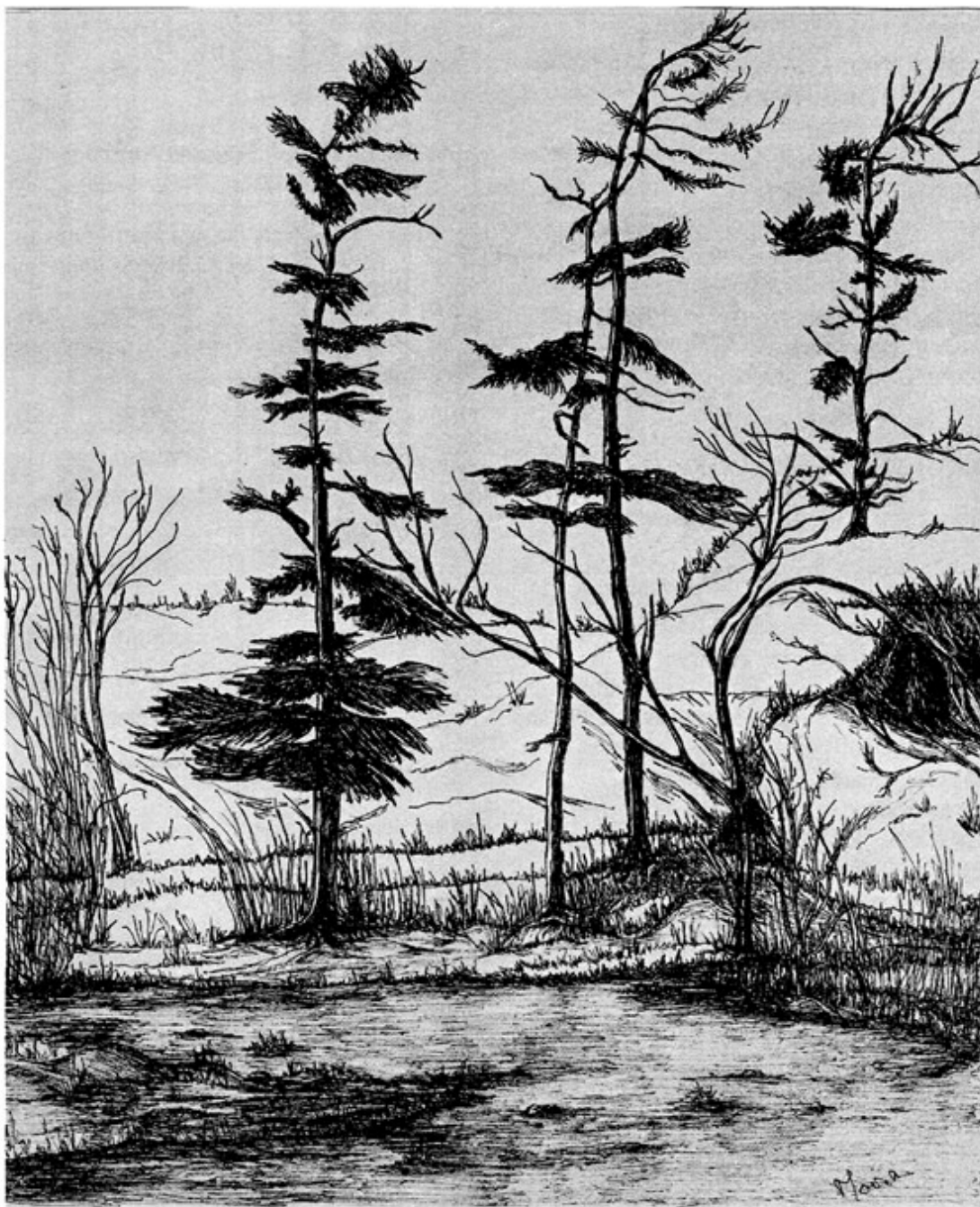


The Rideau Trail NEWSLETTER

SPRING 2008

ISSUE NO. 147



White Pines at the Little Cat

-Moira Drummond (2008), from a photo by Norm MacLeod (1977)

Rideau Trail Association Newsletter
Issue 147 Spring 2008

Rideau Trail Association
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**The Rideau Trail Association is a member of
HIKE ONTARIO.**

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Editor of this issue: Bob Gordon, Kingston Club

Submissions for the Next Newsletter

The Summer Newsletter will be prepared by the Ottawa Club. Submissions are encouraged. If possible, text should be sent electronically with no document formatting. Pictures are also welcome, either in colour or in black and white, with good definition and contrast. Please ensure that all items arrive by **May 1, 2008** and that they are sent directly to the Ottawa editor:

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

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**Rideau Trail Association
37th Annual General Meeting
Saturday, June 21, 2008**

Foley Mountain Conservation Area, Westport

Agenda:

- 0930 Registration, Coffee, Meet and Mingle
- 1000 **Special Presentation:** Frontenac Arch Biosphere Reserve, Don Ross, Executive Director
- 1030 Business Meeting
- 1230 Brown Bag Lunch
- 1330 Hikes (or bring your canoe and explore the lakeshore)

Directions: Enter the Conservation Area off the Perth Road (CR #10), at the top of the mountain just north of Westport. Continue on the main access road to the bottom of the hill to the Visitor Centre. Parking is free.

Dinner will be held at The Cove Inn, Westport.

Time: 6:00 pm

Roast beef buffet includes salads, dessert, coffee.

Cost: \$26 per person (includes taxes and gratuity)

Send cheque payable to Rideau Trail Association in Trust, c/o Linda Line, 1005-117 Park Street, Kingston, Ontario K7L 5P6 by June 18. (If you require a vegetarian meal please order when submitting payment.) If you have any questions regarding dinner contact Linda Line at 613-531-4353 or by email: linda.line@sympatico.ca.

For further information or to make enquiries about car pooling from your location, please call your Club Representative listed on page 2 of the newsletter.

**Highlights of the January RTA
Board Meeting**

Work is progressing on the Financial Oversight Committee. A third member has volunteered to serve. An accountant to carry out an annual review has not yet been secured.

Work continues on separating the accounts of the Rideau Trail Preservation Fund from the Operations accounts. As well, the plans to eliminate the operating deficit are progressing.

Trail Coordinator David Armitage reported on the work being done in all three clubs for the Trail Quality Task Force. This initiative has already resulted in a number of important developments on the Trail: a number of quality re-routes, a safety audit and in-depth examination of those segments where our trail is potentially vulnerable to dislocation. Several further meetings of the Task Force are scheduled.

Plans for the 2008 Annual General Meeting are finalized. See the notice above for details.

The Association will be renewing our isosceles-triangle

**RENEW YOUR
RTA MEMBERSHIP NOW!**

It's time to renew your RTA membership for 2008-09. All annual memberships in the RTA will expire in just a few weeks, on March 31st. Please help us cut costs by renewing early, thereby reducing the need for a reminder letter!

Note the increase in membership rates: \$25 for individuals and \$30 for households. Many thanks to all of you who have renewed already,

Sheila Menard - Membership Director

CHANGING YOUR E-MAIL ADDRESS?

If you have provided the RTA with an E-mail address, please don't forget to notify us of any changes to it. Otherwise, you will miss out on our monthly E-Letter or any other Club information. Send your changes to: info@rideautrail.org

trademark, and will be developing policies regarding our response to its use by other organizations.

by John Cornish, Vice President

Welcome To Our Latest New Members !

