

The Rideau Trail NEWSLETTER

SUMMER 2004

ISSUE NO. 132



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Please Renew!

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Wednesday Walkers
Kees Reedyk, Jim
Leeson, Dorothy Belter
(leader), John Vincent,
Inge Gullon, Alex
Macdonald discuss ski
conditions at the Teepee,
Gatineau Park.

Ottawa Club Visits Patagonia!

What a great trip! The people who attended the Ottawa AGM on Friday, April 23 got to travel to Patagonia, a region of South America in southern Argentina and Chile. Our tour guide was Alex Bissett. During his slide presentation, he dazzled us with spectacular photography and interesting commentary from his trip a couple of years ago to Patagonia and Guatemala.

The business meeting was attended by 48 people, including two new members who signed up at the meeting. The main outcomes of the business meeting were:

- Confirmation that the Ottawa Club is on the right track concerning its strategic direction (see separate article for details);
- Clarification of the status of the Jock River bridge (see announcement in this Newsletter);
- Approval of the budget and slate of executive members for 2004-2005, as follows:

Chairman	Ron Hunt
Treasurer	Coby Fuykschot
Secretary	Madonna Mayo
Newsletter Editor	Linda Rea
Activities Coordinator	Vinni Sahn
Trail Coordinator	Ron Maybury
Human Resources	Bill Grant
Publicity/Media	Nigel Brereton
Vice Chairman	Vacant

- Support from those in attendance for participation in the Adopt-a-Roadway program as a way of increasing the profile of the RTA in the community.

Ron Hunt, Chairman – Ottawa Rideau Trail Club

RTA Central Club 2004/5 Executive

Chair	Bruce Gourley
Past Chair/Routes/Negotiations	John Miller
Vice-Chair/Club Rep/Treasurer	Don Sherwin
Secretary	Susan Samila
Trail Maintenance	Bob Taylor
Trail Construction	David Miller
Publicity	Gunhild Karius
Directors-at-Large	Janet Laraway Veronica Airth
Special Events (non-Executive position)	Margaret Lafrance

HIGHLIGHTS OF THE APRIL RTA BOARD MEETING

Ernie Trischuk and Linda Hayes attended the meeting to explain some of the most practical and effective methods currently available of producing a 7th Edition of the RTA Guidebook. While the need for a new guide is not yet imminent, it is good policy to keep abreast of the latest available technical trends in mapmaking and the costs involved as well as other changes that will have to be made.

A review of RTA's current liability insurance policy was recently made and it was found to be good value for the money despite the rising cost of premiums. The policy was renewed as of April 16, 2004.

The last End to End hikes to involve the Ottawa, Central and Kingston Clubs were in the spring and summer of 2000. It was resolved that this series of hikes be repeated again in 2005. This gives us plenty of time to get in shape for this exciting event.

The proposal for a new blue trail in the Marble Rock Conservation Area was approved by the Board of the Cataraqui Conservation Authority. This trail, developed by Peter Murray and John Cornish, is about 12km in length and will be an interesting new addition.

The RTA renewed its membership in Hike Ontario and Ron Hunt is our new representative. The mission of Hike Ontario is to promote hiking in Ontario and to act as an advocate for all Ontario Hiking Clubs in their relations with the various government ministries.

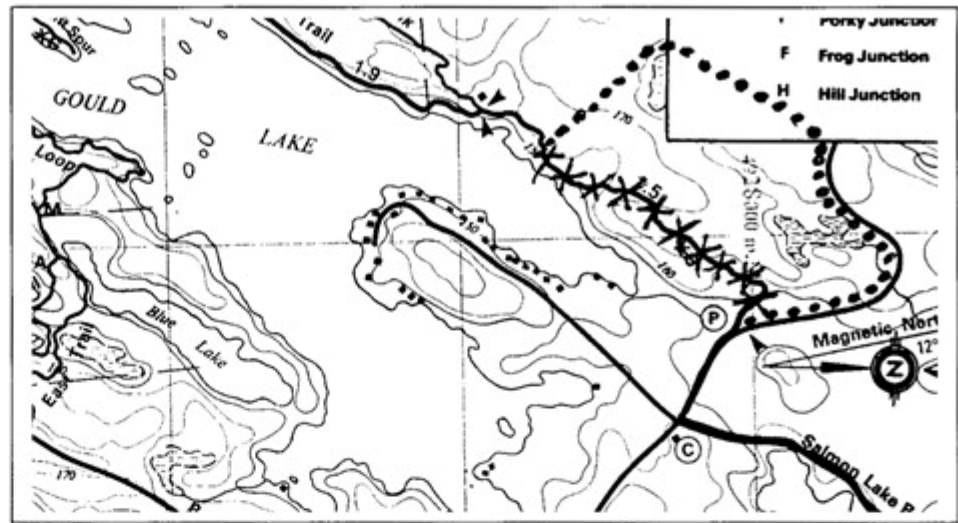
It is hoped that as many people as possible will attend the RTA's 33rd AGM to be held at the Lions Club Hall in Perth on Saturday, June 19th. The business meeting will be held in the morning. Hikes are planned for the afternoon and there will be a dinner in the early evening.

The new RTA website is expected to be finished by July 1. See www.rideautrail.org

David Armitage

Gould Lake Trail Reroute

The RTA recently rerouted the trail north of Gould Lake C.A. to Bedford Rd., maps 2, 3 and Gould Lake enlargement map. Travelling north, the trail makes a sharp left turn after passing the Ridgewalk side trail junction, then onto Bedford Rd. for 2 km. to Salmon Lake Rd. This adds approximately 3 km. to the trail, but solves our problem, thanks to the Kingston Field Naturalists.



Winter End-to-End

It was the inspiration of Bill Murdoch. Hike all of the Rideau Trail during the winter months of January and February. Folks who complete would receive a special "snowflake" badge. The concept sounded a bit far-fetched, but we would try it for a weekend. We soon became hooked on this unique experience.

