



The Rideau Trail

FALL 2006

ISSUE NO. 141



before

***and
after***

Robin Turkington, Bill Murdoch, and Tony Parfitt are shown (while John Critchley took the photo) resetting the bridge south of Centreville back on its moorings. It had been washed downstream by the ice and high water last winter and was listing at a 45 degree angle.



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Rideau Trail Association Newsletter
Issue 141 Fall 2006

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Photo credits: Front cover John Critchley; Outstanding Service Award (p.5) Ernie Trischuk; Bill Grant (p.5) Marion Dunning; Hendrika Maria Exel-Gillesse (p.18) Coby Fuykschot.

Submissions for the Next Newsletter

The Winter 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 **November 1, 2006** and that they are sent directly to the Ottawa editor:

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President's Message

Plans have been undertaken with the Rideau Waterway Land Trust to go ahead and create a blue loop trail on the Rock Dunder property. With the help of Bill Murdoch and Ray Wilson using GPS, the new trails have been located on a map of the site. The new trail should be in place by early Fall. There will be a hike with refreshments being served to celebrate the opening of this trail on Oct 15 (see Kingston Club Activities).

The Crotch Lake Trail (Linda's Loops) has been in existence for several years. It began as a desire by Linda Sterling for a place to hike in the area around Crotch Lake. As a girl she was taken by her Dad bushwhacking over the rock ridges to Coxvale. With the help of some members of the Central Club, permission was given by the Ministry of Natural Resources for her to build a trail on Crown land. She had initially thought of a wilderness backpacking trail around the entire lake but the work and time involved precluded such an undertaking. Linda built an 18 km trail at Crotch Lake that has become a popular venue with RTA members. The terrain is scenic, rugged and challenging. Since Linda now finds she is unable to continue the heavy work involved in keeping the trail in good shape, she was agreeable for the RTA to take over the maintenance and to make Crotch Lake a Blue Trail. The ministry was contacted and permission was granted with a few minor conditions. (See p. 15.)

Many people find that the fall is the ideal time to go hiking. The weather is more comfortable and the colourful scenery can be enjoyed without the presence of most of the biting insect population. On perusal of the Kingston membership list I think that there must be a large number of armchair hikers out there because we never see you out on the trails. I wonder if this also applies to the other two Clubs. I hope more of you will take advantage of the great hikes we have planned for you this fall. Sept. 25 to Oct. 1 is Ontario Hiking Week. Another opportunity to get out on the trails is to participate in the Frontenac Challenge which takes place in September and October. Registration for this event is at the Trail Centre in Frontenac Provincial Park.

A big thank you to all our volunteers who have made a contribution to the effective running of the Association this year. Volunteers are the Beating Heart of our organization. Sept 9 is Volunteer Appreciation Day and the party is at the Rideau Ferry Cons. Area, Perth. We hope to have a large turnout for this event arranged by the Central Club.

The Rideau Trail was officially opened on Nov 7th 35 years ago. There are to be Anniversary hikes on Foley Mountain on Sunday November 5th to celebrate this event. All members of the Association past and present are invited to attend. (See your Club Activities Schedule)

See you on the Trails. *Dave Armitage*

Special Hikes this Fall

35th Anniversary of the Official Opening of the Rideau Trail Sunday, November 5, 2006, 11.00 a.m. at Spy Rock, Foley Mt. C.A., Westport. Hikes depart the Lions Club Beach, Westport 10.00 a.m. (level 2) and Foley Mt. C.A. first parking area from the entrance (\$5 per car) 10.00 a.m. (level 1). See club programs for more details.

Inaugural Hike at Rock Dunder on the New Blue Trail Sunday, October 15, 2006. Meet 11.00 a.m. at the new parking lot up the gravel laneway off Highway 15 opposite the Morton sign on the south side of Morton (right turn from the north, left turn from the south). See club programs for more details.

THE OFFICIAL OPENING OF THE RIDEAU TRAIL TOOK PLACE 35 YEARS AGO THIS FALL

On Sunday, November 7, 1971, at approximately, 11.00 a.m. the Rideau Trail officially came into being. A ceremony took place at Foley Mountain Conservation Area. A steel engraved plaque embedded in a rock on the Main Trail records the event.

Colonel Duncan Douglas of Merrickville, Chairman of the then Smiths Falls (now Central) group presided over the occasion. The Hon. James Auld, Minister of Public Works for Ontario, spoke about the concern of his department for the preservation of natural areas for recreation and conservation. The Hon. John Davis, Minister for the Environment in the Federal Government, offered his congratulations and marked the official opening by nailing an orange triangle to an oak tree.

Dr. Fred Cooke, the founding president of the Rideau Trail Association, expressed his appreciation for all the

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WINTER HIKING 2007

The End-to-End winter hiking has become so popular that it has been decided to form two groups.

Group 1: Will be led by Grant (613-842-8736) and Bernie (613-258-9675) and will travel a minimum of 15 km per day, starting at 8.30 on January 6 at the Ottawa Trailhead.

Group 2: Will be led by Bill (613-389-3023) and will travel a minimum of 10 km per day, starting at 8.30 on January 6 at the Kingston Trailhead.

Additional days: Jan 7, 19 (night hike) 20, 21, February 10, 11, 24 and 25. Participants can expect to be on the Trail a minimum of 5 hours, travel at a moderate pace, hike or snowshoe (have not needed to snowshoe the last two years), and as always skiers are welcome but must arrange their own transportation.

Join us for a day, weekend or go all the way for the coveted "End-to-End" badge with snowflakes. The Trail is beautiful at this time of year. *Bill Murdoch*

-Official Opening, continued

work put in by members in completing the Trail. Then he and Mr. Davis led a sizeable proportion of the assembled crowd on a half-mile walk along the Trail, returning later to the scene of the opening for coffee and sandwiches.

The above information was derived from the second issue of the Rideau Trail Newsletter (Fall 1971). In this same issue, it was reported that all the Main Trail, initially 180 miles long from Kingston to Ottawa, was open. This was thanks to the hard work of three local groups and an inspired initiative in accessing the Federal Youth Opportunities Program that provided salaries for 28 students to spend the summer in the woods, blazing the trail. With about half of the Trail on private land, there must have been an extraordinarily effective negotiation with and cooperation from landowners.

Another dramatic achievement in 1971 was the recruitment of 700 members. For the record, the annual fees were students (school or college) \$2.00, adults \$4.00 and family membership \$6.00.

To commemorate the official opening of the Trail 35 years ago, the Kingston Club is organizing three special hikes, including one on Foley Mountain on the nearest Sunday (Nov. 5, 2006). The idea to commemorate the occasion originated with Robert and Jane Hough who have offered to lead a hike in the beautiful Opinicon area on Saturday, November 4. *Bob Chadwick*

Highlights of the July 22, 2006 RTA Board Meeting

The seventh edition of *The Rideau Trail Guidebook* has been produced and was available in time for the June AGM. The Board is extremely happy with the results of this project and commends the work of Linda Hayes and Ernie Trischuk who jointly managed the project. Linda and Ernie have each been presented with a copy of the new *Guidebook*, signed by the Rideau Trail Association (RTA) Board members, as a gesture of the Board's appreciation for their work.

Mark Brus, Project Officer with Parks Canada, made a presentation on *Rideau 175* to the Board at our July 22nd meeting. *Rideau 175* is the celebration of the 175th anniversary of the completion of the Rideau Canal, and consists of a large number of events planned for the year 2007 (visit www.rideau175.org for more information). There are many opportunities for the RTA to participate in *Rideau 175* thereby further promoting public awareness of the Rideau Trail. The Board will be looking at a variety of alternatives over the next few months.

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Fall 2006 Hunting Season

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

Deer hunting with rifles is scheduled for the period between November 6-12 and 20-26 in the forested and rural areas through which the Rideau Trail runs. For archers the season extends from October 1 to November 5.

