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The Rideau Trail NEWSLETTER

SPRING 2009

ISSUE NO. 151

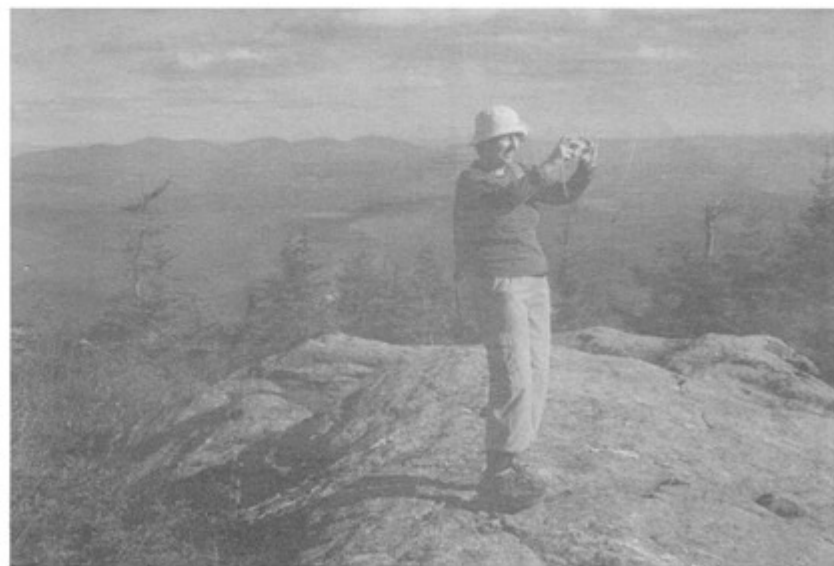


***"Opening Night" of the
2009 Winter End-to-End.***

*Moonlight photo by Bernie
Kerr.*

***Jen Gazeley photographs
all the world laid out before
her from the summit of
Mount Hunger, Vermont.***

Photo by Mark Collier.



Rideau Trail Association Newsletter
Issue 151 Spring 2009

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

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Editor of this issue: Bob Gordon, Kingston Club

Submissions for the Next Newsletter

The Summer Newsletter will be prepared by the Ottawa Club. Submissions are encouraged. If possible, text should be sent electronically with no document formatting. Pictures are also welcome, either in colour or in black and white, with good definition and contrast. Please ensure that all items arrive by **May 1, 2009** and that they are sent directly to the Ottawa editor:

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MARK YOUR CALENDAR NOW !

Rideau Trail Association 38th Annual General Meeting Saturday, June 13, 2009

Burritt's Rapids Community Hall, Burritt's Rapids, Ontario

Program

- 9:30 to 10:00 - Registration, light refreshments
- 10:00 to 12:00 - Business meeting and presentation of awards
- 12:00 to 1:00 - Brown Bag Lunch (refrigerators are available to keep your lunches fresh)
- 1:00 to 5:00 - Hikes and other local activities
- 5:30 to 7:30 - Dinner at the Community Hall, with a presentation by Tom Friesen, President of Hike Ontario, on his memories of Spain's famous Camino de Santiago

Directions

Burritt's Rapids appears on Map 12 of the Rideau Trail Guidebook. The village straddles both the Rideau River and the Rideau Canal approximately 7 kilometers east of Merrickville and 3 kilometers north of Highway 43. The Community Hall is located at 23 Grenville Street, just north of the swing bridge over the Rideau Canal.

Dinner

A sit-down roast beef dinner, including salad, dessert and beverages, will be served at the Community Hall by a local restaurateur and his staff. An alternative vegetarian meal will be available. While no alcohol will be served, a liquor license has been obtained to permit attendees to bring and enjoy their own favourite beverages.

Registration

The cost of the dinner is \$25.00 per person, including taxes and gratuity. Please send a cheque payable to "Rideau Trail Association in trust" to **Jim Fish, 20 Nipigon Way, Kanata, Ontario K2M 2A2** by June 5, 2009. Indicate the names of those attending and whether any vegetarian meals will be required. Questions about the dinner can be directed to Jim Fish at (613) 599-4806 or jimfishca@yahoo.ca.

Accommodations

For those who may wish to stay overnight in the area to explore the charms of Burritt's Rapids, Merrickville, etc., Jim Fish has a list of local Inns and Bed and Breakfast establishments that you can request by telephone or e-mail.

For further information, or to enquire about car-pooling (either offering or requesting rides), please contact Jim Fish in Ottawa, at (613) 599-4806, Dave Allcock in Perth, at (613) 264-9075, or Bill Murdoch in Kingston, at (613) 389-3023.

Renew your RTA membership now !

**Memberships expire on 31 March. See the renewal form on the back page.
Keep receiving your RTA Newsletter, and continue your support of the maintenance,
improvement, extension and protection of the Rideau Trail.**

Gould Lake Conservation Area Bridge Project

In mid August 2008, the bursting of several beaver dams washed away the Marion Webb Boardwalk in the Gould Lake Conservation Area. As a result, a key link in the Rideau trail was severed. Also adversely affected by the destruction of the boardwalk was the Cataraqui Region Conservation Authority who maintain and operate the conservation area, and the Limestone District School board who have their Outdoor Centre in the conservation area and use the boardwalk regularly. Consequently, all three parties gave a high priority to replacing the boardwalk.

A survey of the site found that the nearer of the two destroyed beaver dams, approx 60' east of the Marion Webb Boardwalk, was built upon an old corduroy road, now exposed with the bursting of the dam. This old road would provide a suitable surface to build a new structure. Also, the gap across the water was only 45' versus 128' for the Marion Webb Boardwalk location. With these factors in mind it was decided that a new bridge structure would be built here rather than replacing the MWB with another boardwalk.

At a meeting on Sept 15 2008, attended by members of the Limestone District School Board, the CRCA and the RTA, several bridge options were presented and discussed, and due to its long term durability and its single span capability a steel truss bolt-together design as provided by Presland Iron and Steel of Kingston was chosen. The project was budgeted for \$6000 to be shared by the three parties, but a generous donation of \$1000 by the family of Andrew Goss, Dr Christine White, and their children Lilly and Chloe was appreciated.

Members from the Outdoor Centre, showing initiative and ingenuity, were able to gather the remnants of the Marion Webb Boardwalk and erect a temporary footbridge allowing the trail to remain open. This footbridge was extremely beneficial in the construction of the steel bridge as it allowed us to move all the bridge material to the far bank easily. A wetlands alteration form was submitted to the CRCA for their approval and work began on a new pathway to the bridge site.

The hemlock timber was delivered to the CRCA's maintenance garage where it was cut to length, the ends were notched, and then the cribs were pre-assembled and all holes were pre-drilled. Each individual timber was then identified and marked for correct assembly sequence. The timbers were then shipped to the bridge site. Over the course of several work parties, 160 cu ft of rock was

dug up from the site of the old mica mine and carried to the bridge site by wheelbarrow where it was used as fill for the crib footings and to build up the ramp approaches. The cribs were then assembled and filled with more rock. Using the cribs as a base and an anchor for a steel cable, a gantry system was erected. The gantries were needed to safely carry the weight of heavy steel trusses across the water.

The lumber for the ramps and decking was cut and partially assembled in the warmth and dryness of the CRCA maintenance garage. At the end of November, Presland Steel informed us that the bridge was ready for delivery. Working together, members from the CRCA and volunteers from the RTA using the CRCA's machinery were able to offload the steel bridge sections from the delivery truck and transport it to the bridge site. Then with a small window of good weather a work party was organized for November 30 to begin the final assembly of the bridge.