During 16 days of hiking, hardy souls braved and reveled in our Canadian climate. Yes, some days were cold, with the temperatures dipping to -26. There were also days when the sun shone brightly, and people stripped down to their very inner layers. And then there was the night when we were supposed to do a moonlight snowshoe. It seems the invitation to the moon was lost, and even though it was snowing lightly, we had a great outing.

Throughout the end-to-end we braved ice, snow, and crossing fast-running streams, and were rewarded with seeing porcupines, chickadees, cedar wax-wings, rabbits, and deer. Nature astounded us with frozen waterfalls, the stillness of the woods, and the beauty of open streams, bordered with snow, trees reflected in the water. The challenge of crossing beaver dams does not disappear in the winter, but Ferrier's Road was certainly much easier to cross on a frozen snowmobile trail.

On days when the snow was deep, and we donned our snowshoes, members took turns breaking the trail, enabling all to travel where individuals would find

difficult. Each hike ended with a feeling of accomplishment and camaraderie. Often the hike was followed by supper at a local restaurant, rounding out the day. The final day of hiking, February 29, we were met at the trailhead in Kingston by a brass band playing *When the Saints Come Marching In*. I'm not sure we were saints, but it certainly brought a smile to our faces.

The hike provided an opportunity for 32 people to experience hiking the Rideau Trail in the winter. Some came for a day or two, and some, six, hiked the whole trail. There is also a significant number who are waiting for next winter so they, too, can complete the trail. It is interesting to note that many of the hikers involved in this project have not hiked the entire trail during the *normal* season. As one hiker put it: *There aren't any mosquitoes now.*

Jane Hough
Not yet an End-to-End

Jock River Bridge Trail Reroute

The Jock River bridge, Map 10 in the guidebook, south of the Jock Trail has been washed out. As a result, we are rerouting the Rideau Trail along the Winter Blue Loop shown on Map 10. This is an interim announcement. A detailed notice will be published in a subsequent edition of the Newsletter.

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, sunscreen and insect repellent. 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.

Wednesday Walkers depart at 1:30 p.m., except on the second Wednesday of the month when an all-day outing is scheduled. Contact Donald Cutts at 542-5414 for details.

Members willing to be leaders, or who wish to suggest new locations for upcoming seasons, should contact Don Bond at 634-9353. Leaders may obtain blank sign-in sheets from Joan Bailey at 389-1935, and should return completed sheets to her at 709 Davis Drive, Kingston, K7M 7X5.

HIKE ACTIVITY LEVELS

Hikes are graded with the following levels:

Level 1: Well-defined trails, gentle inclines. Hiking boots not required, but trails may be very wet. Suitable for beginners and recommended for newcomers.

Level 2: Generally on trail. May include hills, light bush-whacking, some rough spots or obstacles. Boots recommended.

Level 3: May include one or more of rough terrain, long climbs and descents, rock scrambling, extensive bushwhacking. Boots, level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

PARTICIPANTS' RESPONSIBILITIES

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

Saturday, June 19 - Rideau Trail Association Annual General Meeting

Sunday, June 20 - Frontenac Park

There is nothing like a Sunday hike along the rugged Gibson Loop. Level 2/3. Distance 15 km. Depart 9 a.m. Gas \$4 plus park fee.

LEADER: John Cornish 382-4778

Monday, June 21 - Trail Work Hike

CONTACT: Robin Turkington 549-4139

Saturday, June 26 - Charleston Lake

Hike the Tallow with Gloria. With a little luck there might even be a sighting of Pink Ladies' Slippers along the trail. Level 2/3. Distance 10 km. Depart 9 a.m. Gas \$4 plus 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 Trail. Level 3. Distance 15 km. Depart 9 a.m. Gas \$4 plus park fee.

LEADER: Vic Stanulis 548-7400

Saturday, July 3 - Frontenac Park

Starting from the Kingsford Dam, take a hike along the Tetsmine Trail. See the remnants of mica camps & pits. Level 2. Distance 15 km. Depart 9 a.m. Gas \$4.

LEADER: Ray Wilson 382-7189

Sunday, July 4 - Frontenac Park

Hike the Arkon Trail. Level 3. Distance 14 km. Depart 9 a.m. Gas \$4 plus Park fee.

LEADER – Joan Bailey 389-1935

Saturday, July 10 - Charleston Lake

Tallow Bay plus Boch lookout. Possible swim. Level 2. Distance 12 km. Depart 9 a.m. Gas \$4 plus Park fee. LEADER: John Cornish 382-4778

Sunday, July 11 - Cataraqui Cemetery

Enjoy an historic hike in the cemetery. Level 1. Distance 8 km. Depart 10 a.m. LEADER: Jean Thompson 544-0340

Wednesday, July 14 - Sandbanks Provincial Park

Visit four beaches. Swimming and hiking. Level 1. Distance 10 km. Depart 8:30 to catch the 9:15 ferry at Glenora. Gas \$5 plus Park fee. LEADER: Bob Chadwick 352-1052

Saturday, July 17 - Gould Lake

Rugged East Side Trails. Possible swim. Level 3. Distance 12 km. Depart 9 a.m. Gas \$3 plus entry fee. LEADER: Linda Tucker 634-0497

Sunday, July 18 - Amherst Island

Cycle the Island. Possible swim. Meet at the ferry to make the 9:30 a.m. crossing. Distance 20 km. Level 2. Ferry fare. LEADER: Mike Amodeo 634-1847

Saturday, July 24 - Opinicon Area

Hike the Big Salmon Lake Trail. Level 2. Distance 19 km. Depart 9 a.m. Gas \$4 plus Park fee. LEADER – Cam Hodges 545-1925

Sunday, July 25 - Frontenac Park

A full day hike of approximately 20 km. Bring boots, lunch and lots of water. Bring a swimsuit for a stop at Lindsay Lake. Level 2. Moderate and fast paced. Depart 8:30 a.m. Gas \$4. LEADER: Bill Murdoch 389-3023

