



The Rideau Trail NEWSLETTER

WINTER 2004

ISSUE NO. 134



Forty five walkers, arriving in five groups,
celebrated the 20th anniversary of the
Ottawa Wednesday Walkers at Huron Lodge
in Gatineau Park, 22 September, 2004.

Leader Dorothy, kneeling far left;
photographer Art, far right.

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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.

The Spring 2005 newsletter will be prepared by the Ottawa Club. Submissions for the **Spring newsletter** are encouraged and should be sent, to arrive by **February 1, 2005** to

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If possible, text should be sent electronically (with no document formatting). Pictures are also welcome - black and white photographs or colour photographs with good definition and contrast.

Unless otherwise stated, the opinions expressed in this Newsletter are not necessarily those of the Rideau Trail Association.

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Picture Credits: Cover, Art Campbell; page 4 (Legacy Boards), Ron Maybury; page 4 (camping), Linda Rea; Page 14, Dr. Perry Jeffries; page 15, photos supplied by Bob Chadwick.

Corrections to the Fall 2004 Newsletter: Alan Tattersall's tenure as Vice President, President and Past President of the Rideau Trail Association was from 1991 to 1997. Both pictures on page 11 were by Art Campbell.

Highlights of the October 2004 RTA Board Meeting

The Board has set a target date for producing the seventh edition of *The Rideau Trail Guidebook*. It is intended that the updated *Guidebook* be ready for distribution no later than June 1st, 2006. Ernie Trischuk and Linda Hayes are jointly responsible for the *Guidebook* project. The Club Chairs have been asked to report all changes that they want made to the updated *Guidebook* no later than June 1, 2005 to Ernie and Linda (including route changes, updating of the narrative, corrections to road names, etc.). If you have any input and/or suggestions for what should be changed in the next edition of the *Guidebook*, please contact one of the Club Chairs listed on page 2 of this Newsletter.

One of the tools we use to promote the virtues of the Rideau Trail and to attract new members is the *Rideau Trail Brochure*. In its ongoing effort to ensure that nothing slips through the cracks, the Board has established guidelines governing the responsibility for the control and use of the *Brochure* and has assigned the overall accountability for the *Brochure* to one Board member. This will ensure that there is no doubt about who has the prime responsibility for: ensuring that we have a sufficient stock of brochures; supplying brochures to the Clubs; coordinating changes to the design of the brochure; updating the content of the brochure; and selecting a printer for reproduction of the brochure, including negotiating the costs and quantities. The Chair of the Ottawa Rideau Trail Club, in their capacity as an ex officio member of the Board, has volunteered to take on this accountability. The individual Clubs continue to be responsible for the local distribution of the *Brochure*.

Total paid membership as of October 16, 2004 was 1070, down by 48 members (-4.3%) versus September 30, 2003. Seventy-five percent of this reduction can be attributed to a change in the number members in the Ottawa Club. The Central Club has grown by 15 members (+22%) over the same period. Kingston Club membership was virtually unchanged. The number of members in other parts of Canada dropped by 16 (-25%) in the past year.

The next regular meeting of the Board is scheduled for January 22, 2005. The next Annual General Meeting of the Association will take place on June 18, 2005.

Ron Hunt

Winter End-to-End

Four weekends, eight days, in January and February, starting on January 8th. Meet at Murphy's Point Prov. Park entrance to leave at 0830 hr. We will make our way to Ottawa over easy terrain at a moderate pace. Hike and snowshoe, but skiers are welcome if they arrange transportation.

This feat has been done by seven, nearly done by another six, and nineteen others have been with us from time to time. Participants must be able to travel a minimum of 15 km and be on the trail for at least five hours. It's not as bad as it sounds, and we haven't left anyone on the trail yet.

The trail is beautiful and exciting in winter. One Friday night will be chosen for a "night hike". Check the hiking schedule for your area for more information and the contact person.

Bill Murdoch, 613-389-3023

Rideau Trail Association 34th Annual General Meeting Saturday, June 18, 2005

Royal Canadian Legion, Merrickville

Please keep this date open.

2005 End-to-End Update

Planning for the 2005 End-to-End series of hikes continues. The first two hikes are scheduled for April 30 and May 1, 2005 and together will cover the Trail from the Richmond Landing (Ottawa) to Fallowfield Road (maps # 11 & 12). The complete schedule will be published on the RTA website (www.rideautrail.org) in late December.

Leaders and co-leaders are needed for each of the hikes. Co-leaders are responsible for meeting with hikers from their Club and getting them to the designated start point of the hike as directed by the overall leader (e.g. if Kingston is leading, then co-leaders are required from the Central and Ottawa Clubs). Anyone who is interested in leading or co-leading is encouraged to contact their local Club chairperson (see page 2 of this Newsletter for names and telephone numbers).

Ron Hunt

Legacy Boards Installed

Two new pictorial panels have been installed on the Ottawa section of the trail describing two species of native trees. The panels are part of the Ontario Living Legacy interpretive sign programme in which Hike Ontario is partnering with the Ontario Ministry of Natural Resources. The funding for our signs comes from the TD Friends of the Environment Fund.

The first panel features the Red Pine and has been placed beside a plantation of these trees on the Trail where it crosses the Greenbelt about half way between Richmond Road and Robertson Road. The second panel is shown in the photo and illustrates the Staghorn Sumac beside the Trail just before it intersects with the Lime Kiln Road to the east of the Richmond Road.



Bob Chadwick and Bill Grant with a pictorial panel board

The plastic coated boards describe in both languages the identifying features and preferred habitat of the trees with drawings and photographs. Installed on concrete pads for us by the National Capital Commission, these boards will inform passers-by about both the Rideau Trail and the forest through which they are walking.