The hunting season for migratory and other game birds begins September 9 and runs until December 27. Hunting activity is most prevalent in the first three weeks of this season.

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

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

2006 Rideau Trail Association Outstanding Service Award

The Ottawa Rideau Trail Club recipient of the 2006 Rideau Trail Association Outstanding Service Award is Peter Hawkins. Peter has been a member of the Rideau Trail Association since 2001 and has made many contributions in a relatively short period of time. Peter served as President of the RTA from 2001-2003 and in that role supported and encouraged the implementation of the e-letter. He also guided the Board through the process of updating our general liability insurance policy, during a time when insurance rates were on the rise.

Since October 2003, Peter has taken on two important roles: RTA Treasurer and RTA Webmaster. Peter has revamped the RTA website, improving the look of the website and adding additional content. He also prepares and issues the e-letter, and he maintains the list of e-mail addresses for the e-letter.



David Armitage (president), Peter Hawkins, Ron Hunt (vice-president), at the June 2006 AGM

Peter is a snowshoeing enthusiast and was the organizer of the special "Snowshoeing Series" of outings in the winters of 2002 and 2003. Peter has shared his knowledge about snowshoeing with us by writing about it in the Newsletter and by presenting the snowshoeing part of the Hiking Workshop put on by the Ottawa Rideau Trail Club at the Museum of Nature in October 2004. He continues to be a popular leader of snowshoeing outings in the Ottawa Club.

Ron Hunt, Chair – Ottawa Rideau Trail Club

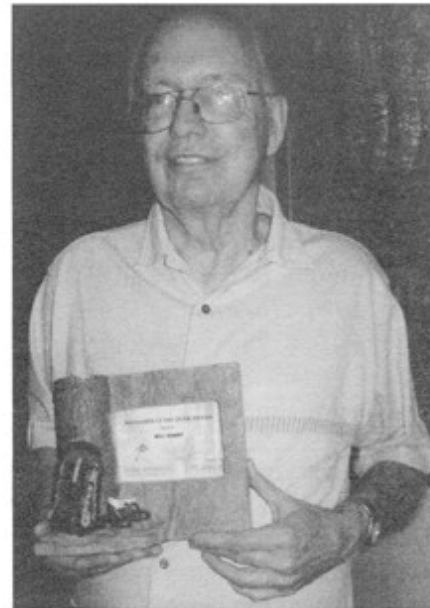
Highlights of the RTA Board Meeting, continued

The Board has approved the addition of the *Crotch Lake Trail* to the portfolio of trails that are maintained by the RTA. This trail is northwest of Sharbot Lake and the

Bill Grant - Volunteer Par Excellence

by Elizabeth Mason with input from Ron Hunt

At the Ottawa Club AGM in April 2005 Bill announced that he was stepping down from all Executive responsibilities. This spring the Ottawa Club honoured Bill for his thirty years of service to the Rideau Trail Association.



Bill Grant receives Hike Ontario Volunteer Award

Bill Grant has been a member of the Rideau Trail Association since 1976 and has been active in various volunteer roles for most of that time. He has been and is a loyal member of the organization, passionate about "the cause", resourceful, energetic, willing to take on a variety of tasks, and dependable. Is there any way we can clone Mr. Grant?

Over the years Bill has served the Rideau Trail Association in numerous executive capacities as:

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Central Club will have the responsibility for maintaining the trail.

The Board also approved the motion that the Rideau Trail Association host the 2006 Hike Ontario AGM. This event will take place in Kingston on October 28, 2006. Members of the RTA are welcome to attend the AGM and dinner. Visit www.hikeontario.com for more information.

The next regular meeting of the Board is scheduled for October 21, 2006.

Ron Hunt Vice-President

FALL 2006

President of the Rideau Trail Association: 1978-1979
Vice Chair of the Ottawa Club: 1982-1994
Ottawa Club Activities Coordinator: 1988-1993
Ottawa Club Human Resources Coordinator: 1994-2005
Ottawa Club Representative on the RTA Board: 2000-2005

During this time span Bill has also been a hike leader, trail maintainer and a writer. He even found time to complete his End-to-End in 1990.

The Rideau Trail Association Newsletter is richer for the articles that he has written. His contributions included "Hiking on Manitoulin Island" – Fall 1985, "Après Hike" – Spring 1987, "Swimming Holes on the Rideau Trail" – Summer 1988, "Snakes Along the Trail" – Summer 1989, "Secret Cemetery in the Forest" – Winter 1991, "Hiking in Atlantic Canada" – Summer 2000.

The Ottawa Club activities and social events flourished when Bill was Ottawa Club Activities Co-ordinator from 1988-1993. Ottawa has a much richer quarterly program now than we did in the formative years of the Rideau Trail Association thanks in large part to Bill's efforts and leadership. And when Bill leads a hike, he takes you on an interesting walk, followed by some "Après Hike".

In addition to serving the Rideau Trail as a writer, a hike leader and a trail maintenance worker, Bill has also taken a leadership role in making the Rideau Trail Association a strong and well run organization. He has provided the Board with guidance on administrative processes and procedures. His most recent contributions were the Board policies on the management and control of the RTA Brochure and Distribution of the Guidebook.

In his role as the Human Resources Coordinator on the Ottawa Rideau Trail Club executive from 1994-2005, Bill had a talent for finding resources for executive positions and special projects and provided an invaluable service to the Ottawa Club.

In recognition of Bill's long service and many contributions he was presented with the Hike Ontario Outstanding Volunteer Award. As well, he was given a small gift from the Ottawa Club in appreciation of all that he has done.

Rumour has it that Bill was disappointed at the dinner honouring him because he was roasted rare rather than well-done. To correct this oversight I spoke with a few

long time members of the club. Many noted that Bill's volunteer skills are not matched by his driving acumen. Car problems, driving mishaps and Bill go hand-in-hand. Members learned to pool with someone else and leave the innocent neophytes to drive with Bill. Maybe that is why he was able to find so many willing hands! "I'll do anything but drive with you, Bill", they said.

Years ago the Ottawa club painted the schoolhouse. Bill was a good supervisor but DO NOT give him a paintbrush! He splashed more paint on the grass, himself and others than ever hit the schoolhouse wall.

We love you, Bill. And thank you from the bottom of our hearts for all you have done for the RTA. May we meet on the hiking trail or in the après-hike tea room for many years to come.

RTA End-to-End Awards: 2006

The following Rideau trail members completed their end-to-end hikes and received their awards at the June 2006 AGM or by mail:

413 Terry L. Kinnear	426 Wayne Stryde
414 Donald L Mackinnon	427 Paula Ainley
415 Peter Burbidge	428 Gunter Stefan
416 Doris Ihrig	429 Joan Evans
417 Kathryn Fournier	430 Lisa Pent
418 Trudy Stephen	431 Ruth Kirk
419 Joy Webster	432 Maureen Dawson
420 Bruce Henderson	433 Karin Weiss
421 Linda Redekop	434 Louise Marchand
422 Wilfred Gilchrist	435 Suzanne Brown
423 Brian Echlin	436 Jose Havet
424 Linda Magee	437 Louise Dignard
425 Doris Lantz	

RTA Winter End-to-End Awards: 2006

The following Rideau Trail members completed their WINTER end-to-end hikes and received their awards at the June 2006 AGM or by mail.

15 Rheal Legault	21 Bill Murdoch
16 Dorma Grant	22 Don Grant
17 Margaret Wild	23 Ginger Lefebvre
18 Bruce Brenot	24 Grant Malinsky
19 Barbara Pusch	25 David Armitage
20 Bernard Kerr	

RIDEAU TRAIL ASSOCIATION - 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 Tunney's Pasture OC Transpo stop is one block away. Transportation is by pooling of private cars; 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 contact the Ottawa Club at 613-860-2225. See note on **Participants Responsibilities and Levels of Difficulty on p. 14.**

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 the 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).

