



The Rideau Trail NEWSLETTER

FALL 2008

ISSUE NO. 149



Memories of a Kingston RTA Hike in Gananoque Provincial Wilderness Area.

Clockwise from top:

Joan Bailey and friends cross a stream.

Two porcupines spotted in a tree.

**Members admire "Cornish Lake" during
a water stop.**

Photos by Jane Hough



Rideau Trail Association Newsletter
Issue 149 **Fall 2008**

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

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Rideau Trail Association — Outstanding Service Awards

Awards were presented to David Armitage by John Cornish and to Don Grant by Ron Maybury at the 21 June, 2008 AGM of the Rideau Trail Association. RTA President Ron Hunt looks on in both photos.



David Armitage



Don Grant

The Kingston Club is very pleased to name David Armitage as our candidate for the Outstanding Service Award. In his eleven years as an RTA member, David has served long and hard for the organization.

For 2 ½ years David was the Activities Coordinator for the Kingston Club. He joined the Board of Directors in 2002 as Vice President, and then served as our President for three years. He is now starting his second year as Past President, and still just keeps on ticking. Far from sitting back to enjoy a comfortable final term as "elder statesman", David has stepped forward again to volunteer as Trail Coordinator and is Chairman of the "Trail Quality Task Force". This is the group which is working on quality, safety and long-term security of our Optimum Route.

It was largely through David's initiative that we formed the relationship with the Rideau Waterways Land Trust which resulted in our Blue Loop at Rock Dunder. David also did much of the development of the new trail sections we built there.

Under his leadership the Association began its current examination of our financial re-organization. Dave also produced the original draft of the Hike Leaders Manual and went on to become the main instructor of the Hike Leaders Training course for Hike Ontario.

David has hiked the Rideau Trail from end to end, summer and winter. He is very active in trail maintenance work parties and always has his eye on improving the hiking experience for trail users.

David, we thank you for the countless hours you have

It is time to recognize a member of the Ottawa Rideau Trail who has for many years worked quietly behind the scenes as well as in official positions. Don Grant has been a member of the Rideau Trail since 1996, serving as vice chair and chair of the Ottawa Club. He has led many hikes, has conscientiously maintained his section of the trail and has always been willing to work on maintenance and construction projects.

Since retiring as Chair of the Ottawa Club, Don has remained on the Club executive, taking on the organisation of club and association AGM's with great willingness and efficiency, finding locations and speakers and dealing with the golf clubs, legions and other organisations to get everything in place for our meetings as well as looking after the budget.

He is by profession a geologist and has worked for many years for the National Research Council, traveling in the Arctic as well as other parts of the world. Since his retirement he has followed up with new interests as a photographer and artist, taking courses and showing his work in exhibitions.

Don has now passed on his official responsibilities with the Rideau Trail to others and we have great pleasure of presenting this award to him for outstanding service to the club.

Ron Maybury

spent working for the Association. This award is just a token of our appreciation for what you have accomplished and continue to accomplish. Thank You.

John Cornish

Volunteer Profile – Janet Osborne



Janet joined the Rideau Trail Association in March 2005 when she and her husband David attended the first Open House held by the Central Club at McMartin House. This event demonstrated the value of communicating with the community to reach out for new members who would soon become active volunteers to supply the drive required to make hiking happen.

When the publicity management function required a replacement as a result of health problems of the incumbent, Janet stepped forward to volunteer. She has since done a superb job of ensuring that our hikes are advertised in the local media, and that there is a general awareness of Rideau Trail Club activities in the central region.

To further ensure that members and their guests were reminded to get out and enjoy the hikes, Janet established a weekly email which provides a synopsis of the features of the week's hike to a list of members. By this means members receive a weekly handcrafted reminder of what is happening which does much to increase member turnout, satisfaction and retention.

It has become evident that Janet enjoys volunteering for several local organizations. The Central Club is fortunate to receive a share of her attention. The work she does provides significant value to Club activities. We appreciate her efforts on our behalf.

The fact that Janet makes the most delicious muffins in the Tay watershed, which she shares as generously as her volunteer efforts, is icing on the cake.

Ernie Trischuk

ONTARIO HIKING WEEK
is September 22-28, 2008

Winter Hikes 2009

In January and February we will hike from Gilroy Road, 221.3 on Map 12, to the trailhead in Ottawa. There will be one group and participants can expect to go a minimum of 10 km per day. The first hike is January 9 at 1900 hr under a full moon. Additional January days are 10, 11, 24 and 25. February dates are 14, 15, and the 28th if necessary. For more details see the next Newsletter or call Bill Murdoch in Kingston at 613-389-3023.

Another Answer to the Question You Didn't Ask:

The Case of the Missing Keys

We left cars at the trail head which was at the end of a track that led to nowhere, since we planned a car shuttle for our 12 km hike. Unbeknown to us and the local wildlife was that the plan would begin to unravel before the end of the day.

Well, it was a grand morning of the kind that makes you glad to be out in the bush with congenial company and a good hike ahead.

A few hours later lunchtime was agreed upon and towards the end of our simple feast Shuttle-Driver-in-Chief (SDC) started rummaging through pockets and backpack, then, in a red-faced sweat, announced that car keys had gone missing. Transportation problems loomed! We could only continue to hike and pray that the keys were locked inside SDC's vehicle, parked a few kilometers ahead. They weren't. A call for help from the Canadian Automobile Association seemed like a good idea, except that SDC's membership card was not handy (with the car keys?). Another of our party had a CAA card and that was used to summon the serviceman. Car got opened—no keys on the floor or elsewhere. We explained to the CAA serviceman that maybe he could drive one of us back 12 km to an SUV parked at the end of the track which leads to nowhere. Serviceman looked very puzzled: "Now why would anyone park.....oh, well, never mind". He transported the SUV driver back while the rest of us, feeling hot, dusty and tired, sat around admiring the mosquitos and counting blades of grass. Eventually the SUV and driver returned. Then, with a combination of eagerness and trepidation, SDC pounced on the assorted baggage and totes in back of the SUV. Lo, there were the keys, CAA card and other stuff! Rescued at last. Just an easy drive back home through the rush hour traffic and call it a day in the life of an RTA member, Nothing but thrills.

Barbara Powell

Recognizing Our Trail Maintainers

It was a pleasure to see the comments of the Ottawa Club Trail Maintainers in the Summer Newsletter. Trail Maintainers are an integral part of the year to year successful operation of the Rideau Trail.

I know from experience that the arduous and painstaking job of clearing brush, cutting branches and undergrowth can be exhausting work. This is particularly so if you happen to encounter heat, cold, rain or biting insects.

Many of our Trail maintainers have carried on these tasks for a considerable number of years. The Rideau Trail Association offers its sincere appreciation and thanks to all our Maintainers in the three Clubs.

Dave Armitage, Trail Coordinator

Central Club Trail Maintenance

Unlike the other Rideau Trail Clubs, Central does not have a sufficiently high membership to have individual maintainers for each section. However they closely monitor each section of their trail and arrange for a volunteer work crew to move in as required.

