



The Rideau Trail NEWSLETTER

SPRING 2004

ISSUE NO. 131



Two Isle Lake Bridge

— *BEFORE*

- *and AFTER*

Construction crew:
Peter Murray, Bill Murdoch,
Robin Turkington, Gordon
Bales, John Page. (And
photographer Tony Parfitt)



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 **May 1, 2004** to

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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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Changes at the RTA

You will see a notice for our Annual General Meeting in this issue, and I want you to know that it will be held on JUNE 19 at the Perth Lion's Club Hall. This is a change from our previous AGMs usually held in the fall. It arises because the board has voted to adjust our fiscal year to coincide with that of our respective clubs as well as our membership year. Our new fiscal year will now be April 1 to the following March 31, but in this year of the change-over, our fiscal year will only be September 1, 2003, to March 31, 2004. It is legally considered to be a fiscal year, even though it only has seven months. The reason for this change is the recommendation from our auditor, Linda Schaefer, to the board. In point of fact, this change is actually a return to a period when our fiscal year ran from April 1 to March 31. It just makes sense that our clubs, our membership year, and our board's fiscal years are all the same.

Another change that has taken place within our organization at all levels is the increased use of email in our communications. In fact, our E-Letter reaches more than 450 members now, and continues to grow. Because of its wide distribution, the board has recognized the E-Letter as another instrument of communication for the RTA and passed a motion to recognize it as such.

A further change that has begun, albeit slowly, is the update of our web site, together with the purchase of the domain name www.rideautrail.org. It is our intention over the next quarter to change over to the use of this name, hosted at another Internet Service Provider. Our present web site (at the National Capital FreeNet) remains in place even as we plan the new one. It will be a "work-in-progress", not completed all at once, but will grow to meet our needs. Comments will be welcomed.

Peter Hawkins, RTA President

Highlights of the RTA Annual General Meeting - Oct. 4 2003

The president began the meeting on a highly optimistic note outlining three areas of innovation that will provide for a more vibrant Association in the future. First, a Rights of Way Land Acquisition Committee has been created in an effort to secure the Trail. It will consider ways to ensure a permanent right of way for the RTA over property, including temporary acquisition of property. Secondly, the e-letter continues to develop,

Rideau Trail Association 33rd Annual General Meeting

**Saturday, June 19, 2004
Lion's Club Hall, Perth**

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

Lion's Club Hall is located on Arthur Street near the Perth Fairgrounds. The cost of the dinner is \$13 per person. Orders for dinner must be received no later than June 12. Cheques payable to Rideau Trail Association in trust should be mailed to : Linda Line, 1005-117 Park Street, Kingston, ON, K7L 5P6. Or call your Club contact:

Kingston:	Nicole Florent	389-7171
Perth:	Gunhild Karius	264-2861
Ottawa:	Ronald Hunt	590-7467

providing members with up-to-date information. Thirdly, our upgraded website will be another way in which we can advertise our Rideau Trail more effectively.

Considerable discussion has taken place over the past few months concerning membership fees. The matter has been finally resolved. Effective April 1 2004, the current individual family membership will be replaced by two categories, i.e. "single membership," fee \$20.00, applicable to an individual named person 18 or over; and "household" membership, fee \$25.00, applicable to any two named persons 18 or over residing at the same address. Both persons covered by a "household" membership will have voting rights and will receive membership cards. Patron or Life Membership is to be \$500.

Outstanding service awards were made to Bill Murdoch and to Ken Buckingham. Congratulations to these two for their many contributions to our Association. Their dedication is an inspiration to us all. Congratulations are also due to the sixteen hardy souls who persevered and received end to end awards. Also included are Bill Murdoch and Barbara Pusch who are the first members to complete "winter" end to

-continued on p. 4

Highlights of the Annual General Meeting, continued

ends. This event will continue again starting in January 2004.

Best wishes to Ron Hunt who was introduced as the interim Chair for the Ottawa Club.

Appreciation was expressed for the hard work done by the maintainers who clear brush, remove fallen trees and mark the trail. All three clubs have been busy re-marking the trail, planning construction and building new bridges.

The Legacy Landmark project has run into difficulty due to excessive administration requirements and a shortfall of funds to match those of the Ministry of Natural Resources. Ottawa will go ahead with their plans as four signs are now available.

A book by Nicole Florent was recently published entitled "Walk, Hike or Jog Kingston." It contains 31 theme-oriented Loops within the City of Kingston and is available for sale at \$20.

The early morning dawned furiously with high winds and drenching rain. By lunchtime, however, the storm had cleared allowing the scheduled outdoor activities to proceed successfully. About twenty members remained to round off the day and socialize over a good dinner.

David Armitage

Highlights of Recent RTA Board Meetings

Computer glitches were responsible for this column being missed in the last two issues of the Newsletter. Here are some of the important items being discussed and implemented by your Association. At the AGM last fall President Peter Hawkins spoke enthusiastically about the future of our organization. He referred to three innovative ways in which we are moving forward.

A Land Acquisition Committee has been initiated and will be looking at the temporary acquisition of property with a view to securing a permanent right of way for the RTA. Our Trail is a precious resource and it is important that it be preserved for future generations. We need the support of all members in this project. If you are aware of land for sale along the trail or know of a landowner who might be interested in donating the right

-continued in the next column

Rideau Trail Closed on Tuesday, March 23, 2004

The Rideau Trail, where it crosses private land, will be closed on Tuesday, March 23, 2004. This action is necessary to protect the landowners who allow us to cross their land the remainder of the year. The Rideau Trail Association would like to thank all landowners for their generosity. Please take care not to trespass on this day.

Highlights of recent RTA Board Meetings, continued.

of way, please contact your Club representative.

Peter also mentioned how well the e-letter has improved communication providing up-to-date news and corrected information. About 450 members are currently receiving the e-letter. Also, an exciting new website is to come on line later this year. This was developed without cost to RTA as a result of many hours of hard work done by a few dedicated members. A draft home page has been designed and RTA now owns the domain. It will be a powerful tool in advertising our Trail.

The K&P Trail Group is working with the new Kingston Mayor and City Council to develop ways in which a K&P Right of Way can be established that would allow only hikers and cyclists. The planned route is to extend from Kingston to the City boundary at Orser Rd. As well as being an excellent addition to our trail system it could provide an alternative, should development north of the city threaten the future of our Trail.

Total membership of the three clubs of RTA is presently 1280 an increase of 4% over the past two years.

The annual closing of the Rideau Trail will be on Tuesday 23 March 2004.

