



The Rideau Trail NEWSLETTER

WINTER 2005

ISSUE NO. 138



Rideau Trail Association Newsletter

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Spring Newsletter

The Spring Newsletter will be prepared by the Kingston Club. Submissions are encouraged. If possible text should be sent electronically with no document formatting. Pictures are also welcome, either in colour or in black and white, with good definition and contrast. Please ensure that all items

arrive by **February 1, 2006** and that they are sent directly to:

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The RTA Newsletter is published quarterly in March, June, September, and December by the RTA. Unless otherwise stated, the opinions expressed are not necessarily those of the Rideau Trail Association. The triangle design on the covers of this Newsletter is a Registered Trademark of the Rideau Trail Association.

' 2005 Rideau Trail Association

ISSN 0709-7085

Front Cover: Skiers enjoying winter outings on the Gatineau ski trails. Top right is the Taylor Lake Yurt. *Photo credits: Top left - Steve Kelly, top right - Judy Leeson, bottom left - Steve Kelly, bottom right - Judy Leeson*

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PRESIDENT'S MESSAGE

by David Armitage

On October 29 the End-to-Enders arrived at the Kingston Trailhead to complete the journey that began on April 30 in Ottawa. They were greeted by Councilor Floyd Patterson representing Mayor Rosen. After some friendly repartee, the group departed to celebrate with dinner and entertainment.

Completing the distance between Ottawa and Kingston entailed 20 separate hikes of varying lengths. Since the dates were not always convenient for everyone, "make ups" for missing sections were required, sometimes on short notice. There were no major snags, and everyone maintained high spirits despite heat, rain, and occasional exhaustion. The group's friendliness, courage and determination contributed to the success. I hope we meet again on future hikes. Congratulations to all who parti-

cipated, and thanks to the organizers for their excellent planning.

Participating in the End to End hikes enabled me to see and compare the different sections of our trail and to develop a good perspective on its condition. Although the trail is in reasonably good shape, some areas do need attention to remove overgrowth and the effects of storm damage. Leaders or any hikers who notice a location badly in need of improvement should advise the Club Maintenance Coordinator or an executive or board member. We can then take prompt remedial action.

In September Bob Chadwick led his sixth fall trip. This year's destination was Spectacle Lake. ⇒



This year's end-to-enders pose at Trail's end after completing their hiking odyssey. *Photo: Ron Hunt*

Read all the details in Bob's article elsewhere in this issue.

Once again the annual Vermont trip was a great success. Thanks to Watson and Josie for organizing it. Spectacular hiking opportunities, good weather, and time by the pool kept the participants happy.

During our after-dinner conversations in Vermont, someone suggested a spring trip to the Adirondacks. Because of the enthusiastic response, accommodation has been booked at the Adirondack Loj in the heart of the High Peaks Region. (See page 13 for details). The three-day trip, May 15 to 17, is designed to miss the bug season; unfortunately there will still be some snow on the peaks.

The Ontario Trails Strategy Report was recently released - the result of workshops and public meetings held across Ontario. The trails are for walking, hiking, nature activities, cycling, and use by ATV's and snowmobiles. The main purpose of the Trails Strategy is to successfully accommodate all of these diverse groups and to develop, promote and extend Ontario's trail system. This initiative is part of the provincial government's ACTIVE 2010, a long term plan to increase the level of physical activity among Ontarians as well as to take advantage of the economic benefits involved in the growth of trails and the development of tourism. It is estimated that 800,000 people use these trails including 25 hiking clubs with about 13,000 members. It is difficult to predict the effect the report will ultimately have on the RTA or other hiking clubs. This report appears to be the first step in a long process.

HIGHLIGHTS OF THE FALL RTA BOARD MEETING

by Ron Hunt, Vice-President

Ernie Trischuk provided the Board with a progress report on the preparation and printing of the seventh edition of *The Rideau Trail Guidebook*. The first-round comments on the map text have been received from the reviewers. The cut-off date for final comments on the text is January 1, 2006. Samples of the new maps have been made available

to the Board and map committee members for review and comments. There will be fifteen maps of the main Trail and two special maps to cover the Marble Rock, Gould Lake and Schoolhouse Trails. The project is on track for the June 1st, 2006 publication date.

In addition to handling regular business, the Board made the following decisions at the October meeting:

- 1) Responsibility for public relations and membership development for Merrickville-Wolford township will be transferred to the Ottawa Rideau Trail Club.
- 2) We will investigate the feasibility of re-routing the Trail to connect directly with the town of Merrickville in time for the 175th anniversary of the Rideau Canal in 2007.
- 3) A written history of the Rideau Trail Association will be prepared in conjunction with the 35th Anniversary of the Association. (Interested parties should contact Peter Andrews at 613-728-3016)

The Kingston Club reported that they are in discussion with the City of Kingston regarding participation in the establishment of the K&P right-of-way as a hiking and walking trail in the vicinity of the city. The Central Club reported that they have received permission from the land owner and from Parks Canada and are now in the final stages of preparing to re-establish the tow-path bridge along the Tay Canal. The Ottawa Club reported on signage initiatives to raise the awareness of NCC Trail users to the location of the Rideau Trail in the Western Greenbelt area.

The total paid membership as of October was 545 Ottawa, 316 Kingston, 89 Central and 63 non-affiliated members. The total paid membership of 1013 is up by 55 (5.7%) members since July 2005 but down by 57 (5.3%) since October 2004 and down by 9.4% since September 2003.