MOONLIGHTERS "URBAN WALKS"

Every Tuesday evening beginning September 12 through to October 24, there will be an Ottawa urban walk. There will also be a refreshment stop each evening after the walk. Do not go to Tunney's Pasture. The meeting location for each walk is included in the description the event (see below). The overall co-ordinator of the Urban Walks is Pat Archer 613-565-6149.

MEET AT THE STARTING POINT OF THE WALK FOR DEPARTURE AT 6:00 p.m.

September 12 - Rideau River/Ottawa East

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

September 19 - Leamy Lake

Meet in parking lot at "east end" of Jacques Cartier Park (end of Laurier St. at Dussault St.). LEADER: Grant Malinsky 613-842-8736

September 26 - Hog's Back/Vincent Massey Park/Ottawa South

Meet in RA Centre parking lot (near Riverside Drive). LEADER: Ralph Sullivan 613-749-5534

October 3 - Experimental Farm

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

after junction of Preston St. and The Driveway). LEADER: Pat Archer 613-565-6149

October 10 - Rideau River/New Edinburgh/Sandy Hill

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

October 17 - Ottawa/Hull Bridge to Bridge (Portage/Interprovincial)

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

October 24 - Canal Bridge to Bridge

Meet at TD Canada Trust (Pretoria Bridge & The Driveway). LEADER: Pat Archer 613-565-6149

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 613-747-2985 for more information including the meeting place. Do not go to Tunney's Pasture.

From the Editors: Newsletter Submissions Wanted

Your articles and pictures are welcome and add interest to the Newsletter. Write about an organized RTA hike, a personal hike, an outdoor adventure or a hiking anecdote that would be of interest to Newsletter readers. Or share with us your favourite hiking photograph. Winter themes would be especially appropriate for the next edition. See page 2 for submission information.

WEEKEND ACTIVITIES

Saturday, September 16 – Pub Walk

Level 1. 9 km. Urban walk from Billings Bridge to Wellington/Holland with stops at four pubs. Transportation to the start of the walk via OC Transpo bus 87 or 97; no car-pooling. Depart: 10:30 a.m.

LEADER: Grant Malinsky 613-842-8736.

Saturday, September 16 – 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 pick up litter along the road allowance. Please register in advance so that enough equipment can be provided. 'Rain date' will be September 30. Meet at Fallowfield Park 'N' Ride, North West section. **Do not go to Tunney's Pasture.** Depart 9:00 am. Gas \$5.

LEADER: Suzanne Brown 613-224-6006.

Saturday, September 23 - Ottawa River Parkway

Level 1. Distance flexible. Bring transitway fare or ticket. Depart: 1:00 p.m. LEADER: Jean Cottam 613-726-1596/cell: 613-299-8856.

Saturday, September 23 – Marble Rock Trail

Level 3. 11 km. A short, scenic and challenging hike followed by an overnight stay in Gananoque. Contact the leader for further details. LEADER: Ron Hunt 613-590-7467 or e-mail: re.hunt@sympatico.ca

Saturday, September 30 - Stittsville

Level 1. 7 km. Memorial hike for Hendrika Exel. Let's capture her spirit on the Rail Trail from Stittsville to Kanata. Option to extend the hike from Kanata to Bells Corners. Depart: 1:00 p.m. Gas \$3. LEADER: Coby Fuykschot 613-722-6022.

Saturday, September 30 - Carp Farmer's Market

Level 2. Distance 65 km. Bicycle to Carp Farmer's Market (bring your own lunch or buy one there). See aboriginal wigwam and native food demonstrations and then ride back to Ottawa. Depart: 9:30 a.m. LEADER: Peter Scott 613-729-9557 or e-mail: Peter_Scott@hc-sc.gc.ca

Saturday, October 7 - Gatineau Park, Chelsea Visitor Centre

Level 1. About 8 km. Morning hike over the snow-shoeing trails (short climbs/descents) followed by picnic lunch at the NCC Visitor Centre. Option to continue in afternoon (followed by tea stop). Depart: 9:30 a.m. Gas: \$3. LEADER: Theodora Newton 613-579-3540.

Saturday, October 7 - Gatineau Park

Level 2. 20 km. Hike will start from P.17 and circle Lac Phillipe, traversing trails 52 and 50 with a stop at the beach; returning via trails 51 and 53. Depart: 9:30 a.m. Gas: \$5.

LEADER: Laraine Laughland 613-723-8851.

Sunday, October 8 - Ottawa Rideau Trail

Level 1. 10 km. Walk along the Rideau Trail past Moodie Dr. and circumnavigate the Equestrian Park. OC Transpo tickets or pass needed for return on 96 bus - tickets can be purchased from leader before the hike. No car-pooling. Meet outside Pizza-Pizza at Lincoln Heights Mall. **Do not go to Tunney's Pasture.** Depart: 10:00 a.m. LEADER: Denise Hudson 613-232-9852 denisehudson@sympatico.ca

Saturday, October 14 - Western Greenbelt

Level 2. About 12 km. NCC Trails: 28-26 & old 11. Meeting Place: South end of the Baseline Transitway Station Park-and-Ride. **Do not go to Tunney's Pasture.** Depart: 10:15 am. Gas \$2. LEADER: Jean Cottam 613-726-1596/cell: 613-299-8856

Saturday, October 21 - Murphy's Point Park

Level 2. About 10 km. A picturesque loop through the park along trails and roads with excellent lakeside views. Depart: 9:00 a.m. Gas: \$7.

LEADER: David Spector 613-270-1046.

Saturday, October 21 - Rideau Trail

Level 1. 10 km. Rideau Trail from parking lot on Corkstown Rd to Lime Kiln parking lot with car shuttle. A pleasant walk on the Rideau Trail through the Greenbelt and Stoney Swamp area. Depart 9:30 a.m. Gas \$2. LEADER: Ron Maybury 613-836-2953 or ronmay@rogers.com

Saturday, October 28 - Mer Bleu

Level 1. 6 km. Hike at an easy pace. World famous bog. Depart: 1:00 p.m. Gas \$3.

LEADER: Coby Fuykschot 613-722-6022.

Saturday, October 28 - Gatineau Park

Level 2. About 10 km. Easy paced hike in the Kingsmere area. Return early afternoon. Depart: 9:30 a.m. Gas: \$3. LEADER: Alex Bissett 613-828-4363.

Sunday, October 29 - Gatineau Park

Level 2. About 8 km. Enjoy a Sunday afternoon 2 hour hike on the cross-country ski trails in the Booth area -

hilly terrain. Remember this is the daylight saving 'fall behind' weekend. Optional dinner stop on the way home. Depart: 2:00 p.m. Gas: \$3.
LEADER: Elizabeth Mason 613-729-6596.

Sunday, October 29 - Gatineau Park

Level 3. about 10 km. Off-trail exploratory hike with opportunities for navigation practice. Depart 9:30 am. Gas \$3. LEADER: Graham Cready 613-789-1657

Saturday, November 4 - Western Greenbelt

Level 1. About 7 km. Jack Pine Trails and vicinity. Meeting Place: South end of the Baseline Transitway Station Park-and-Ride. **Do not go to Tunney's Pasture.** Depart: 10:15 am. Gas \$2. LEADER: Jean Cottam 613-726-1596/cell: 613-299-8856.

Saturday, November 4 - Mont Rigaud

Level 2. 14 km. loop on wide trails through hardwood forest on Mont Rigaud, a 90-minute drive from Ottawa. At the end of the hike, possible refreshments at la Sucrerie de la Montagne and/or a short but rocky and steep sunset hike from le Sanctuaire Notre-Dame-de-Lourdes to la Croix de la Montagne with an extensive view. Bring warm clothing layers, rain gear, hot drinks, a snack as well as lunch, and a flashlight for hiking down from la Croix after sunset. Depart 9:00 a.m., probable late return. Gas: \$9.
LEADER: John Haley 613-225-0590.

