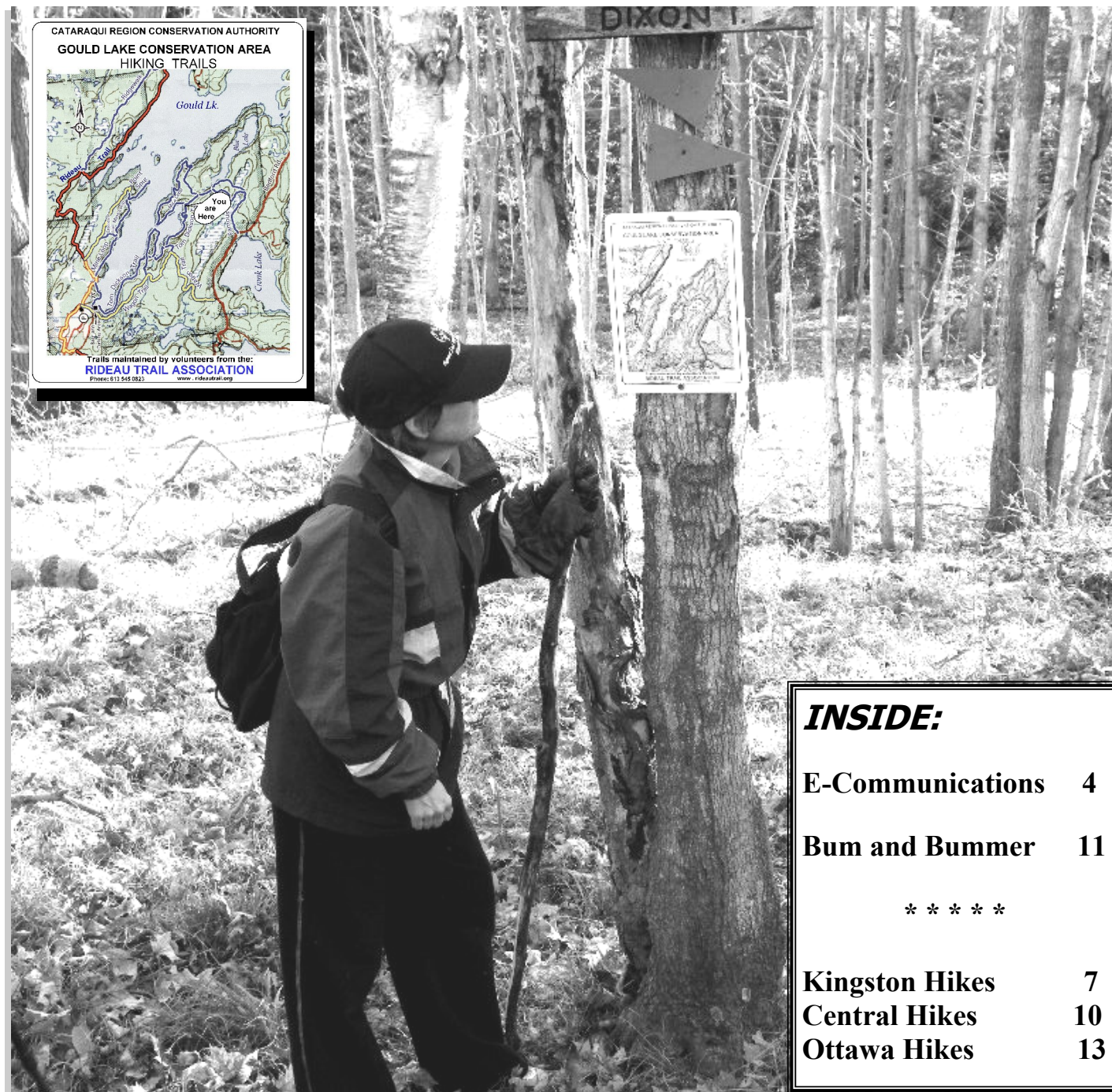


The Rideau Trail NEWSLETTER

SPRING 2010

ISSUE NO. 155



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"Where's the Car??"

Hiker gets her bearings from new RTA "You are Here" sign at Gould Lake

Rideau Trail Association Newsletter
Issue 155 **Spring 2010**

Rideau Trail Association
P.O. Box 15
Kingston, Ontario K7L 4V6

Telephone:

Kingston and RTA: (613) 545-0823
Central: (613) 264-8338
Ottawa: (613) 860-2225

Web Page: www.rideautrail.org
Electronic Mail: info@rideautrail.org
Webmaster: Paul Jean (613) 830-2853
web@rideautrail.org

***The RTA does not share its mailing list
with other organizations.***

The triangle design on the covers of this Newsletter is a Registered Trademark of the Rideau Trail Association. The Rideau Trail Newsletter is published quarterly in March, June, September and December by the Rideau Trail Association. Unless otherwise stated, the opinions expressed in this Newsletter are not necessarily those of the Rideau Trail Association. .

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Editor of this issue: John Cornish, 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 01, 2010** and that they are sent directly to the Ottawa editor:

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

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

**THE RIDEAU TRAIL ASSOCIATION
BOARD OF DIRECTORS FOR 2009-2010**

President **Ronald E. Hunt, Ottawa**
(613) 590-7467 re.hunt@sympatico.ca

Vice President **vacant**

Secretary pro tem, **Gwyn "Griff" Griffen**
(613) 766-2777 glg@cogeco.ca

Treasurer **Peter Hawkins, Gloucester**
(613) 749-2093 pjhawkins@sympatico.ca

Membership Director **Sheila Menard, Kingston**
(613) 544-3110 sushe@sympatico.ca

Trail Coordinator and Past President
David Armitage, Kingston
(613)-634-4426 dlarmitage@sympatico.ca

Marketing and Communication Director
Andrew Bales, Gatineau
(819) 776-5848 andrewgbales@yahoo.ca

Newsletter Editors :
Ottawa: **Elizabeth Mason, Ottawa**
(613) 729-6596 emmason@sympatico.ca

Kingston: **John Cornish, Kingston**
(613) 382-4778 cornish@kos.net

Club Chairpersons:
Ottawa: **Elizabeth Mason, Ottawa**
(613) 729-6596 emmason@sympatico.ca
Kingston: **Bruce Bromfield, Amherstview**
(613) 634-9409 bb_bromfield@hotmail.com

Central: **Ernie Trischuk, Smiths Falls**
(613) 283-8112 retirenie@yahoo.com

Club Representatives:
Ottawa: **Jim Fish, Ottawa**
(613)-599-4806 jimfishca@yahoo.ca
Kingston: **Jenny Ellis, Kingston**
(613) 549-6807 ellisjl@kos.net

Central: **Dave Allcock, Perth**
(613)-264-9075 daveliz@superaje.cpm

Front Cover: Photo by Doug Hayes

Esther Hault Started It!

by Nigel Brereton

To find out “what”, you would need to go to the RTA Newsletter for the Winter of 2003 where, under “Ottawa Club Activities”, there is reference to “Impromptu Saturday Skiing”, stating that these Gatineau Park outings are not for beginners, may be long and include challenges of one sort or another.