Ron Maybury

RTA Camping Weekend in Bon Echo Provincial Park August 2004



Lynn Nolan, trip organizer Cam Hodges, and Natasha Smith

Danny Brooks by the campfire



Young Mr. Rea enjoys butterscotch pudding before having a cleansing dunk in the lake.

Vic Stanulis relaxes.



Photos by Linda Rea

Kingston Club Winter Activities Schedule

The meeting place for all activities, unless stated otherwise, is in the **Jumbo Video parking lot at the Kingston Centre (NOTE NEW LOCATION)**, shortly before the departure time indicated. Enter the parking lot from Bath Road. Bring lunch and extra water. 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.

Please note pace scale – slow is 2 to 3 km/hr, moderate is 3 to 4 km/hr, fast is 4 to 5 km/hr, very fast is 5+ km/hr. See note on Participants Responsibilities and Levels of Difficulty on page 13.

Wednesday Walkers depart at 1330 hrs, except on the second Wednesday of the month when an all-day outing is scheduled. John and Marilyn Milloy have agreed to take over as anchor persons for the Wednesday afternoon walks. For information on the afternoon walks, call the Milloys at 530-2142.

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.

Saturday, December 18 Depot Lakes
Hike or snowshoe. Level 1-2. Distance 10 km. Gas \$4.
Depart 0900
LEADER: Audrey Sanger 384-6244

Sunday, December 19 Little Cat Cons. Area
Depending on the weather, hike or ski in the Conservation Area. Level 1-2. Distance 10 km or less. Bring lunch to eat in the Outdoor Centre. Gas \$2 + entry fee. Depart 0930.
LEADER: Jean Thompson 544-0340

December 25/26 Merry Christmas
January 1/2 Happy New Year

Winter End-to-End with Bill Murdoch
Bill plans to start his annual trek on **January 8/9**. Beginning at Murphys Point Park entrance (meeting there at 0830) and proceeding towards Ottawa. The continuing dates are January 22/23, February 12/13, February 26/27.
Contact Bill at 389-3023 for further info.

Saturday, January 8 Rideau Trail
Ski the Trail in the Opinicon Area. Level 2 at a moderate pace. Distance 12 km. Gas \$4. Depart 0900.
LEADER: Don Coulter 542-9998

Sunday, January 9 Little Cat Cons. Area
Ski in this well tracked Conservation Area.
Level 1-2 at a moderate pace. Distance 10 km.
Gas \$2 + entry fee. Depart 0930.
LEADER: Bruce Bromfield 634-9409

Wednesday, January 12 Lemoine Point
Hike or ski. Level 1 at an easy pace. Distance 6-8 km.
Depart 1000.
LEADER: Peggy Harding 546-7202

Saturday, January 15 Murphys Point
Ski, snowshoe or hike. Levels 1, 2 and 3 at a moderate pace. Distance 8 to 15 km. Lunch in Chalet. Gas \$5 + park fee. Depart 0900.
LEADER: Dave Armitage 634-4426

Sunday, January 16 Lemoine Point
Ski level 1 at an easy pace. Distance 6 km. Gas \$1.
Bring brown bag lunch. Coffee provided by Lynn and Lars. Depart 1000.
LEADER: Lynn Nolan 389-8747

Sunday, January 23 Gould Lake
Ski east side area. Level 3 at a fast pace. Distance 15 km. Gas \$3 + entry fee. Depart 0900.
LEADER: John Critchley 634-5475

Sunday, January 30 Gould Lake
Deep snow hike. Level 2 at a moderate pace. Distance 10-12 km. Gas \$3 + entry fee. Depart 0900.
LEADER: Ray Wilson 382-7189

Saturday, February 5 Myles Acres
Level 1 ski at a moderate pace. Distance 10 km. Gas \$2 + entry fee. Lunch eaten inside. Depart 0900.
LEADER: Stan Huff 548-3003

Wednesday, February 9 Little Cat Cons Area
Ski, snowshoe or hike at an easy pace. Choice of level 1 or 2. Distance no more than 10 km. Gas \$2 + entry fee. Depart 0930.
LEADER: Jean Thompson 544-0340

Saturday, February 12 Gould Lake
Ski level 2 at a moderate pace. Distance 10 km.
Gas \$3 + entry fee. Depart 0900.
LEADER: Lynn Nolan 389-8747

Sunday, February 13 Gould Lake
Snowshoe level 2 at a moderate pace. Distance 10 km.
Gas \$3 + entry fee. Depart 0900.
LEADER: Peter Burbridge 634-1877

Saturday, February 19 Frontenac Park
Snowshoe or hike the Bufflehead Trail. Level 3 at a moderate pace. Distance 13 km. Gas \$4 + entry fee. Depart 0900.
LEADER: Dave Armitage 634-4426

Saturday, February 26 Opinicon Area
Ski at a moderate pace. Level 1-2. Distance 10-12 km.
Lunch cooking on an open fire. Gas \$4. Depart 0930.
LEADER: Allan Tattersall 549-4080

Saturday, March 5 Charleston Lake
Snowshoe or hike at a moderate pace. Level 2.
Distance 10 km. Gas \$4. Depart 0900.
LEADER: Ray Wilson 382-7189

Wednesday, March 9 Old & New Napanee
Hike in this interesting area. Level 1 at an easy pace.
Distance 10 km. Gas \$4. Depart 0900.
LEADER: Jane Hough 373-2268

Saturday, March 12 CRCA
Hike or ski at Little Cat. Levels 1 and 2 at a moderate pace. Distance 10 km. Gas \$2 + entry fee. Depart 0930.
LEADER: Joan Bailey 389-1935

Saturday, March 19 Opinicon Area
Hike or ski. Level 1-2. Distance 10 km at a moderate pace. Gas \$4. Depart 0930.
LEADER: Allan Tattersall 549-4080

Saturday, March 19 Spring Pot Luck Dinner Party 6:00 pm. Margaret and John Page are kindly hosting one of our favourite events. Bring your favourite dish and BYOB.
RSVP: Linda Line 531-4353

Saturday, March 26 Rideau Trail
Hike from Unity Road to Lees Road and return with a couple of side trips; one to a sugar shack for maple syrup. Level 1 at a moderate pace. Distance 10 km. Gas \$3. Depart 0930.
LEADER: Bill Murdoch 389-3023

MARK YOUR CALENDAR

Kingston Club Annual General Meeting Saturday, April 23 Little Cataraqui Conservation Area

The program will be listed in the spring newsletter.

