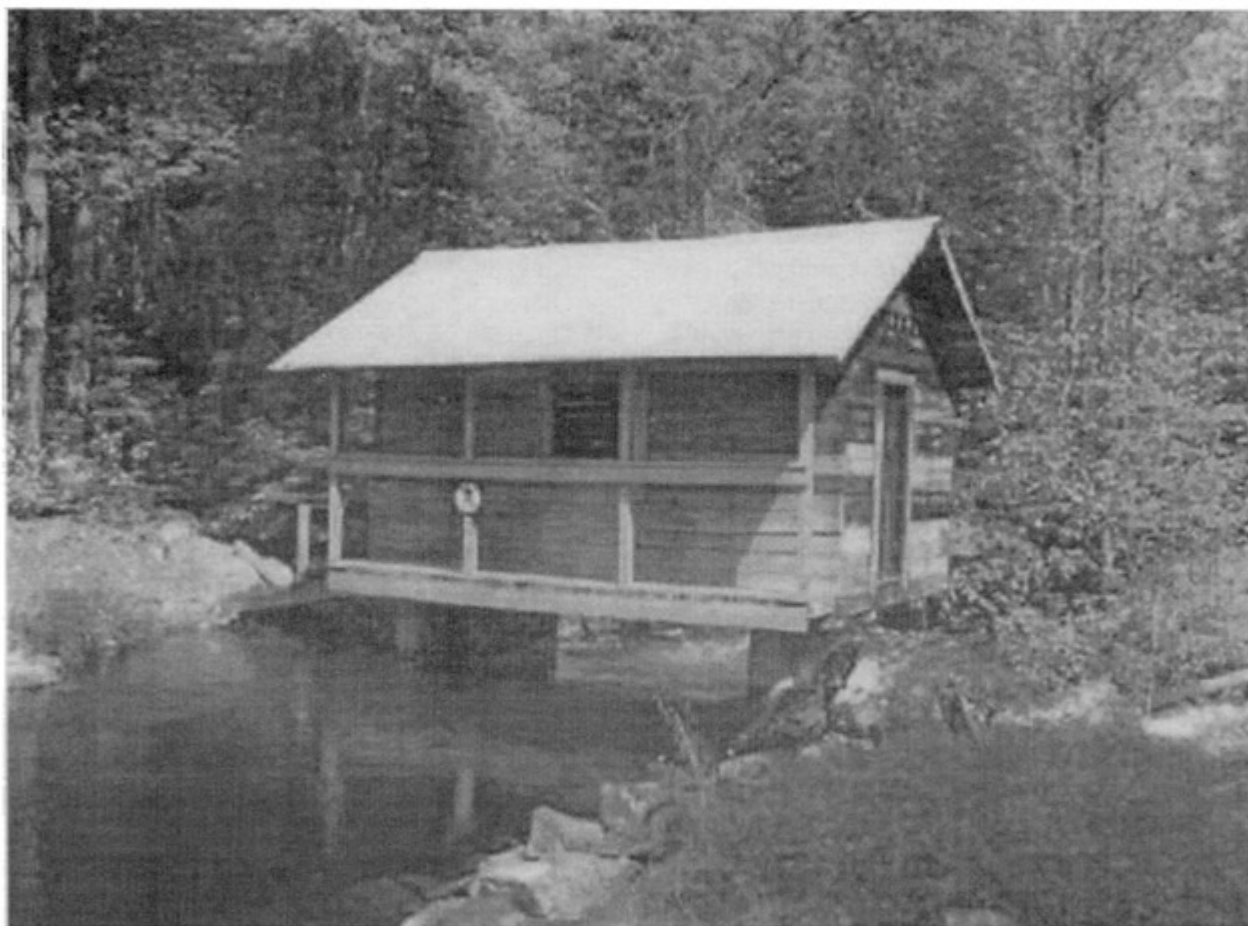




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The Rideau Trail NEWSLETTER

FALL 2003**ISSUE NO. 129**



Gatineau Park Oddities. This hut, built on piers on a weir, sits astride the outlet of Lac la Pêche, and across an old abandoned dirt road. The road is accessible from the la Pêche Road, an extension of St. Louis Road in Saint Louis de Masham, and from Gervais Road, the road into the public beach at Lac la Pêche. The walk in to the hut is about 20 minutes from la Pêche Road, or 30 minutes from Gervais Road. The picture was taken in early June, with lots of water flowing over the weir, making the crossing a cold and wet one with access to the 'verandah' with the 'no hiker' sign difficult. *photo by Ida and Art Campbell*



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, 2003** to

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Manotick, ON, K4M 1E3

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Text should be printed, typed, or (preferably) 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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THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS FOR 2002-2003

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Picture Credits: The cover photograph, and the photos on page 11 are by Ida and Art Campbell.
The photos on page 14 are by Nicole Florent. (© Nicole Florent)

Highlights of the RTA Board of Directors Meeting - April 12 2003

Ernie Trischuk the Guide Book Editor attended the meeting and provided us with an overview of the new technology available for printing maps. There have been four trail changes since the production of the 6th edition of the Rideau Trail Guide. Under consideration was the possibility of using upgrade packages to make corrections to the current maps. Several negative aspects to this measure were expressed. These mainly involved the substantial cost and effort in making and distributing the new maps. Trail route changes would have to be of a very significant nature before a new map could be considered. A total of 900 of the 2000 copies of Edition 6 have been sold. It is unlikely that a 7th edition will be contemplated for some time.

Hike Leadership Training sessions were held in Perth and Kingston on March 29 and April 5. A total of 42 hike leaders were trained with a 90% positive response to the courses. It was proposed that each Rideau Trail Club have some members trained as instructors so that the Standard Hike Leader Course could be presented according to their own needs. It was also agreed that the RT "Guide Book for Leaders" be reviewed and updated.

A new sign-up-sheet is to be introduced. The wording on the reverse of the sheet is to be collapsed to make room for an "incident form" section.

Our Commercial and General Liability Insurance is about to expire. Our coverage is done through Hike Ontario who provide the service for several affiliated clubs. We are investigating other companies who are offering insurance at substantially lower rates.

