



The Rideau Trail NEWSLETTER

WINTER 2008

ISSUE NO. 150



Rideau Trail Association Newsletter

Editor: Elizabeth Mason, Ottawa Club

(Text editing – Janet Murphy, Proof reading – Maryetta McDowell, mailing – Jim Fish, Sylvia Shortliffe)

Spring Newsletter

The Spring 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 **February 1, 2009**. Send to:

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The Rideau Trail Association is a member of Hike Ontario.

Front Cover: Beauty along the trail and the hazards of a winter end to end. Photos by Jennifer Ellis and William Ottney.

Backgrounds: Backgrounds on pages 8 and 16 by William Ottney; on page 12 by Esther Hault

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FROM THE RTA BOARD

by Elizabeth Mason

At the Board meeting in October, approval was given for a committee to investigate the implications of providing a Rideau Trail Newsletter in electronic format in order to reduce costs by reducing the newsletter printing and postage costs. The format of the current newsletter would not change. The committee will consult with members before implementing the electronic Newsletter. The timing for providing the option to members of receiving the Newsletter electronically has not yet been determined.

RTA VOLUNTEERS IMPROVE TRAILHEAD

by Bruce Bromfield

In October, 13 Kingston RTA workers, led by Maintenance Coordinator Jim Lorimer, laid 36 cubic yards of gravel on wet areas of the trail between the two boardwalks north of the trailhead. This section, heavily used by walkers, joggers and hikers, was left wet and muddy by this summer's heavy rain. The work crew spread gravel on the low sections and installed three culverts.



Volunteers hard at work. *Photo by Steve Manders*

The RTA acknowledges the cooperation and assistance of the Cataraqui Golf and Country Club and the Cataraqui Creek Conservation Authority. Many thanks to Maureen Beamish, Bill Birdsall, Bruce Bromfield, Peter Burbidge, Bob Clooney, Robert Hough, Ed Jezak, , Jim Lorimer, Steve

Manders, Bill Murdoch, Barb Pusch, Gloria Seeley and Margaret Wild. Thanks also to Rob Murville of the Cataraqui Gold & Country Club for his help and to Rob Gerritsen of the CRCA for their support of this project. This project was accomplished with volunteer labour and donated materials.

RESERVE THIS DATE

**RIDEAU TRAIL ASSOCIATION
38TH ANNUAL GENERAL MEETING**
Saturday, June 13, 2009
Burritts Rapids

for further details see your spring newsletter

TIME to RENEW YOUR MEMBERSHIP

Please renew your membership **BEFORE** the end of March. It is very costly to send out reminder letters. You risk missing your Spring newsletter if you renew late. If you have a new e-mail address, remember to include it with your renewal.

Thanks kindly, Sheila Menard – Membership
Director

RIDEAU TRAIL CLOSED Tuesday, March 17, 2009

The Rideau Trail, where it crosses private land, will be closed on this day. This action is necessary to protect the landowners who allow us to cross their land the remainder of the year. The RTA would like to thank all landowners for their generosity. Please take care not to trespass on this day.

From the editor: Many thanks for all the wonderful winter pictures. There were many received and not enough space to show them all.

RIDEAU REVISITED

by Terry Kinnear

My interest in the Rideau Trail began long before I did my "end to end." In 1949, when I was two, my family began a lifelong love affair with Lake Opinicon and its surroundings. Hence, the area holds a special place in my heart.

On June 20, 2005, now 58, I began my hike at the Kingston KOA and reached Richmond Landing in Ottawa on Canada Day. Daily distances ranged from 10 to 30 kilometers. I completed over 300 kilometers plus a few "blue loops" with mostly vintage gear (early 1970s) and without acquiring even one blister. In fact my body performed better than the bus back to Kingston which broke down en route. I smiled at the irony.

What a wonderful adventure I experienced, being alone almost every step of the way! While in the bush, I encountered no one except in Kingston and Frontenac Provincial Park. At Doe Lake, I was serenaded by a choir of bullfrogs.

The walks through towns were anticipated with two goals: something cold to drink and cheese curd, Forfar preferably. These and the Richmond Bakery treats were far more delectable than anything I had prepared.

Memories abound and range from the spirit of Ottawa's Canada Day celebration to finding myself "homeless" twice, once in Richmond and again in Ottawa due to a lost hostel reservation. I had, unfortunately, ignored my Trail Guide and instead consulted an outdated map showing lodging in Richmond. After searching too long in the afternoon sun I regained my wits and stopped at Duffy's Tavern for a Molson's Ex and help. "Hotel closed down years ago," said the woman next to me. She promptly gave me the name and number of the local Anglican priest who kindly permitted me to set up my tent on the church grounds. "If you need to use the facilities at night, you'll have to go elsewhere," he warned.

My love for this Trail experience was enhanced by the wonderful Canadians I encountered along the way. While on country roads, I received many offers of food and drink; I did, however, decline a rum and coke at 11:30 a.m!



Terry at Richmond Landing at the end of his trek.

Photo by Terry Kinnear

Since my solo trek, I have bicycled from Kingston to Ottawa (2006), and in 2007 my son and I rowed a home-built wooden boat from Kingston to Ottawa. While all three journeys were human-powered, the most memorable is my walk, primarily due to the slower pace which allowed me to more fully experience the richness of a Canadian treasure - the Rideau Trail.

Terry Kinnear is native to Cleveland, Ohio, and has resided since 1979 in Cullowhee, North Carolina, where he teaches at a state university. Someday he will attend the annual meeting of the Rideau Trail Association.

