



The Rideau Trail NEWSLETTER

SUMMER 2008

ISSUE NO. 148



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, 2008** and that they are sent directly to:

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The Rideau Trail Association is a member of Hike Ontario.

Front Cover: Rideau Trail members at work promoting the RTA (above) and cleaning up for the Adopt-a-Road program (below). *Photo by Jim Fish (above) and Suzanne Brown (below)*

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

Foley Mountain Conservation Area, Westport

9:30 a.m. Registration, coffee, mingle

We are going green this year!

Please bring your own coffee mug.

Be part of the solution – not the problem.

10:00 a.m. Special Presentation: Frontenac Arch
Biosphere Reserve, Don Ross,
Executive Director

10:30 a.m. Business Meeting

12:30 a.m. Brown Bag Lunch

1:30 p.m. Hikes (or bring your canoe and explore
the lakeshore)

6:00 p.m. Dinner at The Cove Inn, Westport

(Roast beef buffet includes salad, 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 St., Kingston,
Ontario K7L 5P6 by June 18.

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 Visitor Centre at the bottom of the hill.
Parking is free.

Questions: Linda Line 613-531-4353,
Linda.line@sympatico.ca

**To enquire about car pooling from your location,
call your club representative listed on page 2.**

If you are planning to stay overnight in Westport
the B & B's listed below may still have rooms
available:

The Roberts House 613-273-8181

Victorian Reflections 613-273-8383

Mill Pond 613-273-8328

**HIGHLIGHTS OF THE APRIL RTA BOARD
MEETING**

by John Cornish, Vice President

It was decided that the following changes should be made to the structure of the Board of Directors: elimination of the position of Corresponding Secretary as an Officer; establishment of the position of Marketing and Communications Director as a member of the Board. These changes require that the Bylaws of the Rideau Trail Association be amended. The proposed amendment will be discussed at the Annual General Meeting on June 21, 2008.

Our Treasurer, Peter Hawkins, presented his draft year-end financial statements. The good news is that the Rideau Trail Association had a modest surplus in the last fiscal year. Work continues in the background to find ways of improving the overall effectiveness of the RTA's operations, as well as to separate the operating accounts from the Rideau Trail Preservation Fund.

Efforts are underway to renew the RTA trademark which expires in September 2008. A small committee has been struck, under the leadership of Elizabeth Mason, to carry out the work involved in renewing the trademark. The Board has authorized the committee to obtain paid professional advice on the scope of the RTA trademark and on how best to defend the trademark.

Reports on membership retention from Nigel Brereton (Ottawa Club Representative) and on membership renewal from Sheila Menard (Membership Director) have resulted in some new strategies such as an improved welcome letter, e-mail reminders and acknowledging new members in the Newsletter. We will be experimenting further with telephone contacts and surveys. Preliminary signs are positive that proactive strategies do make a difference!

I look forward to meeting many of you at the AGM in Westport.

NOTICE OF PROPOSED CHANGE TO RTA BY-LAWS

The Board of Directors of the Rideau Trail Association has unanimously approved, and recommends that our members approve, the following amendments to the Rideau Trail Association By-laws:

- Articles 3 (b) and 9: elimination of the position of *Corresponding Secretary* from the slate of Directors.
- Article 3 (b): addition of the position of *Marketing and Communications Director* to the slate of Directors.
- Article 24: change to the end of the fiscal year from August 31 to March 31 (*this change was made operationally years ago but has not been reflected in the by-laws*).

A motion to amend the RTA By-laws will be made by a member of the Board of Directors at the AGM on June 21, 2008.

A copy of the By-laws and the proposed changes can be obtained from the RTA web site at

<http://www.rideautrail.org/docs/by-laws.pdf>

or by contacting the President, Ron Hunt, at 613-590-7467.

THE OTTAWA TRAIL MAINTAINERS *by Ron Maybury*

Maintainers are our front line of public relations as they meet with the public and inform them about the Rideau Trail and the significance of the markers. They usually work with partners and become dedicated to their section, relating closely to its natural and historical features; most of them are more than willing to lead hikes. They groom, mark and protect the route and establish good relations with landowners and other concerned persons along the route.

Much of the Ottawa section passes over land owned by the National Capital Commission. We actively exchange information with the Greenbelt officers about conditions on the trail, such as fallen trees and areas needing improvement. Presently, the Ottawa part of the Rideau Trail has eighteen members working on maintenance - some have been maintainers for many years.

Richmond Landing to Moodie Drive – Mike Shaw has been looking after this section for over twenty years, judiciously placing markers on trees and posts beside the Ottawa River Parkway. He can look after much of it by riding along the bicycle path. It passes many historic and

cultural features of the nation's capital: portage routes of early explorers, sites of paper mills and lumber yards, and now the War Museum.

Moodie Drive to Richmond Road – For eleven years Don Grant has maintained this route through the Greenbelt, past the Equestrian Centre and into the Stony Swamp through thick woodland where deer, raccoons, porcupines and the occasional coyote may be seen, as well as a splendid display of flowers in the spring. Don can walk to the trail from his home and enjoys meeting hikers and bikers along the way.

Richmond Road to Fallowfield – Jean Sunter enjoys checking out this thickly wooded section of the Greenbelt. It ends at the historic church at Fallowfield which has a foundation stone laid by Canada's first Prime Minister. She enjoys feeding the chickadees and observing the nesting and migration of the water birds.

The Lime Kiln Loop – Following a long scenic route past the Wild Bird Centre and the restored Lime Kiln, this loop is looked after conscientiously by John Bennett. A wet area has recently been bridged by a boardwalk named after John in appreciation of the many years he has maintained this section. Parts of the loop are over alvar, a thin-soiled rocky environment with unusual plant life.

Fallowfield to Joys Road – Alex Bissett looks after the trail along Steeplehill Crescent, a quiet road running beside the Jock River to where the Duke of Richmond died from rabies in a farmer's barn at Twin Elm. In the summer we cross the river on a farmer's bridge and make our way through the Richmond Conservation Area and the historic military settlement of Richmond, before heading towards the Marlborough Forest.



One of the benefits of being a trail maintainer. *Photo by Ray Wilson*

Joys Road to Greens Road – Rob Brown has recently volunteered to maintain this section which is partly along the Franktown Road as well as on a more rustic trail into the forest. With the help of the trail coordinator he is hoping to find an alternate route across the wet area of the Richmond Fen.

Greens Road to Kettles Road – Jim Leeson has a country road through an area of old settlements adjoining Marlborough Forest, including a crossing of farmers fields from Soldiers Line to Kettles Road where he has built a stile over a fence.