Esther started the impromptus because of her love of skiing - both on and in the snow. Photo by Steve Kelly

It can only be presumed that Esther had been finding the programmed outings too soft so she took it upon herself to gear things up a notch or two. Anyway her initiative proved successful enough for Esther to continue offering these outings for the next seven Winters until deciding to surrender her mantle for the Winter of 2010. The program continues as Steve Kelly is now filling Esther's skis.

Esther is to be thanked for obviously filling a void in the program and she displayed what could be called the ideal form of volunteerism – starting something without being asked and continuing with it until she was ready and able to find her replacement. She may have “retired” but she is definitely not skiing off into the sunset.

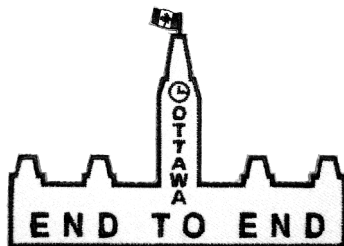
Earning End-to-End Badges

There are four end-to-end badges that you can earn by hiking either the entire Rideau Trail or major sections of it. Any of the badges can be earned by hiking short sections over a span of months or years; you just have to keep track of where you hiked, when and with whom. To apply for any of the badges described below, or for further information, contact the appropriate local club or (for those badges covering the entire trail) the Association Secretary. Contact information is on the inside front cover of the Newsletter



Hike the entire 305 km of the Rideau Trail from Kingston to Ottawa and earn the original end-to-end badge.

For a real challenge, hike, snowshoe and/or ski the entire 305 km of the Rideau Trail during the months of January and February only and earn the coveted winter (“snowflake”) end-to-end badge.



Hike the 115 km from near Parliament Hill in Ottawa (map 16) to Rosedale, just outside Smith's Falls, (map 11) to earn the Ottawa Club's end-to-end badge.



Hike the 145 km from Lake Ontario (map 1) to the Lally Homestead (map 8) to earn the Kingston Club's end-to-end badge.

Expanding Electronic Communications with RTA Members

by Elizabeth Mason

For some years, members have been able to receive a monthly e-mail ("e-letter") containing the out-going schedule for the next month. This is essentially the same schedule that appears in the printed Newsletter, although the e-letter may sometimes contain last-minute changes or additions that arise after printing the Newsletter.

Time-critical special notices may also appear in the e-letter before they appear in the quarterly Newsletter. Of course, as we are aware that not all members have e-mail, the RTA tries to publish as much information as possible in the Newsletter.

Please note that the RTA does not share its membership information, including e-mail addresses, with any other organization.

If you do not receive the monthly e-letter and wish to do so, please forward your name, address and e-mail address to info@rideautrail.org asking that you be put on the e-mail list.

Members can now also receive their quarterly RTA Newsletter electronically, by downloading it in the form of a PDF file. This digital edition of the Newsletter is identical in content and format to the printed version. Any member who has given the RTA their e-mail address will now be sent both the monthly e-letter and an e-mail containing a link to the newest Newsletter as it becomes available.

Members who do not have the Adobe Reader software which is required to read PDF files on their computers can download the software from the Adobe Website, at <http://get.adobe.com/reader>

If you find that the digital edition of the quarterly Newsletter (along with the monthly e-letter) is all you need, you may choose to stop receiving the printed Newsletter. Use the renewal form found at the back of this Newsletter. Just check off the box beside "Please do not send me a printed copy of the quarterly Newsletter – I will use the e-mail version." Please verify that we have your correct e-mail address. Another way to ask us to stop mailing you a printed Newsletter is by sending an e-mail to info@rideautrail.org.

* * * * *

Special thanks to Alan German who ran the e-newsletter trials and has agreed to be the trouble shooter for the e-newsletter.

Approximately 700 of our members have provided us with an E-mail address. During our recent survey, 200 of these members indicated that they would be willing to receive their newsletter electronically and would be willing to discontinue receiving the printed copy.

As of today, 51 members have opted to receive their newsletter electronically and have asked to be taken off the mailing list for the paper copy.

Proposed Fall Midweek B & B trip to Mont-Orford, near Sherbrooke, Quebec

Tuesday-Thursday September 21-23

For more information and/or to enquire about a reconnaissance trip, please call leader after April 1. To reserve a place on the B&B trip car pools, send your deposit to the leader of \$100.00 per room (single or shared)

LEADER: Bob Chadwick 613-544-9222

NOTE: Presented for information only: not an official RTA activity

East Coast Trail

Kingston Club member Krystyna Szafran is looking to do the East Coast Trail this August.....if anyone's interested please e-mail krystyna_jones@hotmail.com or call (613)352-1090.

NOTE: Presented for information only: not an official RTA activity

Highlights of the January 30, 2010 RTA Board Meeting

Your Board of Directors continues to make great strides forward in improving service to you, our valued members, as well as ensuring that the Rideau Trail Association is well organized and is headed in the right direction.

Recruiting:

John Cornish has rejoined the Board in the capacity of Newsletter Editor (Kingston). John is in the process of taking over the reins from **Bob Gordon** who has been Newsletter Editor for nine years. Thank you Bob: we are very grateful for the fantastic work that you have done for us.

Marketing & Communication:

Andrew Bales facilitated a discussion on marketing strategies. The Board concluded that we should start with quick wins aimed at attracting new people to the Rideau Trail Association. And it was also agreed that we should continue to look for ways make it easier for like-minded people and organizations to connect with us and support our organization.

A small Marketing & Communications working group will be established to work on targeted promotional activities. They will also explore ways to enable members and donors to make online payments. If you are interesting in helping with this initiative, see Andrew's notice elsewhere in this Newsletter.see next page

Chris Heap has agreed to take on the role of *Guidebook* Project Leader. Chris will coordinate the planning, design and production of the next edition of the *Guidebook*.

Rideau Trail Association 39th Annual General Meeting Saturday, June 19, 2010

Lion's Club Hall,
Perth Fairgrounds, Perth, Ontario
(From main street (Gore Street), turn west on Halton Street to the FairGrounds)

Program

9:30 am – 10:00 am	Registration, Refreshments, Meet & Mingle, Door Prizes
10:00 am – 12:00 pm	Business meeting, presentation of awards, door prize draw
12:00 pm – 1:00 pm	Brown Bag Lunch (or if preferred buy lunch in town)
1:00 pm – 5:00 pm	Hikes, historical walks, free time
5:30 pm – 7:30 pm	Turkey Buffet Dinner at the Lion's Club Hall
	Guest Speaker – to be announced

Dinner Menu

Roast turkey buffet dinner with tossed salad, mashed potatoes, turnips, California mix vegetables, stuffing, cranberry sauce, assorted pies and ice cream. Licensed bar on site -opens at 5:00 pm.