Kingston Club Trail Maintainers

- | | |
|--|------------------|
| 1. Elevator Bay to Bath Rd. | Jen Gazely |
| 2. Bath Rd. to Sydenham Rd. to Cataraqui Cemetery Entrance. | Jean Thompson |
| 3. Cataraqui Cemetery to Burbrook Rd. | Cam Hodges |
| 4. Burbrook Rd. to & inc. Unity Rd. | Dagmar Jones |
| 5. Unity Rd. to Orser Rd. | Audrey Sanger |
| 6. Orser Rd. to Railton Rd. | John Hodges |
| 7. Railton Rd. to Sydenham Bridge. | Ed. Jezak |
| 8. Sydenham Bridge to & inc. Freeman Rd. | Gunter Heyland |
| 9. Freeman Rd. to Intersection of Cottage Rd. & Gould Lake Rd. | Steve Manders |
| 10. Intersection Cottage Rd. to Marion Webb Boardwalk. | Murray Henderson |
| 11. Marion Webb Boardwalk to Bedford Rd. | Doug Knapp |
| 12. Bedford Rd. to Frontenac Park Trail Centre | Don Coulter |
| 13. Frontenac Trail Centre to West Slide Lake Junction | Jim Lorimer |
| 14. West Slide to Perth Rd. | Dale Ross |
| 15. Perth Rd. to Maple Leaf Junction | Gloria Seeley |
| 16. Maple Leaf Junction to Upper Rock Lake Access Rd. | |

- | | |
|--|-------------------------|
| 17. Upper Rock Lake Junction to Lindsay Lake Mud Rd. plus access | Bill Murdoch |
| 18. Lindsay Lake to Skycroft plus access Rd. | Bill Chambers |
| 19. Skycroft to Cataraqui Trail | Ray Wilson |
| 20. CN track inc. Cataraqui Trail to Taggarts Lane | Dugald Carmichael |
| 21. Taggarts Lane/Massassagua Rd. to Bedford Mills | Janice Ley |
| 22. Bedford Mills to McAndrews Rd. inc Blue L. | Linda Tucker & M. Davis |
| 23. McAndrews Rd. to Centreville Rd. up to 9th concession | Sandra Muis & J. Bailey |
| 24. Perth Rd. bend. North of Sand Lake to Foley Mountain Gate | Roger Labbe |
| 25. Park entrance to Little Bay | Barbara Pusch |
| 26. Little Bay Beach to Narrows Lock | C. Vandertol & G. Green |
| 27. Narrows Lock to Jn. Cooper Dr. and Ghost Town | Marg. Wild & Bob Tolley |
| 28. Jn. Cooper Dr. & Cottage Rd. | Rheal Legault |
| 29. Cottage Rd. to Murphys Point P. Park | Larry Dyke |

GOULD LAKE TRAILS.

- | | |
|----------------------|----------------------|
| East & Famous Trails | Don Bond |
| Mica Trail | Robert & Jane Hough. |
| Tom Dixon Trail | Dale & Orla Myrfield |
| Waggon Trail | John Critchley |
| Mine Loop | Robert & Jane Hough |
| Ridgewalk | Alan Tattersall |

FRONTENAC PARK TRAILS

- | | |
|----------------------|---------------------------------|
| East Slide Lake Loop | Glen Casey |
| West Slide Lake Loop | Peter Burbidge & David Armitage |

SOUTH BUCK LAKE TRAILS

- | | |
|---|------------|
| Maple Leaf /Rail Junction to Cottage Rd. | Dale Ross |
| Cottage Rd. to Junction RT. Massassagua Rd. | Janice Ley |

CATARAQUI CONSERVATION AREA

- | | |
|-----------------------|---------------|
| Helen Henrikson Trail | Jean Thompson |
|-----------------------|---------------|

MARBLE ROCK CONSERVATION AREA

- | | |
|--|--|
| John Cornish, Peter Murray, Andrew & June Holmes | |
|--|--|

ROCK DUNDER

- | | |
|--------------|--|
| Bill Murdoch | |
|--------------|--|

David Armitage, Trail Coordinator

Trail Reroutes

Map 1, 8.3 km. Sydenham Rd. south of Hwy 401

Turn left off Sydenham Rd. and follow the K&P Trail for 2.88 km. After crossing McIvor Rd., turn right off the K&P and continue on to the Bullen Rd. extension. Then turn left to rejoin the Rideau Trail.



Black Ance Road—TEMPORARY REROUTE

Due to the washout of the Foot Bridge where the Trail crosses over Black Creek near the McParlan House in Murphys Point Provincial Park the following reroute is in effect until further notice: At km 141.7 the Trail joins a gravel road (Black Ance Point Rd.) in Murphys Point Provincial Park. Instead of turning right the temporary reroute turns left and proceeds along this gravel road crossing over Black Creek, up a short grade in the road a distance of approximately 150 metres to where this temporary trail turns left and reconnects with the permanent trail going to the Lally Homestead. The temporary resigning will be in place on Tuesday June 3rd.

End-to-End in 12 Days !

Mike Lush of Smiths Falls recently hiked the entire Rideau Trail in just twelve days, successfully raising funds for the Canadian Cancer Society. He wished to honour the memory of his aunt, Dorothy Virginia Williams, and other cancer sufferers as well as the work of many Cancer Society volunteers.

As would be expected, he encountered and overcame many challenges, and appreciated help from several well-wishers. His 304 km journey took 600,000 steps, raising funds at the rate of 3/4 cent per step.

Recent End-to-End Awards

End-to-End

Award Number	Name of Hiker	Start and finish dates	RTA Club Affiliation
445	RUTH MCNABB	MAY 2007 OCT. 2007	OTTAWA
446	BROOKE MCNABB	MAY 2007 OCT. 2007	OTTAWA
447	MIKE LUSH	JUNE 18/07 JULY 01/07	CEN-TRAL

Completed in 12 days (cancer fundraising)

Winter End-to-End

29	BERNARD KERR	JAN.05/07 FEB.17/08	OTTAWA
30	GRANT MALINSKY	JAN 05/07 FEB 17/08	OTTAWA
31	GINGER LEFEBVRE	JAN 05/07 FEB 17/08	OTTAWA
32	MAUREEN CECH	JAN 05/07 FEB 17/08	OTTAWA
33	CARL CECH	JAN 05/07 FEB 17/08	OTTAWA
34	LORNA KINGSTON	JAN 05/07 FEB 17/08	OTTAWA
35	DORIS IHRIG	JAN07/06 FEB28/08	OTTAWA
36	DENISE BELCHER	JAN05/07 FEB28/08	OTTAWA

Seeking Volunteers for the Rideau Trail Association Board of Directors

Marketing and Communications Director

Do you have an interest in media relations and a flair for communications activities?

We are looking for a volunteer who can help the Board of Directors increase the overall awareness of the Rideau Trail in other organizations and the media. The Rideau Trail has a great legacy and an appealing message. More people need to know about us.