Sunday, November 5 - Gatineau Park: Twin/Finger Lakes Tour

Level 3 hike. Minimum 16 km. Scenic Twin/Finger Lakes area. Hilly terrain. This will be an extensive tour of the area. Depart 8:30 a.m. Gas \$5.
LEADERS: Ann Lane 613-741-3184 or en814@freenet.carleton.ca and Dave Audette 613-224-1147 or dg.audette@sympatico.ca

Sunday, November 5 - Celebrate Rideau Trail Anniversary at Foley Mountain

See announcement elsewhere in the Newsletter for details. Ottawa contact is Ron Hunt at 613-590-7467 or by e-mail at re.hunt@sympatico.ca

Sunday, November 12 - Gatineau Park: Eardley Escarpment Ridge Hike #3.

Level 3. Approx. 14 km. Hilly terrain. #3 in a series of hikes along the Eardley Escarpment West to East. Western lodge, Old Champlain Lookout, Many nice views. There will be a car shuttle. Depart 9:00 a.m. Gas \$5. LEADERS: Ann Lane 613-741-3184 en814@freenet.carleton.ca and Dave Audette 613-224-1147 dg.audette@sympatico.ca

Saturday, November 18 - Rideau Trail

Level 2. 15 km. The Long Bush section from Rosedale to Dwyer Hill Road. Good trail conditions. Gas \$5. Departs 9:00 a.m.
LEADER: John Barron 613-828-2296.

Saturday, November 18 - Eastern Greenbelt

Level 1. About 8 km. Early winter along the river. Very easy walking for end of season for our 'Walk and Roll' hikers. Follow the bicycle path in the Green's Creek area from St Joseph Blvd along Green's creek and the Ottawa River to Hiawatha Drive or maybe even as far as lower Bilberry Creek and Place d'Orleans. Possible stop for coffee at Tim Hortons after. Take bus back to starting point or directly home. **Meet at 1:00 p.m. at the Montreal Road bus stop** (at Montreal Road and Hwy 174 east). Use bus #95 east. **Do not go to Tunney's Pasture.** Those who come by car must call leader for parking instructions.
LEADER: Ruth Hutchinson 613-749-0990.

Saturday, November 25 - Western Greenbelt.

Level 1. Hike or snowshoe. About 8 km. Sportsplex/Slack Rd Trails. Meeting Place: South end of the Baseline Transitway Station Park-and-Ride. **Do not go to Tunney's Pasture.** Depart: 10:15 a.m. Gas \$2. Please call the leader, due to uncertain weather. LEADER: Jean Cottam 613-726-1596/cell: 613-299-8856

Saturday, December 2 - Rideau Trail

Level 1. About 4 km. Tunney's Pasture to Richmond Landing. (Further if weather conditions permit.) Save the gas money for a coffee at the War Museum! Depart: 1:00 p.m.
LEADER: Coby Fuykschot 613-722-6022.

Sunday, December 3 - Eastern Ottawa

Level 1. About 10 km. Hike to Petrie Island from Place d'Orleans. Easy walking. Take the pedestrian walk way over the highway at Place d'Orleans and meet in the Park and Ride area. Easy access by bus # 95 for the 'Walk and Rollers'. **Do not go to Tunney's Pasture.** MUST call leader in advance. Depart: 1:00 p.m. LEADER: Ruth Hutchinson 613-749-0990.

Saturday, December 9 - Western Greenbelt

Level 1. Hike or snowshoe. About 8 km. Destination: Lime Kiln. Meeting Place: South end of the Baseline Transitway Station Park-and-Ride. **Do not go to Tunney's Pasture.** Depart: 10:15 a.m. Gas \$2. Please call the leader, due to uncertain weather. LEADER: Jean Cottam 613-726-1596/cell: 613-299-8856.

RIDEAU TRAIL ASSOCIATION – KINGSTON CLUB ACTIVITIES

The meeting place for our activities, unless stated otherwise, is the **Canadian Tire parking lot, along Bath Road towards the gas station**. Be there shortly before the departure time indicated. Bring lunch, extra water, insect repellent and sunscreen. 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 Drive, Kingston, K7M 7X5. See note on **Participants Responsibilities and Levels of Difficulty** on p. 14. Please note pace scale: slow 2-3 km/hr, moderate 3-4 km/hr, fast 4-5 km/hr, very fast 5+ km/hr.

Wednesday Walkers depart at 1:30 p.m., except on the second Wednesday of the month when an all-day outing is scheduled (see below). For information on these afternoon walks, call the Milloys at 613 530-2142.

SPECIAL HIKES THIS QUARTER

September-October – Frontenac Challenge, September 16/24/30, Oct. 14/21

Anyone preferring weekday hikes call Audrey Sanger 613 384-6244, John Cornish 613 382-4778 or Jane & Robert Hough 613 373-2268

October 15 – Rock Dunder, hike to initiate new blue trail

October-December – Cataraqui End-to-End Challenge, 5 hikes now, with 2 more to complete the Trail in April. Cataraqui Trail badges will be available for \$5 from Don Coulter. Those who have purchased badges and completed the Trail may order end-to-end award badges from him free of charge. 613 542-9998

November 4-8 – 35th Anniversary of the Official Opening of the Rideau Trail on November 7, 1971: three hikes

Sunday September 10 – Cycle Amherst Island Cycle quiet island roads at a moderate pace for 20 km. Level 2. Meet at the Millhaven Dock at 9.15 a.m. for the 9.30 a.m. ferry. \$1 charge for bikes. LEADER Bernie Gates 613 389-1835.

Wednesday September 13 – Brockville Hike a total of 10 km, in the Mac Johnson Wildlife Area (morning hike and picnic lunch) and on the Brock Trail (afternoon hike by Buell Stream to the waterfront). Return via tunnel route and donut store. Slow to moderate pace. Level 1. Gas \$7. Depart 9.00 a.m. or meet 10.00 a.m. at Main Entrance to the Wildlife Area Highway 29 on Debruges Road, 2 km east of Tincap. LEADER Bob Chadwick 613 352-1052.

Saturday September 16 – Frontenac Challenge Little Salmon, Little Clear and Hemlock trails at a fast pace for approx. 28 km level 3+. Bring lots of water, food and sturdy footwear. Gas \$5 + park fee. Depart 8.00 a.m. or meet at Salmon Lake parking lot at 8.45 a.m. LEADER Bill Murdoch 613 389-3023.

Sunday September 17 – Gould Lake/ Rideau Trail
From the gate via the barn and Ridgewalk, returning on

the Main trail. 13 km level 2/3 at a moderate pace. Boots required, chance of swim. Gas \$5. Depart 9.00 a.m. LEADER Gunter Heyland 613 634-9298.

Tuesday to Thursday, Sept. 19-Sept. 21 – Annual “B&B” Trip This year we go to Hudson, Quebec. Level 1/2, slow to moderate pace walking in scenic hilly parkland around Rigaud and Oka with sightseeing possibilities in the vicinity and en route. Limited space, advance booking required. Details Bob Chadwick 613 352-1052.

Saturday September 23 – Cataraqui Trail Hike a level 1 slow paced 12 km somewhere on the Cataraqui Trail. Gas \$4. Depart 9.30 a.m. LEADER Audrey Sanger 613 384-6244.

Sunday September 24 – Frontenac Challenge Cedar Lake loop. 15 km at a moderate pace level 2. Gas \$5 + park fee. Depart 9.00 a.m. LEADER Gloria Seeley 613 546-2503.

Saturday September 30 – Charleston Lake “Hike the Biosphere”! Peter will be leading his “mystery

hike" starting at 10.15 a.m. from the main parking lot of the Park. Discover what the Frontenac Arch Biosphere (FAB) is all about. 10 km level 2. Gas \$6 + park fee. Depart 9:00 am. LEADER Peter Murray 613 382-2824.

