



The Rideau Trail NEWSLETTER

®

SUMMER 2007

ISSUE NO. 144

**COME
HIKE
WITH
US**



Rideau Trail Association Newsletter

Editor: Elizabeth Mason, Ottawa Club

Fall Newsletter

The Fall Newsletter will be prepared by the Kingston Club. Submissions are encouraged. If possible text should be sent electronically with no document formatting. Pictures are also welcome, either in colour or in black and white, with good definition and contrast. Please ensure that all items arrive by **August 1, 2007** and that they are sent directly to:

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The Rideau Trail Association is a member of Hike Ontario.

Front Cover: Front of the new brochure. Top photograph shows some of the Ottawa Wednesday Walkers in the Gatineau. Photo by Art Campbell. Bottom photograph shows some of the Kingston group on their last end-to-end hike of the Cataraqui Trail. Photo by Wayne Wilson.

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HIGHLIGHTS OF THE APRIL RTA BOARD MEETING

by Ron Hunt

Progress continues to be made on the *Trail Quality* initiative. The Central and Kingston Clubs have completed their trail quality assessments. It is anticipated that the Ottawa Club will complete its portion of the assessment by June 2007. The next step is to consolidate the results and then decide what actions should be taken to address the issues that have been identified.

The Rideau Trail is donating seven picnic tables to Parks Canada for installation at Rideau Canal lock stations as part of the celebration of the 175th anniversary of the completion of the Rideau Canal. The Board reviewed the wording on the small plaque that will be installed on the tables. Assembly of the picnic tables has started. One of the tables will be installed at Jones Falls and will be unveiled at the RTA AGM.

Rolf Calhoun attended the meeting to present his report on the Hike Ontario *Safe Trails Forum*, which he attended at the request of the Board. Rolf provided the Board with a number of recommendations related to risk management. These items will be discussed further at the July Board meeting.

The next regular meeting of the Board is scheduled for July 21, 2007.

NEW RTA BROCHURE OFF THE PRESS

by Nigel Brereton

The new title of our new brochure "COME HIKE WITH US" emphasizes the Association's welcoming nature and should encourage people to take a copy for perusal. Since it was time to reprint the brochure we took the opportunity to review the design and content of this document. No major changes were identified - a testimony to the brochure's original drafters - except to make the front page more inviting.

All three Clubs provided ideas but the greatest appreciation goes to Ann Fothergill-Brown, an RTA member and resident of Newboro. Ann volunteered her time for the artwork, layout and editing in a process that involved several iterations. In addition to her desktop publishing and editing business, Ann runs a bed and breakfast in Newboro. Information is available at www.newborohouse.com.

Rideau Trail Association 36th Annual General Meeting Saturday, June 16, 2007

Hotel Kenney, Jones Falls

Registration: 9:30 a.m.

Meeting: 10:00 – 12:00

Lunch: Brown Bag

Afternoon hikes: Historic Tour of Jones Falls or
Short and Long Rock Dunder Loops

Dinner 5:30 – 7:30 p.m.

with guest speaker Doug Knapp – Founder of the
Rideau Trail

Dinner reservations deadline is May 31, 2007. See
Spring Newsletter.



Bill Murdoch reels in the ferry in preparation for putting it 'to bed' for the season. Photo by Peter Burbidge

KINGSTON CLUB AGM

by Bruce Bromfield

On April 21, 34 members attended the Kingston Club annual general meeting held at the Little Cataraqui Conservation Area.

The purchase by the City of Kingston of the section of the K & P Trail within city limits has been completed. Chair, John Cornish, thanked Allan Tattersall, Don Coulter and Doug Knapp for their many years of work on this project. Doug Knapp is also working on a proposal to improve the section of the Rideau Trail between Bath Road and Princess Ave. The Rideau Trail Association has pledged support for this project.

The hikes for the year featured two special End-to-End series: the Kingston section of the Rideau Trail, and a full traverse of the Cataraqui Trail. Other successful new ventures were the Tuesday morning and Thursday evening hikes in the summertime.

Turnout for the social events of the year has generally been good. There was a lively discussion of whether participants at the various social functions should be asked to contribute to the rental cost of the meeting facility. This will be discussed further by the Club Executive.

The Trail Quality Task Force is busy identifying the best route between Kingston and Murphy's Point Provincial Park. The committee has identified 14 sections of the trail of significant importance.

There were 24 work parties on the trail this year. Major projects were the reconstruction of sections of the Marshlands boardwalk, done with the assistance of the Cataraqui Region Conservation Authority, and construction of the new bridge at Two Island Lake. Certificates of Appreciation were presented to Robin Turkington and Tony Parfitt for their many years of work on Maintenance and Construction.

The activity level of the club remains consistent with previous years. The percentage of hike participants who are RTA members is 91%.

The slate of candidates presented by Tony Parfitt was elected.

Kingston Club Executive 2007-2008

Chairman:	John Cornish
Vice Chair:	Bruce Bromfield
Secretary:	Kathleen Satchell
Treasurer:	Allan Tattersall
Trail Maintenance Coordinator:	Donald Bond
Routes and Negotiations:	Bill Murdoch
Construction:	Jim Lorimer
Special Events Coordinator:	Linda Line
Human Resources:	Joan Bailey
Outings Team Coordinator:	Elgin Bock
Publicity Coordinator:	Elaine Lowen
Newsletter Editor:	Bob Gordon

Since RTA expenditures exceed the revenue from membership fees, the Board of Directors passed a motion to increase membership fees by \$5 effective in 2008. During discussion a number of members spoke in support of the increase. No opposition was voiced.

Following adjournment of the meeting, many members enjoyed a brown bag lunch and hikes in the Conservation Area.

A SAD NOTE FROM THE KINGSTON CLUB:

Life Member Allan Cohoe, a proud member of the Rideau Trail Association, passed away recently. Allan was in his 96th year.

IN MEMORIUM *by Allan Tattersall*

On Wednesday, 31 January 2007, several members of the Kingston Club met with family and friends to remember Arnold (Arnie) Pittman. As soon as the ice went out in spring and throughout summer and fall you were likely to encounter Arnie on local waterways in his beloved canoe, Cricket. Arnie was a member of the Kingston Club who will be remembered for his cheerfulness, love of a practical joke and his "supporting role" (to the late Ray Forester) in the "Group of Two Productions" videos. These videos provided valuable lessons for the Kingston Club leadership training workshops on hiking and canoeing.

OTTAWA CLUB AGM

by Ron Hunt

Forty-four members attended the Ottawa Club AGM held on Friday, April 20, 2007.

Coby Fuykschot who has served as treasurer since 2002 and Madonna Mayo who has been our secretary since 2003 are leaving the executive. They were recognized for their years of service to the Ottawa Rideau Trail Club Executive.

