



The Rideau Trail

SPRING 2006

ISSUE NO. 139



Jean Thompson led a hike, and seven men came!

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Rideau Trail Association Newsletter
Issue 139 Spring 2006

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

Telephone:

Kingston and RTA: (613) 545-0823
Central: (613) 264-8338
Ottawa: (613) 860-2225

Web Page: www.rideautrail.org
Electronic Mail: info@rideautrail.org

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Editor of this issue: Bob Gordon, Kingston Club

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Other photos as listed in captions.

Submissions for the Next Newsletter

The Summer 2006 Newsletter will be prepared by the Ottawa 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 **May 1, 2006** and that they are sent directly to the Ottawa editor

Elizabeth Mason
283 Avondale Ave.
Ottawa, ON K1Z 7G7
(613)729-6596
emmason@sympatico.ca

THE RIDEAU TRAIL ASSOCIATION
BOARD OF DIRECTORS FOR 2005-2006

President David Armitage, Kingston
(613) 634-4426 darmitage@cogeco.ca

Vice President Ronald E. Hunt, Ottawa
(613) 590-7467 re.hunt@sympatico.ca

Secretary Margaret P. Wild, Kingston
(613) 542-9626 margaretwild@sympatico.ca

Treasurer Peter Hawkins, Gloucester
(613) 749-2093 pjhawkins@sympatico.ca

Membership Director Cam Hodges, Kingston
(613) 545-1925

Trail Coordinator Graham Creedy, Ottawa
(613) 789-1657 gcreedy@ccpa.ca

Corresponding Secretary Grant Malinsky, Ottawa
(613) 730-2772 malinskygr@hotmail.com

Past President Peter Hawkins, Gloucester
(613) 749-2093 pjhawkins@sympatico.ca

Newsletter Editors :

Ottawa: Elizabeth Mason, Ottawa
(613) 729-6596 emmason@sympatico.ca

Kingston: Bob Gordon, Kingston
(613) 544-9893 gordonr@chem.queensu.ca

Club Chairpersons:

Ottawa: Ronald E.Hunt, Ottawa
(613) 590-7467 re.hunt@sympatico.ca

Kingston: Nicole Florent, Kingston
(613) 389-7121 florent_nicole@hotmail.com

Central: Don Sherwin, Perth
(613) 264-0759 sherwin@perth.igs.net

Club Representatives:

Ottawa: Nigel Brereton, Nepean
(613) 596-6191 nigeltb@rogers.com

Kingston: John Cornish, Gananoque
(613) 382-4778 cornish@kos.net

Central: Margaret Lafrance, Perth
(613) 267-6743 margaretlf@primus.ca

President's Message

I would like to thank Janice Ley for her timely Newsletter article on the virtues of the Rideau Waterway Land Trust. The initial pledge of \$10 000 made at the January Association Board meeting will go a long way in helping to secure and preserve the Rock Dunder property.

For a number of years our members have walked to the top of Rock Dunder to enjoy the breathtaking panoramic view of the surrounding landscape. The thought of this property being sold to developers is unconscionable and we are fortunate that there is a dedicated organization of this calibre ready to save ecologically significant properties in the Rideau Corridor from severance and destruction as they become available. Volunteers make sure that these areas are cared for so that people can continue to walk and hike. Wildlife is also protected and there are no user or admission fees.

The process of raising funds is arduous and time consuming but the end result is worth the effort. Our communities will be the benefactors for many years to come.

The Winter End to End (E2E) attracted 30 people on the first day. It was very icy and those that did not have the crampons were slipping, sliding and falling down. Fortunately there were no serious injuries. Large numbers continued to come out on successive hikes making it somewhat difficult to provide the necessary car shuttles. Another group of five members has hiked the northern part of the Trail from Murphy's Point to Ottawa to finish the E2E in the same Winter.

The winter scenery along the Rideau Trail was magnificent. It was particularly spectacular as we passed through Frontenac Provincial Park and the Gould Lake Conservation Area. Some people were so overcome by the scenic beauty that they said they would "rather hike in winter than in summer"!

I would like to convey my thanks to Bill Murdoch who has done a superlative job of arranging the E2E hikes over the last few years.

If you wish to make a donation to the RWLT please send it to Rideau Waterway Land Trust

1 Jasper Ave.
Smiths Falls, ON
K7A 4B5

David Armitage

Rideau Trail Association 35th Anniversary Annual General Meeting

Saturday, June 17, 2006

**Sam Jakes Inn
118 Main Street East
Merrickville**

Agenda: 9:30 am Coffee and Muffins
10:00 am Business Meeting
12:00 pm Lunch - Brown Bag
13:00 pm Afternoon Hikes & Outings
17:00 pm Cash bar
17:30 pm 3-Course Roast Beef Dinner

The cost of dinner is \$25 per person. Orders for dinner must be received no later than June 10. Mail cheque payable to "Rideau Trail Association" in trust to: Linda Line, 1005 - 117 Park Street, Kingston, ON K7L 5P6.

Enquiries: Tel: (613) 531-4353 or email:

linda.line@sympatico.ca

For room reservations at Sam Jakes Inn

Tel: (613)-269-3711

Single room: \$124. Double room: \$136 (includes breakfast)

From The Editors' Desk

The Rideau Trail Newsletter is a wonderful reflection of our membership. The last few newsletters have been twenty pages rather than the usual sixteen due to articles and activities written/coordinated by the members. Articles and pictures from members are always most welcome.

When a newsletter is being prepared the editor has a very tight schedule. We have two weeks from our copy deadline to having the ready-to-print version out to the printer. In this time-frame articles submitted must be edited for grammar, content, length and interest. Hopefully the finished product is better than the original article as a number of reviewers have worked on it. Even an editor's article is subject to such a review. Editors appreciate having the time to do their work so if you have an article send it in well before the next deadline. Editing makes for a more professional newsletter and reader pleasure.

Please keep those articles and pictures coming. An organized RTA hike, a personal hike, a holiday or a special trip that interested you is also likely to interest fellow Rideau Trailers. *Elizabeth Mason, Ottawa Editor*

VOLUNTEERS NEEDED !

We need your help.... Make it possible for the RTA to continue its ongoing efforts to promote hiking, skiing, snowshoeing and other activities, and to maintain an optimum Trail between Kingston and Ottawa. Get involved as a Rideau Trail volunteer! These are the positions we are trying to fill in all three Rideau Trail Clubs:

Ottawa Rideau Trail Club Executive Needs your Help with their Activities Program

The Ottawa Club has a growing list of good ideas that they have received from you, our members, about what the Club should be doing differently. However, the Ottawa Club does not have enough people to help us make these ideas happen. One of the projects they need help with is the preparation of a Catalogue of hikes and winter activities that could be used to help plan the quarterly activities schedules. They also need people who would be willing to take charge of planning and organizing special events on a one-time basis. This would entail having a hands-on role as well as coordinating the efforts of other volunteers. If either of these things interest you, please contact Ron Hunt, Chair of the Ottawa Rideau Trail Club at re.hunt@sympatico.ca or 613-590-7467. Thanks!

