



The Rideau Trail NEWSLETTER

FALL 2005

ISSUE NO. 137



With youth and enthusiasm, Sara Montgomery and Derrick Spafford set off on their honeymoon run of the Rideau trail, north to south. They called their trek "Rideau Quest". Their heavy fastpacks, combined with extremely high temperatures, were a challenge not exactly anticipated. In their wisdom, they halted their trek after completing the Ottawa and Central Club sections. After this learning experience and recuperation, we hope the Kingston Club section will be fun to complete. Thanks to them both for donations directed to the Rideau Trail Association.

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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 Winter 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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Message from the President

There was some discussion at our recent AGM regarding our insurance coverage. This topic has also been of some concern to many of our members in the three clubs so I decided to outline precisely what protection our liability insurance provides and also to assess the risk of a claim ever being made against the RTA.

Our \$2 million policy protects the clubs and their leaders for the events in Ontario and Quebec that are organized by each club and are published in the quarterly newsletter and our bi monthly E-Letter. Individual hikers are not covered, as each one of them assumes personal risk. The activities covered are hiking, snowshoeing, canoeing and bicycling on trails. Mountain biking on downhill courses or tracks is not covered.

It is essential that all RTA leaders be demonstrably capable in the skills required for the activity they are leading. Leaders should remind participants to read the waiver (release of liability) before they record their names on the Activity Sign-Up Sheet.

Some Ontario hiking clubs have been faced with excessive insurance premiums and have had to curtail their operations. Frivolous claims have been made against some trail clubs for large sums of money. These are not necessarily hiking clubs but unfortunately it has resulted in the creation of an atmosphere whereby insurance companies feel justified in making huge increases in their fees for all trail clubs. Fortunately, although our RTA premiums have increased considerably, they remain manageable.

Our association has expressed its concern about the escalating costs and availability of insurance for hiking clubs in Ontario to the Minister of Tourism and Recreation Jim Bradley. His ministry is presently undertaking to develop an "Ontario Trails Strategy" which is meant to find ways of establishing safe and sustainable trails as part of the government's sport and physical activity initiative, ACTIVE 2010. Our submission has been acknowledged and a copy was also forwarded to the Honourable Greg Sobara, Minister of Finance, who oversees the insurance industry in Ontario.

Much of our trail passes over private land. The Occupiers' Liability act provides protection for the landowner and the RTA both of whom may be classified as "Occupiers" to hikers who cross the land for recreational purposes. Both parties have a duty to ensure the safety of hikers while they are on the property. The RTA is also responsible for the construction, maintenance and marking etc. of trails but may not be exposed to liability since

hikers who enter the premises are deemed to have assumed all risks.

It would appear that the only way in which liability for negligence might happen would be if the Landowner or the RTA created a hazard to deliberately harm a hiker, or acted in a reckless manner with disregard for the hiker's safety. It is most unlikely that such an occurrence would ever take place.

David Armitage

Note: Parts of this article were written with the help of information provided by Peter D. H. Hall, Treasurer Central Club, and Peter Hawkins, Treasurer RTA.

Save Our Trails

The future of hiking and walking trails in Ontario is threatened. Most hiking clubs are volunteer based organizations and some face extinction as a result of the increased cost of liability insurance.

Hike Ontario is working with the Ministry of Tourism and Recreation in an attempt to remedy this issue. They recommend that hikers and walkers share their concerns by writing to their MPP or to:

Tim Peterson MPP.

Parliamentary Assistant to the Minister of Tourism and Recreation, Hearst Block, 9th Floor,
900 Bay St. Toronto On. M7A 2E1
or, Fax: 416 325 2752,
Email: tim.peterson@mtr.gov.on.ca

Everybody Take a Bow

That is the conclusion I came to when I reviewed how new members to the Ottawa Club (who joined between Jan. 2004 and Feb. 2005) heard about the RTA. The Club undertakes various forms of publicity such as distributing brochures to various outlets and attending environmental fairs or employee environment or "fitness" days. Nevertheless, by far the majority of new members learned of the RTA through friends. They constituted 31% of new members, compared to 13% who picked up a brochure at a library or other outlet and 8% who were re-joining former members. (35% of new members did not say how they discovered the RTA).

What this tells me is that our members, whether they realize it or not, are our best form of publicity. Clearly we "talk the walk" and this is paying dividends. Figures in the previous Newsletter indicate a slight

-continued on page 5

Highlights of the July 23, 2005 RTA Board Meeting and June 18, 2005 AGM

The Board will convene on December 3, 2005 for a special meeting to establish strategic priorities and action plans for the organization for the next 18-24 months. This will be documented in a Strategic Plan for the Rideau Trail Association and will be made available to members.

All members are encouraged to submit their ideas and feedback to the Board for consideration in the strategic planning exercise. In particular, we would like to hear what you think are the current strengths and weaknesses of the Rideau Trail Association, and what are the opportunities and new initiatives that we should be pursuing (and why). Please send your feedback by October 31, 2005 to Ron Hunt at 6121 Lariviere Crescent, Ottawa, Ontario K1W 1C6, or via email to re.hunt@sympatico.ca.

The Board has been discussing the pros and cons of including hiking and walking related advertising in the Rideau Trail Newsletter. If done tastefully, this would provide useful information to our members and would generate additional revenues to support the cost of Rideau Trail operations. This is likely to be one of the topics that will be dealt with during the strategic planning workshop.

Ernie Trischuk provided the Board with a detailed timeline for the preparation and printing of the seventh edition of *The Rideau Trail Guidebook*. The timeline will be useful to the Board in tracking the progress of the *Guidebook* project leading up to the June 1st, 2006 publication date. Ernie reminded the Club Chairs that he still needs details of any Trail re-routes and other changes that the Clubs want reflected in the seventh edition.

The total paid membership as of July 22, 2005 was 518 Ottawa, 289 Kingston, 84 Central and 67 non-affiliated. The total paid membership of 958 is down by 63 (6.2%) since July 2004 and down by 8.5% since July 2002.

The Annual General Meeting of the Association took place on June 18, 2005 in Merrickville and was attended by 63 members. A summary of the financial report appears on page 13.

Tony Parfitt presented the 2005 Outstanding Service Award for the Kingston Club to Margaret Page (see attached article). Ron Hunt presented the 2005 Outstanding Service Award for the Ottawa Club to Laraine Laughland (in absentia). Laraine has been a dedicated volunteer since joining RTA in 1990. She helped conceive and organise Moonlighters outings in 1995, which has devel-

oped into one of Ottawa Clubs most popular activities. Since handing over the reins of Moonlighters Laraine continues to serve in the role of hike leader.

Certificates of Appreciation were presented to retiring Board Members: Madonna Mayo, Bob and Wilma Chadwick, and Bill Grant. John Cornish was thanked for his work on the distinctive RTA name pins, which are a real asset to the Association.

End-to-End and Winter End-to-End Awards were presented as listed below.

The next regular meeting of the Board is scheduled for October 22, 2005.

Ron Hunt Vice-President

Rideau Trail Association End-to-End Awards 2005

-to June 2005-

#401 Garry Mould	#407 Allan Tattersall
#402 Janet Laraway	#408 Betty Gronas
#403 Liz Robinson	#409 Gwynn Weese
#404 Nona Argue	#410 Esther Lim
#405 Maureen Crowley	#411 Daniel Lim
#406 Na Lin	#412 David Royston



Liz Robinson, Nona Argue, Garry Mould and Dave Eggleton receive their End-to-End awards at the June 18 AGM. Garry has the special distinction of completing his End-to-End in twelve consecutive days in August 2004.

Winter End-to-End Awards 2005

#9 Jane Hough	#12 Bill Ottney
#10 Robert Hough	#13 Dave Eggleton
#11 Gunhild Karius	#14 Na Lin

Margaret Page — Kingston Outstanding Service Award 2005



Tony Parfitt presents the award to Margaret Page

The Kingston Club of the Rideau Trail Association is pleased to present this year's Outstanding Service Award to Margaret Page. She and her husband John have been active members of the RTA since 1984. Margaret has been an enthusiastic hiker as well as a hike leader for all the intervening years. She has served on the Kingston executive for sixteen years, eleven as secretary, five as treasurer and has remained a faithful and reliable member of the RTA for over twenty years.