The meeting included a very interesting presentation by Ms. Deb Jacobs from the Ontario Ministry of Natural Resources. Deb described the habitats, birds, plants and animals that can be seen in the Marlborough Forest. It was fascinating to hear that the Marlborough Forest contains rare alvars and rock formations that are similar to those found on the Bruce Peninsula. We also learned the difference between a *fen* and a *bog*. The Marlborough Forest contains a couple of significant fens!

The door prize, donated by the Chair, (two tickets to a National Arts Centre Orchestra concert) was won by Dawn Wilson.

After a nomination from the floor to complete the slate of candidates, the 2007-2008 Executive was elected.

Ottawa Club Executive 2007-2008

Chair:	Ron Hunt
Vice-Chair:	Kathryn Fournier
Activities Coordinator:	Davy So
Publicity Coordinator:	Nigel Brereton
Secretary:	Graham Creedy
Treasurer:	Suzanne Brown
Trail Coordinator:	Ron Maybury

Thanks to Kathryn Fournier, Don Grant, Shawn Hutchinson, Ron Maybury and Madonna Mayo for taking care of the AGM arrangements.

ADOPT A ROADWAY CLEANUP

by Suzanne Brown



The Spring 2007 Adopt-a-Roadway cleanup was again a huge success. A record 23 keen participants collected over 53 bags of garbage and various articles from the side of Roger Stevens Drive. We were blessed with warm weather and plenty of sunshine. Although we found no bones this year, we did find games, tires and a few coins. We always look forward to the 'unusual' items left along the roadway.

The Ottawa Rideau Trail salutes all of the dedicated and enthusiastic volunteers who participated. A special thanks to Lloyd Scarth who collected the full garbage bags left along the roadway and left them at a central location. Lloyd has been faithfully participating in the Adopt-a-Roadway activity for the past three years and has earned the 'Golden Brown' award to be presented at the next Ottawa Club AGM.

The City of Ottawa recognizes the efforts of the Rideau Trail Association as evidenced by the following certificate issued for the Fall 2006 clean-up.



FOUR FLATS AND A TRAIL

by Barbara Powell

It was not only my first hike of the season but my first hike with the club in a couple of years. The day was bright and sunny for the rest of the world, but cloudy for me when I discovered that my car had a flat tire. The CAA repairman arrived and quickly swapped the flat for the donut from the trunk. Feeling a little uneasy about my vehicle and a bit preoccupied, I took the bus to the meeting place at Tunney's Pasture.

There were few cars around and even fewer people; however, Jesse showed up followed by John and Michelle. Now there were four but where was the leader? After waiting a while, we four decided to drive to the trailhead and undertake the scheduled hike on our own. Yo! At the trailhead there were cars, people disappearing over the horizon and one lone man – the leader – waiting for the car shuttle crew to return. We were in luck this time. Apparently we had waited at the wrong end of Tunney's Pasture.

After about three kilometres I noticed that my right boot seemed to be making a squishing sound. Heck! The sole was detaching from the leather upper; the glue had dried out! Don, the ever-prepared leader, fished out his duct tape and fixed the boot stating that it was flat tire number two. After a few more kilometers the left boot was also detaching. More surgical procedures with the magic duct tape. With flat number three repaired, we pressed on. Could the thirteen hikers have presaged this? Shortly before Robertson Road in Bell's Corners, both of my soles were detached. I wanted to continue with the relatively firm undersole remaining on each boot, but common sense dictated that getting home in anything more than socks or bare feet would be an accomplishment. Two hikers ready to call it a day gave me a ride to a bus stop and a short while later, wearing two booties and carrying two soles, I arrived home feeling battle weary but with my feet more or less intact.

Next morning I checked my car and found a flat donut. Flat number four! I'm praying that the rest

of the season will be less adventurous!

From the editor

This must have been a great hike. Three different participants sent items about it for the newsletter. The photo below is from this hike. Ruth Hutchinson sent the following list of flora and fauna observed.

Our Hike on Sunday April 21 was a beautiful day over a pleasant section of the trail. During the hike the following were spotted; two ground hogs, two garter snakes, one woodpecker, several red-winged blackbirds, two chipmunks, multiple Canada geese, one large dark brown/black moth with yellow edge to wings, one robin, one housefly, one caterpillar, many jack, white and red pine, one blue jay, one crow, one very unusual ironwood tree with multiple branches, and three deer!



The 'Four Flats' group under the spreading branches of an ironwood tree. Ironwood usually grow straight up, having one or two trunks, but this tree is in a small area of ironwood which have been inflicted by a mutation causing them to grow large branches. Anyone who is somebody gets photographed beneath these benevolent branches. *Photographer, hike leader and legend teller: Don Grant.*

Murphy's Law of Hiking

- The mosquitoes prefer you

WHERE TO START ...

by Doris Ihrig

I hiked almost 200 kilometers on the Rideau Trail this past winter. Well into February I said, "If I can't hike it, I won't do it." I didn't intend to snowshoe because the one time I tried it a number of years ago I remember it being hard work.

When Gunhild and I hiked near Westport we had packed trails for the most part. We were pleasantly surprised at how easy it turned out to be. The second time Gunhild used snowshoes and I followed behind. I thought everything was fine. There was enough road walking that things evened out. No big deal!

Finally, the day came. Sandra from Kingston made me an offer I couldn't refuse. Sunday February 18 she agreed to do the section from Freeman to Kepler Rd with me. We would need snowshoes. I took the plunge. Shawn kindly lent me hers and snowshoes we needed! It was a tough day. But we did it!

The following Wednesday Gunhild again encouraged me to use snowshoes and four of us did a section in Murphy's Point. It was a lovely day. From McParlan House to Lally Settlement we were beside a set ski trail and that was easy going.

On the Saturday of the final weekend of the Winter End-to-End we needed snowshoes. I think we spent about six hours on them. Everyone was tired. It was a long day. Sunday was a short hike and maybe two kilometers required snowshoes. About half the hikers wore them; I wasn't one of them.

Here begins my apology. The last day of February Gunhild and I did Upper Rock to Skycroft. I selected that portion of the trail because the Kingston group had done it recently which meant there were tracks to follow. It was a gorgeous day and we were looking forward to it thinking we could bomb right along. Wrong!

What was wrong was that half the Kingston group had NOT used snowshoes. Boot tracks followed by

freezing temperatures had left the trail in very rough condition. Even on snowshoes it wasn't much fun. I realize it is better to be out hiking than to have no one using the trail. But may I suggest that hikers who have an aversion to snowshoes try snowshoeing on a good trail and then on one that is in rough condition from boot tracks. You will immediately appreciate the difference.

I humbly apologize to anyone who followed my boot tracks and I promise I will not intentionally walk on snowshoe trails again. The trails are there for everyone to enjoy. But we each need to do our part so that all can enjoy them.