Central Rideau Trail Club Needs Your Help with their Publicity Program

The Central Club has increased its membership and schedule of activities in recent years and we need a Publicity person who can publicize the Club's outing pro-

grams and other activities and promote interest and encourage membership in the Rideau Trail Association. The position would involve liaison with various organizations and outlets dealing with outdoor activities, as well as information centres, libraries, conservation areas, provincial parks, etc. If you are interested in helping us out please contact Don Sherwin of the Central Rideau Trail Club at Sherwin@perth.igs.net or 613-264-0795. Thanks!

Kingston Club Since the start of the 2005/2006 term, the Executive members of the Kingston Club have been examining its activities and the functions of its volunteer members, as part of the Club's plan for organizational renewal, following the feedback provided by the Kingston Club membership survey. What was learned, amongst other things, is that many members are interested in volunteering, but would prefer to become involved in a small way at first, rather than accept an executive position, until they have more experience and/or can develop an appreciation of what is involved. Another feature is that as individual members' physical capacity, availability of time, range of interests and family/work responsibilities evolve over time, the level and type of their commitment may change - for example, someone who volunteered for arduous physical activity tasks such as trail maintenance many years ago, may now be happier volunteering to host a social outing or to answer the Rideau Trail telephone for a week. The Club's Annual General Meeting in April is always a time for new beginnings, and would be a good time to attach yourself to an existing executive member. If you have ideas and/or would like to become involved, contact Nicole Florent, Kingston Club Chair at (613) 545-0823 or email florent_nicole@hotmail.com. If you would like more information about the Kingston Club membership survey, contact John Cornish at (613) 382-4778 or email cornish@kos.net.

Hike Ontario Standard Course for Hike Leaders

Date: Saturday April 29, 2006
Time: 9 am to 4 pm
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.)

RIDEAU TRAIL CLOSED ON TUESDAY, MARCH 21, 2006

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

Highlights of the January 14, 2006 RTA Board Meeting

The Board has determined its top two strategic priorities for the next 18-24 months; this came about as a result of the work done at the December 3, 2005 special planning meeting and subsequent discussions at the January 14, 2006 regular Board meeting. The two priorities are: Trail Quality, and Recruitment and Motivation of Volunteers and Leaders. The next step is to develop strategies for dealing with each of these two priority areas. This planning work will be accomplished by two sub-committees who are expected to report back to the Board in April with their recommended strategies, and action plans for implementing the strategies.

Ernie Trischuk provided the Board with a status report on the preparation and printing of the seventh edition of The Rideau Trail Guidebook. Trail route changes are now frozen and a second round of comments is being incorporated in the maps and text. The Board approved the purchase request enabling Ernie to firm up our order with the printer. The project is on track for the June 1st, 2006 publication date.

The Board approved a motion to pledge \$10,000 to the Rideau Waterway Land Trust to help secure and preserve the Rock Dunder property. (See Janice Ley's article Saving Rock Dunder on page 12 of the Winter 2005 issue of The Rideau Trail Association for further information on this project.)

The next regular meeting of the Board is scheduled for April 29, 2006.

Ron Hunt, Vice-President

Correction -RTA History

The Winter 2005 Newsletter mistakenly stated that members of the Kingston Field Naturalists originally came up with the idea of the Rideau Trail. The idea of a trail was actually conceived by Douglas Knapp who first promoted it through the Kingston Field Naturalists.

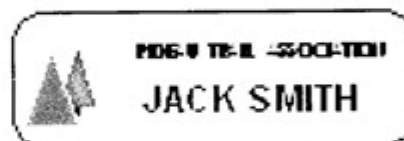
RENEW YOUR RTA MEMBERSHIP NOW !

**Membership renewals are due March 31.
The Summer Newsletter will not be mailed to
those who have not renewed.
Use the renewal form on the back page.**

RTA Hiker Namepins

They're becoming a familiar and welcome sight at our group hikes and other activities. Since they were introduced last year, over 250 RTA namepins have been ordered. Isn't it nice to have a visual reminder of the names of your fellow hikers? Wouldn't it be great if everyone had a pin?

Hey, you're a sociable person! Help build the momentum! Order your namepin right away using the back-page order form, or send \$6.00 plus the name you want on the pin (in cap's) to: RTA, P.O. Box 15, Kingston, ONT, K7L 4V6.



Report on Cataraqui Trail Hike & Bike

A RTA fall newsletter item listed a 'bike and hike' fundraiser for the Cataraqui Trail. On September 25th participants were invited to cycle/hike from either Portland or Perth Road Village to Chaffey's Locks where a hearty lunch was served in the village community hall. Despite an overcast day with rain showers, approx. 30 stalwarts enjoyed lunch at Chaffey's Locks and over \$2000 was raised for trail maintenance and improvements.

Cataraqui Trail linear park follows 104 km of abandoned rail line from Strathcona to Smiths Falls, serving hikers, joggers, cross-country skiers, cyclists, horse-back riders, snowmobilers and naturalists. Needing \$25,000 to \$30,000 for maintenance and improvements, the trail does rely on public support. If you are a person enjoying the facility, please consider taking out a Cataraqui Trail membership for \$25 or more. Donations can be sent to Cataraqui Trail, c/o CRCA, P. O. Box 160, Glenburnie Ont, K0H 1S0. www.rideau-info.com/cattrail/ Fundraisers are planned for 2006, and the RTA is thanked for helping publicise events.

OTTAWA CLUB ACTIVITIES SCHEDULE

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. The OC Transpo stop, Tunney's Pasture, is one block away. Transportation is by pooling of private cars, and passengers contribute to the driver's costs. 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.

The Rideau Trail Association requires that participants sign an *Activity Sign-up Sheet* for the specific activity they are attending. The sign-up sheet is used by the Leader to keep track of how many people are in the group. Participants are expected to read the "Release of Liability" preamble at the top of the sign-up sheet prior to signing to sheet. Leaders: please send the sign-up sheets to the interim Activities Coordinator, Ron Hunt, at 6121 Larivière Crescent, Ottawa, Ontario K1W 1C6 (information is required for risk management and statistical purposes).

See page 12 for Participants' Responsibilities and Levels of Difficulty.

WEDNESDAY WALKERS

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

MOONLIGHTERS Urban Walks

Every Tuesday evening beginning March 28 through to April 18, there will be an Ottawa urban walk. We will also be stopping at a Pub for refreshments each evening after the walk. Coordinator: Pat Archer 613-565-6149

FOR URBAN WALKS (MARCH 28 TO APRIL 18), DO NOT MEET AT TUNNEY'S PASTURE. MEET AT THE STARTING POINT OF THE WALK FOR DEPARTURE AT 6:00 p.m.

Tuesday, March 28 – Sandy Hill/Rideau River/New Edinburgh

Meet at Strathcona Park (end of Somerset St. East).
LEADER: Pat Archer 613-565-6149.

Tuesday, April 4 – 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 613-565-6149.

Tuesday, April 11 – Britannia Village

Meet at Lincoln Fields Shopping Centre parking lot—
Richmond Road side near Pizza Pizza. LEADER: Terry Baker 613-825-5267.