Registration for Meal

Total cost of dinner is \$20.00 per person. Send a cheque made payable to "Rideau Trail Association in trust" to: Linda Line, 1005 - 117 Park Street, Kingston, Ontario K7L 5P6. **The deadline to order a meal is by June 16.** If you have any questions concerning the meal please send an email to lmline6@gmail.com or call 613-531-4353. Reserved dinner tickets can be picked up at registration time.

Accommodations

If you are planning to stay overnight in Perth a list of inns and Bed & Breakfasts can be found at: <http://www.stay-in-canada.com/accommodation/ontario/perth.html>.

Car Pooling / Transport

If you require transport or are willing to be a driver contact:

Central Club	- Dave Allcock	- Tel: 613-264-9075	E: daveliz@superaje.com
Kingston	- Elgin Bock	- Tel: 613-389-4216	
Ottawa	- Elizabeth Mason	- Tel: 613-729-6596	E: emmason@sympatico.ca

Electronic Newsletter:

The electronic version of the Newsletter is now available. Over fifty individuals have already signed up to receive the Newsletter electronically, and have indicated that they do not want to receive the paper version. This will help us reduce printing and postage costs. Members can still choose to receive both the printed and electronic versions of the Newsletter. See the membership application/renewal form in this Newsletter and make your choice!

Financial Oversight:

The independent review of the RTA financial statements and internal controls is underway. The Financial Oversight Committee will report on the results of the review at the June 2010 AGM.

Privacy Policy:

The Board intends to formalize the RTA privacy policy. The approach is to model the RTA document after similar policies of other non-profit organizations. The plan is to finalize the policy statement at the next Board meeting.

Ron Hunt, President

Help us put more boots on the trail

The Rideau Trail Association would like to undertake some small marketing projects to help us attract new members and increase the number of hikers enjoying the trail. We're assembling a small group of 4-5 individuals, ideally representing each of the clubs, who can design and implement a few initial projects and steer upcoming marketing efforts. Interested? Have questions or ideas?

Contact our Marketing & Communications Director, Andrew Bales at andrewgbales@yahoo.ca

Activity Planning – Kingston Club NEW TEAM MEMBER REQUIRED

A great way to do your bit for the Club!
The team of four alternate responsibility. Some follow-up phone calls may be needed to complete the schedule. Once a year, each team member prepares the final version of the quarterly schedule for the Newsletter. Must have computer word-processing ability and an e-mail address.

Contact: Elgin Bock, Activities Coordinator 613 389

Vacant Position: Rideau Trail Association Board

Vice President

The Board is seeking nominations for the position of Vice President.

We are looking for a volunteer who can "learn the ropes" with the guidance and support of the other Rideau Trail Association Directors in preparation for taking on the President's role in June 2010.

This is an opportunity that would appeal to individuals with leadership experience, and persons who would be inspired by the challenge of leading the Rideau Trail Association into its fifth decade.

Do you know someone who fits the bill?

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

Algonquin Park

RTA members are invited to join us for some hiking in beautiful Algonquin Provincial Park. Visit the Algonquin Logging Museum and learn how logging was done in the early years. Enjoy the wild life and if we are lucky we might even see some moose. See the spectacular views Algonquin has to offer.

All hikes are rated level 2-3 some very steep hills and rocky terrain and distances ranging from 2.5 to 13 km. in length.

CO-ORDINATOR: Pat Casey 613-385-2356 or patcasey@kos.net
Single and shared occupancy at Algonquin East Gate Motel.
Call Diane or David at 613-637-2652 to make reservations.

NOTE: Presented for information only: not an official RTA activity

KINGSTON CLUB ACTIVITIES - SPRING 2010

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 sunscreen. 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 for gas is indicated for each hike. Car entry fees for Provincial Parks and Conservation Areas are to be shared.

Note Pace Levels: Slow 2-3 km/hr; Moderate 3-4 km/hr; Fast (or Brisk) 4-5 km/hr; Very Fast 5+ km/hr.

ALSO: see Note on Participants' Responsibilities and Levels of Difficulty on Page 12.

Hike Leaders may obtain Sign-Up Sheets from Jenny Ellis 613-549-6807. Please forward completed forms to her at 791 Ridge Ave., Kingston, K7L 4V1.

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.

2010 Kingston Section End-to-End – Experience the Rideau Trail between Kingston and Murphy's Point Provincial Park. A series of about 10 hikes scheduled from spring through the fall. At the end, a BBQ will celebrate our accomplishment, and special badges will be awarded to those that have completed the entire distance. Keep a personal log with dates to ensure you get your badge. If you miss some of the E2E group hikes, you can make them up on your own, keeping a record in your log. Further info: John Cornish 613 382 4778

Saturday March 13 Myles Acres

Cross country ski the groomed trails of Myles Acres for approximately 10 km. A warm lodge to eat your lunch.

Level 1 at a moderate pace. Depart 10:00 a.m.

Gas \$2.00 plus entrance fee.

LEADER: Stan Huff 613-548-3003

Sunday March 14 Gould Lake Conservation Area

Snowshoe the trails of Gould Lake and enjoy the Winter scenery. Depart 9:00 a.m. Gas \$5.00 plus park fee.

LEADER: Ray Wilson 613-382-7189

Tuesday March 16 Rideau Trail Closed for Hiking today.

Saturday March 20 Spring Pot Luck Dinner Party

Come Join us for the annual dinner party. Bring an appetizer, main dish or dessert and your own drinks.

Location: Queen's Women's Association, 144 Albert Street.

Time 6:00 p.m. Room rental fee. \$3 per person.

RSVP: Linda Line 613-531-4353

Saturday March 20 Cataraqui Trail to Perth Road Village East

Hike the Cataraqui Trail for 10-15 km (or feet fall off!) at a moderate pace.

Depart 9:00 a.m. Gas \$5.00

LEADER: Audrey Sanger 613-384-6244

**MARCH IS THE MONTH FOR MEMBERSHIP RENEWAL
DO IT NOW!**

Sunday March 21 Gould Lake Conservation Area
Hike or Snowshoe Gould Lake to barn/bridge and on to Spur Point. Level 2 for approximately 12km at a moderate pace. Depart 9:00 a.m. Gas \$5.00
LEADERS: Jane & Robert Hough 613-373-2268

Saturday March 27 Annual Visit to Maple Syrup Camp

If nature cooperates, they'll be boiling and we'll be tasting. 8 km, level 1 at a brisk pace, possibly in some mud. Cookies and coffee or hot chocolate \$1.00
Syrup for sale. Depart 10:00 a.m. Gas \$3.00
LEADER: Bill Murdoch 613-389-3023

Sunday March 28 K & P Trail

Hike the K & P Trail starting at McIvor Road and go North for approximately 5 km and return. Level 1 at a moderate pace. Depart 9:00 a.m. Gas \$2.00
LEADER: Gloria Seeley 613-546-2503

Saturday April 3 Highway 15 to Chaffey's Locks.