We all have great memories of getting together at the Pages for the annual Pot Luck Dinner which always seemed so effortless for Margaret.

For many years the Pages together maintained a section of the Trail north of Foley Mountain. That was a long distance to travel, but the project was carried out faithfully.

Margaret's support of the Club's many activities well deserves this special Award, and many thanks come to her from us all.

Jean Thompson

Take a Bow —continued from page 3.

decline in membership between March 2004 and March 2005 so let us all either continue or start mentioning the RTA whenever we are around friends, or even strangers we may meet while out hiking.

Now that the RTA has an easy to remember website (www.rideautrail.org) we can at least pass this on, if the opportunity does not lend itself to anything else.

Nigel Brereton

Fall 2005 Hunting Season

The purpose of this notice is to inform users of the Rideau Trail about the primary hunting seasons in the area of the Trail.

Deer hunting (with high velocity rifles) is generally scheduled for the period between November 7 and November 26 in the forested and rural areas through which the Rideau Trail runs. The deer hunting season extends into the week of Dec. 5-10 for archers and hunters using muzzle-loading guns.

The hunting season for migratory birds and other game birds begins September 10 and runs until January 4, 2005. Hunting activity is most prevalent in the first three weeks of this season.

Hikers (especially hike leaders) are advised to wear "hunter orange" hats and garments and to proceed with caution when venturing into areas where hunting could be taking place.

For further details, please refer to the hunting regulations and related information at the Ontario Ministry of Natural Resources website which can be found at <http://www.mnr.gov.on.ca/MNR/pubs/pubmenu.html#hunting>.

Ron Hunt, Vice President, RTA

Bold Beavers on Lally Road

Following a strenuous make-up/pre-hike on a hot summer day between the Narrows and the Lally Homestead our party of five tucked ourselves into one car for the shuttle back to the Narrows. Just a few metres up the road our driver had to stop because there was a truck ahead with flashing lights blocking our route.

The driver walked over to us to explain that a poplar tree just toppled across the road in front of him. Looking around, we saw the culprits, two beavers looking up at us with toothy grins and flapping tails. Should we see this as a beaver protest against our newly rerouted Trail in this vicinity or merely a statement opposing increased traffic on the Lally Road? Maybe we can encourage a spokesperson for the beavers to express the beaver point of view in the next edition of this journal.

Bob Chadwick

2005 END-TO-END HIKING PROGRAM

This series of hikes, organized jointly by all three RTA Clubs, covers the entire Rideau Trail, starting in Ottawa on April 30 and ending at Kingston on October 29, 2005. The hikes vary in difficulty, and in length between 9 and 18 km. Long drives and a late return should be expected for the segments of the program at the other end of the trail from where you live.

Members of the RTA who complete the series of hikes may apply for official recognition. Certificates and badges are awarded each year at the June RTA Annual General Meeting. Those who do only some of the hikes in this year's program, may also apply for official recognition, once they have completed the other segments either on other RTA outings or on privately organized hikes. To apply, please document the dates of each segment of your end-to-end and send it to info@rideautrail.org.

See your local Club's Activity Schedule for meeting times and places for car-pooling to the rendezvous point. The "rendezvous point" is defined as the location on the Trail where the cars travelling from the Ottawa, Central and Kingston Clubs with their passengers are to meet, prior to the car/bus shuttle. As usual, passengers are encouraged to pay the specified amount to the driver to cover costs. On some of the hikes, a local bus will be hired to shuttle hikers between rendezvous point and the place where the hike will start. This will avoid the waiting time for a car shuttle at the end of the hike. There will be a nominal charge for the shuttle bus.

The hike leader is appointed by the Club responsible for the segment being hiked: the other two clubs appoint organizers to organize car-pooling from their own locations. For information on car-pooling, contact your local organizer (see the local Club schedule). For other details about the hike, contact the hike leader via the information listed below. Map numbers refer to the 6th edition, 2001, of the Trail Guidebook.

Sunday, September 11 – End-to-End #14. Map #4. Level 2. Lions' Club beach in Westport to Massassauga & Perth Roads. 17.4 km. Rendezvous at 10:00 a.m. at Lions' Club Beach Park, Westport. LEADER: Bill Murdoch (613) 389-3023.

Saturday, September 24 – End-to-End #15. Map #4. Level 2. Bedford Mills (Massassauga & Perth Road) to Skycroft on Opinicon Road. 13.6 km. Rendezvous at 10:00 a.m. at church in Bedford Mills. LEADER: Nicole Florent (613) 389-7121.

Sunday, September 25 – End-to-End #16. Map #3 & 4. Level 2. Skycroft to Maple Leaf Road and Opinicon Road. 17.1 km. Rendezvous at 10:00 a.m. at Maple Leaf Road and Opinicon Road. LEADER: Dugald Carmichael (613) 542-8628.

Saturday, October 1 – End-to-End #17. Map #3. Level 3. Maple Leaf Road and Opinicon Road to Bedford Road and Salmon Lake Road. 18.8 km. Rendezvous at 10:00 a.m. at Bedford Road and Salmon Lake Road. LEADER: John Cornish (613) 382-4778.

Saturday, October 15 – End-to-End #18. Map #2. Level 3. Bedford Road and Salmon Lake Road to Sydenham Dam. 16.6 km. Rendezvous at 10:00 a.m. at Sydenham Dam (park at IGA). LEADER: Ray Wilson (613) 382-7189.

Sunday, October 16 – End-to-End #19. Map #1 & 2. Level 2. Sydenham Dam to Unity Road and Cordukes Road. 16.1 km. Rendezvous at 10:00 a.m. at Sydenham Dam (park at IGA). LEADER: David Armitage (613) 634-4426.

Saturday, October 29 – End-to-End #20 (Last hike!). Map #1. Level 2. Unity Road and Cordukes Road to Trailhead in Kingston. 15.2 km. Rendezvous at 10:00 a.m. at Trailhead. Plan to celebrate after the hike! LEADER: Nicole Florent (613) 389-7121.



Presentation of letter of greeting from Ottawa Mayor Bob Chiarelli to Smiths Falls Mayor Dennis Staples. Combined Locks, Smiths Falls, July 9, 2005. Left to right: Ron Hunt, John Miller and David Armitage of the RTA and Mayor Staples.

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. Coats Building (Statistics Canada) on the west side of Parkdale Avenue just north of where it intersects with Scott Street in Ottawa. If arriving by OC Transpo bus, please use the Tunney's Pasture stop, which is one block away from the intersection of Scott Street and Parkdale Avenue.

Transportation is by pooling of private cars, and passengers contribute voluntarily to the driver's gas costs. (See individual hike listings for suggested contribution.) 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 (613) 860-2225. See note on **Participants' Responsibilities and Levels of Difficulty** on page 9.

This schedule was prepared by Ron Hunt.

THE WEDNESDAY WALKERS

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

MOONLIGHTERS URBAN WALKS

Co-ordinator: Pat Archer 565-6149

Every Tuesday evening from September 13 to October 25, there will be an Ottawa urban walk. There will also be a refreshment stop each evening after the walk. **DO NOT MEET AT TUNNEY'S PASTURE. MEET AT THE STARTING POINT OF THE WALK (SEE BELOW) FOR DEPARTURE AT 6:00 p.m.**

September 13 – Leamy Lake

Meet in parking lot at "east end" of Jacques Cartier Park (end of Laurier St. at Dussault St.).

Leader: Grant Malinsky 730-2772

September 20 – Sandy Hill/Rideau River/Ottawa East

Meet at Strathcona Park (end of Somerset St. East).

Leader: Pat Archer 565-6149

September 27 – Hog's Back/Vincent Massey Park/Ottawa South

Meet in RA Centre parking lot (near Riverside Drive).