Sound interesting? Then let's get together and talk about the possibilities!

For more details, please contact Ron Hunt, President – Rideau Trail Association at 613-590-7467 or via e-mail at re.hunt@sympatico.ca

Highlights of the 37th AGM June 21, 2008

Seventy-five people attended the Annual General Meeting of the Rideau Trail Association on June 21, 2008 at the Foley Mountain Conservation Area, Westport.

Our guest speaker was Don Ross, Executive Director of the Frontenac Arch Biosphere Reserve. This was an eye-opening topic for many, and Don drew attention to the common interests between the Rideau Trail Association and the Frontenac Arch Biosphere Reserve.

RTA President, Ron Hunt, summarized the achievements of the RTA over the past year as follows:

- Progress has been made on Trail Quality Task Force work.

- The operating deficit has been resolved.

- The process for renewing the RTA Trademark has started.

- Risk assessment of trail hazards and follow up action documented.

- Guidelines were established for awarding the Volunteer Chevron.

- Consolidated RTPF and RT Corridor Preservation Funds.

- Experimented with new approaches to encourage membership renewals.

- Board tried using an Action Register to track action items and commitments, and has found that this helps to avoid over-committing ourselves!

The Treasurer's report was presented and is summarized elsewhere in this Newsletter.

Membership Director, Sheila Menard, reported that she and Marie Warner have been very active in encouraging membership renewal. Through a multi approach using ads in the news letter, mailing reminders, and e-mail, there has been both a reduction in expenses and an increase in renewals. Sheila reported that there were 964 paid-up memberships in the RTA of which 184 are Life Members.

David Armitage then presented the Trail Coordinator's report, drawing special attention to the work of the Trail Quality Task Force and their meeting with Ross McLean of the Bruce Trail Conservancy. David also summarized the recent changes to the routing of the Rideau Trail.

The motion to approve the following changes to the by-laws was approved by the members:

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Condensed Financial Report (as presented at the AGM)

My report this year contains some good news. First, we have reversed the operating deficits of the last two years and I am able to report a net surplus of \$12,130.16 for the Operating Fund. Secondly, this year will mark the first year of reporting to you on a segregated fund basis. Reports for the Operating Fund and the Rideau Trail Preservation Fund are presented separately. Third, our Commercial General Liability Insurance costs have been reduced by \$357.48 over last year, with no change in coverage and benefits.

As explained last year, the funds belonging to the Rideau Trail Preservation Fund and the Operating Fund were completely intermingled on our financial statements. While the reports are now separated, it will take up to two years to complete the required transfers between the accounts. This is due to the locked-in nature of the Certificates of Deposit that are held by the Operating Fund.

These changes to our financial statements coincide with the implementation of a new accounting program. Our present program - QuickBooks 2001 is obsolete and has ceased to function properly. In future I will use a program called "Simply Accounting" by Sage.

We have sold a further 295 copies of the Guidebook, bringing our two year total sales to 693 units sold. We are now more than halfway to our breakeven point.

Peter Hawkins, RTA Treasurer

Highlights of the RTA Board of Directors Meeting July 26, 2008

A motion was put forth that a target date for the Risk Management reports from clubs would be two weeks before the October 2008 Board Meeting.

It was recommended that our "Census Day" be changed from October 1 to October 31 to more accurately reflect the year-end membership totals.

A budget of \$500 was allocated to support the Annual Volunteer Appreciation Barbecue.

A motion was passed that the Membership Application Form that appears in the quarterly newsletter has the option of being replaced in the spring and fall issue with the information inside the front cover informing

-continued on page 15

KINGSTON CLUB ACTIVITIES - FALL 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.

Saturday Oct. 4 - Frontenac Challenge: Arkon Loop
Hike the 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 Oct. 5 - Marble Rock Blue Trail
Fall colours in the amazing hills of Marble Rock for 11 km. Level 2-3. Gas \$5. Depart 9:00 a.m.
LEADER: Ray Wilson 613-382-7189

Wednesday Oct. 8 - Cataraqui Trail
Hike from Sydenham east for approx. 10 km at a slow pace. Level 1. Gas \$4. Depart 9:00 a.m.
LEADER: Audrey Sanger 613-384-6244

Wednesday Oct. 8 - Winter Activity Planning Session
Help plan the Winter Schedule. Hikers and hike leaders are invited to come with their proposals to the 2nd floor meeting room at Loblaws Midland Ave. 7:00 p.m.
For information: Elgin Bock 613-389-4216

Saturday Oct. 11 - Frontenac Challenge
Hike the Tetsmine Loop in Frontenac Park starting at Kingsford Dam, for 15 km. Level 2. Gas \$5. Depart 8:00 a.m. LEADER: Audrey Sanger 613-384-6244

Sunday Oct. 12 - Lemoines Point Conservation Area
Hike the trails of Lemoines Point at a moderate pace. Level 1. Gas \$2. Depart: 10:00 a.m.
LEADER: Pat Casey 613-385-2356

Saturday Oct. 18 - Frontenac Challenge
Hike the Big Salmon Loop of Frontenac Park for 19 km at a moderate pace. Level 2. Gas \$5 plus park fee. Depart 9:00 a.m.
LEADERS: Jane & Robert Hough 613-373-2268

Saturday Oct. 25 - Frontenac Challenge
Hike the Slide Lake Loop of Frontenac Park for 25 km at a moderate pace. Level 3. Gas \$5 plus park fee. Depart 8:00 a.m. LEADER: Bill Ottney 613-652-2205

Sunday Oct. 26 - Rock Dunder
Hike the scenic blue trails of Rock Dunder, enjoy the colourful view from the top. Level 2. Gas \$6. Depart 9:00 a.m. LEADER: Stan Huff 613-548-3003

Saturday Nov. 1 - Perth Road to Bedford Road
Hike from Perth Road to Bedford Road through Frontenac Park for approx. 18 km at a fast pace. Level 3. Gas \$5. Depart 8:00 a.m.
LEADER: Jim Lorimer 613-373-2847

Saturday Nov. 8 - Parrots Bay Conservation Area
Hike the trails of Parrots Bay for approx. 8 km. at a moderate pace. Level 1. Gas \$3. Depart 9:00 a.m.
LEADER: Elgin Bock 613-389-4216

Sunday Nov. 9 - Charleston Lake Provincial Park
Hike the Westside Trails of Charleston Lake for approx. 10 km at a moderate pace. Level 2-3. Gas \$6. Depart 9:00 a.m.
LEADER: Pat Casey 613-385-2356

Wednesday Nov. 12 - Little Cataraqui Conservation Area Ski, hike, or snowshoe the trails of Little Cataraqui at a slow pace. Your own level depending upon conditions. Gas \$2.00. Depart 9:00 a.m.
LEADER: Audrey Sanger 613-384-6244

Sunday Nov. 16 - Gould Lake
Hike from Freeman Road to Gould Lake gate and return for approx. 8 km at a moderate pace. Level 2. Gas \$5. Depart 9:00 a.m.
LEADER: Gloria Seeley 613-546-2503