The next regular meeting of the Board is scheduled for January, 14 2006. The Board will also be meeting on Saturday December 3 for a strategic planning meeting.

SPECTACLE LAKE AND ALGONQUIN PARK

by Bob Chadwick

Another successful Kingston Club outing! Twenty-two members (including a few from Ottawa and Central) participated in the September 2005 mid-week trip. Rather than the usual B&B accommodation, this year we chose Spectacle Lake Lodge. The setting was ideal with excellent views of the lake. Some of us took advantage of the sandy bathing beach and the canoes. The lodge's location was another advantage, just a thirty minute drive from Algonquin Park's east gate.

Our journey to Spectacle Lake included scenic views of Mazinaw Lake and the Madawaska River, as well as heritage stops at Crooked Slide Park and the Polish-Canadian monument commemorating the 1944 Warsaw Uprising. We had a picnic lunch at the Wilno Shrine Hill Lookout.



The view from the summit of Booth Rock in Algonquin Park. *Photo: Bob Chadwick*

Spectacle Lake Lodge offers a challenging hiking trail system developed and maintained by the Ottawa Rambling Club. Shortly after our arrival, we all completed one of these trails - a short but steep ascent to Bear Mountain. Although most of the Ramblers' trails were too demanding for our group, a few energetic members rose before breakfast and hiked the trail behind and above the lodge. They were rewarded with a dazzling view of the lake in the early morning sunlight.

The second day, devoted to Algonquin Park, was gloriously sunny. Most of us began the morning visiting the extensive logging exhibit, followed by an easy boardwalk introduction to the park's trail system. We had lunch close to the main museum so that those who wished could spend some time inside. In the afternoon we completed the Booth Rock Trail. A few members chose an easier route. An even smaller group of hardy hikers conquered some of the peaks on Centennial Ridges and other nearby trails.

On the final day we hiked on the rail trail in Barry's Bay and visited the tourist centre in the former railway station. With this year's trip fresh in our minds, we should begin thinking about our preferences for next September.

Questions for 2006

What would best suit next year's midweek B&B group? Should we revert to B&B's or use a resort/lodge? Should we hike the Rideau Trail or trails in Algonquin Park or somewhere else? One suggestion is an inn in Hudson, Quebec with hiking in nearby Rigaud just east of the Ontario border.

If you have any ideas please drop me a note at chadwickrandw@sympatico.ca or give me a call in Kingston at 352-1052.

IF YOU GO DOWN IN THE WOODS AT NIGHT...

by Margaret Lafrance

Last October I went hiking alone – and was in for a big surprise!

It was the day of the Central Club hike, led by my husband Dave, on a network of wilderness trails around Crotch Lake. This popular hike is followed by a potluck supper at the cottage of our American members, Linda and Bruce. Although I was attending an all-day workshop, I had arranged to meet the group at the cottage for the social event.

The cottage is accessible only by boat or by foot on a one kilometre trail. Because the workshop finished late, I knew I had to drive fast to begin the short hike before dark. On arrival I parked my car, quickly put on my boots, grabbed my backpack and hiking stick, and set out on an unfamiliar trail. I assumed this would be a brief, straightforward journey with no confusing secondary trails. How wrong I was! In the now-fading light, I missed the turn-off to the cottage. I walked what seemed to be a very long kilometre, but I was still sure that over the next ridge ..or.. just around the corner ..or.. on the other side of that inlet I would see the lights of the cottage and would soon be inside enjoying delicious food, good wine and congenial company.

So I kept going and going and going... Finally I had to admit that I was on the wrong trail. I was completely lost and it was rapidly getting dark. I calmly resigned myself to spending the night where I was - alone on the trail. Fortunately I hadn't left all my brains behind! I did have a flashlight, a jacket, gloves, large garbage bag, snacks and water. But I had left my emergency pack, containing blanket, matches, whistle, etc., at home. After all, I was only taking a short walk to a cottage! Although it was relatively mild for October, I knew it would get colder and that I was facing a long, uncomfortable night. I also considered the possibility of a bear encounter.

Luckily it was a bright moonlit night and I had a flashlight. I knew that I should stay on the trail, but I noticed a nearby open area on an inlet of Crotch Lake. Before heading in this direction I found an unusual looking tree root to mark the place where I

could find the trail again. Slowly I made my way over the rocks to the shore. It was my lucky night! I saw the lights of a small boat coming towards me. As soon as I heard the voices of the occupants I started shouting and waving my flashlight. Two very surprised young men, out for an evening of fishing, welcomed me on-board and delivered me to a lodge near the cottage.

When we arrived, there were my husband, friends, and two police officers. The expression on each face as I stepped off the boat was priceless! The two young fishermen announced, "She is the biggest catch we have made in a long time!" And I was relieved that I had not been on the menu at a (teddy) bears' picnic!

Hike Ontario Standard Course for Hike Leaders

Date: Saturday April 29, 2006
Time: 9 a.m. - 4 p.m.
Where: Frontenac Provincial Park
Cost: \$50 plus park fee

This popular course provides Certification for Hike Leaders and covers training in Leadership, Risk and Incident Management, Hike Planning, Clothing, and Outdoor Skills. Both current and prospective leaders are encouraged to apply. Successful candidates will receive a certificate and a one year membership in Hike Ontario.