Leader: Ralph Sullivan 749-5534

October 4 – Experimental Farm

Meet in parking lot of Sir John Carling Bldg. (off Prince of Wales Drive—turn right at first set of lights after

junction of Preston St. and The Driveway).

Leader: Pat Archer 565-6149

October 11 – New Edinburgh/Rockcliffe Park

Meet at 193 Stanley Ave., New Edinburgh Park Clubhouse (this is near the river at the end of Stanley Ave.).

Leader: Pat Archer 565-6149

October 18 – Ottawa/Hull Bridge to Bridge (Portage/Interprovincial)

Meet at Old Mill Restaurant (Western Parkway & Portage Bridge). ** This walk is the beginning of the Rideau Trail. ** Leader: Pat Archer 565-6149

October 25 – Canal Bridge to Bridge

Meet at TD Canada Trust (Pretoria Bridge & The Driveway). Leader: Terry Baker 825-5267.

WEEKEND ACTIVITIES

September

Saturday September 10 - Mont Tremblant

Level 3. Rough trail. 1000 metre climb. 16 km. Great view. Gas \$10. Depart: 7:30 a.m. Late return. LEADER John Barron (828-2296).

Saturday, September 10 - Greenbelt

Level 1. Western Greenbelt: hike to the Lime Kiln. Meet

at Baseline Station Park & Ride, south end. Depart: 10.15 a.m. Gas \$2. LEADER: K. Jean Cottam, 726-1596.

Sunday, September 11 – End-to-End Hike #14

Level 2. Depart from Fallowfield Park and Ride at 8:15 a.m. Gas \$7. LEADER: Don Grant (613) 828-1026. See End-to-End program notice for further details (p 6).

Sunday, September 18 – Rideau Trail

Level 1. Corkstown Rd to Lime Kiln on Rideau Trail. 10 km. **RESCHEDULED.** Hike will now occur on October 16. (see below for details)

Sunday, September 18 – Art-ful Cycle Tour

Studio tour by bicycle. Depart by bike at 9:00 a.m. from Mousette Park, Gatineau (parking lot north of the community centre). DO NOT GO TO TUNNEY'S PASTURE. We will start with Old Chelsea art studios and see how far we get. 50-60 km. Picnic lunch. Be prepared for some long, steep hills. Check www.arttourtchelseawakefield.com for information on studios. LEADER: Esther Hault. (819) 775-9695

Saturday, September 24 – End-to-End Hike #15 and Sunday, September 25 – End-to-End Hike #16

Level 2. Depart from Fallowfield Park and Ride at 8:00 a.m. on Saturday. Gas \$8. LEADER: Ron Hunt (613) 590-7467 or email: re.hunt@sympatico.ca. Intending to stay overnight on September 24th in the Westport area. See End-to-End program notice (p. 6) for further details on these hikes.

Saturday, September 24 – P12 to the Ramparts.

Level 2. A brisk, half day hike, up ski trail 2 (so fairly steep climb) and across on trail 21 (could be wet and may need to go off the trail a little). Boots required. Gas \$4. Depart: 9:00 a.m. LEADER Marilyn Booth 730-3879.

Sunday, September 25 - Western Greenbelt

Level 2-. Not for beginners. Meet at south end of Park-and-Ride at Baseline Station Depart: 10:30 a.m. Gas \$2. LEADER: K. Jean Cottam 726-1596. cottamkj@look.ca

October

Saturday, October 1 – End-to-End Hike #17

Level 3. Depart from Fallowfield Park and Ride at 8:00 a.m. Gas \$9. LEADER: Terry Baker (613) 825-5267. See End-to-End program notice (p. 6) for further details.

Saturday, October 8 – Gatineau Park

Level 3. From Ramsay Lake via Kidder Lake creek to Lac Monette, possibly returning via Lac Racine. This is an interesting route, but mostly off-trail with several steep and rough sections. About 12 km. Depart: 9:30 a.m. Gas \$5. LEADER: Graham Creedy. 789-1657

Saturday, October 15 – Western Greenbelt

Level 1+. NCC Trails 28-26, 11. 12 km. Meet at Baseline Station Park & Ride, South End. Gas \$2. Depart: 10:15 a.m. LEADER: K. Jean Cottam. 726-1596, email: cottamkj@look.ca

Saturday, October 15 – End-to-End Hike #18 and Sunday, October 16 – End-to-End Hike #19

Level 2+. Depart from Fallowfield Park and Ride at 7:45 a.m. on Saturday. Gas \$9. Intending to stay overnight on October 15th in the Kingston area.

LEADER: Suzanne Brown. 224-6006. See End-to-End program notice (p. 6) for further details.

Sunday, October 16 – Rideau Trail

Level 1. Corkstown Road to Lime Kiln on Rideau Trail. 10 km. Depart from Fallowfield Park and Ride at 1:00 p.m. Gas \$3. LEADER: Ron Maybury 836-2953.

Saturday, October 22 – Adopt-a-Road Clean-Up

Adopt-a-Road-Right-of-Way program. Rogers Stevens Drive between McKenna Road and Cedar Grove Parking Lot. A minimum of 12 people are needed to help pick up litter along the road allowance. Please register in advance so that enough equipment can be provided. "Rain date" will be November 5. Meet at Fallowfield Park and Ride. Depart: 9:00 a.m. Gas \$5. LEADER: Suzanne Brown. 224-6006.

Saturday, October 22 – Gatineau Park

Level 2. Start hike from P12 Meech Lake and take various trails to Pulpit. 10 km. (Return mid afternoon.) Depart: 9:30 a.m. Gas \$4. LEADER: Alex Bissett. 828-4363 email: bissett@compmore.net

Sunday, October 23 – Gatineau Park

Level 3. Hike 12 to 15 kilometers from P13 or Lusk Falls toward the North Window area. Much of the hike will be off trail. Depart: 9:00 a.m. Gas \$5. LEADER: Don Carpenter. 730-3879

Sunday, October 23 Mer Bleue (NCC Greenbelt)

Level 1. Leisurely pace. 8 km. Bring your lunch. Depart: 9:30 a.m. Gas \$2. LEADER: Coby Fuykschot. 722-6022. Please call the Leader in advance of the hike to coordinate transportation.

Saturday, October 29 – End-to-End Hike #20

Level 2. Depart from Fallowfield Park and Ride at 7:30 a.m. Gas \$10. LEADER: Ron Hunt (613) 590-7467 or email: re.hunt@sympatico.ca. See End-to-End program notice (p. 6) for further details.

Saturday, October 29 Bells Corners & Kanata

Level 1. Leisurely pace. 9 km. Hike will include portion of Rideau Trail. Return via NCC Trail #24. Bring your lunch. Depart: 9:30 a.m. Gas \$2. LEADER: Coby Fuykschot. 722-6022. Please call the Leader in advance of the hike to coordinate transportation.