Saturday Nov. 22 - Gananoque Trail

Hike the Gananoque Trail for 11 km. Level 1, Gas \$5.
 Depart 9:00 a.m.
 LEADER: John Cornish 613-382-4778

Saturday Nov.29 - Gananoque Provincial Wild Life

Area Hike the trails of the Wild Life Area for approx.
 10 km. Level 2/3. Gas \$5. Depart 9:00 a.m.
 LEADER: John Cornish 613-382-4778

Sunday Nov. 30 - Cataraqui Trail

Hike the Cataraqui Trail from Sydenham west for
 approx. 12 km. Weather permitting. Level 1. Gas \$4.
 Depart 9:00 a.m.
 LEADER: Sandra Muis 613-542-8224

Saturday Dec. 6 - Christmas Dessert Party

We wrap up this year with our Christmas Party. Bring a
 dessert and your own choice of drinks. Location:
 Queen's Women's Association, 144 Albert Street. Room.
 Rental fee \$3 per person. Time 7:00 p.m.
 RSVP Linda Line 613-531-4353

Sunday Dec. 7 - Gould Lake

Hike the trails in Gould Lake starting at the gate and re-
 turning on the Ridge Walk for 10 km. Level 3. Gas \$5.
 Depart 9:00 a.m.
 LEADER: Dave Amitage 613-634-4426

Saturday Dec.13 - Christmas Lights

View Xmas lights in City Park and Kingston Area.
 Meet at Tim Horton's near Ferry Dock at 7:30 p.m.
 Level 1 for 4-5 km. Refreshment stop after.
 LEADER: Elgin Bock 613-389-4216

Sunday Dec. 14 - K & P Trail

Hike the K & P Trail at a moderate pace for 15 km.
 Level 1. Gas \$4.
 LEADER: Gloria Seeley 613-546-2503

Saturday, Dec. 20 - Skating Party at City Hall

Meet at the bleachers at 6:30 p.m. Skate for about one
 hour and migrate to the Tir Nan Og after for refresh-
 ments. LEADER: Jen Gazley 613-634-2286

Saturday Dec. 27 - Upper Canada Village Alight at

Night. Dinner at the Harvest Barn, horse drawn wagon
 ride to see the lights. A short hike before dinner. Gas
 \$10 plus entrance fee. Depart 12:00 noon. Ottawa and
 Central Clubs are invited. Call to confirm you are
 coming. LEADER: Pat Casey 613-385-2356

Saturday Jan. 3 - Little Cataraqui Conservation

Area. Hike/Ski/Snowshoe the trails of Little Cata-
 raqui. First event of the New Year. Level 1 at a moder-
 ate pace. Gas \$2. Depart 10:00 a.m.
 LEADER: Yvonne Hawkins 613-384-9717

Kingston Club—Volunteer Needed A volunteer is needed to assist Elaine Lowen with publicity. If you can help please contact Elaine Lowen at elowen@cogeco.ca
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A Tribute to Ellen Shepherd.

Members of the Kingston Club have been saddened by
 the loss of a dear friend and member of the Rideau Trail
 Association. Ellen Shepherd died on Monday, May 29,
 2008 after a short illness.

For many years Ellen was an avid hiker with the King-
 ston Club. Ellen has contributed to the Club in so many
 other ways: for several years she was a conscientious
 maintainer of a section of the Trail (in the Westport area),
 and was the Kingston Club distributor of the Newsletter
 over a number of years.

Many of us will remember Ellen for her love of swim-
 ming – she was always the ‘first one in’ the water when-
 ever the opportunity presented itself during a hike. Others
 will remember her for her wit (she was a ‘wicked’ teaser
 and enjoyed a good joke, even when it was at her own

expense). Mentoring new members was a natural thing
 for Ellen: she was happy to answer questions, provide
 information about the Association and the Club, and
 introduce them to other hikers.

Still others will remember her for her musical talent
 (she was a long time member of the Kingston Choral
 Society), and her love of Opera.

Other interests included her commitment to the King-
 ston Literacy Program, and membership in the Kingston
 Spinners and Weavers, where she was known as an ex-
 pert Felter.

Most of all we will remember Ellen as a good friend,
 and we offer sincere condolences to her family for their
 loss.

Cam Hodges

CENTRAL CLUB ACTIVITIES - FALL 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

Friday, Saturday and Sunday, September 5, 6, 7

Schooner Lake Canoe Camping

Level 1 canoeing and hiking. Gas \$6.

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 \$6.

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 hike, 12 km. Gas \$6.

YOU NEED ALL YOUR MARBLES TO CATCH:

Gunhild Karius 613-264-2861

Saturday, October 4 Ragged Chutes

Level 2 hike along the beautiful Mississippi River, 12 km. Gas \$6.

OUR RUGGED BUSH-WHACKER: Bruce Gourley 613-283-5967

Saturday, October 11 Rock Dunder

Level 2 hike, 8 km. Enjoy the cliff-top vista over the Rideau Waterway in all its fall splendour! Gas \$6.

LEAPFROG THE ROCK WITH: Josie Roberts 613-267-3769 & Alina MacFarlane

Thursday, October 16 Leaders' Planning Session

4:00 pm at 8 Taggart Crescent in Perth. Bring your ideas and suggestions for our Winter Activity Schedule.

TASKMASTERS: Don Sherwin 613-264-0759 and Dorothy Hudson 613-283-0332

Sunday, October 19 Murphys Point Park, Point Trail

Meet at 10:00 am at Conlon Farm. Level 1 nature hike with Park Naturalist, 8 km. Gas \$3.

GET BACK TO NATURE WITH: Tobi Kiesewalter 613-267-6750

Saturday, October 25 Crotch Lake, Linda's Loop

Level 2 hike in the Land of Lakes area, 12 km. Gas \$6.

THIS ONE'S FOR YOU: Dave Allcock 613-264-9075

Sunday, November 2 Frontenac Park, Moulton Gorge

Level 2 hike, 14 km in most scenic part of the park. Gas \$6.

OUR GORGEOUS STRIDER: Dorothy Hudson 613-283-0332

Saturday, November 8 Charleston Lake Park, Tallow Rock Bay Loop

Level 2 hike, 12 km. Gas \$6.

GET FROM BETWEEN A ROCK WITH: Gill Hyland 613-267-5756

Sunday, November 16 Foley Mountain

Meet at 10:00 am. Level 2 hike, 8 km. Gas \$4.

IT'S ONLY PRETEND WITH: Margaret Lafrance 613-267-4360

Saturday, November 22 Alba Wilderness

Level 2 nature hike with Howard Clifford, 8 km. Gas \$6.

TAKE THE HIGH LAND WITH: Gill Hyland 613-267-5756

Saturday, November 29 Lally Homestead to Powers Road Level 2 hike on Rideau Trail, 12 km. Gas \$3.
A POWERFUL EXPERIENCE WITH: Gunhild Karius 613-264-2861

Friday, December 5 Foley Mountain, 3rd Annual Christmas Tree Hike and Carol Sing
Meet at 6:00 pm at Conlon Farm. Gas \$4.
THE HIKE'S LEAD SINGERS: Gunhild Karius and Bill Ottney 613-264-2861.