Saturday, July 31 - Charleston Lake – Blue Mountain

View the Pitch Pine at its most northerly point and ice age striations in the rocks. Distance 10 km. Level 2. Gas \$4. Depart 9 a.m. LEADER: Peter Murray 382-2824

Sunday, August 1 - Murphy's Point Park

Hike and possible swim. Level 1. Distance 12 km. Depart 8 a.m. Gas \$6 plus Park fee. LEADER: Audrey Sanger 384-6244

Saturday, August 7 - Gananoque Wildlife Reserve

Level 2. Distance 14 km. Depart 9 a.m. Gas \$4. LEADER: John Cornish 382-4778

Sunday, August 8 - Frontenac Park

Hike the Slide Lake Trail by following the blue trail from Perth Road. Bring lots of water and insect repellent. Level 3. Distance 14 km. Depart 8:30 a.m. Gas \$4. LEADER: Dave Armitage 634-4426

Wednesday, August 11 - Depot Lake

Level 1. Distance 10 km. Depart 9 a.m. Gas \$4. LEADER: Audrey Sanger 384-6244

Saturday, August 14 - Little Cat Conservation Area

Get to know this year round fun area by hiking all the trails and some road for about 15 km. Bring lots of water, lunch and comfortable shoes. The chickadees like seeds. Level 1 at a fast pace. Depart 9:30 a.m. Gas \$2 plus entry fee. LEADER: Bill Murdoch 389-3023

Saturday, August 14 - Gould Lake

Canoe around this scenic lake dotted with small islands. Possible swim. Rental canoes available. If inclement weather, this outing will take place on Sunday. Depart 9 a.m. Gas \$3 plus entry fee. LEADER: Peck Peckover 544-9190

Saturday, August 21 - Waupoos & Little Bluff

Possible fruit picking & fruit lunch at Waupoos. Hiking and swimming at Little Bluff. Glenora ferry at 9:15 a.m. Level 1. Distance 10 km. Depart 8:30 a.m. Gas \$5. LEADER: Bob Chadwick 352-1052

Sunday, August 22 - Little Cat Conservation Area

Hike the trails in this popular area. Level 1. Distance 10 km. Depart 9 a.m. Gas \$4 plus entry fee. LEADER: Alberta Edgar 542-9662

Saturday, August 28 - Frontenac Park

Cedar Lake Trail. Level 2. Distance 14 km. Depart 9 a.m. Gas \$4 plus Park fee. LEADER: Marie Poisson 389-2473

Sunday, August 29 - Frontenac Park

Arkon Lake Trail. Level 2. Distance 14 km. Depart 9 a.m. Gas \$4 plus entry fee. LEADER: Cam Hodges 545-1925

Saturday, September 4 - Frontenac Challenge

Let's get an early start. We'll register, then do Little Salmon, Little Clear and Hemlock at a moderate and fast pace. Bring boots and lots of water with lunch. Level 2. Depart 8 a.m., or meet us at the Park at 8:45 a.m. Gas \$4 plus Park fee.

LEADER: Bill Murdoch 389-3023

Sunday, September 5 - Wolfe Island Cycle

Bike around the island. Meet at the dock for the 9:30 a.m. ferry. Level 2. Distance 15 km.

LEADER: Bernie Gates 389-1835

Wednesday, September 8 - Wellesley State Park, NY

Hike and maybe a swim. Bring photo ID for the border. Level 2. Distance 10 km. Depart 9 a.m. Gas \$5 (includes bridge toll). Possible Park fee.

LEADER: Bob Chadwick 352-1052

Saturday, September 11 - Frontenac Challenge

Gibson Lake Trail. Level 2. Distance 11 km. Depart 9 a.m. Gas \$4 plus Park fee.

LEADER: Stan Huff 548-3003

Sunday, September 12 - Frontenac Challenge

Starting at the Kingsford Dam with a scenic view of Moulton Gorge, hike the Tetsmine and Hemlock Trails. Level 3 at moderate pace. Distance 17 km. Depart 8:30 a.m. Gas \$4.

LEADER: Dave Armitage 634-4426

September 14-16 - Bed & Breakfast

Enjoy this annual outing with the Chadwicks. This year it will be in the Ottawa area. Depart 9 a.m. Call Bob for details.

LEADER: Bob Chadwick 352-1052

Saturday, September 18 - Frontenac Challenge

Cedar Lake Trail. Level 2. Distance 14 km. Depart 8:30 a.m. Gas \$4 plus Park fee.

LEADER: Audrey Sanger 384-6244

Sunday, September 19 - Frontenac Challenge

Hike the Arab Nature Trail along with Doe and Arkon Trails at a fast pace. Level 3. Distance 18 km. Depart 9 a.m. Gas \$4 plus Park fee.

LEADER - Bill Murdoch 389-3023

Saturday, September 25 - Charleston Lake

Hike the Biosphere! The Friends of Charleston Lake Park are hosting a day of hiking, walking and Biosphere interpretation. Hike the Westside Trails, level 2; or enjoy the Eastside interpretive trail with a leader, level 1.

Coffee & display. Depart 9 a.m., or at the CLP trailhead at 9:30 a.m. Gas \$4 plus entry fee.

CONTACT: Peter Murray 382-2824

Sunday, September 26 - Frontenac Challenge

Big Salmon Lake Trail. Rough terrain at a moderate pace. Level 2. Distance 19 km. Depart 8:30 a.m. Gas \$4 plus Park fee.

LEADER: Dave Armitage 634-4426

Kingston Club 2005 Ski Weekend

Next year's ski trip will be in the Laurentians February 4-6, 2005. Look for the Fall newsletter in early September. Respond quickly after September 1, 2004.

Thank You!