The Ottawa club is moving forward with their decision to take advantage of the Legacy Landmarks Sign program sponsored by Hike Ontario and the Ministry of Natural Resources. About 6 locations are under consideration. The Kingston Club is continuing to study the matter.

Appreciation was expressed concerning the work of Tom Bach in maintaining the RT website. It was decided that the E letter that is sent out to participating members should also be included on the website. It was thought that this would generate greater interest in the clubs and attract new members. There is also to be a new web address.

-continued in next column

RIDEAU TRAIL ASSOCIATION 32nd ANNUAL GENERAL MEETING

**Saturday, October 4, 2003
Lombard Glen Golf Club, Smiths Falls**

Agenda:	9:30	Coffee
	10:00	Business Meeting
	12:00	Lunch
	13:00	Afternoon Hikes
	17:30	Buffet Dinner

Lombard Golf Club is located 7 km south of Smiths Falls on Highway 15. The cost of dinner is \$16 per person. Sandwiches will be available at lunch for \$2 per person. Orders for the dinner and sandwiches must be received no later than September 26. Cheques payable to Rideau Trail Association in trust should be mailed to Ottawa Rideau Trail Club, P. O. Box 4616, Station E, Ottawa, ON, K1S 5H8. Or call your Club contact:

Kingston	Nicole Florent	389-7172
Perth	Gunhild Karius	264-2861
Ottawa	Bill Mayers	833-0664

Welcome to all members. We hope that you will attend to hear about our progress, our programs, and to meet companionable hikers !

The City of Kingston has given top priority to their decision to purchase the KP trail north as far as the Kingston boundary at Orser Rd

A new badge is to be produced to recognize those hardy individuals who brave the wild winter weather and walk and snowshoe the length of the Rideau Trail in January and February. The shape will be the same as the regular badge but will include two blue snowflakes on a white background.

David Armitage

Correction: The Highlights of the Board...article in the Summer 2003 Newsletter was by David Armitage, not Peter Hawkins.

Rerouted Trails and Changes to the Trail Guide

Map 1 (and adjoining Map 2), Unity Rd. to Orser Rd. Line 7 to the end of page 25 of the Guidebook should now read:

Beyond the campsite, the Trail heads west to a power line where it turns right and follows a stony cow path through the heavy marsh. After crossing a stile and into dense grass, it reaches the remains of an old sugar shack on the left. Here the Trail turns right onto a pleasant shaded lane until Lee Road is reached. Parking is allowed here beside the Trail, off the road. Turn right and then left onto Babcock Road for 1.2 km, then left onto Orser Road for 2.5 km where it turns right (north) on an unopened road allowance.



Map 1 (adjoining Map 2). Closed portions of the Trail are marked **XXX** and new portions *******.

Jock River Bridge (Map 10, and Guidebook p 84). The bridge over the River Jock is no more, so consider wading, or hiking Kettles Road or Soldiers Line, and

Jock Trail via Munster Road. The engineering department is working on it! Another boat? Now repaired (?). See Aug. 22 ORTC E-Letter.

Gould Lake Conservation Area enlargement map.

East Trail is closed from the closest place to the Famous Trail to Bedford Road.

The last paragraph on page 35 of the Guidebook should read: 500 metres from Mica Junction (M), past Famous Junction (FA) to the Famous Trail.



Gould Lake enlargement map. Appropriate corrections should also be made on Map 2.

CAMPFIRE ARE A NO NO !!!!!!!!!!!!!

Campfires on the Trail are not allowed. We have had a report, so please discourage this activity. Signage is being considered.

Bill Murdoch, Trail Coordinator

Four Days, Nineteen Hours and Forty-Seven Minutes !

Not an end-to-end record, but quite a feat on sore feet. Ben MacInnis and Marios Rousso, medical students at Queen's University, had rain four days out of five. You know what that means to feet!

The amazing part about their accomplishment is that so much of it was done at night. They did well, but it also indicates that we have some good trail maintainers.

A full story of this hike, and a run that was done in less time, will be in the next Newsletter.

Answer to Photo Quiz in Summer Newsletter

The location of the photo on page 15 of the Summer 2003 Newsletter is the lime kiln between Gilroy Road and Dwyer Hill Road on map 9 of the Rideau Trail Guidebook.

John Haley

Subscribe to the E-Letter

For timely tips on hikes (route changes, etc.) and other news, RTA members can subscribe to the e-letter sent every second Tuesday. Check the box on the renewal form on the back page.

RIDEAU TRAIL ASSOCIATION - KINGSTON CLUB ACTIVITIES

The meeting place for all activities, unless stated otherwise, is in the NE corner of the Kingston Centre north parking lot near the Canada Trust Building, shortly before the departure time indicated. Bring lunch, water, and sunscreen. Wear strong footwear and come prepared for weather changes. If in doubt about your ability to cope with the outing, call the leader in advance. Car pooling will be organized. The contribution towards gas is indicated for each hike. Car entry fees for Provincial Parks and Conservation areas are to be shared. See Page 7 of this Newsletter for **Activity Levels and Participants' Responsibilities**.

Wednesday Walkers depart at 13:30, except on the second Wednesday of the month when an all day outing is scheduled (see below). Contact Donald Cutts at 542-5414 for detail or location of Wednesday walks.

Members willing to be leaders, or who wish to suggest new locations for upcoming seasons, should contact Donald Bond 1161 Front Rd., Kingston, K7M 4M2, telephone 634-9353. Leaders can obtain blank sign-up sheets from Joan Bailey at 709 Davis Drive, Kingston, K7M 7X5, 389-1935, and should return completed sheets to her.

Frontenac Challenge. This is again being featured as part of the Fall hiking program. It is presented annually by the Friends of Frontenac Park, and involves hiking all the approximately 160 km of the Park's trails between Sept. 1 and Oct. 31. Participants should obtain a registration form at the Trail Centre. A reception and barbecue is usually held later in November for those who have participated.

September 15 to 19 - Hiking trip to Vermont

See p. 6 of the Summer Newsletter for details.

LEADER: Watson Ogilvie 530-2378

September 16 to 18 - B&B Trip

Bed and Breakfast in Merrickville and hiking in the area. Call Bob for information. Book early as space is limited. \$80 deposit per room required by July 1. Gas \$9.