Tuesday, April 18 – Ottawa/Hull Bridge to Bridge (Portage/MacDonald Cartier)

Meet at Old Mill Restaurant (Western Parkway & Portage Bridge). LEADER: Pat Archer 613-565-6149.

See the table on the next page for MOONLIGHTERS hikes from April 25 to September 5.

RENEW YOUR RTA MEMBERSHIP NOW !

Membership renewals are due March 31.

The Summer Newsletter will not be mailed to those who have not renewed.

Use the renewal form on the back page.

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.

MOONLIGHTERS Tuesday Evening Spring and Summer Hikes

Every Tuesday evening from late April until the end of August, there will be a short hike, either in Gatineau Park or in town, always within a thirty-minute drive. **Meet by 5:50 p.m. in the R.H. Coats Building parking lot for a 6:00 p.m. departure.** Hikes last until sunset. The pace is approximately 4 kilometres per hour. The level of difficulty is 1 or 2, and may include terrain that is hilly, wet and rough. During the hike, there will usually be a 15-minute break. Bring water, snack, bug repellent, a flashlight, and proper footwear. John Crysdale (613-728-9192) is the Moonlighters Coordinator for 2006.

#	Date	Sun-set	Leader	Description	Level	Km	Gas
1	April 25	8:02	Liisa Pent 613-725-2541	Museum of Civilization from Tunney's Pasture	1	10	\$0
2	May 2	8:11	Jean Sunter 613-828-6077	Lime Kiln (Bells Corners)	1	6	\$2
3	May 9	8:19	Jim Mabbutt 613-521-6313	Penguin Picnic Area from NCC Visitor Centre (Old Chelsea)	2	6	\$4
4	May 16	8:27	Vinni Sahn 613-824-6757	Petrie Island from Place d'Orleans Park & Ride (Orleans)	1	10	\$5
5	May 23	8:35	Lena Creedy 613-789-1657	Skyline from P7 (Kingsmere)	2	6	\$4
6	May 30	8:42	Dave Wardell 613-722-3752	Herridge Lodge from P16 (Pine Road / Meech Valley)	1	10	\$5
7	June 6	8:47	Diane Dates 613-737-8702	Black Lake from P7 (Kingsmere)	2	7	\$4
8	June 13	8:52	Joanne Tuttle 613-729-8787	Tawadina (Pulpit) from P13 (Ascent from Meech Lake)	2	10	\$5
9	June 20	8:54	John Crysdale 613-728-9192	Ramparts from Étienne Brûlé Lookout (Champlain Lookout)	2	8	\$5
10	June 27	8:55	Marion Dunning 613-232-8304	Western Lodge from P12 (Ascent from Meech Lake)	2	8	\$5
11	July 4	8:54	Ralph Sullivan 613-749-5534	Ramparts from Keogan's Parking (via Shilly Shally Shelter)	2	7	\$5
12	July 11	8:51	Pat Archer 613-565-6149	Ridge Road loop from P13 (Ascent from Meech Lake)	2	8	\$5
13	July 18	8:46	Laraine Laughland 613-723-8851	Capucin Chapel from P11 (Meech Lake area)	1	6	\$5
14	July 25	8:39	Grant Malinsky 613-730-2772	Fortune Valley from Keogan's Parking (Camp Fortune area)	1	7	\$5
15	Aug 1	8:31	Donna Shields 613-823-9841	Tawadina (Pulpit) from Champlain Lookout	2	10	\$5
16	Aug 8	8:21	Doreen Duchesne 613-729-6355	Brewery Creek from the National Archives	1	9	\$2
17	Aug 15	8:10	Nigel Brereton 613-596-6191	Larriault Trail (Mackenzie King Estate) from Mulvihill Lake	1	5	\$5
18	Aug 22	7:59	George Robertson 613-254-8849	Keogan's from P7 (Kingsmere / Fortune area)	2	9	\$4
19	Aug 29	7:46	Terry Baker 613-825-5267	Mud Lake (Britannia)	1	5	\$2
20	Sept 5		Pat Archer 613-565-6149	End of season dinner			

WEEKEND ACTIVITIES

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 the Leader prior to the event.** LEADER: K. Jean Cottam 613-726-1596.

Sunday, March 12 – Snowshoe

Level 2+. Mystery destination! Slow pace, plenty of time for looking around. Depart: 10:00 a.m. LEADER: Mohan Taagepera 819-770-4258.

Saturday, March 18 – Snowshoe or hike

Level 1. Under 10 km. Gatineau Park, from visitor centre at Chelsea. Snowshoe or hike (subject to conditions). Lunch/snack: bring picnic or visit one of Chelsea's cafés. Depart: 9:30 a.m. Gas \$3. LEADER: Theodora Newton 613-569-3540 (after March 12).

Sunday, March 19 – Snowshoe

Level 2+. Destination to be determined. Depends upon conditions. Depart: 10:00 a.m. LEADER: Mohan Taagepera 819-770-4258.

Tuesday, March 21 – Rideau Trail Closed

Saturday, March 25 – Hike or Snowshoe

Level 1. Hike or snowshoe along the Ottawa River Parkway. Distance flexible. Meet at 10:45 a.m. **Please note: Participants are required to contact the Leader prior to the event.** LEADER: K. Jean Cottam 613-726-1596 or cell: 613-299-8856.

Saturday, April 1 – April Fool's Day Walk Around Historical Perth

Level 1. Joint Ottawa/Central/Kingston Club walk around Perth, visit a bakeshop, used bookstore, and lunch at a local restaurant. Depart: 9:45 a.m. Gas \$6. LEADER: Bill Grant 613-820-0697.

Saturday April 8 – Eardley Ridge, Gatineau Park

Level 3 hike. Approx. 14 km. Fire tower to pulpit. Lots of nice spring views. Depart: 9:30 a.m. Gas \$5. LEADERS: Ann Lane 613-741-3184 email en814@freenet.carleton.ca and Dave Audette 613-224-1147 email dg.audette@sympatico.ca

Saturday, April 15 – 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 April 22. Meet at Fallowfield Park and Ride. *Do not go to Tunney's Pasture.* Depart: 9:00 a.m. Gas \$5. LEADER: Suzanne Brown 613-224-6006.

Ottawa Club Annual General Meeting

Friday, April 21, 2006

Dominion Chalmers United Church

355 Cooper Avenue, Ottawa

(Parking lot off Lisgar or O'Connor Street)

Program

6:30 pm, coffee, tea and juice

7:00 pm Business Meeting

8:00 pm Hiking in Slovakia,

Slides and talk by John Haley

Saturday, April 22 – Western Greenbelt

Level 1. Under 10 km. Hike on the Jack Pine Trails. Meet at Baseline Transitway Station Park-and-Ride at 10:15 a.m. **Please note: Participants are required to contact the Leader prior to the event.** LEADER: K. Jean Cottam 613-726-1596 or cell: 613-299-8856.