The Annual General Meeting of the Rideau Trail Association will be on Saturday June 19, 2004 at the Lions club in Perth. (See notice on page 3.) We were advised that our fiscal year should coincide with that of the three clubs hence the change to the earlier date.

Other matters discussed by the Board are described in the report of the October AGM (page 3).

David Armitage

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 TD/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 for activity levels.**

Wednesday Walkers depart at 13:30 (1:30 pm), except on the second Wednesday of the month when an all day outing is scheduled. Contact Donald Cutts at 542-5414 for details or location of Wednesday walks.

Four **Monday Trail Work Hikes** are scheduled this spring. See entries for May 3, May 17, June 7, and June 21.

Members willing to be leaders, or who wish to suggest new locations for upcoming seasons, should contact Donald Bond at 1161 Front Road, Kingston, K7M 4M2, 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 her.

Saturday, March 13 - Spring Pot Luck Dinner Party
6:00 pm. Margaret and John Page are kindly hosting our Spring Pot Luck Dinner Party once again. Bring something sumptuous and BYOB. Lars will be bringing his Scrabble board for an after dinner play off. Call Linda Line to confirm: 531-4353

Saturday, March 20 – Gould Lake Area
Level 3, 10 km. Depart 0900. Gas \$3 plus park fee.
LEADER: Watson Ogilvie 530-2378

Sunday, March 21 – Kingston
Level 1, 4.9 km. Historical Loop 111. Visit Sydenham, Montreal, Rideau, Clergy Streets. Depart 09:30. Gas \$1.
LEADER: Nicole Florent 389-7121.

Tuesday March 23. Rideau Trail Closed. See page 4.

Saturday, March 27 – Kingston
Don't buy your Maple syrup yet! Bill is leading a hike from Lees Rd. to Unity Rd which includes a visit to an operating maple syrup camp. Level 1. Distance 8 km. Depart 0900. Gas \$2. Moderate pace.
LEADER: Bill Murdoch 389-3023

Saturday, March 27- Opinicon Area
No, this is not a mistake! Allan has agreed to lead a group on a ski outing, with his 'signature' lunch around the fire! Level 1. Distance 10 km. Depart 0930. Gas \$4.
LEADER: Allan Tattersall 549-4080

Sunday, March 28 – Gananoque Wildlife Area.
Explore the interesting features of this seldom used (by us!) area Level 2/3. Distance 14 km. Depart 0900. Gas \$4. LEADER: John Cornish 382-4778

Saturday, April 3 – Parrott's Bay Area.
A favorite hiking area with a varied ecosystem and mature trees. Level 1 Distance 8 km. Depart: 0930. Gas \$2. LEADER: Audrey Kilpatrick 545-1268

Sunday, April 4 – Gould Lake Cons. Area
This hike will include the area along the Ridgewalk. Boots recommended. Level 3. Distance 14 km. Fast/moderate pace. Depart 0900. Gas \$3 + Park fee.
LEADER: Bill Murdoch 389-3023
(N.B. Don't forget to change your clocks).

Saturday, April 10 – Amherst Island
Enjoy the sights and sounds as Mike leads you on a bike ride around one of our favorite islands. Level 1. Distance 18 km. Depart from dock on 0930 ferry (fee)
LEADER: Mike Amodeo 634-1847.

Sunday, April 11 – Gould Lake Cons. Area
Take a leisurely hike along the Wagon Trail with Jean. Level 2. Distance 10 km. Depart 0900. Gas \$3 + Park fee. LEADER: Jean Thompson 544-0340

Wednesday, April 14 – Cataraqui Trail
Hike the Cataraqui Trail from Curl Road to Camden East. Level 1. 10 km. Depart 0900. Gas \$3.
LEADER: Audrey Sanger 384-6244

Saturday, April 17 – Cataraqui Trail
Jane & Robert have a new treat for us – a hike from Yarker to Strathcona along the Cataraqui Trail. Level 1. Distance 13 km. Depart 0930. Gas \$3.
LEADERS: Jane & Robert Hough 373-2268

Sunday, April 18 – Frontenac Park

Starting at Perth Rd. revisit the spectacular views along the Slide Lake loop. Level 3. Distance 16 km Fast/mod. pace. Boots required. Depart 0900. Gas \$4.
LEADER: Bill Murdoch 389-3023

Saturday, April 24 – ANNUAL GENERAL MEETING – KINGSTON CLUB

See notice on this page for further details.

Sunday, April 25 – Rideau Trail

David will lead this hike south along the west shore of Gould Lake. Level 3. Distance 15 km. Depart 0900. Gas \$3. Boots recommended.
LEADER: David Forkes 634-5840.

Saturday, May 1 – Amherst Island

Bernie has dared us to keep up with him on a May Day BIKE ride around Amherst Island. Level 1. Distance 18-20 km. Depart - Ferry Dock – 0930 ferry. Ferry fee.
LEADER: Bernie Gates 389-1835.

Sunday, May 2 – Marble Rock Conservation Area

'Gan's own native son' will lead this hike on the newly established Trail. We were very enthusiastic and impressed on our first hike there last fall. Level 2. Distance 10 km. Depart 0900. Gas \$3. Wear Boots.
LEADER: Peter Murray 382-2824.

Monday, May 3 - Trail Work Hike

Level 1 to 2. Depart 1000, anticipated return 1400. Gas to be arranged. Help to perfect the Trail signage, etc. Primarily of interest to people who have not had the opportunity to do Trail work, but everyone is welcome. Please phone Robin Turkington, 549-4139, for further details and tools required. Bring lunch and water.

Saturday, May 8 – Crotch Lake.

Hike with Barbara on this rugged hike and chances are we will see the rare 'trailing Arbutus' in bloom. Level 3. Distance 16 km Depart 0800. Gas \$7. Boots recommended.
LEADER: Barbara Pusch 544-0933.

Sunday, May 9 – Frontenac Park.

Come back to Frontenac Park, and hike the rewarding Cedar Lake loop. Level 3. Distance 15 km. Depart 0900. Gas \$4. + Park fee. LEADER: Audrey Sanger 384-6244

Wednesday, May 12 – Napanee Area

Jane & Robert have promised to show us some of their favorite haunts in their home town of Napanee. Level 1. Distance 10 km. Depart 0900. Gas \$4.
LEADERS: Jane & Robert Hough 373-2268.

Kingston RTA Club Annual General Meeting

Saturday, April 24, 2004, 9:30 am Little Cataraqui Conservation Area

Program: 09:30 Coffee
10:00 Business Meeting
12:30 Brown Bag lunch followed by hikes.