Advance Notice

Kingston Club Annual General Meeting

Saturday, April 25, 2009

**Cataraqui Regional Conservation Area
Outdoor Centre**

for further details see your spring newsletter

RIDEAU TRAIL NAMEPINS

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

Order your custom NamePin using the form found on page 19.

"Hiking Poles Heighten Exertion - and Mood" *from Reader's Digest*

Using hiking poles during hill walking - a popular exercise that provides physical health benefits for males and females alike - can prevent fatigue-induced injury, ease discomfort and improve balance. But now, British researchers have found that using these poles also increases mood.

Their study, published in the Journal of Exercise Physiology online, showed that, although hill walkers exerted themselves more when using hiking poles, their moods remained higher over the course of exercise than did those of their no-poles counterparts. In addition to the possible psychological benefit, researchers also suggest that hiking poles may help promote exercise adherence.

Ottawa Club - Volunteers Needed

Two **Deputy Activity-Coordinators** are needed to prepare the quarterly Ottawa Activities Schedule for our newsletter - one volunteer for the Summer schedule and one for the Winter schedule. The summer schedule is prepared in April and the winter one in October. This work is spread over about 3 weeks in the month.

Good computer skills are needed for the job as you will be required to use Microsoft Word and the RTA special e-mail account on the RTA WEB server (procedures available). Ideally, you will also possess good interpersonal communication skills.

Kindly contact Suzanne Brown at 613-224-6006 or at suzannebrown@rogers.com if you can contribute to this vital task.

Routes and Negotiations Coordinator

The Ottawa Club is looking for a Routes and Negotiations Coordinator. The coordinator plans and implements major and minor rerouting of the trail in conjunction with the Maintenance and Construction Coordinator. Strong interpersonal skills are required to negotiate with new landowners and to maintain good relations with existing landowners.

Please contact Ron Arsenault 613-692-3374 or Elizabeth Mason 613-729-6596 if you are interested.

Welcome to our Newest RTA Members

Central Club

Jean Barr
Janet Conboy
Carol & Robert Cosh
Marilyn & Paul
Crummey
Kathryn Rycroft
Tristan Selvey
Susan & Robert Trower

Kingston Club

Jane Barken
Jim & Linda Bimson
William & Marion
Birdsall

Barbara Metaxas
Sharonne & Bill
Montgomery
Ingrid Gagnon &
Edward Thomas
Joy Leslie & Alan
Wilkinson

Ottawa Club

Vallery Blackburn
Ronald & Odette Daigle
Janice Fish
Lyane Mantha
Christine Misztal

Eric & Joanne
Robichaud
Zoltan Fried & Maria
Rubin
Dave & Arlene
Steadman
Heather Stevens & Bob
Thomson
Joyce & Andrea
Unsworth

Outside Club Boundaries

Irena Babir
Lois Corey

Diane Cropp
Jack Freiburger
Sharon Kerr
Peter Nicholl
Jane Kenyon & Graham
Stead
Fiona Nisbet & Dan
Welsh
Bonnie Zinn

Outside Canada Tom Tomakich

CENTRAL CLUB ACTIVITIES - WINTER 2008/2009

The meeting place and time for Central Club winter activities is Conlon Farm in Perth at 10:00 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.

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 613-264-0057.

WINTER END-TO-END

Check the Ottawa or Kingston schedules for winter end-to-end hikes. Central contact is Bruce Gourley 613-283-5967.

WEEKEND ACTIVITIES

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

Saturday December 27 - Upper Canada Village Alight at Night

See the Kingston schedule for details.

Saturday, January 3 Perth Road to Frontenac Visitors' Centre

Meet at 8:00 am. Level 3 hike or snowshoe from 6767 Perth Road, 13 km. Gas \$5. SHOW YOUR KNEES WITH: Dave Miller 613-812-1131

Sunday, January 11 Bathurst Concession 9 to Perth

Level 1 hike, 12 km, stopping for hot soup at Veronica and John's. Gas \$2. EPICUREAN: Veronica Airth 613-264-8824

Thursday, January 15 Leaders' Planning Session

4:00 pm at 8 Taggart Crescent in Perth. Bring your ideas and suggestions for our Spring Activity Schedule. Coordinators: Don Sherwin 613-264-0759 and Dorothy Hudson 613-283-0332

Saturday, January 17 Rideau Trail, Bedford Mills to Centreville Road

Meet at 9:00 am. Level 2 snowshoe or hike, 10 km. Gas \$5. GET MOVING WITH: Gunhild Karius 613-264-2861

Sunday, January 25 Skycroft to Massassauga Road

Meet at 9:00 am. Level 2 snowshoe or hike, 10 km. Gas \$5. HURRY, HURRY WITH: Dave Miller 613-812-1131

Saturday, January 31 Foley Mountain

Level 1 snowshoe or hike, 8 km. Gas \$4. BACK TO NORMAL WITH: Don Sherwin 613-264-0759

Sunday, February 8 Murphys Point Provincial Park

Level 2 ski, 10 km. Gas \$3. WHICH WAY WILL WE GO WITH: Gill Hyland 613-267-5756

Saturday, February 14 Alba Wilderness

Level 2 snowshoe, 8 km. Gas \$6. ALBA CADABRA WITH: Margaret Lafrance 613-264-0057

Sunday, February 22 Mill of Kintail

Level 1 ski or snowshoe, 8 km. Gas \$6. MID WINTER BLUES BUSTER: Dave Allcock 613-264-9075

Friday, Saturday, Sunday, February 27, 28, March 1 Algonquin Park

A repeat of last year's successful ski weekend in Ontario's most beautiful park. Stay in motel or B&B, your choice. Please inform Dorothy before Feb. 1 if you wish to go. KEEP POPULAR WITH: Dorothy Hudson 613-283-0332

Saturday, March 7 Mica Mine Conservation Area

Level 1 snowshoe, 8 km. Gas \$3. PICK UP YOUR ROCKS WITH: Dave Allcock 613-264-9075

**Have you renewed your membership?
Please do so today!**

Sunday, March 15 K&P Trail, Clarendon Station to Highway 509

Level 1 hike, continuing our K&P end-to-end, 10 km. Gas \$5.