For further information contact David Armitage
Phone: (613) 634-4426
Email: darmitage@cogeco.ca
(Pre Course Material may be obtained at
Frontenac Provincial Park)

THE JOHN BENNETT BOARDWALK

by Bill Grant

Rideau Trail hikers and the public at large can now keep their feet dry on a brand-new boardwalk in the Stoney Swamp area of the Greenbelt. A joint project of the Ottawa Rideau Trail Club and the NCC, the boardwalk was proposed by the section maintainer, Dr. John Bennett, and the Ottawa Club Maintenance Coordinator, Ron Maybury. Ottawa Club volunteers constructed it over several weeks during the hot summer. Named the "John Bennett Boardwalk", it was officially opened on October 20 by Councillor Jan Harder in a ceremony emceed by Ottawa Club Chair, Ron Hunt, and attended by Ottawa Club members, NCC officials and a local reporter. Dr. John Bennett, the section maintainer and an enthusiastic participant in previous construction and maintenance projects, is a retired

medical doctor, an accomplished wood-worker, and a former WWII Spitfire pilot.

The new boardwalk is built on a section of the Greenbelt Blue Loop. The full Loop, approximately seven kilometres long, is described on pages 90 to 92 of the Sixth Edition of the Guidebook. Access is from the east side of Moodie Drive opposite parking lot 8 and south of Hunt Club Road. The trail starts on an alvar (limestone) surface and then enters cedar bush - an area that is always wet and becomes impassable in spring.

The NCC supplied lumber for the boardwalk. A group of ten volunteers built the thirty-five ⇒



The devoted volunteers who spent a hot summer building the John Bennett boardwalk. *Photo: Jim Leeson*

sections in two days. Commission staff then transported these sections to the site. It was hot, heavy work requiring as many as eight men to carry and place each of the sections. By mid-July the job was completed. Built to NCC standards, it is part of a well used hiking and ski trail.

Our thanks go to the volunteers whose hard work made this possible. Projects such as this one are not undertaken lightly by the Club. We hope the boardwalk will be used by both members and the general public.

WINTER YURTING IN THE GATINEAU

by Elizabeth Mason

As we skied single file away from the Lac Philippe parking lot, I heard an approaching skier say to his companion, "Look at the mule train!" There were six mules - all female. We were bent under packs for an overnight stay in Gatineau Park.

It was early March. Our destination was Taylor Lake Yurt - six kilometres from our starting point. Upon arrival we had lunch, then stoked the fire, left our packs and headed out for an afternoon ski in an area of the Park that few people see. The sun was strong and the weather almost, but not quite, too warm for cross-country skiing. I enjoyed the unfamiliar trails and the new experience. We returned for a pre-dinner happy hour followed by a potluck feast with impressive variety, generous portions and gourmet quality.

Those of us in the top bunks had a warm and comfortable night. We were most grateful to our friends in the lower bunks who kept the fire stoked! During the night, the Easter bunny paid an early visit and left treats - chocolate eggs for everyone. After eating a shared breakfast, we went out for one more ski. Then it was time to don the packs and head home. Winter camping in the park is a treat worth repeating.

Gatineau Park offers four cabins and two yurts for winter sleepovers. Most shelters hold six people, except Philippe cabin which accommodates ten, and Brown Lake Cabin which holds sixteen. The

shelters are well equipped with stove, wood, bunks, and cooking pots. An outhouse is nearby. Although drinking water is generally not available, it can be brought in by park staff for an additional cost.

Anyone interested in participating in a midweek group sleepover in Gatineau Park this winter can contact Elizabeth Mason at 729-6596. Please call by January 1 so that a night can be booked and group arrangements made.



The 'mules' pose for a picture before bending under their overnight loads. *Photo: Judy Leeson*

Participants' Responsibilities

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 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.

Mapdatum: NAD27 Canada (Griddatum: NAD83), Magnetic Declination (center of map kenpville 31-G-04, 16/08/2005 2:01:35 PM, Ernest Trischuck, Flood rd route alt)

To obtain a coloured copy of these maps go to the website:
www.igs.net/%7Etrischuk/Rideau%20Trail/

SUMMARY OF TRAIL CHANGES

January 2004 to October 2005

Maps 2 - 3 Gould Lake

This re-routing would modify the Guidebook text at the top of p.32. Approximately 250 metres north of the north junction of the main trail and Ridgewalk, the trail makes a sharp left turn. Travel about 0.6 km, then turn right to reach Bedford Road. Turn right. Salmon Lake Road is reached after about 2 km.

Map 5 - 6 Murphy's Point

Guidebook pages 57-58. The Trail turns left onto Murphy's Point Park winter ski trail to Lally Homestead, crossing Black Ance Point Road and continuing along a rocky ridge with Black Creek on the left before reaching the Lally Homestead. It then crosses Lally Road, and proceeds along the tote-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, 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 Campsite, 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.

See the Fall 2005 newsletter or the website for map.

Map 6 Tay River Tow Path

Temporary change April 2005

Guidebook page 64. There is a temporary re-route due to ice damage of the Tay River bridge. At km 172.0 the Trail crosses Lanark Road #43, heading south-east along the east side of the Tay Canal on Riverside Drive, turning left and following Canal

Bank Road to its end. The Trail continues via an unopened road allowance to Evans Road.