Sunday October 30 – Map and Compass Navigation Practice Level 3. An opportunity to practice map and compass navigation and off-trail leading. Participants will take turns handling the various roles as we travel in a group navigating by map and compass. Note that this is not a hike or an instruction course in navigation, but a refresher for those who have learned the basics (though anyone new to the topic but serious about learning could get sufficiently up to speed by self-study beforehand – call early for this). All will be expected to lead, and must be able to travel off-trail! You must register for this by October 29, to find the location and departure time. LEADER: Graham Creedy. 789-1657

November

Saturday, November 5 – Gatineau Park

Level 1+. Start at Champlain Lookout and head to Western Cabin. 8 km. Easy pace. Depart: 9:30 a.m. Gas \$3. LEADER: Nanette Whitwam

Saturday, November 5 – Gatineau Park

Level 3. Escarpment between Hang Glider Parking Lot and Hollow Glen. Off trail. 10 km. Gas \$4. Depart: 9:00 a.m. LEADER: John Barron. 828-2296

Sunday, November 6 – Urban Walk-Northern Glebe

Level 1. Leisurely stroll to view buildings of architectural interest, with optional refreshment stop at the end. Less than 6 km (about two hours duration). Gas \$3. Depart: 10:00 a.m. LEADER: Bill Grant. 820-0697

Sunday, November 6 – Gatineau Park Ridge Hike #1 – The Yellowbox trail

Level 3. Eardley - Masham Road to Luskville Falls via the Yellowbox trail. Hilly terrain. Many nice views including the famous ho-hum lookouts. There will be a car shuttle from Luskville Falls. Approx. 14 km. Depart: 9:00 a.m. Gas \$5. LEADER: Dave Audette 224-1147, dg.audette@sympatico.ca

Saturday, November 12 – Hike Western Greenbelt

Level 1. Jack Pine Trails and vicinity (includes Rideau Trail blue trails). 7 km. Meet at Baseline Station Park & Ride, South End. Depart: 10:15 a.m. Gas \$2. LEADER: K. Jean Cottam. 726-1596, email: cottamkj@look.ca

Sunday, November 13 – Gatineau Park Ridge Hike #3

Level 3. Third in a series of hikes along the Eardley Escarpment West to East. Western lodge, Old Champlain Lookout, hilly terrain. Many nice views. There will be a car shuttle. Approx. 14 km. Depart: 9:00 a.m. Gas \$5. LEADERS: Dave Audette 224-1147, dg.audette@sympatico.ca and Ann Lane 741-3184, en814@ncf.ca.

Saturday November 26 – Gatineau Park

Level 2+. Exploration of rough trails in the P8-P11 area, with some short bushwhacking connections. About 10 km. Depart: 9:30 a.m. Gas \$3. LEADER: Graham Creedy. 789-1657

December

Saturday, December 10 – Ottawa River Parkway

Level 1. Hike or snowshoe, depending on conditions. Flexible distance. Gas \$2. Depart: 10:30 a.m. LEADER: K. Jean Cottam. 726-1596, email: cottamkj@look.ca

Participants' Responsibilities

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

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

Levels of Difficulty

Hiking

Level 1 Well defined trails, gentle inclines. Hiking boots not required, but trails may be wet. Suitable for beginners. Recommended for newcomers to Club activities.

Level 2 Generally on trail. May be hilly, light bushwhacking, some rough spots or obstacles. Boots recommended.

Level 3 Rough terrain. One or more of extensive bushwhacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock scrambling. Boots, level 2 experience, and a high level of fitness essential. Long pants and sleeves recommended.

RIDEAU TRAIL ASSOCIATION—KINGSTON CLUB ACTIVITIES

The meeting place for our activities, **unless stated otherwise**, is the **Canadian Tire parking lot at the Kingston Centre, along Bath Rd. towards the gas station**. Be there shortly before the indicated departure time. Bring lunch, extra water, insect repellent and sun screen. 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. Leaders may obtain blank sign-in sheets from Joan Bailey at 389-1935, and should return completed sheets to her at 709 Davis Dr., Kingston, ON, K7M 7X5.

Please note **pace scale**: slow 2-3 km/hr, moderate 3-4 km/hr, fast 4-5 km/hr, very fast 5+ km/hr. See note on **Participants' Responsibilities and Levels of Difficulty** on page 9.

Wednesday Walkers depart at 1:30 pm, except on the second Wednesday of the month when an all-day outing is scheduled. For information on the afternoon walks, call the Milloys at 530-2142.

Attention End-to-End Hike leaders: For bus information, contact Bill Murdoch at 389-3023. Possible bus fee.

Saturday, Sept 17 Frontenac Challenge

Hike the Big Salmon Trail. Level 2 for 19 km at a moderate pace. Gas \$4 + park fee. Depart 9 am.

LEADERS: Robert and Jane Hough 373-2268

Sunday, Sept. 18 Amherst Island Cycle

Cycle the island for 20 km at a moderate rate. Meet at the dock for the 9 am ferry.

LEADER: Bernie Gates 389-1835

Sunday Sept. 18 Frontenac Challenge

Cedar Lake Loop. Level 2 for 14 km at a moderate pace. Gas \$4 + park fee. Depart 9 am.

LEADER: Lynn Noland

Saturday, Sept. 24 - End-to-End Hike #15 and

Sunday, Sept. 25 - End-to-End Hike #16

See End-to-End program on page 6. Depart 9 am, or go directly to rendezvous point for 10 am start. Gas \$5 (#15) or \$4 (#16).

Saturday, Oct. 1 - End-to-End Hike #17

See End-to-End program on page 6. Depart 9 am, or go directly to rendezvous point for 10 am start. Gas \$5

Saturday, Oct. 1 Charleston Lake

"Hike the Bio-sphere Day". Options include Tallow Rock Bay hike (10 km), Peter's mystery hike (10 km), and the interpretive trails. Display at the Visitors' Centre. Level 2, moderate pace. Depart 9 am. Gas \$5, park fee.

LEADER: Peter Murray 382-2824

Sunday, Oct. 2 Rock Dunder

Traditional colourful fall hike, short but rugged. Level 2, moderate pace. Depart 10 am. Gas \$4.

LEADER: Stan Huff 548-3003

Tuesday, Oct. 4 Outings Planning Session

Members willing to be leaders, or who wish to suggest new locations for upcoming sessions, are invited to attend this planning session. It will be held at Linda Line's on **Tuesday, Oct. 4 at 7:00 pm, 117 Park St.** Please call the RT line at 545-0823 for possible change in plans.

Saturday, Oct. 8 Marble Rock Trail, Gananoque

Hike the Marble Rock blue trail. Level 3, 10 km, moderate pace. Depart 9 am. Gas \$5.

LEADER: John Cornish 382-4778

Sunday, Oct. 9 Frontenac Park

Hike the Doe and Arab Trails. Level 1, 4.5 km, moderate pace. Depart 9 am. Gas \$4, park entrance fee.

LEADER: Cam Hodges 545-1925

Wednesday, Oct. 12 CRCA

Hike the trails at the Little Cataraqui Conservation Area. Level 1, 14 km, moderate pace. Depart 10 am, Gas \$2, park entrance fee.

LEADER: Watson Ogilvie 530-2378

Saturday, Oct. 15 Frontenac Park

Hike the Bufflehead Trail. Level 2, 8 km, moderate pace. Depart 9 am. Gas \$4, park entrance fee.

LEADER: Joan Bailey 389-1935

Saturday, Oct. 15 - End-to-End Hike #18 and Sunday, Oct. 16 - End-to-End Hike #19

See End-to-End program on page 6. Depart 9 am, or go directly to rendezvous point for 10 am start. Gas \$2.

Saturday, Oct. 22 Frontenac Park

Hike the Slide Lake Loop. Level 3, 15 km, fast pace.

Depart 9 am. Gas \$4, park entrance fee.
LEADER: Bill Murdoch 389-3023

Sunday, Oct. 23 Amherst Island
Hike around the island with a stop at Topsy Farms Store.
Level 2, 16 km, moderate pace. Depart 8:45 am for 9:30
am ferry. Gas \$4, ferry fee.
LEADER: Bruce Bromfield 634-9409

Saturday, Oct. 29 - End-to-End Hike #20
See End-to-End program on page 6. Depart 9 am, or go
directly to rendezvous point for 10 am start. Gas \$2.

Sunday, Oct. 30 Temperance Lake Trip
Hike and visit the Triangle Ski Club on County Rd. #5.
Level 2, 12 km, moderate pace. Depart 9:30 am. Gas \$5.
LEADER: Don Coulter 542-9998

Daylight Savings Time ends. Clocks back 1 hour!