Little Cataraqui Bay Marshland Area to Close During Construction

The Cataraqui Region Conservation Authority would like to advise that the **entrance and parking area to the Little Cataraqui Bay Marshland Area** will be **closed** for reconstruction beginning **October 28, 2004**. This conservation area is located on King Street in Kingston, just west of the Cataraqui Golf and Country Club.

The CRCA is making improvements to this area, including relocating the entrance and rebuilding the parking lot. This is the first phase of improvements and is **scheduled for completion by November 30, 2004**. The new entrance and parking area will open once construction is completed.

For more information, please call (Monday to Friday, 8:30 a.m. to 4:30 p.m.):
Robert Gerritsen, Conservation Lands Coordinator (613) 546-4228 ext. 234
Karla Maki-Esdon, Communications Coordinator (613) 546-4228 ext. 226

"The Three Peregrinos"

The **Friends of Frontenac Park** host a free Winter Lecture at the Wilson Room of the Kingston Public Library on **February 15 from 7—9 pm.**

This year's speakers will be **Bill Murdoch, Audrey Sanger and Joan Bailey** who will present an illustrated talk about their hiking experience on the 781 km Camino de Santiago Pilgrimage in Spain.

Peter Burbidge

Ottawa Club Winter Activities Schedule

The meeting place is in the parking lot of the R. H. Coats Building (Statistics Canada) on the west side of Parkdale Avenue just north of its intersection with Scott Street in Ottawa, UNLESS OTHERWISE STATED. OC Transpo riders use the stop for Tunney's Pasture. Departure times are indicated with each activity.

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

Transportation is by pooling of private cars. Passengers generally donate to the driver's gas costs on a voluntary basis. Any other fees, e.g. for parking and entry to parks and conservation areas, are shared between the driver and passengers. **See note on Participants Responsibilities and Levels of Difficulty on page 13.**

This schedule prepared by Esther Hault.

Wednesday Walkers

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

Tuesday Evenings 'Come Glide With Me' January & February

Rideau Canal Skating and Social is planned for 6:30 p.m. each Tuesday evening in January and February 2004, provided the canal is open for skating (call 239-5234 for canal conditions). Non-skaters may wish to walk and join us for a refreshment stop afterwards. Meet at the change hut on the canal at Fifth Avenue. These activities are subject to weather and ice conditions.
CONTACT: Kay Methot 770-4258

End-to-End Winter Hiking / Snowshoeing Jan 3 to Feb 29

Every second weekend commencing Saturday, January 8 until Saturday, February 26. The starting point for these outings will depend on where the group finishes the previous day.
OTTAWA CONTACT: Grant Malinsky 730-2772

Sunday Afternoon Snowshoeing January to March

Level 1 - 2; Western Greenbelt and Areas south and west of Ottawa. Departure from Baseline 'Park 'n Ride' or Kanata 'Park 'n Ride' on Eagleson Road. Call a day or two ahead for details.
CONTACT: David Spector 270-1046

Impromptu Skiing

Saturdays, as soon as possible, and when no official level 2 or 2+ ski trip is planned, there are **impromptu** level 2 or better ski outings in the Gatineau Park, weather and conditions permitting. Depart Tunney's Pasture 9:30 a.m. Destination to be determined.
BE PREPARED - these outings:
-are NOT for beginners;
-may be long & may include 'challenges' of one sort or another;
-involve shared leadership responsibilities; and are generally organized at the meeting point, so be prepared to go it alone, or abort, if no one else shows up! For general information
CONTACT: Esther Hault 775-9695

WINTER ACTIVITIES SCHEDULE

Saturday, December 11 **Snowshoe**
Greenbelt, Lime Kiln, level 1 hike or snowshoe. 8 km. Departs 10:15 from south end of Baseline Transit Station parking lot. Gas \$2. LEADER: Jean Cottam 726-1596

Tuesday, December 14 **Christmas Lights Urban Walk**
6:00 pm. Come and join us to enjoy the lights on the Hill and Museum of Civilization. We will gather at the Heart & Crown in the Byward Market afterwards for refreshments and frivolity. Meet at the parking lot in front of the Supreme Court Building off Wellington St.
COORDINATOR: Pat Archer 565-6149

Sunday, December 26 **Ski**
Work off the turkey with a Boxing Day ski in Gatineau Park. Level 2. Bring lunch/drink. Departure time, meeting point and destination to be determined by interest and conditions. Ski outing followed by refreshment stop. Call ahead to confirm.
LEADER: Esther Hault 775-9695

Wednesday, December 29 **Ski**
Gatineau Park. Level 2. Departs 09:30.
LEADER: John Barron 828-2296

Saturday, January 1 **Ski**
Gatineau Park. Level 2. Bring lunch/drink. Departure time, meeting point and destination to be determined

by interest and conditions. Ski outing followed by refreshment stop. Call ahead to confirm.
LEADER: Esther Hault 775-9695

Sunday, January 2

Snowshoe

Level 1-2, afternoon outing. Meeting place and destination to be determined.