At Lanark Road #43 the Trail turns right and proceeds in an easterly direction along Lanark Road #43 for 1.0 km turning south onto Rathwell Road. At the end of Rathwell Road the Trail turns right following a private driveway for approximately 100 metres where the Trail re-route reconnects with the permanent Trail turning left into a field heading east towards Ottawa.

Map 6 - 7 Frizell Road

Guidebook page 65. When heading towards Ottawa, instead of turning from Hwy 43 on to Frizell Road the Trail now continues a further 250 metres on Hwy 43 then turns right over a stile.

Map 10 Soldiers Line to Jock Trail

Guidebook page 84. The Jock River Crossing has been discontinued as the main trail due to continuing ice damage. Instead, the Trail now follows the previous winter route from Soldiers Line - turn left at Soldiers Line then right at Munster Road and right again at Jock Trail.

SKYLINE HIKERS OF THE CANADIAN ROCKIES

Hike with the oldest hiking club in Canada.

Non-profit organization offers five 6-day wilderness base camps in Banff National Park from mid-July to mid-August. Land costs approximately \$840 p/p.

Hikers carry only a day pack, but must be fit for mountain hiking.

For a free brochure contact:

Telephone: 1-866-445-3374

e-mail: registrar@skylinehikers.ca

web: www.skylinehikers.ca



In September the Wednesday Walkers celebrated their 21st anniversary at Huron Lodge in the Gatineau Park. Forty-two hikers arrived on seven hiking routes. The leader, Dorothy Belter, is seated wearing a white hat. *Photo: Art Campbell*

Hiking/Snowshoeing Levels of Difficulty

Level 1 Well-defined trails, gentle inclines. Suitable for beginners.

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 climbing. Boots, level 2 experience and a high level of fitness essential. Long pants and sleeves recommended.

!! Volunteers Needed !!

The Kingston Club is seeking two volunteers to fill vacancies on the Executive. Both require basic computer skills. One is Activities Coordinator (hike planning) and the other is Publicity Coordinator (notifying media etc.). Please call Tony Parfit at 382-7835 for further information. In addition, our Maintenance Coordinator requires volunteers to maintain, on a regular basis, small sections of the Trail. Please call Robin Turkington at 549-4139.

SAVING ROCK DUNDER

by Janice Ley

Rock Dunder is a familiar landmark in the Kingston region to many Rideau Trail Club members. Rising 275 feet above Morton Bay in Whitefish Lake, Rock Dunder provides spectacular views of the surrounding Rideau Lakes and woodlands. Owned by the Boy Scouts, its network of trails has provided many enjoyable Rideau Trail hikes over the years. The Kingston club's fall hike to Rock Dunder has become a club tradition.

With declining membership, the Kingston area Scouts have had to reduce the number of properties they operate, and the Rock Dunder camp location was declared surplus and put up for sale in September of 2004. Fearing that sale of the property for development would see this special place lost to the community forever, the Rideau Waterway Land Trust has stepped forward to secure this unique property for public use in perpetuity.

The Rideau Waterway Land Trust (RWLT) was formed in 1996 with a mandate to acquire and preserve lands of ecological value in the Rideau Waterway Corridor. They have already demonstrated a strong track record, acquiring or preserving 12 properties along the Rideau. Acquisitions have included islands on the Rideau Lakes, woodlands, wildlife habitat, and special scenic properties, such as the "Red Rock" of Big Rideau Lake. All acquisitions are carefully evaluated, and a management plan put into place to ensure that the properties will be maintained in their natural state in perpetuity.

Rock Dunder is a natural fit for the RWLT. From its location on Morton Bay, it encompasses 283 scenic acres, 7000 feet of shoreline, and two historic cabins. In addition to its hiking trails and scenic lookouts, Rock Dunder provides a low-impact camping area for canocists, a sheltered cove and swimming spot, and access to the Gananoque River system. Rock Dunder lies within the internationally recognized Thousand Islands Frontenac Arch Biosphere Reserve. An area of considerable ecological importance, it has

been designated as a Provincially Significant Area of Natural and Scientific Interest and has been identified as habitat for a number of Species at Risk and several locally rare species.

The RWLT was able to negotiate an Agreement with Scouts Canada to purchase the property. The purchase is scheduled to be completed in March 2006. RWLT must raise \$170,000 to complete the transaction. They have begun a fund-raising campaign and are approaching various government and non-governmental agencies as well as private corporations for support.



The view from Rock Dunder. *Photo: Janice Ley*

A key element of their plan is fund-raising from the community and individuals. The RWLT is hoping to find motivated donors amongst the membership of the Rideau Trail Club.

If you would like to be part of this important and unique project, please consider making a donation to the "Over the Top for Rock Dunder" campaign. Donations may be sent to:

Rideau Waterway Land Trust
1 Jasper Avenue
Smith Falls, ON K7A 4B5

If you would like further information on the Rock Dunder project, you may contact the RWLT office directly:

Telephone: (613) 284-2010

E-mail: info@rwlt.org

And if you donate, mention that you are a member of the Rideau Trail Association so that the RWLT will know that our organization supports this especially worthy cause.

KINGSTON CLUB TRIP TO THE ADIRONDACKS

May 15-17, 2006

Hike in the spectacular High Peaks Wilderness Region. Three nights co-ed bunk accommodation at the **Adirondack Loj** - breakfast, packed lunch and dinner. \$173(US) or approx. \$205 (CDN). The Adirondack Loj is located at Heart Lake 5 miles south of Lake Placid. Car pooling may be arranged amongst the participants.