LEADER: Bob Chadwick 352-1052

Saturday September 20 - Frontenac Park

Hike the Bufflehead trail in Frontenac Park. Level 2. Distance 8 km. Depart 09:00. Gas \$4 + park fees.

LEADER: Lynn Nolan 389-8747

Sunday September 21 - Frontenac Challenge

Hike the Tetsmine and Bigson trails of Frontenac Park. Level 3. 23 km. Depart 08:30. Gas \$4 + park fees.

LEADER: Bill Murdoch 389-3023

Saturday September 27 - Frontenac Challenge

Hike the Cedar trail of Frontenac Park. Level 3. Distance 15 km. Depart 09:00. Gas \$4 + park fees.

LEADER: Cam Hodges 545-1925

Sunday September 28 - Frontenac Challenge

Take a Sunday hike along the scenic Arab Lake Gorge and Doe Lake trails. Level 1. Distance 4.5 km. Gas \$4 + park fees. Depart 09:30.

LEADER: Cam Hodges 545-1925

Saturday October 4 Annual General Meeting of the Rideau Trail Association.

Lombard Glen Golf Club, Smith Falls. See notice on page 3 for details.

Sunday October 5 - Frontenac Challenge

Hike the Arkon Trail of Frontenac Park. Level 3. Distance 14 km. Depart 09:00. Gas \$4 + park fee.

LEADERS: Jane & Robert Hough 373-2268

Wednesday October 08 - Demorestville

Hike in Demorestville and nearby conservation area. Level 1. Distance 10 km. Depart 09:00. Gas \$5.

LEADER: Bob Chadwick 352-1052

Saturday October 11 - Rock Dunder

A traditional Thanksgiving outing. Have lunch and enjoy the spectacular Fall colours from the summit of Rock Dunder. A short, but rugged hike. Level 2. Gas \$4. Depart 10:00.

LEADER: Stan Huff 548-3003

Sunday October 12 - Gould Lake

Hike the Tom Dixon and Mica Loop trails - East side. Level 2-3. Distance 8 km. Gas \$3 + park fees. Depart 09:30

LEADER: Peck Peckover 544-9190

Saturday October 18 - Slide Lake, Frontenac Challenge (Rain day October 19)

Hike the Slide Lake Loop from the Big Salmon Lake

parking lot, returning via the Cedar Lake Trail. High granite ridges and scenic views 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. Distance 26 km. Gas \$3 + park fee. Depart 07:30.

LEADER: Bill Murdoch 389-3023

Sunday October 19 – Marble Rock Conservation Area

Enjoy a hike along a new trail at Marble Rock Conservation area – north of Ganonoque. Level 3. Distance about 12 km. Depart 09:00. Gas \$4 + park fees.

LEADER: John Cornish 382-4778

Saturday October 25 – Charleston Lake

Treat yourself to the beauty of Charleston Lake as you hike along the East side trails with Gan's most avid ambassador. Level 2. Distance 10 km. Gas \$4 + park fees. Depart 09:00

LEADER: Peter Murray 382-2824

KINGSTON COORDINATOR: Watson Ogilvie 530-2378

Sunday October 26 – Frontenac Park

Hike along the east side of Big Salmon Lake to Mink Lake Lookout and enjoy the spectacular view from the summit. *(Special notice to a certain group who missed it last time -Audrey is leading this hike!!!)*. Level 2.

Distance 15 km. Gas \$4 + park fees. Depart 09:00

LEADER: Audrey Sanger 384-6244

Saturday November 1 – Crotch Lake

Enjoy a challenging Autumn hike at Crotch Lake. Level 3. Distance 15 km. Depart 08:00. Gas \$7.

LEADER: Barbara Pusch 544 - 0933

Sunday November 2 – Gould Lake

Spend some 'quality time' hiking some of the trails in Gould Lake (incl. The Wagon trail). Level 1. Distance 10+ km. Gas \$3 . Depart 09:30

LEADER: Lynn Nolan 389 – 8747.

Saturday November 8 – Wellesley Island

Bob will lead the group on a 'rocky walk' along the historic resort on Wellesley Island. Level 2. Distance 10 km. Gas \$ 3 + bridge toll. Depart 09:00. **N.B. Bring photo I.D.**

LEADER: Bob Chadwick 352 – 1052

Sunday November 9 – Slide Lake Loop

If you missed hiking 'the Slide' during the Challenge or

if you need to renew the experience, hike the rugged terrain of the Slide Lake loop from Perth Road & return. Level 3- moderate pace; hiking boots recommended. Distance 14 km. Gas \$ 4. Depart 09:00
LEADER: Dave Armitage 634 - 4426

Wednesday November 12 – Rideau Trail

Let Jean introduce you to the latest reroute of the Rideau Trail from Unity Road to Orser Road. Level 1-2. Distance 10 km. Gas \$2. Depart 09:30

LEADER: Jean Thompson 544 – 0340

Saturday November 15 – Frontenac Park – Rideau Trail

Hike the Rideau Trail from the Park Centre to Flagpole Hill and be amazed by the spectacular view from the summit. Level 2. Distance 15 km. Gas \$4 + park fees. Depart 09:00

LEADER: Stan Huff 548 - 3003

Sunday November 16 – Rideau Trail/ Foley Mountain

Take a hike up Foley Mountain to Spy Rock starting at the Lions Club Beach in Westport. Enjoy panoramic views of Upper Rideau Lake and the village of Westport. Level 2. Distance 10 km. Gas \$4.

LEADER: Ellen Shepherd 541-1185

Saturday November 22 – Depot Lake Conservation Area

Hike the trails in the Conservation Area with Audrey. Walk along the shore lines and enjoy the scenic views. Level 1-2. Distance 10 km. Gas \$4 + park fees. Depart 09:30

LEADER: Audrey Sanger 384-6244

Sunday November 23 – Gould Lake/ Rideau Trail

Hike the Rideau Trail from the Gould Lake parking lot, along the Ridgewalk and return via the Main trail. Level 3. Distance 14 km. Gas \$3 + park fees.