TAKE THE OLD SLOW COACH: John Miller 613-264-8824

Saturday, March 21 Millpond Conservation Area

Level 1 snowshoe or hike, 8 km. Gas \$3. AN EARLY SPRING DIP WITH: Bruce Gourley 613-283-5967

Sunday, March 29 Wheelers' Sugarbush

Level 1 hike or snowshoe, 5 km, followed by pancakes and maple syrup. Gas \$5. COULD IT EVER GET SWEETER WITH: Josée Aghajanian 613-283-5967

Welcome to New Leaders

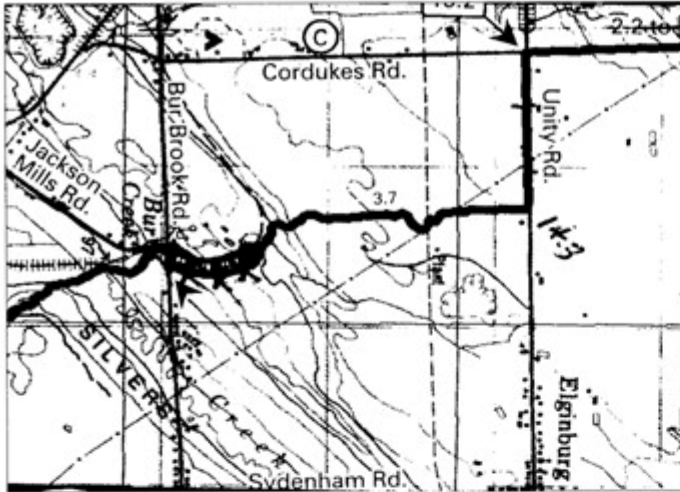
Central Club would like to welcome the following new leaders who completed the Hike Ontario Leaders' Course held at Frontenac Park in April, 2008:

Dave Allcock
Sandy Clifford
Gloria Douglas
Dorothy Hudson
Gill Hyland
Alina MacFarlane
Arlyn McMillan
Josie Roberts

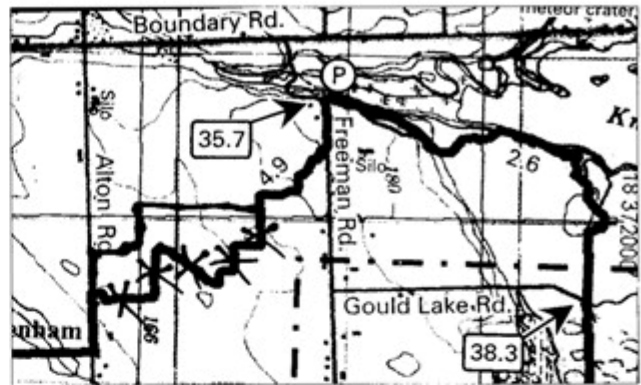
**RTA GIFT MEMBERSHIPS and
DONATIONS**

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.

TRAIL CHANGES



Map 1: K&P Reroute Text in Guidebook on page 26 second paragraph. Eliminate the first sentence and insert "The trail follows the K&P Trail for 800 metres then turns right." Eliminate the sentence "A stile leads..... dry in summertime".



Map 2: North of Sydenham Reroute Text in Guidebook on page 29. Replace middle of last paragraph with "After following Alton Road for approximately 700 metres the Trail turns right on a driveway for a short distance before crossing a stile on the left. Turn right and continue northwest for 2.2 km along the hedgerows...."

School House and Trails

The Ottawa executive has decided to abandon use of the schoolhouse and the trails known as the schoolhouse loops. The building and trails are in need of maintenance. No organized outing has been scheduled at the location for many years. The executive feels that our volunteer resources will be better employed maintaining the main trail.

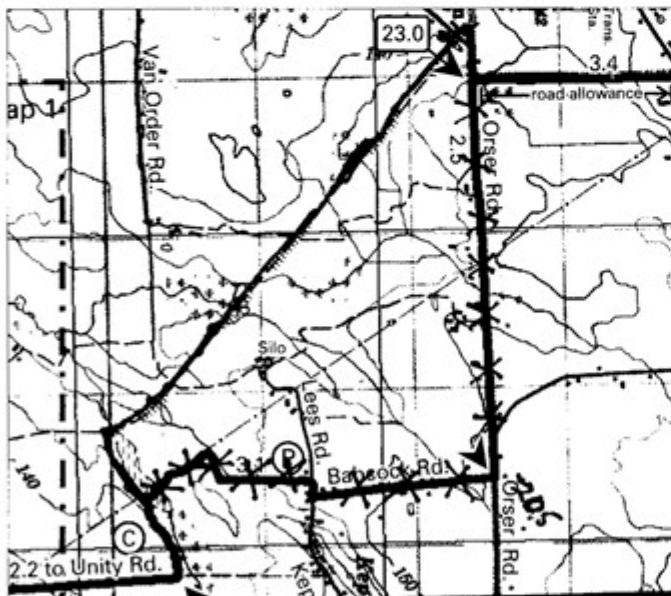
TSUNAMI AT GOULD LAKE!

by Steve Manders

It must have resembled a tsunami! Two burst beaver dams, just west of the Gould Lake Conservation area and north of Sydenham, released a huge volume of water, tearing out a floating bog and a Rideau Trail footbridge. What a mess!