CONTACT: David Spector 270-1046

Saturday, January 8 and Sunday, January 9 End-to-End CONTACT: Grant Malinsky 730-2772

Saturday, January 8 Snowshoe Clinic and level 1 hike, Gatineau Park. Meet at 9:30 a.m., place will be confirmed. Gas \$3. Snowshoe rental approx. \$10. Bring lunch or snack. Tea stop in Chelsea optional. Please confirm participation by Thursday, January 6 and if you need show shoes. Reservations for rentals at Bushtukah are required. Volunteer assistance would be appreciated.
LEADER: Theodora Newton 569-3540

Sunday, January 9

Snowshoe

Level 1-2, afternoon outing. Meeting place and destination to be determined.

CONTACT: David Spector 270-1046

Wednesday, January 12 or thereabouts. Leaders' Planning Meeting – see Notice on page 10.

Saturday, January 15

Snowshoe

Gatineau Park – Tawadina Lookout. This easy level 2 beginner-intermediate snowshoe will hike from P13 at the end of Meech Lake by an easy route to the Lookout at Tawadina, and return via the same path. Total distance is about 7 km and takes between 2 and 2 ½ hours. Bring a hot drink and/or snacks for the break at the lookout. Departs 9:00a.m. Gas \$4.

LEADER: Peter Hawkins 749-2093.

Sunday, January 16

Snowshoe

Level 1-2, afternoon outing. Meeting place and destination to be determined.

CONTACT: David Spector 270-1046

Saturday, January 22 and Sunday, January 23 End-to-End CONTACT: Grant Malinsky 730-2772

Saturday, January 22

Snowshoe

Sportsplex trails, Level 1. About 8 km. Meet at south end of park-and-ride at Baseline Transitway Station. Depart 10:15 am. Gas \$2.

LEADER: Jean Cottam 726-1596

Sunday, January 23 Skating Party and Potluck

Supper. Ann Manor, 71 Somerset St. West. Ring code 252. Parking: 50 Cooper Street (opposite Holiday Inn). Drop off supper contributions and your own drinks from

2:00 p.m. Skate or walk on the canal. Non-skaters welcome. Supper about 5:30 p.m. Bring potluck item and own drinks. Please confirm participation. Volunteer assistance would be appreciated.

CONTACT: Theodora Newton 569-3540

Sunday, January 23

Snowshoe

Level 1-2, afternoon outing. Meeting place and destination to be determined.

CONTACT: David Spector 270-1046

Saturday, January 29

Snowshoe

Gatineau Park – O'Rourke's Clearing. This level 2 beginner-intermediate snowshoe will leave P11 (O'Brien Parking Lot) for an interesting trip across the frozen wetlands to what is left of Mrs. O'Rourke's farm property. Bring a hot drink and/or snacks for the break. On the return, we will pass the Ruins, then Little Meech Lake, and on to the cars. Total distance is about 6 kms and takes about 2 hours. Departs 9:00a.m. Gas \$4.

LEADER: Peter Hawkins 749-2093

Sunday, January 30

Snowshoe

Level 1-2, afternoon outing. Meeting place and destination to be determined.

CONTACT: David Spector 270-1046

Saturday, February 5

Ski

Gatineau Park, on lesser used NCC trails. Level 2 -, 14 km return. Medium distance but these trails probably won't be groomed as often. Depart 9:00

LEADER: Dave Audette 225-4667

Sunday, February 6 Winterlude and Dim Sum

Level 1 walk. Depart 10:00 from Ann Manor, 71 Somerset St. West. Ring code 252 or 242. Parking, 50 Cooper Street (opposite Holiday Inn). Route: Confederation and Major's Hill Parks, Sussex Drive, Rideau Hall, Dim Sum (12 noon), Rideau Canal for walk or skate to Canal Ritz (optional stop); return to Ann Manor. Half-day activity available. Sno-bus optional. Call by Friday, February 4 for Dim Sum reservation. Volunteer assistance would be appreciated.

LEADER: Theodora Newton 569-3540

Sunday, February 6

Snowshoe

Level 1-2, afternoon outing. Meeting place and destination to be determined.

CONTACT: David Spector 270-1046

Saturday, February 12 and Sunday, February 13 End-to-End OTTAWA CONTACT: Grant Malinsky 730-2772

Saturday, February 12 **Ski**
Western Greenbelt. Level 2-intermediate ski. 12 km.
Meet at south end of the park-and-ride at Baseline Transitway Station. Depart 10:15 am. Gas \$2.
LEADER: Jean Cottam 726-1596

Saturday, February 12 **Snowshoe**
Gatineau Park – Carmen/Brown Lakes Lookout. This level 2 beginner-intermediate snowshoe will leave from a point on Cross Loop Road for a hike in to a magnificent view of some interior parts of the park. Bring a hot drink and/or snacks for the break at the lookout, then return to the starting point. Total distance is about 6 to 7 km and takes just over 2 hours. Departs 9:00 a.m. Gas \$5.
LEADER: Peter Hawkins 749-2093

Sunday, February 13 **Snowshoe**
Level 1-2, afternoon outing. Meeting place and destination to be determined.
CONTACT: David Spector 270-1046

Sunday, February 13 **Ski**
Gatineau Park, Level 2, approximately 20 km. P12 to McKinstry Lodge. Departs at 9 am. Gas \$3.
LEADERS: Marilyn Booth and Don Carpenter 730-3879

Saturday, February 19 **Ski**
NCC trails in Gatineau Park. Level 2 to McKinstry Lodge - 20 km. Long distance but moderate pace. Depart 9:00. LEADER: Dave Audette 225-4667