Arrangements have been made to accommodate 20 people. We are required to make a deposit of 50%. Please send cheques for \$100 made out to *Rideau Trail in Trust* and dated 31st March 2006 to David Armitage at 4323 Bath Rd, Kingston, ON, K7M 4Z1.

For further information contact David at (613) 634-4426 or by Email: darmitage@cogeco.ca

DONATIONS TO RTA AUGUST 1 TO OCTOBER 31, 2005

RTA Preservation Fund in Memory of Don Cutts

Margaret Pugh

RTA Preservation Fund in Memory of Catharine Cutts

Stephen Cutts



Next time you travel along Roger Stevens Drive look for this sign near where the Rideau Trail crosses the highway. *Photo: Ron Hunt*

RTA History

Did you know that it was members of the Kingston Field Naturalists who came up with the original idea of the Rideau Trail, or that the Ottawa Club built a log cabin in the 1970's?

In conjunction with the 35th anniversary of the RTA, the board is sponsoring a project to write the history of the Association. Peter Andrews has agreed to co-ordinate this project. Do you know any anecdotes about the Ottawa, Central or Kingston clubs? Can you contribute any historical documents or stories about the Rideau Trail Association? Are you interested in participating in this project by helping to collect, record and/or edit information? Would you like to take on the co-ordination task for your club?

If you would like to help in any way please contact Peter Andrews in Ottawa at 728-3016 or via e-mail at pwand@magma.ca.

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, 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; 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.

See note on Skiing Levels of Difficulty on page 16. For more information about a particular activity, call the leader at the number listed. If you are unable to reach a leader, or if you need general information, please call the Ottawa Club at 860-2225. *This schedule was prepared by Janet Desroche*

THE WEDNESDAY WALKERS

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

SKATING PARTY / POTLUCK SUPPER AND WINTERLUDE / DIM SUM:

Will be scheduled if there is sufficient interest. For further information on these tentative events and/or to lend a hand in organizing them please contact Theodora (Theo) Newton 569-3540.

TUESDAY EVENINGS 'Come Glide With Me'

January & February: Rideau Canal skating and social activity is planned each Tuesday evening in January and February 2006, provided that the Canal is open for skating (call 239-5234 for canal conditions). Meet by 6:30 p.m. at the change hut on the canal at Fifth Avenue. These activities are subject to weather and ice conditions.
Contact: Kay Methot 770-4258.

"IMPROMPTU" SATURDAY SKI PROGRAM

Saturdays, when no official level 2 or 2+ ski trip is planned, there are impromptu level 2 or 2+ ski outings in the Gatineau Park, weather and conditions permitting. Departure is from Tunney's Pasture at 9:30 a.m. Destination to be determined.
Please note: these outings are not for beginners. They may be long and may include challenges of one kind or another. They will involve shared leadership responsibilities and are generally organized at the meeting point. For further information contact Esther Hault 775-9695.

Tuesday, Dec. 13 Christmas Lights Urban Walk
Level 1. Come and enjoy the lights on the Hill and at the Museum of Civilization. Meet at 6:00 p.m. in the parking lot beside the Library & Archives Building off Wellington St. Afterwards we will gather at Patty Boland's, 101 Clarence St. for

refreshments. LEADER: Pat Archer 565-6149.

Thursday, December 29 Ski

Level 2. Gatineau Park. 25 km. Destination depends on snow conditions. Gas \$4. Departs 9:30 a.m.
LEADER: John Barron 828-2296.

Sunday, January 1 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Saturday, January 7 Snowshoe Clinic and Level 1 Snowshoe

Gatineau Park. Meet at 9:30 a.m. - place to be confirmed. Gas \$4. Bring lunch or snack. Tea stop in Chelsea optional. Please confirm participation by Thursday, January 5. If you need snow shoes Bushtukah rents them - reservations are required. Snowshoe rental approx. \$12. LEADER: Theodora Newton 569-3540.

Sunday, January 8 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Sunday, January 15 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Saturday, January 21 Snowshoe

Level 1. Greenbelt. Meet at Baseline Station Park and Ride at 10:15 a.m. **Please note: Participants are required to contact leader before event.** LEADER: K. Jean Cottam 726-1596.

Sunday, January 22 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Saturday, January 28 Snowshoe

Level 1. Greenbelt. Meet at Baseline Station Park and Ride at 10:15 a.m. **Please note: Participants are required to contact leader before event.** LEADER: K. Jean Cottam 726-1596.

Sunday, January 29 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Saturday, February 4 Ski or Hike

Level 1. Baseline Station Park and Ride, depart 1:00 p.m. Leisurely pace NCC trails from Bell High School. **Please phone the leader in advance to arrange transportation.** LEADER: Coby Fuykschot 722-6022.

Saturday, February 4 Ski

Level 2. Gatineau Park approximately 12 km from P12, various trails, lunch at Western Lodge. Gas \$4. Depart 9:30 a.m. LEADER: Alex Bissett 828-4363.

Sunday, February 5 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Saturday, February 11 Ski

Level 1-2. Greenbelt ski. Meet at Baseline Station Park and Ride at 10:15 a.m. This outing is not for beginners. Participants are expected to be intermediate skill level to participate. **Please contact leader on the day of the outing** as details of outing subject to change depending on snow conditions on the day of the event. LEADER: K. Jean Cottam 726-1596.