Kettles Road to the Rideau Trail cabin site – Larry Jones maintains a grassy trail through the Marlborough Forest, near the flooded Ruffed Grouse Trail, which he is interested in restoring by the construction of board walks. The cabin site (the cabin burned down many years ago) has been naturalized and protected by our president, Ron Hunt. In the Marlborough Forest we cooperate with the Forestry Department of the City of Ottawa in the routing and signage on trails and have made a number of re-routes to avoid sections damaged by ATV's.

The cabin site to Roger Stevens Drive – Claude Bouchard conscientiously marks and maintains this section in the Marlborough Forest along forest tracks and down an historic road used in pioneer days.

The Schoolhouse Loops – The schoolhouse is a heritage building on McKenna Road, at the south end of the Marlborough Forest. It is maintained by the club with the cooperation of the City Forestry Department. Guy Rochon of Richmond and his two sons look after the building and have recently restored and marked the several loop trails through the adjacent woodlands. The schoolhouse is available for summer and winter activities, with a wood stove and picnic table and Guy would be glad to cooperate with any Rideau Trail group interested in using it.

Roger Stevens to Flood Road – Terry Baker has led several hikes through his section, which was recently improved by a re-route around Roger's Pond, named after the first settler, Roger Stevens. Terry and friends have been maintaining it in the Spring and Fall for three years and enjoy the wide variety of trail geography and a good pub lunch afterwards.

Flood Road to Dwyer Hill Road – wet sections have been improved with gravel along the side of a Ducks Unlimited wetland. Jacques Fournier enjoys

maintaining this trail as well as the Earth Star Loop, which branches off into thick cedar forest where a lean-to shelter is located. The loop is named after the Earth Star fungus, a species of puffball which is found growing there in the Fall.

Dwyer Hill Road to Gilroy Road – maintained by Lloyd Scarth, a long time member living in Osgoode, is mainly on old road allowances, passing through abandoned farmland and past the remains of a pioneer lime kiln, used by early settlers for making cement. Lloyd has had the experience of being swooped on by hawks when walking on the trail near their nesting site.

Gilroy Road to Buffam Road – is looked after by a local resident, Donald Foster from Jasper. Again this is road allowance, but passes through scenic woodlands and fields.

Buffam Road to Rosedale – is the domain of Ron Arsenault of Manotick who enjoys walking along the section called the Long Bush, an early pioneer trail, when the only human sound heard is a distant train whistle. Like Lloyd, Ron has been buzzed by a hawk defending its nesting site. He has led a concerted effort to remove construction and other garbage along the trail, with the willing cooperation of the local municipality.

Merrickville Blue Loop – follows abandoned road allowances into the village and is looked after by an

continued on page 9

Note: Ottawa Gas Share

Ottawa has modified the gas share for hikes due to the increased cost of gasoline.



Kingston and Central clubs enjoy a joint outing on Foley Mountain. *Photo by Gunhild Karius*

OTTAWA CLUB ACTIVITIES - SUMMER 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 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. 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 back cover for Levels of Difficulty.

Leaders: Blank sign-up sheets are available from Suzanne Brown 613-224-6006 or on the RTA WEB site. Please send completed sign-up sheets to Suzanne at 1119 Field Street, Ottawa, ON, K2C 2P6 or e-mail to suzannebrown@rogers.com.

Tuesday Evening Moonlighters Hikes

Every Tuesday evening beginning April 29th to August 26th, there will be a short hike, often in Gatineau Park, always within a thirty-minute drive. Meet at Tunney's Pasture by 5:50 p.m. for a 6:00 p.m. 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. **Coordinator: Trudy Stephen 613-828-9313**

Date	Sunset	Leader	Description	Level	km	Gas
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 A. Macdonald 613-302-2137	Tawadina (Pulpit) from P13 (ascent from Meech Lake). Two groups.	2	10	\$5

Date	Sunset	Leader	Description	Level	km	Gas
July 1	9:03	Suzanne Brown 613-224-6006	Hike to Parliament Hill. Stay to enjoy the evening festivities and return by hike or bus.	1	12	n/a
July 8	9:00	Pat Archer 613-565-6149	Ridge Road loop from P13 (ascent from Meech Lake)	2	8	\$5
July 15	8:56	Laraine Laughland 613-723-8851	Capucin Chapel from P11 (Meech Lake area)	1	6	\$5
July 22	8:51	Nigel Brereton 613-596-6191	Ramparts from Etienne Brûlé Lookout (Champlain Lookout area)	2	6	\$5
July 29	8:45	Suzanne Brown 613-224-6006	Mine Road in Gatineau Park	2	8	\$3
Aug. 5	8:35	Terry Baker 613-825-5267	Pink Lake/Mackenzie King Estate from 2 nd or most northern Pink Lake parking lot	2	7	\$3
Aug. 12	8:25	Dora Ashiq 613-792-4966	Asticou/Hickory from parking lot off Boul. de la Cite des Jeunes (Hull sector)	2	8	\$3
Aug. 19	8:14	Grant Malinsky (613-842-8736)	Brewery Creek/Hull Island from Mill Restaurant (Hull sector)	1	7	\$1
Aug. 26	8:03	Maureen Dawson 613-226-3864	To Experimental Farm from Baseline Station parking lot (Ottawa west area)	1	8	\$2
Sept. 2	7:50	Joan Evans 613-736-1527	End of season dinner			

Wednesday Walkers

Every Wednesday there are level 2 and 3 hikes in Gatineau Park. Departure time is 9:30 a.m. Do not go to Tunney's Pasture. Call Dorothy Belter 613-523-4420 or Nanette Whitwam 613-747-2985 for meeting place and more information.

Weekend Activities

Please refer to page 20 for definitions of the Levels of Difficulty. Meeting places are designated as follows: TP = Tunney's Pasture FF = Fallowfield Park & Ride BL = Baseline Park & Ride		
Date & Time	Level & Length	Description (Leader – Contact If More Information Is Required)
Saturday June 14 9:30 at TP	3 10 km	Gatineau Park – Pilon Road Short distance but very rugged offbeat hike, only for level 3 enthusiasts! Gas \$5. (Graham Creedy 613-789-1657)
Saturday June 14 12:30 at BL	1 10 km	Western Greenbelt – Lime Kiln Hike western greenbelt – lime kiln (or Sportsplex/Slack Rd Trails). Gas \$2. (Jean Cottam, 613-726-1596/cell 613-299-8856)
Saturday June 21	n/a	Association AGM at Foley Mountain Visitor's Centre, Westport See details on page 3.
Sunday June 22 9:30 at TP	n/a	CANOEING/KAYAKING on the Ottawa River at Petrie Island Bring your own boat and equipment, or pre-arrange rental from Ozile's marina at 613-841-0778. Paddle around the bayous and the Ottawa river, depending on conditions. Gas: \$4 (Graham Creedy, 613-789-1657)

Please refer to page 20 for definitions of the Levels of Difficulty. Meeting places are designated as follows: TP = Tunney's Pasture FF = Fallowfield Park & Ride BL = Baseline Park & Ride