With the largest work party to date we were able to manhandle the heavy steel trusses to the gantry where one end was hooked to the cable and then it was moved across the gap. The second truss was moved over and then the assembly was bolted together and the decking and railing system attached. Due to the hard work of everyone and the bridge's bolt-together design the assembly process went very smoothly.

Looking back, I believe the destruction of the Marion Webb Boardwalk was a blessing in disguise. Since the pilings had been driven into a soft mud bottom and were exposed to the effects of ice and the spring thaw, the old structure had shifted over the years and was not level. It was wobbly in places and had become a maintenance liability. As well, there were times during the spring thaw when the boardwalk was impassible because sections of the structure were under water. Now, starting with a clean slate, we have a brand new, structurally sound bridge that is not affected by water and ice conditions and will last for years to come.

Many people were involved in the construction of the bridge and they all deserve thanks, appreciation and recognition: The RTA volunteers who helped out, sometimes under bad weather condition and sometimes with short notice, included Dave Armitage, Bill Bird-sall, Bruce Bromfield, Peter Burbidge, Dugald Carmichael, John Cornish, Glenn Green, Gunther Heyland, Robert and Jane Hough, Ed Jezak, Roger Labbe, Steve

Manders, Bill Murdoch, Gloria Seeley, and Allan Tattersall. Much of the work was hard physical labour and very tedious, but they worked with diligence and a smile. We are truly blessed to have such a great group of people. Also thanks to Jo-Anne Beckett who did a lot of behind the scenes administration work for this project.



Above: at work with the gantry.



Right: the completed bridge.

Many thanks to Robert Gerritsen and his crew of Richard Horton and Ian Brown from the CRCA. Not only did the CRCA contribute equal funding for the project but they provided all the logistical support as well as transporting all lumber, gravel, hardware and the steel bridge to the site. Without their assistance and cooperation this project would have been very difficult if not impossible to complete. They were an equal partner in this project.

Thanks to the Limestone District School Board who contributed significant funds for this project but special thanks to Rob McDougal, Ted Lewis and Shawn McShane who built the temporary footbridge and also helped with the back breaking job of digging up and carrying rock. Thanks to Jeff from Presland Iron and Steel who not only did an excellent job of building the bridge but also donated the paint job as their contribution.

Thanks to Andrew Goss, Dr Christine White and their family of Lilly and Chloe for their generous donation of \$1000 towards the project. Everyone who was involved should take pride and satisfaction in a job well done.

*Jim Lorimer, Construction and Maintenance Coordinator
Kingston RTA Club*

Remembering Tom Bach

The Ottawa Club notes with regret the passing of long-time member Tom Bach, on Nov. 14, 2008, just one day before his 75th birthday.

Tom joined the RTA in 1987 and served the Ottawa Club as Trail Maintenance Coordinator. In 1994, when Tom retired from his job at the National Research Council of Canada, he was asked to purchase a computer and software and set up a membership database for the RTA. Tom transferred all the membership information to the database and provided the RTA executive with regular and timely printouts, as well as labels for the newsletter. Tom continued this task until it was taken over by Bob and Wilma Chadwick, in the final step towards reintegrating the Secretary position with maintenance of membership records. In 1997 Tom established a web page for the RTA and maintained it for many years, answering queries that came in via e-mail. For these activities he was awarded the RTA Outstanding Service Award in 2002.

We extend our sympathies to his family far away in Australia.
Linda Hayes

Wanted - Winter Photos

Before spring sets your feet to hiking, please look through your winter ski, snow-shoe and hiking pictures and send your best photos to Elizabeth in preparation for the Winter 2009 newsletter cover. Send photos or CD to Elizabeth Mason, 283 Avondale Ave, Ottawa, ON K1Z 7G7. (Please do not send multiple photos to my e-mail address.)

Volunteer Needed Secretary, RTA Board of Directors

A volunteer is needed to fill this position as of June 30th 2009. The duties of the Secretary are: To attend all meetings of the Board of Directors. Take minutes at all Board meetings and send minutes out to all Board members. Give notice of Board Meetings and send out the Agenda. AGM Duties: Arrange for certificates and badges to be awarded and to keep records of successful participants. If you are interested in this position please contact Dave Armitage at 613 634-4426 or Ron Hunt at 613 590 7467.

Rideau Trail Closed Tuesday, 17 March

To protect the landowners who generously give us access. Please do not trespass on this day.

Ron Hunt Receives Hike Ontario Award



**Ron Hunt with
Hike Ontario
President
Tom Friesen**

In November 2008, Ron Hunt was named Volunteer of the Year by Hike Ontario. Ron is currently the President of the Rideau Trail Association. But his volunteer work with the RTA stretches back many years. Ron has been a member of the Rideau Trail since 1977 - over 30 years. He has been active both at the club and the association level.

At the club level, he was chair of the Ottawa Club for two different terms - both in the 1980's and again in the 2000's. As an Ottawa member he has led hikes, organized the last end-to-end of the entire trail, maintained the Cameron lot - a piece of land owned by the Ottawa club - and been the interim activities coordinator.

At the association level, he has been president of our association twice - in the 1980's and now as our current president. As well as presiding over our quarterly meetings, Ron takes an active role. He developed a PowerPoint presentation in 2004 promoting the Rideau Trail and has delivered this on numerous occasions since then. He also facilitated the RTA Strategic Planning process in 2005-2006.

As if club and association work is not enough, Ron has been the RTA Representative on the Board of Hike Ontario since 2004. He facilitated Hike Ontario's strategic planning process in 2006.

We know that Ron is an asset to any group to which he belongs. But we like him best on the trail using the president's walking stick to lead the way.

Elizabeth Mason

Welcome to New RTA Members

Sorry! We usually list the names of new members. Unfortunately we have run out of space in this newsletter, but we are still anxious to welcome you. See the next (Summer 2009) newsletter.

Highlights of the January 17, 2009 RTA Board Meeting

The Board accepted the recommendation of the Trail Quality Task Force that the RTA trail access signage be modeled after the Bruce Trail Access sign. The next step is for the Task Force is to provide their detailed recommendations on the implementation of the new signage.

Risk management and landowner liability insurance concerns were also discussed. The Board concluded that further work needs to be done to clarify the scope of the RTA commercial general liability insurance policy in regards to landowner risks. The Board also recommended that materials be developed on the general topic of liability insurance and risk management in order to better educate Board members, and volunteers who have contact with landowners.

The Board reviewed the e-mail survey that will be sent to members to elicit comments on the proposed electronic Newsletter.

The next regular meeting of the Board is scheduled for April 4, 2009. *Ron Casselman and Ron Hunt*

Stores offering RTA members 10% discounts on regularly priced goods

Bushtukah Great Outdoor Gear
203 Richmond Rd. Ottawa (613-792-1170)

The Expedition Shoppe
43 York St. Ottawa (613-2418397) and
369 Richmond Rd. Ottawa (613-722-0166)

The Peak Experience
795 Gardiners Rd. Kingston

Recent Donors to the RTA

Adrian Camfield
Patricia Churcher
Gerry Dubrule
Cam T. Hodges
Friends of Robert & Jane
Hough (in memory of
Donald Hough)
Dora Hunter
Ruth Hutchinson
Garry & Lois James
Eleanor Kaarsberg
Edward Lancaster

Chris McGuire (in celebration of my wonderful husband Don Sherwin's birthday)
Jacques & Veronika Pelletier
Beth Peterkin
Rod & Heather Sakiyama (to honour Richard Pell's 60th birthday)
Guy Thorne

Ski Weekend at L'Estérel

Jan 30 - Feb 1, 2009

To quote Barbara Pusch, sore leg and all: "It was a perfect weekend!" The weather could not have been better. The trails were well marked, groomed, and powdered. A light snowfall greeted us on Friday, the sun shone all day Saturday, and Sunday warmed us without losing snow and ice. Even the skate into town against a strong wind on Saturday was bracing.