I'm sure the Winter End-to-End will continue to grow and more hikers will experience the exhilaration of completing the challenge. I have almost 40 kilometres waiting for me next year. See you then.



Hikers on a winter end-to-end hike. *Photo by Denise Belcher*

Murphy's Law of Hiking

- Your camera is out of film or won't function when you spot the bear.
- If you are wearing brand new boots the trail is muddy or wet

VOLUNTEER PROFILES

Don Sherwin



Photo by Ernie Trischuk

Don joined the Rideau Trail Club in 1991 when he was retiring from his career as a geologist with Natural Resources Canada. This lifestyle change brought him to Bennett Lake and Perth. Before long he was engaged in volunteer activities for the Rideau Trail as well as many other organizations in the Perth area.

Over the past 16 years Don has served as Maintenance Coordinator, Central Club representative on the RTA Board, Vice Chair and Chairman of the Central Club, and Routes and Negotiations Coordinator. Concurrent with these duties, he has organized and led many hikes. Don regularly contributes to trail maintenance and was involved in a major effort to repair the trail after the 98 ice storm. He enjoys paddling and has led many canoe/camping outings. He also supported the review and editing of the last two editions of the Rideau Trail Guidebook.

Don grew up in the Niagara area where he became acquainted with the escarpment and the hiking opportunities it offered. His time in this area pre-dated the founding of the Bruce Trail, but he is now a member of that Association and has led memorable Central Club hikes on the famous trail.

Don's style as a volunteer is characterized by his willingness to assign a high priority to the organizations he supports, among which the Rideau Trail Central Club is fortunate to be included. He always seems able to pull together the group consensus necessary to keep hiking and other activities humming along smoothly. Don derives pleasure from the pleasure he gives others. We want him to feel rewarded for his many contributions and to know that he is greatly appreciated.

by Ernie Trischuk

Tony Parfitt

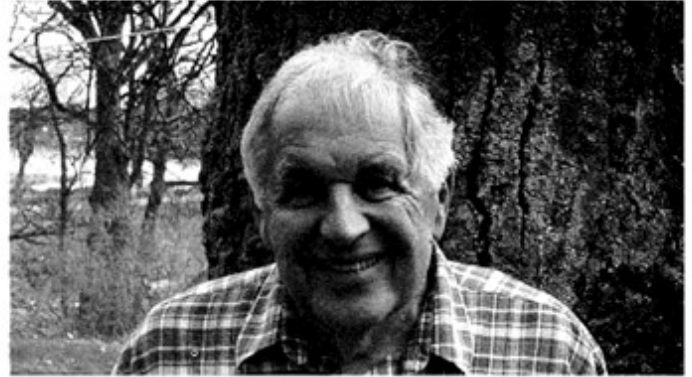


Photo by John Cornish

Tony Parfitt is leaving the Kingston Club Executive after eight years of service. He's not only been the Construction Coordinator for all that time, but also served as Chairman for two years, and as Vice and Past Chair.

He joined the Association in 1996, recruited by his friends, Donald and Cathy Cutts. Three years later, he took over Construction from Allan Tattersall. Every time a hiker traverses even a few kilometers of Kingston Club trail he is likely to set foot on one of Tony's creations. Wherever time, natural calamity or ambitious beaver rendered a trail structure sub-standard, Tony's design expertise and enthusiasm for the challenge has come into play. You'll see his handiwork in the Gould Lake bridges on the Famous and Wagon Trails, and at the Boardwalk. The renovations to the trail and boardwalk in the Cataraqui Creek Marshlands were organized by Tony and his bridge work can be seen north of McAndrews Road and south of Massasauga.

All of these projects require many hands to carry materials and tools, sometimes far into remote sites. Tony, always modest, is the first to give credit to all the work-party members who toiled with him. But we'll remember that Tony was always ready to carry in more than his share. At 80 years, he's still at it. As I write this he's putting the finishing touches to his latest gift to the RT - the new bridge at Two Island Lake built on cribs he pre-fabricated at his home.

Perhaps Tony's most delightful creation is his Bedford Mills Ferry - his floating workaround for one of our worst beaver problems. No other Ontario trail can claim a similar structure. Tony's talent is to design a solution that is elegant and durable, and we have been blessed.

Thanks, Tony, for the many hours you've spent for RTA in your various roles. Now you're passing on the responsibilities to others, but we hope that we may count on your ongoing advice and assistance. And may you continue, with wife Mary, to enjoy the Wednesday walks. *by John Cornish*

RIDEAU TRAIL ASSOCIATION - CENTRAL CLUB ACTIVITIES

SUMMER 2007

The meeting place and time for Central Club activities is Conlon Farm in Perth at 9:00 a.m. unless otherwise noted. To reach this recreational area take the main street (Gore Street) southeast through Perth to County Road #10 (Scotch Line), turn right towards Westport, then turn at the 4th street on the right, Conlon Drive, to the Conlon Farm parking area. If in doubt regarding any aspects of the hike or other activity call the leader or the Central Club hot-line at 613-264-8338.

MID-WEEK ACTIVITIES

Fairly long, level 2 or 3 hikes designed for hardier hikers will be held almost weekly, usually on a Wednesday. The venue will be decided typically on a week's notice, and will depend partly on weather forecasts. For current plans, call Dave Miller 613-812-1131, or Janet Laraway 613-284-2127 or e-mail dustydave@sympatico.ca. A summer mid-week bicycling group is also being organized. Call Bill or Adele Mayers 613-326-0726 if you are interested.

Sunday, June 3 Marble Rock Conservation Area

Level 2 hike, 12 km. Gas \$5.

SOLID AS MARBLE: Bruce Gourley 613-283-5967

Sunday, June 10 Canoe Day, Tay Basin to Beveridges Locks

Celebrate the 175th Anniversary of the Rideau Canal and

JOIN THE BIG BOYS: Dave Miller 613-812-1131

Saturday, June 16 RTA Annual General Meeting

Kenney Hotel, Jones Falls. See notice on page 3.

Sunday, June 17 Slide Lake Loop

Level 2 hike, 14 km. Gas \$5.

A NICE STEADY DAY: Dave Miller 613-812-1131

Saturday, June 23 Canoe Day, Eagle Lake EAGLE CAN LOOK BACK: Don Sherwin 613-264-0759

Sunday, July 1 Ramble in Skycroft Area

Level 2 hike, 12 km, followed by a stroll and ice

cream at Chaffeys Lock. Gas \$5.

LOCK MASTER: Dave Milller 613-812-1131

Saturday, July 7 Canoe Day, Crotch Lake

Blue lake and rocky shore, north end this time. Gas \$5

WEATHER WATCHER: Bruce Gourley 613-283-5967

Sunday, July 15 Canoe Day, Kingsford and Birch Lakes

Explore these gems of Frontenac Park from Kingsford Dam. Gas \$5

KING OF THE DAMMED: Don Sherwin 613-264-0759.