Date & Time	Level & Length	Description (Leader – Contact If More Information Is Required)
Saturday June 28 9:30 at TP	1 5-6 km	Macnamara Nature Trail, Arnprior Hike interpretive trail through rolling woodland. Watch the Walking Fern in action and perhaps the Showy Lady's Slipper orchid. Gas: \$9 (<i>Ron Maybury, 613-836-2953</i>)
Saturday June 28 9:15 at TP	2 or 3 12-15 km	Gatineau Park, mystery location – A hike of 4 to 5 hours, plus a lunch stop. Bring lunch, insect repellent, sun screen & lots of water. Gas: approximately \$4 (<i>Alex Macdonald, 613-302-2137 & Chris Heap, 613-740-9975</i>)
Saturday July 5 8:30 at TP	3 17-20 km	Frontenac Park Scenic hike from Arab Lake to Mink Lake Lookout (the highest point in the park), with a possible extension to Big Clear Lake. Possible dinner in Westport during the return trip to Ottawa. Gas: \$12 (<i>David Spector, 613-270-1046</i>)
Saturday July 12 12:30 at BL	1 10 km	Jack Pine Trail & vicinity Hike the NCC trails. Gas: \$2 (<i>K. Jean Cottam, 613-726-1596 (home) or 613-299-8856 (mobile)</i>)
Saturday July 12 9:30 at TP	2 60-75 km	CYCLING TRIP to the Carp Farmer's Market Bring your lunch or buy it there. (<i>Peter Scott, 613-729-9557 (home) or 613-957-0981 (work)</i>)
Sunday July 13 10:00	1+ 11 km	Shirley's Bay MEET AT MOODIE DRIVE @ CORKSTOWN ROAD (Bus riders: take the #96 bus heading to Stittsville, get off at Moodie Drive, then walk 5 minutes to the starting point.) This hike follows NCC, Trans-Canada and Rideau Trails. Lunch at Shirley's Bay before returning to the starting point. (<i>Terry Baker, 613-825-5267</i>)
Saturday July 19 9:00 at TP	2 14 km	Gatineau Park, Sandy Lake Light bushwhacking to Baron Mountain, ending with a swim off the rocks at Sandy Lake. Gas: \$9 (<i>Suzanne Brown, 613-224-6006</i>)
Sunday July 20 1:30 at TP	1 or 2 30-40 km	CYCLING TRIP in Ottawa Follow the bike paths behind the Parliament Buildings and out to Rockcliffe Park. Stop to read the interpretative story boards along the route. Return via the Rideau River bike path and the Experimental Farm. Bring a snack and water. The pace of the ride will be adjusted according to the wishes of the participants. (<i>Elizabeth Mason, 613-729-6596</i>)
Sunday July 20 9:30 at TP	1 9-10 km	Gatineau Park, Brown Lake Hike from parking lot P17; probable swim. Gas: \$5 (<i>Peter Scott, 613-729-9557 (home) or 613-957-0981 (work)</i>)
Sunday July 20 9:30 at TP	n/a	CANOEING/KAYAKING on the Jock River in the Marlborough Forest (Richmond Fen) Bring your own boat and equipment. The Jock can be a jungle in midsummer, with beaver dams and weed patches, but we'll travel at an easy-going pace. Gas: \$5 (<i>Graham Creedy, 613-789-1657</i>)
Saturday July 26 9:00 at TP	3	Gatineau Park, Racine Lake 5 hour hike from Gravel Pit to Richard Lake, Racine Lake & Vulture View. Time to observe nature. Different return route possible. Gas: \$7 (<i>Stan Rosenbaum, 613-596-4288 or srosen@magma.ca</i>)
Saturday August 2 9:30 at TP	2 12 km	Gatineau Park, route TBD Hike on various trails at a relaxed pace. Gas: approximately \$6 (<i>Alex Bissett, 613- 828-4363 or alexbissett@sympatico.ca</i>)
Sunday August 3 10:00 at ??	? ? km	Surprise Hike Destination Gas: \$? (<i>Terry Baker, 613-825-5267</i>)

Please refer to page 20 for definitions of the Levels of Difficulty. Meeting places are designated as follows: TP = Tunney's Pasture FF = Fallowfield Park & Ride BL = Baseline Park & Ride

Date & Time	Level & Length	Description (Leader – Contact If More Information Is Required)
Saturday August 9 10:00	1 6-8 km	URBAN HIKE MEET AT THE STRATHCONA PARK PARKING LOT (Somerset St. East at Range Road) This walk will follow a loop exploring the many parks (Dutchy's Hole, New Edinburgh, Rideau Falls, etc.), foot paths and streets along the Rideau River. A highlight will be the grounds of Rideau Hall and the Rideau Hall Gift Shop! <i>(Linda Haack, 613-232-8129)</i>
Saturday August 16 10:30 at BL	1+ 12 km	Western Greenbelt Hike on NCC and blue RTA Trails. Gas: \$2 <i>(K. Jean Cottam, 613-726-1596 (home) or 613-299-8856 (mobile))</i>
Sunday August 17 9:30 at TP	2 10 km	Western Gatineau Park Hike to and swim in Lac Racine. Almost no bush whacking. Gas: \$7 <i>(Denise Hudson, 613-232-9852 or denisehudson@sympatico.ca)</i>
Saturday August 23 10:30 at BL	1+ 7 km	Kanata North Hike from March Road, around the Beaver Pond and along trails west of Goulbourn Road. Gas: \$3 <i>(Ethel Archard, 613-592-7733)</i>
Sunday Sept. 7 9:30 at TP	2 10 km	Gatineau Park, Lusk Lake Loop This will be a shortened version of the loop, via the snowshoe trail. Gas: \$7 <i>(John Barron, 613-828-2296)</i>
Wednesday Sept. 10	1 8-10 km	DISCOVERY HIKE (CALL LEADER FOR TIME AND PLACE OF MEETING) Hike the Warwick Recreational Trails near Berwick east of Ottawa. Bring lunch & lots of water. The leader has not been to this location, so come ready to discover it with her. Gas: \$8 <i>(Elizabeth Mason, 613-729-6596)</i>
Sunday Sept. 14 12:30 at BL	1 10 km	NCC Trails Hike the National Capital Commission's Sportsplex & Slack Road Trails in the Greenbelt. Gas: \$2 <i>(K. Jean Cottam, 613-726-1596 (home) or 613-299-8856 (mobile))</i>
Saturday Sept. 20 10:00 at TP	1 8 km	New York Central Fitness Trail Hike this old railway line running between Russell and Embrun. Car shuttle. Bring a lunch. Gas: \$7 <i>(Elizabeth Mason, 613-729-6596)</i>
Saturday August 30 9:00 at FF	2 9-10 km	End-to-End Hike #6 (Maps 12 & 13) Roger Stevens Road to Burritt's Rapids, through the Marlborough Forest and past Brassil's Creek. Be prepared for wet areas. Car shuttle. Gas: \$7 <i>(Nigel Brereton, 613-596-6191)</i>