Photo by Audrey Brown.

Obviously, management has responded to our former complaints (slow dinner service on Saturday in particular): the new owner of ski paradise listened and corrected, but with a fixed menu on Saturday. But we did worry about our new ski storage area — a little too tight and narrow for our 60 souls with skis.

Sheila and Susan had us matching names and provinces for an hour before dinner on Friday in order to bring old and new together (i.e. former L'Estérelers who come each year despite their aches and pains, and some ten new people).

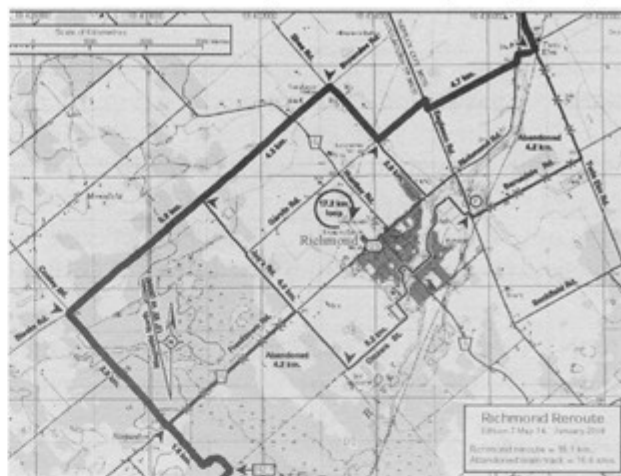
The skaters were particularly happy that the hotel rink was connected to the town rink, affording a continuous skate into the town of Sainte-Marguerite. The snowshoe trails were well groomed, but may need to be lengthened.

Acting on his own suggestion from last year, Steven Manders guided an extended ski on Saturday to guarantee safety in numbers — no fractures this year, but maybe a few spills.

Since no one else came forward, the Saturday night talk gave Lars a chance to relive his year in China (over 25 years ago). Both Lars and his slides have aged, and he is now looking for next year's volunteer.

This trip was our eleventh year at L'Estérel and my ninth as planner. Do we go there again? Few other places

Trail Reroute (Richmond, Map 14)



Walking towards Ottawa: The Trail crosses Franktown Rd. onto Conley Rd. and continues for 2.9 km and then turns right at Bleeks Rd and travels for 5.9 km. At the junction of Brownlee Rd and Shea Rd. the Trail turns right onto Shea Rd. and then left and crosses Eagleson Rd. It continues on until it reaches Twin Elms Rd. where it turns to the left. (The distance between Brownlee Rd and Twin Elms Rd is 4.7 km.)

Walking towards Kingston: The trail turns right off Twin Elms Rd. and crosses Eagleson Rd. and continues until it reaches Shea Rd. where it turns to the right. At the junction of Shea Rd. and Brownlee Rd. the Trail turns left and continues for 5.9 km. It then turns left onto Conley Rd. and travels for 2.9 km before it crosses Franktown Rd.

David Armitage

Renew your RTA membership now !

Memberships expire on 31 March. See the renewal form on the back page. Support the Trail and save us from having to send you a renewal letter.

offer the variety of this location: good food, and skiing and skating from the hotel at a reasonable price. Once in the woods do you really know where you are? A few other places have been mentioned should we wish to change location. Our committee (Konrad, Joan, Lars, John Page) will meet late February to review your recommendations and plan for next year. We need to decide soon before all the good dates and places are gone for 2010.

At the cost of \$330 for shared room and bus seat we almost covered expenses (and drew on our reserves for about \$100).

Lars Thompson

KINGSTON CLUB ACTIVITIES

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.

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 **Participants' Responsibilities and Levels of Difficulty** 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.

Tuesday, March 17

RIDEAU TRAIL CLOSED FOR THE ENTIRE DAY

Saturday, March 21 Spring Potluck Dinner Party
Members reunite and reacquaint at our Spring dinner party. New members always welcome. Bring your house special and own drinks. Queen's Women's Association, 144 Albert Street at 6:00 p.m. Room rental fee of \$3 per person. RSVP: Linda Line 613-531-4353

Sunday, March 22 Gananoque Trail Hike
Easy hiking – woods, town, scenic views. Level 1 for 12 km. Depart at 9:00 a.m. Gas \$5
LEADER: John Cornish 613-382-4778

Saturday, March 28 Annual hike to Cataraqui Creek Sugarbush Hike to the sugar bush at a brisk pace. An opportunity to purchase fresh maple syrup and to sample. Bring your lunch and be prepared for mud. Level 1, fast pace. 8 km. Depart at 10:00 a.m. Gas \$3
LEADER: Bill Murdoch 613-389-3023

Wednesday, April 1 Ski in Opinicon
A spring cross-country ski outing on the Rideau and Skycroft trails (hike if not enough snow). Level 2 at moderate pace. Distance to be determined. Depart at 9:30 a.m. Gas \$5
LEADER: Allan Tattersall 613-549-4080

Sunday, April 4 Cycle Howe Island
Take the ferry and cycle Howe Island. Meet at the Howe Island Ferry Dock at 10 a.m. Bring lunch. Distance to be determined.
LEADER: Yvonne Hawkins 613-384-9717

Sunday, April 5 Frontenac Park, Slide Lake Loop
Circumnavigate Slide Lake Loop from Perth Road. Be prepared for wet conditions. Level 3 at a moderate pace

for 14 km. Depart at 10:00 a.m. Gas \$5.
LEADER: Peter Burbridge 613-634-1877

Saturday, April 11 Second Annual Double Header
Get some good conditioning. Rock Dunder in the morning for 6 km, followed by south loop of Marble Rock for 6 km in the afternoon. Level 2-3, moderate pace. Depart at 9:00 a.m. Gas \$6.
LEADER: John Cornish 613-382-4778

Tuesday, April 14 Summer Planning Meeting
Help plan the summer schedule. Hikers of ALL levels are invited to come with their hike proposals to the 2nd-floor meeting room at the Midland Avenue Loblaw's. 7:00 p.m. Be prepared with the following information: DATE; TIME; HEADING; DESCRIPTION; LEVEL; PACE; DISTANCE; GAS CHARGE.
CONTACT: Elgin Bock 613-389-4216

Saturday, April 18 Skycroft
Hike the Rideau Trail from Skycroft to Bedford Mills. 15 km. Level 3 at a moderate pace. Depart 8:30 a.m. Gas \$5.
LEADER: David Armitage 613-634-4426

Sunday, April 19 Cataraqui Trail, Unity Rd
Hike the Cat. Trail from Unity Road and back for approx. 12 km. Level 1 at a moderate pace. Gas \$3.
LEADER: Jane and Robert Hough 613-373-2268

Saturday, April 25 – Kingston Club Annual General Meeting, Cataraqui Creek
PLEASE SEE BOX ON PAGE 9

Sunday, April 26 Frontenac Park
From the Trail Centre, hike the Rideau Trail to Perth Rd. Level 3 at a moderate pace, 12 km. Depart at 8:30 a.m. Gas \$5.
LEADER: David Armitage 613-634-4426

Kingston Club – 38th Annual General Meeting

Saturday, April 25, 2009

Cataraqui Creek Conservation Area Outdoor Centre

PROGRAM

0930 Coffee, juice, muffins

1000 Business Meeting

1200 Pot Luck Cold Buffet Lunch

1300 Hikes in the Conservation Area

Parking fee waived for today's meeting. Please display your RTA decal or leave a RTA brochure on your dashboard. If you need a ride to the meeting contact Elgin Bock at 613-389-4216. Gas contribution \$2.00. For a buffet lunch contact Linda Line at 613-531-4353.