Sunday, February 20 **Ski**
Level 2, depart 09:30. Gatineau Park, on trails from P12 to Huron Lodge with a warm-up at Western Lodge if needed. Approximately 15 km. Gas \$4.
LEADER: Peter Scott 729-9557

Sunday, February 20 **Snowshoe**
Level 1-2, afternoon outing. Meeting place and destination to be determined.
CONTACT: David Spector 270-1046

Saturday, February 26 and Sunday, February 27
End-to-End OTTAWA CONTACT: Grant Malinsky 730-2772

Saturday, February 26 **Snowshoe**
Gatineau Park – Snowshoe Trail to Herridge. This level 2 beginner-intermediate snowshoe will leave from a point on Cross Loop Road, cross the access right-of-way, pick up the Fox Farm Road and then the trail to Herridge. It is about 5 km of pretty, level trail each way. Bring a hot drink and/or snacks for the break at Herridge. On the way both in and out, we will pass the Healey Homestead which the NCC is renovating as an overnight destination

for snowshoers. Total hike is about 2 ½ hours. Departs 9:00 a.m. Gas \$5.

LEADER: Peter Hawkins 749-2093

Saturday, February 26 **Snowshoe**
Gatineau Park, level 2+. Slow paced exploratory snowshoe excursion. Slopes! Maybe some virgin snow! Wild nature galore! Approx. 4 hrs. Gas \$5; Departs 9:30.
LEADER: Mohan Taagepera 770-4258

Saturday, February 26 **Ski**
Greenbelt, Level 1 afternoon ski on Anderson Road trails. Departs 1 p.m. Gas \$2
LEADERS: Graham/Lena Creedy 789-1657

Sunday, February 27 **Snowshoe**
Level 1-2, afternoon outing. Meeting place and destination to be determined.
CONTACT: David Spector 270-1046

Saturday, March 5 **Snowshoe**
Jack-Pine Trails, Level 1. About 7 km. Meet at south end of park-and-ride at Baseline Transitway Station. Depart 10:15 am. Gas \$2.
LEADER: Jean Cottam 726-1596.

Sunday, March 6 **Snowshoe**
Gatineau Park, level 2. 10 - 12 km. Depart 9:00.
LEADER: Dave Audette 225-4667

Saturday, March 12 **Snowshoe**
Gatineau Park, Level 2+. Power Line Area. Partly along power line trail, with excursion into Hawley Lake Mountains, which really are best seen in winter. Slopes! Hope for sun! Leisurely paced. Approx. 4 hrs. Gas \$5; Depart 9:30. LEADERS: Kay Methot and Mohan Taagepera 770-4258

Sunday, March 20 **Ski or Hike**
Gatineau Park, level 2 ski or hike depending on conditions. Depart 9:30.
LEADER: John Barron 828-2296

Saturday, March 26 **Snowshoe**
Gatineau Park, Level 3-. Exploratory snowshoeing in the Ben Lake watershed area. Varied terrain. Real bush at times. Leisurely paced. Compass recommended. Approx. 5 hrs. Gas \$5; Departs 9:00.
LEADER: Mohan Taagepera 770-4258

**OTTAWA RTA
ANNUAL GENERAL MEETING**

Friday 22 April, 7 p.m. Dominion Chalmers Church
Please reserve this date and time.

circa January 12
Ottawa Leaders' Planning Meeting

Leaders and prospective leaders' dinner and meeting to fill in the Spring Schedule, from the Equinox to the Solstice. This meeting is to thank, as well as to encourage, members to lead an activity, be it hiking, cycling or whatever. To attend the meeting, or to list your event, please contact Denise Hudson 232-9852 or denisehudson@sympatico.ca.

We need a volunteer to host this event.

Ottawa Rideau Trail Announcements

Advisory Committee Work: Bill Grant is serving on a City of Ottawa citizens advisory committee in relation to the Marlborough Forest. Bill and Ron Maybury will visit the Marlborough Forest in the near future to identify and document issues and concerns for the presentation to the advisory committee.

Jock River Bridge: The Ottawa Club has decided that the permanent routing of the Rideau Trail be along the Jock Trail and Munster Road, that the Jock River crossing be abandoned. The boards previously use in the Jock River Bridge will be stored for use in construction projects and/or repairs in other locations.

Membership Survey: The Ottawa Club launched its Membership Survey at the end of October. One purpose of the survey is to find out why members chose not to renew their memberships in 2004. All 155 non-renewing members will be surveyed. A second survey will be issued to 50% of the current Ottawa members (approx. 300) to help us develop a better understanding of the demographics of these members. This information will be very helpful to the Club in its efforts to develop an effective marketing program to attract new members.

Resources: Denise Hudson assumed the role of Activities Coordinator as of September 15, 2004. Don Grant has joined the executive in a special projects role: he is responsible for organizing the 2005 Ottawa Club and Association AGMs. The Ottawa Club Executive is currently trying to fill two vacancies: Vice Chair and Routes & Negotiation (non-executive position).

Voluntary Gas Contribution: The Ottawa Club has decided that the changes in the schedule of voluntary gas contributions announced in the May 25, 2004 edition of the e-letter will remain in effect for the time being to reflect the increased cost of gas at the pumps.

Basics of Trail Hiking and Snowshoeing

There are lots of people out there who would like to start hiking but who are not sure how and where to start. On October 14, the Ottawa Club delivered a workshop to just such an audience at Museum of Nature.

The workshop provided the participants with information on where they can go trail hiking, what equipment and clothing they need, and what health and safety precautions they should take. As you would expect, the workshop also provided us with a golden opportunity to promote the Rideau Trail Association. The Rideau Trail got an extra publicity boost thanks to a CJOH-TV news interview that took place on the morning prior to the workshop.