Ottawa Club Executive 2008-2009

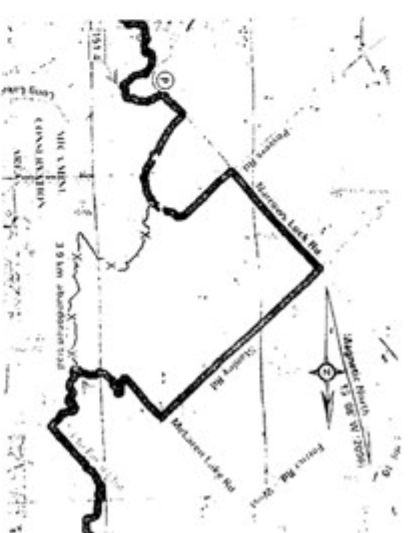
Chair:	Elizabeth Mason
Vice-Chair:	Jim Fish
Past Chair:	Ron Hunt
Activities Coordinator:	Suzanne Brown
Publicity Coordinator:	Nigel Brereton
Secretary:	Graham Creedy
Treasurer:	Suzanne Brown
Trail Coordinator:	Ron Arsenaault
Routes & Negotiations:	Vic Gaizauskas
Newsletter Editor:	Elizabeth Mason

Ottawa Trail Maintainers (continued)

indomitable pair of Merrickville residents, Denis Faulkner and Fred Grodde. They look after the trail along the River Road to Burritts Rapids, with its interesting old stone houses. From there the recently opened Stoney Steps loop leads to Heaphy Road and the main trail. They are also working on the incorporation of the Merrickville loop into part of the main trail.

We have to thank our maintainers for supporting the dream of the founders of the Rideau Trail for a walking route from Ottawa to Kingston. With their help we are forever working to improve its quality.

Trail Changes



Map 8 McLaren Reroute – 7.2 km (3.9 km abandoned)
Misses the mica mines. Go north 2.3 km from Long Lake Road, at an unused trail message box turn west joining Powers Road. After 1.2 km turn right onto Narrows Lock Road. After 1.6 km turn right on Stanley Road and follow it for 2.7 km. Turn right on McLaren Lake Road; after 1.6 km turn left towards Ferrier Road. At this point you have rejoined the old route northbound to Ferrier Road.



Map 15 Timm Moodie Detour - 3.2 km detour (6 km Trail)
Avoids construction at the trail underpass of highway 417. Turn right on Timm Drive and left on Moodie Drive. Cross highway 417 on the Moodie overpass. Turn right onto Corkstown Road to rejoin the Trail. Great care should be taken when walking the cycle path beside Moodie Drive.

CHANGED YOUR E-MAIL ADDRESS?
If you provided the RTA with an E-mail address, don't forget to notify us of any changes. Otherwise, you will miss our monthly E-Letter and other Club information. Send changes to: info@rideautrail.org

and the trees
simply climb
you must
but other times
easier climb
round to an
trail eases you
sometimes the narrow
a vertical wall
in front of you
rise straight up
now the rocks
and bare
tumbling over these
ice cold and
gushing water
awash in clear
it would be in spring, just
and you think how
dry creek bed
you're walking up a
The path steeper now

a photo or two, then carry on
for a short rest, shed a shirt, drink some water, snap
stop
then
increases
as your heartbeat
slows down
your conversation
ferns, the groundcover
+ the ground beneath
feet, the rocks
pulled to your
your eyes are
the foliage, then
walk, admire
friend as you
can talk to your
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mildly ris-
the trail only
in the cool leafy shade
the way you start
a mountain
about climbing
something
There's



START

The Climb

by Janice LaDuke

(start reading at bottom of next page)

and you're shivering

you've got to get walking again, so you take one last look around, all around

then you start down

your feet still wanting to rise and it's harder on the knees

going down

but

go slow

step gently

just walk

and keep walking

let yourself down from rock to

rock

easy

no slipping + sliding

no mountain goat

leaps

it'll only take half

the time going down

as it did

going up

but you want your

tired old body to

get you there

in one piece

to camp

and a fire

and a bed

the trees

change

as you go down

and the smells

change

and the shadows are

more shadowy

your breathing becomes

steadily, even

till you're back in the lowlands

again

ROCK DUNDER

*** now easier to access ***

Just south of Morton, on Hwy 15, take

STANLEY LASH LANE to the Rock Dunder parking

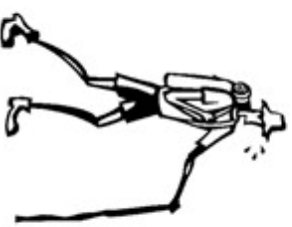
lot. You'll find a good trail map and a modern privy

to get you off to a good start!

Check out the Rideau Trail Website www.rideautrail.org

for trail map and brochure. Click Trail Changes and

scroll down to Rock Dunder.



to sky

a sacrifice

mountain top

splayed on a

only sky

and all around

above

and see only sky

fit the peak

curve your body to

down on the rock

to do is to lie

the only thing

and keep rising

want to rise

less, arms + feet

gravity-

headed

you feel cloud-

of bare rock

on the mountain peak

when you emerge

and finally

or is it a cloud?

far below

of a lake

thru thinning spruce

and catch a glimpse

and you turn

will do

passed one to the other

now, a look

you talk only rarely

'cept which one

than the other

were shorter

you wish that one leg

and when you traverse

then the other

and you lift one leg

or moss

layer of earth

by a thin

only barely covered

and the rock

are shorter

the higher you go

are shorter

THE END

THE ANSWER TO THE QUESTION YOU DIDN'T ASK

by Jessie Hunter

Refer to Spring 2008 Newsletter, "*What I learned on the Ottawa to Perth Summer End-to-End*"

"Item 10: It is possible for your shuttle car driver to lose her keys. **Don't ask how that was resolved.**"

After arriving in Smiths Falls, Barbara and I grabbed our gear from the trunk of my little Mazda and stowed it in the trunk of Jim's jeep. We then shuttled back to Wood's Road to begin our trek to and through Smith's Falls on a mostly boring and poorly marked trail. We became frustrated as we peered through binoculars searching for faded or missing orange markers. The pervading odour of chocolate guided us by the Hershey Factory and followed us as we crossed CR#43. There we reached a narrow, bushy path alongside a chain link fence. I was enjoying this bit of jungle - until we stopped for lunch at Old Sly's Lock. That's where I made the discovery which consolidated my budding reputation for forgetfulness!