Carolyn Boyce
 Gayle McGovern-Brush & Peter
 Brush
 David Caron
 Bruce & Linda Churchill
 Cathy Clark
 Gail Clement
 Susan Cole
 Lynn Cousineau
 Doug Couture
 Linda Cuthbertson
 MaryLynne Dalekos
 Diane I. & Jack A. Dean
 Bob & Linda Dick
 Pauline Dillon
 Sharon & David Ferguson
 Wilma Greenley

Margot & James Grimes
 Clifford & Veena Halliwell
 Kimberly & Stephen Higgs
 Margaret Gillard & Stan Hutchin-
 son
 Bob Hood & Faye Koshel
 Jean Claude Dube & Kathy Kry-
 wicki
 Lorraine Farkas & Peter Larson
 Peter & Sandra Lenczewski
 Jin & Kenneth Leong
 Qin Li
 Carole Lowe
 Steven & Merna Manders
 Linda Manion
 Lynn Mayer
 Keith McDonald

Bill McGee
 Mark & Kate McGovern
 Brooke & Ruth McNabb
 Marguerite O'Connor
 Marg Peixoto
 Jacques & Veronika Pelletier
 Daniel & Ina Pocckel
 Rona & Ken Pyle
 Debbie Radloff-Gabriel
 Bob Goy & Miriam Sciala
 David & Marilyn Shurtleff
 Eric & Joanne Spero
 Robert Steele
 Rick & Judy Stone
 Lise & Jack Thompson
 Richard Tokarczyk
 Paul Gecius & Debbie Wallace

CAUTION –Horses on the Trail

There are sections of the trail where horses with riders are permitted, permission having been given by the landowner. In some instances the landowner may use the trail for this purpose. Make your presence known when encountering this activity !



They made it! Maureen Beamish and Margaret Wilde cycled all the way from Kingston to Vermont to join the hikers. Magnificent effort, ladies! Photo taken by Mark Collier upon arrival at Red Fox Alpine Lodge.

RTA GIFT MEMBERSHIPS and DONATIONS

Why not consider a donation or a gift membership in the RTA to celebrate those important events? (birthdays, anniversaries, retirement, Father's Day, Mother's Day or in Memoriam) Tax receipts will be issued for donations of \$10.00 or more.

Recent Donations to the RTA

RTA Donations

Patricia Archer
 Patricia Churcher
 Liz Hamacher
 Anita Hamilton
 Ruth Hutchinson
 Garry & Lois James
 Terry Kinnear
 Brian Laduke
 Colleen Cotter & John MacKenzie
 Irene Mathias
 Tom Irwin & Mona Whitaker

RTA Preservation Fund Donations

Anonymous (in memory of F. Bob Stevens)
 Denise & Doug Clement
 Dorothy Forester (in memory of her husband Ray Forester)
 Margot & James Grimes
 Cam T. Hodges
 Bert Horwood
 Robert & Jane Hough
 Elsie Keates
 Jean McCrea
 Andre & Johanne Mercer
 Watson Ogilvie
 Ottawa Rambling Club (in memory of Mohan Taagepera)
 Moira Rehmer
 Guy Thorne

The Rideau Trail Hiking Club Choir !



One very cold, snowy night last December, twelve members from the Central and Ottawa Clubs hiked to the top of Foley Mountain to sing carols around a lit up Christmas tree, followed by hot food and cold beer at a restaurant in Perth.

We were occasionally off-key (perhaps caused by frozen vocal chords?) and, fortunately for the residents of Westport, sound carries up not down. But we gave it our best and had fun trying.

This is sure to become an annual Central Club event, started last year by Gunhild Karius and Bill Ottney.

Margaret Lafrance Photo by Bill Ottney

Hike The Highlands Festival

It takes place this year, Sept. 12-21 and refers to the Highlands of Cape Breton.....you hike the fabulous Cabot Trail.....about 18 or so guided hikes. I was in the area last year but didn't know about the festival until it was almost over.....if anyone out there is interested in going, I'm in!!...would be great to share expenses. Here's their site. www.hikethehighlandsfestival.com

Krystyna Jones <krystyna_jones@hotmail.com>

Note: This activity is not sponsored or endorsed by the Rideau Trail Association and is published for information only.

**KEEP ON RECEIVING YOUR
NEWSLETTER**

RENEW YOUR RTA MEMBERSHIP NOW

Memberships expire March 31 !
See note on page 3.

What I learned on the Ottawa to Perth Summer End-to-End

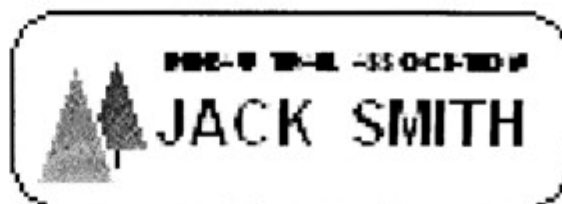
- 1) Sometimes it rains a little—or a whole lot.
- 2) Mosquitoes are known to hike the Rideau Trail.
- 3) There are a couple of wet spots. . . well maybe more than a couple.
- 4) Sometimes the water can be REALLY deep.
- 5) It helps to chat to locals 'cos they know the territory.
- 6) If you work at it, it's possible to get lost. You might even get lost if you don't work at it.
- 7) Our maps might be off just a teeny-weeny bit.
- 8) The one thing you really need won't be in your backpack.
- 9) Sometimes you will find the markers attached to trees — on the ground and well hidden.
- 10) It is possible for your car shuttle driver to lose his/her keys. Don't ask how that was resolved!
- 11) A pleasant meadow can be filled with curious cows and an angry looking bull.
- 12) Don't wear your "hunting season red" when it ain't hunting season. Detour required.
- 13) Can we please scratch Marlborough Forest off the Trail?
- 14) Is it worth the trouble? Would I do it again? Did I have fun? Yes—to all three.

Barbara Powell

Rideau Trail NamePins

Names count - especially to the hiker next to you who can't remember yours! Let's have everybody comfortable on our hikes.

Order your custom NamePin using the form found on the back page.



In memoriam: Dave McColl

Dave McColl died in October after an eleven year battle during which he worked on maintenance and construction of the trail. Our condolences go to Mary and the family.

Bill Murdoch

Hiking in Morocco Part 1 : The Desert Experience

By Cécyle Trépanier & Konrad Wolf

In May 2007, a former colleague of Cécyle at the Geography Department of Université Laval in Québec City invited us to join her for a hiking vacation in her home country, Morocco. Najat Bhiry was willing to make all the arrangements. It was agreed to make this an experience in two parts, the first being a one week hike in the desert of southern Morocco, the northwestern tip of the Sahara. This is the domain of the Berber who preceded the Arabs in the country.

We flew to Marrakech via Casablanca by Royal Air Maroc where we met two friends from France, Françoise and Dominique. We left the next morning by van for a 360 km trip, crossing the High Atlas and Sarhro Mountains. Following the Drâ valley, where 70% of Moroccan dates are harvested, we arrived at Zagora, a gateway community to the Moroccan desert. The desert expedition was organised by the agency Caravane du Sud. We repacked lightly, bought a turban and learnt how to put it on. We met our two camel drivers (guides) and our cook. After learning how to mount our camels, we rode them for two hours into the desert to the camel owners' home where a delicious meal was waiting for us. We slept on the terrace under a clear night sky.