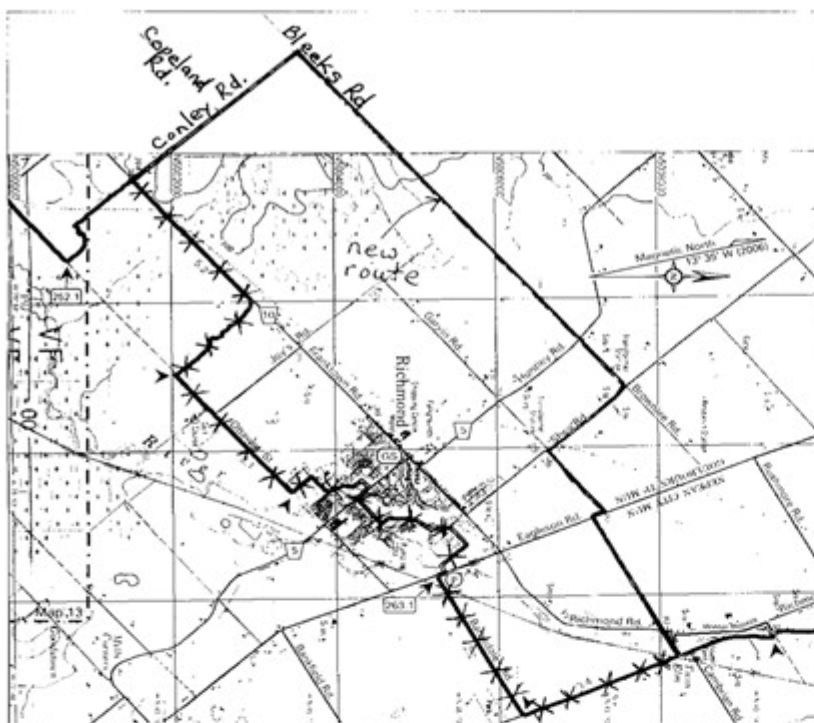
Apparently there were no witnesses to this event. Local residents estimate that the dams were about 60 years old. The exposed stumps look like remnants of 100 year old trees.

Despite the damage to the area, hikers can look forward to trail improvements. The sections of trail approaching the bridge will be rebuilt on higher ground. A new bridge may be located near the newly exposed remnants of a much older bridge once used to transport mica from the mines.



Map 2: K&P Reroute Text in Guidebook on page 27. Replace the last paragraph on page 27/28 with the following.

"Beyond the campsite the Trail heads southwest beside the marsh to a stile leading onto the K&P Trail. After 3.5 km it turns to the right onto Orser Road for 200 m and then left onto an unopened road allowance."



Map 14 Richmond Reroute. Text in Guidebook on pages 90 to 93. Replace from the last three lines of page 90 – “Here the trail turns right...” to the top of page 93 “...onto Steeplehill Crescent” with the following text. “The trail crosses Franktown Road and continues up Conley Road for 3 km. At Bleeks Road it turns right. It follows the gravel road for 1 km. The gravel road becomes a dirt track crossing the Ken Prior Bridge and continues for 3 more km to Huntley Road. The Trail continues straight along Brownlee Road (gravel) for 1 km to Shea Road where the trail turns right for 1.5 km on a paved road to Garvin Road. It turns left onto Garvin Road (which is gravel at first) and ends up on a track leading to Eagleson Road. At Eagleson it turns right and then left onto a 1.5 km track on an unopened road allowance to Richmond Road. The Trail turns left onto Richmond Road and then right over

the bridge at Twin Elm. At the next intersection it turns left along a farm road for 1.4 km along the right (east) bank of the Jock River, then crosses the river over a seasonal farm bridge onto Steeplehill Crescent. **Note that during the winter and in early spring and late fall the winter bypass along Richmond Road to Steeplehill Crescent should be taken.”**

RTA BADGES

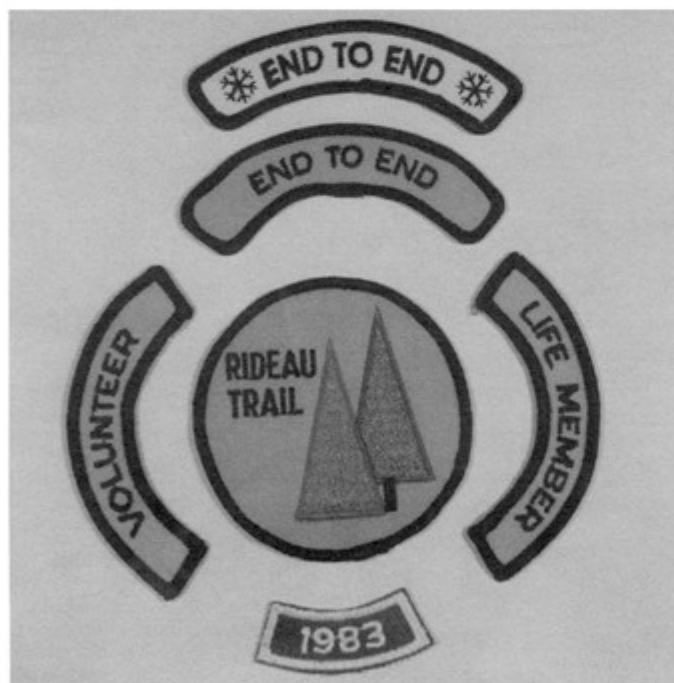


Photo by Jim Fish

The Rideau Trail badge is designed to be accompanied by chevrons. The *END TO END* chevrons are awarded to members who hike the entire trail. Hiking only in winter months earns one the coveted snowflake *END TO END*. The *LIFE MEMBER* chevron is given to members who buy a life membership. For a non profit organization such as ours, the *VOLUNTEER* chevron is of special importance. It is given to members who donate their time and talents to the RTA. In September these volunteers were thanked in a special way with a BBQ at Westport. The centre fold of this issue shows photos from this event. The group in the middle received their volunteer badge at the event. We encourage you to offer your time and talents to the RTA and to earn a volunteer chevron. Display it proudly on pack, jacket or hat. You never know when a stranger may ask you about the club and how you contribute to it.