Saturday February 11 Ski

Level 2. Gatineau Park from P19 - following groomed blue and green trails to Lusk Lake and Taylor Lake. Gas \$5. Depart 9:30 a.m. LEADERS: Don Carpenter/Marilyn Booth 730-3879.

Sunday, February 12 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Sunday, February 19 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Saturday, February 25 Hike

Level 1. This will be a leisurely hike along the Ottawa River and over the Champlain Bridge with an opportunity for a coffee or hot chocolate before a return to Albert and Booth Streets. This hike is historical in nature as well as social. **Please phone leader in advance.** Depart: 1:00 p.m. LEADER: Coby Fuykschot 722-6022.

Saturday, February 25 Ski

Level 2. Gatineau Park P12 - a combination of smaller trails such as numbers 21, 20, 9, 18 and 40. Gas \$4. Depart 9:30 a.m. LEADERS: Don Carpenter/Marilyn Booth 730-3879.

Sunday, February 26 Ski

Level 1. 8-10 km. The former Champlain golf course and beyond. Outdoor lunch! Gas \$3. Depart 10:30 a.m. LEADER: Peter Scott 729-9557 or (work): 957-0981

Sunday, February 26 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Sunday, March 5 Snowshoe

Level 1-2. Western Greenbelt and areas south and west of Ottawa. Afternoon departure from Baseline Park and Ride. Please call a day or two ahead for further details about this two to three hour outing. LEADER: David Spector 270-1046.

Sunday, March 5 Ski

Level 2. Probably from P12 to Huron Lodge taking in Norway Day celebrations. About 14 km. Depart 9:30 a.m. Gas \$4. LEADER: Peter Scott 729-9557.

Saturday, March 11 Snowshoe

Level 1. Greenbelt. Meet at Baseline Station Park and Ride at 10:15 a.m. **Please note: Participants are required to contact leader before event.** LEADER: K. Jean Cottam 726-1596.

Sunday, March 12 Snowshoe

Level 2+. Mystery! Slow pace, plenty of time for looking around. Depart 10:00 a.m. LEADER: Mohan Taagepera 770-4258.

Sunday, March 19 Snowshoe

Level 2+. Destination to be determined. Depends upon conditions. Depart 10:00 a.m. LEADER: Mohan Taagepera 770-4258.

Skiing Levels of Difficulty

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. Practical knowledge of techniques for going up and down steep hills. (e.g. green and blue trails in Gatineau)

Level 3 Long, varied terrain, may be off trail. Level 2 experience essential. (e.g. black trails in Gatineau)

Advance Notice Ottawa Club AGM

Mark your calendar! The Ottawa Rideau Trail Club AGM will be held on Friday, April 21, 2006, 7:00 p.m. Further details to be provided in the Spring 2006 Newsletter and via the e-letter.

RIDEAU TRAIL ASSOCIATION - CENTRAL CLUB ACTIVITIES

The meeting place for the Central Club winter activities is Conlon Farm in Perth at 10 a.m. unless otherwise noted. To reach Conlon Farm follow Gore Street south-east through Perth to County Road 10, turn right (south-west) towards Westport, then take the fourth street 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 activities co-ordinator at 267-6743.

Sunday, December 11: Murphy's Point

Provincial Park, Round Lake Loop

Level 1, 12 km hike, followed by a pre-Christmas celebration at Sky Dragon restaurant in Perth. Meet 12:30 p.m. Gas \$3

CHRISTMAS ELF: Margaret Lafrance 267-6743

Sunday, December 17: Stanleyville Trails

Level 1, approximately 2 hour ramble on very pretty paths near Stanleyville followed by pot luck supper at Dave and Margaret's place. Meet at Conlon Farm at 3 p.m. Gas \$3

AMBLING RAMBLER: Dave Miller 267-6743

New Year's Day: Foley Mountain

Level 2, 8-10 km snowshoe or hike. Gas \$5.

MOTHER TIME: Margaret Lafrance 267-6743

Sat. January 7: Mill Pond Conservation Area

Level 1, 6 km, hike, ski or snowshoe Gas \$3

POND WATCHER: Chris McGuire 264-0759

Sunday, January 15: Brook to Maberly

Level 1, 11 km, hike, ski or snowshoe on an old railway line. Gas \$2

STEAMING ALONG: Veronica Airth 264-8824

Saturday, January 21: Murphy's Point Park

Level 2, 10 km, hike, ski or snowshoe. Gas \$2

NO BRAKES: Dave Miller 267-6743

Sunday, January 29: Timber Run Golf Course

Level 2, 10 km, ski or snowshoe. Gas \$3

SKI CHAMP: Don Sherwin 264-2759

Saturday, February 4: Round Lake Loop

Level 2, 12 km, ski or snowshoe. Gas \$3

NEW TO US: Bruce Benot

Sunday, February 12: Murphy's Point to Long Lake Road

Level 2, 12 km, hike, ski or snowshoe. Gas \$3

GET TO THE POINT: Dave Miller 267-6743

Saturday, February 18: Crotch Lake

Level 2, 10 km, ski or snowshoe on logging roads and in the bush. Followed by pot luck supper at Linda's place. \$5