Thursday, July 19 Leaders' Planning Session

Bring your ideas for fall hikes to 8 Taggart Cresc., Perth 4:00 p.m.

TASKMASTER: Don Sherwin 613-264-0759

Saturday, July 21 Tallow Rock Bay Loop, Charleston Lake Park

Level 2 hike, 14 km. Gas \$5

NEW KID ON THE BLOCK Bill Mayers 613-326-0726

Sunday, July 29 Canoe Day, Pike Lake
Paddle up to Little Crosby Lake, pot-luck after at Ivan's on Black Lake. Gas \$3
NOT A PIKER: John Miller 613-264-8824

Saturday, August 4 Murphys Point Park, Hike and Swim
Level 1 hike, 8 km. Gas \$3.
FOOTSORE BUT FANCY-FREE: Margaret Lafrance 613-267-4360

Friday, Saturday, Sunday, August 11, 12, 13 Canoe Camping, Schooner Lake
Two nights under the stars on this jewel of North Frontenac Township. Gas \$5.
CAMP GURU: Tom Irwin 612-749-0523

Saturday, August 18 Slide Lake Loop
Back to this favourite, but featuring a refreshing swim. Meet at 8:00 a.m. Level 2 hike, 14 km.
Gas \$5.
DYNAMIC DUO: Gunhild Karius and Bill Ottney 613-264-2861

Wednesday, August 22 Baird Wood
Level 1 hike, 1.5 km, followed by a visit to the Nature Lovers' Bookstore in Lanark. Gas \$3.
NOT RELATED TO ENVIRO MINISTER: Susan Samila 613-264-1196

Sunday, August 26 Canoe Day, Loon and Indian Lakes
Paddle these delightful backwaters of the Rideau Waterway to celebrate the 175th. Gas \$5.
WANTS TO BE A LOON: Dave Miller 613-812-1131

Saturday, September 1 Corn and Wiener Roast, RT Schoolhouse
Level 1 hike, 6 km, followed by corn roast. Gas \$3.
EAR TO THE GROUND: Margaret Lafrance 613-267-4360

Sunday, September 9 Little Clear Lake Loop, Frontenac Park
Level 2 hike, 14 km. Gas \$5
CLEAR-EYED GUIDE: Ernie Trischuk 613-283-8112

Sunday, September 16 Mystery Bicycle Tour
MYSTERY MAN: Bill Mayers 613-326-0726

Saturday, September 22 Moulton Gorge, Frontenac Park
Level 2 hike, 14 km. Gas \$5.
SIMPLY GORGEOUS: Janet Laraway 613-284-2127

Sunday, September 30 Maintenance Day
Bring your favourite loppers, etc. and come out and join the fun. Gas is free.
TRAIL BOSS: Bruce Gourley 613-283-5967

Central Club Executive 2007-2008

Chair:	Margaret Lafrance
Vice-Chair/Club Rep:	Ernie Trischuk
Past Chair:	Don Sherwin
Secretary:	Josée Aghajanian
Treasurer:	Peter Hall
Trail Maintenance/Routes and Negotiations:	Bruce Gourley
Activities:	Don Sherwin and Dorothy Hudson
Publicity:	Janet Osborne
Social Convenor:	John Miller
Director-at-Large:	Veronica Airth

Participants' Responsibilities

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

RIDEAU TRAIL ASSOCIATION - OTTAWA CLUB ACTIVITIES

SUMMER 2007

The meeting place for Ottawa Club activities can be one of three main locations along the OC Transpo transitway. Although traditionally, the meeting place has been at the R.H. Coats Building (Statistics Canada), now two other meeting locations along the OC Transpo transitway are frequently used. As a result, hike descriptions include the meeting place as one of the following three start locations.

<u>Tunney's Pasture</u> 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. The Tunney's pasture OC Transpo stop is one block away.	<u>Fallowfield Park & Ride</u> The northwest parking lot of the OC Transpo Fallowfield Park & Ride station located at Fallowfield and Woodroffe. If you travel by car take the first left after you enter the Park & Ride facility, turn right into the lot and go across the parking lot to the far side.	<u>Baseline Park & Ride</u> The parking lot at the OC Transpo Baseline Park & Ride station on Woodroffe Avenue south of Baseline Road. To meet at the west corner of the parking lot, turn left as you enter the facility. Parking is free after 11 a.m. on weekday mornings and all day during weekends and holidays.
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Transportation for hikes is by car-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 the passengers. Scheduled activities take place regardless of weather. For more information about a particular activity call the leader at the number listed. If you are unable to reach the leader or if you need general information, contact the Ottawa Club at 613-860-2225. See page 10 for Participants' Responsibilities and back cover for Levels of Difficulties.

Leaders: Blank sign-up sheets are available from Davy So 613-715-9112 or on the RTA WEB site. Please send completed sign-up sheets to Davy So at 710-45 Holland Ave., Ottawa, ON, K1Y 4S3 e-mail: davyso@canada.com.

MOONLIGHTERS - Tuesday Evening 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 at Tunney's Pasture 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, flashlight and proper footwear. Trudy Stephen 613-828-9313 is the Moonlighters Coordinator for 2007.

No.	Date	Sunset	Leader	Description	Level	Km	Gas
8	June 12	8:52	Joanne Tuttle 613-729-8787 Alex Macdonald 613-237-6399	Tawadina (Pulpit) from P13 (ascent from Meech Lake) Two groups this year.	2	10	\$4
9	June 19	8:54	Diane Dates 613-737-8702	Black Lake from P7 (Kingsmere)	2	7	\$3
10	June 26	8:55	Marion Dunning 613-226-4681	Western Lodge from P12 (ascent from Meech Lake)	2	8	\$4
11	July 3	8:54	John Crysdale 613-728-9192	Ramparts from Keogan's parking (via Shilly Shally Shelter)	2	7	\$4

No.	Date	Sunset	Leader	Description	Level	Km	Gas
12	July 10	8:51	Pat Archer 613-565-6149	Ridge Road loop from P13 (ascent from Meech Lake)	2	8	\$4
13	July 17	8:46	Laraine Laugh- land 723-8851	Capucin Chapel from P11 (Meech Lake area)	1	6	\$4
14	July 24	8:39	Grant Malinsky 613-842-8736	Fortune Valley from Keogan's parking (Camp Fortune area)	1	7	\$4
15	July 31	8:31	Donna Shields 613-823-9841	Ramparts from Etienne Brûlé Lookout (Champlain Lookout area)	2	10	\$3
16	Aug. 7	8:21	John Haley 613-225-0590	Lac des Fées from parking lot on Gamelin Blvd. (Hull sector)	1	10	\$2
17	Aug. 14	8:10	Nigel Brereton 613-596-6191	Larriault Trail from Mulvihill Lake (Mackenzie King Estate)	1	5	\$3
18	Aug. 21	7:59	Johanne Crysdale 613-728-9192	Brewery Creek from the National Archives	1	9	\$2
19	Aug. 28	7:46	Terry Baker 613-825-5267	Mud Lake from Pizza Pizza at Lincoln Fields parking lot (Britannia)	1	5	\$2
20	Sept. 4		Pat Archer 613-565-6149	End of season dinner			0

Wednesday Walkers

Every Wednesday there are level 2 and 3 hikes in 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.