Hike the Cataragui Trail to Chaffey's Locks, and lunch at the locks. 15 km level 2 at a moderate pace.
Depart 9:00 a.m. Gas \$5.00
LEADER: John Cornish 613-382-4778

Tuesday April 6 Hike Planning Meeting

Help to plan the Club activities for the summer.
7:00 p.m. Community Room at Chapters,
Princess Street.
Information: Elgin Bock 613-389-4216

Saturday April 10 Kingston End to End Hike #1

Join us for the inaugural hike on this end to end adventure from the King Street Trailhead to Unity Road. 15 km at Level 1. Due to shuttle, Gas is \$2.00
Depart 9:00 a.m.
LEADER: John Cornish 613-382-4778

Sunday April 11 Kingston End to End Hike #2

Unity Road to Freeman Road. 19 km Level 1-2.
Due to shuttle, gas is \$4.00 Depart 9:00 a.m.
LEADER: Sandra Muis 613-542-8224

Wednesday April 14 Rock Dunder

Enjoy the spectacular views along the Rock Dunder Trail. Distance 8 km at a moderate pace. Level 2.
Depart 9:00 a.m. Gas \$6.00
LEADER: Norm Trembath 613-659-3894

Saturday April 17 Charleston Lake Provincial Park

Hike the Westside Trails of Charleston Lake for approximately 10 km at a moderate pace. Level 2-3
Depart 9:00 a.m. Gas \$6.00
LEADER: Pat Casey 613-385-2356

Sunday April 18 Charleston Lake Provincial Park

Hike the trails of Tallow Rock Bay at a moderate pace for 10 km. Level 2. Depart 9:00 a.m. Gas \$6.00
LEADER: Norm Trembath 613-659-3894

Saturday April 24 Kingston Club AGM

See box on Page 9 for details

Sunday April 25 Frontenac Provincial Park

Hike the scenic Arkon Loop trails of Frontenac Park in the spring time. 13 km. Level 2 at a moderate pace.
Depart 9:00 a.m. Gas \$5.00
LEADER: Norm Trembath 613-659-3894

Saturday May 01 Cataragui Trail

Hike the Cataragui Trail from Harrowsmith to Sydenham and return via Tria's Restaurant. **New hikers especially welcome.** 12 km, level 1 at a moderate pace.
Depart 10:00 a.m. Gas \$4.00
LEADER: Stan Huff 613-548-3003

Sunday May 2 Jones Creek Trails

Hike the new Parks Canada trails at Jones Creek for 12 km at a moderate pace. Level 2
Depart: 9:00 a.m. Gas \$5.00
LEADER: Ray Wilson 613-382-7189

Saturday May 8 Frontenac Provincial Park

Hike the Cedar Lake Loop in Frontenac Provincial Park for 15 km at a moderate pace. Level 2-3
Depart 9:00 a.m. Gas \$5.00
LEADER: Norm Trembath 613-659-3894

Sunday May 9 Cataragui Trail

From Strathcona to Harrowsmith for 20 km. **New hikers especially welcome.** Level 1 at a moderate pace.
Depart 9:00 a.m. Gas \$5.00
LEADER: Susan Irving 613-544-3110

Wednesday May 12 Sandy Bay, Wolfe Island

A lovely stroll along the beach, swimsuits not necessary but clothing very necessary.
Meet at the Wolfe Island Ferry Dock for the 9:30 a.m. ferry. Gas \$3.00
LEADER: Audrey Sanger 613-384-6244

Saturday May 15 Bon Echo Provincial Park

Hike the trails of Bon Echo Provincial Park. Distance to be determined, at a moderate pace. Level 2-3

Depart 8:30 a.m. Gas \$10.00

LEADER: Pat Casey 613-385-2356

Sunday May 16 Kingston End to End Hike #3

Freeman Road to Frontenac Park Trail Centre, includes traversing Gould Lake Conservation Area. 16 km Level 3. Due to shuttle, gas is \$5.00 Depart 9:00 a.m.

LEADER Sandra Muis 613-542-8224

Saturday May 22 Cycle to Howe Island.

Meet at the Ferry at 9:30 a.m. Pace slightly slower than Lance Armstrong, distance to be determined by weather and participants.

LEADER: Audrey Sanger 613-384-6244

Saturday May 29 Parrots Bay Conservation Area

Scenic and historic hike from the parking lot on East side of bridge on Hwy. 33. Level 1 at a moderate pace.

Depart 9:00 a.m. Gas \$3.00

LEADER: Elgin Bock 613-389-4216

Sunday May 30 Marble Rock and a bit

Hike the South loop of Marble rock, with BBQ on a lookout for lunch. Burgers and veggie burgers supplied. Bring some munchy or dessert to share.

In the afternoon, we'll explore some new woodsy loops of the Gananoque Trail. 11 kms. Level 2-3

Depart 9:00 a.m. Gas \$5.00

LEADER: John Cornish 613-382-4778

Saturday June 5 Frontenac Provincial Park

Hike from the Trail Centre to Flag Pole Hill and back. Scenic views along the way. 15 km. Level 3 at a moderate pace. Depart 9:00 a.m. Gas \$5.00 plus park fee.

LEADER: Stan Huff 613-548-3003

Sunday June 6 Little Cataraqui Conservation Area

Hike the trails of Little Cataraqui at a moderate pace, level 1-2 Depart 9:00 a.m. Gas \$2.00

LEADER: Pat Casey: 613-385-2356

Wednesday June 9 Chaffey's Lock - Rideau & Cataraqui Trails

Hike scenic sections of both trails, flexible distance.

Chance to dine at Opinicon Lodge. Call Leader after April 1 regarding reservations. 10-20 km. Level 1-2 at a slow to moderate pace. Depart 9:30 a.m. Gas \$6.00

LEADER: Bob Chadwick 613-544-9222

Saturday June 12 Kingston End to End #4

Frontenac Park Trail Centre to Perth Road. Includes traversing Frontenac Park. 15 km Level 2-3. Due to shuttle, gas is \$7.00 plus park fees. Depart 8:00 a.m.

LEADER: Bill Ottney 613-652-2205

Saturday June 19 Rideau Trail Association AGM - in Perth

See Page 5 for details

Monday June 21 Midsummer Monday Evening - Battersea to Dog Lake

Scenic Lane hike to lakeside beach and woodland. Possibility of a quick swim and slow stop for pub and grub.

New hikers especially welcome. 5 km. Level 1.

Depart 6:00 p.m.

(alternative meet time The Battersea Pub at 6:30 p.m.)