Saturday, May 15 – Cataraqui Trail

Hike the Cataraqui Trail from Harrowsmith to Sydenham and return. Level 1. Distance 13 km. Depart 0900. Gas \$3.
LEADER: Alberta Edgar 542-9662.

Sunday, May 16 – Rideau Trail

It is good to return to our roots occasionally! Hike the Rideau Trail between Bedford Mills and Westport and enjoy the pleasures of our Trail. Level 2. Distance 17 km. Bring bug spray and there may be wet spots. Depart: 0900. Gas \$4.
LEADER: Betty McIver 549-8028.

Monday, May 17 - Trail Work Hike.

See description under May 3.

Saturday, May 22 – Rideau Trail

In keeping with the 'roots' theme, we will check out the area between McIvor Rd. and Unity Rd. (and return). Level 1-2. Distance 13.6 km. (May be some wet spots). Depart: 0900. Gas \$2.
LEADER: Gunter Heyland 634-4298.

Sunday, May 23 – Gould Lake/ Rideau Trail

Hike from the gate, along the Main Trail to Bedford Rd. and return. Level 2/3. Distance 16 km. Depart 0900. Gas \$3. + Park fee.
LEADER: Gloria Seeley 546-2503.

Saturday, May 29 – Frontenac Park

The Bufflehead with its many beaver dams provides an interesting hiking experience. Enjoy the pleasures of spring in Frontenac Park. Level 2/3. Distance 8 km. Depart 0900. Gas \$4 + Park fee.
LEADER: Lynn Nolan 389-8747

Sunday, May 30 – Frontenac Park

Get ready for summer by hiking the Slide Lake loop, from Perth Road, to Mink Lake Lookout and back. Level 3. Distance 21 km. Depart 0900. Gas \$4.
LEADER: Larry Jenkins 530-2308

Saturday, June 5 – Rideau Trail

Bill is mellowing out! Throw a lawn chair or two in the trunk for use at lunch time, and join 'the man' for a hike over fields, roads, and road allowances from Orser Rd. to Railton Rd. Level 1. Distance 8 km.
 Depart 1000. Gas \$3. Moderate pace.
 LEADER: Bill Murdoch 389-3023

Sunday, June 6 - Pot Luck Brunch

1200 at the Lion's Club Hall, Sydenham Road. With a special invitation for new members to attend this event. After brunch there will be an information session on hiking safety, followed by a Level 1 hike in the area.
 RSVP: Linda Line, 531-4353.

Monday, June 7 - Trail Work Hike.

See description under May 3.

Wednesday, June 9 – Presqu'ile Prov. Park

Enjoy a day of bird watching and beautiful scenery as you take a leisurely hike in this charming park. Level 1. Distance 10 km. Depart 0900. Gas \$6 + Park fee
 LEADER: Bob Chadwick 352-1052.

Saturday, June 12 – Opinicon Area.

Stan is leaving his options open for this hike in the Opinicon area. Level 3. Distance 15 km. Depart 0900. Gas \$4. LEADER: Stan Huff 548-3003.

Sunday, June 13 – Petroglyphs Provincial Park.

A hike to tease as you view these 'rocks with a colored past'! Level 2. Distance 18 km. Depart 0900. Gas \$8 + Park fee. LEADER: Bob Chadwick 352-1052

**Saturday, June 19 – RIDEAU TRAIL
 ASSOCIATION ANNUAL GENERAL MEETING.**

See page 3 for details.

Sunday, June 20 – Frontenac Park

There is nothing like a Sunday hike along the 'rugged' Gibson Loop. Level 2/3. Distance 15 km. Depart 0900. Gas \$4. LEADER: John Cornish 382-4778

Monday, June 21 - Trail Work Hike

See description under May 3.

Saturday, June 26 – Charleston Lake.

Hike the Tallow Bay Loop with Gloria. With a little luck there might even be a sighting of Pink Lady's Slippers along the trail. Level 2/3. Distance 10 km.
 Depart 0900. Gas \$4 + Park fee.
 LEADER: Gloria Seeley 546-2503

Sunday, June 27 – Frontenac Park.

Vic has accepted the challenge to put us through our paces with a hike on the Little Salmon Lake Loop. Level 3. Distance 15 km. Depart 0900. Gas \$4 + Park fee.
 LEADER: Vic Stanulis 548-7400.

Saturday, July 3 – Frontenac Park.

A trail less travelled! Starting from the Kingsford Dam, take a hike along the Tetsmine Loop. See the remnants of mica camps & pits. Level 2. Distance 15 km. Depart 0900. Gas \$4.
 LEADER: Ray Wilson 382-7189.

Sunday, July 4 – Frontenac Park.

Hike the 'just about right' (not too long, not too short!) Arkon Loop. Level 3. Distance 14 km. Depart 0900. Gas \$4 + Park fee.
 LEADER: Joan Bailey 389-1935

INTERESTED ?

Anyone interested in a weekend hiking trip (hopefully to Bon Echo Provincial Park) in late summer please contact Cam Hodges at 613-545-1925 by March 31.

Activity Levels

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.

RIDEAU TRAIL ASSOCIATION - OTTAWA CLUB ACTIVITIES

The meeting place for all Ottawa Club Activities, UNLESS OTHERWISE STATED BELOW, is the parking lot of the R. H. Coates Building (Statistics Canada) on the west side of Parkdale Avenue just north of where it intersects with Scott Street in Ottawa. OC Transpo riders may use the stop for Tunney's Pasture. The times given below are departure times.

Transportation is by pooling of private cars and passengers contribute to the driver's costs. Fees for parking and entry to Parks and Conservation Areas are shared between the driver and passengers. 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 if you need general information, please call the Ottawa Club at 860-2225.

Note to Leaders: Please send the sign up sheets to Vinni Sahni, 1117 Chateau Crescent, Orleans, Ontario K1C 2C9. Tel: 824-6757.

Participants' Responsibilities: Participants should bring a lunch, drinking water, sun and insect protection and should wear appropriate footwear and clothing. They must choose the activities suitable to their physical capabilities and skill levels (**see activity levels on page 7**). They must inform the leader, before the start of the hike, if they have any health problems and if they have existing or potential difficulties with their equipment. They must respect the leader's judgment and accept their own financial obligations for the activity. Parents and guardians must supervise their own children.

The Wednesday Walkers

Every Wednesday, there are Level 2-3 hikes in the Gatineau Park. Departure time is 09:30. Call Dorothy Belter (523-4420) or Nanette Whitman (730-5417) for more information including the meeting place.