Saturday September 30 (Rain date October 1) – Frontenac Challenge Slide Lake Loop Alternate Joint expedition with Cataraqui Canoe Club for this Level 3 hike of 21 km at a moderate-fast pace using canoe access. Meet early in a local restaurant (breakfast optional!) Drive with our boats to the "put in" on Buck Lake. Following a 4 km paddle, boats are left behind for the hike. On completing the hike, the procedure is reversed back to Kingston. Numbers are limited, but it may be possible to partner with a boat owner/renter. To take part, please call LEADERS Margaret Wild 613 542-9626 or Cam Hodges 613 545-1925 by September 25.

Sunday October 1 – Rideau Trail Hike 11-13 km from the Trailhead to the Cataraqui Cemetery and return, possibly including the Helen A. Henrikson blue loops. Level 1 at a slow to moderate pace. Gas \$2. Depart 10.00 a.m. LEADER Jean Thompson 613 544-0340.

Tuesday October 3 – Hike Leaders' Planning Meeting Help plan the winter schedule. All hike leaders bring yourselves and your ideas to the Party Room at 117 Park Street for 6.30 p.m. CONTACT Linda Line 613 531-4353.

Saturday October 7 (Thanksgiving) – Marble Rock Hike this new blue trail near Gananoque. Level 3 for 11 km at a moderate pace. Gas \$5. Depart 9.00 a.m. LEADER John Cornish 613 382-4778.

Sunday October 8 (Thanksgiving) – Frontenac Park Hike the Arkon Loop. Level 2 for 13 km at a moderate pace. Gas \$5 + park fee. Depart 9.00 a.m. LEADER Cam Hodges 613 545-1925.

Wednesday October 11 – Blue Mountain Hike at level 1 for 8 km at a slow to moderate pace. Gas \$6. Depart 9.00 am. LEADER Ray Wilson 613 382-7189.

Saturday October 14 – Frontenac Challenge Hike the Slide Lake Loop. Level 3 for 25 km at a moderate pace. Gas \$5 + park fee. Depart 8.00 a.m. LEADER Bill Murdoch 613 389-3023.

Sunday October 15 – Rock Dunder Share a toast in apple cider to celebrate with members of the Rideau Waterway Land Trust on the occasion of the opening of the new blue trail. We are promised some botanical enrichment of our traditional colourful fall hike. Plan for a short but rugged hike. Level 2 at a moderate pace. Gas \$5. Depart 10.00 a.m. LEADER Stan Huff 613 548-3003.

Saturday October 21 – Frontenac Challenge Hike the Big Salmon Trail. Level 2 for 19 km at a moderate pace. Gas \$5 + park fee. Depart 9.00 a.m. LEADERS Jane and Robert Hough 613 373-2268.

Sunday October 22 – Rideau Trail Bullen Road to Unity Road and return via alternate route. Level 1 for 13 km, at a moderate pace. Gas \$2. Depart 9.00 a.m. LEADER Gunter Heyland 613 634-9298.

Saturday October 28 – Cataraqui Trail End-to-end #1 Strathcona to Yarker. Level 1 for 15 km at a moderate pace. Gas \$5. Depart 9.00 a.m. LEADER Susan Irving 613 544-3110.

Sunday October 29 – Gould Lake Welcome guests from the Hike Ontario AGM being held in Kingston and hike from the Barn at level 2 for about 10 km at a slow to moderate pace with time to enjoy the views over the Lake. Gas \$5 + park fee. Depart 9.00 a.m. LEADER Elgin Bock 613 389-4216.

Saturday, November 4 – Rideau Trail in the Opinion Celebrate 35 years of hiking with the Kingston Club on the leaders' favourite trip from Upper Rock Lake to the Allan and Ellen Bonwill Shelter and return. Level 2+ for 17 km at a moderate pace. Gas \$5. Depart 9.00 a.m. LEADERS Robert and Jane Hough 613 373-2268.

Sunday November 5 – Rideau Trail at Foley Mountain This will be a pilgrimage to honour the pioneering achievements of the Rideau Trail Association that culminated in the official opening of the Trail on Sunday, November 7, 1971, at Spy Rock. "Founding Father" Doug Knapp hopes to join us. Two alternative hikes planned: Suggestion: stay in Westport for dinner and maybe book a B&B – see RTA website

(1) Hike to Foley Mountain from Lions Club Beach for 11.00 a.m. ceremony at Spy Rock, eat your lunch at the Interpretive Centre (with coffee/tea provided by the Conservation Authority) and return via the blue trail.

Level 2 for 10 km at a slow to moderate pace. Gas \$5. Depart Kingston 9.00 a.m. or meet Lions Club Beach 10.00 a.m. LEADER Barbara Pusch 613 544-0933.

(2) From Foley Mountain CA first parking lot, hike the conservation area trails with 11.00 a.m. break for ceremony at Spy Rock and eat your lunch at the Interpretive Centre (with coffee/tea provided by the Conservation Authority). Level 1 for 6-8 km at a slow pace. Gas \$5 + area fee. Depart Kingston 9.00 a.m. or meet Foley Mountain first parking lot at 10.00 a.m. LEADER Bob Chadwick 613 352-1052.

Wednesday November 8 – Rideau Trail in Frontenac Park Wednesday Walkers celebrate 35 years of Kingston Club hiking by following the Trail from the Frontenac Park Trail Centre to Doe Lake Campground and return, Level 2 for 9 km at a slow pace. Gas \$5 + park fee. Depart Kingston 9.30 a.m. or meet at the Trail Centre at 10.15 a.m. LEADER Bob Chadwick 613 352-1052.

Saturday November 11 – Huckleberry Hollow/Blue Mountain Hike at level 3 for 14 km at a moderate pace. Gas \$6. Depart 9.00 a.m. LEADER Ray Wilson 613 382-7189.

Sunday November 12 – Cataraqui Trail End-to-end #2 Yarker to Sydenham. Level 1 for 16 km at a moderate pace. Gas \$5. Depart 9 a.m. LEADER Bruce Bromfield 613 634-9409.

Saturday November 18 – Gould Lake Hike around the Lake. In on the Wagon Trail, then the Main Trail north to Bedford Road. Level 2 for 11 km at a moderate pace. Gas \$5. Depart 9.30 a.m. LEADER John Critchley 613 634-5475.

Sunday November 19 – Cataraqui Trail End-to-end #3 Sydenham to Opinicon Road. Level 1 for 12 km at a moderate pace. Gas \$5. Depart 9.00 a.m. LEADER Don Coulter 613 542-9998

Saturday November 25 – Cataraqui Trail End-to-end #4 Opinicon Road to Indian Lake Road. Level 1 for 16 km at a moderate pace. Gas \$6. Depart 9.00 a.m. LEADER Audrey Sanger 613 384-6244.

Sunday November 26 – Rideau Trail from Bedford Mills Test drive the great new winter alternate route around the ferry section as well as crossing the

ferry on the way home. Level 2 for 13 km at a slow to moderate pace. Gas \$6. Depart 9.00 a.m. LEADER John Cornish 613 382-4778.

Saturday December 2 – Cataraqui Trail End-to-end #5 Indian Lake Road to Forfar. Level 1 for 14 km at a moderate pace. Gas \$6. Depart 9.00 a.m. LEADER Bruce Bromfield 613 634-9409.

Christmas Dessert Party

Saturday December 2 BYOB and favourite dessert to this block buster party. Location: Queen's Women's Association, 144 Albert Street. Time: 7.00 p.m. RSVP Linda Line 613 531-4353.

Sunday December 3 – Little Cataraqui Conservation Area Hike the trails of this Kingston gem for a total of 14 km, Level 1 at a moderate pace. Gas \$2 + park fee. Depart 10.00 a.m. LEADER Audrey Sanger 613 384-6244.