Saturday, April 22 – Hollow Glen, Gatineau Park

Level 2. 10 km. Hike up the escarpment from Hollow Glen Rd. off Mountain Rd. Lunch either in Huron Lodge or the Étienne Brûlé picnic area. Then proceed down to the three original Champlain Lookouts and back. Depart: 9:00 a.m. Gas \$3. LEADER: Alex MacDonald 613-237-6399.

Sunday, April 23 – Gatineau Park

Level 2+. Approx. 15 km. Mostly on trails from P17 via Carman Lake and Herridge Lodge to Pine Road, with a car shuttle. Sturdy hiking boots required for possibly icy, snowy, or wet footing. Depart: 9:00 a.m. Gas \$5. LEADER: John Haley 613-225-0590.

Sunday, April 23 – Calabogie Trails

Level 2-. 12 km. Hike the North K&P and Calabogie Trails. Depart: 9:30 a.m. Gas \$7. LEADER: David Spector 613-270-1046.

Saturday, April 29 – Stittsville

Level 1. Easy walking pace. All aboard the railroad tracks towards Carleton Place! Depart: 1:00 p.m. Gas \$3. LEADER: Coby Fuykschot 613-722-6022.

Saturday, April 29 – Frontenac Park

Level 2+. About 20 km. Starting at the end of the Salmon Lake Road, the route will go north past Little Clear Lake. Routing may depend on our rate of progress. Park entry fee. Gas \$9. Depart: 8:00 a.m. Late return. LEADER: John Barron 613-828-2296.

Sunday, April 30 – Green's Creek Conservation Area

Level 1. 5 km loop. Exploration of the Hornet's Nest park and Green Creek Conservation area which drains Mer Bleu. One of our Roll and Walk Series of hikes. These are hikes where the trailhead can be easily reached by public transit. *Do not go to Tunney's Pasture.* Meeting Point for this hike is the bus stop at Montreal Road and Hwy 174/Queensway East. Note that this is a 'request' stop on the #95 Orleans Transitway bus route. (You must remember to ring the bell for this stop or the driver zooms on past.) Depart: 10:30 a.m. LEADER: Ruth Hutchinson 613-749-0990.

Saturday, May 6 – Gatineau Park

Level 1. Easy walking pace in the Pine Road area. Catch the ghosts of the pioneers on the way to Herridge Lodge. Depart: 1:00 p.m. Gas \$4. LEADER: Coby Fuykschot 613-722-6022.

Saturday, May 13 – Gatineau Park

Level 2+. Approx. 19 km. Hike from P17 on trails 50-53 and the Lac Philippe snowshoe trail. Sturdy hiking boots required. Depart: 9:00 a.m. Gas \$5. LEADER: John Haley 613-225-0590.

Sunday, May 14 – St. Lawrence River Trails

Level 2-. 12-14 km. New hiking destination. Walk the St. Lawrence River Trails starting from the Upper Bird Sanctuary Trails. Depart: 9:30 a.m. Gas \$7. LEADER: David Spector 613-270-1046.

May 19 - May 22 – White Mountains, New Hampshire

Multiple Level 2 and Level 3 day hikes in the White Mountains of New Hampshire. Staying and dining at the Applebrook B&B in Jefferson, N.H. Three country breakfasts (Sat, Sun, Mon), two four-course dinners (Sat, Sun) and three nights accommodation (Fri, Sat, Sun). \$250 CAN per person, double occupancy., \$275 CAN per person, single occupancy, all inclusive. Payment and registration deadline is Friday, April 21. LEADERS: Cliff and Gloria Daly. Phone 613-224-4413 or email cliff.daly@pwgsc.gc.ca. *Please note that the notice of this activity is being published for information purposes only. This activity is not sponsored or endorsed by the Rideau Trail Association.*

Saturday, May 20 – Western Greenbelt

Level 2. 16 km. Hike on trails 26-28 and 11. Meet at Baseline Transitway Station Park-and-Ride at 10:15 a.m. **Please note: Participants are required to contact the Leader prior to the event.** LEADER: K. Jean Cottam 613-726-1596 or cell: 613-299-8856.

Sunday, May 21 – Gatineau Park

Level 2. 10-12 km. Pilon's Road up the creek to Dragonfly Lake and around some of the trails nearby. Moderate pace. Depart: 9:30 a.m. Gas \$5. LEADERS: Graham and Lena Creedy 613-789-1657.

Saturday, May 27 – Gatineau Park

Level 2. Approx 12 km. On various trails to look-outs. Mid afternoon finish. Depart 9:30 a.m. Gas \$4. LEADER: Alex Bissett 613-828-4363 or alexbissett@sympatico.ca

Saturday, June 3 – Tunnel Tour, Gatineau Park

Level 2. 10 km. Hike will start near Pine Rd. and then proceed along the Giant Trail. It will pass under the first set of tunnels under hwy. #5 then continue to the second set of tunnels and back to the cars. Lunch will be outside or under the tunnels depending on the weather. Depart: 9:00 a.m. Gas \$4. LEADER: Alex Macdonald 613-237-6399.

Saturday, June 3 – Greenbelt

Level 1. 6 to 8 km. Hike at an easy pace. See the spring blossoms left over from the old homesteads. Bring a snack. Depart: 1:00 p.m. from the Baseline OC Transpo Station. *Do not go to Tunney's Pasture.* LEADER: Coby Fuykschot 613-722-6022.

Sunday, June 4 – Rideau Trail

Level 2. 12 km. Roger Stevens Drive to Dwyer Hill Road. Inaugural hike on the "Rogers Pond Reroute" in the Marlborough Forest. May see such spring beauties as the yellow lady's slipper and fringed polygala. Depart: 9:00 a.m. from the Fallowfield Park and Ride. *Do not go to Tunney's Pasture.* Gas \$5. LEADER: Ron Hunt 613-590-7467 or email: re.hunt@sympatico.ca

Saturday, June 10 – Western Greenbelt

Level 1. Under 10 km. Nepean Sportsplex Trails. Meet at Baseline Transitway Station Park-and-Ride at 10:15 a.m. **Please note: Participants are required to contact the Leader prior to the event.** LEADER: K. Jean Cottam 613-726-1596 or cell: 613-299-8856.

Saturday, June 10 – Carp Farmer's Market

Level 2. 80 km. Bicycle to Carp Farmer's Market (bring your own lunch or buy one there) and then proceed to

the Carp Hills and then back to Ottawa. Distance 80 km.
Depart: 9:30 a.m. LEADER: Peter Scott 613-729-9557
e-mail: Peter_Scott@hc-sc.gc.ca.

Saturday, June 10 – North Frontenac Park

Level 3. 18-20 km. New hiking destination: Gibson
Lake “plus”. Depart: 8:30 a.m. Gas \$8. LEADER:
David Spector 613-270-1046.

**Saturday, June 17 Rideau Trail Association Annual
General Meeting – celebrating 35 Years!** See details
on page 3.

Saturday, June 24 – Arnprior

Level 1. 7 km. A leisurely interpretive, nature walk on
the MacNamara Trail, near Arnprior. With luck, we will
see the fringed lady slippers, visible in very few places
near Ottawa. Optional tea stop afterwards in Arnprior.
Depart: 11:00 a.m. Gas \$5.
LEADER: Bill Grant 613-820-0697.