Urban Walks

Every Tuesday evening from March 23 to April 20 starting at 6:00 pm - Check schedule for starting location. **DO NOT GO TO TUNNEY'S PASTURE.** Coordinator: Pat Archer 565-6149.

The Moonlighters

Every Tuesday evening starting April 27 to August 31 - All Hikes start at Tunney's Pasture. There will be a short Level 1-2 hike, usually in the Gatineau Park, always within a 30-minute drive from Tunney's Pasture. Meet no later than 17:55 (5:55 pm) in order to depart promptly at 18:00 (6:00 pm). Hikes usually last until sunset. Bring water, snack, bug repellent and a flashlight. COORDINATOR: Laraine Laughland 723-8851.

First Aid Training and Field Orientation

You are invited to attend a First Aid Training & Field Orientation session to be held on Saturday, May 8 (1st Aid) and Saturday, May 15 (field orientation), from 9:00 am to 5:00 pm each day. Training will be held at Shirley's Bay, West Ottawa, and will be provided free of charge by trained Canadian Forces volunteers. Please note that certification will not be given due to a reduced program; anticipated trail situations will be the focus. Training is available to all hikers, and hike leaders are encouraged to attend. Bring snacks, lunch, liquids, paper and pen. Please reply to the coordinator by April 16, 2004 via e-mail keaney.vm@forces.gc.ca, or by phone - 995-1056 (work), 862-4277 (cell - after 6:00 pm). Coordinator: **Veronica Keaney**

Bike Workshop

If you would like information on buying a bike - selecting the proper size, type, tires, etc., adjusting and maintaining it, and how to fix a tire, please express your interest in a group session. Location and date to be arranged. CALL: Bill Cazemier 745-9957 by **March 21.**

Activity Schedule

Saturday, March 20 - Gatineau Park

LEVEL 3- Snowshoe exploration of the peaks and valleys around Lac Richard. Some 45° slopes. Points of view. Moderate pace. Approx. 5 hrs. Gas \$4; Starting 09:30; LEADER: Mohan Taagepera 770-4258

Tuesday March 23. Rideau Trail Closed. See page 4.

Tuesday, March 23 - Urban Walk

Canal Bridge to Bridge. Meet at TD Canada Trust (Pretoria Bridge & The Driveway). Depart 18:00 (6:00 pm). LEADER: Pat Archer 565-6149

Saturday, March 27 - Western Gatineau Park

Level 3 - Snowshoe/Hike Bushwhack. Celebrate the first day of spring with a Snowshoe/Hike. A 10 km loop mostly off-trail around Lac aux Foins. Wear waterproof footwear for wet spring snow and water crossings. Gas \$4. Depart 09:00. LEADER: Gloria Daly 224-4413

Sunday, March 28 - Gatineau Park

Level 2 Hike. My trip would start at the Power line, where it crosses Eardley Road, following trail 1 #56 past Richard Lake, then go east off trail towards Lake Racine. Northeast of Lake Racine are some cliffs from which one has a beautiful view of the valley going east, continuing north towards some hills where we can look down into the LaPêche river valley with Masham in front of us. From there we would go southwest back to the parking lot. About 8 Km. Gas \$ 4.00
LEADER: Helmut Alexander 725-3338

Sunday, March 28 - Greenbelt

Cross Country Skiing - Greenbelt Pine Grove. Meet at Davidson Road parking lot (off Conroy Road) at 2:00 pm. LEADER: Lisa Schur 731 2209

Tuesday, March 30 - Urban Walk

Ottawa/Hull Bridge to Bridge. Meet at Old Mill Restaurant (Western Parkway & Portage Bridge). Depart 18:00 (6:00 pm). LEADER: Grant Malinsky 730-2772

Please renew your RTA membership by March 31.

Sunday, April 4 - Daylight Savings time begins.

Tuesday, April 6 - Urban Walk

New Edinburgh/Rockcliffe Park. Meet at 193 Stanley Ave., New Edinburgh Park Clubhouse (this is near the river at the end of Stanley Ave.). Depart 18:00 (6:00 pm). LEADER: Pat Archer 565-6149

Saturday, April 10 - Farrelton Area

Level 2 Hike - Farrelton area. Gas: \$4. Depart 09:00. LEADER: Marilyn Levitan 828-2281

Tuesday, April 13 - Urban Walk

Urban Walk-Britannia Village. Meet at Lincoln Fields

Shopping Center parking lot - Richmond Road side near Pizza Pizza. Depart 18:00 (6:00 pm)
LEADER: Marilyn Levitan 828-2281

Thursday, April 15 - Special Activity for Leaders and Prospective Leaders.

Supper and planning session to complete the summer schedule. Details will be sent to activity leaders. To list your event, or for more information, contact Denise Hudson 232-9852

Friday, April 16 - Deadline for response to First Aid Training and Field Orientation (See page 8.)

Saturday, April 17 - Gatineau Park

Level 3 Hike. Hollow Glen is on Chemin de la Montagne just east of Hang Glider. We climb part-way up the escarpment past the waterfalls, along a trail to the three original Champlain Lookouts. Lunch will be in the area of Huron Lodge. We will be proceeding along trails, crossing the Parkway and back to the start. 12 km. Departs 08:30. Gas \$3.
LEADER: Alex McDonald 237-6399

Tuesday, April 20 - Urban Walk

Urban Walk- Leamy Lake. Meet in parking lot at "east end" of Jacques Cartier Park (end of Laurier St. at Dussault St.). Depart 18:00 (6:00 pm).
LEADER: Grant Malinsky 730-2772

Friday, April 23 RTA Ottawa Rideau Trail Club Annual General Meeting 7 pm. (See notice below.)

Friday April 23 Deadline for payment for May 21-24 White Mountain Outing (See p. 11)

Saturday, April 24 - Greenbelt

Level 1 Hike. Jackpine Trail. Meet at Baseline Park & Ride, south end. Depart 10:00. Gas \$2.
LEADER: Jean Cottam 726-1596

**Ottawa RTA Club
Annual General Meeting**

**Friday 23 April, 2004, 7 pm
Trinity Anglican Church**

Bank St. and Cameron Ave. in Ottawa South

The event will commence at 7 pm, and in addition to the AGM, Alex Bissett will present a slide show featuring exotic locations. Parking is "on street" and the No. 1 bus stops nearby.

Saturday, April 24 - Frontenac Park

Level 3 Hike. 17 km. Arkon Lake Loop Plus. Long Drive. Depart: 08:30. Gas \$7.