Saturday December 9 – Limerick Forest A different section from the June hike. North of Brockville. Level 1 for 12 km at a moderate pace. Gas \$8. Depart 8.30 a.m. Early departure and later return due to drive time. LEADER John Cornish 613 382-4778.

Sunday December 10 – Charleston Lake Tallow Rock Bay Loop (West Side Trails), a level 3 hike for 10 km at a moderate pace. Gas \$6 + park fee. Depart 9.00 a.m. LEADER Ray Wilson 613 382-7189.

Wednesday December 14 – Skycroft Hike or ski the Skycroft trails. Level 2 for 10-12 km at a slow pace. Gas \$6. For type of outing and departure time, please contact LEADER Allan Tattersall 613 549-4080.

Saturday December 16 – Downtown Christmas Lights Meet at the waterfront Tim Hortons to view the lights of downtown Kingston, walking for about an hour at an easy pace with a refreshment stop. Depart Tim Hortons at 6.30 p.m. Park nearby. LEADER Elgin Bock 613 389-4216.

RIDEAU TRAIL ASSOCIATION – CENTRAL CLUB ACTIVITIES

The meeting place for Central Club activities is Conlon Farm in Perth at the time noted unless otherwise stated. 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 or e-mail dustydave@sympatico.ca

See note on **Participants Responsibilities and Levels of Difficulty** on p. 14.

MID-WEEK HIKES

Fairly long, level 2 or 3 hikes will be held most weeks, usually Wednesdays, designed for the hardier hikers. The venue will be decided typically on a week's notice and will depend partly on weather forecasts and trail conditions. For current plans, contact JOINT PERPETRATORS: Dave Miller 613 812-1131 or Janet Laraway 613 284-2127 or e-mail dustydave@sympatico.ca

WEEKEND HIKES

Sunday, September 10 Madawaska Highlands Trails Level 3, approx. 16 km hike, Depart 9 a.m. Gas \$5

GUNG HO WITH : Bruce Brenot 613 284-8177

Saturday, September 16 Linda's Loop Trails at Crotch Lake

Two hikes, departing 9 a.m., lead by our SEPTUAGENARIAN DUO: Dave Miller 613 812-1131 who will lead the Level 3, 16 km hike and Don Sherwin 613 264-0759 or 613 268-2447 who will lead the Level 2, 10 km hike. Gas \$5.

Sunday, September 24 Ragged Chutes Trails followed by Church Supper Level 2+ hike, 12 km Depart 9 a.m. Gas \$5

DUSTY MILLER #1: John Miller 613 264-8824

Sunday, October 1 to October 6 Bruce Trail Niagara Section WELL-ORGANIZED OUT OF TOWNER: Tom Irwin 613 749-0523

Saturday, October 7 Thanksgiving Hike, Murphy's Point Park Level 1 hike, approx. 8 – 10 km, Depart 10 a.m., Gas \$5

EASY GOING: Margaret Lafrance 613 267-4360

Saturday, October 14 Frontenac Park, Tetsmine and Gibson Lake Loops

Level 2 hike, approx. 18 km Depart 9 a.m. Gas \$5
GUIDEBOOK GURU: Ernie Trischuk 613 283-8112

Sunday, October 15 Inaugural Hike at Rock Dunder on the New Blue Trail

The Rideau Waterway Land Trust has invited the

Kingston, Central and Ottawa Clubs to share a toast in apple cider to celebrate the occasion of the opening of the new blue trail. This event will include a short, rugged, and colourful level 2 hike at a moderate pace. Gas \$5 CONTACT: Dave Miller 613 812-1131 for directions.

Sunday, October 22 Joint Central Club/Rideau Valley Field Naturalists Outing

Level 1 nature hike on Blueberry Mountain and Lavant Station Gas \$5

Leader: NATURE BOY: Jim Ronson 613 264-1937

Saturday, October 28 Bedford Mills to Upper Rock Lake Level 3, 19+ km hike, followed by chili supper at

Gunhild and Bill's house Depart 8 a.m. Gas \$5

RARING TO GO: Gunhild Karius and Bill Ottney 613 264-2861

Sunday, November 5 35th Anniversary of the Official Opening of the Rideau Trail

Level 1 and level 2 hikes finishing at Spy Rock, Foley Mountain Conservation Area. The level 1 hike will depart from the first parking area in the Conservation Area at 10 a.m. The level 2 hike will depart from Lion's Club Beach at 10 a.m. Gas \$3 Central Club Contact: Margaret Lafrance 613 267 4360

Sunday, November 12 Marble Rock

Level 2+ hike, 11 km Depart 9 a.m. Gas \$5

DUSTY MILLER #2: Dave Miller 613 812-1131

Sunday, November 19 Bedford Mills to Westport

Level 2 hike, 16 km Depart 9 a.m. Gas: \$5

WELL MAINTAINED AND COORDINATED: Bruce Gourley 613 283-5967

Saturday, November 25 Narrows Lock to Miner's Point Road Level 2 hike, 12 km Depart 9 a.m. Gas: \$3
SOOTHES RUFFLED FEATHERS: Susan Samila 613 264-1196

Sunday, December 3 Long Lake Road to Ferrier Road Level 2+ hike, 12 km Depart 9 a.m. Gas: \$3
OUR FRENCH CONNECTION: Josée Aghajanian 613 283-5967

Saturday, December 9 Festival of Lights, Merrickville Level 1 walk in Merrickville and area to see the Christmas lights. Depart 4 a.m. Gas: \$6
SANTA'S ELF: Bruce Brenot 613 284-8177

Sunday, December 17 Round Lake Loop hike and Christmas Pot Luck Level 1 or 2 hikes in Murphy's Point Park Depart 11:30 a.m. Followed by pot luck at Huntingdon Green, Rogers Road. **SANTA CLAUS:** Don Sherwin 613 264-0759 **R.S.V.P. to SANTA'S LITTLE HELPER:** Chris McGuire at 613 264-0759 for the Pot Luck Gas: \$3

Recent Donations to the Rideau Trail Association

RTA Fund

Ian & Elizabeth Angus
Betty Jean Bone
Mary Katherine Snelling
Maria & Allan Tilford

RTA Fund in Memory of Bill Armstrong

John Cotte
Muriel Price
Paul Ruck

RTA Preservation Fund

Jim Bain
Esther Hault, in memory of
Bill Armstrong,
Bob Bennett
and Barb McVicar
Tony Ramesar

Participants' Responsibilities

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

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

Levels of Difficulty

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

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

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

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.

Activities Co-ordinator wanted by Ottawa Club

The Executive of the Ottawa Club is seeking an Activities Co-ordinator. This is an opportunity to make an important contribution to the success of the Ottawa Rideau Trail Club by overseeing the planning and preparation of the quarterly activities schedule. The role involves communicating with the network of Ottawa Leaders and working with them to come up with an interesting and balanced schedule, in terms of the venues, levels of difficulty, and types of activities. The goal is to have activities which are attractive to members and non-members alike. If you think you might be interested, please contact Ron Hunt for further information by telephone at 613-590-7467 or by e-mail at re.hunt@sympatico.ca.

A Rideau Trail Adventure

by David Royston

Several years ago, I met Dan and Esther while doing an end-to-end of the Ganaraska Trail. One end-to-end led to another and over the course of 2003 and 2004, we completed the Bruce Trail. When Dan suggested we try an end-to-end of the Rideau in 2005, I was skeptical. The Rideau is some distance from where I live and the travel to and from the trail would mean long days driving. Eventually, though, we worked out a plan to do the entire trail in twelve days, three four day weekends of approx 100 km each weekend. This would be a challenge not only because we had not done four straight days hiking before, but we would be doing it early in the year, outside of prime hiking conditions. So, with our goal established, we signed up as members of the RTA, purchased our trail guides and worked out our detailed hike plans. Easter weekend was to be the start of this great adventure. However, Easter came early in 2005 and winter wasn't quite over. A late winter storm came through and we had to reschedule (a prudent decision we later discovered).