LEADER: Dave Armitage 634-4426

Saturday November 29 – Frontenac Park

Starting from Kingsford Dam, hike the moderate terrain of the Gibson Lake loop. Level 2. Distance 14 km. Gas \$4 . Depart 09:00

LEADER: John Cornish 382-4778

Sunday November 30 - Kingston

Join Barbara in this interesting walk from Fort Henry, via Cartwright Point to Rogers Side Road and return. Level 2. Distance 14-15 km. Gas \$2. Depart 09:00

LEADER: Barbara Pusch 544-0933

Saturday December 6 – Seasonal Dessert Party

Bring your favourite dessert to this perennial favourite.
6:00 pm at 14 Greenview Drive, The Lounge.
CONTACT: Linda Line 531-4353
e-mail: linda.line@sympatico.ca

Sunday December 7 – Frontenac Park

Dave will lead the group on a hike, starting from the Trail Centre, to look for the baffling ducks along the Bufflehead. Level 3. Distance 14 km. Gas \$4 + park fees. Depart 09:00
LEADER: Dave Armitage 634-4426

Wednesday December 10 – Ganonoque Wildlife Area

Explore the trails in the Ganonoque Wildlife Area .
Level 1. Distance 8 km. Gas \$2. Depart 09:30.
LEADER: Bob Chadwick 352-1052

Saturday December 13 – Amherst Island

Enjoy the scenery of the island on a hike with Peter.
Level 2-3. Distance 17 km. Gas \$2 + ferry fee. Depart 08:30 (or meet at Ferry Dock @ 09:15).
LEADER: Peter Burbidge 634-1877

Sunday December 14 – Cataraqui River Conservation Area.

Hike the trails at the Cataraqui River Conservation Area. Level 1. Distance about 10 km. Gas \$2 + park fees. Depart 09:30
LEADER: Ellen Shepherd 541-1185

Saturday December 20 – Opinicon Area

Depending on weather conditions, hike or snowshoe the trails in this area with Bill. **If hiking:** Level 3. Distance 20 km. **If snowshoeing:** the distance will be 8-10 km. Gas \$4. Depart 09:00.

Hunting Season

The season for using firearms to hunt deer in our area, east of Hwy. 38, south of Hwy. 7 and north of the 401, is from **November 3 - 8**. 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 at 531-5700.

Participants' Responsibilities

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

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.

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 (e.g. 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 - OTTAWA CLUB ACTIVITIES

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 BELOW. OC Transpo riders use the stop for Tunney's Pasture. Departure time is indicated.

Scheduled activities described below take place as scheduled regardless of weather. For more information about a particular event, call the leader at the number listed on the schedule. 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. 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.

NOTE: Leaders: please send sign up sheet to Vinni Sahn, 1117 Chateau Cr., Ottawa, ON K1C 1C9, tel. 824-6757.

See Pages 7 of this Newsletter for **Activity Levels and Participants' Responsibilities**.

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.

MOONLIGHTERS URBAN WALKS

Every Tuesday evening beginning September 9 through to October 28, there will be an Ottawa urban walk.

DO NOT MEET AT TUNNEY'S PASTURE. MEET AT THE STARTING POINT OF THE WALK FOR DEPARTURE AT 6:00 p.m.

Coordinator: Pat Archer 565-6149

September 9 Rockcliffe Park

Meet at Manor Park Public School (corner of Hemlock & Braemar) LEADER: Bill Cazemier 748-9957

September 16 Experimental Farm

Meet at Agriculture Canada (Prince of Wales Drive/Exp. Farm) LEADER: Pat Archer 565-6149

September 23 Eastern Parkway/Rothwell Village

Meet at Aviation Museum (off the Eastern Parkway) LEADER: Vinni Sahn 824-6757

September 30 Hull Loop

Meet at Old Mill Restaurant (Western Parkway & Portage Bridge) LEADER: Grant Malinsky 730-2772

October 7 Sandy Hill/Lower Town

Meet at Strathcona Park (end of Somerset St. East) LEADER: Pat Archer 565-6149

October 14 Hog's Back/Vincent Massey Park/Ottawa South

Meet at RA Centre (off Riverside Drive) LEADER: Grant Malinsky 730-2772

October 21 Western Parkway

Tunney's Pasture (usual RTA meeting place) LEADER: Grant Malinsky 730-2772

October 28 Canal Bridge to Bridge

Meet at TD Canada Trust (Pretoria Bridge & The Driveway) LEADER: Pat Archer 565-6149

Special Notice for Ottawa Activity Leaders

Planning for Winter Schedule - What events would *you* like to see in the winter schedule (December 14 to mid-March)? Leaders and prospective leaders - there will be a planning meeting at the corn roast on September 6. Think of a ski trip, snowshoe trip or other event you could lead. If you cannot attend the meeting, please send the details for your event to Esther Hault e-mail: Esther.Hault@pwgsc.gc.ca

Saturday, September 6 - Corn Roast at the Schoolhouse

Marlborough Forest, jointly with the Central Club. Level 1 hike optional. To accompany the corn-on-the-cob, bring a salad or dessert to share, and your own drink. Confirm attendance by Wednesday, September 3, giving your name and phone number; also indicate if you can offer or need transport so that we can arrange car-pooling. Departs 4:00 p.m. Gas \$4. CONTACT Theodora Newton 569-3540

Saturday, September 6 – Rideau Trail

Level 2+ hike from Westport to Bedford Mills (17 km).
The hike will start from the Lion's Club Beach in
Westport. Departs 08:30. Gas \$6.
LEADER: Ron Hunt 590-7467

Sunday, September 7 - Gatineau Park

Level 3 hike. Via Kidder Lake creek to Lac Monette,
returning via Lac Racine and possibly Lac Richard.
Swimming if weather permits. About 10-12 km. Departs
09:30. Gas \$4 LEADER: Graham Creedy 789-1657

Saturday, September 13 – Greenbelt

Level 1 hike, 8 – 10 km. Departs 09:30. Gas \$2.
LEADER: Jean Sunter 828-6077

Saturday, September 13 - Gatineau Park

Level 2 hike. Pilon Road to the fire tower and Luskville
Falls. 12 km. Car shuttle. Departs 09:30. Gas \$4
LEADER: Lena and Graham Creedy 789-1657