Impromptu Saturday Level 2-3 Hikes

Saturdays when no official level 2 or 3 hike is planned there are impromptu hikes in the Gatineau. Depart Tunney's Pasture at 9:30 a.m. Destination to be determined.

Note: These hikes are run on much the same basis as the Wednesday Walkers. Expect to hike for 4 to 5 hours plus a lunch stop. Be flexible and bring your own ideas. Bring lunch, insect repellent, sun screen, lots of water and a swim suit.

Contacts: Alex Macdonald 613-237-6399, Chris Heap 613-740-9975, Wally Kalbfleisch 613-728-8072

Saturday June 16 – AGM at Jones Falls.

See item on page 3 of newsletter. If you need a ride or can provide a ride for someone please call Kathryn Fournier at 613-248-0006 or Nigel Brereton at 613-596-6191. Gas \$8.

Sunday June 17 – Gatineau Park

Level 2. 10 km. Hike to Lac Renaud, Split Rock, Lusk Cabin. About 4 hours. Meet at Tunney's Pasture at 10:00 a.m. Gas \$5 + share park entrance fee.

LEADER: Roger Stacey 613-737-0889

Saturday June 23 – Western Greenbelt

Level 1+. 12 km. Trails 26-28 and vicinity. Meet at

Baseline Park-and-Ride at 10:15 a.m. Gas: \$2
LEADER: K. Jean Cottam 613-726-1569 or cell:
613-299-8856

Saturday June 23 – Impromptu Level 2-3 Hike

See note on page 12.

Sunday June 24 - Cycle to Aylmer

Level 1. 30 km via Ottawa River bike path.
Picnic lunch. Depart Tunney's at 10 a.m.
LEADER: Theodora Newton 613-569-3540.

Saturday June 30 – Impromptu Level 2-3 Hike

See note on page 12.

Sunday July 1- Canada Day Hike/Pot Luck Brunch.

Level 1+. 12 km. Meet at Tunney's at 9:30 a.m. Car pool to P16 - Pine Rd. Hike to Herridge Lodge for brunch followed by swim at MacDonald's Bay. Return about 3 p.m. Rain or shine. Gas \$4.

LEADER: Marilyn Levitan 613-841-2282

mlevitan@gmail.com

Saturday July 7 - Urban Hike

Level 1. Approx 4 km. Follow the Rideau River through Vincent Massey Park, to Mooney's Bay, through Carleton University, and Brewer Park. A chance to see many birds and Hog's Back Falls. A possibility to tour the greenhouse and see the butterfly exhibition at Carleton. Depart: 10:00 a.m.

Meet in the parking lot of Harvey's on Bank St. near Billings Bridge.

LEADER: Linda Haack 613-232-8129

Saturday July 7 – Impromptu Level 2-3 Hike

See note on page 12.

Sunday July 8 – Gatineau Park

Level 2+ with alternative Level 1. 10-12 km. Hike Ramsay Lake to Clear Lake via the park road and Taylor Lake. After lunch and swim return via a short off-trail connection and down the more rugged trail back to the Pines for a car-shuttle back to the start. It's also possible to do this as a Level 1 by retracing the morning route. Depart from Tunney's Pasture at 9:30 a.m. Gas \$5.

Leader: Graham and Lena Creedy 613-789-1657

Help with Fall Hike Planning

It is time to plan the fall hiking schedule. Volunteers are needed to phone hike leaders. Each volunteer would have about 10 phone calls to make. To volunteer please call the Ottawa Activities Coordinator Davy So 613-715-9112

Saturday July 14 - Charleston Lake

Level 2+. 14 km. Charleston Lake Provincial Park West Side Trail. A scenic walk past the bays and inlets of Charleston Lake. Several steep climbs and descents. Depart Tunney's Pasture: 9:00 a.m. Gas \$8.

LEADER: David Spector 613-270-1046

Sunday July 15 – Carman Trails

Level 2-. About 10 km. Hike the Carman Trails to Brown Lake. Possible swim. Gas \$5. Depart from Tunney's Pasture: 9:30 a.m.

Leader: Peter Scott 613-729-9557

Saturday July 21 - Gatineau Park

Level 2. 10 to 12 km. Hike in Gatineau Park from Etienne Brule parking lot on various trails to Ramparts and Western lodge. Depart from Tunney's Pasture: 9:30 a.m. Gas: \$3.

LEADER: Alex Bissett 613-828-4363 or e-mail to alexbissett@sympatico.ca

Saturday July 21 - Eastern Ottawa

Level 1. About 10 km. For our Walk and Roll bus riders. Walk to Petrie Island from Place d'Orleans and return. Easy walking. **Do not go to Tunney's Pasture.** Meeting point is at park and ride at Place D'Orleans Transit station. Take bus 95 east to Place d'Orleans. On arrival take the pedestrian walk way over the highway and meet in the Park and Ride area. Must call leader in advance. Departure time will be determined on the day of the hike. If extremely hot/humid the departure will be about 4 p.m. If wet and rainy departure will be closer to 1 p.m. Call leader between 9 and 11 a.m. on the day of the hike.

LEADER: Ruth Hutchinson 613-749-0990.

Sunday July 22 – Plaisance National Park

Level 1. 12 km (7 km also possible). Plaisance National Park is a network of islands, peninsulas and marshes in the Ottawa river, and has over 230 bird species present year-round. This unusual hike features a ferry via the park's pontoon boat from the reception centre through the "Bayou of the North" to the tip of the Legault peninsula. We'll then hike west along the peninsula trail to the park gate at Thurso and car-shuttle back to the main entrance. Possible swim. Depart from Tunney's Pasture: 9:00 a.m. Gas \$5. Park admission and ferry fee \$10.00. LEADERS: Graham and Lena Creedy 613-789-1657.

Saturday July 28 - Shirleys Bay

Level 1+. 11 km. Starts at Moodie Drive and Corkstown Road and proceeds along a NCC trail, Trans Canada Trail and Rideau Trail with lunch at Shirleys Bay. Return to the starting point via a loop.