Saturday, Nov. 5 Murphy's Point Prov. Park
Hike the Rideau Trail through the Park. Level 1, 12 km,
moderate pace. Depart 9 am. Gas \$5, park entrance fee.
LEADER: John Cornish 382-4778

Sunday, Nov. 6 Cataraqui Trail
Hike between Sydenham and Harrowsmith. Level 1, 13
km, moderate pace. Depart 9 am. Gas \$3.
LEADER: Jean Thompson 544-0340

Wednesday, Nov. 9 Fort Henry Area
Ramble in this historic area. Level 1, 8-10 km, moderate
pace. Depart 9:30 am. Gas \$2.
LEADER: Audrey Sanger 384-6244

Saturday, Nov. 12 Parrots Bay
Hike the trails in this conservation area. Level 1, 10 km,
moderate pace. Depart 9 am. Gas \$3
LEADER: Elgin Bock 389-4216

Sunday, Nov. 13 Cataraqui Trail
Hike from Perth Rd. to Sydenham and return. Level 1,
22 km, moderate pace. Depart 9 am. Gas \$3.
LEADERS: Robert and Jane Hough 373-2268

Saturday, Nov. 19 Rideau Trail
Hike between Freeman Rd. and Gould Lake barn and
return. Level 2, 10 km, moderate pace. Depart 9 am.
Gas \$4. LEADER: Bob Chadwick 352-1052

Sunday, Nov. 20 Rideau Trail
Hike from Freeman Rd. to Sydenham and return. Lunch
at Tearoom if open. Level 1-2, 8 km, moderate pace.
Depart 9 am. Gas \$3
LEADER: Gunter Heyland 634-9298

Saturday, Nov. 26 Charleston Lake
Hike the eastside trails. Level 2, 10 km, moderate pace.

Depart 9 am. Gas \$5, park entrance fee.
LEADER: John Cornish 382-4778

Sunday, Nov. 27 Frontenac Park
Hike the Corridor Trail. Level 1, 10 km, fast pace.
Depart 9 am. Gas \$4, park entrance fee.
LEADER: Audrey Sanger 384-6244

Christmas Dessert Party

Saturday, Dec. 3, 7:00 pm. Bring your favourite des-
sert and wine to our seasonal gathering. Queen's
Women's Association, 144 Albert St. Room rental fee
contribution: \$2 per member.
RSVP: Linda Line 532-4353

Sunday, Dec. 4 Napanee
Hike in this area. Level 1, 8-10 km, moderate pace.
Depart 9 am. Gas \$4.
LEADER: Bob Chadwick 352-1052

Saturday, Dec. 10 Rideau Trail
Hike the Opinicon loop from Skycroft. Level 2, 20
km, fast pace. Depart 9 am. Gas \$4.
LEADER: Bill Murdoch 389-3023

Sunday, Dec. 11 Frontenac Park
Hike or snowshoe to Flagpole Hill and return. Level
3, 15 km, fast pace. Depart 9 am. Gas \$4, park en-
trance fee. LEADER: Stan Huff 548-3003

Wednesday, Dec. 14 CRCA
Hike or ski at the Little Cataraqui Conservation Area.
Lunch in Outdoor Centre. Level 1, 10 km, moderate
pace. Depart 9 am. Gas \$2.
LEADER: Watson Oglilvie 530-2378

Saturday Dec. 17 Downtown Christmas Lights
Starting at Tim Hortons, enjoy the city lights together.
A stop for refreshments. Level 1, easy pace. Depart
6:30 pm Gas \$2. LEADER: Elgin Bock 389-4216

New at the Little Cat

Here's something new to be observed at the Cataraqui
Region Conservation Area. There is a new bench lo-
cated on Chickadee Lane (formerly Tranquility Trail).
The Thursday Brown Baggers have presented it to
Moira Drummond who has been leading the group for
quite a few years. Moira is a past president of the
RTA and received the Kingston Outstanding Service
Award in 1993.

RIDEAU TRAIL ASSOCIATION - CENTRAL CLUB ACTIVITIES

Hike and Activities Schedule for September, October, November & December, 2005

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

See page 6 for End-to-End Hikes, and page 9 for levels of difficulty.

Saturday, September 10: Frontenac Provincial Park, Tetsmine Lake Loop Level 2, 12 km hike. Gas \$5.
LOOPY MINE EXPERTS: Bruce Gourley and Josée Aghajanian 264-2478

Sunday, September 11: Cycling in Lanark County
Level 1, 30 km, Balderson to Ferguson Falls and beyond. Bring your bike (Penny Farthings allowed).
BUMS UP WITH: Margaret Lafrance 267-6743

Sunday, September 18: Frontenac Provincial Park, Slide Lake Loop Level 3, 12 km hike. Gas \$5
TASK MASTER: David Miller 267-6743

Saturday, September 24: Charleston Lake Provincial Park Level 1, lichen-theme hikes totalling 7 km in three distinctly different geographic environments of the Park - Sandstone Island, Hemlock Ridge and Beechwood Trails. Gas \$5.
WE ALL HAVE A LIKEN FOR: Susan Samila 264-2296

Sunday, October 2 to Friday, October 7: Bruce Trail, Iroquoia Section Level 2, 5 days of hiking (16 km/day) from B&B's - some space left.
CHIEFTAIN: Tom Irwin 749-0523

Sunday, October 2: Ragged Chutes
Favourite fall hike with bushwhacking to Kings Lake
Level 3, 12 km. Gas \$5.
WHACKY RAFTSMAN: Dave Miller 267-6743

Saturday, October 8: Marlborough Forest, Schoolhouse Loops Level 1, 5 km hike, followed by wieners and beans by the warmth of the stove in the old schoolhouse building. Gas \$5. Meet at Conlon Farm at 10:00 am. BEAN COUNTER: Margaret Lafrance 267-6743

Saturday, October 15: Linda's Loop, Crotch Lake Area Two loops, Level 2, 10 km and Level 3, 15 km hikes, followed by potluck at Linda and Bruce Sterling's. Gas \$5. LOOPY GUIDE: Dave Miller 267-6743

Saturday, October 22: Maintenance Day
Bring your favourite loppers or other maintenance tool and assist Bruce and his crew.
CREW BOSS: Bruce Gourley 264-2478

Sunday, October 30: Marble Rock Blue Trail
Level 3, 10 km hike. Gas \$5.
SOLID AS A ROCK: Dave Miller 267-6743

Saturday, November 12: Frontenac Provincial Park, Little Clear Lake Loop Level 2, 15 km hike. Gas \$5.
CLEARLY A LEADER: Ernie Trischuk 283-8112

Sunday, November 20: Wheelers' Maple Bush
Level 1, 10 km hike, followed by pancakes at Wheelers'. Gas \$3.
BUSHMASTER: John Miller 264-8824

Saturday, November 26: Rideau Trail, Narrows Lock to Miner's Point Road
Level 2, 12 km hike. Gas \$3.
POINTING THE WAY: Josée Aghajanian 264-800

Sunday, December 11: Murphys Point Provincial Park, Round Lake Loop Level 1, 12 km hike, followed by pre-Christmas celebration at Sky Dragon Restaurant in Perth. Meet at Conlon Farm at 12:30 pm. Gas \$3. RSVP to leader by Dec. 1, in order to reserve your place at restaurant
XMAS ELF: Margaret Lafrance 267-6743

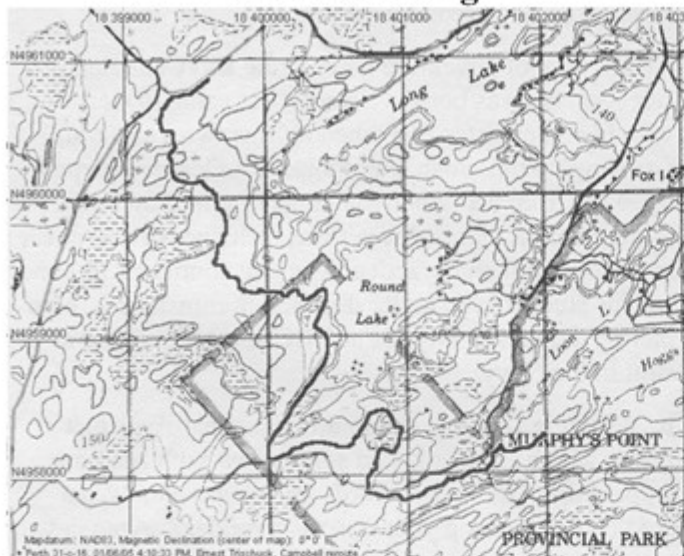
Outdoor Ethics—continued from page 15

park visitors or make excessive noise at any time. You must pack out the "doggie doo" and place in a park garbage container at the trailhead. Doggie bags are available at the Trail Centre. Please advise the park staff of the name and breed of your pet at the time of registration.