Sunday, September 14 – Gatineau Park

Level 2 hike, Ben Lake - Lac La Pêche. Departs 09:30.
Gas \$4. LEADER: Ron Maybury 836-2952

Saturday, September 20 – Rideau Trail

Level 2 hike, 11 km Narrow's Lock to Miner's Point
Road. Departs 08:30. Gas \$6.
LEADER: Don Grant 828-1026

Saturday, September 20 – Greenbelt

Level 1 hike, 8 km, Lime Kiln. Meet at south end of the
parking lot at OC Transpo Baseline Station. Departs
10:00. Gas \$2. LEADER: Jean Cottam 726-1596

Saturday September 20 North Frontenac Park

South Moulton Gorge. Level 3. 20 km.
Depart 8:30 AM. Gas \$6.
LEADER: David Spector 270-1046

Sunday, September 21 Larose Forest

Level 1 hike. Departs 10:00. Gas \$3.
LEADER: Bill Grant 820-0697

Sunday, September 21 Bicycle outing

Level 1. Mystery tour. Bring lunch and swim suit.
Departs 10:00.
LEADER: Geoff Berry 831-5468

Saturday, September 27

Level 1. Scenic Ottawa Walk 8-10 km. Victoria Island -
Museum of Civilization - Bytown Locks - The Mill. Café
stop optional. Departs 10:00.
LEADER: Theodora Newton 569-3540

Saturday, September 27 Western Adirondacks

Level 2+. Cat Mountain (16 km, 1000 ft climb). Long
drive (2.5 hrs each way), late return. You must contact
leader for departure time (tentatively 07:30) and
meeting place. Photo ID needed to enter
USA. Gas \$10. LEADER: John Barron 828-2296

Saturday, September 27 Norcan Lake Canoe

Level 2 canoe outing. Norcan Lake is about 10 km
long. Plan to be on the water for 5 to 6 hours. This
outing is weather dependant. Phone between 5 and 9
pm Thursday September 25 or Friday September 26 to
register. Depart 09:00. Gas \$6.
LEADER: Marilyn Booth 730-3879.

Saturday, September 27 Cycle ride

Level 1+. Cycle the newly repaved Experimental
Farm Route to almost Baseline, and return by the
Ottawa River Route. About 3 hours. Depart
Tunney's Pasture 10:00 or Hartwell Locks (across
from Carleton University) at 10:30. About 24 km, but
passes 6 bus stations that can act as drop-out points.
LEADER: Denise Hudson 232-9852

Sunday September 28 Fringe of Ottawa

Level 1 hike. 7 km. Refreshments afterwards. Departs
10:00. Gas \$2. LEADER: Bill Grant 820-0697

Sunday September 28 Bike ride

Mystery tour. Level 1. Leisurely 45 km.
Meet 09:30. bring a lunch.
LEADERS: Barrie and Denis Scully 565-7710

Saturday October 4 Annual General Meeting of the Rideau Trail Association

Lombard Glen Golf Club, Smiths Falls
See notice on page 3.
Ottawa contact: Don Grant 828-1026

Sunday October 5 Gatineau Park

Level 2 hike, about 8 km. P10 via 32 to Fortune Lodge
then 9 to Keogan and Shilly Shally, returning via 12, 3
and 32. Departs 09:30. Gas \$3.
LEADER: Lena Creedy 789-1657

Sunday October 5th Western Gatineau Park Lakes Tour (I).

Level 3. This demanding hike will visit several lakes
in the Lac La Pêche area. It is a full-day exploratory
event and you must be suitably equipped and able to
travel at reasonable speed in steep, rough, off-trail
conditions. If in doubt about whether you are able to

participate, please call ahead.

Departs 08:30 from Tunney's Pasture. Gas \$4.

L'organisateur souhaite la bienvenue aux adeptes de la marche francophones.

LEADER: John Crysdale 728-9192

October 10 – 13 WHITE MOUNTAIN OUTIN'

Staying and dining at the Kinsman Lodge in Franconia, New Hampshire, enjoy level 2 and 3 day hikes in the White Mountains over the Thanksgiving weekend.

Shared bathrooms. Three nights, three breakfasts, two dinners. \$200 CAN pp double, \$235 CAN pp single, all inclusive. Reservation deadline September 19.

Payment in full to secure. Space limited.

CONTACT: Cliff Daly 613-224-4413 or cliff.daly@pwgsc.gc.ca

Saturday October 11 Greenbelt

Level 1+, 15 km. Eastern part of Western Greenbelt, trails 29-26/11. Starts 10:00 from south end of Baseline Transit Station parking lot. Gas \$2.

LEADER: Jean Cottam 726-1596

Sunday October 12 Mont Ste. Marie

Level 2. Five hour hike including Mont Blanc. Possible refreshment stop afterwards.

Departs 09:00. Gas \$6.

LEADER: Pat Robinson 825-1457

Monday October 13 Carman Trails former Hostel to Wakefield and back.

Level 2. 14 km. Departs 09:30. Gas \$4.

LEADER: James Mabbutt 521-6313

Saturday October 18 Gatineau Park

Level 2-3. About 10 km. Starting from around the Visitor Centre (call to confirm if you plan to meet there) we wend our way via recent and old trails to the trail east of the Carbide Willson mill. Optional L3 return via scenic and easy bush, or L1 via the mill trail (instructions provided) to rejoin at O'Brien parking lot for car shuttle. Departs 09:30. Gas \$3.

LEADER: Graham Creedy 789-1657

Saturday October 18 Shirley's Bay area

Level 2 hike. 14 km. See the Ottawa River, Nortel campus and Equestrian Park. Departs 09:00. Gas \$2.

LEADER: Don Grant 828-1026

Sunday October 19 Huron Lookout area

Level 2-3 hike. Exploring ledges on the escarpment near Huron Lookout, off trail. Access via trails from

Kingsmere. 12 km. Departs 09:30. Gas \$3.

LEADER: John Barron 828-2296

Saturday October 25 Gatineau Park

Level 3 hike, Carman - Herridge - P17 loop, about 20 km. Departs 09:00. Gas \$4.