We found a picnic bench at this lovely spot, but as I began my lunch, I realized my car keys weren't in their usual pocket! I searched thoroughly - day pack and pockets - twice! The discovery of this loss dampened my enthusiasm for the rest of the hike. I trudged glumly ahead on the sparkling white paths of Smith's Falls extensive park system, still searching for obscure trail markers, disinterestedly noting wildlife (black squirrels and crows) and planning how I could solve the lost keys dilemma. I must have left them in the car. Yes! And the CAA would rescue them! Yes! But my CAA card was in my purse - which was in Jim's Cherokee.

Just relax, I told myself; maybe the keys weren't locked in. Most likely I'd dropped them on the ground when we changed vehicles. As we neared the parking lot I rushed ahead of Jim and Barbara hoping the keys would be right there beside the car. I'd wave them jubilantly at my companions as they approached!

No such luck!

The three of us searched the ground around the car and peered in all the windows but could not see them. They HAD to be there - out of sight - under or between the seats. Okay, then, would the CAA honour a stranded member who didn't have her membership number with her? Barbara, luckily, was carrying her card and a bit reluctantly lent it to her "unreliable" friend. I was

extremely grateful, and after some delay made the call to CAA from the dismal back room of a store.

The rescue vehicle arrived promptly, the good-natured driver jimmied the door in seconds and stood back as Barbara, Jim and I probed under seats and floor mats. The keys were NOT in the car! I was deflated and discouraged - but not deterred from making another plan. I could get a cab to take Jim back to the jeep where I must have dropped the keys while putting on my hiking boots. But, wait - perhaps I could persuade the kind CAA employee to go back to his station by way of Wood's Road. Ah, success!

Now it was Barbara and I who settled in to wait. The end of the dilemma was in sight and we relaxed. But when Jim drove back to us he was empty-handed! His thorough search of the jeep and the area where he'd parked had yielded no keys.

We opened the trunk and I shook out my socks and shoes, handed Barbara her fleecy which was covering my purse, in which were - the car keys! Of course! When I'd taken them from the ignition I'd popped them into my purse, as is my usual custom, instead of stowing them in my pants pocket.

Lesson: Do not hesitate to ask if your shuttle driver is in possession of her car keys.

MARBLE ROCK DISCOVERED BY THE GEO-CACHING COMMUNITY

by John Cornish

"Stunning view!"

"...so many unique landscapes and vistas!"

These are just a few of the comments from folks first encountering Marble Rock, the outstanding Rideau Trail Blue Loop, located just north of Gananoque. They were from persons involved in the growing sport of Geo-caching. Geo-caching is a sort of high-tech treasure hunt. The object is to encourage participants to seek out interesting or unique venues they ordinarily wouldn't know about. Made possible through the combination of the Internet and the hand-held GPS, it enables hundreds of thousands of participants around the world to

.....continued on page 14

CENTRAL CLUB ACTIVITIES - SUMMER 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.

WEEKEND ACTIVITIES

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 Visitor's Centre, 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

Saturday, July 5 Foley Mountain from Lions' Club Beach Level 2 hike, 8 km, followed by a swim at the beach. Gas \$3. ROAR INTO SUMMER WITH: Ernie Trischuk, 613-283-8112

Sunday, July 13 Canoe Day, Palmerston Lake Level 1 canoeing, 8 km. Gas \$5. 'J' STROKE WITH: John Miller, 613-264-8824

Thursday, July 17 Leaders' Planning Session 4:00 pm at 8 Taggart Crescent in Perth. Bring your ideas and suggestions for our Fall Activity Schedule. ALL NEW GRADUATES SHOULD ATTEND WITH NEW IDEAS: Don Sherwin, 613-264-0759 and Dorothy Hudson, 613-283-0332

Saturday, July 19 Bicycle Tour from Kilmarnock Lock Level 1 biking through Easton's Corners and Merrickville on back-country roads. GET PUMPED UP WITH: Ernie Trischuk, 613-283-8112

Sunday, July 27 Canoe Day, Malcolm and Ardoch Lakes Level 1 canoeing, 8 km, followed by pot-luck at the Sherwins' cottage on nearby Pine Lake. Gas \$5.

COME TO MY HIDEOUT: Don Sherwin, 613-264-0759

Saturday, August 2 Murphys Point Park Level 1 hike and swim, 8 km. Gas \$3. TAKE THE PLUNGE WITH: Margaret Lafrance 613-267-4360

Sunday, August 10 Canoe Day, Taylor Lake Level 1 canoeing, 8 km. Gas \$5. DON'T DIG TOO DEEP WITH: Don Sherwin, 613-264-0759

Sunday, August 17 Canoe Day, Park Lake Level 1 canoeing, 6 km. Gas \$5. OFF TO THE PARK WITH: Susan Samila, 613-264-1196

Saturday, August 23 Bicycle Tour of Wolfe or Amherst Island Level 1 biking. PUT YOUR METTLE TO THE PEDDLE: Dave Allcock, 613-264-9075

Sunday, August 31 Canoe Day, Chaffeys Lock to Bedford Mills Level 1 canoeing, 10 km. Gas \$5. WE'RE GOING TO THE LOON'S ATTIC WITH: Dave Miller, 613-812-1131

Friday, Saturday and Sunday, September 5, 6, 7 Schooner Lake Canoe Camping Level 1 canoeing and hiking. Gas \$5. JOIN OUR LIVELY RETIREE: Tom Irwin, 613-749-0523. Contact person: Don Sherwin, 613-264-0759

Sunday, September 14 Upper Rock Lake-Lindsay Lake Loop Level 2 hike, 12 km. Gas \$5. FROM A ROCK TO A SOFT PLACE: Dorothy Hudson, 613-283-0332

Saturday, September 20 Trail Maintenance Day Bring your favourite trimming tools and join in the fun! WITH EAGER BEAVER: Bruce Gourley, 613-283-5967

Sunday, September 28 **Marble Rock**

Meet at 8:00 am. Level 2-3 hike, 11 km. Gas \$6. YOU NEED ALL YOUR MARBLES TO CATCH: Gunhild Karius, 613-264-2861

Central Club Executive - 2008-2009

Chair	Margaret Lafrance 613-267-4360
Past Chair	Don Sherwin 613-264-0759
Club Representative/Vice Chair	Ernie Trischuk 613-283-8112
Treasurer	Peter Hall 613-264-0057
Secretary	Josee Aghajanian 613-283-5967
Maintenance/Routes and Negotiations	Bruce Gourley 613-283-5967
Activities	Don Sherwin 613-264-0759 and Dorothy Hudson 613-283-0332
Publicity	Janet Osborne 613-264-8601
Social Convener	John Miller 613-264-8824
Director-at-large	Veronica Airth 613-264-8824

Marble Rock Discovered ...continued

seek out hidden "caches" by tracking the latitude and longitude coordinates of the cache with their GPS. All of

this is coordinated through the sophisticated machinery of an international website, *Geo-caching.com*.