LEADER: Bob Chadwick 613-544-9222

KINGSTON CLUB – 39TH ANNUAL GENERAL MEETING

Saturday, April 24, 2010

Little Cataraqui Conservation Area Outdoor Centre

PROGRAM

09:30 Registration, Meet & Mingle, Light Refreshments, Door Prizes

10:00 Business Meeting

11:30 Tai Chi Association, Guest Speaker & Demonstration, Door Prize Draw

12:00 Brown Bag Lunch, followed by afternoon hikes.

Parking fee waived for today's meeting. Display RTA decal or leave a RTA brochure on your dashboard. If you need a ride to the meeting contact: Elgin Bock Tel: 613-389-4216. Gas contribution \$2.00.

Volunteer contributions of muffins, squares, cookies appreciated

CENTRAL CLUB ACTIVITIES - SPRING 2010

The meeting place for Central club activities is Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore St.) 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 planned hike or other activity, call the leader or the Central club hotline at 613-264-8338.

See Page 12 for Note on Participants' Responsibilities and Levels of Difficulty

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

Sunday, March 21 Rock Dunder

Meet at 10:00 am for a Level 2, 8 km hike or snow-shoe. Gas \$4.

Leader: Gill Hyland 613-267-5756

*Note change of date and leader for this activity.

Saturday, March 27 Sharbot Lake to Maberly

Meet at 10:00 am. Level 1 hike along the old railbed, 12 km., followed by refreshments. Check the March e-letter for more information. Gas \$ 4.

Leader: Bruce Gourley 613-283-5967

Saturday, April 3 Merrickville Area

Meet at 10:00 am. Level 1, 6 km hike in the Merrickville area, followed by optional lunch at The Yellow Canoe.

Call the leader for a reservation if you wish to stay for lunch.

Leader: Margaret Lafrance 613-264-0057

Sunday, April 11 Ragged Chutes

Level 2 hike, 12 km, to see the upper Mississippi River during the spring run-off. Gas \$5.

Leader: Dave Miller 613-449-7459

Thursday, April 15 Hike Leaders' Planning Meeting

4:00 pm at 124 Chambers Street in Smiths Falls. Bring your ideas and suggestions for our summer activity schedule.

Co-ordinator: Dorothy Hudson 613-283-0332

Saturday, April 17 Rideau Trail, Burritts Rapids to Roger Stevens Drive

This is a Level 1, 15 km hike, followed by refreshments in Merrickville. Gas \$3.

Leader: Janet Laraway 613-284-2127

Sunday, April 18 Central Club AGM

10:00 am, McMartin House, Perth. Bring a lunch, and join us for a short walk at the Perth Wildlife Reserve in the afternoon.

Sunday, April 25 Calabogie Trails

Meet at 8:00 am for your choice of two Level 2 hikes: 8 km or 12 km, in this very scenic area. This is a new venue for Central Club hikes. Gas \$5.

Leaders: Dorothy Hudson 613-283-0332 and Dave Miller 613-449-7459

Saturday, May 1 Frontenac Provincial Park, Tetsmine Loop

Meet at 8:00 am for a Level 2, 14 km hike. Gas \$5.

Leader: Gunhild Karius 613-264-2861

Saturday, May 8 Skycroft

Level 2 hike, 10 km loop. Gas \$4.

Leader: Dorothy Hudson 613-283-0332

Saturday, May 15 Trail Maintenance Day

Please note that Sunday, May 16 is a rain date for this activity. Contact Dave Batchelor for more information, at 613-264-1559

Saturday, May 22 Charleston Lake Provincial Park

Your choice of two Level 2 hikes: 10 km Tallow Rock Bay Loop, or 7 km Hemlock and Sandstone Island Loops. Park fees apply. Gas \$5.

Leaders: Susan Samila 613-264-1196 and Gill Hyland 613-267-5756

Sunday, May 30 Morris Island Conservation Area

Hike this area of islands and bays along the Ottawa River near Fitzroy Harbour

Level 1 hike, 10 km. Gas \$5.

Leaders: Sandy Clifford 613-267-5007 and Arlyn McMillan 613-267-2588

Saturday, June 5 Mystery Bike Tour

Route to be determined, approximately 35 km.

Leader: David Allcock 613-264-9075

Sunday, June 13 Frontenac Provincial Park, Bear lake Loop

Level 2 hike, 9 km, with some bushwhacking, and possibly a swim. Gas \$4.

Leader: Dave Miller 613-449-7459

Saturday, June 19 Rideau Trail Association AGM

This meeting will be held in Perth this year.
See Page 5 in this newsletter for details.

Sunday, June 20 Bedford Mills Loop and Pot Luck Picnic

Level 2, 7.5 km hike, followed by a pot-luck picnic lunch at Dave's cabin. Gas \$4.

Leader: Dave Miller 613-449-7459

Saturday, June 26 Canoe Day, White Lake

Get in shape with our first canoe outing of the season with this 13 km paddle at the west end of White Lake.

*Note: Anyone with a canoe but no partner, or anyone interested in being that partner, contact the leader a week beforehand.

Leader: Bruce Gourley 613-283-5967

Bum and Bummer

A Winter's Tail

When we snowshoe through the woods on that winter trail,

There are often hills that we have to scale.

We climb the heights and test the breeze,

We see for miles and feel taller than the trees.

...Then Hotshot Murdoch uses snowshoes for skis,

And slides down the path with the greatest of ease!

But such an invigorating bob-sled run,

Doesn't strike me as loads of fun.

As I peer down, my stomach lurches,

And I picture myself, prone among the birches.

I fear that like Dumbo, I'll take to the air.

Those icy downhills can give me a scare!

But I think I've found a better way,

Short on dignity, I'm sorry to say.

Label me a coward, call me a nut,

But the safest way to the bottom...

Is to slide upon your butt.

So you can stumble like Jack or tumble like Jill,

(Whose parents, by the way, are mourning them still),

Or when you get to the top, you can use your bottom,

If you've got big buns, be glad that you've got 'em!

A word of caution: something to avoid,

Don't ride too hard on your hemorrhoid.

But this may be cause for celebration,

Sliding down hill can cure your constipation.

So when winter snow and ice cover the grass,

You can still get down hill, by sliding on your ass.

Let's make the most of the winter season.

Those bums were put there for a reason!

Bruce Henderson

Participants' Responsibilities

Participants are expected to choose a trip suitable to their physical abilities and their 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 cooperation of each group member.

Parents and guardians are expected to supervise their own children.

Dogs are not generally permitted.

Levels of Difficulty Hiking/Snowshoeing

Level 1 Well defined trails, gentle inclines. Suitable for beginners.

Level 2 Generally on trail. May be hilly, light bush-whacking, some rough spots or obstacles. Boots are recommended.

Level 3 Rough Terrain. One of more of: extensive bush-whacking, 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.

SKYLINE HIKERS OF THE CANADIAN ROCKIES



Celebrating 78 years of hiking
in the Canadian Rockies !

Hikers carry only a daypack, but must be fit for mountain hiking. Enjoy a first class wilderness experience with this non-profit organization.