Centrefold photos by Andrew Chen





U-TRAIL
TO KINGSTON



OTTAWA CLUB ACTIVITIES - WINTER 2008/2009

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. For a description of hike difficulty levels see back cover.

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.

Wednesday Walkers

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

Tuesday Skating

Skating on the Rideau Canal: We are optimistic that the Graceful Gliders will be rewarded with perfect ice on idyllic moonlit Tuesday evenings, a positive change after last year's dismal season. The "graceful" part is optional. Please join us; everyone is welcome. Meet at 6:30 p.m. at the Fifth Avenue change hut. After skating we can warm up and socialize at a local pub. **Contact:** Janet Murphy 613-728-8072 jkm@magma.ca

Impromptu Saturday Skiing

Saturdays, as soon as skiing starts and when no other level 2 ski outing is scheduled, there are impromptu level 2/3 ski outings in Gatineau Park – weather and conditions permitting. Meet at Tunney's Pasture for a prompt 9:30 departure. Destination is generally determined at the meeting point.

Please note that these outings are

- Not for beginners
- May be long and may include challenges
- Involve shared leadership

Contact: Esther Hault 819-775-9695

Level 2-3 Impromptu Saturday Snowshoeing / Hiking

On some Saturdays there are impromptu snowshoe /hike outings in the Gatineau. These are listed in the schedule. Destination to be determined.

Note: These outings are run on much the same basis as the Wednesday Walkers. Expect to be out for 4 to 5 hours plus a lunch stop. Be flexible and bring your own ideas. Bring lunch and wear warm clothes in layers.

Contacts: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137

Weekend and Other 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.

<u>Tunney's Pasture</u> 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.	<u>Fallowfield Park & Ride</u> 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.	<u>Baseline Park & Ride</u> 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.
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Date & Time	Diff. Level & Length	Activity Descriptions
Tuesday Dec. 9 6:00 p.m.	Level 1	Christmas Lights Urban Walk. Enjoy the lights on the Hill and at the Museum of Civilization. Approximately two hours depending on the weather. Gather afterwards for refreshments (location TBD). DO NOT GO TO TUNNEY'S PASTURE. Meet at the parking lot on the EAST side of the National Library and Archives Building off Wellington Street. <i>Leader: Pat Archer 613-565-6149</i>
Saturday Dec. 13 10 a.m.	Level 1 8 – 10 km	Marlborough Forest. Hike, snowshoe or ski in the Marlborough Forest - perhaps at the Cedar Grove loop - and optionally stop on the way home for a hot drink. Bring lunch and warm, layered clothing. Meet at Fallowfield Park & Ride. Gas \$5. <i>Leader Elizabeth Mason 613-729-6596</i>
Saturday Dec. 20 1:00 p.m.	Level 1 6 km	Experimental Farm. Moderate pace. Coffee stop. Meet at the bus shelter at the corner of Carling and Parkdale Avenues, across from the Civic Hospital. Parking available nearby in the Experimental Farm or on Fisher Avenue. <i>Leader: Coby Fuykschot 613-722-6022</i>
Saturday Dec. 27		Upper Canada Village Alight at Night. See the Kingston schedule for details.
Saturday Jan 3 12:30	Level 1/1+ 8 km (approx)	Western Greenbelt. Snowshoe / Hiking weather permitting. Meet at Baseline Park & Ride (see instructions on page 13). Gas: \$2. Please call leader to confirm. <i>Leader: K. Jean Cottam 613-726-1596 / cell: 613-299-8856 (cottamkj@look.ca)</i>
Saturday Jan 3 9:15	Level 2/3 4-5 hrs	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. <i>Leaders: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137</i>
Sunday Jan. 4 9:30	Level 2+	Gatineau Park. Specific destination to be determined by conditions. Meet at Tunney's Pasture. Gas \$5. <i>Leader: John Barron 613- 828-2296</i>
Friday Jan. 9 7 p.m.	Level 2	Winter End-to-End Weekend #1. Hike on the Rideau Trail for about 2 hours in the moonlight, we hope. If you have them, bring a light and showshoes if necessary. Meet at Jock Trail and Munster Road, Map 13, km # 248.6 <i>Ottawa contact: Grant Malinsky 613-842-8736</i>