The RTA gratefully acknowledges donations from: Linda Cornell, Sonia Plourde, Nancy Sunderland, John Cornish, Anke Springer, Gloria Seeley, Chris & Lynda Versavel, Bernard Kerr, Ethan Snasdell-Taylor, Jean Sunter, Vincent Jewitt, Denise & Doug Clement, Jeanette James, Sharon & Richard Courneyea, John & Barbara Todd, Joan & Doug Bowie, Karina Franks, Sherwood Wright, Peter Mix, Ronald Hughes, Richard Hughson, Ken & June Buckingham, Mr. & Mrs. Bruggenkate, Joan Billingham, Patricia Archer, Cyndie & Don Smithies, Tessa Clarke, Ronald Bitner, Therese Dompierre, Sylvia Shortliffe, Thomas Hall, and Ada Chambers.

Thank you as well to the following RTA Preservation Fund donors: Adrian & Jennifer Camfield, Bert Horwood, Edward Lancaster, Watson Ogilvie, Tony & Mary Parfitt, Henry Heald, Barbara & Victor Gaizauskas, Barbara McVicar (in memory of Bud Masse), Gisele Heroux, John Cameron, Gilberte Lavoie, John & Fiona Poland, John Jury, Thomas Hall, Patricia Churcher, Ken & June Buckingham, Mr. & Mrs. Bruggenkate, Elizabeth Wnuk, Maria & Allan Telford, Robert Gordon, and Diane Boisjoli.

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. The OC Transpo stop, Tunney's Pasture, is one block away.

Transportation is by pooling of private cars, and passengers contribute to the driver's costs (Please note: contributions have increased due to higher gas prices). 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.

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 5). 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 Moonlighters

Every Tuesday evening from April 27 to September 7. 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 5:55 p.m. in order to depart promptly at 6 p.m. Hikes usually last until sunset. Bring water, snack, bug repellent and a flashlight. Gas \$2-\$4. Coordinator: Laraine Laughland (613) 723-8851.

- Sunset times are provided as a guideline for leaders in timing their hike(s).
- Calls to leaders for information MUST be made prior to the date of the hike.
- As hike locations may be changed at the last minute, hikers going directly to the trailhead risk missing the hike.
- Most hikes take place rain or shine. If in doubt on the day of the hike, hikers should use their best judgment as to whether or not the hike will take place.
- As conditions warrant, hike leaders may elect to shorten or eliminate the supper stop. Participants needing to eat should bring food that can be eaten on the move or else be prepared to eat following the hike.

Urban Walks

From September 14 until October 26 there will be an urban walk every Tuesday evening. The schedule will be distributed via the e-letter, the phone line and on the last few moonlighter hikes in late August. The walks will start at 6 p.m., but each week from a different starting point. Do not go to Tunney's Pasture.

CO-ORDINATOR: Pat Archer 565-6149.

The Wednesday Walkers

Every Wednesday, there are Level 2 and Level 3 hikes in the Gatineau Park. Departure time is 9:30 a.m. Call Dorothy Belter (613) 523-4420 or Nanette Whitwam (613) 730-5417 for more information, including the meeting place. Do not go to Tunney's Pasture.

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

2005 END-TO-END

The RTA Board of Directors announces a complete series of end-to-end hikes will be scheduled in 2005. Anyone interested in leading one or more of these hikes, please contact their local Club chairperson (Ottawa, Central or Kingston) whose names and numbers can be found on page 2 of this Newsletter.

Tuesday, June 1 - Meech Lake to Larrimac (optional swim) Sunset 8:44 p.m.

LEADER: Marilyn Levitan 828-2281

Tuesday, June 8 - Pulpit from P13

Sunset 8:49 p.m.

LEADER: John Crysdale 728-9192

Tuesday, June 15 - Mont Bleu to Pink Lake

Sunset 8:53 p.m.

LEADER: Marion Dunning 232-8304

Friday, June 18 - Aylmer

Level 1. Hike starting from Aylmer Marina. Approx. 10 km. Depart 6 p.m. Gas \$4.

LEADER: Marilyn Levitan 828-2281

Saturday, June 19 - RTA Annual General Meeting - Perth.

Saturday June 19 - Fitzroy Harbour

Level 2 Cycle to Fitzroy Harbour. 60+ km; 'average' pace 26 km per hour. Departure time 9:30 a.m. from start point in Kanata at the intersection of Old Carp Road and 2nd Line Road. Call if you need directions to the start point. A cycle along paved and gravel roads past farms and country homes, with views of the Ottawa River and the distant Gatineau Hills. Lunch and turn around point is Fitzroy Harbour Provincial Park. Inclement weather cancels outing. LEADERS: Cliff and Gloria Daly, 224-4413 or gloriadaly@hotmail.com

Sunday, June 20 - Ottawa River to Orleans

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 a.m.

LEADER: Denise Hudson 232-9852
denishudson@sympatico.ca

Tuesday, June 22 - Larriault Trail

Sunset 8:55 p.m.

LEADER: Jean Sunter 828-6077

Saturday, June 26 - Western Greenbelt.

Level 1+. Meet at Baseline Park & Ride, south end. Depart 10 a.m. Gas \$2.

LEADER: K. Jean Cottam 726-1596

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

Time: 5:30 p.m. to 9 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

Tuesday, June 29 - McCloskey to Western

Sunset 8:55 p.m.

LEADER: Marion Dunning 232-8304

Thursday, July 1, Canada Day. - Lac Beauchamp, Gatineau

Level 1. Leisurely Walk. Bring snack. Optional swim. 8 km. Depart: 9:30 a.m. Gas \$2.

LEADER: Coby Fuykschot 722-6022

Saturday July 3 - Lac Leamy

Level 1 Cycle. Via Parc Jacques Cartier to Parc écologique du Lac-Leamy, and return by Hull urban bike paths. About 2 hours and 20 km. Depart 10 a.m.

LEADER: Denise Hudson 232-9852
denishudson@sympatico.ca

Sunday, July 4. - Gatineau Park

Leisurely Level 1 to Ben Lake for swim, with optional exploratory Level 3 while others take an extended lunch before Level 1 back out. Depart: 9:30 a.m. Gas \$5.

LEADERS: Graham and Lena Creedy 789-1657

Tuesday, July 6 - Keogan to Fortune

Sunset 8:53 p.m.