Camp dates for 2010:

Camp # 1 July 12 to July 17

Camp # 2 July 19 to July 24

Camp # 3 July 26 to July 31

Camp # 4 August 2 to August 7

Camp # 5 August 9 to August 14

Base Camp Location: Molar Pass in Banff National Park !

Camp fee approximately \$990.00 p/p, per camp, plus tax.

Includes return bus transportation from Banff to trailhead, tent accommodation with stove, wholesome meals, hot water, camp staff, guided day hikes, evening camp fire program and sing songs.

For information and a free brochure contact:

1-866-445-3774

e-mail: registrar@skylinehikers.ca

website: www.skylinehikers.ca

Ontario residents contact volunteer:

Harry Moerschner 1-705-445-0267

Advertisement

**REMINDER:
RENEW YOUR MEMBERSHIP !**

Ottawa Club Annual General Meeting Friday, April 16, 2010

Dominion Chalmers United Church, Ottawa

Entrance to the Woodside Room is on the north side of the church. The parking lot is accessed from Lisgar Street just west of O'Connor Street.

Program

Meet and Greet: 6:30 pm

Business Meeting: 7:00 pm

Refreshments: 8:00 pm

Guest Speaker: 8:15 pm

Mr. Michael Haynes will be speaking to us about his upcoming book on the Hiking Trails of Ottawa. His Web site devoted to this publication can be found at: <http://hikingottawa.blogspot.com>

OTTAWA CLUB ACTIVITIES - SPRING 2010

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 12

Wednesday Walkers

Every Wednesday, there are level 2 and 3 hikes or cross-country ski 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

Ottawa Section End-to-End Hikes

In 2010, 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 no official level 2 or 3 hike is planned, there are impromptu hikes/snow shoeing events in the Gatineau. Meet at Tunney's Pasture at 9:15 a.m. Destination to be determined.

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

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

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

NOTICE: Richmond Blue Loops

This summer a number of blue loops were implemented throughout the town of Richmond. One of these loops incorporates a section of Joy's Rd. When starting in this section do not park at the dead end of Joy's Rd. Rather park near the intersection of Garvin Rd and Joy's Rd.

MOONLIGHTERS - Tuesday Evening Spring Hikes

Every Tuesday evening from late April until the end of August, 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 of Tunney's Pasture 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 2010. She will call leaders one week prior to their hike.

Date	Sunset	Leader	Description	Level	Km	Gas
April 27	8:04	Liisa Pent 613-725-2541	Rideau Locks (RT trailhead) from Tunney's Pasture	1	8	0
May 4	8:13	Roger McCullough 613-526-2693	Lac des Fees from Gamelin Blvd. (Hull area)	1	6	\$2
May 11	8:22	Ralph Sullivan 613-749-5534	Penguin Picnic Area/Ridge Road from NCC Visitor Centre (Old Chelsea)	2	6	\$3
May 18	8:30	Lena Creedy 613-789-1657	Skyline from P7 with possible extension to Camp Fortune	2	6	\$3
May 25	8:37	Terry Baker 613-825-5267	Mont Bleu to Pink Lake from CEPEP	2	7	\$3
June 1	8:44	Alex Macdonald 613-302-2137	Kelly Road from Kelly Road at Mountain Road	2	5	\$4
June 8	8:49	Dora Ashiq 613-792-4966	P16 to Herridge	1	10	\$3
June 15	8:53	Marion Dunning 613-226-4681	P12 to Western Lodge	2	8	\$3
June 22	8:55	Grant Malinsky 613-842-8736	P7, via 8 to Keogan	2	9	\$3
June 29	8:55	Alex Macdonald 613-302-2137	Cross Loop Rd to Healey from new P15	2	8	\$3

Nordic Walking Clinic

Is anyone in the Ottawa area interested in a Nordic walking clinic? Nordic Walking would fit nicely with hiking the trail in the Ottawa area. It is a method of walking using two poles. If from 6 to 10 members are interested then we can organize a clinic for members. Cost would range from \$10 to \$25 - poles are supplied. If you are interested please contact Marilyn Schwartz 613-828-4488 or by e-mail marilyn_sch1970@yahoo.ca by March 31. Clinic would be in April or early May.

Bruce Trail'ers begin Rideau Trail End-to-End

May 27-May 31, join members of the Bruce Trail Conservancy on the first third of the Rideau trail from Kingston to Westport. The leaders, Jim Vanderlip and Charles Whitlock, hope there will be a series of hikes to finish the entire Rideau Trail in three years

The hikes will be 20 to 24 Km in length at a Level # 2 pace (moderate) with some strenuous hiking through Gould Lake Conservation Area and Frontenac Provincial Park. The hikes will be of sufficient length to complete the trail in the five days, but will allow adequate time for crossing beaver dams, refreshment stops, wash-room breaks and picture taking.

RTA members are encouraged to participate in this series of hikes, which can be applied to the Kingston Club End to End listed under the Kingston Club Activities in this issue of the Rideau Trail Newsletter.

For details of the hikes, **contact Bill Ottney** at 613-652 2205 or love2drill@sympatico.ca

NOTE: Presented for information only: not an official RTA activity

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
Saturday, March 13 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Chris Heap 613-740-9975
Saturday, March 20 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Chris Heap 613-740-9975
Saturday March 27 1:00 p.m.		Saturday March 27 at 1 p.m. Sugar Bush Social. Join the Ottawa Club as we visit the Proulx Sugar Bush and Farm near Cumberland to sample the delights of spring and maybe do a little hiking too. \$25 will cover a big meal, admission, sleigh ride, guided tour. You may reduce the cost by choosing a less expensive meal and/or forgoing the tour and sleigh ride. We are planning to eat around 3 pm to avoid the crowds during the busiest part of the day. <i>Please phone the contact by March 20 to indicate that you are coming so that we can give the farm an estimate of numbers to expect.</i> Meet at Tunney's Pasture. Gas \$5. Contact: Irma Stegner 613-825-3290
Saturday, April 3 10:00 am	Level 1 8 km	Cataraqui Trail from Smiths Falls. Easy hike, moderate pace. Bring lunch, snack and water. Coffee stop afterwards. Depart from Tunney's Pasture. Gas \$9. Leader: Coby Fuykschot 613-722-6022
Saturday April 3 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Chris Heap 613-740-9975
Saturday April 10 9 am	Level 1-2 13 km	End-to-end #10 Rideau Trail – Rosedale to Merrickville Hike the section Rosedale to Merrickville through the Long Bush where pioneers toiled before us. Map 11 revised. There may be wet spots and some bugs so come prepared. Bring lunch and fluids. Meet at Fallowfield Park & Ride. Car shuttle. Gas \$9. Leader: Elizabeth Mason 613-729-6596
Saturday April 10 7:00 pm		Hike planning session for the Summer schedule. Location to be determined. Look for an e-mail invitation closer to the date for complete details. Leader: Suzanne Brown 613-224-6006