LEADER: David Spector 829-6802

Saturday, April 24 - Gould Lake

Level 3. 18 km. Hike on rugged trails, may be wet in parts. Spring flowers likely. Long day. Supper in Westport. Late return. Departs 08:00. Gas \$8.

LEADER: John Haley 225-0590

Saturday, April 24 - Gatineau Park

Level 3 Hike. Lusk Lake Region. On trail from P19/Lac Philippe to Lusk Lake, then bushwhack up and over the high ground to the south of Lusk. 13 km on trail, 6 km off trail, some, dense vegetation guaranteed. Depart 09:00. Gas \$4. LEADER: Cliff Daly 224-4413.

Sunday, April 25 - Gatineau Park

Level 3 Hike. North Window with return via Rooftop Lakes. This is a full-day exploratory event. You must be suitably equipped and able to travel at reasonable speed in off-trail conditions. Depart 08:30 am. Gas \$4. LEADERS:

John Crysdale 728-9192, Johanne Pineau 772-4981.

Tuesday, April 27 - The Moonlighters Hikes begin

From the RA Centre, looping around the Rideau River and over to Bank Street - assuming that conditions are dry enough (otherwise, the location will have to change). The departure will be from Tunney's Pasture at 18:00 (6:00 pm sharp) LEADER: Laraine Laughland 723 8821

Saturday, May 1 - Dow's Lake

Level 1 Walk. Enjoy spring flowers at Dow's Lake and the Fletcher wildlife garden. Approximately 8 km.

Leisurely walk. Depart 09:30.

LEADER: Coby Fuykschot 722-6022

Saturday, May 1 - Gatineau Park

Level 2 Hike from P17 near Wakefield to Herridge. Those going direct to the trailhead should meet at the Pine Road parking lot as there will be car pooling from there. If it is an unusually warm day, or if people want a little extension, a swim or stop at McDonald's Bay can be added as an option to the outing (this adds either 1 km or 2 km to the hike). Depart: 09:30. Gas \$4.

LEADER: Laraine Laughland 723-8821.

Saturday, May 8 - First Aid Training and Field

Orientation - See page 8 for more information.

Sunday, May 9 - Rideau Canal/Rideau River

Level 1 Cycle. An easy start for the year. Out to Hogs Back via Dow's Lake and the canal, then down the Rideau River to New Edinburgh, and return via the Ottawa River. Mainly on Recreational Paths, but a little on streets. About 2.5 hours and 22 km. Depart 10:00.

LEADER: Denise Hudson 232-9852

Sunday, May 9 - Mont St. Marie

Level 3 Hike. 10 km off trail. Departs 09:30. Gas \$5.

LEADER: John Barron 828-2296

Saturday May 15 - First Aid Training and Field Orientation - See page 8 for more information**Saturday, May 15 - Gatineau Park**

Level 3 Hike -Western Gatineau Park Lakes Tour (I). The hike will visit a number of lakes in the Lac Racine area. It is a full-day exploratory event. You must be suitably equipped and able to travel at reasonable speed in off-trail conditions. Departs 08:30 from Tunney's Pasture. Gas \$4. LEADERS: John Crysdale 728-9192, Ann Lane 741-3184.

Saturday, May 15 - Gatineau Park

LEVEL 1+. Part 1: A short 3-hr hike of the scenic waterfront trails of Lac LaPêche. Discover lost chateaux, early settlers' pickle jars and chamber pots. Followed by (optional) walk to LaPêche covered bridge. An optional 1-hr "BEGINNERS' INTRODUCTORY BUSHWHACKING" stretch – real rocks, real bush, real little mountain, but slow, sweet & short. Terrific views. Gas \$5. Starting 09:30. LEADERS: Kay Methot / Mohan Taagepera 770-4258

Saturday, May 15 - Upper Canada Village

Level 1. Some trails in the Upper Canada Village area, including the bird sanctuary. Depart 9:30 am. Gas \$6. LEADERS: Lena and Graham Creedy 789-1657

Sunday, May 16 - Gatineau Park

Level 3 hike from P19/20 Lac Phillippe to the fire tower via abandoned trail #10. Return via the Yellow box trail and off-trail to Lusk lake. Total time 6-7 hours. Distance approx. 18 km. Depart 09:00. Gas \$4. LEADER: Dave Audett 781-3915 (W) or 225-4667(H)

Sunday May 16 - Rideau Canal

Level 1 +. Tip toe through the tulips - leisurely walk

along Ottawa River - Rideau Canal - Dow's Lake and return with a possible refreshment stop. No gas charge. Depart 09:00. LEADER: Vinni Sahni 824-6757

Friday, May 21 to Monday, May 24 - White Mountains Outing. Multiple and varied day hikes in the White Mountains of New Hampshire, staying and dining at the Kinsman Lodge in Franconia over the May long weekend. Shared bathrooms. Three country breakfasts (Sat, Sun, Mon), two four-course dinners (Sat, Sun) and three nights (Fri, Sat, Sun) accommodation. \$230 CAN per person, double occupancy, \$270 CAN per person, single occupancy, all inclusive. 8 double rooms, 3 single rooms; rustic overflow available. Payment deadline is Friday, Apr 23. LEADERS: Cliff and Gloria Daly. Phone 224-4413 or email [cliff.daly@pwgsc.gc.ca].

Saturday, May 22 - Arnprior
Level 1 Hike. MacNamra Trail - Arnprior. 6 km. Tea stop afterwards. No lunch necessary. Depart 10:00. Gas \$5. LEADER: Bill Grant 820-0697

Saturday, May 22 - Gatineau Park
LEVEL 3- Luskville to Dome via the Black Wall. One of the shortest routes. Unhurried hike-climb-exploration of the rocky escarpment. A few spots may require touching rock on all fours. Approx. 6 hrs. Gas: \$4. Starting 9:00. Leader: Mohan Taagepera 770-4258

Saturday, May 22 - K & P Trail
Level 1-2. Flat but long hike, 15-20 km. Depart 09:00. Gas \$6. LEADER: Pat Robinson 825-1457

Saturday, May 29 - Ottawa River
Level 1 Walk- Ottawa River. Meet at Tunney's Pasture. No gas charge. Depart 10:00
LEADER: Jean Cottam 726-1596

Saturday, May 29 - Rideau Trail
Level 1 Hike. Leisurely walk on Cataraqui Trail in Smiths Falls. Depart 9:30 am. Gas \$5.
LEADER: Coby Fuykschot 722-6022

Saturday, May 29 - Gatineau Park
Level 2+ Hike. From P11 (O'Brien Beach - old Alexander Road and Ramparts). May be some off trail, some bushwhacking. Depart 09:30. Gas \$3.
LEADERS: Roger Steacy 234-0348 and Ann Lane 741-3184

Sunday, May 30 - Experimental Farm
Level 1+ Cycle. Cycle the Experimental Farm Route to almost Baseline, and return by the Ottawa River Route.