Saturday, May 2 Gould Lake

Hike Gould Lake trails from Park Gate on main trail and double back through Ridge Walk, Mine Loop, Tom Dixon Trail and Wagon Trail. Level 2+, moderate pace, 16 km. Depart at 9:00 am. Gas \$5.

LEADER: Bill Ottney 613-652-2205

Sunday, May 3 – 1000 Islands Cycle, Gananoque to Rockport

Cycle the scenic bike path between Gananoque and Rockport at a pace suitable to the abilities of the participants. Meet at Tim Horton's in Gananoque for 9 a.m. start. Lunch stop in Rockport. Approx. 36 km.

LEADER: Norm Trembath 613-659-3894

Wednesday May 6 Canoe Outing

Paddle Kingsford Dam – Mitchell Creek. Car shuffle required. Contact Allan in advance. Depart 9:30 am. Gas \$6. LEADER: Allan Tattersall 613-549-4080

Saturday, May 9 – Gould Lake Bridge Opening Ceremony and TWO Hikes

For both hikes depart at 9 a.m. Gas \$5.

#1 Rideau Trail, Ridge Walk and return, level 3 for 8 km, moderate pace. LEADER: Jim Lorimer 613-373-2847

#2 Rideau Trail, leisurely walk. Level 1, easy pace, distance to be determined.

LEADER: Yvonne Hawkins 613-384-9717

Check website or e-letter for more information on bridge opening ceremony.

Sunday, May 10 Skycroft Trail Mix

Level 1, moderate pace, 10-12 km. Depart at 9:00 a.m. Gas \$5 LEADER: Ray Wilson 613-382-7189

Saturday, May 16 Frontenac Park – Tetsmine/Hemlock Lake loops

Get a healthy spring hike in while checking out the old boarding house, steam boiler, and artifacts of an old mine. Level 2, moderate pace for 17 km. Gas \$5.

LEADER: Jim Lorimer 613-373-2847

Sunday, May 17 Charleston Lake East Side Trails

Always expect a few pleasant surprises when Peter leads you through these lovely trails, Level 2 at an easy pace for 9 km. Depart at 9 a.m. Gas \$6 plus park fee.

LEADER: Peter Murray 613-382-2824

Saturday, May 23 Parrott's Bay

Park at east side of bridge on Bath Road. Scenery and history for 8 km. Level 1 at moderate pace. Depart at 9:00 a.m. Gas \$3.

LEADER: Elgin Bock 613-389-4216

Sunday, May 24 Frontenac Park - Big Salmon Lake Loop

Bring a swimsuit if you're brave! Otherwise just enjoy a great route at an easy pace. Level 2 for 19 km. Depart at 9 a.m. Gas \$5 plus park fee.

LEADER: John Cornish 613-382-4778

Saturday, May 30 Rideau Trail

Trailhead on Front Road to Princess Street and back plus several side trails. Level 1 at a moderate pace for 12 km. Depart 9:00 a.m. Gas \$2.

LEADER: Stan Huff 613-548-3003

Sunday, May 31 Cycle Wolfe Island to Cape Vincent, NY

Cycle across Wolfe Island and from Cape Vincent to Tippet's Point Lighthouse and return. William Daryl ferry to Cape Vincent costs \$2 - \$4. Distance approx. 30 km roundtrip. Bring passport to go stateside. Depart Kingston on the 9:30 ferry.

LEADER: Pat Casey 613-385-2356

Saturday, June 6 Charleston Lake, East Side Trails

Hike the scenic trails of the Tallow Rock Bay Loop in Charleston Park. Optional swim at the beach on Tallow Rock Bay. Level 2, 10 km, moderate pace. Depart at 9:00 a.m. Gas \$6 plus park fee.

LEADER: Norm Trembath 613-659-3894

Thursday, June 4 Inner City Walk

Meet at RTA Trailhead on Front Road at 6:30 p.m. Wander a variety of city streets. Potential for a refreshment stop. Level 1, distance and pace to be determined.

LEADER: Elgin Bock 613-389-4216

-continued at bottom of page 10

CENTRAL CLUB ACTIVITIES

The meeting place and time for Central Club spring 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 side street on the right, Conlon Drive, to the Conlon Farm parking area. If in doubt regarding any aspects of the hike or other activity call the leader, or the Central Club hot-line at 613-264-8338. See **Participants' Responsibilities and Levels of Difficulty** on p 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 613-264-0057.

WEEKEND ACTIVITIES

Saturday, March 7 Mica Mine Conservation Area
Level 1 snowshoe, 8 km. Gas \$3. **PICK UP YOUR ROCKS WITH:** Dave Allcock 613-264-9075

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

Saturday, March 28 Central Club Open House
2:00 to 4:00 pm at McMartin House, 125 Gore Street East in Perth. Come and meet your fellow members and welcome new members, before the spring hiking season gets underway. Refreshments will be served.

-Kingston Club Activities continued from page 9

Sunday, June 7 Sandbanks
Hike the Sandbanks in Prince Edward County, taking the ferry at Adolphustown. Distance to be determined. Depart at 9:00 a.m. Gas \$8 plus possible park fee.
LEADER: Pat Casey 613-385-2356

Saturday, June 13 Association AGM at Burritts Rapids
PLEASE SEE INFORMATION ON PAGE 3

Sunday, June 14 – Frontenac Park
Trail Centre to Flag Pole Hill and back. Scenic views along the way. Level 3 at moderate pace for 15 km. Depart at 9:00 a.m. Gas \$5 plus park fee.
LEADER: Stan Huff 613-548-3003

Sunday, March 29 Baird Wood
Level 1 hike or snowshoe, 2 km, followed by pancakes and maple syrup at Temples' in Ferguson Falls. Gas \$5. **COULD IT EVER GET SWEETER WITH:** Josée Aghajanian 613-283-5967

Sunday, April 5 Historic Tour of Smiths Falls
Learn more about this fascinating community with two of its loyal residents. Level 1 hike, 8-10 km, leisurely pace. Gas \$2.00.
TWO CHOCOHOLICS: Ernie Trischuk 613-283-8112 & Dorothy Hudson 613-283-0332

Thursday, April 9 Leaders' Planning Session
4:00 pm at 8 Taggart Crescent in Perth. Bring your ideas and suggestions for our Summer Activity Schedule. **COORDINATORS:** Don Sherwin 613-264-0759 & Dorothy Hudson 613-283-0332

Saturday, April 11 Massassauga Road/Cataraqui Trail Area Level 3 hike, 15 km, very scenic, some easy bushwhacking. Gas \$5.00.
SCENE SPOTTER: Dave Miller 613-273-2148

Saturday, April 18 Long Bush
One of our classic spring hikes, ending with eats in historic Merrickville. Level 1 hike, 12 km. Gas \$4.00.
TAKE IT EASY WITH: Janet Laraway 613-284-2127

CENTRAL CLUB ANNUAL GENERAL MEETING

Sunday, April 19, 10:00 am
McMartin House, 125 Gore Street East, Perth

The meeting will be followed by a Level 1 hike in Murphys Point Park
INFORMATION: Margaret Lafrance 613-264-0057