The next morning, our six camels were loaded with two big tents, camping mats, rugs, our backpacks, all the provisions for the next six days and water for three. We enjoyed our last toilet visit prior to heading by foot into the desert. All we had to carry was our water bottle and camera. On this second day, a routine was established where after an early breakfast, we would hike for two hours, have a short break with a light snack of nuts, dates and figs, and walk another two hours until our lunch stop. As soon as our boots were off, mint tea was poured. While we relaxed on a thick Berber rug, the tents were erected and a full meal served, including a large plate of different vegetables, bread and tajine (Moroccan stew). We rested for three to four hours, the time when the desert wind was blowing and the temperature exceeded 40C. Around 4 pm, the camels were re-loaded and we hiked for another two hours. While the camel drivers set up camp again and the cook prepared dinner, we used a two litre bucket per couple to wash. Cécyle washed her face, then Konrad, Cécyle washed her neck, then Konrad, etc. etc. However, there was no restriction on water which we treated for drinking. After another tea ceremony, dinner was ready. They were



Cécyle, Najat, Françoise and Konrad at the camp before crossing the Bani Mountains

Photo by Dominique Marquerie

fabulous : soup, bread, couscous with lots of vegetables and meat, and always fresh fruit for dessert. It was these meals that made it possible for us to survive the long and hot hikes each day. As Konrad had caught a virus on the flight to Morocco, he remained in the tent while the others slept outside in their sleeping bags under the Southern Cross.

For the first two days, the terrain was flat and rocky with the occasional acacia tree. On the third day, we crossed the Bani Mountain ridge, a long climb to the top. The view was spectacular! We could see the whole area we had traversed the previous two days. From there, we descended into a small oasis with a well where a sedentary Berber family had a farm including a tiny vegetable garden. Our rest included a more extensive wash. At this time, the load on the camels was sufficiently reduced that any two of us could ride instead of walk for the remaining treks. Gradually, the acacia trees were replaced by tamaris shrubs. The fourth day marked our entrance into what is generally thought of as the real desert landscape, sand dunes up to 15 meters in height. Cécyle's birthday was celebrated in an international way. The cook made Brittany crepes, Najat supplied maple syrup, the French couple entertained with folksong and dance, the Berbers offered a concert, chanting, drumming on empty jerry cans and hand clapping. The next three days were spent hiking and riding in the dunes and exploring two little villages in palm groves.

Continued on p. 11.

KINGSTON CLUB ACTIVITIES - SPRING 2008

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 sun screen. Wear strong footwear and come prepared for weather changes. If in doubt about your ability to cope with the outing, call the leader in advance. Car pooling will be organized. The contribution towards gas is indicated for each hike. Car entry fees for Provincial Parks and Conservation Areas are to be shared. Leaders may obtain blank sign-in sheets from Joan Bailey at 613-389-1935, and should return completed sheets to her at 709 Davis 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 note on **Levels of Difficulty and Participants' Responsibilities** on page 11.

Wednesday Walkers depart at 1:30 pm, 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.

Welcome, New Hikers!

A few comments which may help you enjoy your first few hikes with us.

- It's recommended that you start with activities designated "Level 1", unless you are confident about your fitness level. As you gain experience and your conditioning improves, try longer hikes with a higher Level rating. (As you move to longer, more challenging hikes, make sure you wear appropriate footwear. Ask for advice on this from your fellow hikers.)
- Phone the leader in advance with any questions.
- Bring lots to drink and a good lunch.
- Let your leader know you're just getting started – they'll make sure you meet new friends, and feel comfortable.

Above all, we hope you really enjoy yourself. Happy hiking! [You'll find quite a few interesting activities listed below. To get you started, you may want to look particularly at April 27, May 4, May 14, June 14 and June 24.]

New Event! Outdoor Sketching Hike – Gould Lake

Hike and sketch, paint or photograph scenic Gould Lake. Beginner and experienced artists should enjoy the day. Please phone Rebecca Spaulding 613-542-0115 (BEFORE MAY 24) for more information about date and materials to bring. Level 2. Gas \$5.

Kingston Club Spring Activities

Tuesday, March 18th – RIDEAU TRAIL CLOSED FOR ENTIRE DAY

Saturday, March 22 Annual Visit to Maple Sugar Shack Maple syrup available to purchase. Bring your lunch. Level 1, fast pace. 8 km. Depart at 10:00 a.m. Gas \$4 LEADER: Bill Murdoch 613-389-3023

Sunday, March 30 – Foley Mountain – Joint Hike with Central Club We're teaming up with the Central Club for this spring outing! Level 2, moderate pace. 10 km. Depart at 9:00 a.m. (Central Club meet at Foley's Mountain 9:45 a.m.) Gas \$6. LEADER: John Cornish 613-382-4778

Thursday, April 3 – Opinicon

A spring cross-country ski on the Rideau and Skycroft Trails depending on conditions. Level 2 – distance to

be determined, moderate pace. Alternative hike, only if insufficient snow. Depart at 9:30 a.m. Gas \$6. LEADER: Allan Tattersall 613-549-4080

Saturday, April 5 – Lemoine Point

Hike Lemoine Point for 10 km, Level 1, moderate pace. Depart at 10:00 a.m. Gas \$2. LEADER: Bruce Bromfield 613-634-9409

Sunday, April 6 – Rideau Trail

Orser Road to Unity Road and back. 10 km, Level 2 at a moderate pace. Depart at 9 a.m. Gas \$4. LEADER: Gloria Seeley 613-546-2503

Tuesday, April 8 – Summer Planning Session

Help plan the summer schedule. Hikers are invited to come with their hike proposals and ideas to the 2nd-floor

meeting room at the Midland Avenue Loblaws. 7:00 p.m. For information: Elgin Bock, 613 389 4216

Wednesday, April 9 – K&P Trail

Hike Sydenham Road to Unity Road, return by Rideau Trail. See the spring flowers followed by tea. Level 1, moderate pace, 15 km. Depart at 9:00 a.m. Gas \$3. LEADER: Peter Burbidge 613-634-1877

Saturday, April 12 – Rideau Trail/Frontenac Park

Hike Slide Lake Loop from Perth Road. Level 3, moderate pace, 14 km. Depart at 9:00 a.m. Gas \$5. LEADER: Peter Burbidge 613-634-1877

Sunday, April 13 – Gananoque Provincial Wildlife Area

Improved trails among the forests, rocks and ponds. Bring your camera! Level 3 for 15 km at a moderate pace. Depart at 9:00 a.m. Gas \$5 LEADER: John Cornish 613-382-4778

Kingston Club — Annual General Meeting

Saturday, April 19, 2008

Little Cataraqui Creek Conservation Area Outdoor Centre

PROGRAM

0930 Coffee, juice, muffins
1000 Business Meeting
1200 Brown Bag Lunch
1300 Hikes in the Conservation Area

Parking fee waived for today's meeting. Please display your RTA Decal or leave a RTA brochure on your dashboard. If you need a ride to the Centre please go to the meeting place at the Canadian Tire parking lot. Departure 9:00 a.m. Gas contribution \$2.50.