Date & Time	Diff. Level & Length	Activity Descriptions
Saturday Jan 10 12:30	Level 1/1+ 8 km (approx)	Western Greenbelt. Snowshoe / Hiking weather permitting. Meet at Baseline Park & Ride (see instructions on page 13). Gas: \$2. Please call leader to confirm. <i>Leader: K. Jean Cottam 613-726-1596 / cell: 613-299-8856 (cottamkj@look.ca)</i>
Saturday Jan. 10 9:00	Level 2 10 km minimum	Winter End-to-End Weekend #1. Hike on the Rideau Trail. Expect to be on the trail at least 5 hours. Don't forget to put a shovel in your trunk. Meet on Gilroy Road, Maps 11 & 12, km # 221.3. <i>Ottawa contact: Grant Malinsky 613-842-8736</i>
Sunday Jan. 11 8:30	Level 2	Winter End-to-End Weekend #1. Winter Hike on the Rideau Trail. Meet on Roger Stevens Drive, Map 13, km # 235. Winter hikes and winter hikers are special. Come on out and give it a try. <i>Ottawa contact: Grant Malinsky 613-842-8736</i>
Saturday Jan.17 9:30	Level 1 6 km	Nepean Campsite. Snowshoe. Bring water and small snack. Meet at Tunney's Pasture. Gas \$2. <i>Leader: Don Grant. 613-828-1026</i>
Saturday Jan.17 9:15	Level 2/3 4-5 hrs	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined and is usually decided on the day of the outing. Meet at Tunney's Pasture. <i>Leaders: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137</i>
Saturday Jan. 24 9:30	Level 2 12 km Approx.	Gatineau Park. Cross county ski on trails. Possible starting at P12 but weather dependent. Lunch at Western Lodge. Meet at Tunney's Pasture. Gas \$4. <i>Leader: Alex Bissett 613-828-4363 (alexbissett@sympatico.ca)</i>
Saturday Jan. 24 8:30	Level 2	Winter End-to-End Weekend # 2. Meet to leave probably from where the trail comes onto Franktown Road, Map 14, approximately km. # 253.5. Please check with the hike leader for exact meeting location. <i>Ottawa contact: Grant Malinsky 613-842-8736</i>
Sunday Jan. 25 8:30	Level 2	Winter End-to-End Weekend # 2. Please check with the hike leader for exact meeting location. <i>Ottawa contact: Grant Malinsky 613-842-8736</i>
Saturday Jan. 31 9:30	Level 1 6 km	Nepean Campsite. Snowshoe. Bring water and small snack. Meet at Tunney's Pasture. Gas \$2. <i>Leader: Na Lin 613-601-4864</i>
Saturday Jan. 31 9:15	Level 2/3 4-5 hrs	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined and is usually decided on the day of the outing. Meet at Tunney's Pasture. <i>Leaders: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137</i>
Saturday Feb. 7 9:30	Level 1 6 km	Nepean Campsite. Snowshoe. Bring water and small snack. Meet at Tunney's Pasture. Gas \$2. <i>Leader: Don Grant. 613-828-1026</i>
Saturday Feb. 7 10:00	Level 2 10 km	Gatineau Park. Ski from Booth Hill area on the less used trails to Keogan for lunch. Meet at Tunney's Pasture. Gas \$3. <i>Leader Elizabeth Mason 613-729-6596</i>
Saturday Feb. 7 9:15	Level 2/3 4-5 hrs	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined and is usually decided on the day of the outing. Meet at Tunney's Pasture. <i>Leaders: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137</i>
Saturday Feb. 14 12:30	Level 1/1+ 8 km (approx)	Western Greenbelt. Snowshoe / Hiking weather permitting. Meet at Baseline Park & Ride (see instructions on page 13). Gas: \$2. Please call leader to confirm. <i>Leader: K. Jean Cottam 613-726-1596 / cell: 613-299-8856 (cottamkj@look.ca)</i>
Saturday Feb. 14 9:15	Level 2/3 4-5 hrs	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined and is usually decided on the day of the outing. Meet at Tunney's Pasture. <i>Leaders: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137</i>

Date & Time	Diff. Level & Length	Activity Descriptions
Saturday Feb. 14 8:30	Level 2	Winter End-to-End Weekend # 3. Please check with the hike leader for exact meeting location. <i>Ottawa contact: Grant Malinsky 613-842-8736</i>
Sunday Feb. 15 9:30	Levels 2 and 3 19 or 24 km	Gatineau Park: Cross country ski on NCC trails from P12 Meech Lake Parking lot to McKinstry cabin for lunch and option to Fire Tower. Gas \$4. Meet at Tunney's Pasture. <i>Leader: Dave Audette 613-224-1147 or dg.audette@sympatico.ca</i>
Sunday Feb. 15 8:30	Level 2	Winter End-to-End Weekend # 3. This will probably be the last hike of the series and our celebration at the trailhead. If we need another day, it will be Feb. 28 th . Leader (Bill) will be available to help do any missed sections required to get the "Winter End to End" badge and certificate. Please check with the hike leader for exact meeting location. <i>Ottawa contact: Grant Malinsky 613-842-8736</i>
Saturday Feb. 21 9:30	Level 1 6-7 km	Kanata Trails. Snowshoe on Kanata Trails. Bring water and small snack. Meet at Tunney's Pasture. Gas \$3. <i>Leader: Ethel Archard 613-592-7733</i>
Saturday Feb. 21 9:15	Level 2/3 4-5 hrs	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined and is usually decided on the day of the outing. Meet at Tunney's Pasture. <i>Leaders: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137</i>
Saturday Feb. 28 12:30	Level 1/1+ 8 km (approx)	Western Greenbelt. Snowshoe / Hiking weather permitting. Meet at Baseline Park & Ride. (see instructions on page 13) Gas: \$2. Please call leader to confirm. <i>Leader: K. Jean Cottam 613-726-1596 /cell: 613-299-8856 (cottamkj@look.ca)</i>
Saturday Feb. 28 9:15	Level 2/3 4-5 hrs	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined and is usually decided on the day of the outing. Meet at Tunney's Pasture. <i>Leaders: Chris Heap 613-740-9975, Alex Macdonald 613-302-2137</i>
Saturday March 7 10:00	Level 2 10 km	Gatineau Park. Ski somewhere in Gatineau Park depending on the snow conditions - possibly in the Meech Valley area. Bring a lunch. Meet at Tunney's Pasture. Gas \$4. <i>Leader Elizabeth Mason 613-729-6596</i>
March 2009		Have you renewed your membership? Please do so today!