BUSH MISTRESS: Linda Sterling 279-1109

Sunday, February 26: Mica Mines Area on the Rideau Trail

Level 2, 12 km, ski or snowshoe. Gas \$2

CHIEF MINER: Bruce Gourley 264-2478

Saturday, March 4: Wheeler's Pancake House

Level 1, 3 to 6 km, hike, ski or snowshoe followed by Pancake Brunch. Gas \$3

CR PE GOURMAND: Josée Aghajanian 264-8009

Sunday, March 12: Murphy's Point Park

Level 2, 12 km, ski or hike. Gas \$3

ERNEST LEADER: Ernie Trischuk 283-8112

Sunday, March 18: Narrows Locks to Miner's Point Road

Level 2, 12 km hike. Gas \$3

POINT MAN: Dave Miller 267-6743

Sunday, March 26: Maberly to Sharbot Lake

Level 1, 13 km, hike or ski. Gas \$3

ENGINEER: Bill Ottney 264-2861

RIDEAU TRAIL ASSOCIATION - KINGSTON CLUB ACTIVITIES

The meeting place for all our activities, unless stated otherwise, is at the **Kingston Centre in the Canadian Tire parking lot along Bath Road towards the gas station**. Be there shortly before the departure time indicated. 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. 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

Wednesday Walkers depart at 1:30 p.m., 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.

Sunday, December 11 Frontenac Park

Hike or snowshoe to Flagpole Hill and return. Level 3 for 15 km. at a fast pace. Meet to depart at 9 a.m. Gas \$4 + park fee.
LEADER: Stan Huff 548-3003

Wednesday, December 14 CRCA

Hike or ski at the Cataraqui Conservation Area. Lunch in Outdoor Centre. Level 1 for 10 km at a moderate pace. Meet to depart at 9 a.m. Gas \$2 + entrance fee.
LEADER: Watson Ogilvie 530-2378

Saturday, December 17 Downtown Christmas Lights

Starting at Tim Hortons, enjoy the city lights together. A stop for refreshments. Level 1 at an easy pace. Meet to depart at 6:30 p.m. Gas \$2.
LEADER: Elgin Bock 389-4216

Saturday, January 7 Rideau Trail

Hike from Kepler Road towards Kingston and back for 12 km. Pace will be slow and terrain fairly easy. Meet to depart at 9:30 a.m. Gas \$2.
LEADER: Audrey Sanger 384-6244

Saturday, January 7 End-to-end Hikes

Bill Murdock's winter end-to-end hikes begin this weekend. See notice on page 19 of the Newsletter.

Tuesday, January 10 Spring Activities Planning

Members willing to be leaders or who wish to suggest new locations for the upcoming season are

invited to attend this **planning session**. Meet at 7:00 p.m. at 117 Park St.
CONTACT: Linda Line 531-4353

Wednesday, January 11 Skycroft

Ski or hike (if no snow). Contact the leader if planning to attend. Level 1 for 10 km. Meet to depart at 10 a.m. Gas price to be determined.
LEADER: Allan Tattersall 549-4080

Saturday, January 14 CRCA

Ski or hike at the Cataraqui Conservation Area for about 20 km. Level 2 at a moderate rate. Meet to depart at 9 a.m. Gas and entrance fee \$3.
LEADER: Bruce Bromfield 634-9409

Sunday, January 22 Lemoines Point

Hike or ski in this conservation area. Level 1 for about 12 km. Meet to depart at 10 a.m. Gas \$2.
LEADER: Gunter Heyland 634-9298

Saturday, January 28 Gould Lake

Ski in this beautiful conservation area for about 15 km. Level 3 at a moderate rate. Meet to depart at 9:30 a.m. Gas and entrance fee \$4.
LEADER: John Critchley 634-5475

Saturday, February 4 Frontenac Park

Ski from the east entrance. Level 2 for 15 km. Contact Allan on Friday if participating. Meet to depart at 9 a.m. Gas \$5.
LEADER: Allan Tattersall 549-4080

Sunday, February 5 Triangle Ski Club

Ski or snowshoe in this area for 12 km. Level 2 at a moderate rate. Contact leader to confirm participation. Meet to depart at 9 a.m. Gas \$5. Possible entrance fee.
LEADER: Don Coulter 542-9998

Wednesday, February 8 CRCA

Hike or ski at the Cataraqui Conservation Area. Level 2 for about 10 km. Meet to depart at 10 a.m. Gas \$2 + entrance fee.
LEADER: Jean Thompson 544-0340

Saturday, February 11 Frontenac Park

Hike or snowshoe the Bufflehead Trail for 13 km. Level 2. Meet to depart at 9 a.m. Gas \$4 + entrance fee.
LEADER: Dave Armitage 634-4426

Sunday, February 19 Rideau Trail

Hike between the Trailhead and Cataraqui Cemetery at a moderate pace for 12 km. Meet to depart at 9 a.m. Gas \$2
LEADER: Sandra Muis 542-8224

Friday, February 24 Night Hike

Call Bill Murdoch at 389-3023 for more information.