Sunday, April 20 – Cycle Wolfe Island

Cycle around Wolfe Island for approximately 45 km, moderate to fast pace. Depart at Wolfe Island Ferry dock for 9:30 boat. LEADER: Pat Casey 613-385-2356

Saturday, April 26 – Gould Lake

Hike the eastside trails, including Famous Trail, Mica Loop, Tom Dixon, and Wagon Trail. Level 3 - Very steep in some spots. Beautiful scenery. Bring lunch, water, and birdseed. About 10 km at a moderate pace. Depart at 9 a.m. Gas \$5 LEADER: Jen Gazley 613-634-2286

Sunday, April 27 – Cataraqui Trail

Genteel entry to spring hiking. Harrowsmith to Sydenham and return via the Cat. Trail. Lunch stop at Trio's restaurant. New hikers especially welcomed! Level 1,

moderate pace, 12 km. Depart at 10 a.m. Gas \$4. LEADER: Susan Irving 613-544-3110

Tuesday, April 29 – Sandy Bay, Wolfe Island

Hike for 8-10 km, level 1, moderate pace. Meet at Wolfe Island Ferry dock at 9:00 a.m. to arrange car pooling, depart on 9:30 boat. LEADER: Pat Casey 613-385-2356

Saturday, May 3 – Marble Rock Blue Trail

Spring Flower Celebration among the rocky hills. Moderate pace, 11 km, Level 2-3. Depart at 9:00 a.m. Gas \$5 LEADER: Don Coulter 613-542-9998

Sunday, May 4 – Rideau Trail

Hike the Urban Landscape from the trailhead to the cemetery and return. Level 1, moderate pace. 12 km. Late departure at 10:00 a.m. for an easy day. Gas \$1 LEADER: Sandra Muis 613-542-8224

Saturday, May 10 – Rideau Trail

Hike Freeman Road to gates of Gould Lake Conservation Area and return. Scenic, level 1, moderate pace for 8 km. Depart at 9 a.m. Gas \$5. LEADER: Elgin Bock 613-389-4216

Sunday, May 11 – Frontenac Park

Little Clear Lake Loop. Level 2, moderate pace, 15 km. Depart at 9:00 a.m. Gas \$5 plus park fee. LEADER: Cam Hodges 613 545 1925

Wednesday, May 14 – Lemoine Point Trillium Walk

Level 1 at slow pace, distance to be determined. Depart at 9:30. Gas \$2. LEADER: Audrey Sanger 613-384-6244

Saturday, May 17 – Gould Lake

Bedford Road to the Barn and return, 15 km, level 3, moderate pace. Depart at 9 a.m. Gas \$5 LEADER: Gloria Seeley 613-546-2503

Sunday, May 18 – Charleston Lake

Tallow Rock Bay Loop. Level 2, moderate pace, 10 km. Depart at 9:00 a.m. Gas \$6 + park fee. LEADER: John Cornish 613-382-4778

Saturday, May 24 – Cycle Howe Island

Meet at Joyceville Road Ferry Dock for 10:00 a.m. boat. Approx. 30 km cycle with a midway pause for refreshments at the John Cornish Estate in Gananoque. Bring lunch and water, don't forget your sunscreen. Ferry fee of \$4. LEADER: Audrey Sanger 613-384-6244

Sunday, May 25 – Frontenac Park

Arkon Loop. Level 3, moderate pace, 4 km. Depart at

9:00 a.m. Gas \$5 plus park fee.
LEADER: Cam Hodges 613-545-1925

Tuesday, May 27 – Evening Hike on the K&P

Hike 8 km from Sydenham Road, east to Cataraqui Creek and return. Level 1 at a moderate pace. Depart at 6:15 p.m. Gas \$1.

LEADER: Bob Chadwick 613-352-1052

Saturday, May 31 – Garden Island History Tour

PLEASE RESERVE BY MAY 27. LIMITED TO 12 PEOPLE. Ferry ride, boat ride, and a one-hour guided history tour of Garden Island. Depart at the Wolfe Island Ferry Dock for the 9:30 a.m. boat. Walk on the ferry. Transportation from Wolfe Island to Garden Island provided in exchange for donation to the Calvin Room at the Marine Museum.

LEADER: Pat Casey 613-385-2356

Sunday, June 1 – Rock Dunder/Marble Rock

SCENIC DOUBLE-HEADER. Get some good conditioning. Rock Dunder in the morning for 6 km, followed by south loop of Marble Rock for 6 km in the afternoon. Level 2-3, moderate pace. Depart at 9:00 a.m. Gas \$5.

LEADER: John Cornish 613-382-4778

Saturday, June 7 – Hike the Burch Trail in Opinicon

Hike from Opinicon Road, past Lindsay Lake on the Rideau Trail, then on the Burch Trail to the Cataraqui Trail, then east to Old Bedford Road, returning to Opinicon Road. Some bushwhacking on the old Burch Trail section. No Tim Hortons on this route! Level 2, 10 km, moderate pace. Depart at 9:00 a.m. Gas \$4.

LEADER: Don Coulter 613-542-9998

Sunday, June 8 – Blue Mountain

All day hike, bring lunch and water. Great view from the mountain top. Level 2-3 at moderate pace for 10 km. Depart at 9:00 a.m. Gas \$5.

LEADER: Ron Casselman 613-382-4900

Wednesday, June 11 – Rideau Trail

Hike 10 km of the Rideau Trail from Bedford Mills to Centreville Road and ride the ferry. Level 2, moderate pace. Depart 9:00 a.m. Gas \$4.

LEADER: Peter Burbidge 613-634-1877

Saturday, June 14 – Cataraqui Trail

Working toward your Cat. Trail end to end badge? Opinicon Road to Indian Lake Road on the Cat. Trail. New hikers especially welcome! Level 1, moderate pace, 16 km. Depart at 9 a.m. Gas \$6.

LEADER: Susan Irving 613-544-3110

Sunday, June 15 – Cycle Cataraqui Trail

Try a round trip from Perth Road to Chaffey's Lock with

a swim in Garter Lake at a "special" spot. Hybrid or Mountain Bike for this one and remember to bring water. Level 2 cycle for 30 km at a moderate pace. Depart at 9:00 a.m. Gas \$4

LEADER: Don Coulter 613-542-9998

Saturday, June 21 – Rideau Trail Annual General Meeting, Foley Mountain, Westport

Please see information on page 3.

Sunday, June 22 – McCauley Mountain Conservation Area, Picton

Hike up to 25 km of trail, distance to be determined. Level 2-3 at a moderate pace. Depart at 9:00 a.m. Gas \$6

LEADER: Pat Casey 613-385-2356

Tuesday, June 24 – Evening Hike - Battersea to Dog Lake

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

LEADER: Bob Chadwick 613-352-1052

Saturday, June 28 – Cycle Amherst Island

Scenic and historical. Distance and return time depends on weather and cycling ability of participants. Meet at the Amherst Island Ferry Dock at 9:15 a.m. to depart on 9:30 a.m. boat. Bring lunch and water. Ferry cost \$1. LEADER: Elgin Bock 613-389-4216

Sunday, June 29 – Frontenac Park

Cedar Lake Loop (BYOB). Bug Spray...what did you think it meant? Level 2, 15 km, moderate pace. Depart at 9:00 a.m. Gas \$5 plus park fee.

LEADER: Audrey Sanger 613-384-6244

Kingston Club Volunteers Needed:

Your Executive Committee is seeking a **Vice-Chairman:** a person willing to provide leadership and organizational ability for the Club during these interesting years of development.

In addition, a **Secretary** is required, able to set up the meetings and keep the minutes and the records. Word-processing capability is required in this position.

Also, the Kingston Club has the responsibility to nominate a person for the important post of **Vice-President of the Rideau Trail Association..** It provides an opportunity to serve the entire Association as an influential member of the governing Board of Directors.

Persons willing to stand for nomination for these positions should contact John Cornish at 613-382-4778, or e-mail at cornish@kos.net.

CENTRAL CLUB ACTIVITIES - SPRING 2008

The meeting place and time for Central Club activities is Conlon Farm in Perth at 9:00 am, 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 sidestreet 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. See note on **Levels of Difficulty and Participants' Responsibilities** on page 11.

MID-WEEK ACTIVITIES

Wednesday Morning Wanderers: There will be a level 1, moderate-paced hike every Wednesday morning, departing from Conlon Farm. Time and destination will be announced to Central Club members by e-mail at the beginning of each week. For more information contact Margaret Lafrance 613-267-4360.