Snowshoe clinic:

Theodora Newton is sorry not to be leading a snowshoe clinic in January. However, she is delighted to be working in Berlin from November 2008 to July 2009. Any RTA members who are passing through Germany are welcome to contact her c/o the Canadian Embassy, or via email, at: theodora.newton@sympatico.ca

Ottawa Stores
offering RTA members
10% discounts on regularly priced goods
Bushtukah Great Outdoor Gear
203 Richmond Rd. (613-792-1170)
The Expedition Shoppe
43 York St. (613-2418397) and
369 Richmond Rd. (613-722-0166)

Reserve this Date

Friday April 17, 2009
Ottawa Club AGM

Details in Spring Newsletter

KINGSTON CLUB ACTIVITIES - WINTER 2008/2009

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.

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 refreshments.

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 Cataraqui. First event of the New Year. Level 1 at a moderate pace. Gas \$2. Depart 10:00 a.m.

LEADER: Yvonne Hawkins 613-384-9717

Sunday Jan. 4 - Trailhead to Cemetery.

Hike the trail from the Trailhead to the Cataraqui Cemetery and return. Lunch in a "warm" place - promise! 12 km at a moderate pace. Level 1. Gas \$2. Depart at 9:30 a.m.

LEADER: Sandra Muis 613-542-8224

Friday, Jan. 9 - WINTER END TO END

Meet at Jock Trail and Munster Road, Map 13, km #248.6 to leave at 1900 hr. About two hours in the moonlight we hope. Bring a light and

snowshoes if necessary, if you have them. Call Bill for more info, 613-389-3023

Saturday Jan. 10 - WINTER END TO END,

Meet to leave at 0900 on Gilroy Road, Map 11 and 12. km #221.3. All hikes will be a minimum of 10 km. Expect to be on the trail at least 5 hours. Don't forget to put a shovel in your trunk.

LEADER: Bill Murdoch 613-389-3023

Saturday Jan 10 - Cataraqui Trail

Hike/Snowshoe Harrowsmith West on the Cataraqui Trail and return. 12 km. Level 1 at a moderate pace. Gas \$4. Depart at 9:00 a.m.

LEADERS: Robert & Jane Hough 613-373-2268

Sunday Jan 11 - WINTER END TO END

Meet to leave at 0830 on Roger Stevens Drive, Map 13, km #235. Winter hikes and winter hikers are special. Come on out and give it a try.

LEADER: Bill Murdoch 613-389-3023

Tuesday, Jan. 13 - Spring Activity Planning Session

Help plan the Spring 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

Wednesday Jan 14 - Poole/Warner/Lindsay Lakes/Area

Ski the lakes for 6-8 km at an easy pace. Map 3. If unskiable, an alternative hike at Level II on Skycroft/Rideau Trails Map 4. Gas \$5. Depart 10:00 a.m.

LEADER: Allan Tattersall 613-549-4080

Thursday Jan 15 - Skate in the Outdoors

Meet at Market Square Outdoor Rink at 7:00 p.m. Warm up afterwards at the Tir Nan Og.

LEADER: Elgin Bock 613-389-4216

Saturday Jan 17 - Frontenac Park

Snowshoe for 10 km at a moderate pace. Level 2. Gas \$5.00 plus park fee. Depart at 9:00 a.m. Call in advance re conditions.

LEADER: Peter Burbidge 613 634-1877

Sunday Jan 18 - Gatineau Hills, Quebec

Cross country ski the groomed trails at the Gatineau Hills. Starting at the Meech Lake Valley north of Hull. Distance to be determined, between 10-20 km at a moderate pace. Gas \$15.00 plus \$12.00 park fee. Call Norm prior to the event for details and ski and weather conditions. Depart at 7:00 a.m.

LEADER: Norm Trembath 613-659-3894

Saturday Jan 24 - Frontenac Park

Ski or hike from the Trail Centre to the Big Salmon Lake on the road. Level 2 at a moderate pace for 8 km. Gas \$5 plus park fee. Depart at 9:00 a.m.

LEADER: Elgin Bock 613-389-4216

Saturday Jan 24 - Weekend Two of the Winter Hikes

Meet to leave at 0830 probably from where the trail comes onto Franktown Road, map 14, approximately km#253.5. Check with your contact to be sure.

LEADER: Bill Murdoch 613-389-3023

Sunday Jan 25 - Winter Hikes

Meet to depart at 0830.

LEADER: Bill Murdoch 613-389-3023

Sunday Jan 25 - Parrots Bay Conservation Area.

Ski or snowshoe at Parrots Bay Conservation Area. Level 2. Park at main parking area West of bridge on Bath Road. Gas \$3.00. Meet there at 1:00 p.m.

LEADER: Peter Burbidge 613-634-1877

Saturday Jan 31 - K & P Trail

Hike/snowshoe the K & P Trail until your feet ache. Distance dependant on weather. Level 1. Gas \$2.00

LEADER: Audrey Sanger 613-384-6244

Wednesday Feb 4 Skating Party

Meet at Kingston City Hall Skating Rink at 6:30 p.m. Stop for refreshments afterwards at a nearby establishment. LEADERS: Robert & Jane Hough 613-373-2268

Saturday Feb 7 - Frontenac Park

Hike/Snowshoe from the Park Office to Arkon Lake/Bufflehead Loop for approximately 12 km at a moderate pace, level 2. Gas \$5. Depart at 9:00 a.m. Optional pub stop afterwards.

LEADER: Bill Ottney 613-652-2205

Sunday Feb 8 - Charleston Lake Provincial Park

Cross country ski the groomed trails. Distance to be determined between 10-15 km at a moderate pace. Gas \$6 plus park fee.