Meet at the starting point: Moodie and Corkstown at 10:30 a.m. Don't go to Tunney's Pasture. For bus riders: take bus 96 heading to Stittsville and get off at Moodie Drive, then walk 5 minutes to the starting point. Gas: \$2.
LEADER: Don Grant 613-828-1026

Sunday July 29 - Sandy Lake, Gatineau Park
Level 2. Distance 14 km. Hike to Sandy Lake for a swim. Light bush whacking. Moderate pace, plenty of time to enjoy the surroundings. Meet at Tunney's Pasture at 9:00 a.m. Gas \$5.
LEADER: Suzanne Brown 613-224-6006.

Saturday Aug. 4 - Impromptu Level 2-3 Hike
See note on page 12.

Saturday Aug. 11 – Rideau Trail
Level 2. Hike 14 km between Port Elmsley and Perth. Experience going over a weir at the Beveridge Dam on the Tay River. Meet at the Fallowfield Park 'N' Ride at 9:00 a.m. Gas \$6.
LEADER: Suzanne Brown 613-224-6006.

Sunday Aug. 12 – Cycle to Meech Lake.
Level 2. 40 km. Moderate pace. Cycle to Meech Lake for a picnic and swim. Meet at Tunney's Pasture: 9:30 a.m.
LEADER: Marilyn Levitan 613-841-2282
mlevitan@gmail.com

Mon. Aug. 13 – Thurs. Aug. 16 - Hike the White Mountains in NH
See information on back page of newsletter.

Saturday Aug. 18 – Greenbelt
Level 1+. 7 km. Hike in Kanata North. Start on March Road, around the Beaver Pond, and along the trails west of Goulbourn Road. Meet at Baseline Park and Ride at 10:30 a.m. Gas \$2.
LEADER: Ethel Archard 613-592-7733

Saturday Aug. 18 - Impromptu Level 2-3 Hike
See note on page 12.

Sunday Aug. 19 – Foley Mountain
Enjoy an afternoon and a picnic dinner at Foley Mountain Conservation area. Depending on the weather we will do a short or long hike in the

conservation area and then swim. Bring your own picnic which can include something to barbecue. Meet at Fallowfield Park and Ride at 1:00 p.m. Gas \$7.
LEADER: Elizabeth Mason 613-729-6596

Saturday Aug. 25 - Rideau Trail Long Bush
Level 1. 9 km. Map 11. Hike the Rideau trail including the Long Bush - the route that early pioneers took travelling to settle the area. Leave from Fallowfield Park-and-Ride at 9:00 a.m. or meet at 10:00 a.m. at the start of the hike where the blue loop interests Richardson Road - eastern point. Bring water, lunch and sun screen. Car shuttle. Gas \$5.
Hike Leader : Ron Arsenault 613-692-3374
In Ottawa, Nigel Brereton 613-596-6191

Saturday Aug. 25 - Impromptu Level 2-3 Hike
See note on page 12.

Saturday Sept. 1 – Impromptu Level 2-3 Hike
See note on page 12.

Mon. Sept. 3 – Gatineau Park
Level 2. Loop. 14 km. Hike starts at Carman Lodge and goes past the Brown Lake lodge to the Wakefield Inn where we will stop by the stream for lunch. Optional short stroll up the hill to Lester Pearson's grave and then return. There is some climbing. Depart from Tunney's Pasture at 9:30 a.m. Gas \$5.
LEADER: Jim Mabbutt 613-838-4956

Sunday Sept. 9 – Curley Lake
Level 3-. About 10 km. Bushwhacking around this clear, deep lake in western Gatineau Park. Depart from Tunney's Pasture at 9:30 a.m. Gas \$5.
LEADER: John Barron 613-828-2296.

Tues. Sept. 11 – Moonlighter Urban Walks
Every Tuesday evening beginning **September 11 through October 30**, there will be an Ottawa urban walk. The full schedule will appear in the Fall Newsletter. Tonight it is Rideau River/Ottawa East. Meet at Strathcona Park (end of Somerset St. East) in Sandy Hill at 6:00 p.m. **Do not meet at Tunney's Pasture. Meet at the starting point of the walk for departure at 6:00 p.m.**
CO-ORDINATOR: Pat Archer 613-565-6149

RIDEAU TRAIL ASSOCIATION - KINGSTON CLUB ACTIVITIES

SUMMER 2007

The meeting place for all Kingston activities, unless otherwise stated, is at the Kingston Centre in the Canadian Tire parking lot along Bath Road towards the gas station. Be there shortly before the departure time indicated. Bring lunch and extra water. Wear strong footwear and come prepared for weather changes. If in doubt about your ability to cope with the outing, call the leader in advance. Car pooling will be organized. The contribution towards gas is indicated for each hike. Car entry fees for Provincial Parks and Conversation 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.

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 page 10 for Participants' Responsibilities and back cover for Levels of Difficulty.

Wednesday Walkers

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

Thursday June 21 Thursday Evening Hike

Mystery hike from the Trailhead to ??? Level 1. Meet at 6:30 p.m. at the Trailhead, King Street West.
LEADER: Elgin Bock 613-389-4216

Saturday June 23 Rideau Trail

Hike from Freeman Road to Sydenham and return.
Level 1-2 for 8 km at a moderate pace. Gas \$4.
Meet to depart at 9:00 a.m.
LEADER: Gunter Heyland 613-634-9298

Sunday June 24 Burch Trail in Skycroft Area

Level 2. 10 km hike from Opinicon Road past Lindsay Lake to Burch Trail, then Cataraqui Trail to Old Bedford Road, returning to Opinicon Road.
Moderate pace. Meet to depart at 9:00 a.m. Gas \$5
LEADER: Don Coulter 613-542-9998

Sat. June 30 Kingston Section End to End #4

Bedford Mills to Upper Rock Lake. Level 2, 19.5 km at a moderate pace. Meet to depart at 9:00 a.m. Gas \$6.
LEADER: John Cornish 613-382-4778

Thursday July 5 Surprise Evening Hike

Meet at 6:00 p.m. at Canadian Tire
LEADER: Bill Murdoch 613-389-3023

Saturday July 7 Kingston Section End to End #5

Upper Rock Lake to Perth Road. 12.5 km at a moderate pace. Level 2. Gas \$4. Meet to depart at 9:00 a.m.
LEADERS Jane & Robert Hough 613-373-2268

Sunday July 8 Frontenac Park

Hike the Bufflehead Trail with its many beaver dams. Level 2. 8 km. Meet to depart at 9:00 a.m. Gas \$5 plus park fee.
LEADER Gloria Seeley 613-546-2503

Tuesday July 10 Morning Hike

Meet in the parking lot behind Peter's Drug Store, King Street, at 8:00 a.m. for a 8 km walk along the waterfront.
LEADER: Sheila Needham 613-389-1894

Tuesday July 10 Hike Leaders Planning Meeting.