Sunday, April 26 Rock Dunder
We're back again, this time to welcome spring unfolding over the Rideau Waterway. Level 2 hike, 8 km. Gas \$5.00
SPRING FLING AT THE ROCK WITH: Josie Roberts 613-267-3769 & Alina MacFarlane 613-267-4713

Sunday, May 3 Crotch Lake, Linda's Loop
Beat the bugs to this very scenic trail along Gull Creek Level 2 hike, 12 km. Gas \$5.00.
SILVER IS DOWN BUT STERLING IS STRONG: Linda Sterling 613-279-1109

Thursday, May 7 Spring Maintenance Day
Grab your loppers and join us for a day of fun on the Trail. DON'T MISS A TWIG WITH: Bruce Gourley 613-283-5967

Saturday, May 9 Foley Mountain
A favourite at any time of year. Level 1 hike, 8 km. Gas \$3.00. SMELL THE SPRING FLOWERS WITH: Susan Samila 613-264-1196

Saturday, May 16 K & P Trail, Lavant Station to Flower Station Continuing our end-to-end series on this scenic rail trail. Level 1 hike 14 km. Gas \$5.00. TO THE HIGHLANDS WITH: Gill Hyland 613-267-5756

Saturday, May 23 Frontenac Park, Tetsmine Loop
How many wildflowers can you identify? Meet at 8:00 am. Level 2 hike, 12 km, moderate pace. Gas \$5.00. WHAT TWO WILD FLOWERS: Gunhild Karius 613-264-2861 & Susan Samila 613-264-1196

Saturday, May 30 Tay Tow-path Maintenance
Meet with other local volunteer groups to upgrade this historic foot-path
TOW THE LINE WITH: Bruce Gourley 613-283-5967

Sunday, May 31 Mystery Bike Tour
Venue and pace at the discretion of the leader. Level 2 bike ride, 50 km. MAY MYSTERY MOUNT WITH: Dave Allcock 613-264-9075

Saturday, June 6 Big or Little Slide Lake Loops
Indisputedly the jewels of Frontenac Park!
Meet at 8:00 am. Level 3 hikes, your choice:
26 km Big SLL or 13 km Little SLL. Gas \$5.00.
SHALL THE TWAIN MEET: Dave Miller (Big) 613-273-2148 & Dorothy Hudson (Little) 613-283-0332

Saturday, June 13 Association AGM at Burritts Rapids
PLEASE SEE INFORMATION ON PAGE 3

Sunday, June 14 Canoe Day, Long Lake
A pleasant tour of this small, sheltered lake near Murphys Point Park, followed by burgers and beer at Don and Chris's. Level 1 canoe, 8 km. Gas \$2.00.
SO LONG TO SPRING: Don Sherwin 613-264-0759

Saturday, June 20 Morris Island Conservation Area Picturesque islands and bays along the Ottawa River near Fitzroy Harbour. Level 1 hike, 10 km. Gas \$5.00. WATCH OUT MORRIS HERE WE COME: Arlyn McMillan 613-267-2588 & Sandy Clifford 613-267-5007

Sunday, June 28 Tay Canal, Perth to Beveridges Locks Celebrate the 175th Anniversary of the Canal with a Level 1, 12 km canoe trip.
JAY THE TAY BUT KEEP THE BUGS AT BAY: Bruce Gourley 613-283-5967

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.

OTTAWA CLUB ACTIVITIES

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. See note on **Participants' Responsibilities and Levels of Difficulty** on page 11.

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.

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

<u>Tunney's Pasture</u>	<u>Fallowfield Park & Ride</u>	<u>Baseline Park & Ride</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.	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.	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.

Wednesday Walkers

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

Ottawa Section End-to-End Hikes

In 2009, we are offering an end-to-end hike of the 100 kilometres of the Ottawa section of the Rideau Trail. Have you hiked our section yet and discovered the history, flora and fauna of the area? Then join us as we walk from downtown to Rosedale on the edge of Smiths Falls. A series of hikes are offered this spring while the remainder of hikes will be offered later in the year.

Impromptu Saturday Level 2-3 Hikes

Saturdays when there are no official level 2 or 3 hike planned, there are impromptu hike in the Gatineau. Consult the weekend schedule to confirmation if the hike will take place. Meet at Tunney's Pasture at 9:15 a.m. Destination to be determined.

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

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

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

MOONLIGHTERS - Tuesday Evening Urban Walks

Every Tuesday evening beginning March 24 through to April 21, there will be an Ottawa urban walk. We will also be stopping at a Pub for refreshments each evening after the walk. Meet at the starting point of the walk for a departure at 6:00 p.m. **Do not meet at Tunney's Pasture** unless so specified. Coordinator: Pat Archer 613-565-6149

Leader	Date	Description	Meeting Place
Pat Archer 613-565-6149	March 24	Sandy Hill/Market/ Lowertown	Meet at Strathcona Park (end of Somerset St. East)
Grant Malinsky 613-842-8736	March 31	Hull (Gatineau) Loop	Meet in parking lot on EAST side of National Library & Archives Bldg. off Wellington Street
Pat Archer 613-565-6149	April 7	Western Parkway	Tunney's Pasture (usual RTA meeting place)
Ralph Sullivan 613-749-5534	April 14	Eastern Parkway Loop	Meet at Aviation Museum Parking Lot (off the Eastern Parkway)
Dora Ashiq 613-792-4966	April 21	Experimental Farm	Meet in parking lot of Sir John Carling Bldg. (off Prince of Wales Drive—turn right at first set of lights after junction of Preston St. and The Drive-way)

MOONLIGHTERS - Tuesday Evening Spring Hikes – 2009

Every Tuesday evening from late April 28th until August 25th, there will be a short hike, either in Gatineau Park or in town, always within a thirty-minute drive. Meet at Tunney's Pasture by 5:50 pm in the R.H. Coats Building parking lot for a 6:00 pm departure. Hikes last until sunset. The pace is approximately 4 kilometres per hour. The level of difficulty is 1 or 2, (with one 3 included this year) and may include terrain that is hilly, wet and rough. During the hike, there will usually be a short break at the discretion of the hike leader.. Bring water, snack, bug repellent, flashlight and proper footwear. Dora Ashiq (613-792-4966) is the Moonlighters Coordinator for 2009. She will call leaders one week prior to their hike.

Date	Sunset	Leader(s)	Description	Level	Km	Gas
Apr 28	8:06	Liisa Pent 613-725-2541	Rideau Locks (RT trailhead) from Tunney's Pasture	1	8	0
May 5	8:15	Roger McCullough 613-526-2693	Lac des Fees from Gamelin Blvd. (Hull area)	1	6	\$2
May 12	8:23	Ralph Sullivan 613-749-5534	Penguin Picnic Area/Ridge Road from NCC Visitor Centre (Old Chelsea)	2	6	\$3
May 19	8:31	Lena Creedy 613-789-1657	Skyline from P7 with possible extension to Camp Fortune	2	6	\$3
May 26	8:39	Dave Wardell 613-722-3752	Shilly Shally from Bourgeois Lake Parking lot (King Mountain area)	2	8	\$3
June 2	8:45	Alex Macdonald 613-302-2137	Kelly Road from Kelly Road at Mountain Road	2	5	\$4
June 9	8:50	Terry Baker 613-825-5267	Pink Lake/Mackenzie King Estate from most northern Pink Lake parking lot	2	8	\$3
June 16	8:54	Andrew Chen 613-863-1209	P7 to Keogan on trail #8. Steep climb. Return on #1-30. Andrew suggests candle light dinner at Keogan cabin. If interested call Andrew. There will be a leader to return direct to parking lot	3	9	\$4

-Moonlighters continued on page 14

Date	Sunset	Leader(s)	Description	Level	Km	Gas
June 23	8:55	Joanne Tuttle 613-729-8787 Alex Macdonald 613-302-2137	Tawadina (Pulpit) from P13 (ascent from Meech Lake) Two groups	2	10	\$4
June 30	8:55	Paul Emile Chiasson 613-230-8800 Carole Hamilton 613-224-7778	Ridge Road Loop from P13	2	10	4

Weekend and Other Activities

The three locations along the OC Transpo transitway listed on page 12 are used as meeting places for most Ottawa Club Weekend Activities. Each activity description specifies the meeting time and place.