About 3 hours and 24 km. Depart Tunney's Pasture 10:00 or Hartwell Locks (across from Carleton University) at 10:30. Passes bus stations that can act as dropout points. Short road section from Tunney's Pasture to Dow's Lake. LEADER: Denise Hudson 232-9852

Saturday, June 5 - Carp Farmers' Market.
Cycle trip. Bring your panniers if you think you might buy something! Level 2-. About 65 km. Depart 09:30. LEADER: Peter Scott 729-9557

Saturday, June 5 - Western Gatineau Park Lakes Tour (II). Level 3. This hike will visit Kelly, Sandy and Glynn Lakes. It is a full-day exploratory event. You must be suitably equipped and able to travel at reasonable speed in off-trail conditions. Departs 08:30 from Tunney's Pasture. Gas \$5. LEADERS: John Crysedale 728-9192, Chris Heap 740-9975.

Saturday, June 5 - Frontenac Park
Level 2 Hike. Rideau Trail from Visitor Centre to Flagpole Hill (in and out). 15 km. Depart 08:30 am. Gas \$7. LEADER: David Spector 27-1046

Sunday, June 6 - Gatineau Park
Level 3. Exploratory hike in the fire tower area (Luskville Falls). Depart 09:30. Gas \$4.
LEADER: Graham Creedy 789-1657

Sunday, June 6 - Mystery Tour
Level 1 Cycle - 45 km. Please bring a lunch. Depart 09:30. LEADER: Barri and Dennis Scully 565-7710

Sunday, June 6 - Ottawa River
Level 1+ Cycle. Cycle to Aylmer by the inland Sentier des Pionniers (Autoroute de l'Outaouais), and return along the Sentier des Voyageurs (along the river). about 3 hours and 30 km. Short road section from Champlain Bridge to Boul St Raymond. Depart 10:00.
LEADER: Denise Hudson 232-9852

Saturday, June 12 - Gatineau Park
Level 3 Hike. Contact leader for details. Depart 08:30. LEADER: Alex Macdonald 237-6399

Saturday, June 12 - Gatineau Park
Level 2. Hike from O'Brien parking lot to MacDonald's Bay, with an optional swim at MacDonald's Bay depending on the weather. Bring lunch. Depart 09:30 am. Gas \$4.
LEADER: Laraine Laughland 723-8851

Sunday June 13 - Rideau Trail

Level 2 +. Rosedale to Dwyer Hill Road – 17 km.
Depart 8:30 am. Gas \$5.
LEADER: Ron Hunt 590-7467

Friday, June 18 - Aylmer

Level 1. Hike starting from Aylmer Marina. Approx. 10 km. Depart 18:00 (6:00 pm). Gas \$3.
LEADER: Marilyn Levitan 828-2281

Saturday, June 19 - RTA Annual General Meeting - Perth. See notice on page 3.

Sunday, June 20 - Ottawa River East

Level 1 Cycle. Cycle to Place d'Orleans along the river, and return 2-by-2 on the 95 bus. Optional brunch at Place d'Orleans. About 3 hours and 24 km. Short road section between National Art Gallery and Rockcliffe Park.
Depart 9:30.
LEADER: Denise Hudson 232-9852

Saturday, June 26 - Western Greenbelt. Level 1 +. Meet at Baseline Park & Ride, south end. Depart 10:00. Gas \$2. LEADER: Jean Cottam 726-1596

Saturday, June 26 - Midsummer Madness Barbeque and Moonlight Canal Walk.

Time: 5:30 to 9:00 pm. Venue: Ann Manor, in the garden by visitor parking lot at 50 Cooper Street (opposite Ramada Inn). Please bring your own meat/chicken/hot dogs/veggie burgers and drink; and also a salad or dessert to share. Volunteer assistance welcome. Please call ahead if you are coming.
CONTACT: Theodora Newton 569-3540

Lyme Disease Alert

I'm going to take Lyme disease a lot more seriously from now on. Hikers have heard warnings about Lyme disease for 15 or 20 years now. It is a bacterial infection transmitted to humans by the bite of a deer tick (blacklegged tick). The disease has a wide range of serious symptoms that can include heart and/or neurological problems, and arthritis. Most patients do not recall being bitten, nor do they find the tick at the time of the bite. The blacklegged tick needs a meal of mammalian blood at the larval (pinhead-sized), nymph (sesame seed-sized), and adult (2 mm) stages. If the tick is infected, it transmits the infection at the time of the bite. Ticks are found in grassy and bushy areas. In the bush, to guard against tick bites, you should wear a hat, long-sleeved shirt, and long pants with the pant legs tucked into socks and taped. Apply an insect repellent (20-30% DEET) to clothing and skin. Before going indoors, brush off your clothing, and once inside, remove all

Social Convenor's Report

Fall 2003: Members from Kingston, Central and Ottawa Clubs gathered at the Schoolhouse on September 6 to enjoy the corn roast, entertainment and sing-along. Thank you again to Bill and Adele Mayers and the team of volunteers for organizing the event.

After a hearty feast at the end-of-season party on December 6, members enjoyed a talk and slide show by Alex Bissett of one of his fascinating hiking trips in China; back-country takes on a whole new meaning. Thank you to Alex -- we look forward to another show some time.

Winter 2004: Although the Bushtukah snowshoe clinic in January was cancelled for lack of snow, we organized two replacement clinics through the Visitor Centre in Chelsea. Thirty people came to the clinics and enjoyed the hike on the Sugarbush and Loop trails. It's good to see so many new snowshoeing enthusiasts. The skating / potluck supper party was enjoyed by fifteen people, including one visitor from Montreal, and the Winterlude visit / Dim Sum lunch are also on the calendar again this year

Theodora Newton 569-3540

clothing, check for ticks, and wash the clothes right away.

A surveillance program for blacklegged ticks that has been carried out by the Lyme Disease Association of Ontario since the mid-1980's, shows that an increasing number of ticks are now infected with the Lyme disease organism, especially since 1999. Every year infected ticks have been found widely in Ontario, including the Ottawa and Kingston areas.

If you do find an attached tick, remove it promptly as there is then less chance of infection. Using fine-point tweezers, grasp the tick where its barbed mouthpart enters the skin and tug gently until the tick releases its hold, by withdrawing its mouthpart from the skin. Be patient - proper tick removal will take time. Then wipe the bite area with antiseptic, such as alcohol, or wash with soap. Save the tick in a jar and take to a City or Provincial lab, or to your doctor, to be identified.