LEADER: Grant Malinsky 730-2772

Friday, July 9 – Barbecue and Planning Meeting for Leaders and Prospective Leaders. 6:30 p.m. Planning for fall activities. Details to be sent to Activity Leaders. CONTACT: Marilyn Levitan 828 2281

Saturday, July 10 - Royal Oak Walk

Level 1+, 16 km. urban walk with stops at five or six Royal Oak pubs - Blair/Meadowbrook to Wellington/Holland. Transport to start via Bus # 95. Depart: 10:30 a.m. Gas \$0.

LEADER: Grant Malinsky 730-2772

Saturday, July 10 - Rideau Trail

Level 2. 16 km. Narrows Lock to Westport Swimming.
Gas \$6. Depart: 8:30 a.m.
LEADER: John Barron 828-2296

Sunday, July 11 - Gatineau Park

Level 3. 12-15 km hike to a nice swimming lake Twin Lake or Clear Lake. Depart: 9 a.m. Gas \$5.
LEADER: Chris Heap 740-9975

Tuesday, July 13 - Pine Road to Herridge

Sunset 8:49 p.m.
LEADER: Lena Creedy 789-1657

Saturday, July 17 - Gatineau Park

Level 2. Wolfe Trail. Weather permitting, a swim after the hike. Depart: 9:30 a.m. Gas \$5.
LEADER: Marion Dunning 232-8304

Saturday, July 17 - La Tuque area

LEVEL 2++. Wilderness hike. Experience undiluted nature at close quarters, navigating over, under and around things. Ponds, dams, creeks and peaks. Pace: Deliberate and careful. Bring your compass, even if you have not yet learned to use it. Approx. 5 hrs. Depart: 9:30 a.m.; Gas \$5.
LEADER: Mohan Taagepera 770-4258

Sunday, July 18 - Mer Bleu

Level 1. Leisurely walk. Bring lunch. 8 km. Depart: 9:30 a.m. Gas \$2.
LEADER: Coby Fuykschot. 722-6022.

Sunday, July 18 - Gatineau Park

Level 3. Eardley escarpment area, expect hills, no swim, distance depends on weather. Depart: 9 a.m. Gas \$5.
LEADER: John Haley 225-0590

Tuesday, July 20 - Kingsmere to Black Lake

Sunset 8:44 p.m.
LEADER: Jim Mabutt 521-6313

Saturday, July 24 - Western Greenbelt

Level 2 - Not for beginners. Meet at south end of Park-and-Ride at Baseline Station. Depart: 10 a.m. Gas \$2.
LEADER: K. Jean Cottam 726-1596.

Saturday, July 24 - Charleston Lake Provincial Park

Level 2+. West Side Trail Spectacular lookouts 14 km. Gas \$9. Depart: 9 a.m.
LEADER: David Spector 270-1046

Sunday, July 25 - Gatineau Park

Level 1. Brown Lake, possible swim. 9-10 km. Depart: 9:30 a.m. Gas \$5.
LEADER: Peter Scott 729-9557

Tuesday, July 27 - O'Brien to Capucin Chapel

(Optional swim.) Sunset: 8:36 p.m.
LEADER: Laraine Laughland 723-8851

Saturday, July 31 - Gatineau Park

Level 2 Lac Renaud - Lusk Lake. About 10 km., possible swimming spots: Twin Lakes and Lac Philippe. Departure 9:30 a.m. Gas \$5 plus share of entry fee to Gatineau Park.
LEADER: Roger Stacey 737-0889

Sunday, August 1 - Gatineau Park

Level 2. Up the escarpment from Creighur Rd and along Backbone. No swim. About 10 km. good views of the valley. Depart: 9:30 a.m. Gas \$4. LEADER: Don Mitchell 749-9537 hayesl@achilles.net.

Monday, August 2, Civic Holiday - Gatineau Park

Level 2 Cycle. Via Lac-Leamy, Sentier de la rivière Gatineau, Sentier du ruisseau Leamy, and across Boul de la Cité -des-Jeunes into Gatineau Park having avoided the major climbs from the front entrance. Return via Sentier du Lac-des-Fees. 3 hours and 35 km. Depart 10 a.m. LEADER: Denise Hudson 232-9852 denisehudson@sympatico.ca

Tuesday, August 3 - Pink Lake to Mackenzie King

Estates. Sunset 8:28 p.m.
LEADER: Pat Archer 565-6149

Saturday, August 7 - Gatineau Park

Level 2 Touring the swim-rocks of Lac LaPêche. Ample off-rock swimming opportunities. Unhurried rocky walking in clear pine forests. Time permitting: A short walk to the "Painter's Cabin" (admission free for current RTC members). 4-5 hrs. Depart: 9:30 a.m. Gas \$6.
LEADER: Mohan Taagepera 770-4258

Tuesday, August 10 - Aviation Parkway/Rothwell

Heights. Sunset: 8:18 p.m.
LEADER: Vinni Sahni 824-6757

Saturday, August 14 - Gatineau Park

Level 2, Gatineau Park trails to lookouts from P12, approximately 12 km. Depart 9:30 a.m. Gas \$4.
LEADER: Alex Bissett 828 4363 bissett@compmore.net

Sunday, August 15 - Gatineau Park

Level 2. 12-14 km. Skyline/King Mountain Depart: 9:30 a.m. Gas \$5. LEADER: Vinni Sahni 824-6757.

Tuesday, August 17 - Mud Lake

Sunset: 8:07 p.m.
LEADER: Alex Bissett 828-4363

Saturday, August 21 - Loop from Richmond Rd.