Sunday, April 11 11:00 am	Level 1 8-10 km	Early spring walk along the Rideau River. We will meet at the Sunflower Cafe on Rideau St at Cobourg (on the bus routes #12, 14, or 18). We'll walk to Rideau Falls and then possibly south along the Rideau River as far as Main St where we could end our walk with a coffee stop and take the bus home. Leader: Ruth Hutchinson 613-749-0990.
Friday April 16 7:00 pm		Ottawa Rideau Trail Club AGM All members are invited to join us at the Dominion Chalmers United Church. See notice on page 12.
Saturday April 17 9:30 am	Level 1 8-10 km	Ottawa River to Mud Lake. Hike from Tunney's Pasture along the Rideau Trail to Mud Lake and then do a circuit of the lake. Return by bus from Lincoln Fields. Bring a snack or lunch and seed or crumbs for the birds. Meet at Tunney's Pasture. Leader: Theodora Newton 613-569-3540
Saturday April 17 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Chris Heap 613-740-9975
Wed. April 21 9 am	Map and Compass Clinic	Beginners/Refresher Map & Compass Clinic - Gatineau Park A midweek, one day map and compass clinic that will teach you the skills needed to navigate with confidence off-trail, for both beginners and those wanting a refresher in the basics. First half is theory inside, second half in rugged terrain near Lac Philippe. Max of five participants. Must provide your own compass preferably with declination adjustment. \$5 admin fee. Leaders: Cliff and Gloria Daly. To register, please email cliff.daly@rogers.com or phone 613-224-4413.
Sat April 24 9 am	Map and Compass Clinic	Beginners/Refresher Map & Compass Clinic - Gatineau Park A one day map and compass clinic that will teach you the skills needed to navigate with confidence off-trail, for both beginners and those wanting a refresher in the basics. First half is theory inside, second half in rugged terrain near Lac Philippe. Max of five participants. Must provide your own compass preferably with declination adjustment. \$5 admin fee. Leaders: Cliff and Gloria Daly. To register, please email cliff.daly@rogers.com or phone 613-224-4413.
Saturday, April 24 9:00 am		Adopt-a-Roadway 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. A minimum 12 people is ideal. Rain date will be Sunday, April 25th. Meet at Fallowfield Park and Ride. Gas \$5. Leader: Suzanne Brown 613-224-6006
Saturday, April 24 8:00 a.m.	Level 3 18 km	Gould Lake. Hike the rugged trails in this beautiful Conservation Area, with many ups and downs. Possible wet areas, probable Spring flowers. A long day with a late return, optional stops for supper in Westport. Gas \$10. Depart from Tunney's Pasture. Leader: John Haley 613-225-0590
Sunday April 25 10 am	Level 1 11 km	End-to-End #1 Rideau Trail - Richmond Landing to Britannia Park Hike on city recreational paths along the Ottawa River from Richmond Landing, Ottawa to Lakeside Gardens. Suggested car park: below the National Library & Archives. Meet at Richmond Landing off Portage Bridge. Do not go to Tunney's Pasture. Return by bus. Bring a bus ticket or cash for bus ride. Leader: Maureen Dawson 613-226-3864

**MARCH IS THE MONTH FOR MEMBERSHIP RENEWAL
DO IT NOW!**

Saturday May 1 10 am	Level 1 12 km	End-to-End hike #2 - Britannia Park to Robertson Road Map #15. Easy pace. Bring a lunch and snack. Depart from Tunney's Pasture. Car shuttle. Gas \$2. Leader: Coby Fuykschot 613-722-6022
Saturday May 1 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Chris Heap 613-740-9975
Sunday May 2 8 am	Level 2+ 16 km	Frontenac Park - Slide Lake Loop , the shorter of two routes by that name. Challenging ups and downs, good viewpoints looking over several of Frontenac's lakes. Gas \$10. Depart from Tunney's Pasture. Leader: John Barron 613-828-2296
Wed May 5 7:30 am	Level 1 about 15 km by car, 2 km on foot End by noon	Bird Watching Opportunity Meet at Bate Island at 7:30 a.m. for early morning bird-watching. This is not a "hike," but a visit by car to some urban Ottawa birding hot spots. We drive to places like the Fletcher Wildflower Garden, Britannia Woods, footpaths along the wilder stretches of the Rideau River, etc. It will be peak migration time, so we should see ducks on the rivers and colourful warblers, orioles, thrushes in wooded areas. Bring binoculars if you have a pair. Gas: \$2 Leader: 613-232-2262 or roger_bird@earthlink.net
Saturday May 8 10 am	Level 1 5 km	Gatineau Park, Lauriault Trail A beautiful time of the year to encounter a lovely lookout, a beautiful waterfall, spring flowers and enjoy lunch at an historical estate. Gas \$4. Depart from Tunney's Pasture. Leader: Jean Sunter 613-828-6077
Saturday May 8 9:30 am	Level 3 10-12 km	Gatineau Park escarpment This energetic hike starts from Lusk Falls parking lot and will probably return via the Throne. Considerable climbing and faint trails, good views over Ottawa Valley. Bring lunch and good boots. Gas \$5. Depart from Tunney's Pasture. Leader: Jim Leeson 613-829-1083
Wed. May 12 10 am	Level 1 8 km	Nicholson's Locks Hike from Merrickville to Nicholson's Locks and then explore the locks vicinity - history and birds. Map 11. Mostly easy walking along quiet roads. Bring lunch and fluids. Call leader for meeting place. Short car shuttle. Gas \$9 Leader: Elizabeth Mason 613-729-6596
Saturday May 15 10 am	Level 1 6 km	Morris Island. Enjoy a pleasant springtime walk on trails in a Conservation Area on the banks of the Ottawa River this side of Arnprior. Gas according to guidelines Depart from Tunney's Pasture. Leader: Ron Maybury - ronmay@rogers.com or 613 836-2953
Saturday May 15 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Chris Heap 613-740-9975
Sunday May 16 10 am	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 (request stop), then walk 5 minutes south on Moodie to the starting point – Bike path.) This hike follows NCC, Trans-Canada and Rideau Trails. Lunch at Shirley's Bay before returning to the starting point. Leader: Terry Baker 613-825-5267 or terryrd.baker@sympatico.ca