Several dedicated volunteers helped to make the workshop a success. Nigel Brereton talked about the Gati-neau Park and used photographs provided by Kyoung Uhm to highlight the beauty of the Park. Peter Hawkins delivered a fun and informative demonstration of hiking and snowshoeing equipment. Bill Grant sold Rideau Trail memberships and Guidebooks. Ron Hunt talked about the Rideau Trail and other hiking venues, and touched on the critical health and safety issues related to hiking and snowshoeing.

Now that the presentation has been created, it can be used to promote the Rideau Trail and hiking in general to other groups. There is a growing interest in walking, hiking and snowshoeing; the Rideau Trail Association can and should take a leading role in attracting new people to these activities.

We would be happy to put the two-hour workshop on again. If you know of a group that might benefit from our message, please contact David Armitage or Ron Hunt (see page 2 for contact information).

Ron Hunt

Let's "Talk Up" the Trail

Now that the Association has a catchy, easy to remember, web address, **www.rideautrail.org** it is very easy for all of us when we meet others while out hiking to promote the RTA by passing on the address whenever we are having a brief conversation.

Let's all look upon ourselves as ambassadors. I have just started doing this myself and also throw in the fact that you don't have to be a member to come on any of our outings, so come and see if you like us.

Nigel Brereton

Central Club Winter Activities Schedule

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 note on Participants Responsibilities and Levels of Difficulty on page 13.

Saturday, December 4 Murphy's Point: Round Lake Loop Hike, Level 2, 12 km, moderate pace, followed by Holiday gathering at a local restaurant. Santa in disguise as Don Sherwin, 264-0759.

Sunday, January 9 Murphy's Point: Hike or Ski Hike or Ski, Level 2, 12 km. Meet at Conlon Farm at 10 am. Gas is \$3/person. A pointed leader Dave Miller 267-6743.

Saturday, January 15 Mill Pond "Soft Hike" Soft and slow hike for beginners and those who like it gentle. Level 1, 10 km. Meet at Conlon Farm at 10 am. Gas is \$5/person. Slow Poke Dave Miller and Margaret Lafrance 267-6743

Sunday, January 23 Timber Run Lanark Cross Country Ski Ski, Level 2, 12-15 km. Meet at Conlon Farm at 10 am. Gas is \$3/person. Bring lunch, restaurant closed for the season. Yell 'Timber' and run with Leader Don Sherwin 264-0759.

Saturday, February 5 Mica Mines Snowshoe or Hike Snowshoe or Hike the Mica Mines area. Level 2, 8-10 km. Meet at Conlon Farm at 1 pm. Gas is \$3/person. Bring pot luck to Bruce's after outing, our own President against terrorism, Bruce Gourley 264-2478.

Sunday, February 20 Marlborough School House Snowshoe/Hike Bring your favourite weiners, sausage, beans, etc. to the cookout as first we'll eat. Then, Snowshoe or Hike the School House Loop. Level 1, 8 km. Meet at Conlon Farm at 10 am. Gas is \$5/person. Chief Cook and Snowshoe Hiker Margaret Lafrance 267-6743.

Saturday, February 26 Burgess Wood "Soft Snowshoe/Hike" A soft hike for beginners and those who like it short. Level 1, 6 km. Meet at Conlon Farm at 10 am. As soft as they get, Josee Aghajanian.

Sunday, March 6 Foley Mountain Hike Hike, Level 2, 12 km. Meet at Conlon Farm at 10 am. Gas is \$3/person. Searching for 12 km of flat terrain with David Miller 267-6743.

Saturday, March 19 Open House at McMartin House Meet the hikers, bring pot luck snack/refreshments. See some slides and mingle. McMartin House on Gore Street, Perth. Show starts at 1 pm but get there early and help set up. Call Margaret Lafrance 267-6743.

Sunday, March 20 Pancake Lunch at Wheelers Then Hike Let's eat first then hike the 10 km trail. Meet at Conlon Farm at 11am. Gas is \$5/person. Flip one with Veronica Airth 264-8824.

Saturday, April 9 Central Club Annual General Meeting
Details to be annouced in the Spring Newsletter

The above Central Club events include some CHANGES !

NEW "SOFT HIKES" which are slower and shorter, yet interesting and designed to encourage new hikers. GAS MONEY is now being requested to reimburse drivers who take passengers. MEETING TIMES now vary according to the hike.



The Economic Benefits of Trails

An interesting and informative article on the economic benefits of trails, published by Trails Canada, can be found at www.trailpaq.com Topics include job creation and enhancement of property values. The article is a source of useful arguments when promoting the establishment of trails.

Kingston Club in Ottawa Territory

The annual Kingston Club September Mid-Week B&B trip this year featured scenic hiking areas in and close to Ottawa-Gatineau, the fourth largest metropolitan area in Canada in terms of both population and land area.

Our first rendezvous was at the Tim Horton's in Smiths Falls at 0 km on the Cataraqui Trail. From there we proceeded in seven cars to Parking Lot #1 in the National Capital Commission (NCC) greenbelt where we were greeted by Wanda Pelletier from the Central Club. There we had a picnic lunch by the Ottawa River before exploring some of the shoreline. The main activity of the first day, however, was a hike from Timm Drive (Parking Lot #4) on an eclectic mix of hiking and multi-purpose recreational trails in the NCC greenbelt, including some of the Ottawa-Carleton Recreational Trail portion of the Trans-Canada Trail and a new section of the Rideau Trail.

Day 2 took us by ferry from Fitzroy to Quyon in Québec, where we drove east to a lesser known sector of the NCC Gatineau Park to follow the Kidder Lake Trail to a panoramic viewpoint on the escarpment overlooking the Ottawa River. For lunch break, we drove to the Luskville Falls picnic area, where we subsequently viewed "les chutes" and some of us tackled a portion of the adjacent level 3 hike. In order to learn more about the Gatineau Park, we visited the impressive new interpretative centre at Old Chelsea.