WEEKEND ACTIVITIES.

Sunday, March 2 Rideau Trail, Skycroft Area
Meet 9:00 am. Level 2 hike or snowshoe, 9 km. Gas \$5.
THE MOON IS THE LIMIT WITH: Gunhild Karius
613-264-2861

Saturday, March 8 Mill of Kintail
Meet 10:00 am. Level 1 hike, snowshoe or ski followed by visit to Ironworks Pub in Almonte. Gas \$5.
FOLLOW THE YELLOW BRICK ROAD WITH:
Dorothy Hudson 613-283-0332

Sunday, March 16 Wheelers' Sugarbush,
McDonalds Corners Meet at 10:00 am. Level 1 hike,
ski or snowshoe, 8 km, followed by pancakes and maple
syrup. Gas \$5.
YOU CAN HAVE CHOCOLATE TOO: Veronica Airth
613-264-8824

Saturday, March 22 K&P Trail, Clarendon Sta-
tion to Sharbot Lake Meet 10:00 am. Level 2 hike, 12
km. Gas \$5.
BRING YOUR NO URANIUM SIGNS AND JOIN:
John Miller 613-264-8824

Saturday, March 29 Central Club Open House
2:00 to 5:00 pm at McMartin House, 125 Gore St. East in
Perth. Come and meet your fellow members, and wel-
come new members before the spring hiking season gets
underway. Refreshments will be served.

Sunday, March 30 Foley Mountain
Meet 9:30 am. Level 2 joint hike with Kingston RT Club.
Gas \$3.
WE'RE PROUD OF OUR LEADER: Gunhild Karius
613-264-2861

Sunday, April 6 New Gananoque Town Trail
Level 1, 10 km hike on a newly developed trail, partly
on roads, partly through the woods, followed by dinner
in the "Gan". Depart 10 a.m. Gas \$6
SHORT AND INTERESTING WITH: Margaret
Lafrance 613-267-4360

Sunday, April 13 Opinicon Lake Area
Level 2 hike, 12 km, in Skycroft area. Gas \$5.
IN MY OPINION THE SKY'S THE LIMIT WITH:
Dorothy Hudson 613-283-0332

Thursday, April 17 Leaders' Planning Session
4:00 pm at 8 Taggart Cresc. in Perth. Bring your ideas
and suggestions for our summer activity schedule
TURN UP OR EXPECT TO LEAD A HIKE: Don
Sherwin 613-264-0759 and Dorothy Hudson 613-283-
0332

Central Club Annual General Meeting

Sunday, April 20, 10:00 to 12:00 am
McMartin House, 125 Gore Street East in Perth.

To be followed by a short hike south of Perth.

Sunday, April 27 Rideau Trail, Foley Mountain to
Narrows Lock
Level 1 hike, 12 km. Gas \$3.
KEEP ON THE STRAIGHT AND NARROW WITH:
Dave Allcock 613-264-9075

Saturday, May 3 Maintenance Day
Bring your loppers, machetes, etc. for a great time on
the Trail. It's more fun than you think!
KING OF THE WOODS: Bruce Gourley 613-283-
5967

Sunday, May 11 K&P Trail, Snow Road Station to Lavant Station

Level 1 hike, 12 km. Gas \$5. Continuing our K&P "end-to-end".

TRY AND KEEP UP!: John Miller 613-264-8824

Saturday, May 17 Frontenac Park, Gibson Lake Loop Level 2 hike, 16 km. Gas \$5

A WHIMSICAL WALK WITH : Don Sherwin 613-264-0759

Sunday, May 25 Bicycle tour of Lanark County

Level 1, moderate pace, 30 km.

PEDAL FOR PEACE WITH: Dave Alcock, 613-264-9075

Saturday, May 31 Charleston Lake Park

Three level 2 nature hikes on Quiditty, Sandstone Island and Hemlock Trails, total distance 7 km. Gas \$6. TO NATURE WITH : Susan Samila 613-264-1196

Sunday, June 8 CP Rail Trail, Maberly to Sharbot Lake Level 1 hike, 13 km. Gas \$3.

COME VISIT MY TERRITORY: Veronica Airth 613-264-8824

Saturday, June 14 Canoe Day, Jones Falls to Morton Bay Level 1 canoeing, 8 km. Gas \$5.

OVER THE FALLS WITH: Bruce Gourley 613-283-5967

Saturday, June 21 Association AGM at Foley Mountain Education Centre near Westport

See details on page 3.

Sunday, June 29 Canoe Day, Christie Lake Level 1 canoeing, 8 km. Gas \$3.

DIP YOUR PADDLE WITH: Don Sherwin 613-264-0759

Hiking in Morocco, continued from p. 6

Mhamid, at the end of the road, and Oulad Driss are threatened by the advancing dunes of the Sahara and the combined effect of less rain and a new dam on the Drâ river upstream. On the eighth day, we were picked up at Oulad Driss for our return to Marrakech. The second part of our Moroccan adventure started here : climb Mount Toubkal (4 167 m) in the High Atlas Mountains.

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.

KEEP ON RECEIVING YOUR NEWSLETTER

And continue your support of the maintenance, improvement, extension and protection of the Rideau Trail.

RENEW YOUR RTA MEMBERSHIP NOW

Memberships expire March 31

OTTAWA CLUB ACTIVITIES - SPRING 2008

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 the 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. Meet at the south-east corner of the parking lot. All cars must proceed to the trailhead and must not remain in the parking lot
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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 11 for Participants' Responsibilities and back cover for Levels of Difficulties.

Leaders: Blank sign-up sheets are available from Elizabeth Mason 613-729-6596 or on the RTA WEB site. Please send completed sign-up sheets to Elizabeth at 283 Avondale Ave., Ottawa, ON, K1Z 7G7 e-mail: emma-son@sympatico.ca.

Moonlighters - Tuesday Evening Urban Walks

Every Tuesday evening beginning March 25 through to April 22, there will be an Ottawa urban walk. We will also be stopping at a Pub for refreshments each evening after the walk. **Do not meet at Tunney's Pasture.** Meet at the starting point of the walk for departure at 6 p.m.

Coordinator: Pat Archer 613-565-6149

Leader	Date	Description	Meeting Place
Jan Makins 613-721-8833	March 25	Rideau Canal Bridges Loop	Meet at TD Canada Trust (Pretoria Bridge & the Driveway)
Pat Archer 613-565-6149	April 1	Sandy Hill/U of O/Canal	Meet at Strathcona Park (end of Somerset St. East) in Sandy Hill
Terry Baker 613-825-5267	April 8	Western Parkway/Bate Island	Meet at Tunney's Pasture
Vinni Sahni 613-824-6757	April 15	Eastern Parkway Loop	Meet at Aviation Museum Parking Lot (off the Eastern Parkway)
Pat Archer 613-565-6149	April 22	Ottawa/Hull Portage to MacDonald Cartier Bridge	This walk is the beginning of the Rideau Trail. Meet at Old Mill Restaurant (Western Parkway & Portage Bridge)

Moonlighters – Tuesday Evening Spring Hikes

Every Tuesday evening from April 29 to September 2, there will be a short hike, often in Gatineau Park, always within a thirty-minute drive. Meet at Tunney's Pasture by 5:50 pm in the R.H. Coats Building parking lot for a 6:00 pm departure. Hikes last until sunset. The pace is approximately 4 kilometers per hour. The level of difficulty is 1 or 2, and may include hilly, wet or rough terrain. 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 Coordinator for 2008.