Level 1. Partial Rideau Trail. 6 km. Depart: 9:30 a.m. Gas \$2.
LEADER: Jean Sunter 828-6077

Tuesday, August 24 - Black Lake

Sunset: 7:56 p.m.
LEADER: John Crysedale 728-9192

Saturday, August 28 - Gatineau Park

Level 3. Exploring in a wide sweep the heights around Sandy Lake basin. Very varied terrain. Creek crossings; Swimming opportunities. Unhurried pace.
Approximately 6 hrs. Gas \$6. Depart: 9 a.m.
LEADER: Mohan Taagepera 770-4258

Saturday, August 28 - Western Greenbelt

Level 1. Hike Western Greenbelt Sportsplex trails. 8 km. Meet at south end of Park-and-Ride at Baseline Station Depart: 10 a.m Gas \$2
LEADER: K. Jean Cottam 726-1596.

Tuesday, August 31 - Black Lake

Sunset: 7:43 p.m.
LEADER: Jean Sunter 828-6077

Saturday, September 4 - Eastern Greenbelt

Level 1. 5 to 8 km. Upper Bilberry Creek in Orleans. Short hike with possible mud! We start in an urban park and follow the cycle trails for a short distance until we enter the wood and descend the ravine with some bushwhacking. Meet point at 10 a.m. is at 'Park and Ride' off Champlain St. north of highway 174E across from Place d'Orleans shopping centre. OC Transpo bus number 95 to end of line at the shopping centre and take pedestrian walkway to cross over the highway to the 'Park and Ride' area. Participants must telephone leader in advance. LEADER: Ruth Hutchinson 749-0990.

Sunday, September 5 - Rideau Trail

Level 1+. Rideau Trail loop. About 12 km. Leisurely walk on this loop in Kanata off Moodie Drive. Must phone leader in advance. Depart: 9 a.m. Gas \$4.
LEADER: Ruth Hutchinson 749-0990.

Monday, September 6, Labour Day - Rideau Trail

Level 1. Rideau Trail loop. About 10 km leisurely walk from Tunney's Pasture to Richmond Landing on the Trail. May cross the river and return to Tunney's on cycle paths. Must call leader in advance. Depart: 9 a.m.. LEADER: Ruth Hutchinson 749-0990.

Tuesday, September 7 - Dinner

Sunset: 7:29 p.m.
LEADER: Pat Archer 565-6149

Saturday, September 11 - Rideau Trail

Level 2+ . Merrickville Blue Loop & Rideau Trail. A very long but scenic walk of 26.3 km beginning and ending in Merrickville, *Jewel of the Rideau*. Depart: 8:30 a.m.. Gas \$6.
LEADER: Ron Hunt 590-7467 re.hunt@sympatico.ca

Sunday, September 12 - Urban Walk

Level 1. Ottawa Heritage Bridge walk. 10-12 km. Possible pub stop. Depart: 9:30 a.m. Gas \$0.
LEADER: Vinni Sahni 824-6757.

Tuesday, September 14 – Tuesday Urban Walks

From this date there will be an urban walk every Tuesday evening until October 26. They will start at 6 p.m., but each week from a different starting point. Do not go to Tunney's Pasture.
CO-ORDINATOR: Pat Archer 565-6149

Saturday, September 18 - Morris Island

Level 1, 7 km. Tea in Arnprior afterwards. Depart: 11 a.m.. Gas \$5.
LEADER: Bill Grant 820-0697.

Sunday, September 19 - Rideau Trail

Level 1. Corkstown Rd to Lime Kiln on Rideau Trail. 10 km. Depart: 10 a.m. Gas \$4.
LEADER: Ron Maybury 836-2953.

Tuesday, September 21 – Urban Walk

Walks start at 6 p.m. but each week from a different starting point. Do not go to Tunney's Pasture.

CO-ORDINATOR: Pat Archer 565-6149

Saturday, September 25 - Western Gatineau Park

Level 3. We will spend the day exploring the escarpment in the Cr  gheur Road area, east to the Pulpit and west to Rooftop Hill. It is a full-day event. You must be suitably equipped and able to travel at reasonable speed in off-trail conditions. Depart: 8:30 a.m. Gas \$5.

LEADERS: John Crysdale 728-9192, Ann Lane 741-3184, Johanne Pineau 772-4981.

Saturday, September 25 - Western Greenbelt

Level 2. Not for beginners. Meet at south end of Park-and-Ride at Baseline Station Depart: 10 a.m. Gas \$2.

LEADER: K. Jean Cottam 726-1596.

Sunday, September 26 - Tour of Montreal

Level 2, 18 km. (originally planned for Spring 2004). Approximate itinerary: Depart Ottawa 7 a.m. from Catherine St. Bus Terminal on Greyhound bus. Walk from Rue Berri Bus terminal to St.Denis to Park. Enter Mount Royal and tour mountain. Exit onto Belvedere and Westmount for historical/architectural dwellings. Continue down Lansdowne to Sherbrooke. Turn east then south to Atwater market for "tea" or early dinner. Finally walk or metro to Old Montreal (if time). Depart Montreal on 6 p.m. or 7 p.m. bus. Long Day. Bring water, lunch, snacks, good walking shoes. RSVP required. In the event of rain this trip will be postponed.

LEADERS: Marilyn Levitan 828-2281 (marilyn1@travel-net.com) and Aaron Caplan 565-0097(a.caplan@sympatico.ca)

Tuesday, September 28 – Urban Walk

Walks start at 6 p.m. but each week from a different starting point. Do not go to Tunney's Pasture.

CO-ORDINATOR: Pat Archer 565-6149.

WEB SITE UPDATE

A redesigned RTA web site will be ready July 1. Much of the information found on the old site will be migrated to the new site. New material will be added. The look and feel will change - you can get some idea after June 1st by going to the following URL: [tp://rta.ncf.ca/sample1.html](http://rta.ncf.ca/sample1.html)

Those Unix practitioners among you will recognize the above address at the National Capital FreeNet. However, our new web site will have its own domain name. As of July 1, our web site is www.rideautrail.org but we will keep our FreeNet site as a "re-direct" since so many of you have that address bookmarked.

The last thing I want to request is pictures taken along the Rideau Trail. We'll have to have your permission to use them, as well as the permission of your subjects (if few in number). So check your snapshots. More information about where to send them will be provided via the E-Letter in June.