LEADER: John Haley 225-0590

Saturday October 25 Baxter Conservation area

Level 1 leisurely walk. Bring a snack. Departs 10:00. Gas \$3. LEADER: Coby Fuykschot 722-6022.

Daylight Saving Time ends.

Sunday October 26 Western Gatineau Park Lakes Tour (II)

Level 3. This strenuous hike will visit several lakes in the Lac Racine area. This is a full-day exploratory event. You must be suitably equipped and able to travel at reasonable speed in steep, rough, off-trail conditions. If in doubt about whether you are able to participate, please call ahead. Departs 08:30. Gas \$4.

Comme d'habitude, l'organisateur souhaite la bienvenue aux enthousiastes francophones de randonnées hors-piste.

LEADER: John Crysdale 728-9192

Sunday October 26 Mer Bleue

Level 1. 12 km. Departs 09:30. Gas \$2.

LEADER: Nestor Hobe 830-7926

Saturday November 1 Murphy's Point Park

Level 2-. 12 km Departs 9:00 am Gas \$6.

LEADER: David Spector 270-1046

Sunday November 2 Lac Beauchamp

Level 1. 6 km. Leisurely walk. Bring a snack. Departs 10:00. Gas \$2. LEADER: Coby Fuykschot 722-6022

Sunday November 2 Meech Creek Valley

Level 2+. 12 km. Departs 09:30.

LEADER: Peter Scott 729-9557

Saturday November 8 Gatineau Park

Level 1. Departs 09:30. Gas \$3.

LEADER: Nanette Whitwam 730-5417

Saturday November 8 Western Gatineau Park

Part 1: Level 2. Hike skidoo track Swamp Rd to Curley bridge and beyond. Wide, flat, no gravel. Walk at your own pace. 10-12 km. (Can be done independently of Part 2).

Part 2: Level 3. Climb the highest hill(s) within a

mile of Lac La Pêche. No trails. Views. Moderate pace in wild terrain. 5-6 km. Departs 9:00. Gas \$5. LEADER: Mohan Taagepera 770-4258

Saturday November 8 Greenbelt
Level 1. Jack Pine Trail. Starts 10:00 from south end of Baseline Transit Station parking lot. Gas \$2. LEADER: Jean Cottam 726-1596

Sunday November 9 Stony Swamp
Level 1. 8 km. Departs 12:00. Gas \$2. LEADER: Ron Maybury 836-2953

Sunday November 9 Gatineau Park
Level 3 hike. Strenuous. Ferris Creek, part way to the North Window and off-trail toward the Dome. Steep, rough terrain, dense bush, wet areas. Depart 08:30. Gas \$4. LEADER: Don Carpenter 730-3879.

Tuesday November 11 Gatineau Park
Level 2. Wolf Trail (Tawadina). 11 km. Departs 12:30. Gas \$3. LEADER: Vinni Sahni 824-6757

Saturday November 15 Foley Mountain
Level 1+. Stop for coffee in Westport followed by a hike on the Mountain, road walk along North Shore Rd to Grady Rd and return to Westport for a snack prior to returning to Ottawa. Although not strenuous, it is fairly long (10 + km). Good footwear recommended. Departs 08:30. Gas \$6. LEADER: Veronica Keaney 862-4277

Saturday November 15 Lac Phillippe/ Lusk Lake area Level 3. 17 km. Departs 09:00. Gas \$4. LEADER: Gloria Daly 224-4413

Sunday November 16 Kingsmere area
Level 2. 10-12 km. Departs 09:30. Gas \$3. LEADER: Alex Bissett 828-4363

Sunday November 16 Bluff Lake
Level 3. 10% slower than usual pace. Departs 09:00. Gas \$4. LEADER: Stan Rosenbaum 596-4288

Saturday November 22 Rideau Trail Dwyer Hill Road to Roger Stevens Road (Map #9). Includes Earth Star Loop. Level 2+, 12 km. Departs 09:30 a.m. Gas \$4. LEADER: Ron Hunt 590-7467

Sunday November 23 Gatineau Park
Ascend Ferris Creek on faint trails, lunch at McKinstry Hut, and descend the Lusk Falls trail. 10 km, Level 2+. Gas \$4. Departs 09:30. If too much snow, level 2 skiing, destination TBD. LEADER: John Barron 828-2296.

Sunday November 30 Architectural walk
Level 1. 7 km. Canal area. Refreshment stop afterwards. Departs 12:00. Gas \$2. LEADER: Bill Grant 820-0697

Saturday December 6 Gatineau Park
Level 2 hike. 14 km. Skyline-Fortune. Departs 09:30. Gas \$3. LEADER: Grant Malinsky 730-2772

Saturday, December 6: End-of-season potluck dinner and travel slide show (by Alex Bissett).
5:30 to 9:30 p.m. Dinner at 6:30. Party room, Ann Manor, 71 Somerset Street West. Parking at 50 Cooper Street. Ring code: 242. Bring a main dish, salad or dessert to share, and your own drinks. Tea and coffee will be provided. Please call to confirm. CONTACT: Theodora Newton 569-3540

Saturday December 13 Greenbelt
Level 1 hike or snowshoe. Lime kiln. 8 km. Starts 10:00 from south end of Baseline Transit Station parking lot. Gas \$2. LEADER: Jean Cottam 726-1596

Social Calendar

Many thanks to Bill Mayers and volunteers for organizing the corn roast on September 6. With hikes, guests from Central Club, entertainment and the Ottawa winter season planning meeting, it will be a full program. On Saturday, December 6, we are looking forward to the end-of-season party. Alex Bissett will be showing slides of his travels, destination to be a surprise. In the winter, the skating party and Winterlude visit with "dim sum" will be back. A snow-shoe clinic is also being considered, to be followed by a lunch or tea stop in Chelsea. If you have ideas for events or would like to hold one, please contact me. Theodora Newton, 569-3540



Level 2 Hiker



Level 3 Hiker



Lunch Bugs

(for another point of view, see page 14)
Curley Lake and à la Loutre Overview, Gatineau Park in June.

photos by Ida and Art Campbell

RIDEAU TRAIL ASSOCIATION - CENTRAL CLUB ACTIVITIES

The meeting place for Central Club activities is Conlon Farm in Perth at 9 a.m., **unless otherwise noted**. To reach this recreational area, take the main street (Gore Street) southeast through Perth to County Road 10, turn right (southwest) towards Westport, then take the fourth road to the right (Conlon Drive) to the Conlon Farm parking area. If in doubt regarding any aspects of the hike or activity call the hike leader, or the hot line at 264-8338. See Page 7 of this Newsletter for **Activity Levels and Participants' Responsibilities**.