The John Bennett Boardwalk

The John Bennet Boardwalk was opened in October of 2005 in the Stony Swamp area of Ottawa. (See Winter 2005 Newsletter.) In the photo below John Bennett helps to unveil the plaque at the official ceremony.
[photo by Jim Leeson]



**RENEW YOUR RTA
MEMBERSHIP NOW !**

**Membership renewals are due March 31.
The Summer Newsletter will not be mailed to those
who have not renewed.**

Use the renewal form on the back page.

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, im-
provement, extension, and protection of the Rideau Trail.

CENTRAL CLUB ACTIVITIES

The meeting place for Central Club activities is Conlon Farm in Perth at the time 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 613 264-8338.

See page 12 for Participants' Responsibilities and Levels of Difficulty.

WEDNESDAY HIKES

Fairly long, level 2 or 3 hikes will be held most Wednesdays designed for the hardier hikers. The venue will be decided typically on a weeks notice and will depend partly on weather forecasts and trail conditions. For up-to-date plans, contact JOINT PERPETRATORS: Dave Miller (613) 267-6743 or Janet Laraway (613) 284-2127.

WEEKEND HIKES

Departing from Conlon Farm unless otherwise stated. In some cases there will be simultaneous longer, faster paced hikes or shorter, slower paced hikes starting and finishing at the same points, with separate leaders.

TUESDAY, March 21 RIDEAU TRAIL CLOSED FOR ENTIRE DAY

Saturday, April 1 Walking Tour of Perth

Joint Outing with Ottawa, Kingston and Central Clubs
Level 1, approx. 5 kms tour of historic Perth, visit a bakeshop, secondhand bookstore and enjoy a late lunch at a local tearoom. Depart 11 a.m. MEET IN FRONT OF TOWN HALL, GORE STREET, PERTH.
TOUR GUIDE: Margaret Lafrance 613 267-6743

Thursday Evening, April 6 Slide Show and Open House Come see a slide show about hiking in Patagonia, meet members of the Central Club and find out more about our schedule of activities. Refreshments will be served 7 p.m. at Farrell Hall, Gore Street, Perth.
CONTACT: Chris McGuire 613 264-0759 or 613 268-2447

Sunday, April 9 Dwyer Hill Road to Wood Road

Hike the Rideau Trail Level 2 16km Depart 9 a.m. Gas \$5

MUDSKIPPER: Janet Laraway 613 284-2127

Note: For Smiths Falls residents, call Janet to arrange the best place and time to rendezvous.

Saturday, April 15 Rocky Narrows Trail, Murphys Point Park

Level 2 hike, 12 km Depart 9 a.m.

ROCK HOPPER: Bruce Gourley 613 264-2478

Saturday, April 22 Tallow Rock Trail, Charleston Lake Park

Level 3 hike, 12km Depart 9 a.m. Gas \$5

LEADER: Bruce Brenot 613 284-8177

OR hike easy trails, total 7 km, level 2

LEADER: Susan Samila 613 264-1196

Sunday, April 23 Central Club AGM McMartin House, Perth

Bring a lunch. There will be a short hike in the afternoon. For information CONTACT: Chris McGuire 613 264-0759 or 613 268-2447

Saturday, April 29 Marble Rock Conservation Area

Level 3 hike, 11 km Depart 9 a.m. Gas \$5

DUSTY LEADER: Dave Miller 613 267-6743

Saturday, May 6 Trail Maintenance Day

Bring your loppers and help us clear some trails Depart 9 a.m. CHIEF LOPPER: Bruce Gourley 613 264-2478

Saturday, May 13 Tetsmine and Gibson Lake Loops, Frontenac Park

Level 2 hike, 18km Depart 9 a.m. Gas \$5

NEVER LOST: Don Sherwin 613 264-0759 or 613 268-2447

Sunday, May 21 Long Lake Rd. to Ferrier Rd.

Hike the Rideau Trail Level 3, 13km Followed by Pot Luck Supper at Dave & Margaret's Place.

Depart 9 a.m. Gas \$2 (-continued next page)

ALWAYS TRAILING: Dave Miller 613 267-6743
OR take the shorter hike Long Lake Rd. to MacLaren
Lake Road. Level 2, 7 km
ALWAYS LEADING: Margaret Lafrance 613 267-6743

**Saturday, May 27 Little Clear Lake and Hemlock
Lake Loops, Frontenac Park**

Level 2 hike, 18km Followed by pot luck at Gunhild's
Place. Depart 8 a.m., Gas \$5
CHIEF PHOTOGRAPHER: Bill Ottney 613 264-2861

**Sunday, June 4 Combined Canoe and Hike Charles-
ton Lake**

With two equal groups. Group 1 drives to the start of the
Blue Mountain Trail, hikes to Blue Mountain then on to
the Lake. Group 2 drives with canoes to the lake Outlet,
then canoes to meet Group 1 at the Huckleberry Hollow
trailhead. The groups then change over and canoe or hike
back. Hike, Level 2, 8 km, Canoe, 6 km. Depart 8 a.m.,
Gas \$5

THE MILLER DUO: Group 1: John Miller 613 264-
8824 Group 2: Dave Miller 613 267-6743

Note: If you do not have a canoe or partner, please call
one of the leaders.

**Saturday, June 10 Joint Rideau Trail and Rideau
Valley Field Naturalist's Outing**

Level 1, leisurely 5 km hike to visit Queen's University
Biological Centre, located near Opinicon Lake. Meet
with scientists to learn about their work with wildlife,
flora, fauna, etc. Bring a lunch. Depart 9 a.m. Gas \$5
NATURALLY LEADING: Jim Ronson 613 264-1937

**Saturday, June 17 RTA 35th Anniversary and AGM
and Dinner at Sam Jakes Inn, Merrickville**

See Notice page 3 for details.

Sunday, June 18 Slide Lake Loop, Frontenac Park

Level 3 hike, 14km One of the most popular and scenic
hikes in the Park. Depart 9 a.m. Gas \$5
LOOPY DAVE: 613 267-6743

Sunday, June 25 Canoe on Palmerston Lake

Depart 9 a.m. Gas \$5

LEADER: Don Sherwin 613 264-0759 or 613 268-2447

Note: If you do not have a canoe or partner, please call
leader.

Saturday, July 1 Foley Mountain

Short hike, long swim or bring your canoe, have fun

Depart 9 a.m. Gas \$3

SKINNY DIPPER: Margaret Lafrance 613 267-6743

Participants' Responsibilities

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

Participants are expected to choose a trip suit-
able 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 ac-
tivities.

Level 2 Generally on trail. May be hilly, light bush-
whacking, some rough spots or obstacles. Boots rec-
ommended.

Level 3 Rough terrain. One or more of extensive
bushwhacking, steep sections, long climbs and de-
scents, beaver dams or other obstacles, rock scram-
bling. Boots, level 2 experience, and a high level of
fitness essential. Long pants and sleeves recom-
mended.