Peter Hawkins

VOLUNTEERS WANTED

The Ottawa Club requires a Vice-Chair to assist the Chair (Ron Hunt) in the management of the club, and a Routes and Negotiations person to assist the Maintenance Co-ordinator (Ron Maybury) in maintaining relations with landowners. Contact Ron Hunt 590-7467 re.hunt@sympatico.ca or Bill Grant 820-0697 bpgrant_ca@yahoo.com for more information.

Cataraqui Trail

The Cataraqui Trail Management Board is considering a variety of fundraising events to collect enough capital to cover surface improvements. A hike/bike day, with people leaving from both east and west, and meeting in Sydenham for a picnic, has been suggested. Another idea is a Fall cavalcade, in cars, aimed primarily at trail supporters who would like to drive and sightsee along the length of the trail. If you would be interested, contact Kay Cartwright at (613) 546-7990 or Jim Hase, at (613) 376-6714.

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

"New" Wednesday Evening Hikes

Central Club has introduced a program of short evening hikes on Wednesday evenings, meeting at Conlon Farm in Perth at 6 p.m. All hikes will be about two hours duration, Level 1, within close range of Perth. Please bring a snack, water, insect repellent and flashlight. TAKE TURNS AND LEARN WITH: Dave Miller, 267-6743.

Sunday, June 13 - Canoe Depot Lakes

As pristine as they come. Supper in Westport on the way back.
DON'T LOOK BACK WITH: Bruce Gourley, 264-2478.

Saturday, June 19 - RTA Annual General Meeting

Lion's Club Hall, Perth. Coffee 9:30 a.m., Meeting 10 a.m., 12 p.m. brown bag lunch, 1 p.m. hiking, 5:30 p.m. Dinner. PHONE IF YOU WISH TO STAY FOR THE DINNER: Gunhild Karius 264-2861.

Sunday, June 27 - Canoe Pike / Crosby Lakes

Potluck supper to follow at Ivan's.
PADDLE WITH IVAN'S SON: Bruce Gourley, 264-2478

Saturday, July 10 - Geoheritage Hike, Fitzroy Provincial Park

A geological theme hike on Terraces Trail, led by retired Queen's geological professor Allan Donaldson. Level 1, duration 1.5 hours, meet 10 a.m. at Terraces Trailhead in Fitzroy Park. (Park Day Permit required - allow 20 minutes to obtain permit from gatehouse and drive to trailhead.)
CONTACT: Don Sherwin, 268-2447, or Fitzroy Park, 613-623-5159.

Sunday, July 11 - Canoe Christie Lake

Our first visit to this pristine treasure store.
SET BY 3 HAND PARTNERSHIP: John and Veronica 264-8824

Saturday, July 17 - Geoheritage Hike, Murphy's Point Provincial Park

Same series as above. A geological theme hike to Silver Queen Mine with Allan Donaldson. Level 1, duration 1.5 hours, meet 10 a.m. Silver Queen Mine Trailhead (Park Day Permit required).
CONTACT: Don Sherwin, 268-2447, or Murphy's Point Park, 267-5060

Saturday, July 24 - Geoheritage Hike, Charleston Lake Provincial Park

Same series as above. A geological theme hike on the Sandstone Island Trail with Allan Donaldson. Level 1, duration 1.5 hours, meet 10 a.m. at Sandstone Island Trailhead (Park Day Permit required).
CONTACT: Don Sherwin, 268-2447, or Charleston Lake Park, 613-659-2065

Sunday, July 25 - Canoe Palmerston Lake

One of the best kept secrets and home of Ted Pearl!
Level 1
EX-NEPTUNE OF THE LAKE: Don Sherwin, 268-2447

Sunday, August 1 - Tallow Rock Bay Loop, Charleston Lake Provincial Park

Hike, 12 km, Level 2, moderate pace, followed by a swim.
THE BEST LEADER IN THE CLUB: Janet Laraway, 284-2127

Saturday & Sunday, August 14, 15 - Canoe & Camp, Schooner Lakes

Meals will be on a group catering basis. Opportunity to camp on Friday night, do own cooking. Limited space available so book now.
THE GOOD GUY: Tom Irwin, 749-0523. CHEF: John Miller, 264-8824.

Saturday, August 28 - Bike on Ottawa-Carleton Trailway

Bicycle, Carleton Place to Stittsville, 30 km (one-way), flat, Level 1.

CONTACT: Margaret (Wish I had a tandem!) Lafrance, 267-6743

Sunday, September 12 - Slide Lake Loop, Frontenac Provincial Park

Hike, 14 km, Level 3, moderate pace.

SLIDING WITH: Gunhild Karius and Bill Ottney 264-2861

Saturday, September 18 - Bike around Perth

Bicycle, 30 km, Level 1

PEDDLE PUSHER: Margaret Lafrance, 267-6743

Sunday, September 25 - Murphy's Point Provincial Park

Nature theme hike to focus on mushrooms, lichen, fungi on Point Trail. Hike, 6 km., Level 1. Slow pace in a.m. Option to hike moderate pace in p.m. elsewhere in the Park.

NATURALLY: Susan Samila, 264-1196

INDEPENDENT OUTINGS

Saturday, August 28-30 - Bon Echo Provincial Park. Camping and hiking. Group Site (25 people maximum) booked. Cost: \$40 per night (shared by group.) Additional cost: \$3 per individual, per night or \$2.25 senior rate. 1 car allowed free. \$3 night for other cars. Campsite no. 4, with view of beach, is reserved. Access for canoes if some members prefer. Please note: Only tents are allowed on this site. Eight names reserved already. Please call if you are interested in joining us.
COORDINATOR: Cam Hodges (613) 545-1925.

Monday, September 13-17, 2004 - Kingston club's Annual Vermont Hiking Trip

Green Mountain and Long Trail paths. The annual trip is on again, costing approximately \$147 US dollars (\$200 Can) per person, covering 4 nights accommodation at the Red Fox Alpine Lodge (same bunks!) in Jeffersonville, Vermont (4 breakfasts, 4 dinners and an ice cream feast.)