In April, 2008, a Geo-Cache enthusiast with the pseudonym "Yorkshire" placed a series of ten hidden caches along the 11 kilometres of trails that make up Marble Rock. He posted them as a package challenge called "Ten K – Ten Caches" on the international website. The result was a storm of enthusiastic response from GPS-holding trekkers.

The cache-seekers were blown away, and their comments, posted back to the web-site, prove how right we were to have developed permanent trails in this unique area.

Marble Rock is a 600 acre property owned by the Cataraqui Region Conservation Authority. Five years ago, local Rideau Trail members Peter Murray, Ray Wilson and John Cornish went exploring there and experienced the same sense of wonder as the visiting geo-cachers. They asked permission from the Authority to establish RTA trails there, and the loops were developed in time to be included in our current Trail Guide.

New RTA Members

John Bate Household	Walter & Richard Hope	Sandy & Mike McDonald	David & Suzanne Schurman
Elizabeth Bell	Jun Hou	Sarah Della Valle & Matt McGarvey	Elizabeth Sinclair
Eva Berringer	Muriel How	Velma McGoe	Allan Cebrowski & Denise Skellington
Claudia & Bruce Burns	Stephen Hubbard	Marty McGuinness	Deborah Monette & John Stegenga
Chao Shang Chou	Ed Hughes	Mark & Deb Millan	Cathy Stein
Mark Coates	Justin Hutchins	E. Roselyn Murphy	Richard Cardiff & Elaine Stevens
Gillian Cooper	Dean & Monya Johnson	Susan Newport	John Rudnick & Penelope Stuart
Brian & Connie Corbett	Nathalie Bradbury & James Jost	Margaret Harvey-O'Kelly & Kevin O'Kelly	Carmen Deschenes & Daniel Townsend
I. G. de Buda	Alan Kenworthy	Cheri-Ann Olsen	Carol Vandertol
Ellen Russell-Deeble & Nick Deeble	Sonia Kho	Roger L'Abbé & Helen Parfitt	Scott & Lisa Waller
Jean-Claude & Patricia Deguise	Gisèle Lacourse	Karl Meinert & Michelle Perman	Maija Adamsons & Craig Wells
Gloria Douglas	Liette Laniel	Catherine Phinney	Gil Winstanley
Linda & Denis Dubuc	Marie-Laure Lescoat	Sharon & Jim Plumb	Rick & Sandra Woodhouse
Natalie Dzubina	Barbara Campbell & Daniel Liddle	Kimberly Rafuse	Stephanie Guimond & David Woods
Baldachin Inn - David Ellis	Anne Linscott	Suzanne Rebetez	
Roy & Janis Evans	James & Debra Lowe	Beverly Munn & Glenn Rivard	
John Gurney	Dick & Bonnie Mabee	Diane & Bern Roy	
Jane Hammingh	Alex MacDonald	Elizabeth Russell	
S.W. Bill Hansen	Heather MacFaden	Linda & Jim Sawyer	
Martyn Harvey	John & Alina MacFarlane		
Caroline Healy	Shirley Ann Mahon		
Judith Hisgrove	Garry & Joan Matthews		

KINGSTON CLUB ACTIVITIES - SUMMER 2008

The meeting place for all our activities, unless otherwise stated, 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 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.

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!

[To get you started, you may want to look particularly at June 24, July 9, Aug 10, Aug 16]

Saturday, June 21 Association AGM at Foley Mountain Visitor's Centre, Westport See details on page 3.

Sunday June 22 - McCauley Mountain Conservation Area, Picton

Hike up to 25 km of trails, 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 - 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 a small wooded park area. Possible swim and possible pub stop in the village. Good hike for beginning hikers! 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 Amherst Island ferry dock at 9:15 a.m. to depart 9:30

a.m. boat. Bring lunch and water. Ferry cost \$1.
LEADER: Bob Chadwick 613-353-1052

Saturday, June 28 - K&P Trailway Celebration

Join the festivities as Kingston celebrates the completion of their K&P Trail! Ceremonies begin at 10.00 a.m. at the new MultiPlex Recreation Centre on north Gardiners Road. The Kingston Club will be organizing some hiking activities, or you can just walk or cycle at your own speed. Everyone welcome! No organized car-pooling for this, but make your own arrangements.
Information: John Cornish 613-382-4778

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

Tuesday, July 1 - Canada Day in Bath

Hike the official historic village walk with some scenic diversions for about 5 km and stay for lunch, the parade

and the festivities. Level 1 at a slow to moderate pace.
Gas \$4.00 NOTE: Depart at 8:30 a.m.
LEADER: Bob Chadwick 613-352-1052

Saturday, July 5 - Flag Pole Hill

Hike from trail centre to Flag Pole Hill and return. 15 km. Level 2-3 at a moderate pace. Gas \$5 plus park fee. Depart at 9:00 a.m.
LEADER: Stan Huff 613-548-3003

Sunday, July 6 - Cedar Lake Loop

Hike Cedar Lake Loop for 15 km. Level 2-3 at a moderate pace Gas \$5.00 plus park fee. Depart at 9:00 a.m.
LEADER: Cam Hodges 613-545-1925

Tuesday, July 8 - Fall Activity Planning Session

Help plan the Fall schedule. Hikers and hike leaders 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, July 9 - Cataragui Trail

Hike the Cataragui Trail, Curl Road to Camden East for 10 km. Level 1 at a slow pace. Refreshment stop in Camden East? Good hike for beginning hikers!
Gas \$4. Depart at 9:00. a.m.
LEADER: Audrey Sanger 613-384-6244

Thursday, July 10 - Inner City Evening Walk

Hike Kingston's historic downtown for about 6 km. Level 1 at a moderate pace. Gas \$1. Depart 6 p.m.
LEADER: Elgin Bock 613-389-4216

Saturday, July 12 - Slide Lake Loop

Hike the Slide Lake Loop at a moderate pace for 15 km. Clockwise around the lake. Lunch stop and optional swim at the Buck Lake Waterfall. Gas \$6. Level 3. Depart at 8:00 a.m.
LEADER: Bill Ottney 613-652-2205

Sunday, July 13 - Marble Rock Blue Loop

"Oh my, this is a beautiful place"- this was the comment from folks first encountering Marble Rock. Experience it for yourself - the cliffs, the woods, and the scenic outlooks. 11 km Level 2-3. Gas \$5. Depart at 9:00 a.m.
LEADER: John Cornish 613-382-4778

Tuesday July 15 - Morning Hike at Camden Lake and Wilton

Hike the trails of this lakeside wildlife area and take the field path into Wilton for a cheese break for a total of about 6 km. Level 1 at a slow to moderate pace. Gas