Date & Time	Diff. Level & Length	Activity Descriptions
Saturday March 14 9:15 a.m.	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>Leader: Chris Heap 613-740-9975</i>
Saturday March 21 9:15 a.m.	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>Leader: Chris Heap 613-740-9975</i>
Saturday March 28 9:15 a.m.	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>Leader: Chris Heap 613-740-9975</i>
Saturday April 4 8:30 a.m.	Level 1	Beginners/Refresher Map & Compass Clinics West End Ottawa and Gatineau Park. See insert on page 18. <i>Leaders: Cliff and Gloria Daly 613-224-4413</i>
Saturday April 4 9:15 a.m.	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>Leader: Chris Heap 613-740-9975</i>
Sunday April 5 1:00 p.m.	Level 1 5-8 km	Urban Hike Early spring walk through Strathcona Park, cross the Rideau River and return to Montreal Road. Walking conditions will determine actual length and route. (A walk and roll hike - where the trailhead is reached by public transport.) Meet at 1p.m. at Sunflower Cafe. Rideau Street at Cobourg St. Bus #2 or #14. Must call leader in advance. <i>Leader: Ruth Hutchinson - 613-749-0990</i>
Wednesday April 8 10:00 a.m.	Level 1 12-16 km	Rideau Trail Enjoy a Wednesday hike on the Rideau Trail at a moderate pace. We will start at the Ottawa end and over the months hike the entire Ottawa section. Meet on the front steps of the National Library at 395 Wellington Street. Bring a bus fare for the return trip and a lunch. No gas charge. <i>Leader: Elizabeth Mason 613-729-6596</i>
Friday April 10 1 p.m.	Level 1 6-8 km	Bells Corners to Kanata Meet at Tunney's Pasture for a moderate paced hike. Will have a coffee stop en route. Gas \$2 <i>Leader: Coby Foykshot - 613-722-6022</i>
Saturday 11 April 9:30 a.m.	Level 2 12-14 km	North West Gatineau Park Hike a combination of seldom used roads and trails in the Lac des Loups area past lakes and wetlands. Depart from Tunney's Pasture. Gas \$4 <i>Leader: David Spector - 613-270-1046 dspectort009@rogers.com</i>

Renew your RTA membership now !

Sunday April 12 9:30 a.m.	Level 3 about 5 hr; 9km on trail and 3km off- trail	Gatineau Park: Out of the Frying Pan and... Starting from P15 (Cross Loop Rd), follow Fox Farm Rd to the fire pit on the old snow shoe trail from Carmen Lake. Thence bush whack to Frying Pan Lake and through to Meech Lake Rd. Return via Herridge Cabin and Fox Farm Rd. Depart from Tunney's Pasture. Gas \$4 Leader: Roger Stacey 613-737-0889
Friday April 17		Ottawa Club AGM – See insert on page 19.
Saturday April 18 8:30 a.m.	Level 1	Beginners/Refresher Map & Compass Clinics West End Ottawa and Gatineau Park. See insert on page 18. Leaders: Cliff and Gloria Daly 613-224-4413
Saturday April 18 10 a.m.	Level 2 6 km	"Spring Beauty" - Western Gatineau Park This little gem is only 6km. but it includes ascending about 350ft.; a ridge walk with views across the Ottawa Valley; heading into conifers then through open maple/beece woods before reaching a little hill for a climb to the final viewpoint - all the while traversing ups and downs in terrain. Depart from Tunney's Pasture. Gas \$5. Nigel Brereton 613-596-6191 or nigeltb@primus.ca
Sunday April 19 9:30 a.m.	Level 3 10 km	Bushwhacking in Gatineau Park Off-trail exploration north of Lac Phil-ippe. Should include some low-lying watercourses as well as overlooks. Gas \$5. Depart from Tunney's Pasture. Leader: John Barron 613-828-2296
Sunday April 19 11 a.m.	Level 1 about 8 km	Urban Hike Join us for a spring hike along the Ottawa River from Beacon Hill ending at Place d'Orleans. Can be windy and muddy. This is one of a series of occasional hikes using OC Transpo to reach the trailhead. Meet at 11am at the bus stop at Montreal Road and Hwy 174E where the #95 East-bound stops. NOTE: This is a request stop and you must ring the bell well in advance. Bring bus tickets or cash. Participants should call leader in advance. Leader: Ruth Hutchinson 613-749-0990
April 25 & 26	Level 3 weekend trip	Weekend Trip to Frontenac Park Hike in scenic & rugged Frontenac Park and/or Gould Lake Conservation Area. Depart Saturday a.m., full day hike, stay Saturday night in Kingston motel, return after full day hike on Sunday. Limit of 16 participants. Advance registration essential - see notice on page 18. Leader: John Haley 613-225-0590
Saturday April 25 9 a.m.		Adopt-a-Road Clean-Up Join us for a few hours to clean 5.5 km of road allowance along Roger Stevens Drive, south west of North Gower. Kindly register in advance so that enough equipment can be provided by calling the leader - minimum 12 people would be ideal. Rain date will be Sunday, April 26. Meet at Fallowfield Park and Ride. Gas \$5. Leader: Suzanne Brown 613-224-6006
Sunday April 26 9 a.m.	Level 2 10 km	Gatineau Park. From Meech Lake (P13) hike the Wolf trail and beyond to the Pulpit and return. Bring lunch and liquids. Depart from Tunney's Pasture. Gas \$4. Leader: Helmut Alexander 613-725-3338