Help plan the Fall Schedule. All hike leaders bring themselves and their ideas to the Party Room at 117 Park Street for 7:00 p.m.
CONTACT Linda Line 613-531-4353

Wednesday July 11 Sandbanks Provincial Park

Hike up to 10 km barefoot on beaches and dunes, but take footwear for woodland trails. Swimming

opportunities. Level 1 and 2. Gas \$7 + park fee.
Meet to depart at 8:45 a.m. at the Canadian Tire.
LEADER: Bob Chadwick 613-352-1052

Thursday July 12 Evening Hike Battersea and Dog Lake.

Hike 4 km round trip at a slow to moderate pace down a lane with scenic views to an attractive beach and a small wooded park area. A possible pub stop in the village. Level 1. Gas \$3. Depart at 6:15 p.m.
LEADER: Bob Chadwick 613-352-1052

Saturday July 14 Marble Rock

Hike the Marble Rock Blue Trail. 11 km. Level 3.
Meet to depart at 9:00 a.m. Gas \$5
LEADER: John Cornish 613-382-4778

Sunday July 15 Foley Mountain

Go from Lions Club Beach Park to the Beach at Foley Mountain Conservation Area and return. Level 3 at a moderate pace for 10 km. Swim stop. An early supper at Westport. Gas \$6. Meet at 9:30 a.m. at Canadian Tire
LEADER: Bill Murdoch 613-389-3023

Thursday July 19 Mystery Evening Hike

Meet at the Canadian Tire Parking Lot at 6:00 p.m. for a 6 km hike followed by a refreshment stop. Gas \$2
LEADER: Yvonne Hawkins 613-384-9717

Saturday July 21 Charleston Lake.

Tallow Rock Bay Loop (West Side Trails) Level 3 hike for 10 km at a moderate pace. A swim at lunch for those interested. Meet to depart at 9:00 a.m. Gas \$6 plus park fee.
LEADER: Susan Irving 613-544-3110

Sunday July 22 Wolfe Island Cycle

Cycle Wolfe Island. Bring lunch and lots of water. Meet at Wolfe Island Ferry Dock at 9:30 a.m. for the ferry. Level 2.
LEADER: Pat Casey 613-385-2356

Tuesday July 24 Frontenac Park Hike

Hike 5 km at a slow pace on short but scenic Doe Lake and Arab Lake Gorge loop trails from Trail Centre. A chance to swim and/or take a coffee

break. Level 1 and 2. Gas \$5 plus park fee. Depart 8:00 a.m. at Canadian Tire.
LEADER: Bob Chadwick 613-352-1052

Saturday July 28 Rock Dunder

Hike the new blue trails at Rock Dunder. Enjoy spectacular views at the top. Bring lunch and water. Meet at Canadian Tire to depart at 9:00 a.m. Level 2 at a moderate pace. Gas \$5.
LEADER: Nai Lin 613-531-4864

Sunday July 29 Canoe trip to Gould Lake

Enjoy a day of canoeing and swimming at Gould Lake. For those who require to rent canoes, please let the leader know by the beginning of the week so he can reserve the canoes. Cost of rental is extra. Gas \$5 plus park fee. Meet at 9:00 a.m.
LEADER: Elgin Bock 613-389-4216

Thursday August 2 Lake Ontario Park to Murney Tower

Meet at Lake Ontario Park to depart at 6:00 p.m. for a hike from Lake Ontario Park to Murney Tower and return. Refreshment stop afterwards.
LEADER: Audrey Sanger 613-384-6244

Saturday August 4 Amherst Island

Cycle Amherst Island. Meet at Amherst Island Ferry Dock for 9:30 a.m. ferry departure. Bring lunch and water. 20 km
LEADER: Audrey Sanger 613-384-6244

Sunday August 5 Blue Mountain

Hike the Blue Mountain and view the Pitch Pine at its most northerly point. 10 km at a moderate pace. Level 2. Gas \$6. Meet at Canadian Tire to depart at 9:00 a.m. Bring lunch and water.
LEADER: Ronald Casselman 613-382-4900

Wednesday August 8 Charleston Lake

Hike the eastside trails in Charleston Lake in morning. In afternoon hike around Centennial Trail and swim. Level 2 at a moderate pace. 10 km. Gas \$6 + park fee. Meet at Canadian Tire to depart at 9:00 a.m.
LEADER: John Cornish 613-382-4778.

Saturday August 11 Frontenac Park

Hike the Cedar Lake Loop in Frontenac Park for 14 km at level 2. Moderate pace. Gas \$5. Meet at 9:00 a.m.

LEADER: Gloria Seeley 613-546-2503

Sunday August 12 Parrots Bay Conservation Area

Hike the Parrots Bay Trails. Bring lunch and water. Possible swim stop at the end. Meet at 9:00 a.m.

Gas \$3.

LEADER: Elgin Bock 613-389-4216

Thursday August 16 Surprise evening hike.

Meet at the Canadian Tire at 6:00 p.m. Possible refreshment stop afterwards.

LEADER: Joanne Beckett 613-548-7905.

Saturday August 18 Gould Lake

Hike the Eastside Trails in Gould Lake. Bring lunch and water, possible swim stop. Moderate pace.

Meet at 9:00 a.m. Gas \$5.

LEADER: Nai Lin 613-531-4864

Sunday August 19 Garden Island

History Tour of Garden Island. A short hike. Cost for boat is \$2-4 depending upon the number of participants. Bring lunch and water. Meet at the Wolfe Island Ferry Dock for 9:30 a.m. ferry to Wolfe Island.

LEADER: Pat Casey 613-385-2356

Tuesday August 21 Camden Lake Wildlife Area.

Explore 3 km of nature trails and boardwalks at an easy pace and admire views across the lake from lookouts. Level 1. Gas \$4. Depart 8:00 a.m. from Canadian Tire

LEADER: Bob Chadwick 613-352-1052

Saturday August 25 Rideau Trail

Hike the Rideau Trail in the Cemetery. Gas \$2.

Meet at 10:00 a.m. at Canadian Tire

LEADER: Sheila Needham 613-389-1894

Sunday August 26 Frontenac Park

Hike in Frontenac Park to Flagpole Hill. Level 3 15 km at a moderate pace. Meet at 9:00 a.m. Gas \$5

LEADER: John Cornish 613-382-4778

Thursday August 30 Murney Tower to

Barriefield via Fort Henry. Depart 6:00 p.m. from Murney Tower. Refreshment stop after.

LEADER: Audrey Sanger 613-384-6244

Saturday September 1 Rideau Trail #6 End to End.

Perth Road to Bedford Road. 16 km. Gas \$5. Meet at Canadian Tire at 9:00 a.m.