\$5.00 Depart 8:00 a.m.
LEADER: Bob Chadwick 613-352-1052

Saturday July 19 - Cycle Amherst Island

Bring lunch and water. Distance will depend upon the abilities of participants. Meet at the ferry for the 9:30 a.m. ferry. Ferry cost \$1.00
LEADER: Yvonne Hawkins 613-384-9717

Sunday, July 20 - Charleston Lake West Side Trail

Enjoy the Tallow Rock Bay Loop, with a swim possible. 10 kms. Level 2. Gas \$6 plus park fee. Meet at 9 a.m.
LEADER: Stan Huff 613-548-3003

Thursday, July 24 - Evening Hike to Barriefield

Hike by fort and garden to explore this historic village with a stop for Tim's military donuts. Level 1 for about 5 km at a slow pace. Depart 6:00 p.m. at the Fort Henry Information Center just across the Causeway on Hwy 2.
LEADER: Yvonne Hawkins 613-384-9717

Saturday, July 26 - Gould Lake East Side

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 kms at a moderate pace. Depart at 9 a.m. Gas \$5
LEADER: Jen Gazley 613-634-2286

Sunday July 27 - Wolfe Island

Hike Wolfe Island at a moderate pace for 15 km. Level 1, BBQ after hike. Hamburgers will be provided. Please bring a pot luck dish and drinks. Meet at the Wolfe Island ferry at 8:10 a.m. for car pooling. Gas \$2.
LEADER: Pat Casey 613-385-2356

Tuesday July 29 - Morning Hike at the Depot Lakes

Hike on some waterside trails in this conservation area. Level 2 for about 8 km at a moderate pace. Gas \$5. Depart at 8:00 a.m.
LEADER: Bob Chadwick 613-352-1052

Saturday, August 2 - 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 \$6.
LEADER: John Cornish 613 382 4778

Thursday August 7 - Lemoine Point (or alternate location)

Hike on the trails of the Conservation Area. Level 1 for about 6 km at a moderate pace. Gas \$2. Depart 6 p.m.
LEADER: Elgin Bock 613-389-4216

Saturday August 9 - Depot Lake

Hike Depot Lake for 10 km at a moderate pace.
Swim stop. Level 2 Gas \$5.00. Depart at 9:00 a.m.
LEADER: Audrey Sanger 613-384-6244

Sunday August 10 - Cataragui Trail

Indian Lake Road to Forfar. Level 1 for 13.5 km.
Moderate pace. Good hike for beginning hikers! Gas \$4.00 Meet at 9:00 a.m.
LEADER: Susan Irving 613-544-3110

Tuesday August 12. - Morning Hike at Napanee

Hike riverside, hillside and fieldpath routes. Level 1-2 for about 6 km at a slow to moderate pace.
Depart 8 a.m. Gas \$5.00
LEADER: Elgin Bock 613-389-4216

Wednesday August 13 - Canoe/Kayak Gould Lake

Gas \$5 plus park fee. Cost of boat rental is extra.
Let leader know by the beginning of the week if you need a rental. Meet at parking lot at 9:00 a.m.
LEADER: Robert and Jane Hough 613-373-2268

Saturday August 16 - Gananoque Trail

Hike Gananoque trail for approx 12 km. Lunch will be on the water front. Level 1. Gas \$5. Depart at 9:00 a.m.
Good hike for beginning hikers!
LEADER: Ron Casselman 613-382-4900

Sunday, August 17 - Charleston Lake East Side

A leisurely summer look at "Sandstone Island" and other joys, including a swim on the Centennial Trail. 9 km. Level 2. Gas \$6 plus park fee. Depart at 9:00 a.m.
Leader: Peter Murray 613-382-2824

Thursday, August 21 - Evening Hike Barriefield

Hike Barriefield for 5 km. Level 1 Gas \$2. Depart at 6:00 p.m.
LEADER: Audrey Sanger 613-384-6244

Saturday August 23 - Photo Hike - Rock Dundar

Bring your digital or film camera or just come along to enjoy the scenery. We will meet in the fall to view a slide show of our collective work. 7 km. slow pace, level 2-3. Gas \$5. Depart 8:00 a.m.
LEADER: Bill Otney 613-652-2205

Sunday, August 24 - K&P Trail

Experience some of the K&P plus new parts of the Rideau Trail. Distance will be determined by the heat, but not more than 12 km. Make some new friends on an easy summer hike. Level 1, Gas \$2. Meet at 9:30 a.m.
LEADER: Jenn Gazley 613 634 2286

Tuesday, August 26 - Morning Hike at Switzerville and Newburgh

Hike conservation area trails and explore a historic village between the Napanee River and the Cataragui Trail. Level 1 for about 6 to 8 km at a moderate pace.
Depart 8:00 a.m. Gas \$5.00
LEADER: Bob Chadwick 613-352-1052

Saturday, August 30 - Opinicon Trails

This area's trail maintainer will lead you on some interesting variations of this route. 12 km. Level 2. Gas \$5. Depart at 9:00 a.m.
LEADER: Ray Wilson 613-382-7189

Sunday, August 31 - Upper Canada Village

Hike a short trail and visit Upper Canada Village. Lunch at the village. Gas \$10 plus entrance fee. Depart 9:00 a.m.
LEADER: Pat Casey 613-385-2356

Saturday, September 6 Opinicon Trail - Lindsay Lake

Hike a different part of the Opinicon Trail at a moderate pace. Scenic plus bushwhacking adventure / action. Possible swim. Level 2-3 for 18 km. Gas \$5. Depart 9:00 a.m.
LEADER: Stan Huff 613-548-3003

Saturday, September 7 - Bedford Mills

Start at Bedford Mills, cross the famous RTA Ferry, and return by the different Blue Trail. 12 km. Level 2. Gas \$5. Depart at 9:00 a.m.
LEADER: Pat Casey 613 385 2356

Wednesday, Sept.10 - Wandering on the Rideau Trail

Most stylish part of the trail. 10 km at a slow pace. Gas \$3. Depart 9:00 a.m.
LEADER: Audrey Sanger 613-384-6244

Sunday, Sept. 14 - Rideau Trail

Hiking at a moderate pace from the trailhead to Cataragui Cemetery and return. Level 1. 12 km. Late departure at 10:00 a.m. for a relaxing day. Gas \$1.00. Lunch in the gazebo in the cemetery.
LEADER: Sandra Muis 613-542-8224

Saturday, Sept. 20 - Frontenac Challenge : Little Clear , Little Salmon and Hemlock

Level 3 at moderate to fast pace for 24 km. Gas \$5 plus park fee.
LEADER: Gloria Seeley 613-546-2503

Sunday, Sept. 21 - Sand Banks, Picton

Hike Sand Banks with a possible swim stop. Level 2.

Gas \$6.00 Depart 9:00 a.m.