Sunday May 16 9 am	Level 2+ 10km at a leisurely pace 5 hours	Western Gatineau Park. Lunch at the Sarcophagus, tea at the Water Tank. If this does not sound romantic you will be missing a hike with several wonderful viewpoints across the Ottawa valley from the Eardley Escarpment with the lunch spot being the best. Enough topographic, scenic and vegetative variety for all. Meet at Tunney's Pasture. Gas \$6. Leader: Nigel Brereton nigelb@primus.ca or 613-596-6191
Saturday May 22 9:30 am	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. Meet at Tunney's Pasture. Gas \$5. Leader: Graham and Lena Creedy 613-789-1657.
Saturday May 29 9 am	Level 2 10-12 km	Discovery Hike Discover the Parcours Louis Joseph Papineau at Saint-Andre-Avelin in Quebec. This is a 1.5 hour drive to a trail with works of art and interesting geological formations along the route. The leader has not been to this trail yet so join in the discovery. Bring a lunch, fluids and bug repellent - the trail is stone dust so hopefully we will not be disturbing the bugs! Meet at Tunney's Pasture. Gas \$12 Leader: Elizabeth Mason 613-729-6596
Saturday June 5 10 am	Level 1 4-7 km	Urban Hike - Mooney's Bay. Starting Point: The parking lot at Mooney's Bay beach, opposite St. Elias Church (i.e. with the copper dome roof). We will walk along Mooney's Bay Beach, explore the woods south of Mooney's Bay, and return to Mooney's Bay. Please phone the leader about suggestions to find free and appropriate parking. Leader: Linda Haack 613-232-8129
Saturday June 5 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Alex Macdonald 613-302-2137
Sunday June 6 10 am	Level 1 10 km	Rideau River walk 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. Leader: Terry Baker 613-825-5267 or terryrd.baker@sympatico.ca
Wed. June 9 tbd	Level 1	Cycling Trip. Stay clear of the bugs by cycling in the Ottawa vicinity. Destination and length to be determined. Contact leader for details. Leader: Elizabeth Mason 613-729-6596
Saturday June 12 10 am	Level 1 10 km	Hike from Stittsville to Kanata. Easy hike at a moderate pace. Bring snacks and water. Coffee stop. Gas \$4 Leader: Coby Fuykschot 613-722-6022
Saturday June 12 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Chris Heap 613-740-9975
Saturday June 19		RTA AGM. In Perth See notice on page 5.
Sunday June 20 9:30 am	Level 2 14 km	Rideau Trail Marlborough Forest – Rogers Pond to Earth Star Loop. Depart from Fallowfield Park & Ride. Gas \$5. Leader: Doug Parsons 613-723-0726
Saturday June 26 10 am	Level 1 7-8 km about 3 hours	Rideau Trail & Timm Drive Trails From where the Rideau Trail crosses Corkstown Road at the railway tracks, we will hike towards Bells Corners, cross Timm Drive and then circle on NCC path 21 and return to the starting point. Bring your lunch, water and bug repellent. Trail is wooded path with some stone dust surface. Parking available on Corkstown Road west of Moodie Drive near the railway tracks. The trail can be accessed at the tracks. Meet at Tunney's Pasture. Gas \$2. Leader: Marilyn Schwartz 613-828-4488 or marilyn_sch1970@yahoo.ca
Saturday June 26 9:15 am	Level 2/3 4-5 hr	Gatineau Park. Impromptu hike/snowshoe. Destination to be determined on the day of the outing. Meet at Tunney's Pasture. Leader: Chris Heap 613-740-9975

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GET OUR NEW 2010 HIKING CALENDAR!

E-mail or call with your address & we'll add you to our guest list. You'll also receive our e-newsletter "*Let's Hike*".

Our Hiking Calendar provides complete details for all our trips and features photographs taken exclusively on our holidays.
Iceland • Kenya • Spain • Turkey • Thailand • New Zealand • Corfu • Tuscany • Slovenia & Croatia • Ireland

VIVA LA PASIÓN

April 21 to May 3, 2010

Challenge yourself in the beautiful **ANDALUCÍA** region of southern **SPAIN**. Descend into bottomless gorges to see vultures nesting, hike through picturesque "white villages", learn about 25,000 year old cave paintings and tour the Alhambra Palace. Add some flamenco & a little sangria, and there you have the Spanish passion for living. Olé!

OPA!

May 9 to 22, 2010

Hike to the heavens to visit holy monasteries, trek in shade of ancient olive groves and lose yourself in the cobblestone streets of Corfu Town. **CORFU** is considered by many to be **GREECE'S** most beautiful island, especially in spring when it is carpeted in wildflowers. And you will never tire of the deep, deep blue of the sea that surrounds you.

UNLEASH THE WILD SIDE

July 4 to 16, 2010

Don't just *drive* through **KENYA** – hike it too! Imagine encountering herds of zebras, giraffes and gazelles right on your path! Travel to 3 different parts of the country, take in incredible sunsets over the savannah, visit Masai herdsman in their homes and, of course, see lions, elephants & leopards on our game drives. Accommodations include luxury tented camps and one night at famous Treetops! And did you know that July is the coolest month of the year in Kenya?

ALPS & ADRIATIC

August 29 to September 11, 2010

Two completely different weeks combined for one perfect holiday. First, discover the fairy-tale setting of **SLOVENIJA** with its Julian Alps & medieval castles. Hike behind the thundering Slap Pericnik waterfall, up the challenging but rewarding Mt. Triglav & around glacier-fed Lake Bohinj. Then cross the border into **CROATIA** for a week along the Dalmatian Coast. Hike along pristine pebble beaches, enjoy al fresco dining & swim in the Adriatic.

Advertisement



Along the Trail

By Elizabeth Mason

The osprey nest at Nicholson's Locks. Photo by Don Wigle

The Rideau Corridor provides excellent conditions for osprey. These raptors, also known as fish eagles or fish hawks, were once featured on the Canadian \$10 bill. They migrate to Canada for nesting in the spring and then fly south in September. Look for osprey nests along the Rideau Trail in Elbow of the Jock Park off Steeplehill Crescent, at Upper Nicholson's Locks and in the Murphy's Point area. Many nests are built on artificial nesting platforms provided by Ontario Hydro to encourage wildlife protection and discourage hydro problems. The lockmasters and residents of the Nicholson's Locks area enjoy watching the osprey young grow and leave the nest. The young can sometimes be seen in the rapids below Merrickville learning to fish. For further information on osprey, visit Nicholson's Locks and read the pamphlet displayed on their notice board or visit <http://www.hww.ca/hww2.asp?id=59>



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MEMBERSHIP OR RENEWAL APPLICATION:

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

All members must be at least 18 years of age. () Annual Individual Membership \$25.00 () Annual Household Membership (two adults at the same address) \$30.00 () Patron (Life Membership) * \$500.00 () Trail Guidebook: (<i>edition 7, 2006</i>) insert only, members ** \$25.50 insert and cover, members ** \$35.50 insert and cover, non-members ** \$39.95 () Car Sticker (free to new members) \$1.00 () RTA Hiker Namepin - Please fill in name in box below. \$6.00 () 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: _____ *E-Mail Address (optional): _____ *For monthly and quarterly e-Newsletters & communication NOTE: RTA does not share member info or addressees with any other organization () Please do not send me a printed copy of the Printed Newsletter - I will use the E-mail version)
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 a section of the Trails () Helping with construction projects () Leading hikes () Leading cross-country ski or snowshoe outings () Helping with publicity () Organizing social events () Serving on Executive () Other (Please specify): _____