Saturday, December 6 Merrickville Loop
Meet at 10:00 am. Level 1 hike, 12 km. Return in time to take in the beautiful display of Christmas lights and a bite to eat in historic Merrickville. Gas \$4.
LIGHT UP THE LOOP WITH: Arlyn McMillan 613-267-2588 & Sandy Clifford

Sunday, December 14 Murphys Point Park, Round Lake Loop Meet at 11:30 am. Level 1 hike, 12 km, followed by Christmas celebration dinner at the Crown in Perth. Gas \$3.
CROWN HIM THIS CHRISTMAS: Don Sherwin 613-264-0759

CENTRAL CLUB VOLUNTEER TRAIL MONITORS NEEDED

The Central Club is seeking volunteers to be "trail monitors". This would involve walking a section of the Rideau Trail in our area to check out its condition and report to Trail Maintenance Coordinator, Bruce Gourley, if you see any problems such as overgrown sections, missing markers, etc. You will not need to do any maintenance work, just find a buddy and hike a section of the trail of your choice.

For more information call or e-mail Bruce at
brucegourley@sympatico.ca 613 283-5967

-AGM, continued from page 7

- (i) The position of Corresponding Secretary has been eliminated.
- (ii) The position of Marketing and Communication Director has been added to the slate of directors.
- (iii) The end of the fiscal year has been changed from August 31 to March 31.

The proposed slate of officers was approved: President, Ron Hunt; Vice President, Ron Casselman; Secretary, Jennifer Collier; Membership Director, Sheila Menard; Treasurer, Peter Hawkins.

-continued to right

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.

Outstanding Service Awards were presented to Don Grant (Ottawa Club) and David Armitage (Kingston Club). A Certificate of Appreciation was presented to Margaret Wild, who is stepping down as the Secretary of the Board.

The business meeting ended on a high note with the presentation of the Rideau Trail End to End Awards.. The meeting was adjourned at 12:40 p.m. and was followed by short hikes in the Foley Mountain area and a buffet dinner at the Cove Inn Restaurant.

Ron Casselman, Vice President

OTTAWA CLUB ACTIVITIES – FALL 2008

Transportation for hikes is by car-pooling in private cars. Passengers contribute to the driver's gas costs. Fees for parking and entry to parks and conservation areas are shared between the driver and passengers. Scheduled activities take place regardless of weather. For more information about a particular activity, call or e-mail the leader at the number/address listed. If you are unable to reach the leader, or if you need general information, contact the Ottawa Club at 613-860-2225. **Please go to page 11 to read about the responsibilities of activity participants' and the definitions of hike difficulty levels.**

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

Tuesday Evening Moonlighters - Urban Walks			
Date	Sunset	Leader	Description
Sept. 9	7:26	Pat Archer 613-565-6149	Rideau River/Ottawa East Meet at Strathcona Park at the end of Somerset Street East in Sandy Hill.
Sept. 16	7:13	Pat Archer 613-565-6149	Leamy Lake Meet at the parking lot at the east end of Jacques Cartier Park (at the end of Laurier Street, at Dussault Street).
Sept. 23	6:59	Ralph Sullivan 613-749-5534	Hog's Back/Vincent Massey Park/Ottawa South Meet at the RA Centre parking lot near Riverside Drive at Bronson Avenue.
Sept. 30	6:46	Dora Ashiq 613-792-4966	Experimental Farm Meet at the south parking lot of the Sir John Carling Building off Prince of Wales Drive. (Turn in at the first set of lights west of Dow's Lake/Preston Street.)
Oct. 7	6:33	Pat Archer 613-565-6149	New Edinburgh/Rockcliffe Park Meet at 193 Stanley Avenue, the New Edinburgh Park Clubhouse (near the river).
Oct. 14	6:20	Terry Baker 613-825-5267	Britannia Village Meet at Lincoln Fields Shopping Centre parking lot, on the Richmond Road side near Pizza Pizza.
Oct. 21	6:08	Grant Malinsky 613-842-8736	Hull (Gatineau) Loop Meet in the parking lot on the EAST side of the National Library & Archives Building, off Wellington St.
Oct. 28	5:57	Jan Makins 613-721-8833	Canal Bridge to Bridge Meet at TD Canada Trust, Pretoria Bridge at The Driveway

Wednesday Walkers
Every Wednesday there are level 2 and 3 hikes in Gatineau Park. Departure time is 9:30 a.m from the meeting place, Bate Island off the Champlain Bridge. Do not go to Tunney's Pasture. Call Dorothy Belter at 613-523-4420 or Nanette Whitwam at 613-747-2985 if you wish more information. (Note: the meeting place may change once the snow flies – please check with Nanette or Dorothy if in doubt.)

Fall is a great time for hiking !

Weekend Activities

The following three locations along the OC Transpo transitway are used as meeting places for most Ottawa Club Weekend Activities. Each activity description specifies the meeting time and place.

Tunney's Pasture

The parking lot of the R.H. Coats Building (Statistics Canada) on the west side of Parkdale Ave. just north of where it crosses Scott St. The Tunney's Pasture OC Transpo stop is one block away.

Fallowfield Park & Ride

The northwest parking lot of OC Transpo's Fallowfield Park & Ride Station, off Fallowfield Rd. west of Woodroffe Ave. If you travel by car, take the first left after you enter the Park & Ride facility, turn right into the parking lot, then cross the lot to the far side.

Baseline Park & Ride

The parking lot of OC Transpo's Baseline Park & Ride Station, off Woodroffe Ave. south of Baseline Rd. 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.**