Saturday, February 25 Lemoines Point

Hike or ski in this conservation area for 8 km. Level 1 at a moderate rate. Meet to depart at 10 a.m. Gas \$2.
LEADER: Yvonne Hawkins 384-9717

Saturday, March 4 Amherst Island

Meet at the Amherst Island ferry at 9:15 a.m. to hike around the island for 17 km. Level 2 at a moderate pace.
LEADER: Peter Burbidge 634-1877

Wednesday, March 8 Gould Lake

Hike the Blue Trails in this Conservation Area. Level 1 and 2 for 10 km at an easy pace. Meet to depart at 10 a.m. Gas \$4 + entrance fee.
LEADER: Jean Thompson 544-0340

Saturday, March 11 Frontenac Park

Hike or snowshoe the Bufflehead Trail for 12 km. Meet to depart at 9 a.m. Level 2 at a moderate rate. Gas \$4 + park fee.
LEADER: Robert and Jane Hough 373-2268

Saturday, March 18 Spring Pot Luck

Bring your house speciality and BYOB to our favourite event of the year. Gather at 6:00 p.m. at Queen's Women's Association, 144 Albert St. Room rental fee contribution is \$3 per member. RSVP: Linda Line 531-4353

Sunday, March 26 CRCA

Hike in the Brockville Mac Johnson Conservation Area for 10 km. Level 1 at a moderate pace. Meet to depart at 9 a.m. Gas \$6.
LEADER: Bob Chadwick 352-1052

Winter End-to-End

This year we start January 7 at 8:30 a.m. at the Trailhead in Kingston. Other days are January 8, 21, 22, February 11, 12, 25, 26 and a night hike February 24. We will travel at a moderate pace to Murphy's Point Provincial Park hiking or snow-shoeing. Skiers are welcome if they arrange transportation.

Come out for a day, a weekend, or join the list of thirteen people who have gone all the way and received their special end-to-end badge.

Participants must be able to travel a minimum of 15 km and be on the Trail at least five hours. Previous snow-shoeing is not a requirement.

For locations and other information call Bill Murdoch in Kingston at 389-3023.



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

Canada Post
Publications Mail
Agreement No. 40019036

MEMBERSHIP APPLICATION: The RTA membership year runs from April 1 to March 31, but if you join after October 31, your membership will be extended to the end of the following membership year. Your fees entitle you to receive the quarterly newsletter, and to vote at Association and local Club meetings and they provide essential financial support for the continuous maintenance, improvement, extension, and protection of the Rideau Trail. Mail to: **Rideau Trail Association, P.O. Box 15, Kingston, Ontario, K7L 4V6.**

All members must be at least 18 years of age. <table border="0"><tr><td>☐ Annual Individual Membership</td><td></td><td>\$20.00</td></tr><tr><td>☐ Annual Household Membership</td><td></td><td>\$25.00</td></tr><tr><td colspan="3">(Two adults at the same address)</td></tr><tr><td>☐ Patron (Life Membership)</td><td>*</td><td>\$500.00</td></tr><tr><td>☐ Trail Guidebook:</td><td></td><td></td></tr><tr><td>Members</td><td>**</td><td>\$25.00</td></tr><tr><td>Non-members</td><td>**</td><td>\$30.00</td></tr><tr><td>☐ Car Sticker (free to new members)</td><td></td><td>\$1.00</td></tr><tr><td>☐ Crest</td><td></td><td>\$2.00</td></tr><tr><td>☐ Enamelled Pin</td><td></td><td>\$6.00</td></tr><tr><td>☐ Wall Map</td><td>**</td><td>\$12.00</td></tr><tr><td> </td><td></td><td></td></tr><tr><td>☐ Donation-Rideau Trail Association</td><td>*</td><td>\$ _____</td></tr><tr><td> </td><td></td><td></td></tr><tr><td>☐ Donation-Rideau Trail Preservation Fund</td><td>*</td><td>\$ _____</td></tr><tr><td colspan="3">* Qualifies for income tax credit (No 11911 9485RR 0001)</td></tr><tr><td colspan="3">** Includes postage and handling</td></tr><tr><td> </td><td></td><td></td></tr><tr><td>Prices subject to change</td><td>TOTAL</td><td>\$ _____</td></tr></table>	☐ Annual Individual Membership		\$20.00	☐ Annual Household Membership		\$25.00	(Two adults at the same address)			☐ Patron (Life Membership)	*	\$500.00	☐ Trail Guidebook:			Members	**	\$25.00	Non-members	**	\$30.00	☐ Car Sticker (free to new members)		\$1.00	☐ Crest		\$2.00	☐ Enamelled Pin		\$6.00	☐ Wall Map	**	\$12.00	 			☐ Donation-Rideau Trail Association	*	\$ _____	 			☐ Donation-Rideau Trail Preservation Fund	*	\$ _____	* Qualifies for income tax credit (No 11911 9485RR 0001)			** Includes postage and handling			 			Prices subject to change	TOTAL	\$ _____	PLEASE INDICATE MEMBERSHIP CATEGORY New ☐ Renewal ☐ Life ☐ (Please Print) Name(s): _____ Address: _____ Postal Code: _____ Telephone: _____ Fax: _____ ☐ I wish to receive the RTA E-letter E-mail address: _____
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In addition to enjoying the hiking and other activities sponsored by the three local clubs, there are many other ways for you to be actively involved in the Rideau Trail Association. If you are willing to participate please check any of the activities on the right which interest you. You will be contacted when your help is needed.	☐ Maintaining trails ☐ Leading hikes ☐ Leading cross-country ski or snowshoe outings ☐ Communicating with members ☐ Recording information ☐ Carrying out publicity activity (displays, presentations) ☐ Hosting social events ☐ Serving in an executive capacity as.... ☐ Other. Please specify...																																																									