Saturday, September 6: Hike Marlborough Forest area, followed by Schoolhouse Corn Roast/Potluck with Ottawa Club

Explore part of the Marlborough Forest prior to joining the Ottawa Club. Level 1, slow-moderate pace, 8 km.

Meet at Conlon Farm at 1 p.m.

TREES TALK TO: Susan Samila 264-1196

-AND-

Cornroast with Ottawa Club:

Meet at 5 p.m. at the Schoolhouse. RSVP by Sept. 2 in order to make sure there is enough corn for you! Bring your favourite potluck dish.

RSVP CONTACT: Susan Samila 264-1196

Weekend September 13, 14 (NOTE CHANGE IN LOCATION) Cycling on country roads through Burritts Rapids, Oxford Mills, North Augusta, Bishops Mills, with an overnight stay in a B & B in Merrickville.

Total round trip of approx. 75 kms. Generally level terrain. One day option as well. Registration by Sept. 10 in order to reserve B & B..

GO UP HILL WITH : Margaret Lafrance 267-6743

Sunday, September 28: Slide Lake Loop

This trail needs no explanation. It's a challenge but David has sworn to take it easy! Level 3, moderate pace, 16 km.

SLIDING ALONG WITH: David Miller 267-6743

Saturday, October 4: Rideau Trail Association AGM See Notice on page 3.

Saturday, October 11 Ragged Chutes

Our favourite fall hike with bushwhacking to Kings Lake. Camera essential, as well as boots with a good cross tread. Level 3, moderate pace. 12 km

A FRIEND IN KNEED: David Miller 267-6743

Sunday, October 19: Murphy's Point Provincial Park NATURE HIKE, led by Park Naturalist Tobi Kiesewalter

Exploring short trails with very diverse themes: Sylvan

Trail, Silver Queen Mine and Beaver Pond Trails
Level 2, slow pace, 6 km.

CONTACT: Gunhild Karius 264-2861

Saturday, October 25: Frontenac Park, Little Clear Lake Loop

Deep into Tattersall Territory - bring swimming costume. Almanac says this day should be exceptional. Level 2, moderate pace, 12 km.

CLEAR UP THE TRAIL WITH: Don Sherwin 264-0759

Sunday, November 9: Mica Mines Conservation Area, followed by Pot-Luck at David Miller and Margaret LaFrance's new home

Level 2, moderate pace, 12 km

OUR BEST IMPORT!: Margaret LaFrance, 267-6743

Saturday, November 22: Hike Bedford Mills to Westport along the Escarpment

Just to see Bedford Mills with its relaxing air is worth the trip. Level 2, moderate pace, 17 km

RELAXING LEADER: Bob Taylor, 264-8928

Sunday, December 7: Trillium Trail from Weymss to Maberly Station, finishing off at Fall River Pub & Grill for a Holiday Celebration

RSVP to Leader by Dec.1, in order to reserve your place at the restaurant. Level 1, moderate pace, 12 km.

UNIVERSAL USE KEEPER: John Miller

Walking Healing Power

- Walking uses almost all of the 650 muscles and 206 bones in the body.
- Walking helps the brain to release endorphins, naturally occurring chemicals which cut stress and make you feel good about yourself.
- Walking helps you lose weight.
- Walking regularly strengthens your heart muscle and regulates your blood pressure.
- Each footfall of a walker lands with one fifth the force of a runner. That means less injuries.

-adapted from Hike Ontario Magazine, Summer 2003

Our Rideau Trail End to Ender Without a Pack

That's right, just like the title says, from August 31st to September 13th, 2002, we hiked the Rideau trail from Kingston to Ottawa without a pack.

We planned our trip for September because we assumed there would be few bugs, it would seldom rain, and it would not be overly hot. Well, we were correct on the first two assumptions, but not on the third. Most days the temperature soared in the high twenties to mid-thirties.

Day 1 we did not carry our packs because we dropped them off at the Bed and Breakfast just outside of Sydeham where we would be staying that night. We were elated that we had chosen to do so because the temperature was approximately 34 degrees and our hike was 31 kilometers.

Upon arriving in Sydeham we went to the local pizza joint for a well needed meal, and to wait for the owner of the B&B to pick us up. We soon learned at the pizza joint that once you tell someone who has access to beer that you are walking from Kingston to Ottawa you are quickly offered a nice cold one! That was definitely the theme as the trip continued.

Day 2 was the only day we carried our packs! How, you may be wondering??? Well, on Day 2 it was another very hot day but fortunately we only had to hike 18 km. When we arrived at Frontenac Outfitters to camp for the night we reflected on our day, which was very difficult in that we were carrying all of our gear in very extreme heat. We both decided that although it would be a great accomplishment to complete the trip we also wanted it to be pleasurable. We contacted the B&B we would be staying at the next night and asked if they would pick up our packs for a small fee. Without hesitation they agreed to do so. Then the following day they dropped them off at our next destination, and so this continued for the entire trip. Whether it was the B&B owners or campers, we managed without effort to never carry our packs again after Day 2!

Overall our trip was a delightful, pack free, wilderness-full success. If you would like further details regarding our daily routes, accommodations, or any other specifics, please contact us at tammie_winsor@yahoo.ca

Tammie Winsor & Nicholas Swandel, Ottawa

The Chilkoot Trail

Just a short note to let fellow hikers know about a hike we just finished—The Chilkoot Trail. It starts in Dyea Alaska and ends at Bennet Lake in B.C. Nearly everyone is familiar with the picture of all those men and women in a line, like ants, going up the mountain in search of gold.

Any hiker going to Alaska must put this one on their list. In the 53.1 kms (33 mi) the changes in terrain are like taking three or four different hikes. There is rainforest, alpine tundra, icefields complete with avalanche areas, and finally sand!