Cycling

Level 1 Few hills, broad roads or bike paths, little
traffic. Participants must be able to ride a bicycle.

Level 2 Some hills, narrower roads, some traffic.
Participants should be fit and experienced.

Level 3 Long hills, narrow roads, excellent fitness and
good cycling skills required.

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 (613) 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 12.

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 (613) 530-2142.

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 Street. Room rental fee contribution is \$3 per member.

RSVP: Linda Line (613) 531-4353

Sunday, March 19 Foley Mountain

Hike the newly re-routed Main trail and blue trails in the park. 10 km. at a moderate pace. Level 1. Gas \$6 + park entrance fee. Meet to depart at 9:00 a.m.

LEADER: Barbara Pusch (613) 544-0933

TUESDAY, March 21 RIDEAU TRAIL CLOSED FOR ENTIRE DAY

Saturday, March 25 Annual Maple Syrup Fest

Lees Road - Unity Road. Third annual visit to a maple syrup camp. If nature cooperates, they'll be boiling and we'll be tasting! 8 km. Level 1 at a fast pace. Possibly some mud. Gas \$3, refreshments \$1. Meet to depart at 9:30 a.m. LEADER: Bill Murdoch (613) 389-3023

Sunday, March 26 Brockville

Hike the Mac Johnson Conservation Area for 10 km. Level 1 at a moderate pace. Gas \$7. Meet to depart at 9:00 a.m. LEADER: Bob Chadwick (613) 352-1052

Saturday, April 1 Cataraqui Trail

Curl Road West section. 15 km at a moderate pace. Coffee break in Camden East. Level 1. Gas \$4. Meet to depart at 9:00 a.m.

LEADER: "Fool"ish Audrey Sanger (613) 384-6244

Saturday, April 1 Alternate Activity

Perth Historic Walk: combine with the Central and Ottawa Clubs in a joint walk through this beautiful town.

Level 1, 6 km. Meet in Perth at 11:00 a.m. in front of the town hall on Gore Street.

For further details call Marg LaFrance, (613) 267-6743

Sunday, April 2 Charleston Lake

Tallow Rock Bay Loop on the West side of the Park. A favourite early Spring hike. 10 km, Level 2 at a moderate pace. Gas \$6. Meet to depart at 9:00 a.m.

LEADER: Watson Ogilvie (613) 530-2378

Saturday, April 8 Depot Lakes

Hike the undulating lakeside trails in this Conservation Area located among the headwaters of the Napanee River. 12 km, Level 2, at a moderate pace. Gas \$5. Meet to depart at 9:00 a.m.

LEADER: Bob Chadwick (613) 352-1052

Sunday, April 9 Cycle Howe Island

Cycle around Howe Island, then return to start point via Hwy #2. Include a stop for refreshments at John Cornish's. Distance approx. 25 km. Level 2. Meet at Howe Island ferry landing on Joyceville Rd south at 9:00 a.m. Ferry costs: \$3.00

LEADER: Don Bond (613) 634-9353

Tuesday, April 11 Hike Leaders' Planning

Meeting to plan the Summer hike schedule. All Club hike leaders are urged to attend for pizza and planning. Bring your calendars and activity ideas. Meet at 6:30 at 117 Park Street, in the Party Room.

Contact: Linda Line (613) 531 4353

Wednesday, April 12 Sheffield Conservation Area,

Hwy 41 Unique flora and fauna. Some bushwhacking probable. Slow to moderate pace. 10-12 km, Level 2, Gas \$7. Meet to depart at 10:00 a.m.

LEADER: Allan Tattersall (613) 549-4080

Good Friday, April 14 **Foley Mountain**
About 12 km from Lions Club Beach Park to Foley Mountain C.A. Hike the new section to the beach and side trails before an early supper in Westport. (Friends welcome – let us know!) A moderate pace, Level 2+, and boots are recommended. Gas \$6. Meet to depart at 9:30 a.m. LEADER: Bill Murdoch (613) 389-3023

Saturday, April 15 **Marble Rock Blue Trail**
Be among the first to hike the scenic new re-route. Central Club called this “a little jewel”! 11 km, Level 3, at a moderate pace, Gas \$5. Meet to depart at 9:00 a.m. LEADER: Peter Murray (613) 382-2824

Sunday, April 16 **Rideau Trail**
A part of the Trail you may not have experienced! Miner’s Point Road south to the Narrows Lock dam. Hills, dales and country roads. Moderate pace, 10 km, Level 2. Gas \$6. Meet to depart at 9:00 a.m. LEADER: John Cornish (613) 382-4778

**Kingston RTA Club
Annual General Meeting**

**Saturday, April 22, 2006, 9:30 am
Little Cataraqui Conservation Area
Outdoor Centre**

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

Sunday, April 23 **Blue Mountain**
Hike new trails to summit of Blue Mountain in Charles-ton Lake Provincial Park. 10 km, Level 3, moderate pace. Gas \$6. Meet to depart at 9:00 a.m. LEADER: Ray Wilson (613) 382 -7189

Saturday, April 29 **Gould Lake**
Hike around the lake. In on the Wagon Trail, then the Main Trail North to Bedford Road. Level 2, 11 km, Gas \$5. Meet to depart at 9:30 a.m. LEADER: John Critchley (613) 634-5475

Sunday, April 30 **Slide Lake Loop**
Frontenac Park. Spectacular views on this Level 3 hike of 16 km. Boots required. Fast/moderate pace. Gas \$5. Meet to depart at 9:00 a.m. LEADER: Bill Murdoch (613) 389-3023

Saturday, May 6 **Crotch Lake**
It’s time again for “Linda’s Loop”. Come and look for

wildflowers on a beautiful but challenging hike. Moderate pace, 17 km. Level 3. Gas \$10. Meet to depart at 8:00 a.m. LEADER: Barbara Pusch (613) 544-0933

Sunday, May 7 **Frontenac Park**
Trail-Mix and Match hike. East Arkon, Birch Lake (south shore), the portage to Little Salmon trail, return via Bufflehead trail to Arab Lake Parking. 14 km, Level 3, moderate pace. Gas \$5. Meet to depart at 9:00 a.m. LEADER: Ray Wilson (613) 382 -7189

Wednesday, May 10 **Gould Lake**
From the Barn along Ridge Walk, return on Main Trail. 10 km. Level 2, at slow to moderate pace. Gas \$5 Meet to depart at 10:00 a.m. LEADER: Allan Tattersall (613) 549-4080

Saturday, May 13 **Fort Henry**
Hike Fort Henry to aromatic Ravensview. Along the waterfront via CFB Kingston and Cartwright Point, with frequent stops to enjoy the views. 8 km. Level 1, moderate pace. Gas \$2. Meet to depart at 9:00 a.m. LEADER: Elgin Bock (613) 389-4216

Sunday, May 14 **SkyCroft**
Hike Ray’s maintenance section from Skycroft to Cata-raqui Trail and return. Feel free to bring your clippers or pruners – just in case! 8 km, Level 2, at a slow pace. Gas \$5 Meet to depart at 9:00 a.m. LEADER: Ray Wilson (613) 382 -7189