Date & Time	Diff. Level & Length	Activity Descriptions
Saturday Sept. 27 1:00	Level 1 7 km	Mer Bleue. Hike at a moderate pace on this world famous bog. Meet at Tunney's Pasture. Gas \$4 Leader: Coby Fuykschot, 613-722-6022
Saturday Sept. 27 9:00		Adopt-a-Roadway. Help us continue to clean-up the 5.5 km stretch of Roger Stevens Drive between McKenna road and Cedar Grove parking lot designated to the Rideau Trail Association. Please register in advance. Meet at Fallowfield Park and Ride. Leader: Suzanne Brown, 613-224-6006
Sunday Sept. 28 9:30	Level 2 5-9 km	La Blanche Forest Ecological Reserve, Mayo, Que. Hike in a beautiful old growth forest. Steep slopes. (See http://www.lablanche.ca) Meet at Tunney's Pasture. Admission fee: \$5 Gas: \$8 Leader: Jim Fish, 613-599-4806 or jimfishca@yahoo.ca
Saturday Oct. 4 10:30	Level 1 12 km	Western Greenbelt Hike blue trails. Meet at Baseline Park & Ride. Gas \$2. Leader: K. Jean Cottam, 613-726-1596 or 613-299-8856 (cell)
Saturday Oct. 4 th 9:30	Level 2 13 km	End-to-End Hike #7, Davis Road to Burchill Road (Map #11) Bus shuttle. Meet at Fallowfield Park and Ride. Gas \$7 Leader: Nigel Brereton, 613-596-6191
Sunday Oct. 5 9:30	Level 3 10-12 km	Gatineau Park. Hike west from Church Hill area, Tomato Hill and beyond. Considerable off trail hiking, good views. Bring lunch and good boots. Meet at Tunney's Pasture. Gas \$5 Leader: Jim Leeson, 613-829-1083
Saturday Oct. 11 9:30	Level 2 20 – 25 km	Gatineau Park, Wakefield Triangle Hike from P17 near Wakefield. Meet at Tunney's Pasture. Gas \$5 Leader: Laraine Laughland, 613-723-8851
Monday Oct. 13 9:00	Level 2, 14 km	Gatineau Park, Cameron Lodge to Wakefield Hike from Carman Lodge to the Wakefield Inn, return via Brown Lake Lodge. Meet at Tunney's Pasture. Gas \$5. Leader: James Mabbutt, 613-838-4956
Saturday Oct. 18 9:30	Level 1 10 km	Ottawa Waterfront Hike in the area of Britannia Bay, Mud Lake, Ottawa River Pathway and Andrew Hayden Park. Meet at Tunney's Pasture. Gas: \$2 Leader: Alex Bissett, 613-828-4363 or alexbissett@sympatico.ca
Saturday Oct. 25 10:30	Level 1 8-10 km	Western Greenbelt NCC Trails Hike a portion of the Rideau Trail and NCC trails 21 & 23 off Timm Drive. Meet at Baseline Park & Ride. Gas \$2. Leader: Ethel Archard, 613-592-7733

Sunday Oct. 26 9:00	Level 3 16 km	Gatineau Park, Pilon Road to Lac McLean (an attractive lake near the height of land) Half on steep or rough trails, half off-trail. Some great views. Meet at Tunney's Pasture. Gas \$6. Leader: John Barron, 613-828-2296
Wed. Oct. 29	Level 1 8-10 km	Plaisance Provincial Park. (http://www.sepaq.com/pq/pla/en/) Explore the trails of this new park. Bring a lunch. Call leader for the meeting time and place. Gas: \$9 Leader: Elizabeth Mason, 613-729-6596
Saturday Nov. 1 10:00	Level 1 7-8 km	Stoney Swamp Conservation Area Hike the Rideau Trail between Robertson Road (Bell's Corners) and Fallowfield. Bring a lunch. Meet at Tunney's Pasture. Gas \$3 Leader: Elizabeth Mason, 613-729-6596
Sunday Nov. 2 10:00	Level 2 8 km	Gatineau Park, "Both Sides of the Ridge" Hike from Kingsmere (P7) to the ski hill, then to Sugar Loaf and back to P7. Meet at Tunney's Pasture. Gas \$5. Leader: Nigel Brereton, 613-596-6191 or nigelb@primus.ca
Saturday Nov. 8 12:30	Level 1 6 km	Western Greenbelt, Jack Pine and other NCC trails Meet at Baseline Park & Ride. Gas \$2 Leader: K. Jean Cottam, 613-726-1596 or 613-299-8856 (cell)
Saturday Nov. 8 9:00	Level 3 16 km	Gatineau Park, Lake Philippe to/from Eardley Masham/Churchill Falls Two groups will hike from opposite ends, meeting in the middle for lunch and a car key exchange. Hilly terrain using faint trails. Meet at Tunney's Pasture. Gas \$7. Leaders: Ann Lane, 613-741-3184, en814@freenet.carleton.ca, and Dave Audette, 613-224-1147, dg.audette@sympatico.ca
Saturday Nov. 15 9:00	Level 3 14 km	Gatineau Park, Farris Creek Hike east along Eardley Escarpment. Hilly terrain, faint trails, nice views. Meet at Tunney's Pasture. Gas \$5. Car shuttle. Leaders: Ann Lane, 613-741-3184 en814@freenet.carleton.ca and Dave Audette, 613-224-1147 dg.audette@sympatico.ca
Saturday Nov. 29 10:30	Level 1 6-8 km	Ottawa Waterfront Walk from Tunney's Pasture to Richmond Landing and beyond. If it is cold, we can shelter in one of the museums for lunch. Meet at Tunney's Pasture. No gas charge. Leader: Elizabeth Mason, 613-729-6596
Saturday Dec. 6 12:30	Level 1 8 km	Western Greenbelt, Lime Kiln Trails Hike or snowshoe on the Lime Kiln trails. Meet at Baseline Park & Ride. Gas \$2. Leader: K. Jean Cottam, 613-726-1596 or 613-299-8856 (cell)

Rideau Trail Members Clean Up !

On a recent hike in the Gananoque Provincial Wildlife Area, Rideau Trail Club members were astounded to come across a large amount of debris on the trail. It would appear that some folks had been doing target practice using clay pigeons, and saw no need to pick up after themselves when they were done. Consequently, our members quickly pulled garbage bags from backpacks, and proceeded to fill them with both whole and broken clay pigeons, as well as spent shot shells. We find it regrettable that not everyone who enjoys the great outdoors will do their part to preserve its beauty.

Jane Hough



Rideau Trail End-to-End led by Richard Reble of the Iroquoia Bruce Trail Club.

In May 2007, a dozen hikers from Southern Ontario met in Kingston. Richard Reble, an Iroquoia Bruce Trail hike leader, had organized an end-to-end hike of the Rideau Trail. The goal was to complete the Kingston-to-Ottawa odyssey in four sets of four-day hikes: May and September 2007, June and September 2008.

Gunhild Karius, Bill Ottney, and Na Lin have had the pleasure to hike with Richard's fit and fast group, who cover up to 27 km per day. Lölke Dykstra, hiker and raconteur for Richard's group, has provided an ongoing diary of their adventures. His diary, referred to as *Lölke's Log*, is a pleasure to read, and permits the reader to experience our Rideau Trail from a visitor's perspective.



At Old Slys Lock in Smiths Falls:

Standing from left to right: Mark Frawley, Jim Gibson, Jack Freiburger, Georgia Mulholland, Sharon Kerr, Anne Judd, L (Nick) Dykstra, Jane Kenyon, Graham Stead, Trudy Senesi. Seated: Na Lin [Kingston RTA], Richard Reble

Highlights from *Lölke's Log*:

Kingston- possibly the only hiking trail anywhere which goes through a railway station, and then through a cemetery.

The rugged beauty of the Canadian Shield from Gould Lake to Perth, with its countless beaver dams.

The route which the Rideau Trail follows through beautiful Perth and the Rideau locks in Smiths Falls.

Osprey nests overlooking the trail at Beveridge Locks

Following are a few excerpts from *Lölke's Log* for June 13, 2008:

"[We are] coming into Perth now through very nice parks and streets. We come to a dam [in Stewart Park] with water swirling through the middle."