Diagnosis of Lyme disease is difficult. A circular red rash can develop around the bite early in the disease, but is present only 50% of the time. At present, some tests for Lyme disease are not reliable. The symptoms develop slowly over a period of years, and can be difficult to differentiate from other conditions that give similar symptoms. Once diagnosed, the disease is treatable.

-continued on p.13

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 activity levels on page 7.

Tuesday March 23. Rideau Trail Closed. See page 4.

Saturday, March 27 - OPEN HOUSE

For members and non-members. 1 p.m. at McMartin House, 125 Gore Street, Perth. ALWAYS OPEN TO SUGGESTIONS, Margaret Lafrance, 267-6743

Sunday April 4 - K & P Trail, Snow Road Station to Lavant. Hike, 14 km, Level 1, moderate pace. WHAT SEEMS NOT ALWAYS IS, John Miller 264-8824

Saturday April 17, Rideau Trail, Chaffey's Lock (access) to Upper Rock Lake. Hike the very interesting terrain, Level 2, 15 km, moderate pace. BETWEEN A ROCK AND A CHAFFEY, Bob Taylor, 264-8928

Sunday, April 18, Central Club A.G.M.

10 a.m. at McMartin House, 125 Gore Street, Perth, followed by hike in Murphy's Point Provincial Park (be sure to bring a lunch). 10 km, Level 2, moderate pace KING OF CENTRAL TRAIL, Bruce Gourley, 264-2478

Saturday, April 24, Festival of Maples

Come help out at our booth in Perth. 2 hours each pair from 8am to 4pm. Call Gunhild Karius 264-2861

Sunday, May 2, "Linda's Loop", Crotch Lake & Gull Creek. Choose either long (18 km) or shorter (12 km) hike. Level 2-3, moderate pace. PACING IT OUT WITH Dave Miller 267-6743, APPRECIATE THE SCENERY WITH, John Miller 264-8824

Friday, May 7, Trail Maintenance Day. Bring your favourite maintenance tool and assist Bob Taylor and crew. Please call Bob Taylor at 264-8928 for details.

Lyme Disease Alert, continued

My niece, who does canoe trips and hikes in Ontario, started showing neurological symptoms over 3 years ago. After many doctors' appointments and tests while her condition continued to deteriorate, and incurable neurological diseases were considered, she finally had the more accurate test for Lyme disease, and was found to have the disease. And I now realize that Lyme disease needs to be taken seriously by people who spend time in the outdoors. *Dr. Pearl Peterkin, Ottawa*

Sunday, May 16, Moulton Gorge, Frontenac Provincial Park. Enjoy spring wildflowers! Hike, 14 km, Level 2, moderate (sometimes slow!) pace.

GOOD HOMEGROWN FLOWERGIRLS: Gunhild Karius 264-2861 and Susan Samila 264-1196

Saturday, May 29, Tallow Rock Bay Trail, Charleston Lake Provincial Park
Hike, 12 km, Level 2, moderate pace.
ROCK ALONG WITH, Susan Samilla 264-1196

Sunday, June 13, Canoe 1st Depot Lakes
As pristine as they come. Supper in Westport on the way back. DON'T LOOK BACK WITH, Don Sherwin, 264-0759

Saturday, June 19, RTA Annual General Meeting (See notice on page 3.)

Sunday, June 27, Canoe Pike/Crosby Lakes
Potluck supper to follow at Ivan's. PADDLE WITH IVAN'S SON, Bruce Gourley, 264-2478

Donations to the RTA

In memory of Bud Massé: Barbara Aselford, Marion Armstrong, Fred Bigham, Rossie, Don & Merridy Bradley, Chris & Mary Campbell, Caroline Cheng, John Cottee, M. Dunning, Jacquie Gray, Esther Hault, Anne Henderson, Beryl Kelly, Margaret Macgillivray, Linda Mavriplis, Ron Maybury, David Nikkel, Joan Read, Sylvia Shortliffe, David Stevenson, Nicole Stevenson, Douglas Timms, Caroline Whaley, Margaret Wood, and Zellers Associate Council 266. *A farewell to Bud was published in the Winter 2003 Newsletter.*

Other donations: To the RTA: Elizabeth Bowes, Jean McCrea, Edward Will.

To the Rideau Trail Preservation Fund: Anne Cameron, Cynthia Maksymetz & Bethany Robert, Donald & Beverley Wigney.

Hiking on Ellesmere Island

At this suggestion, your friends say either "Why?" or "Wow!". I had often wondered about visiting the Lake Hazen area of Ellesmere Island National Park in the north part of the island - a so-called Arctic oasis - but had no idea how to get there. So notice of a Black Feather hiking expedition caught my eye. Moreover, it was a base camp operation with day hikes in different directions. I leaped at the chance and, to my delight, daughter Joan Patterson joined me.

How can a place 500 km from the nearest settlement, 2000 km from the nearest tree and only 900 km from the North Pole be habitable? The area is unique in sloping toward the southern sun and being sheltered by mountains from northern winds. As a result, in mid-July we found temperatures ranged from +5 to 18 C - ideal hiking weather. Although snowstorms can occur anytime, we enjoyed sunny weather throughout our 10-day stay.

Our camp was next to the warden's headquarters on the Lakeshore. Lake Hazen is 80 km long but we didn't worry about waves as its ice cover was still in place, although softening each day in the 24-hour sunshine. Our Black Feather guide - and excellent cook and photographer - was David Andrews from the Ottawa area. Each day we hiked along the lakeshore, up creek valleys or to a high point. Only about 50 people visit the area each season which runs from late June to mid-August, so there are no hiking trails as such.

Each valley is formed by a creek of meltwater from a glacier. As the water is near 0 deg. we put on neoprene socks to guard against losing all feeling in our feet, a potentially dangerous situation. There were also tumbling stones in the strong currents. So much material has been washed down from glaciers that even a modest stream can end in a number of channels across a delta 2 km wide. Surprisingly in these areas, as water is available at shallow depths, there are often acres of purple saxifrage in bloom.

Our hikes ranged up to 15 km long. Even with no trails, footing was easy over ground with sparse ground-hugging vegetation. To reach high points we worked our way up to elevation gains of nearly 400 m - almost



David Andrews, Peck Peckover and Joan Patterson crossing a glacier-fed stream flowing into Lake Hazen in Ellesmere Island National Park.

miniature by mountaineering standards but quite a change from our Rideau Trail outings. With no trees or shrubs, views were crystal clear in the pure air. The inland icecap and valley glaciers were often in view.