Sunday, May 21 **Frontenac Park**
Arkon Lake Loop, 13 km, Level 2, at a moderate pace. Gas \$5 + park fee. Meet to depart at 9:00 a.m. LEADER: Sandra Muis (613) 542-8224

Saturday, May 27 **Gould Lake**
Hike from the Gate via the Wagon, Famous and Tom Dixon Trails and return. 10 km, Level 2-3, at a moder-ate pace. Gas \$5. Meet to depart at 9:00 a.m. LEADER: Gunter Heyland (613) 634-9298

Sunday, May 28 **Frontenac Park**
Gibson Lake Loop from Kingsford Dam. Good wood-land trails, but long hills and a strenuous length earn this a Level 3. 17 km, moderate pace. Gas \$6. Meet to depart at 9:00 a.m. LEADER: : John Cornish (613) 382-4778

Saturday, June 3 **Depot Lakes**
Hike 12 km of breathtaking beauty at a leisurely pace. Possible paddle/swim. 10 km, Level 2, Gas \$5. Meet to depart at 9:00 a.m. LEADER: Audrey Sanger (613) 384-6244

Sunday, June 4 Cycle Amherst Island
Cycle around the island at a moderate pace for 20 km. Level 2. A varying pastoral scene with some beautiful shoreline. Possible stop at a tearoom for refreshments. Meet at the dock for the 9:00 a.m. ferry, return for 2:30
LEADER: Elgin Bock (613) 389-4216

Saturday, June 10 Flag Pole Hill
Stan leads the charge (at a fast-to-moderate pace) to Flag Pole and return. 15 km, Level 3, Gas \$5 plus park fee. Meet to depart at 9:00 a.m.
LEADER: Stan Huff (613) 548-3003

Sunday, June 11 Rideau Trail
Freeman Road to the Gould Lake Barn and return. Lunch and swim at the Barn. Moderate pace. Level 3, 11 km. Gas \$4 Meet to depart at 9:00 a.m.
LEADER: Peter Murray (613) 382-2824

Wednesday, June 14 Charleston Lake Park
Hike the East-side Trails in the Park for 10 km. Level 2 at a moderate pace. Possible swim. Gas \$6 Meet to depart at 9:00 a.m.
LEADER: Watson Ogilvie (613) 530-2378

Saturday, June 17 Rideau Trail Association Annual General Meeting – celebrating 35 Years! See details on page 3.

Sunday, June 18 Rideau Trail
Freeman Road to Sydenham, and return. 8 km, Level 2 at a moderate pace. Gas \$4. Meet to depart at 9:00 a.m.
LEADER: Gunter Heyland (613) 634-9298

Saturday, June 24 Parrott's Bay
Enjoy many large pine trees and learn some interesting history! Start from east side, around north end to SW entrance, and return via different route. 8 km, Level 1 at an easy pace. Gas \$3. Meet to depart at 9:00 a.m.
LEADER: Elgin Bock (613) 389-4216

Sunday, June 25 Gananoque Wildlife Area
Learn from the "locals" the secrets to self-navigating this trail network so you can return again on your own. Forest, rocky outcrops and splendid lookouts. Moderate pace, 15 km, Level 3. Gas \$5. Meet to depart at 9:00 a.m.
LEADER: John Cornish (613) 382-4778

Kingston Club News

Scheduling hikes: The Kingston Club has begun a new practice for planning the quarterly schedule of hikes and other activities. This big job is now largely put together at an evening meeting of leaders. It's hoped that this is going to result in a schedule that is better balanced and more creative, since it gives the hike leaders a chance to work together as a team. The next such meeting is set for April 11. Any member with comments or new ideas to contribute can contact the Kingston Vice Chairman John Cornish at 382 4778.

Hike Coordinating Team : Organizing the leaders' input and finalizing the hike schedule is a big responsibility. We've now developed a 4-person Coordinating Team, working together to make sure we have a fine line-up of activities. Members are: Don Bond, Bob Chadwick, Audrey Sanger and Elgin Bock. The whole Club thanks these folks for volunteering to develop this new approach! Big thanks as well to Don Bond and Jean Thompson for their work over the last several years.

One of the most popular Club activities is the Wednesday Walkers. Special thanks go to John and Marilyn Milloy for their ongoing coordination of these walks.

Membership Survey: Last summer, the Club surveyed all its members regarding their hiking history and preferences. It was heartening that well over 100 members responded. Your Executive especially thanks those who took the time to provide additional ideas and comments. Keith Bull did a masterful compilation of the results. There was a lot of good information generated, and this has been affecting our planning for the Club itself, and the development of the Club program. One conclusion is that many of our members would appreciate more optional social opportunities during and after the hikes. Hike leaders are taking this into consideration in their planning.

Publicity Coordination Team: We're pleased to introduce a new addition to your Club's roster of central volunteers. Elaine Lowen will be handling Club publicity, and developing new ways of communicating the Club's activities and objectives. Thanks Elaine! And thanks as well to Audrey Kilpatrick and Jean Thompson for the great Publicity job that they've been doing, and for working with the new team as they learn the ropes .

Scenes from the End-End Hikes — September, 2005

[photos by Irma Stegner]



Irma Stegner (left) and Bob Chadwick (right)
inspect the signpost near Skycroft.



Over the stile and through the bush !



End of the second day



Off the bus and ready
to hike.

RTA Kingston Club — Annual Vermont Hiking

On Green Mountain and Long Trail September 11 – 15 (Mon – Fri), 2006

Kingston Rideau Trail Club is offering the Vermont annual hiking trip, costing approximately US\$160 (approximately Can.\$225) per person. Covering 4 nights (bunk) accommodation at the Red Fox Alpine Lodge, near Jeffersonville, Vt. , plus 4 big breakfasts, 4 delicious dinners and an ice cream feast. Watson Ogilvie will continue to plan hikes and lead us, requiring assistant leaders for the challenging hikes.

A minimum of 20 paid guests is required for meal service (crucial!) and a deposit is required soon. Those planning to participate are asked to send a Can.\$50 cheque issued to Watson's assistant: ELAINE LOWEN, 474 GRAND TRUNK AVE WEST, KINGSTON, ON. K7M-8W8 by MAY 1st. The final Can.\$ cheque can be submitted in September at the 'adventure'.

New policy: those canceling within 10 days of the event forfeit their deposit.

All participants should be fit, experienced hikers who enjoy climbing hills. Each morning, you can decide on the challenging or the moderate hike. The first 30 cheques received will guarantee an entry with the group (max.40 participants). Please carpool among yourselves from Kingston, Perth and Ottawa clubs, contacting Elaine/Margaret for a list of prepaid participants. More information from:

Elaine Lowen: 613-545-1028. Email: elaines@kingston.net
Margaret Wild: 613-542-9626. Email: margaretwild@sympatico.ca

Please confirm by email that you have mailed a deposit cheque. Thanks for volunteering again, Watson!

Letter to the editor.