"On the Tay Towpath, I think about my grandparents and my father, and how they sometimes had to pull their ship through the canal in Friesland."

Approaching Beveridge Locks, "the dam over the Tay River is running over with water about 3" deep. I've always wanted to walk on, water, alas it was never possible. Lo and behold, here was my chance...."

On the evening of June 14th, Gunhild Karius hosted a barbecue at her home for the Rideau end-to-enders from Hamilton and surrounding area. The evening was capped with a three hour visit by Richard Reble and Bill Ottney to the hospital in Perth to have an engorged black-legged tick removed from Richard's chest. So far, Richard reports no health issues from the tick encounter, but be aware that black-legged ticks are now present on the trail between the towpath and Beveridge Locks.

We wish Richard Reble and his wonderful group of hikers the very best on completing their Rideau Trail odyssey this September 2008. May the champagne flow freely at Richmond's Landing!!

Bill Ottney, RTA Kingston Club & BTC Iroquoia Club

-Board Highlights, continued from page 7

the readers as to how they can join the RTA and/or purchase merchandise.

A discussion regarding developing the 8th addition of the *Guidebook*: It was recognized that the 7th addition will last for another four years; however, planning for the 8th addition should begin. The recommendation is that the Board recruit a project leader and that this leader begin working on the project within 18 months. The project leader should have the following qualifications: recently retired, familiarity with geographical (GIS) software and cartography.

Board priorities for 2008-2009:

- 1) Completing the Trail Quality Task Force Report
 - 2) Recruiting the Marketing and Communication Director
 - 3) Implement a new computerized accounting system
 - 4) Follow through on Financial Oversight Objectives
 - 5) Investigate Conservancy Strategy/ Approach
 - 6) Job Description for E-letter Editor
 - 7) Investigate Implications of Electronic Version of Newsletter
- Ron Casselman, Vice President*

Hiking in Morocco

Part 2 : The Mountain Experience

by Cécyle Trépanier & Konrad Wolf

In May 2007, Najat Bhiry, 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. She made all the arrangements. It was agreed to make this an experience in two parts, the first being a hike in the desert of southern Morocco (see The RTA Newsletter, Spring 2008) and the second a hike in the High Atlas Mountains, which cross central Morocco in a northeast- southwest axis.

Following a one week hike in the desert, we returned to Marrakech, leaving our two French companions to relax in a beautiful B & B in Ouarzazate, the movie center of



Cécyle, Konrad and Najat on the way to the Toubkal Refuge

Morocco. Najat and we were tired, but ready for our next challenge. After a good rest, a sweet breakfast in a neighbouring pastry shop, a wash of essentials and a trip to the bank, we hailed a taxi to take us to Imlil, a small mountain village, 80 km south of Marrakech.

Imlil, at 1740 m (5700 ft), is one of the two trailheads to climb Mount Toubkal, at 4167 m (13670 ft), the highest peak in North Africa. Not surprisingly, the road from Marrakech to Imlil was at first level and then started to climb suddenly into the foothills of the High Atlas Mountains. After the dry landscape of the desert, it was a

relief to see running water and lush green vegetation in the valleys. The taxi took us to l'Auberge Lepiney, where Najat had stayed before and where our excursion was organized. After a walking tour of the village, we were served a traditional Moroccan dinner of vegetable and goat couscous. We then packed our luggage for a three day mountain adventure, leaving everything else at the inn.

The next morning greeted us with perfect weather : sunny and a clear blue sky. At 8 :30, we were ready to leave, dressed lightly. Our guide Abraham and his helper had loaded a mule with our luggage and provisions. For the first hour, the trail was wide as we walked on a local road leading to Aroumd, a small village where we crossed a large dry river bed. Once on the other side, the trail became narrow and rocky as it zigzagged steeply upwards. After two hours we came to Sidi Chamharouch, a shrine and hamlet with a few shops. Shortly after, we encountered a young entrepreneur who had built himself a lean-to beside the trail where he sold local crafts, refreshments and, best of all, freshly squeezed cold orange juice. He kept it cold by diverting the drips of cold water from the rocks over his oranges and drinks. It was the best orange juice we had ever tasted! Najat and Cécyle were also tempted by the beautiful silver bracelets and necklaces. Later on, we had another exciting meeting: a herd of mountain goats, old, young and very young, so cute, with no shepherd in sight. As we continued our climb, the vegetation changed. The cedars were replaced by small desert plants and flowers, even though we could always hear the noise of rushing water at the bottom of the valley. The snow was melting at higher altitudes. At 14:30, we finally reached the Toubkal Refuge at 3210 m (10530 ft). We had come up 1470 m (4820 ft) in six hours. The refuge consists of four stone buildings. The largest one provides lodging in several multi-bunk rooms for hikers. Our room had 36 bunk beds, but some were not occupied. The guides used the kitchen to cook breakfasts and evening meals for their own clients. There were only two regular toilets, the others were all of the scooter type. Showers were available, but during our visit only with cold water fed by a nearby glacier. Brrr ! Abraham was nice enough to heat some water for us. We all counted on a good night's sleep to attempt reaching the summit of Mount Toubkal the following day.

The night, the building and Konrad were cold. Still struggling with his virus infection and having only a summer sleeping bag, he did not have a restful sleep.

-continued on page 17

We Thank the Following Recent Donors to the RTA

Irene Backholm	Barbara Humenny	Ian Hunter & Elaine Miller	E. Snasdell-Taylor & Family
Judith Bates	Lynne & Alan Hurd	Robert Gordon & Juliet	Terri Solima
Heather Bent	Grant Gollifer & Jeanette	Milsome	Anke Springer
Bruce & Anne Buie	James	Regina Mueller	Rick Butson & Al Stewart
Adrian Camfield	Ed Jezak	Paul & Sandra Muis	Nancy Sunderland
Ada Chambers	Dean & Monya Johnson	Peter M. Murray (in memory	Krystyna Szafran-Jones
Tessa Clarke	Eleanor Kaarsberg	of Ellen Shepherd)	Rolina & John
Lois & Rudy Cooper	Jane Kitchen	Robert Mutrie	ten Bruggenkate
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John & Sandra Hildebrand	Aline McRory	Sylvia Shortliffe	Sherwood P. Wright
R.D. Hughes	André Mercier (in memory	Angela Simick	
Richard Hughson	of his wife Johanne Mercier)		

-Morocco—continued from page 16

All of us had to endure the odour of smelly socks and several variations of snorers. Nevertheless, we were all up before 5 and left at 6 o'clock to avoid the unpredictable afternoon weather for our descent from the summit back to the refuge. The climb was steep, the terrain rugged and challenging. We crossed gullies with waterfalls, large rock areas, snow fields and dangerous gravel sections. We now understood why a guide was needed as there was no definite trail. As we gained altitude, the temperature was below freezing, the wind blew ever harder, and breathing became increasingly difficult. Konrad started to fall behind. At 3800 m (12500 ft), he was experiencing symptoms of altitude sickness: chest pain, a rapidly beating heart and he was losing his balance. He decided to return on his own to the refuge while the others continued to the summit. His descent was precarious due to his lack of equilibrium. Guides of other groups following us made contact with him to ensure that he was able to manage alone.