The scenery is spectacular although it was cloudy, foggy and raining, so it really must be something on a clear day. In fact the weather was so bad that when we finally reached the summit, the ranger told us to spend the night in the summit cabin, something that you are not normally allowed to do. You must be sure of your capabilities before setting out on this one. It is quite the experience. It really puts you in awe of the men and women of the Klondike Days!

Kathy and Wayne Forte

Donations

The following donations are acknowledged with thanks:

To the Rideau Trail Association

Christine Banfill	Donna Lordon
Heidi Gibbs	Rafter Jack Patterson
Carlos Izaguirre	Beth Peterkin
Chris Hargreaves	Bob and Betty Peters
Ann Hutchison	Anke Springer
Sylvia Pine	Renu Varma

To the Rideau Trail Preservation Fund

Henry Heald	Watson Ogilvie
Ginette Marion	Christina McGuire
Don Sherwin	R.E. Sweet

Other Activities and Notices

The activities and notices listed below are not sponsored by the Rideau Trail Association, but are published as a service to RTA members. The Association accepts no responsibility for them.

Up the Creek Canoe and Kayak Festival

Cornwall, Ontario Saturday, September 20, 2003

Come and participate in the first ever Up the Creek Canoe and Kayak Festival in Cornwall Ontario, hosted by the Cornwall Outdoor Club de Plein Air.

Registration begins at 12:30 at Lamoureux Park. A drumming circle will play as the mass start begins at 2:00 pm. (We are looking for as many drummers as possible, so if you or people you know would like to volunteer please contact me.)

Follow the St. Lawrence River past Cornwall's historic waterfront to Gray's Creek Conservation Area (1 - 2 hour paddle, suitable for families). Enjoy the BBQ and demonstrations at Gray's Creek. If you're still hungry stay around for the Fear Factor Contest.

Cost \$10.00/ person. For information or pre-registration, call Kevin O'Rourke at (613) 938-3614 or email korourke@cnwl.igs.net

Walk, Hike Or Jog Kingston



This photo of the "Time" sculpture on the Kingston waterfront is one of many in this new book by Nicole Florent.

The book sells for \$20, and contains 31 theme-oriented loops within the City of Kingston and nearby areas that will appeal equally to fitness enthusiasts and tourists. For further information, email florent_nicole@hotmail.com, or call (613) 389-6361.

Goldfinch Hill

**a new bed & breakfast in Sydenham
near the Rideau and Cataraqui Trails**

This recently opened B&B on the Cataraqui Trail, 3 km from the Village of Sydenham and 2 km from the Rideau Trail, offers comfortable rooms, cooked breakfasts, simple evening meals, packed lunches, and pickups and dropoffs for hikers. Contact hosts Virginia and Mike Brown at 4220 Sill's Bay Rd., RR1, Sydenham, ON, K0H 2T0, (613) 376-1027, email: goldfinchhill@sprint.ca, web pages: www.ruralroutes.com/goldfinchhill www.bbcanada.com/goldfinchhill



Level 1 Hikers



Level 2 Hikers

(for another point of view, see page 11)



Level 3 Hiker

photos by Nicole Florent

Rideau Trail - Kingston Club
Winter Get-Away Weekend for 2004

Hotel L'Estérel, Laurentians — January 30 - February 1, 2004

Hotel L'Estérel is a cross-country ski resort north of Montreal. Groomed cross-country trails, leading from the door, are available at all levels of difficulty. Expert trails access the Laurentian trail network. If requested, other trails may be accessed by bus for all day skiing on Saturday. Skating and snowshoeing are also available at the hotel.

The hotel's indoor facilities include track, courts, 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 proposals 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 (3 to 4 p.m.). Gratuities are included. Bag lunches may be ordered. Cost for the weekend is \$290 per person double occupancy or \$390 single.

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

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 \$90 per person on registration, with the balance payable by post-dated cheque dated December 31. 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 — Jan 30-Feb 1, 2004

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 \$90 per person, totalling \$ _____ (payable to Rideau Trail in Trust)
and post-dated cheque dated December 31 for \$200 per person double occupancy, or \$300 single occupancy,
totalling \$ _____ (payable to Rideau Trail in Trust)

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

I/We have the following dietary restrictions _____

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 2003) 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. 40019036

32nd Annual General Meeting of the Rideau Trail Association
Saturday, October 4, 2003
Lombard Glen Golf Club, Smiths Falls

MEMBERSHIP APPLICATION: The membership year is from April 1 to March 31. If you join after October 31 your membership will be extended to the end of 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 the Association and in local Club activities. To join or renew, please complete the form below (or obtain a form from the RTA website www.ncf.ca/rta and mail it with your payment to: **Rideau Trail Association, P.O. Box 15, Kingston, Ontario, K7L 4V6.**

☐ Annual Individual/Family Membership	\$20.00	MEMBERSHIP CATEGORY
☐ Patron (Life Membership)	* \$500.00	New ☐ Renewal ☐ Present Life Member ☐
☐ Trail Guidebook: Members	† \$22.00	Name(s):
(6th edition, 2001) Non-Members	† \$27.00	Address:
☐ B&B Guide	† \$5.00	City and Province:
(\$4.00 if ordered with a Trail Guide)		Postal Code:
☐ Rideau Trail Wall Map (2000)	† \$12.00	Telephone:
☐ Crest (cloth, 3-inch diameter)	\$2.00	
☐ Lapel Pin	\$4.00	
☐ Car Sticker (free to new members)	\$1.00	
Prices subject to change		☐ I wish to subscribe to the RTA e-letter.
☐ Donation to the RTA	* \$ _____	E-mail address:
☐ Donation to RT Preservation Fund	* \$ _____	
TOTAL	\$ _____	PLEASE INDICATE A DESIRE TO HELP WITH
		Leading hikes ☐ Maintaining trails ☐
		Leading xc ski/snowshoe outings ☐
		Communicating with members ☐
		Hosting social events ☐ Serving on Executive ☐
		Helping with publicity ☐ Other (please specify) ☐

* Qualifies for income tax credit
(Charitable registration # 11911 9485 RR 0001)
† Includes postage and handling