LEADER: Jim Lorimer 613-373-2847

Sunday September 2 Frontenac Challenge

Hike the Gibson and Tetsmine Loops in Frontenac Park. Level 3 at a fast pace. Meet to depart at 8:30 a.m. from Canadian Tire. Gas \$5

LEADER: Bill Murdoch 613-389-3023

Sunday September 9 Opinicon Loop

Hike the Opinicon Loop to Lyndsey Lake. Some bushwhacking. Possible lunch and swim at Lyndsey Lake. Gas \$4. Meet at Canadian Tire to depart at 9:00 a.m.

LEADER: Stan Huff 613-548-3003

Wednesday September 12 Frontenac Park

Hike the Frontenac Park Corridor Trail for 8 km.

Gas \$5 + park fee. Level 2. Meet at 9:00 a.m.

LEADER: Audrey Sanger 613-384-6244

Saturday Sept. 15 Rideau Trail #7 End to End

Hike Bedford Road to Sydenham. 16 km. Meet at 9:00 a.m. Gas \$4

LEADER: Jane & Robert Hough 613-373-2268

Sunday September 16 Frontenac Challenge

Hike the Big Salmon Loop in Frontenac Park for 19 km. Level 2 at a moderate pace. Meet at 9:00 a.m.

Gas \$5 plus park fee.

LEADER: Jane & Robert Hough 613-373-2268

Saturday September 22 Frontenac Challenge

Hike the Little Clear, Little Salmon, & Hemlock Trails in Frontenac Park for 28 km at moderate pace. Level 3. Gas \$5 plus park fee. Meet at Canadian Tire to depart at 8:00 a.m.

LEADER: John Cornish 613-382-4778

Sunday September 23 Gananoque Trail

Hike the Gananoque Trail for 12 km at a moderate pace. Gas \$5. Possible refreshment stop at T.H. Meet Canadian Tire to depart at 9:00 a.m.
LEADER: Ronald Casselman 613-382-4900

Saturday September 29 Rideau Trail #8 End to End

Hike Sydenham to Unity Road for 16 km. Meet to depart at Canadian Tire at 9:00 a.m. Gas \$4.
LEADER: John Cornish 613-382-4778

Saturday September 29 (Rain date Sept.30) FRONTENAC CHALLENGE - SLIDE LAKE LOOP ALTERNATE.

Joint expedition with Cataragui Canoe Club to hike the 21 km of Slide Lake Loop accessed by canoe. Meeting early in a local restaurant (breakfast optional!) we drive with our boats to the put-in on Buck Lake. Following a 4 km paddle, boats are left for the hike to Slide Lake Loop. On completing the hike at moderate-fast pace, the procedure is reversed back to Kingston. Numbers are limited, but it may be possible to partner with a boat owner.
CALL Margaret Wild 613-542-9626, by Sept. 24th to take part.

Sunday September 30 Wolfe Island Cycle.

Cycle on Wolfe Island to Tibets Point. Bring I.D. for the U.S. and money for the ferry to Cape Vincent. Meet at the Wolfe Island Ferry Dock at 9:30 a.m.
LEADER: Pat Casey: 613-385-2356

Caledon Hills Bruce Trail Club Annual End-to-End Hike Thanksgiving Weekend, October 6, 7, 8 - 2007

Join the CHBTC for our annual three-day end-to-end hike. This year we are offering a two-day end-to-end which will take place on Saturday and Sunday.

\$20.00 for the three-day event.

\$15.00 for the two-day event.

\$8.00 for a single day.

Fee covers daily bus transportation, snacks and refreshments and the "Fall Colours" end-to-end badge on completion.

To register send a cheque payable to the **Caledon Hills Bruce Trail Club**, to:

Peter Leeney
902 Silver Birch Trail
Mississauga, Ont. L5J 4C1.

For further information call (905) 822-1877 or email peter.leeney@utoronto.ca

Donations Received This Quarter

To the Rideau Trail Association

K. Atkins (in memory of Arnold Pitman)
M. Drummond (in memory of Arnold Pitman)
P. Page
P. Harding
S. Shortliffe
M. Dawson
L. & A Hurd
P. Fay
N & K Franks
R & L Mc Diarmid
A. Simick

R. Hughson
A. Chambers
P. Churcher
J & D McDermott
E. Munroe
R. Meldrum
N. Sunderland
M. Tommy
J & S Hildebrand
E. Keates
Dr. T. Kinnear
R. Wood
T. Davis
E. McDonald
J. Mix (on behalf of RTA members K.Weiss & L.Marchand)

R. Mutrie
D & D Clement
J James/G Gollifer
B. Peterkin
B. Tett
C. Cotter

To the RTA Preservation Fund

V. Robertson (in memory of A. Pitman)
J & J Bates
S & P Muis
G. Dubrule
R. Gordon & J. Milsome
M & A Tilford

B. Gates
Robt Horwood
J & S Hildebrand
A. Mercier
T. Fuchs (in memory of Arnold Pitman)
H. Heald
G. Seely
A. Tattersall
D & V Grant
E. McDonald
C & P Hargreaves
S. Wright
E & G Lancaster
W. Ogilvie

369 Richmond Rd. (613-722-0166)

- You know that all uphill trails eventually go downhill, but you are sure this hike is mainly in the uphill direction.
- When you need something in a hurry, it is at the bottom of your pack.

() Other. Please specify...



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

LABEL

Kingston Club Bed & Breakfast Trip Tuesday to Thursday September 18-20 Algonquin Park

Hiking in Algonquin Park and Madawaska Country based at Spectacle Lake Lodge.

Cost for 2 nights, choice of room in lodge or lake-side cabin, 2 luxury dinners and 2 full breakfasts is \$200 per person sharing or \$222 single occupancy.

Please send deposit of \$100 per room or cabin to Bob Chadwick at 31 Abbey Dawn Drive, Bath ON K0H 1G0. For more information call 613-352-1052.

Attention All RTA Members

L'Esterel Ski-weekend January 25-27, 2008

Look for trip sign-up details in the Fall newsletter. Club members get first consideration and preferred seating on the bus.

Cost: \$290 shared room; \$390 single room. Two nights, five meals and a variety of winter activities!

Co-ordinator: Lars Thompson, Kingston Club

Hike in the White Mountains, New Hampshire Monday, August 13 - Thursday Aug 16

Multiple Level 2 and Level 3 day hikes.

We stay and dine at the Kinsman Lodge (shared baths) in Franconia, N.H. Three country breakfasts (Tues, Weds, Thurs), two four-course dinners (Tues., Wed.) and three nights accommodation (Mon., Tues., Wed.).

\$250 CAN per person, double occupancy; \$285 CAN per person, single occupancy; all inclusive. Payment and registration deadline is Friday, June 29th.

LEADERS: Cliff and Gloria Daly.

Phone 613-224-4413 or

email cliff.daly@rogers.com.

Note: published for information purposes only. This activity is not sponsored or endorsed by the RTA

Hiking levels of Difficulty

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

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

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