Date	Sunset	Leader	Description	Level	km	Gas
April 29	8:18	Liisa Pent 613-725-2541	Rideau Locks (RT Trailhead) from Tunney's Pasture	1	10	0
May 6	8:26	Jean Sunter 613-828-6077	Lime Kiln from P11 Hunt Club Rd.W. east of Moodie (Bells Corners)	1	6	\$2
May 13	8:34	Terry Baker 613-825-5267	Mont Bleu/Pink Lake from CEGEP parking lot off Boul. de la Cité des Jeunes (Hull sector)	2	7	\$3
May 20	8:42	Andrew Chen 613-863-1209	Keogan's from P7 (Kingsmere/Fortune area)	2	9	\$4
May 27	8:48	Ralph Sullivan 613-749-5534	Skyline from P7 (Kingsmere)	2	6	\$4
June 3	8:54	Alex Macdonald 613-302-2137	Kelly Road Lookout from Kelly Road at Mountain Road	2	5	\$4
June 10	8:59	Marion Dunning 613-226-4681	Western Lodge from P12 (ascent from Meech Lake)	2	8	\$5
June 17	9:02	Lena Creedy 613-789-1657	Herridge Lodge from P16 (Pine Road/Meech Valley)	1	10	\$5
June 24	9:03	Joanne Tuttle 613-729-8787 Alex Macdonald 613-302-2137	Tawadina (Pulpit) from P13 (ascent from Meech Lake). Two groups	2	10	\$5

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. Meet at Tunney's Pasture at 9:15 a.m. Destination to be determined.

Warning: These outings are **NOT** for beginners, may be long and challenging, and are generally organized at the meeting point.

Note: These hikes are run on much the same basis as the Wednesday Walkers has been running for years. 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, and lots of water. Contacts: Alex Macdonald 613-302-2137, Chris Heap 613-740-9975

Saturday, March 22 – Impromptu level 2-3 Hike/Snow Shoe (See above)

Saturday, March 29 – Impromptu level 2-3 Hike/Snow Shoe (See above)

Saturday, April 5 - Bushwhack Hike in Gatineau Park Level 3, 10 km loop, mostly off-trail, starting from Eardley Masham to Vulture View, Lake Monette northwest peak, Taylor Lake viewpoint and Kidder Lake cliffs. About 5 to 6 hours. Gas \$5. Contact Leaders for start time and meeting location.

Leaders: Cliff and Gloria Daly. Email cliff.daly@rogers.com or phone 613-224-4413

Sunday, April 6 - Skyline Loop

Level 2, about 8 km. Hike from Kingsmere parking lot along Skyline loop and head of ski hill, Top-of-the-World and return by various trails. Meet at Tunney's Pasture at 9 a.m. Gas \$3.

LEADER: Roger Stacey 613-737-0889

Wednesday, April 9 - Discovery Hike

Level 1 at a moderate pace, 10 km. Travel to Russell to hike the trails in the W.E. Burton Conservation Area and then follow the New York Central Fitness Trail from Russell to Embrun. A discovery hike means that the leader has not yet been to this area so be prepared to discover with her. Call the leader for meeting time and location. Gas \$5.

LEADER: Elizabeth Mason 613-729-6596

Saturday, April 12 - Burritts Rapids Area

Level 1+ at a medium pace, 10-12 km. Explore the Burritts Rapids area - the lock station, the tip-to-tip trail, the town and the Rideau Trail towards Brasasils Creek.

Bring lunch. Meet at Tunney's Pasture at 10 a.m. or at the Burritts Rapids lock station at 10:45 a.m. Gas \$5.

LEADER: Elizabeth Mason 613-729-6596

Saturday, April 12 - Gatineau Park- Equestrian Trail, Pilon, Church Hill Escarpment Loop

Level 2, 9 km hike in the western part of Gatineau Park starting from the Church Hill parking lot on the Eardley-Masham Road. About 5 hours. Meet at Tunney's Pasture. Depart at 9 a.m. Gas \$5.

LEADER: Nigel Brereton 613-596-6191 or nigelb@primus.ca

Sunday, April 13 - Gatineau Park

From Meech Lake (P13) hike up the Wolf trail and around Paul's puddles. Level 3, about 13km. Bring lunch and liquids. Meet at Tunney's Pasture at 9:30 a.m. Gas \$4. LEADER: Helmut Alexander 613-725-3338

**Ottawa Club Annual General Meeting
Friday, April 18, 2008**

**Dominion Chalmers United Church
355 Cooper Avenue, Ottawa
(Some parking in the area)**

Program

Business meeting: 7:00 - 8:00

Refreshments and socializing: 8:00 - 8:15

Guest Presentation: 8:15 - 9:15

Trudy Stephen: On Her Hike to and up Kilimanjaro

Saturday, April 19 - Adopt-a-road Clean-up

Join us for a few hours to clean 5.5 km of the road allowance along Roger Stevens Drive, south west of North Gower. Kindly register in advance by calling or e-mailing the leader. Rain date will be Sunday, April 20th. Meet at the Fallowfield Park-and-ride. Depart at 9 a.m. Gas \$5.

LEADER: Suzanne Brown 613-224-6006
(sakidoo.consulting@rogers.com)

Saturday, April 19 - Eardley Escarpment

Level 3 hike, strenuous, 14 km. Hike the Eardley Escarpment (Gatineau Park) on faint trails. Lots of climbing. Depart Tunney's Pasture 9 a.m. Gas \$5. There will be a car shuttle.

Leaders: Dave Audette 613-224-1147

dg.audette@sympatico.ca;

Ann Lane 613-741-3184 ann.l@ncf.ca

Sunday, April 20 - Gatineau Park

Level 3 but slower than usual pace. Hike up the power line from Steele Road, and make side trips to visit ponds such as Three Sisters. The route starts up the power line maintenance road and is likely well drained and mostly free of snow by this date, but be prepared for diversions due to fallen trees and flooded areas. About 10 km, but allow 4-5 hours. Depart Tunney's Pasture 9 a.m. Gas \$5.

LEADER: Stan Rosenbaum 613-596-4288,
srosen@magma.ca

Ottawa Section End-to-End

In 2008 we are offering an end-to-end hike of the 100 kilometres of the Ottawa section of the Rideau Trail. Have you hiked our section yet and discovered the history, flora and fauna of the area? Then join us as we walk to Rosedale on the edge of Smiths Falls. The five hikes this spring cover the first 70 km. Two or three hikes in the fall will complete the section.

Saturday, April 26 - Western Greenbelt -- Jack Pine Trail Level 1. Hike on the Jack Pine Trail and vicinity in the Western Greenbelt. Under 10 km. Meet at Baseline Station Park & Ride, south-east end at 12:30 pm. Gas \$2.

LEADER: K. Jean Cottam, 613-726-1596/cell: 613-299-8856

Saturday, April 26 – Impromptu level 2-3 Hike (See note on page 13).

Sunday, April 27 - Ottawa End-to-End #1

Level 1. Maps #15 & 16. Hike on city recreational paths along the Ottawa River, from Richmond Landing, Ottawa, to Corkstown Road & Moodie Drive. 16 km. Suggested car park: below the National Library. Meet at Richmond Landing off Portage Bridge. Do not go to Tunney's Pasture. Return on the #96 bus. Bring a bus ticket or cash for bus ride. Depart by 11 a.m.

LEADER: Ruth Hutchinson 613-749-0990

Sunday, April 27 - Frontenac Park

Level 2+, 22km. Hike a loop in the northern part of the park, starting at Kingsford Dam and featuring parts of Gibson Lake and Tetsmine Lake Loops. Rugged trails. Gas \$8. Departs from Tunney's Pasture at 8 a.m.

LEADER: John Barron 613-828-2296.