Plan 2 was formulated, and between April 29th to May 2 we hiked from Ottawa to Smith's Falls. Our hope in starting here was that there would be the least likelihood of encountering remnant snowpack in the bush in this section. We met at the Hershey Factory in Smith's Falls with the marvelous smell of chocolate wafting through the air. A quick shuttle to the starting point at Flood Road and we were on our way. Hiking was good but very wet. All weekend, we were constantly navigating around large puddles. Dan is our "official photographer" and takes many pictures. In looking back, although the theme for the weekend was raingear and puddles, we were grateful though. If we had started Easter weekend as planned, we would likely have needed snowshoes. We arrived back at the chocolate factory and loaded up on way too much chocolate. Fortified by our goodies, we decided to do an extra 5 km.

Overnight stays on our hiking adventures are always interesting. Sometimes we camp at a campground, other times we car camp and, when the weather isn't very good, we get motel rooms. Our first night on the Rideau was a pleasant surprise. We found the old schoolhouse complete with woodstove, candles, and tables. It was amazingly well kept!

After a pleasant breakfast in the old schoolhouse, it was off to Ottawa and the official starting point of the RTA, Richmond Landing. The hike along the Ottawa River, even at that time of year, was very scenic but as we hiked

The Crotch Lake Trails (Linda's Loops)

These trails have been pioneered over the years by Linda Sterling, who is an American member of the Central club. She spends about six months of each year at her cottage on nearby Crotch Lake. The RTA is assuming responsibility for maintaining these trails as official RTA blue loops. These trails go almost completely over Crown land. They are low impact, ie a minimum of trail clearing, just enough to allow competent hikers to pass. This is quite rugged wilderness, so is for experienced hikers.

There is one main loop of about 16 km, approximately bisected by a cross trail, so there are the choices of hiking a 16 km level 3 main loop, an 11 km level 2 north loop or a 14 km level 3 south loop. All are very scenic.

To get there, go to the intersection of highways 7 and 38, either from Ottawa along 7 or from Kingston along 38. From there, go west along 7 for 1 km, turn right on '509'. After about 10 km, turn left on the Ardoch road. After a further 15 km, you come to Coxvale. The trailhead is on the east side of the road, about 300 m south of the bridge over Gull Creek. There is a small sign board set about 10 m back from the road, partially hidden in the trees, so you have to watch for it.

An additional attraction is that Crotch Lake is a large, beautiful lake, lots of rocky bays and islands, almost completely surrounded by Crown Land, and with numerous campsites: a great place to canoe, camp and hike.

For detailed information about these trails, including map, E-mail Dave Miller, dustydave@sympatico.ca

Dave Miller

along, rain set in. We joked about finding a Tim Horton's to warm up and get a snack and a coffee. As it turned out, it was a clean up day for a local volunteer group and Tim's had set up a coffee and donuts stand for the volunteers beside the trail. When we told the servers about our trek, they kindly offered us coffee and donuts. That coffee was really great!

The next day we continued our journey back towards Smith's Falls. Along the trail is a Canadian Legion. The mural painted on the building is something to see. Overnight was again at the schoolhouse and early on Monday morning, we set out on our last hike of the weekend. The hike started well enough, lots of forest road and good conditions. However, as we neared

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Other Activities and Notices

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

Cataraqui Trail Bike & Hike

Sunday September 24, 2006

A Fundraiser for Improvements to the Cataraqui Trail

Biking.

Start at the Point Park in Sydenham at 10:30am and cycle along the trail to Yarker for lunch and return. The return distance is 32 km.

For cyclists used to riding longer distances. Start at the Point Park in Sydenham at 9:30am and cycle 23 kilometers along the trail to Camden East (maybe stop off to browse at the Bookstore Café in Camden East?). On the return leg have lunch at Yarker. The return distance is 47 km.

For those wanting a shorter run. Start on the Trail at Highway 38 just south of Harrowsmith at 11:00am and cycle along the trail to Yarker for lunch and back. The return distance is 18 km.

The trail has a gravel surface. Bikes with a 2" minimum tire width are recommended for this ride.

Hiking.

Start on the Trail at Highway 38 just south of Harrowsmith at 10:00am and walk along the trail to Yarker for lunch. The one-way distance is 9 km. For those who wish, there will be return van transportation to the start point.

Rest Stop and Lunch. Lunch will be available at the Lennox and Addington Ridge Runners Snowmobile club building off Cutler Road in Yarker. Washrooms are also located here. For those who have secured \$25 or more in pledges, you will receive a free lunch coupon and a number in a draw for prizes.

Contact information and registration:

Call 546-4228 ext.304 and leave a message with your name and address to get a registration form or further information. Or visit our website www.rideau-info.com/cattrail/. You can also register at the start of the ride/hike.

Caledon Hills Bruce Trail Club Annual End-to-End Hike

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

To register please send a cheque for \$20.00 payable to the **Caledon Hills Bruce Trail Club**, (or \$8.00 per day if you do not wish to participate in the full event), to: **Peter Leeney**
902 Silver Birch Trail
Mississauga, Ont. L5J 4C1.

This fee covers daily bus transportation, snacks and refreshments and the "Fall Colours" end-to-end badge on completion. For further information please call (905) 822-1877 or email peter.leeney@utoronto.ca

Hike Ontario Introduces Long Distance Multi-Trail Awards



What's next after you have your End-to-End Badge? You can strive to attain one of three badges to celebrate your achievements beyond your home trail, for example on the Bruce or Ganaraska Trails.

These attractive badges are the **Long Distance Hiker Awards**, a program of Hike Ontario to "celebrate dedicated hikers who have logged long distances on multiple Ontario trails". Hike Ontario is the provincial umbrella organization of trail associations. Your Rideau Trail Association is a member.

The Red Pine Award, pictured above, requires an applicant to have hiked a total of 550 km, including at least 150 km on each of two trails.

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Hike Ontario continued

The Trillium Award requires a total of 950 km., including at least 150 km. on at least three trails.

The Tamarack Award, the granddaddy of awards, requires one to have logged a total of 1500 km., including at least 150 km on each of at least three trails.

Applicants must keep a log of their travels. These logs are submitted first to your home RTA Club Executive, who will provide you with a letter verifying your RTA membership and the logs. The letter and your logs are then submitted to Hike Ontario with a cheque for \$15.00. Each award must be approved by Hike Ontario.

You can contact your Club Executive through one of the addresses listed in the inside front cover.

Visit the Hike Ontario website at www.hikeontario.com. Their mail address is The Gate House, 13990 Dufferin Street North, King City, ON, L7B 1B3

A Rideau Trail Adventure, continued

Roger Stevens Drive, the trail became wetter and wetter. In places, we gathered and placed logs to make the trail passable. Then, we reached a large swamp that seemed impassable. We looked in all directions and the only option appeared to be to go back. We weren't ready to give up, though, so we decided to do a bit of bush-whacking, constantly aware that if we strayed too far without marking our path, we might become lost (without the right gear for a cold, wet campout). After skirting the edge of the swamp for a while we finally spotted a welcome sight - a blaze. A walk across some fallen trees and we were on our way once again! A short time later, Smith's Falls to Ottawa was complete!

The next section was Kingston to Westport on May 20 to 23. We met in Kingston at the Rideau Trail start cairn. A quick shuttle and we were on the trail once again. A trail laid out through a cemetery was a new experience but the Cataraqui Cemetery turned out to be one of the highlights of the day. The National Historic Site at Sir John A's grave was very interesting. Day 2 of the weekend was south of Westport. As we were hiking through Bedford Mills, we encountered the largest turtle crossing the road. The scenery in this section is nice. Days 3 and 4 were spent hiking Frontenac Park and Gould Lake. While these sections are especially nice, the section of the trail near Lake Opinicon should also not be missed. Although our hike of the rural sections of the trail from north of Kingston to Westport tended to be uneventful, the often spectacular scenery, the time

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

Bushtakah Great Outdoor Gear
203 Richmond Rd. (613 792-1170)

The Expedition Shoppe
43 York St. (613 241-8397) and
369 Richmond Rd. (613 722-0166)

Walking Stick Medallions

Walking stick medallions in several colours, with the Heritage Perth logo, sold for \$5 as a **fundraiser for the Perth Kiwanis Club**. Available at the Mill Store on Foster St. Perth, or call Erik Sproule at 613 264-5532

for quiet reflection and rugged hiking made these sections of trail my personal favourites. Kingston to Westport was complete!