Sunday April 26 11 a.m.	Level 1 about 8 km	Urban Hike Join us to walk a loop along the Ottawa River to Petrie Island and return. Meet at 11 a.m. at Place d'Orleans Park and Ride. Use pedestrian overpass from OC Transpo stop to cross Hwy174 to reach the 'park and ride'. Should call leader in advance. <i>Leader: Ruth Hutchinson 613-749-0990.</i>
Saturday May 2 9:30 a.m.	Level 1 8-10 km	Plaisance Provincial Park. Explore the hiking trails of this Quebec park situated along the shores of the Ottawa river. Bring a lunch. Depart from Tunney's Pasture. Gas \$9. May be a park fee of \$4. <i>Leader: Elizabeth Mason 613-729-6596</i>
Sunday May 3 10 a.m.	Level 1 16 km	Ottawa End-to-End #1: Maps #15 & 16. Hike on city recreational paths along the Ottawa River, from Richmond Landing, Ottawa, to Corkstown Road & Moodie Drive. Suggested car park: below the National Library. Meet at Richmond Landing off Portage Bridge at 10 a.m. Do not go to Tunney's Pasture. Return on the #96 bus. Bring a bus ticket or cash for bus ride. <i>Leader: Ruth Hutchinson 613-749-0990</i>
Saturday May 9 9:30 a.m.	Level 3 16 km	Gatineau Park Eardley Masham to Lake Philippe Hike Bottom to Top of Gatineau Park. -Hilly terrain using faint trails. Meet at Tunney's Pasture. Gas \$6. <i>Leaders: Ann Lane 613-741-3184 Dave Audet 613-224-1147</i>
Saturday May 9 10 a.m.	Level 1 2.5-3 hrs	Tip-Toe Through the Tulips. A stroll down Scott street and Preston street where you will enjoy the delights of Little Italy, cross Carling to Dow's Lake to enjoy the Tulips during Ottawa's most famous Tulip festival and return to Tunney's via the same route or through the experimental farm. Depart from Tunney's Pasture. Gas costs--no cost -since walking from Tunney's and back. <i>Leaders: Marilyn Schwartz 613-828-4488 & Ethel Archard 613-592-7733.</i>
Saturday May 9 10 a.m.	Level 2 Approx. 9.3 km.	Ottawa End -to-End Hike #5 Map #13 in the Marlborough Forest from Kettles Road to Roger Stevens Drive. Some wet areas. Meet at Fallowfield Park N Ride. Gas \$5 <i>Leaders: Nigel Brereton 613-596-6191 or nigelb@primus.ca</i>
Sunday May 10 9:30 a.m.	Level 3 12 km	Gatineau Park - Farris Creek Hike Farris Creek to North Window and return but not the usual routes, considerable off-trail and climbing. May visit the Throne. Depart from Tunney's Pasture. Gas \$5 <i>Leader: Jim Leeson 613-829-1083</i>
Wednesday May 13 10 a.m.	Level 2 12 km	Rideau Trail. Hike from Robertson Road to Fallowfield. Bring a lunch. Meet at Fairlawn Plaza across from Carlingwood - south east corner of Woodroffe and Carling - at 10 a.m. Gas \$3. <i>Leader: Elizabeth Mason 613-729-6596</i>
Friday May 15-18	Level 2 and 3 hikes	Weekend Trip to White Mountains See insert on page 19. <i>Leaders: Cliff and Gloria Daly 613-224-4413</i>
Saturday, May 16 7:30 a.m.	Level 1	Bird Watching Opportunity Get up early and see a bit of North America's spring bird migration. This is a time when beautiful species not often seen locally are passing through on their way to breeding grounds far to the north. We should see warblers, tanagers and thrushes in the woods, and ducks and shorebirds along the Ottawa River. Bring binoculars if you have them and footwear that can handle heavy early morning dew. Early? Yes -"early birder gets the birds". Meet at Tunney's Pasture and take off to nearby Britannia woods and other hot spots. This will be a slow stroll, not vigorous hiking. Gas \$2. <i>Leader: Roger Bird roger_bird@earthlink.net</i>

Sunday May 17 9:30 a.m.	Level 2 30-40 km	Mystery Tour-Bike Trip Depart from Tunney's Pasture. Pace will be leisurely over a fairly hilly route. Bring your lunch. We will probably have a coffee stop. <i>Leader: Dennis Scully 613-565-7710</i>
Saturday May 23 9:30 a.m.	Level 2+	Gatineau Park – Pilon Road. Spruce Lake, returning via the Yellow Box if dry or the meadow if wet. A short piece of this hike is off-trail, but easy. Depart from Tunney's Pasture. Gas \$5. <i>Leader: Graham and Lena Creedy 613-789-1657</i>
Saturday May 23 10 a.m.	Level 1+ 6 km	Larriault Trail Hike the Larriault trail and beyond the MacKenzie King Estate. Meet at Tunney's Pasture. Bring a lunch or snack. Gas \$3. <i>Leader: Jean Sunter 613-828-6077</i>
Sunday 24th May 10 a.m.	Level 1 10 km	Rideau River to Manotick Meet at the Fallowfield Park and Ride parking lot. Hike along the Rideau River to Manotick with a picnic lunch at the Manotick Mill park, then return by the same route. <i>Leader: Terry Baker 613-825-5267 terryrd.baker@sympatico.ca</i>
Saturday May 30 9:30 a.m.	Level 2 12 km	Green Belt and Rideau Trail Start at the parking lot on Timm Road then join the Rideau Trail going South to the Lime Kiln, then to Fallowfield. Meet at Tunney's Pasture. Gas \$2. <i>Leader: Don Grant 613-828-1026</i>
Sunday 31st May 10 a.m.	Level 1 16 km	Rideau River Walk to Manotick-Take 2 Meet at the Fallowfield Park and Ride parking lot. Walk along the Stone-bridge estate path to the Rideau River and walk alongside the river to Manotick with a picnic lunch at the Manotick Mill park, and then return by the same route. <i>Leader: Terry Baker 613-825-5267 terryrd.baker@sympatico.ca</i>
Saturday June 6 9:30 a.m.	Level 2 about 12 km	Gatineau Park - Wolf Trail. Meet at Tunney's Pasture. Bring a lunch and sufficient water and bug juice. <i>Leader: Barbara Dorrell 613-235-0604.</i>
Saturday June 6 10 a.m.	Level 1 about 4 km	Urban Hike Follow the Rideau River, through Vincent Massey Park, to Mooney's Bay. Return through Carleton University, and through Brewer Park. A chance to see Hog's Back Falls. Depart from the parking lot of Harvey's on the corner of Bank St., and Riverside Drive, but DO NOT park in the parking lot of Harvey's restaurant. Please phone the hiking leader for suggestions about places to park, free-of charge. <i>Leader: Linda Haack 613-232-8129</i>
Sunday, June 7 10 a.m.	Level 1 7 or 9 km	Merrickville Hike. Alternate route if too swampy for the 7 km route. Depart from Merrickville blockhouse at 10.00 a.m. Lunch at Yellow Canoe if so desire. Call leader in advance. <i>Leaders: Denis Faulkner 613-269-2136 Fred Grodde 613-269-4306</i>
Sunday, June 7 9 a.m.	Level 3 about 8 km 5 hrs	Gatineau Park, west of the Eardley-Masham Road: Teacup Hill and other attractions via Blind Lake from Ramsay Lake - all off-trail but not hurried. Meet at Tunney's Pasture. Gas \$6 <i>Leader: Stan Rosenbaum 613 596-4288, srosen@magma.ca</i>
Saturday, June 13		RTA Annual General Meeting – See notice on page 3

Sunday, 14th June 10:00 a.m.	Level 1+ 11 km	Shirley's Bay Walk Meet at Moodie Drive at Corkstown Road (Bus riders: take the #96 bus heading to Stittsville, get off at Moodie Drive, then walk 5 minutes to the starting point.) This hike follows NCC, Trans-Canada and Rideau Trails. Lunch at Shirley's Bay before returning to the starting point. <i>Leader: Terry Baker 613-825-5267 terryrd.baker@sympatico.ca</i>
Sunday, June 14 9 a.m.	Level 3 12 km 5 hrs	Gatineau Park, west of the Eardley-Masham Road: Lac Lapeche via faint trails from Lac LeBlanc, return on good trail. Not hurried. Depart from Tunney's Pasture. Gas \$6 <i>Leader: Stan Rosenbaum 613 596-4288, srosen@magma.ca</i>
Saturday June 20 8:30 a.m.	Level 2 12 km	Calabogie Area. Hike mostly bush roads to Eagle's Nest Lookout and then beyond to Oriole Lake and return. Possible swim. Bring lunch and bug repellent. Meet at Tunney's Pasture. Gas \$10. <i>Leader: Doug Parsons 613 723-0726</i>
Sunday June 21 9:30 a.m.	Level 2	Canoeing/Kayaking Canoeing/Kayaking Level 2. Location and trip to be determined, depending on conditions. You need to bring boat and equipment (if you have these but no car, it might be possible to arrange transport). Call leader before June 17 for more info. Do not go to Tunney's Pasture as a rendezvous point will be specified. Rendezvous will be 9.30 a.m. and return to put-in point mid to late pm depending on the group. Gas TBA. <i>Leader: Graham Creedy 613-789-1657.</i>
Saturday June 27 10 a.m.	Level 1 4-7 km	Urban Hike. Starting at the parking lot at Mooney's Bay, opposite St. Elias Church (i.e. with the copper dome) and with the small concrete building and volleyball net, we will stroll along Mooney's Bay beach, explore the woods south of Mooney's Bay and return to Mooney's Bay parking lot. For bus riders: Bus number 87 stops at the beginning point of this hike. Phone the hiking leader in advance, to get suggestions about appropriate and FREE places to park. <i>Leader: Linda Haack 613-232-8129</i>
Saturday June 27 9 a.m.	Level 3 90 km.	Bike Trip to Wakefield Join us for a leisurely paced bike ride to the covered bridge in Wakefield. We will leave from Tunney's Pasture and return by 6 or 7 p.m. - a long day with many resting stops. In case of rain, we will leave on Sunday June 28. Call leader in advance to confirm details. <i>Leader: Andrew Chen 613 863-1209</i>