Saturday, May 3 - Petrie Island

Level 1 - About 8 km. Join us for an early spring hike to Petrie Island to see what is to be seen. Meet at Place d'Orleans Park and Ride bus stop for the #95 bus at 11:00 a.m. After arrival by bus at Place d'Orleans, climb the stairs and use the pedestrian overpass to walk to the Park and Ride area. Do not go to Tunney's Pasture. Phone leader in advance.

LEADER: Ruth Hutchinson 613-749-0990.

Saturday, May 3 - Rideau Trail - Frontenac Park

Level 2+, 15 km from Visitor Centre in Fontenot Park to Flagpole Hill and back. Long day. A scenic hike along Rideau Trail through Fontenot Park to a spectacular look-out. Depart at 8:30 a.m. from West Side Eagleson Park & Ride at Eagleson Road & Queensway (Note: No. 96 Bus stops in front of Park & Ride). Gas \$8.

LEADER: David Spector 613-270-1046

Sunday, May 4 - Ottawa End-to-End #2

Level 1+. Map #15. Hike from Corkstown Road & Moodie Drive to Fallowfield Road. 14 km. Meet at the Fallowfield Park-and-Ride. Depart by 10 a.m. Gas \$2.

LEADER: Suzanne Brown 613-224-6006

Wednesday, May 7 - Discovery Hike

Level 2, 10 - 14 km. Hike Des Montagnes Noires trails in Quebec near Ripon off highway 317. A discovery hike means that the leader has not yet been to this area so be prepared to discover with her. Call the leader for meeting time and location. Gas \$7.

LEADER: Elizabeth Mason 613-729-6596

Saturday, May 10 – Ottawa End-to-End #3

Level 2. Map #14. Hike from Fallowfield Road (at Steeple Hill) to the end of Ottawa Street (west of Richmond). Mostly flat, country side-roads, some woods, lagoon and riverside walking. 15.9 km. Meet at Fallowfield Park-and-Ride. Depart by 10 a.m. Gas \$3.

LEADER: Suzanne Brown 613-224-6006

Sunday, May 11 - Nicholsons Locks Area

Level 1+ at a medium pace, 8 - 10 km. Visit both the upper and lower Nicholson's locks, hike to Clowes locks and visit an old pioneer cemetery. Take advantage of the long days with a picnic dinner. Meet at Tunney's Pasture at 1 p.m. or at lower Nicholsons locks at 1:45 p.m. Gas \$5.

LEADER: Elizabeth Mason 613-729-6596

Sunday, May 11 - Gatineau Park

Level 3 hike, about 10 km. Starting from Lusk Falls, up and across to Farris Creek, passing South Window, south off trail in the Skyturtle area, back via Alpine Cabin and Throne to start point. Steep climbs and descents, viewpoints, and some off trail. Depart Tunney's Pasture 9:30 a.m. Gas \$4.

LEADER: Jim Leeson 613-829-1083

Saturday, May 17 - Larriault Trail

Level 2. Hike the Larriault Trail beyond the Mackenzie King Estate in Gatineau Park, approx. 8 km. Meet at Tunney's Pasture. Depart 9:30 a.m. Gas \$3. LEADER: Jean Sunter 613-828-6077

Monday, May 19 - Gatineau Park – Twin Lakes Area

Level 3, 10-12 km. Hike offbeat routes in the Twin Lakes area. Moderate pace, but some steep, rugged sections so this hike is for those who are reasonably fit and like exploration. Depart: 9:30 a.m. Gas \$5. LEADER: Graham Creedy 613-789-1657.

Saturday, May 24 - Western Greenbelt - Trails 26-

28/old 11 Level 1+. Hike the Western Greenbelt. 12 km. Meet at Baseline Station Park & Ride, south-east end. Depart by 10:30 a.m. Gas \$2.

LEADER: Jean Cottam 613-726-1596/cell:613-299-8856

Saturday, May 24 – Ottawa End-to-End #4

Level 2. Maps #13 & 14. Hike from the end of Ottawa Street (west of Richmond) to Kettles Road. 13 km. Meet at Fallowfield Park and Ride to depart at 9 a.m. Gas \$3. Shuttle.
LEADER: Suzanne Brown 613-224-6006

Sunday, May 25 – Ottawa River Loop

Level 1. Come walk the Ottawa River Loop with us - Tunney's Pasture to Champlain Bridge along right bank (Ottawa) of river, through Bate's Island, across bridge, along left bank of River to Alexandria Bridge, through Byward Market (possible stop) and return to Tunney's Pasture along Ottawa River. Depart Tunney's Pasture at 9 a.m. Gas \$0 LEADER: Vinni Sahni 613-824-6757

Saturday, May 31 - Shirleys Bay

Level 1+, 11 km. Starts at 10:30 a.m. at Moodie Drive and Corkstown Road and uses NCC, Trans Canada and Rideau Trails, to get to a nice view and lunch at Shirleys Bay. Return to the starting point by 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 Kanata and get off at Moodie Drive, then walk north for 5 minutes to the starting point.
LEADER: Don Grant 613- 828-1026

Saturday, May 31 - Ottawa End-to-End #5

Level 2. Map #13. Hike through Marlborough Forest from Kettle Road to Roger Stevens Drive. Some wet areas. 14.3 km. Meet at Fallowfield Park and Ride to depart at 9 a.m. Shuttle. Gas \$5.
LEADER: Suzanne Brown 613-224-6006

Sunday, June 1 - Jock River-Marlborough Forest

Level 2 and Level 3, 8-10 km. In the morning we follow an interesting track along the Jock River, and in the afternoon there are two alternatives: an exploratory bushwhack in hardwood forest or short (self-guided?) but easy hikes on wooded parts of the Rideau Trail and connecting spur trails. Coffee stop in Richmond afterwards. Depart: 9:30 a.m. Gas \$3.
LEADERS: Graham and Lena Creedy 613-789-1657.

Saturday, June 7 - Gatineau Park

Level 2. Hike Gatineau Park loop by various trails from Etienne Brule Parking Lot. 12 to 15 km. Meet at Tunney's Pasture. Depart 9:30 a.m. Gas \$3.
LEADER: Alex Bissett 613-828-4363

Saturday, June 7 - A Walk Near Mooney's Bay

Level 1, 4-7 km. Starting at Mooney's Bay parking lot, stroll along the beach, then explore the woods south of Mooney's Bay. The path may be muddy in some places. Return to Mooney's Bay parking lot. Bus number 87 from Billings Bridge stops at Mooney's Bay parking lot, for bus riders. Depart at 10 a.m., from Mooney's Bay parking lot.
LEADER: Linda Haack 613-232-8129

Saturday, June 14 - Gatineau Park – Pilon Road

Level 3, 10 km. Short distance but very rugged offbeat hike, only for level 3 enthusiasts! Depart: 9:30 a.m. Gas \$5. LEADER: Graham Creedy 613-789-1657.

Saturday, June 14 - Western Greenbelt - Lime Kiln

Level 1. Hike Western Greenbelt -- Lime Kiln (or Sportsplex/Slack Rd Trails) under 10 km. Meet at Base-line Station Park & Ride, south-east end. Depart 12:30 p.m. Gas \$2.
LEADER: Jean Cottam, 613-726-1596/cell: 613-299-8856

Saturday, June 21- RTA Annual General Meeting at

Foley Mountain/Westport. See details on page 3. If you require a drive or can drive someone to this meeting please contact Elizabeth Mason 613-729-6596.