Our final challenge was the section between Westport and Smith's Falls which we undertook on the Canada Day Weekend. This timing turned out great. We car camped for two nights at the Narrows Locks. The folks at the locks were very accommodating. The lockmaster gave us a personal tour of the blockhouse and a lesson on the history of the locks. We were even treated to a fireworks display put on by some of the cottagers on Upper Rideau Lake. As usual, our daily hikes led us to interesting things from the slightly wet crossing of Beveridge Dam, the deer near Murphy's Point Park, the portions of trail beside the Rideau Canal, the wonderful view overlooking Westport to watching the boats go through the locks. It was on this section that we had our closest encounters with wildlife. On one day, while crossing a farm field, a herd of cows all of a sudden came stampeding out of a forested area. We all ended up diving for cover! Another day, while hiking through a forested area, we think we came a bit too close to the nest of a grouse. The grouse however wasn't one to fly away. Despite our walking away, it continued to chase us!

We thoroughly enjoyed hiking the Rideau. Each of our twelve hikes had some event or feature to make it memorable. We would like to thank not only those who volunteer to maintain the trail but also those private landowners without whose kind permission, the trail would not exist.

In Memoriam

Lt. Colonel William (Bill) Armstrong 1931—2006 Retired 1990 Canadian Armed Forces

Upon retirement, Bill turned to his love of the outdoors. First on his list was cycling and then the Rideau Trail Association which he joined in 1992. At once he became a hike leader and, of course, a bike leader. He also helped a great deal on trail maintenance. At the same time, he became the Publicity Co-ordinator for the Ottawa Club. In this position he was instrumental in increasing club membership considerably. Bill held this position into the late 90's when he felt he could no longer do the job to the best of his ability.

As well as all the above, he managed to cycle from Vancouver to St. John's Newfoundland in the summer of 1996.

Bill is sadly missed by his wife, his four sons, his friends and Rideau Trail Club members

Geoff Berry

The family of Bill Armstrong would like to sincerely thank all Rideau Trail members for their expressions of sympathy, cards and donations during our recent sadness.

Marion Armstrong

Bob Bennett

The Ottawa Rideau Trail club notes with sorrow the passing of Bob Bennett during the past winter. Bob and Mabel joined the RTA in 1988. Bob was an expert in fungi and led mushroom walks for many years. A keen and expert skier, he also led ski outings, often across the frozen Ottawa River to Duck Island and Kettle Island. These were usually followed by hot drinks and snacks prepared by Mabel at their house.

Bob was a long time member of the Wednesday Walkers and he also handled the Guidebook distribution for the Association, right up to the sixth edition.

Bob took a great deal of pleasure from his activities with the Rideau Trail Club. He will be greatly missed by all of his many friends.

Linda Hayes

Ken Buckingham

Ken Buckingham, former Publicity Co-ordinator for the Ottawa Club, died last December.

Ken was Publicity Co-ordinator from 1999 to 2003 and designed and built the display panel assembly which the Club uses at publicity events. In recognition of this project, Ken received an RTA Outstanding Service Award for 2003.

Nigel Brereton

Hendrika Maria Exel-Gillesse



As Ottawa Rideau Trail members we are deeply saddened by the news of Hendrika's death on May 22, 2006. For many years she was one of the Club's most popular members and she was the centre of every hike she attended. Her warm personality turned every walk into a festive event. Every newcomer to our outings was made to feel at home

while she was always full of concern for the problems of those around her. She was a great lover of the outdoors, rain or sunshine, summer or winter. Although in the last few years she had serious health problems, she never complained and to the very end nobody was ever sure just what the matter was with her, for she would not talk about it. She remained cheerful to the last. It just seems incredible that she is no longer walking beside us.

We shall miss her delightful personality, her optimism, and her moral support. She was more than a wonderful lady to us. She was our friend, our hiking companion, our confidant.

We want to express our deepest sympathy to Suzanne and Rudy in the loss of their mother and dearest friend.

There is no better place to capture Hendrika's spirit than on the hiking trail, so we are planning a memorial hike on September 30th on the path from Stittsville to Kanata/Bell's Corners which runs near Hendrika's old home. Please join us. For further details refer to the Ottawa Club Activities List.

Coby Fuykshot

Rideau Trail - Kingston Club
Winter Get-Away Weekend for 2007

Hotel L'Estérel, Laurentians — January 26 - January 28, 2007

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

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

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

Departure from **Cataragui Town Centre** at **9:00 a.m. Friday January 26** with arrival at about 1:00 p.m. Since all rooms may not be available upon arrival, dress for your preferred activity. Bring a lunch, but lunches may be purchased at the hotel. We return to Kingston about 9:00 p.m. on Sunday.

We have reserved 40 double rooms. Single rooms available. For bus and hotel commitment we require a deposit of \$90 per person on registration, with the balance payable by post-dated cheque dated **December 15, 2006**. Make cheques payable to **Rideau Trail in Trust**.

Please return your completed registration form with your deposit **and** post-dated cheque. Hotel rooms are allocated in the order of registration with priority given to members and bus passengers. You are urged to **register early** to avoid disappointment. Bus seats assigned in the order of registration.

Enquiries: Lars at 389-8747 or thorlarsen@cogeco.ca; 832 Wartman Ave., Kingston ON, K7M 4M5

Cancellations after December 15 may not receive a full refund if replacements are not available.

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND — Jan 26-28, 2007

REGISTRATION FORM # _____

(FOR USE BY ORGANIZERS)

Name(s) _____

Address _____ City _____ Postal Code _____

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

Enclosed is my/our deposit of \$90 per person, totalling \$ _____ (payable to **Rideau Trail in Trust**) and post-dated cheque dated **December 15** for \$200 per person double occupancy, or \$300 single occupancy, totalling \$ _____ (payable to **Rideau Trail in Trust**)

I wish to room with _____ Room requirement _____

Dietary restrictions _____

Members of the Rideau Trail - Kingston will be given booking priority if hotel room numbers are restricted. It is suggested that non-members take out a membership before registering to ensure their booking priority.

Cut and mail to: Lars Thompson (Ski Weekend 2007) 832 Wartman Avenue, Kingston ON K7M 4M5



PM40022816
RETURN UNDELIVERABLE
CANADIAN ADDRESSES TO
Rideau Trail Association
P.O. Box 15
Kingston, ON K7L 4V6

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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: <i>New edition 7 (2006)</i> insert only, members ** \$25.50 insert and cover, members ** \$35.50 insert and cover, non-members ** \$40.50 () Car Sticker (free to new members) \$1.00 () RTA Hiker Namepin - Please fill in name in box below. \$6.00 () Crest \$2.00 () Enamelled Pin \$6.00 () Wall map ** \$12.00 () Donation - Rideau Trail Association * \$ _____ () Donation - Rideau Trail Preservation Fund * \$ _____ Prices subject to change TOTAL \$ _____ Qualifies for income tax credit (No 11911 9485RR 0001) ** Includes postage and handling	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. Name on pin (please print in CAPS) <table border="1"><tr><td></td></tr></table>		() Maintaining trails () Leading hikes () Leading cross-country ski or snowshoe outings () Communicating with members () Recording information () Carrying out publicity activity (displays, presentations, etc.) () Organizing social events () Serving in an executive capacity as.... () Other. Please specify...