Our third day featured the trails of the pretty Morris Island Conservation Area by the Ottawa River in a remote corner of the City of Ottawa. From there most of us proceeded to the Diefenbunker Museum for some sober reminders of the Cold War. Some lunched at the Swan in Carp, where the new owners were awaiting their liquor licence. We have become familiar with pubs without smoking in Kingston, but here was a pub without beer!

Meanwhile, some of our keenest hikers pursued their sport among the geological treasures of Fitzroy Provincial Park, while others wisely headed home to avoid a threatening rainstorm. A few stalwarts stayed in the area for the rest of the daylight hours in order to explore some of the stunning beauty of the town of Almonte and its falls on the Mississippi River.

This trip utilized four B&Bs, three within the city limits of Ottawa, including the Log Home on Fernbank Road, the only one of the four listed in the current RTA B&B guide; the Kirkstone House a heritage establishment on the Carp road, owned and operated by

Ottawa Club member Christine Totti and Bob Hargrave; and Tall Pines, an elegant Stittsville establishment offering ensuite accommodations and buffet breakfasts. The one that we used outside the city limits was Ashton Acres, a farmhouse just 300 metres inside Beckwith Township. There Reggie & Evelyn Campbell offer regular B&B facilities and, if requested, dinner, packed lunch and shuttle service. They are not on the Rideau Trail but within 10-20 km of it, all the way from Smiths Falls to Fallowfield and so can provide a base for hiking the northern one-third of the Trail.

We also enjoyed private dining rooms in the elegant Cabotto's Restaurant on Hazeldean Road and in the Cheshire Cat, an authentic British style pub off the Carp Road at Richardson Side Road. The latter is another Totti/Hargrave operation. Christine Totti also finds time for adventurous hiking and international travel. In fact you may meet her this winter if you join the winter end-to-end trips.

Bob Chadwick

Gananoque adopts the Pitch Pine

Gananoque has adopted the pitch pine as its official town tree. The adoption was at the urging of **Peter Murray**, a fervent arbourist and chair of the town's forest advisory committee. Peter is known to RTA members as a Kingston Club member, hike leader, trail maintainer, guidebook advisor, and trail developer. He has often drawn attention to this species during hikes in Charles-ton Lake Provincial Park.

Gananoque is at the northern limit of the pitch pine's eastern Seaboard range, and the shallow soil and rocky outcrops in the area are the conditions it needs to grow. Once established, pitch pines can live 200 years. The pitch pine is distinctive because its needles grow in bunches of three.

There is a healthy pitch pine specimen growing in Gananoque's Confederation Park, and it is planned to plant a grove of them in the park.

Adopted from an article in the Kingston Whig Standard



Participants' Responsibilities

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

Participants are expected to choose a trip suitable to their physical abilities and skill level. They should inform their leader, at the start, of any health problems or of any existing or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and co-operation of each group member. Parents and guardians are expected to supervise their own children.

Levels of Difficulty

Hiking and Snowshoeing:

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.

Skiing:

Level 0 Flat terrain, variable length.

Level 1 Gentle hills, may be long distance (e.g. 15 km). Participants should know how to glide on skis and have elementary knowledge of techniques for going uphill and downhill.

Level 2 Variable terrain, some steep hills. Level 1 experience needed. For example, green and blue trails in Gatineau Park.

Level 3 Long, varied terrain, may be off trails. Level 2 experience essential. For example, black trails in Gatineau Park.

Snowshoeing 201

Okay...you've bought a pair of the new high-tech snowshoes, and you've tried them out in the park behind your house, or the Greenbelt, or even down by the river. Now you are wondering WHAT'S NEXT? I say take the next step; put one foot in front of the other and come out to the Gatineau Park for the 4 beginner-intermediate snowshoe hikes. They are all at a level 2, will take no more than 2 1/2 hours, and are planned for the Saturday mornings of Jan 15, 29, Feb 12 and 26.

You need to observe at least the following safety tips: dress warmly but in layers—snowshoeing is about 50% harder than hiking over the same distance, so you'll build up more heat more quickly; wear a moisture wicking layer next to your skin to keep you dry and warm (perspiration is your enemy!); pack 1 pair extra mitts (keeps hands warmer than gloves) and a second toque; bring a hot drink for the break (500 ml is a good amount); during snowshoeing the average person needs 600-750 ml of liquid per hour, so pack approximately 750 ml water for these trips; if the temperature plus windchill is colder than -22 to -25 degrees, it is probably NOT a good idea to go out; sunglasses, because the glare of the sun can harm your eyes.

You will quickly become entranced with the winter landscape — it is so different than in the summertime, you can see so much farther into the woods - no bugs, smooth path, fabulous views. See you on the trail.

Peter Hawkins



Ottawa Stores offering RTA members 10% discounts on regularly priced goods

Bushtukah Great Outdoor Gear
203 Richmond Rd. (792-1170)

The Expedition Shoppe
43 York St. (241-8397) and
369 Richmond Rd. (722-0166)

Trailhead
1960 Scott St. (722-4229)

In Memoriam

DONALD CUTTS 1924—2004

The sad death of Donald Cutts was reported in the Fall 2004 Newsletter. The photograph below was taken on August 4, the day before his fatal accident. The tribute "Ode to Hiking", written by his daughter and printed below, fittingly describes Don's love of hiking.



Kingston Wednesday Walkers outside the Waterfalls Tearoom in Yarker

Don Cutts, John Page, Wilma Chadwick, Faye Irving, Margaret Page, Bob Chadwick, Delores Jeffries

The Waterfalls Tea Room this year celebrated the 100th anniversary of the building in which it is housed. For many years the building was a furniture store, one of many supplied by RTA icon Bill Murdoch in his career as a manufacturers' agent. The photo was taken by Dr. Perry Jeffries of Kingston, R.I.