Weekend Trip to Frontenac Park

Register Now!

The April 25-26 weekend trip for Ottawa Rideau Trail Club members is limited to 16 participants and requires registration by **March 31**. Call the leader for a registration form and more details. Registration is on a first-come, first-served basis and will only be complete when the form has been completed and returned to the leader with a non-refundable deposit for the estimated motel cost, \$55 per person based on double occupancy. Please note that the hikes on this trip are Level 3. *Leader: John Haley 613-225-0590*

Beginners/Refresher Map & Compass Clinics

Sat April 4th, Sat April 18th/West End Ottawa and Gatineau Park

A one day map and compass clinic that will teach you the skills needed to navigate off-trail, for both beginners and those wanting a refresher in the basics. First half theory, second half in-field near Lac Phillipe. Maximum of five people per course. Start time 8:30 A.M. at our residence. Must provide your own compass with declination adjustment. Call to register in advance.

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

**Ottawa Club Annual General Meeting
Friday, April 17, 2009**

**Dominion Chalmers United Church
355 Cooper Street, Ottawa**

PROGRAM

Sign in: 6:30 to 7:00

(Enter the free draw for a door prize!)

Business Meeting: 7:00 to 8:00

Refreshments: 8:00 to 8:15

Guest Speaker: 8:15 to 9:00

Mr. Ole Olson will speak on Long Distance Walking, including his own adventures and how we can properly prepare ourselves for long treks.

A limited number of tables will be available for members to display and/or offer for sale their crafts, hobbies, etc. Please contact Suzanne Brown at (613) 224-6006 if you are interested in reserving one of these tables.

**EARLY BIRD NOTICE
2009 Spring and Fall White Mountains
Day Hiking**

**Fri 15 May to Mon 18 May (Victoria Day Weekend)
Fri 9 Oct to Mon 12 Oct (Thanksgiving Weekend)**

Multiple level 2 and 3 hikes over two hiking days.

Three nights accommodations, two dinners, three breakfasts at Kinsman Lodge, Franconia, New Hampshire. \$315 CAN per person double occupancy; \$350 CAN per person single occupancy, all inclusive (rates subject to change due to currency shifts)
\$10 non-refundable deposit per person to reserve.

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

Renew your RTA membership now !

**Memberships expire on 31 March.
See the renewal form on the back page.
Support your Trail.**

**RTA Kingston Club – Annual Vermont Hiking Trip
Green Mountain Area**

Monday 14 September to Friday 18 September 2009

Kingston Rideau Trail Club is again offering its annual hiking trip to the scenic Green Mountains of Vermont. The trip includes four nights of dormitory accommodation, four buffet breakfasts and suppers and many opportunities for socializing. Lunches can be purchased locally. Heated pool and hot tubs available for relaxation. Cost will be Can\$250 to Can\$280 per person, final cost depending largely on foreign exchange rates and participant numbers. Accommodation this year will be at the Round Hearth in Stowe giving different hiking opportunities from previous years... but still some old favourites.

Two or more hikes ranging from moderate clambers to challenging ascents will be offered each day. Because of the mountainous terrain, **all participants must be fit experienced hikers**. Information on and photographs of the Round Hearth are available at www.roundhearth.com. Additional information and directions to the Round Hearth will be provided in August to registered participants.

To reserve a place on this trip, please send a Can\$75 per person cheque together with the name(s) and address(es) of participants, phone number and e-mail address (if you have one) to:

Mark Collier
4808 Huntbach Lane
RR2 Battersea ON, K0H 1H0.

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

For further information, contact Mark Collier at 613-353-9988 or at jenmarkc@gmail.com. (Please note new e-mail address). The balance of the cost is calculated and is payable in Canadian dollars on 18 September. Please carpool among yourselves. Contact Mark for a list of participants from your area if you require transportation to or from Vermont.

Cancellation Policy: Cancellations after 31 August 2009 will forfeit their deposit.



®

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

MEMBERSHIP OR RENEWAL APPLICATION:

The RTA membership year runs from April 1 to March 31, but if you join after October 31, your membership will be extended to the end of the following membership year. Your fees entitle you to receive the quarterly newsletter and to vote at Association and local Club meetings, and they provide essential financial support for the continuous maintenance, improvement, extension and protection of the Rideau Trail. Mail this form (or download one from www.rideautrail.org) to: **Rideau Trail Association, P.O. Box 15, Kingston, ON K7L 4V6.**

All members must be at least 18 years of age.

- ☐ Annual Individual Membership \$25.00
- ☐ Annual Household Membership (two adults at the same address) \$30.00
- ☐ Patron (Life Membership) * \$500.00
- ☐ Trail Guidebook: (*edition 7, 2006*)
 - insert only, members ** \$25.50
 - insert and cover, members ** \$35.50
 - insert and cover, non-members ** \$39.95
- ☐ Car Sticker (free to new members) \$1.00
- ☐ RTA Hiker Namepin - **Please fill in name in box below.** \$6.00
- ☐ Cloth crest \$2.00
- ☐ Enameled Pin \$6.00
- ☐ Wall map ** \$12.00
- ☐ Donation - Rideau Trail Association * \$ _____
- ☐ Donation - Rideau Trail Preservation Fund * \$ _____

Prices subject to change TOTAL \$ _____

* Qualifies for income tax credit (No 11911 9485 RR 0001)

** Includes postage and handling

PLEASE INDICATE MEMBERSHIP CATEGORY

New ☐ Renewal ☐ Life ☐

(Please Print)

Name(s):

Address:

Postal Code:

Telephone:

If you wish to receive the RTA e-letter (as well as the Newsletter by mail) please provide your e-mail address below:

In addition to enjoying the hiking and other activities sponsored by the three local clubs, there are many other ways for you to be actively involved in the Rideau Trail Association. If you are willing to participate, please check any of the activities on the right which interest you. You will be contacted when your help is needed.

Name on pin (please print in CAPS)

- ☐ Maintaining trails
- ☐ Leading hikes
- ☐ Leading cross-country ski or snowshoe outings
- ☐ Communicating with members
- ☐ Recording information
- ☐ Carrying out publicity activity (displays, presentations, etc.)
- ☐ Coordinating social events
- ☐ Serving in an executive capacity as....
- ☐ Other. Please specify...