While these guidelines may seem onerous to some, they are common sense to many. Parks and trail systems across the country are adopting stringent "No Trace" principles to ensure our continued enjoyment of our parks and trails and for the protection of nature and the environment. Additional information on Park Rules and Regulations can be found in the Park Tabloid and on the Park Map.

*Article from Friends of Frontenac submitted by
Peter Burbidge*

Trail Rerouting



The following change has been made to the Trail on Maps 5 and 6, effectively immediately (June 7, 2005):

The 6th Edition guide, page 57, para 4 to page 58, para 1 should now read:

"After a further 500 metres, the Trail turns left onto the Murphy's Point Park winter ski trail to Lally Homestead. At this point, hikers may leave the Trail by turning right and following the Park road between Loon Lake and Hogg's Bay to the Gatehouse, where they may register for camping.

Proceeding along the route of the ski trail, the Trail crosses Black Ance Point Road and continues along a rocky ridge with Black Creek on the left before reaching the Lally Homestead. Parking and toilets are available on the site (a day permit is required to park here). The Trail crosses Lally Road, and proceeds along the totem-road to the Silver Queen Mine for 10 metres before turning left onto the Beaver Pond Trail. It follows this to its intersection with the winter ski trail (Group Camping Trail), turns sharply left, and proceeds through hardwood forest and scrub land to intersect the group camping area access road about 30 metres in from Lally Road. Turning right and following this road to its end at the Round Lake Group Camp-site, the Trail continues along the ski trail for another 400 metres, then veers off to the left into hardwood forest. The Trail soon leaves Murphy's Point Provincial Park and enters onto private land, passing several beaver ponds. It eventually exits the forest onto an old logging road, turns right and proceeds along this road. The Trail then crosses a wetland

on the logging road and emerges onto the property owners' laneway to the residence on the right, then a short distance down the laneway to Long Lake Road about 30 metres from its intersection with Narrows Lock Road. It turns right along Long Lake Road for 100 metres before turning left at a stile."

If hiking from the Ottawa end, the Trail now turns right at Long Lake Road instead of left as previously.

The blue line on the accompanying map shows the new route (shown by red markers on the ground, as this is part of the main Trail).

Highlights of RTA Treasurer's Report Year ending 31 March 2005

The following is a drastically condensed (by the editor) summary of the draft, unaudited financial report presented by the RTA Treasurer, Peter Hawkins, at the 18 June, 2005 AGM.

Balance Sheet

Assets

Bank balances	99,684
Investments RTA	56,000
RTPF	49,918
Other	<u>18,521</u>
Total assets	\$224,123

Liabilities and equity

Deferred service liability (life memberships)	45,900
Equity	<u>178,223</u>
Total liabilities and equity	\$224,123

Income and Expenditures

Income

Memberships	21,106
Guidebook and other sales	5,839
Donations - RTA	1,531
- RTPF	3,535
Interest and misc.	<u>5,597</u>
Total income	\$37,608

Expenditure

Newsletter and website	5,902
Insurance	3,726
Club support	3,500
Merchandise	4,500
Admin and other	<u>6,208</u>
Total expenditure	\$23,836

Income less expenditure \$13,772

In Memory of Eileen Evans

Eileen Evans, a dedicated Rideau Trail volunteer and member of the Ottawa Rideau Trail Club left this earth on June 5, 2005. Eileen served the Ottawa Club in the capacity of Publicity Coordinator in the 1970s and 1980s. She impressed us with her enthusiastic approach to publicizing the Rideau Trail. Among other things, she typed up the list of Ottawa Club hikes on an old typewriter and mailed it off regularly to the local press in the days before computers and email.

Eileen enjoyed hiking and leading hikes. In the words of her daughter, Elizabeth Rooney, my mother believed a day not spent in the outdoors was a day wasted. She enjoyed the hiking, the companionship and the work, all of which provided some of her most enjoyable times.

She will always be remembered as someone who helped to promote and popularize the Rideau Trail in its formative years. Memorial donations can be made to the Ottawa Humane Society at 101 Champagne Avenue South, Ottawa, Ontario, K1S 4P3.

Remembering Arne Henrikson

Arne Henrikson was saluted on our ski weekend at L'Esterel this year. Arne, who had skied with his RTA friends the previous year, died in November 2004. In her eulogy Kathy Sage spoke of Arne's love of the Rideau Trail Association in which he had been an active member. "Over the years he helped lay out trails and two times was treasurer. The focus of his 80th birthday was to recover from hip replacement surgery and go on a Club cross-country ski trip." The ski trip was a gift from his family and a gift Arne deeply appreciated because it honored his joyful spirit that embraced nature, skiing and

friends. Also, it was a love he shared with his wife Helen who had predeceased him.

Arne's love of adventure had Nordic and Canadian influences. He was born in Sweden but came to Canada with his older sister Eva when he was two years old. Growing up in British Columbia, Arne learned carpentry skills from his father whose work took him to the mining communities. From these influences Arne never lost his natural and practical way. He continued to pursue his studies even under difficult circumstances, completing degrees in Physics at UBC and McGill and a stint in the Navy.

It was while skiing in the Laurentians that Arne met Helen who had just plowed some snow with her nose. Apparently Arne's first words to Helen were, "What are you doing using your nose as a rudder?" Arne never lost his sense of humour nor, on this occasion, the girl. As Reverend Sage said, "Their love of the outdoors, travel, and zest for life was a constant through all their years of raising a family, work, community service and always, enjoying nature."

After they settled in Kingston in 1961, where Arne taught nuclear physics at Queen's and Helen became an anti-war activist, they gave generously to their friends and community. Above all we in the RTA will remember them for their passionate commitment to human improvement. Especially, I'll remember Arne's self-deprecating chuckle.

Reflections from Kathy Sage and Lars Thompson



Peter Murray helps Arne celebrate his 80th birthday at L'Esterel in 2003—a ski trip gift from his family.

Winter End-to-End 2006 Kingston to Murphy's Point Provincial Park

Meet at the Trailhead on King Street on January 7, to leave at 8:30 am. Other days are January 8, 21, 22, February 11, 12, 25 and 26. The night hike will be February 24. Join us for a day, weekend or all the way. See the Trail at its finest. To billet participants, or for further information, contact Bill Murdoch at 613-389-3023.

Leave No Trace — Outdoor Ethics

Editors Note: While this article first appeared in the Friends of Frontenac Newsletter, the principles identified in the article can be applied to the Rideau Trail.

You can help preserve Frontenac Park as you enjoy it by leaving no trace of your visit to the Park. While you hike, you can follow a few guidelines to ensure that the trails, portages and campsites and the whole park will be left as natural as possible for others to enjoy safely. As the number of park visitors increases each year, it becomes even more important to give serious consideration to the following ideas.

If you packed it in, pack it out. This means **everything** including biodegradable items. Apple cores and banana peels etc., while they might breakdown over time, should not be left in the Park. Animals can become dependent upon them and they attract animals to places where they might not otherwise frequent. While one apple core under a rock may seem innocent enough, if everyone left a scrap of food on each trip to the park, this would soon become a serious problem. Hikers and campers are all encouraged to carry a bag and pick up after themselves and others, leaving the Park cleaner for others who follow.

Use a Privy (Outhouse) Whenever Possible. If you cannot wait to use a privy (at some trailheads and all campsites), dispose of human waste in a "cat hole" six inches deep and at least one hundred feet (30 meters) away from water sources. Pack out toilet paper and tissues.