At the pass, at 3900 m, Najat, Cécyle and Abraham were ready for a rest stop to replenish their energy with a snack of dates to face the final assault on the summit. The last section was extremely steep, but when Cécyle was almost ready to give up, we were there! Alone on the summit for 15 minutes, we enjoyed the breathtaking views, the silence and took photos, before being joined by other hikers who brought us news of Konrad. We ate some bread, cheese and fruit before starting our return trip. We took some time to play in the snow on our way down having sweet thoughts about Canada's winter. We

arrived back at the refuge around 14:00 with wobbly legs but happy to see Konrad welcoming us with a big smile. He was feeling better. He had also checked the compulsory official government registry of the refuge and discovered that the oldest hiker in the previous 12 months was six years younger than he.

The next morning, Konrad's 71st birthday and another beautiful sunny day, we started the long trek down to Imlil. We were ready for a ride back to Marrakech with a beautiful Berber rug bought on the trail. Konrad left with some regrets, but we all agreed to return for more hiking adventures. For now, we were dreaming of a visit to a hamman (public bath) where we would be deluged with hot water, soaped up and scrubbed from head to toe! Inch' Allah!



Najat and Cécyle on top of Mount Toubkal at 4167 m

Welcome to our Latest New Members

Central Club:

David & Pat Batchelor

Kingston Club:

Shiz Faulkner

Annie Barwise & William Higginson

Bernice Lucas

Nan Hudson & Elizabeth Macdonald

Bill Rutledge

Vic Stanulis

Norman & Deborah Trembath

Ann Wilson

Ottawa Club:

Lucie Angelini

Sandra Bason

Ann Benson

Pat Captain

Doug Cody

Frieda Fanni

Aida Farhat

Jessi & Mike Gatta

Ken & Lynn Gullins

Laurie Hardage

Helena Ingr

Al Jones

Lorna Kettles

Bill & Dorothy Knight

Nicole Levesque

Shawn & Karen McCarthy

Lorena Nelson

Keith Rattew

Janet Shapiro

Terri Solima

Bob Thomson

Laura Thornhill

Alan & Jean Willson

Beth Woloski

Neutral:

Eleanor Allison

Ottawa Club in Gatineau Park on July 19, 2008



Clockwise from bottom:

A group of 13 hikers bushwacking in the forest near Sandy Lake in the Gatineau Park.

A group crossing one of two creeks on the way to Baron Mountain (300 metres) in Gatineau Park.

Some challenges on our way up Baron Mountain. We took it nice and slow and were rewarded by views and wild blueberries at the top.

(Photos by Andrew Chen)



Right: Bruce Hutchinson, Kingston, and Bruce Brenot, Smith's Falls, joined about 40 other hikers from across Canada for a week of camping and hiking in the Rockies with the Skyline Hikers of the Canadian Rockies. BH hiked through easier passes like Assiniboine Pass and Allenby Pass while BB led hikes through Og Pass and Nub Ridge. It was the first time for both of us to hike with the Skyline Hikers and we found it an excellent way to safely camp in the mountains in bear country and to have a range of different hikes available each day. *Bruce Hutchinson*



Rideau Trail - Kingston Club
Winter Get-Away Weekend for 2009

Hotel L'Estérel, Laurentians — January 30 - February 1, 2009

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

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

Gourmet meals are fixed table d'hôte dinners on Friday and Saturday evenings, full breakfasts Saturday and Sunday mornings, and a buffet supper Sunday (3 to 4 p.m.). Gratuities are included. Bag lunches may be ordered. **Cost** for the weekend is \$330 per person double occupancy or \$430 single.

Departure from Cataraqui Town Centre at 9:00 a.m. **Friday January 30** with arrival at about 1:00 p.m. Since all rooms may not be available upon arrival, dress for your preferred activity. Bring a lunch, but lunches may be purchased at the hotel. We return to Kingston about 9:00 p.m. on Sunday.

We have reserved 40 double rooms. Single rooms available. For bus and hotel commitment we require a deposit of \$100 per person on registration, with the balance payable by post-dated cheque dated **December 15, 2008**. Make cheques payable to **Rideau Trail in Trust**.

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

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

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

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND — Jan 30-Feb 1, 2009

REGISTRATION FORM #

(FOR USE BY ORGANIZERS)

Name(s) _____

Address _____ City _____ Postal Code _____

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

Enclosed is my/our deposit of \$100 per person, totalling \$ _____ (payable to Rideau Trail in Trust) and post-dated cheque dated **December 15** for \$230 per person double occupancy, or \$330 single occupancy, totalling \$ _____ (payable to Rideau Trail in Trust)

I wish to room with _____ Room requirement _____

Dietary restrictions _____

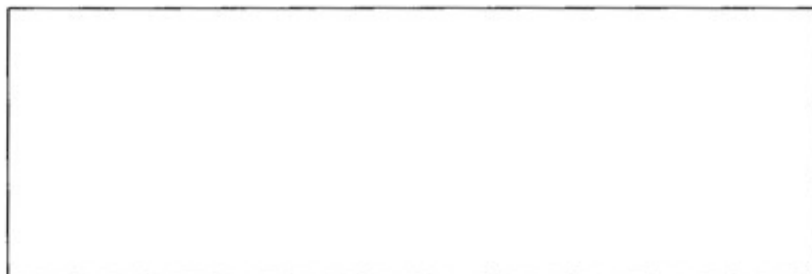
Members of the Rideau Trail - Kingston will be given booking priority if hotel room numbers are restricted. It is suggested that non-members take out a membership before registering to ensure their booking priority.

Cut and mail to: Lars Thompson (Ski Weekend 2009) 832 Wartman Avenue, Kingston ON K7M 4M5



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

®



Thank You Landowners !

Since the K&P Trail has been made available to us, we have been able to use parts of it to bypass some roads, water and other hazards. As a result we are leaving some private property that we have been generously allowed to walk on.

Mr. Robert Allison and family on Bur Brook Road have allowed us to cross their pasture for many years. Mr. Allison says "Probably twenty-five years or more." I wonder if the cows will miss us?

Elinor and Mac Freeman on Lee Road came to our rescue a few years back when we had to make a move on short notice. This is where the two Queen's students took refuge in an outhouse during a downpour while trying to do the Trail nonstop, or sort of. Mr. Freeman says "They were proud to have the Trail on their farm."

To the Allison and Freeman families, "Thank you." To Rideau Trail hikers, "When did you last wave to a landowner?"

Bill Murdoch

JOIN THE RIDEAU TRAIL ASSOCIATION ? RENEW YOUR MEMBERSHIP ?

For membership details or to change your postal or e-mail address, contact info@rideautrail.org. For a copy of the application form and list of merchandise visit the web site www.rideautrail.org and click "Join RTA".

Membership Categories: Individual \$25, Household \$30

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.

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

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.