Ode to Hiking

*Reflections by Helen Cutts, in honour of her father,
Donald Cutts*

What could be a more relaxing and satisfying pastime than hiking? It's an opportunity to connect with friends, make new acquaintances and enjoy the beauty of our natural surroundings. My father knew the value of this and shared his passion for hiking with many people over the years. Sadly, he passed away in August after a cycling accident. Only the day before, he had been out on the "Wednesday Walk" with several other folks from the Kingston Club.

His interest in hiking started in England in the lovely Yorkshire Dales, but it was no doubt spurred on when he moved a bit further north to Teeside and met my mother, Catherine. Back in the mid-1950s in England, hiking was a very popular activity for singles. I always remember my mother telling me about the day she first set eyes on my father. She was on the bus that picked up people at numerous stops around town to take them hiking. On one particular day, she and a girlfriend looked out the bus window and remarked that there was a new gentleman waiting at the next stop. Hiking, or rambling as they called it, brought my parents together and gave them a lifetime of wonderful experiences.

But what is it that makes hiking so special? It seems to me that it is the combination of (1) contact with others and (2) an outdoor setting. This combination may be simple but its power cannot be underestimated. When in nature, we come to feel a sense of peace. If we have concerns, we can share them with our friends and then put them aside, knowing that in time a resolution will come. The beauty of the moment in a majestic, natural setting takes hold and puts our cares in perspective. As if by magic, nature has the power to help us live in the moment and feel with a quiet confidence that all will be well.

Hiking, I know, is not all about peace. Everyone surely has his or her own memories of difficult spring hikes when unexpectedly the group was faced with a flooded trail. How big a detour will be necessary? How much more flooding lies ahead after this hurdle? Would it make more sense to turn back? These events are metaphors for the turning points in our lives. We consult with others, evaluate risk, assess benefits and take a decision. Ultimately, we get satisfaction from working out a solution with others. A hot cup of tea or coffee on the way back to Kingston doesn't hurt either.

My father always enjoyed both the physical and the social aspects of hiking. Even when he was no longer able to take my mother on hikes, owing to her failing health, he knew that hiking was good for the soul and continued to enjoy the company of so many good friends. Thank you to all who touched his life. My brother Stephen and I also appreciate the warm expressions of sympathy from so many of you.

Happy trails,
Helen

In Memoriam



JOHN NEEDHAM

We are sad to report that another keen member of the Kingston Club passed away this summer. John and Sheila Needham went on a number of adventurous trips both with the Kingston Club and with other organizations such as Natural Outings.

A few years ago they participated in one of our more exotic exploits, to the Gatineau Hills north of Ottawa where we stayed in dormitory accommodation in a hostel near Wakefield, Quebec. On another occasion they were members of a Rideau Trail camping weekend in Charleston Lake Provincial Park. Just last year, John and Sheila joined us on the midweek B&B trip to Merrickville.

Our sympathies are extended to Sheila and family for their sad and unexpected loss. We hope that Sheila will continue to come hiking with us and join in our social activities.

Bob Chadwick

ARNE HENRIKSEN

With regret, we report the death in early November of Arne Henriksen, an ardent hiker and member of the Kingston Club executive. A tribute will appear in the Spring Newsletter.

EDWARD THOMAS GILL 1918-2004



It is our sad duty to report that Ed Gill, an enthusiastic life member and former executive of the Kingston Club, passed away on October 7, 2004.

Ed was responsible for Routes and Negotiations until a few years ago. He and Vera were regular participants in the Club events when they lived in Kingston. After moving to Bath, Ed maintained his Routes and Negotiations responsibilities for a few years before handing them on to Jean Thompson.

Ed and Vera particularly enjoyed the Bed and Breakfast outings organized by Don and Cathy Cutts to such places as Bloomfield and Brighton. Ed was especially proud to see himself with Vera among the group of hikers, pictured outside the B&B in which they had stayed in Bloomfield, on the front cover of the Newsletter.

We send our sincere sympathies to Vera at this time. Ed and Vera were married over 50 years and spent many years in the Lac St Jean region of the Province of Quebec.

Bob Chadwick

Recent Donations

Donations to the Rideau Trail Association

Patricia & Daryl Dods, Moya McCarthy

Donations to the Rideau Trail Preservation Fund

Jane Davidge, Eric & Eleanor Kaarsberg, Stanley Rosenbaum

Donations made in Memory of Donald Cutts

Irene Backholm, John Edward Brannan, Beverly Bromfield, Bob & Wilma Chadwick, Gillian Cleghorn, Roger and Sandy Colburne, Moira Drummond, Robert Dunlop, John & Elizabeth Harrison, Robert & Jane Hough, Jean Hubbard, Robert Lablans, Hugh & Kathleen Makepeace, Tom & Isabel Newton, Watson Ogilvie, John & Margaret Page, Peck & Sybil Peckover, Edith & Bruce Pedden, Eleanor Porteous, Allan Tattersall, Barbara Thomas, Jean Thompson, Margaret Wild & Bob Tolley, Jill Wing, Joan Ziomekewicz

Donations made in Memory of Ed Gill

Moira Drummond (Preservation Fund), Allan Tattersall

Donation made in Memory of Andrea Ross

Allan Tattersall



®

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P.O. Box 15
Kingston, Ontario
K7L 4V6

Canada Post
Publications Mail
Agreement No. 40019036

Enjoy winter on the trails !

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 by clicking on *Join RTA* at www.rideautrail.org). Please mail it with your payment to: **Rideau Trail Association, P.O. Box 15, Kingston, Ontario, K7L 4V6.**

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