Personal Sanitary Hygiene Items (Napkins, Tampons, Diapers). While few of these items may be placed in a "cat-hole" it would be better to carry a personal trash bag for this purpose and dispose in a garbage container at the trailhead.

Stay on the Footpath. Short cuts and bushwacking can cause environmental damage from soil compaction, vegetation damage and erosion. By staying on the designated paths, you won't be damaging the flora and fauna of the Park. Side trails can be confusing for people new to the park and someone may become lost. Snow melt and heavy rain creates extremely muddy trails and makes them vulnerable to damage from foot traffic which is often compounded when hikers walk beside the trail to avoid the mud. If the trail is so muddy that you have to walk on the vegetation beside it, turn back, and seek an alternative area to hike. Compaction and trail damage can be minimized by stepping on rocks and roots when this can be done safely. It is best to have a good pair of water-

proof hiking boots that can withstand the rocks, mud, and roots prevalent in the Park.

Sticks and Stones. While **walking sticks** can ease pressure on knees and hips and provide some security on wet bridges or steep grades, they also cause erosion every time the sharp end digs into the ground turning up a small amount of earth. Use sticks sparingly and only as a necessary aid in difficult situations for balance or for medical reasons. To reduce erosion use blunt ended hiking poles or purchase a rubber cap to cover the sharp end of the stick. Do not build **rock cairns or inukshuks**. Where signage is difficult, the building of these is to be left to the trail maintenance staff for safety purposes. Removal of rocks leads to erosion and disturbance of the ecosystem. Cairns built for the fun of it have led some hikers in the wrong direction.

Camping. Camp only in designated campsites for which you are registered, and minimize the impact as much as possible. Use a camp stove for cooking as this preserves the woods around the campsite and is safer than campfires in the firepit. If there is no fire ban or fire restriction and you do make a fire, it must be in the firepit provided. Purchase wood from the Park Office and keep fires small. If you use campsite wood, use only dead fallen wood. Before you leave the campsite or go to sleep, let your fire burn down to ashes and put it out with a generous amount of water and stir with a stick until it is cold to the touch.

Washing Yourself and Dishes. Do not wash dishes in the lakes or streams. It is preferable to wash without soap, but if you do, use a biodegradable soap and deposit used wash or dish water in the privy. Small amounts of biodegradable food scraps can be placed in the privy as well.

Leave What You Find. Everything in provincial parks is protected! Take pictures. Preserve the past, observe, but do not touch cultural or historic structures or remove artifacts. Leave rocks, plants, and other natural objects as you find them. Do not build structures, lean-to's, furniture or dig trenches.

Pets Are Best Left at Home. If you bring a dog or other pet along, make sure it is well trained and under control at all times. Keep it away from water sources such as beaches and swimming areas. Pets must be on a 2 metre or less leash at all times. Make sure your pet does not chase any animals, damage any property or jump on other hikers. Pets must not disturb any other

-continued on page 12

Some Hikes in the UK

(1) The London Loop

This is a 21st century 150-mile walking route linking a variety of trails around London (England), a virtual M25 for walkers. It is closer in than the notorious ring-road, yet located mostly in countryside, with access to public transport every few miles.

"The London Loop" is also the name of the guide prepared by David Sharp as a companion volume to "The Thames Path". It is illustrated with 1:25,000 Ordnance Survey Maps and photographs all in colour conveniently packaged in a sturdy pocketbook format. The symbol for a pub location, a beer mug, appears prominently on the maps.

Wilma and I had completed the Thames Path in the earlier years of our retirement and now decided to try this new challenge. This spring we covered about 35 miles in 3 1/2 days of walking, making use of the 4 pound (\$9.50) outer London day pass on the public transport system (subways, trains, buses and trams). The time required to reach trailheads was typically 90 minutes from our self-catering base at Earls Court. A more pricey stay nearer the centre of the city might cut the travel time to 60 minutes, but the pass would cost 6 pounds per person per day.

On the south side of London we covered 20 miles of well marked trails in 2 days of walking, largely up and down the North Downs, the chalk hills of my English youth. Occasionally stunning views of the London skyline were available, similar in some respects to the impressive views of Manhattan from Bear Mt., NY on the Appalachian Trail. Our route took us past Kenley, the one remaining Battle of Britain airfield. It was a reminder of the old buildings at Picton airfield in Prince Edward County.

Northwest of London we walked 10 miles between Uxbridge and Mill Hill Stations. Just a couple of blocks from Uxbridge station we came upon the Crown and Treaty pub. It was flying the English flag, the red on white cross of St. George. This was where in 1645 during Britain's Civil War the Commissions of Charles I and Parliament met for 20 days but failed to negotiate a treaty. Here for a few miles the Trail follows the level towpath of the Grand Union Canal, now a recreational waterway well patronized by pleasure bound "narrow boats". After a while the Trail led us up a wooded hillside where signs were few and the route was a challenge to follow. It wound its way through fields, woodlands

and subdivisions, somewhat reminiscent of the Rideau Trail, south of Sydenham.

We made a fourth visit to the Loop on a June evening after flying in from the Continent. We took the train to Kingston-upon-Thames where a road bridge provides a scenic viewpoint over the River Thames and leads to the only intersection of the London Loop with the Thames Path. Then almost immediately we entered Bushey Park, part of the Hampton Court estate given by Cardinal Wolsey to Henry VIII. This is a scenic expanse of rough grassland and tree plantations, still grazed by deer, many of whom we strolled past. They seem less troubled by human presence than their wilder cousins in Frontenac Park. Our travel pass, acquired that afternoon at Heathrow tube station, allowed us to hop on a local bus to Richmond. There we had dinner at an Indian restaurant before catching the subway train back to Earls Court.

Maybe we will tackle some more of the remaining 115 miles of the London Loop on our next stopover at Heathrow. You too may wish to try a section or two of the London Loop on the next occasion that you have some spare time in the UK capital.

(2) Yorkwalk (www.yorkwalk.co.uk)

This spring in Europe our walking tour guide for one week was Warwick Burton, M.A. (Cantab). His regular occupation as Director of Yorkwalk is organizing and leading walks in the historic City of York. It was this English city after which the capital of Ontario was originally named and several of its suburbs (e.g. Whitby and Scarborough) retain the names of towns in the surrounding County of Yorkshire.

Warwick is a highly competent walk leader who would undoubtedly make any visit to the ancient City of York extremely interesting, given the breadth and depth of his knowledge of history. His address at Yorkwalk is 3 Fairway, Clinton, York YO30 5QA, Tel: 011-44-(0) 1904 622303; Fax 01904 656244; E-mail admin@yorkwalk.fsnet.co.uk

Bob Chadwick



Donations to the Rideau Trail Association From April 1 to August 1 2005

Rideau Trail Association

Greg Allen
John Cameron
Allan Cohoe
Denise Clement
Therése Dompierre
Melanie Greggs
Elsie Keates
Bernard Kerr
Elizabeth Kirchhoff
Denis & Helen Lywood
Beth Peterkin
Robert Peters
Nancy Sunderland
Jean Sunter
Marilyn Tammy
Maria Tilford

Rideau Trail Preservation Fund

James Blain
Peter Burbridge

Adrian Camfield
Debora Desrosiers & Robert
Gibbard
Therése Dompierre
David Ellis
Bernie Gates
V. Gaizauskas
Thomas Hall
Elizabeth Hamacher
Barbara Humenny
Regina Mueller
Tony Parfitt
Tony Ramesar
Josephine Roberts
Gloria Seeley
Nancy Sunderland
Allan Tattersall
Helen & Bill Wilmat Collard
Dr. A. Kenneth Wyllie

**Rideau Trail Preservation Fund in
Memory of Catharine Cutts**
André Mercier

**Rideau Trail Preservation Fund in
Memory of Arne Henrikson**
Orla & Dale Myrfield

**Rideau Trail Preservation Fund in
Memory of Eileen Evans**
Jean Valliant

**Rideau Trail Preservation Fund
-Wedding Gift for Sara Montgomery
& Derrick Spafford**
Georgia Copland & David Sinclair
Debbie & Jack McKeown
Peter & Carrie Montgomery
Sara Montgomery & Derrick Spafford
Tammy E. Steeves

Survey of Ottawa Club Members

Last Fall, a sample of the Ottawa Club members was mailed a survey which asked questions concerning, reasons for joining, benefits of membership and how Club services could be improved. Basic demographic information was also asked. The survey was sent to 50% of the annual and life members and of those who received the survey, half replied (143 out of 279).