Depart at 9:00 a.m. Call Norm prior to the event for details of ski and weather conditions.

LEADER: Norm Trembath 613-659-3894

Saturday Feb 14 - Charleston Lake Provincial Park

Get a different slant on the Park. Hike or snowshoe as weather permits. Level 2-3. Distance depends upon conditions. Gas \$6.

LEADER: Ray Wilson 613-382-7189

Saturday Feb 14 - Weekend Three of the Winter Hikes

Meet to leave at 0830. Contact: Bill Murdoch 613-389-3023

Saturday Feb 15 - Meet to leave at 0830 for what will probably be the last hike of the series and our celebration at the Trailhead. If we need another day, it will be Feb 28. Bill will be available to help complete any missed sections required to complete the 'Winter End to End' badge and certificate.

Wednesday Feb 18 - Cross Country skiing
Ski old farm roads, fields and swamps for 6-10 km at Level II. Hot lunch possible over an open fire. Map 3. Gas \$5.00. Depart at 10:00 a.m.
LEADER: Allan Tattersall 613-549-4080

Saturday Feb 21 - Skiing Myles Acres
Cross country skiing at Myles Acres. A moderate pace for 10 km at level 1. A warm lodge for lunch. Gas \$2.00 plus entrance fee.
LEADER: Stan Huff 613-548-3003

Sunday Feb 22 - Rock Dunder
Snowshoe or hike at Rock Dunder. Level 3 at a pace to suit everyone. Lunch out together then finish the snowshoe/hike in the afternoon. Gas \$6.00. Depart at 9:00 a.m.
LEADER: Bill Murdoch 613-389-3023

Saturday Feb 28 - Gananoque Wilderness Romp
Relaxed hike or snowshoe, as weather permits. Lunch with a bonfire - toast your sandwich. Level 2-3. Distance dependant upon conditions. Gas \$5.00
LEADER: John Cornish 613-382-4778

Sunday March 8 - Charleston Lake Provincial Park
Cross Country ski the groomed trails. Distance to be determined, between 10-15 km at a moderate pace. Gas \$6.00 plus park fee. Call the leader prior to the event for details of ski and weather conditions. Depart 9:00 a.m.
LEADER: Norm Trembath 613-659-3894

**Have you renewed your membership?
Please do so today!**

Wednesday March 11 - Perth Road Village - Cataraqui Trail

Ski/hike Perth Road Village east on Cataraqui Trail for approximately 10 km at a moderate pace. Gas \$4.00. Depart 9:00 a.m.
LEADER: Audrey Sanger 613-384-6244

Saturday March 14 - Little Cataraqui Conservation Area

Cross country ski the Little Cataraqui Conservation Area for 10 km at a moderate pace. Level 1-2. Eat in the Outdoor Centre. Gas \$2 plus entrance fee. Depart at 10:00 a.m.
LEADER: Stan Huff 613-548-3003

Saturday March 21 - Spring Pot Luck Dinner Party

Members reunite and reacquaint at our Spring dinner party. New members welcome. Bring your house special and own drinks to: Queen's Women's Association, 144 Albert Street. Time 6:00 p.m. Room rental fee of \$3 per attending person.
RSVP: Linda Line 613-531-4353

Sunday March 22 - Gananoque Trail Hike.
Easy hiking, woods, town, scenic views. Level 1 for 12 km. Gas \$5.00 Depart 9:00 a.m.
LEADER: John Cornish 613- 382-4778

Saturday March 28 - Annual hike to the sugar bush.

Hike to the sugar bush at a brisk pace. Level 1. An opportunity to purchase fresh syrup and to sample. Bring lunch etc., and be prepared for mud. Gas \$3. Meet to depart at 10:00 a.m.
LEADER: Bill Murdoch 613-389-3023

Saturday April 4 Cycle on Howe Island

Take the ferry and cycle Howe Island, distance to be determined. Bring lunch. Meet at the Howe Island Ferry Dock at 10 a.m.
LEADER: Yvonne Hawkins 613-384-9717

Recent donors:

Jill Atkinson
 Jack Freiburger
 Dr. Susan Irving & Sheila Menard
 (in memory of Stan Huff's daughter,
 Diane)

Lorna Kettles
 Georgia Mulholland
 Fiona Nisbet
 William Ottney
 Gill Ratcliffe Foundation

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** \$6.00
 box below
 () 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

PARTICIPANTS' RESPONSIBILITIES

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

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.

CONGRATULATIONS TO OUR NEW END-TO-ENDERS

#448 JESSIE HUNTER
#449 JIM FOX
#450 JANE KENYON
#451 GRAHAM STEAD
#452 SHARON KERR
#453 JACK FREIBURGER
#454 GEORGIA MULHOLLAND
#455 IRENA BABIR
#456 LOIS COREY
#457 DIANE CROPP
#458 PETER NICHOLL
#459 TOM TOMAKICH
#460 FIONA NISBET
#461 DAN WELSH
#462 BONNIE ZINN

SKYLINE HIKERS OF THE CANADIAN ROCKIES

Join the many happy hikers
from the RTA who have enjoyed hiking and camping
with this non-profit organization.

There are five 6-day base camps in the back country of Banff National Park from July 13, 2009 until August 10, 2009. Hikers carry only a day pack, but must be fit for mountain hiking. Hike fee approximately \$900.00 p/p. Includes return bus transportation from Banff to trailhead, tent accommodation, wholesome meals, camp staff, guided day hikes.

For more information and a free brochure
contact the registrar: 1-866-445-3774
e-mail: registrar@skylinehikers.ca
website: www.skylinehikers.ca

Ontario residents contact volunteer Harry
Moerschner 705-445-0267