L'Esterel Ski Trip

We are just home from the wonderful weekend at L'Esterel with fellow Rideau Trail members. It was our first time on this adventure, only because we hadn't been thinking ahead and were too late to consider it. We met both old and new friends who made us feel very welcome.

We were fortunate as well to be on a trip with Conrad, such a capable driver, who got us safely home through heavy traffic, snow, freezing rain and rain. He has won the admiration and gratitude of all the members over the years he has driven the bus. We add our thank you Conrad.

L'Esterel is such a perfect spot for all the activities and we even enjoyed the dog sled which I imagine we'd never have had a chance to do otherwise. Even the weather was great. Our son and a friend came up from Montreal for the day on Saturday and enjoyed the area and the skiing so much that they plan to return.

Who could have known that Doug's idea for a trail back in 1971 could ever have grown to such a degree. It is so rewarding to see everyone's enjoyment of the trail and all the activities that stem from it like this weekend.

Thank you for your friendly smiles and conversation and we hope we meet again on the trail or perhaps on the next ski weekend.

Mike (Jane) Knapp

Recent Donations to the Rideau Trail Association

To the RTA: Elizabeth Kirchhoff

To the Rideau Trail Preservation Fund:
Elizabeth Boston
Maureen Dawson
Jane Hough
Beverley Wigney

Recruiting New Members In South Africa

By Alan German

In November, 2005 a group of RTA members took an overland tour of South Africa. While the tour was not dedicated to hiking, it did offer the chance to climb up some of the country's mountains and do some walking in semi-desert terrain. And, while there, the group took the opportunity of promoting the RTA - to at least one of the country's inhabitants.

Amongst the sixteen participants on the tour were RTA members Geoff and Jenny Berry, Harrienne Rosenes, Elizabeth Ballard, Alan and Carol German. We travelled in a ten-ton truck, with a ladder for entry/exit and huge side windows for good viewing of the terrain and the animals. Our accommodation was varied, with individual, tented bedrooms (each with a tiled floor, and an attached brick and tiled washroom/shower facility!) on a game reserve; a farm house; cabins in the mountains and the desert; and small hotels in the cities. Over the three weeks of the tour, we drove about 4500 km.



Olivia (fourth in line) hikes with the group in the Karoo. [photo by Judy Norget, Salt Spring Island, B.C.]

We started from Johannesburg, travelled north, and spent two days driving around Kruger National Park. We were lucky enough to see all of the "big five" (lion, leopard, elephant, rhino and buffalo), plus giraffe, zebra, hippos, crocodiles, several species of antelope, other game animals, and lots of birds. We also visited the Indian Ocean

(Durban), the Drakensburg mountains, the Karoo (semi-desert), and the south coast, ending with a few days in Cape Town.

In the Drakensburg mountains, we stayed in "Canadian" log cabins, having travelled up the track to the lodge in an ex-army, four-wheel drive Uni-mog. The mountain setting was spectacular, with hills all around, as far as the eye could see. The highlight of our hiking in these mountains was a trip to see a group of bushman rock paintings, followed by a steep climb to the top of a ridge to view a colony of Cape Vultures, a vulnerable species in South Africa. From the edge of the ridge one could look down and see adult birds, with their 2.5 m wingspans, gracefully soaring on the thermals far above the valley below. Not for the faint of heart, moving to the very edge, and looking straight down into the cleft of the rocks, allowed a view of the chicks on the nest. However, perhaps "chicks" is not a very good descriptor as the young birds, although not yet capable of flight, were almost as big as the adults!



Olivia fondly eyes the footwear of RTA members (L-R front) German and Geoff Berry.
[photo by Jennifer Berry]]

Later in the tour, the group visited the Karoo, a large area of semi-desert, sparsely vegetated, with rolling hills. Those of you who know Geoff Berry will not be surprised to know that his out-going nature was brought to the fore when meeting South African residents. In particular, in the Karoo, he undertook an RTA membership drive, and so it was that Olivia, who

-continued on the next page

lived at the lodge/game reserve, joined us for a hike through the desert.

Our guide's instructions were to travel in single file along the rough track, partly to avoid damaging the local flora, but also to ensure unwelcome encounters with local snakes! Olivia followed these guidelines precisely, and ensconced herself in the middle of our group. This extremely tall young lady made quite a striking figure, striding out along the trail. However, we're not too sure that she would exactly fit into most RTA trips. When the group stopped for water breaks, Olivia would bite the eyelets of peoples' shoes and backpacks, and chew on buttons on their sleeves. And, when the group wanted to look at the local flora in bloom, Olivia would eat the flowers! Perhaps, having a Common Ostrich as an RTA member wouldn't really work.

The final few days of the tour were spent in Cape Town where the group hiked up Table Mountain via the Platteklip Gorge. The trail is well used and very well maintained but, with a vertical climb in excess of 600 m, requires a couple of hours to reach the top. So, can someone tell me why we climbed up, and took the cable car down? Nevertheless, the view from the top was worth the climb, looking over the city, and across the bay to Robben's Island, the prison island for political dissidents during the apartheid years.

The South African trip, normally restricted to those under 55-years-old, was a pilot tour to see if it would suit the more mature crowd (the old folks!) I think our group acquitted ourselves reasonably well. Our thirty-something guide was quite impressed that most people did the fairly strenuous hikes, and kept up with the occasional frantic pace of early starts, and long days of driving. And, our only disappointment was not being able to sign Olivia up as an RTA member!

RENEW YOUR RTA MEMBERSHIP NOW !

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those who have not renewed.
Support the Rideau Trail !
Use the renewal form on the back page.**

Information (Board) on the Association

Thanks to the National Capital Commission, the R.T.A. has been given the use of a surplus information board located in Ottawa's Greenbelt (in Parking Lot 6 on Richmond Road, to be precise). The site is ideal as it is at a parking lot used by many people to access NCC trails which at this location double as part of the Rideau Trail where it crosses Richmond Road.

At present, the information board displays the map showing the whole Trail between Ottawa and Kingston and a promotional poster (both a French and an English copy). At the top of the board we have put a permanent sign to make sure people are aware that the information emanates from the Rideau Trail Association and is not part of the National Capital Commission's own information displayed on an adjacent board.



[photo by Nigel Brereton]



MEMBERSHIP OR RENEWAL 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 this form (or download one from www.rideautrail.org) to:

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

All members must be at least 18 years of age.

- | | |
|--|----------|
| ☐ Annual Individual Membership | \$20.00 |
| ☐ Annual Household Membership
(Two adults at the same address) | \$25.00 |
| ☐ Patron (Life Membership) * | \$500.00 |
| ☐ Trail Guidebook: Members ** | \$25.00 |
| Non-members** | \$30.00 |
| ☐ Car Sticker (free to new members) | \$1.00 |
| ☐ RTA Hiker Namepin | \$6.00 |

Name on pin (print in CAPS)

- | | |
|--|---------|
| ☐ 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:

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...

**PUBLICATIONS MAIL AGREEMENT NO.
40022816**

**RETURN UNDELIVERABLE CANADIAN
ADDRESSES TO**

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