The Club Executive wants to thank all those who filled out the survey. The suggestions and other information we received will be very helpful in determining how we can improve our services. In the meantime, members may be interested in the Club's demographic profile as revealed by the survey.

Age	20 and under	0%	51-60	30%
	21-30	0%	61-70	42%
	31-40	5%	71-80	13%
	41-50	9%	81 and over	1%

Gender M 42% F 58%

Household Composition of Respondent

single 33% as one of a couple 54%
as one of a household with children 13%

Employment

in labour force (full or part-time) 46%
retired (completely or primarily) 54%

Country of Origin

Canada 70% Other 30%

Nigel Brereton

Hike Ontario Leadership Training

The following courses will be given at
Seneca College, King Campus, King City ON.

The Standard Course for Hike Leaders
22nd Oct. 05

The Wilderness Course for Day Hike Leaders
29th Oct. 05

For further details please contact David Armitage at
Tel: 613 634 4426
Email: darmitage@cogeco .ca

Other Activities and Notices

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

Cataraqui Trail Bike and Hike Sunday, September 25, 2005

Collect pledges and cycle or hike to raise money for the Cataraqui Trail. Choose from one of four bicycle trips or one hike. The Cataraqui Trail is a former rail line, so the terrain is gentle and the scenery is beautiful.

The suggested donation for this event is \$25 or more per individual or family. Those raising \$25 or more will receive a free lunch coupon and a chance to win prizes. Lunch (and washrooms) will be at the Chaffey's Locks Community Hall.

62 km cycle - 9:30 a.m. Perth Road Village (0.5 km north of village) to Forfar Cheese Factory stopping at Chaffey's Locks on return

-or-

33 km cycle - 10:30 a.m. Kin Park, Harlem Rd. in Portland to Chaffey's Locks and return

-or-

37 km cycle - 10:30 a.m. Perth Road Village (0.5 km north of village) to Chaffey's Locks and return

-or-

17 km cycle - 11:15 a.m. Highway 15 (2.5 km north of Elgin, 3.5 km south of Crosby) to Chaffey's Locks and return

-or-

8 km hike (one way) - 10:30 a.m. Highway 15 (2.5 km north of Elgin, 3.5 km south of Crosby) to Chaffey's Locks. Return transportation available.

For more information or pledge forms call (613) 546-4228 ext. 304 and leave a message or visit www.cataraquiregion.on.ca

*Karla Maki-Esdon, Communications Coordinator
Cataraqui Region Conservation Authority
(613) 546-4228 ext. 226*

**Hikers crossing the weir at the Tay River
on the July 24 End-to-End hike. Peter
Burbidge is in the foreground**

Caledon Hills Bruce Trail Club Annual End-to-End Hike Thanksgiving Weekend, October 8, 9, 10 2005

The Caledon Hills Bruce Trail Club invites you to join us for our annual three-day end-to-end hike on the Thanksgiving weekend. Plan now to participate in one of the most enjoyable and challenging hiking experiences of the year, a 67 km hike through the glorious fall colours of the Caledon Hills. Join the select group of hardy hikers who have earned the "Fall Colours" end-to-end badge, awarded only to those who complete this event.

To register please send a cheque for \$19.00 payable to the Caledon Hills Bruce Trail Club, or \$8.00 per day if you do not wish to participate in the full event, and mail it to **Peter Leeney, 902 Silver Birch Trail, Mississauga, Ontario. L5J 4C1**. This nominal fee covers daily bus transportation, snacks and refreshments and the "Fall Colours" end-to-end badge on completion. For further information please call **Peter Leeney at (905) 822-1877** or peter.leeney@utoronto.ca



Rideau Trail - Kingston Club
Winter Get-Away Weekend for 2006

Hotel L'Estérel, Laurentians — January 27 - January 29, 2006

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

The hotel's indoor facilities include track, courts, pool, whirlpool, and sauna. Facilities available for group activities such as bridge and scrabble. A "get-acquainted program" on Friday (before supper) and a Saturday evening program will be planned. Evening program proposals welcomed.

Gourmet meals are fixed table d'hôte dinners on Friday and Saturday evenings, full breakfasts Saturday and Sunday mornings, and a buffet supper Sunday (3 to 4 p.m.). Gratuities are included. Bag lunches may be ordered. **Cost** for the weekend is \$290 per person double occupancy or \$390 single.

Departure from Cataraqui Town Centre at 9:00 a.m. Friday January 27 with arrival at about 1:00 p.m. Konrad Wolf, a RT member, is our bus driver. Since all rooms may not be available upon arrival, bring a lunch and dress for your preferred activity. We return to Kingston about 9:00 p.m. on Sunday.

We have reserved 40 double rooms. A payment is due to the hotel on September 30 with final payment on January 2. We require a deposit of \$90 per person on registration, with the balance payable by post-dated cheque dated December 31. Make cheques payable to **Rideau Trail in Trust**.

Please return your completed registration form with your deposit and post-dated cheque. Available rooms will be allotted in order of registration with priority given to bus passengers and members. You are urged to **register early** to avoid disappointment. Those unable to travel on the bus will be refunded their share of bus transportation costs after all bills are settled. Enquiries: Lars at 389-8747.

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND — Jan 27-29, 2006

REGISTRATION FORM # _____

(FOR USE BY ORGANIZERS)

Name(s) _____

Address _____ City _____ Postal Code _____

Phone (home) _____ (business) _____ Rideau Trail Member Y/N _____

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

I wish to room with _____ Room requirement _____

Dietary restrictions _____

Members of the Rideau Trail - Kingston Club will be given booking priority if hotel room numbers are restricted. It is suggested that non-members take out a membership before registering to ensure their booking priority. Cancellations after December 1 may not receive a full refund if replacements are not available.

Cut out and mail to: Lars Thompson (Ski Weekend 2006) 832 Wartman Avenue, Kingston K7M 4M5



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

Canada Post
Publications Mail
Agreement No. 40019036

September 25 to October 3 is Ontario Hiking Week !

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 the completed form with your payment to: **Rideau Trail Association, P.O. Box 15, Kingston, Ontario, K7L 4V6.**

☐ Annual Individual Membership	\$20.00	MEMBERSHIP INFORMATION New ☐ Renewal ☐ Present Life Member ☐ Name(s):
(All members must be at least 18 years old.)		
☐ Annual Household Membership	\$25.00	Address:
(Two adults at the same address)		
☐ Patron (Individual Life Membership)	* \$500.00	City, province, postal code:
☐ Trail Guidebook: Members † \$25.00		
(6th edition, 2001) Non-Members † \$30.00		Telephone:
☐ Rideau Trail Wall Map (2000)	† \$12.00	
☐ Crest (cloth, 3-inch diameter)	\$2.00	☐ I wish to subscribe to the RTA e-letter.
☐ Enameled Lapel Pin	\$6.00	
☐ Car Sticker (free to new members)	\$1.00	E-mail address:
Prices subject to change		
☐ Donation to the RTA	* \$ _____	
☐ Donation to the RT Preservation Fund	* \$ _____	

TOTAL \$ _____

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

PLEASE INDICATE IF YOU CAN HELP WITH
Leading hikes ☐ Maintaining trails ☐
Leading xc ski/snowshoe outings ☐
Communicating with members ☐
Hosting social events ☐ Serving on Executive ☐
Helping with publicity ☐ Keeping records ☐
Other (specify):