We had looked forward to seeing wildlife, but lemmings, the base of the food chain, had eaten their way out of supplies in this area and moved on. As a result there were no Arctic hares, foxes or wolves around. We saw only one muskox at a great distance, and a few skeletons of various other species scattered on the ground. As we were nearly 100 km from salt water, we didn't have to worry about polar bears.

We saw several kinds of birds such as eider and oldsquaw ducks and a red-throated loon. Even during our few days, it was evident that the constant sunshine compensated for the short summer season in helping both birds and plants to complete their development. Fledglings quickly learned how to fly, preparing for their trip south by September when snow starts. Small flowers were quickly going to seed.

We experienced many rewards from the visit. Lasting impressions noted by Joan were the incredible visibility, absence of noise and litter, purity of the water and air, irrelevance of wallet and watch, and the sounds of nature: twitter of birds, whisper of winds.

Peck Peckover

Support the Rideau Trail. Renew today!

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.

Ganaraska Trail E2E Hikes

Saturday May 1, 2004, #17 of 24: Wasaga Beach

Section. Meet 8:30 am at Schoonertown Parkette in Wasaga Beach (km 23.6). Ganaraska Trail Guide Map #23. Level 3, distance 26 km.

This is the first of two hikes this weekend. Springtime in Wasaga Beach. The Wasaga Section of the Ganaraska Trail starts on Georgian Bay, the most easterly entrance to the longest fresh water beach in the world. We will hike through the provincial park, which consists of fragile ancient beach ridges and dunes.

Sunday May 2, 2004, #18 of 24: Wasaga Beach

Section. Meet 8:30 am at stile on 6th Line, about 500 meters south of Smithdale (km 50.5). Map #21-22. Level 3, distance 26 km.

Second of two hikes this weekend. We will hike past North America's largest water tower and then a series of county lanes and road allowances, with great views of Georgian Bay.

Saturday May 15, 2004, #19 of 24: Mad River Section

Meet 8:30 am, Map #20. Level 3, distance 23 km.

First of two hikes this weekend. Springtime in the Roof of Ontario. The Mad River Section of the Ganaraska Trail parallels the Mad River in many places. Perhaps we will see trout going upstream to spawn. A fascinating feature of local property in this section is the incidence of blowout sand dunes. Reforestation has taken place to heal these wind-eroded sites.

Sunday May 16, 2004, #20 of 24: Mad River Section

Meet 8:30 am, Map #20-21. Level 3, distance 16 km.

For the second hike this weekend, we will hike through the town of Creemore, renowned for its small brewery and the location of the smallest jail in Canada. The hike ends at the point where the Ganaraska Trail meets with the Bruce Trail.

Pre-registration is needed for any of the hikes.

Contact: Cathy Johnstone (519)782-3749 between 6-9 pm or email johnstone_cathy@hotmail.com (notice underscore between johnstone_cathy) or Tom Hall (416)239-6578 between 6-9 pm or email tomjhall@rogers.com

Land o' Lakes Canoeing & Kayaking

Please see the 2004 events schedule at www.landolakescanoekayak.ca if you are interested in paddling and hiking. Sheila Ritter of *Land o' Lakes Canoeing & Kayaking*, working in partnership with the Quinte Field Naturalists and sponsored in part by Frontenac Provincial Park's Wilderness Skills Programme, is offering a variety of canoeing and sea kayaking courses and clinics, paddling and hiking tours, as well as a road rally and a bicycle tour. She is an O.R.C.A./C.R.C.A. certified canoeing and sea kayaking instructor and a certified A.E.C.S.K.O. guide; she specializes in canoeing and kayaking certification courses, safety and rescue clinics, kayak rolling clinics, and guided day paddling and hiking tours in the Land o' Lakes and Bay of Quinte Tourist Regions. Contact her at (613) 374-5299 or sheila@landolakescanoekayak.ca.

Hiking in Scotland and Kenya

There are still spaces left in two hiking tours to Scotland in summer 2004, and Walking with Warriors in Kenya. The websites listed below give detailed itineraries of the tours, costs, and spectacular pictures of the scenery. Flights can be arranged through Joan Patterson, the manager of Marlin Travel in Kingston.

Scotland Tour 1 (Outer Hebrides), and Tour 2 (Orkney Islands): Both 10 days.
www.wildernessscotland.com/scotland2004tour1.htm
www.wildernessscotland.com/scotland2004tour2.htm

To view the Kenya Hike, you can visit www.wildernessscotland.com -click on Wilderness Journeys International and then Kenya Hiking Safaris.

Subscribe to the RTA E-Letter

for timely tips on hikes, possible route changes, and other news and information. Check the renewal box and remember to list your email address.

Don't miss the next Newsletter !

This will be your last Newsletter if you do not renew your membership by March 31.



Return Address:
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MEMBERSHIP RENEWALS ARE DUE MARCH 31

Support the RTA and mail your renewal !

The Summer Newsletter will not be sent to those who do not renew.

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, the E-Letter (if requested), 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 Membership	\$20.00	MEMBERSHIP INFORMATION New ☐ Renewal ☐ Present Life Member ☐ Name(s): Address: City and Province: Postal Code: Telephone: ☐ I wish to subscribe to the RTA e-letter. E-mail address:
(All members must be at least 18 years old.)		
☐ Annual Household Membership	\$25.00	
(Two adults at the same address)		
☐ Patron (Life Membership)	* \$500.00	
☐ Trail Guidebook: Members	† \$25.00	
(6th edition, 2001) Non-Members	† \$30.00	
☐ B&B Guide	† \$5.00	
(\$4.00 if ordered with a Trail Guide)		
☐ Rideau Trail Wall Map (2000)	† \$12.00	
☐ Crest (cloth, 3-inch diameter)	\$2.00	
☐ Enameled Lapel Pin	\$6.00	
☐ Car Sticker (free to new members)	\$1.00	
Prices subject to change		
☐ Donation to the RTA	* \$ _____	PLEASE INDICATE IF YOU CAN HELP WITH Leading hikes ☐ Maintaining trails ☐ Leading xc ski/snowshoe outings ☐ Communicating with members ☐ Hosting social events ☐ Serving on Executive ☐ Helping with publicity ☐ Keeping records ☐ Other (specify):
☐ Donation to RT Preservation Fund	* \$ _____	
TOTAL	\$ _____	
* Qualifies for income tax credit (Charitable registration # 11911 9485 RR 0001)		
† Includes postage and handling		