Saturday, June 28th - Macnamara Nature Trail, Arnprior

Level 1, about 5-6 km interpretive trail through rolling woodland. Watch the walking fern in action and perhaps the showy lady's slipper orchids as well as many other natural and man-made wonders. Meet at Tunneys Pasture at 9:30 a.m. Optional tea room afterwards.
LEADER: Ron Maybury 613-836-2953

Wanted — Winter Photos

Before spring takes over, please look through your winter ski, snow-shoe and hiking pictures and send some to Elizabeth in preparation for the Winter 2008 Newsletter cover. Would like to see Kingston activities represented. Send photos or CD to Elizabeth Mason, 283 Avondale Ave, Ottawa, ON K1Z 7G7. (I have dial-up so please send only thumb nail via e-mail.)



Ottawa Club Moonlighter Hikes. Left, Andrew Chen by a waterfall in Gatineau Park. Right, hikers at a lookout over the Ottawa Valley. *Photos by Andrew Chen.*



Left, two hikers enjoy the fall colours from the top of Blue Mountain towards Gananoque and the Thousand Islands. Right, Vermont, Sept. 2007. "It's easy. Just clamber up the stream bed. Thank goodness this isn't spring." *Photos by Mark Collier.*



Leader John Cornish addresses the group. Marble Rock, November 2007. *Photo by Mark Collier*



Gould Lake, November 2007. Relaxation in the late Fall sun near the end of the hike. *Photo by Mark Collier.*

A Photographic Mystery



These pictures were taken on a hike I led, in September 1994, on a now abandoned section of the Rideau Trail near Richmond.

The main reason for the hike that day was to dedicate a bridge to a recently deceased long-time member of the Ottawa Club. The bridge, engineered and constructed by Rideau Trail volunteers, was very impressive, but it did appear to be over a dry creek.

Further on down the trail we encountered a heavily flooded section where we were forced to take off our shoes and socks, roll up our pant legs and wade through the water.

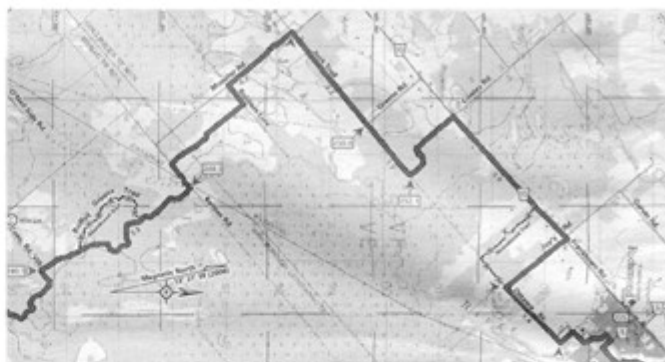
Looking at these photographs now, I am wondering in which order they were taken. Was the bridge moved by these two strong men after we waded through the flooded area? !

Photos and comment by Margaret Lafrance, Central Club



Trail Reroute

This is #3 of the recent reroutes described in the RTA website at www.rideautrail.org



Ruffed Grouse Reroute

The trail heads north from the bush road (Concession Road VIII) near the RTA lot. The trail then crosses open fields before entering heavy mixed bush of cedar, poplar and birch, along an old track between two swamps then follows the old bush road around several bends and heads north to Kettles Road. Here the trail turns left (SouthWest) and crosses the railway and Nichols Creek.

Greens Road to Joy's Road Reroute

The trail continues North East on the Jock Trail Road past the end of the paved road for another 600 metres to a junction where a shelter and dry toilets operated by the local snowmobile clubs can be seen on the right. Opposite the shelter at km. 252.1, the trail takes the fork to the left (North) along the snowmobile trail for 100 metres, then turns left (West) into a mixed bush of red maple, bur oak, ash, balsam fir and basswood. This is a moist open area with wetland plants, including monkey flower and closed gentian. It then curves generally to the right, then left (SouthWest) and, after 500 metres, reaches a T-junction. Here the trail turns right onto Franktown Road which it follows for 3.1 km. then turns right down Joys Road. This is followed for 1.4 km. until the trail turns left (North) onto Ottawa Street.

Have you renewed your RTA membership? Please continue your support of our trail (and continue receiving your newsletter).

Memberships expire March 31. See note on page 3.

Other Organizations and Activities

Note: These notices are for information only. These activities are not sponsored or endorsed by the RTA.

ADVANCE NOTICE

2008 Summer and Fall White Mountains Day Hiking

Monday, July 14 to Thursday, July 17
Friday, Oct 10 to Monday, Oct 13 (Thanksgiving)

Multiple level 2 and 3 hikes over two hiking days

Three nights accommodations, two dinners, three breakfasts at Kinsman Lodge,
Franconia, New Hampshire - \$230 CAN per person double occupancy; \$260 CAN per person single occupancy,
all inclusive. \$10 non-refundable deposit to secure a room

LEADERS: Cliff and Gloria Daly. Email cliff.daly@rogers.com or phone 613-224-4413

RTA Kingston Club – Annual Vermont Hiking Trip Green Mountain Area

Monday 8 September to Friday 12 September 2008

If you enjoy magnificent vistas and clambering up real mountains (or hiking in clouds, mist and rain), Kingston Rideau Trail Club is once again offering its annual hiking trip to Smugglers' Notch in the scenic Green Mountains of Vermont. The trip includes four nights dormitory style accommodation, hearty breakfasts each morning and dinner each evening and many opportunities for socializing. Cost will be approximately Can\$220 per person.

A choice of two or three hikes ranging from moderate clammers to challenging ascents will be available each day. All will be RTA Level 2 or 3... or harder! Because of the mountainous terrain, **participants must be fit experienced hikers.**

To reserve a place on this trip, please send a Can\$75 per person cheque together with the name(s) and address(es) of participants, phone number and e-mail address (if you have one) to Mark Collier, 4808 Huntbach Lane, RR2, Battersea, ON, K0H 1H0. Please make cheques payable to Mark Collier and do not postdate your cheque.

*** Note: Space is strictly limited on a first come, first reserved basis. ***

For further information, contact Mark or Jennifer Collier at 613-353-9988 or at jenmarkcollier@earthlink.net. Additional information will be provided in early September to registered participants. The balance of the trip cost is payable in Canadian dollars on 12 September. Please carpool among yourselves. Contact Mark for a list of registered participants from your area if you require transportation to or from Vermont.

Cancellation Policy: Cancellations after 31 August 2008 will forfeit their deposit.

Note: This activity is not sponsored or endorsed by the Rideau Trail Association and is published for information only.

SPRING FLING GOLF

To Support the Cataraqui Trail

Lombard Glen Golf Club, Lombardy — Saturday 3 May

Great Prizes

Scramble Format

Silent Auction

Enter a team of four.....or singly—we'll get you a team

\$100 per person includes golf, dinner and prizes

Tee off at 12:30 Dinner at 6:30

Need a cart? Reserve directly with the Club by April 26 at 613-283-5318

Send your entries to:

**Linda Carr, 393 Narrows Lock Rd., RR 1, Portland, ON, K0G 1V0, 613-272-2227, fax 613-272-5080
or Cookie Cartwright, 11 Woodpecker La., Kingston, ON, K7K 5E2, 613-546-7990**



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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 \$25.00 () Annual Household Membership (two adults at the same address) \$30.00 () 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 ** \$39.95 () 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 9485 RR 0001) ** Includes postage and handling	PLEASE INDICATE MEMBERSHIP CATEGORY New () Renewal () Life () (Please Print) Name(s): _____ Address: _____ Postal Code: _____ Telephone: _____ If you wish to receive the RTA e-letter (as well as the Newsletter by mail) please provide your e-mail address below: _____
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)	() 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...