LEADER: Pat Casey 613-385-2356

Saturday, Sept 27 - Frontenac Challenge : Cedar Lake Loop

Hike Cedar Lake Loop 15 km. Level 2 Gas \$5 plus park fee. Depart 9:00 a.m.

LEADER: Pat Casey 613-385-2356

Sunday Sept 28 - Little Cat Conservation Area

Level 1, moderate pace, 10 km. Gas \$2.50 Depart at 9:00 a.m.

LEADER: John Cornish 613-382-4778

Saturday Oct 4 - Frontenac Challenge: Arkon Loop

Hike Arkon Loop in Frontenac Park for 13 km. Level 2-3 Gas \$5 plus park fee. Depart 9:00 a.m.

LEADER: Susan Irving 613-544-3110

Sunday, October 5 - Marble Rock Blue Trail

Fall colours in the amazing hills of Marble Rock. 11 km, Level 2-3. Gas \$5. Depart at 9:00 a.m.

LEADER: Ray Wilson 613-382-7189

Kingston Executive 2008-2009

Chair	Bruce Bromfield
Vice Chair	Margaret Wild
Secretary	Jo-Anne Beckett
Treasurer	Allan Tattersall
Trail Maintenance Coord'r	Jim Lorimer
Construction Coordinator	Michael Davis
Publicity Coordinator	Elaine Lowen
Outings Program Coord'r	Elgin Bock
Routes & Negotiations Coord'r	Bill Murdoch
Special Events Coordinator	Linda Line
Human Resources Coordinator	Joan Bailey
Newsletter Editor	Robert Gordon
Past Chair	John Cornish

HIGHLIGHTS OF THE KINGSTON CLUB AGM

by John Cornish

The Annual General Meeting took place at the Trail Centre of the Little Cataraqui Conservation Area. 35 persons were in attendance. Chairman John Cornish reported that during the year the Club completed the new trails at Rock Dunder, cementing our important partnership with the Rideau Waterways Land Trust. The other big Trail news was the finalization of the Kingston section of the K&P Trailway. With Trail re-routing, this

will much improve our crossing of the 401, will remove some severe wet areas, and replace a number of kilometers of road-walking with pleasant hiking on the Trailway.

The Chair reported that the Association has made headway in dealing with the annual deficit and with development of a Financial Oversight Committee. The Club and the Association have been trying to develop appropriate policies for providing reimbursement to those Executive volunteers incurring large gasoline expenses while on necessary Association business. These policies will continue to evolve over the coming years.

The Chair also recognized the emergence of a considerable number of new volunteers taking on responsibilities for trail maintenance, leading hikes, coordinating planning and taking up executive positions. It is heartening to see this much revitalization in our Club.

There was much good discussion around the hike schedule, publicity and other matters which will provide the new Executive with topics to consider. Treasurer Allan Tattersall presented a financial report and a new budget, which was passed.

The slate of nominations for the 2008-9 Club Executive was accepted as presented.

After a brown-bag lunch, two hikes in the Conservation Area were led by Elgin Bock and John Cornish.



Hikers on the Rideau Trail. *Photo by Suzanne Brown*

RTA GIFT MEMBERSHIPS and DONATIONS

Why not consider a donation or a gift membership to the RTA to celebrate those important events - birthdays, anniversaries, retirement, in memoriam? Tax receipts will be issued for donations of \$10.00 or more.

WHAT IS HIS NAME???

You can nudge along evolution and better communication in a small way by wearing an RTA Hiker NamePin when you hike. Only 6 bucks delivered! Order yours using the form below.

MEMBERSHIP APPLICATION

The RTA membership year runs from April 1 to March 31, but if you join after October 31 your membership will be extended to the end of the following membership year. Your fees entitle you to receive the quarterly newsletter, and to vote at Association and local Club meetings. They also provide essential financial support for the continuous maintenance, improvement, extension, and protection of the Rideau Trail.

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

All members must be at least 18 years of age.

- | | | |
|---|--------------|-----------------|
| ☐ Annual Individual Membership | | \$25.00 |
| ☐ Annual Household Membership | | \$30.00 |
| (Two adults at the same address) | | |
| ☐ Patron (Life Membership) | * | \$500.00 |
| ☐ Trail Guidebook: | | |
| Members-insert only | ** | \$25.50 |
| Members-insert & cover | ** | \$35.50 |
| Non-members-insert & cover | ** | \$39.95 |
| ☐ Car Sticker (free to new members) | | \$1.00 |
| ☐ RTA Hiker Namepin - Please fill in name box below | | \$6.00 |
| ☐ Crest | | \$2.00 |
| ☐ Enamelled Pin | | \$6.00 |
| ☐ Wall Map | ** | \$12.00 |
| ☐ Donation-Rideau Trail Association | * | \$ _____ |
| ☐ Donation-Rideau Trail Preservation Fund | * | \$ _____ |
| * Qualifies for income tax credit
(No 11911 9485RR 0001) | | |
| ** Includes postage and handling | | |
| Prices subject to change | TOTAL | \$ _____ |

PLEASE INDICATE MEMBERSHIP CATEGORY

New ☐ Renewal ☐ Life ☐

(Please Print)

Name(s):

Address:

Postal Code:

Telephone:

If you wish to receive the RTA e-letter as well as the mailed Newsletter then provide your e-mail address below.

E-mail address:

In addition to enjoying 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 RTA Hiker namepin (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) |
| ☐ Hosting social events |
| ☐ Serving in an executive capacity as.... |
| ☐ Other. Please specify... |



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

LABEL

CATARAQUI TRAIL BIKE & HIKE Saturday, September 27, 2008

**to CHAFFEYS LOCK COMMUNITY HALL &
return**

FREE LUNCH & GREAT PRIZES!
(for participants donating \$25 or more)

**60 km, 37 km, 33 km, 17 km CYCLE routes
17 km or 8 km HIKE routes
Information call 613-546-4228 ext.304 or
visit www.rideau-info/comcatrail/**

*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.

Summer 2008 White Mountains Day Hiking

**Monday, July 14 to Thursday, July 17
Monday, Sept. 8 to Thursday, Sept. 11 (new)**

Multiple level 2 and 3 hikes over two hiking days
Three nights accommodations, two dinners, three
breakfasts at Kinsman Lodge,
Franconia, New Hampshire - \$230 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
cliff.daly@rogers.com or 613-224-4413

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

L'Esterel Ski Weekend January 30 to February 1, 2009

All RTA members welcomed. Single and shared
occupancy available. Five gourmet meals and
unlimited skiing. Other activities, planned and
spontaneous, are included. Look for application in
the Fall newsletter. Bus leaves from Kingston.
Cost is pending bus and hotel confirmations. Last
years price at \$290 for shared occupancy will be
increased by at least 10%.

Co-ordinator: Lars Thompson, Kingston RTA
613-389-8747 or thorlarsen@cogeco.ca