A minimum of 20 paid guests is required for meal service (crucial!) and a deposit is required. Those planning to participate are asked to send a \$50 cheque (Can.) to Watson Ogilvie, 705-165 Ontario St., Kingston ON, K7L 2Y6 by May 3rd.

All participants should be fit, experienced hikers and can choose the moderate group or the challenging group daily. The first 30 cheques received will guarantee an entry with the group. Please carpool and carry a passport for the border. For further information, call Watson at 613-530-2378 or Josie Robert (email Roberts.j@sympatico.ca). Hope you can come again this year.

Summer 2005 - Hiking the Emerald Isle

Ireland welcomes you with stunning landscapes and quiet country settings. Refresh your spirit in this lush green country with 10 days of hiking. Maximum number of 12 hikers. For information contact Linda Simpson howaboutahike@aol.com 613-345-5664. Travel arrangements through Joan Patterson, Marlin Travel, Kingston.

Always Room for Improvement

Are we working on the right things? What issues and concerns are most pressing? These were the kinds of questions that the Ottawa Club addressed at their March 13 Strategic Planning meeting. Four issues emerged as ORTC priorities over the next 12 to 24 months.

- **Activities:** Concern that the Activity Schedule is not properly balanced and is not meeting the needs of some of our members.

There are too few hikes scheduled on the Rideau Trail (in proportion to other destinations). We need to ensure that the outings are interesting. Members want more level 1 and 2 hikes. Sometimes we schedule too many activities on the same date and have gaps with no activities. Goal: Address these issues Fall 2004.

- **Trail Location:** There are issues and risks with the current routing of the portion of the Rideau Trail managed by the Ottawa Club.

Some sections of the Trail are viewed as not interesting because they run along road allowances. There is a risk that we will lose access to desirable sections of the Trail as land ownership changes during urban/rural development. Areas of concern are: Marlborough Forest, Jock River Crossing, Ottawa Street, Franktown Road, Richmond Road. Goal: Make improvements by April 2006.

- **Potential Membership:** Although the base of potential members is expanding (due to the growing number of retired persons and people whose children have grown up), we don't think that we are really capitalizing on this opportunity.

We need to become more effective marketers. We need a deeper understanding of why people join the Rideau Trail Association and why some members decide not to renew their memberships. Goal: Develop a better understanding of our target market by April 2005.

- **Recruitment:** Challenge of having enough capable people in the talent pool to fulfill the club's mission and mandate.

The talent pool is drying up. We need to recruit, coach and develop new volunteers who have the skills, time and interest in taking on executive and operational roles.

Goal: Develop a pool of three potential executive members and five potential supporting team members by December 31, 2004.

The discussion at the Ottawa Club AGM on April 23 confirmed that this is the appropriate direction. Anyone who would like to contribute their ideas and/or time to help move the yardsticks forward is encouraged to contact Ron Hunt at (613) 590-7467 or via email at re.hunt@sympatico.ca.

Ron Hunt

Twin Pines to Hay Knob

A snowshoe report in the Summer newsletter? Why not - you're probably wishing for cooler weather about now.

On Sunday, January 18 the planned snowshoe trip was from Twin Pines up to Hay Knob and back. Heavy snow overnight meant the snowploughs were working around the normal meeting spot and we couldn't leave cars there.

As a result, about 8 people did the Twin Pines – Hay Knob route, two went up Wolf Trail from Meech Lake and 15 or so went up the old Alexander Trail from the O'Brien parking lot (P11) to Shilly Shally. It turned out to be a beautiful sunny day and all parties enjoyed themselves (at least that's what they claimed back in the pub afterwards).

I was part of a small group that "pre-snowshoed" the Alexander – Shilly Sally route the previous day. Our Saturday track provided a firm foundation under the 30 cm of new snow and made the going easier.

The route involves a steady, but easy, climb up from P11 (O'Brien) with views of the Wilson and O'Brien houses and Meech Lake en route. After 45 minutes, the route crosses a (frozen) swamp, and then a short climb, to the Huron (or Burma) ski trail. Another 15 minutes along more frozen swamps brings one to the Shilly Shally hut. The hut was packed with skiers when we arrived so lunch was outdoors in the sun (fortunately also out of the wind). We returned by the same route – but downhill all the way!

Roger Stacey



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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, complete the form below and mail it with your payment in an envelope to:

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

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

Ottawa Club Telephone: 613-860-2225
Kingston Club Telephone: 613-545-0823
Central Club Telephone: 613-264-8338

The Rideau Trail Association is run entirely by volunteers. If you reside in the area of the Rideau Trail and you wish to be a volunteer, please check one or more of your interests below. Member information you supply remains confidential. The RTA does not release this information to other organizations. If you do not already subscribe to the RTA E-letter, and wish to do so, please indicate below and provide your email address. Please note: All members must be 18 years of age.

- | | |
|---|----------------|
| () Annual Individual Membership | \$20 |
| () Annual Household Membership
(two adults at the same address) | \$25 |
| () * Patron (individual Life Membership) | \$500 |
| () † Guidebook: Members | \$25 |
| () † Guidebook: Non-Members | \$30 |
| () † B&B Guide (\$4 with Guidebook) | \$5 |
| () Car Sticker (Free to New Members) | \$1 |
| () Crest (cloth, 3-inch diameter) | \$2 |
| () Enamelled Pin (3/4-inch diameter) | \$6 |
| () † Rideau Trail Wall Map (2000) | \$12 |
| () * Donation to the RTA | \$_____ |
| () * Donation to the RT Preservation Fund | \$_____ |
| Prices Subject to Change | |
| TOTAL | \$_____ |

- † Includes Postage & Handling
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 Other (please specify):

MEMBERSHIP CATEGORY: New Member ()
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Name:
 Add'l name if Household Membership:
 Address:
 City & Province:
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