

The Rideau Trail NEWSLETTER

WINTER 2010

ISSUE NO. 158



Rideau Trail Association Newsletter

Editor: Ann Bolster, Ottawa Club

Spring Newsletter

The spring newsletter will be prepared by the Kingston Club. Submissions are encouraged. If possible, text should be sent electronically with no document formatting. Pictures are also welcome, in colour or black and white, with good definition and contrast. Please ensure that items arrive by **Feb. 1, 2011**. Send to:

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The RTA is a member of Hike Ontario.

Front Cover: Joys of winter. Photos by Steve Kelly and (bottom right) Lib Mendonça.

Correction: Credit for the top photo on the front of the fall 2010 issue should have gone to David Allcock.

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FALL B&B TRIP

by Elisabeth Gray

There were 25 of us on this annual RTA event, 19 from Kingston, 2 from Perth and 4 from Ottawa. Coordinator Bob Chadwick and friends had researched and prepared for our varied skills, and Bob provided detailed instructions.

After lunch in Granby QC we gathered at Lac Boivin for a scenic hike. I particularly enjoyed walking along the boardwalk, seeing a family of beautiful wood ducks, as well as other waterfowl. A quick look in the park shop and we headed for our destination, Centre d'Arts Orford, next to Parc national du Mont-Orford.

Driving through the gates, I noticed that the huge logs were shaped like 2 hands, the fingers positioned on one side as though holding the strings of a cello and on the other side as though holding a bow. I wondered if they intertwined to close the entrance! The buildings, in a woodland setting, are in musical shapes; for example, a grand piano and a bass clef. We were in the same building as the administrative offices, whose lower level holds a kitchen and a meeting room, where we gathered for drinks and chats before dinner and during free time.

The weather forecast was not promising for our first day, so itineraries were switched. After a hearty breakfast we drove south about 20 km, with views of Lac Memphrémagog, to Abbaye Saint-Benoit-du-Lac, a massive, elegant, modern monastery whose interior and gardens we explored. Some stayed for Morning Prayer, sung in Gregorian chant in the modern and beautiful chapel. It was a moving experience. We then headed west about 30 km through rich farmlands and wild countryside on gravel roads, through the Boltons to the historic tourist town of Knowlton, with its museum, attractive restaurants, and upscale gift and antique shops. A few of us took advantage of end-of-season sales! After lunch we walked the 4-km Knowlton Trail, which follows a stream and then a former rail line to the beach at Lac Brome. We drove back to the Centre along the scenic eastern shore of Lac Brome and Cherry River. Dinner (slow service but delicious food) was at La Merise, a small gourmet

restaurant in the village of Cherry River, about 3 km south of the Centre.

Next morning, after breakfast, we drove 5 minutes north to Mont Orford Park and, after paying our fee, set off on the first of 3 walks planned for that day. The most adventurous among us climbed the rocky trail to the top of 2800-ft Mont Orford, then descended a ski hill. Most of us opted for a level 1, 4-km circuit with pretty pond lookouts. Leaves were just beginning to turn. Although we saw beaver lodges, the only wildlife we spotted were a few crows, blue jays and squirrels. Some then drove 35 km to Valcourt, home of Bombardier, to visit a wonderful museum about the history of the snowmobile. Others chose a level 2 hike of 2 to 3 km a little north; halfway around we had a picnic lunch at a beautiful mountain and lake viewpoint. Those with more stamina then went on a 20-min scenic drive outside the park for a level 2+ hike on a 3-km circuit; the narrow hilly, rocky trails in dense woodland had unusual plants and fungi.

Dinner that night was at L'Expresso, another gourmet restaurant in Cherry River. We were all a bit merry after happy hour and fun with old and new friends and celebrated our last dinner together!

The final morning, after another fine breakfast, some visited the Bombardier Museum or Parc national de la Yamaska before heading home through rain and temperatures that exceeded 30°C.

Thanks again for a job well done, Bob. What can you possibly come up with next? The standard gets higher every year!

IT'S MEMBERSHIP RENEWAL TIME!

Annual memberships in the RTA expire March 31. Please help us cut costs by renewing early using the form in this newsletter or on our Web site.

Welcome, New Members!

Central Club

Karen Black
Patricia Fournier
Irene Parnell
Michael Erion & Kerstin
Ring

Kingston Club

Kathy Asselstine
Alex & Ian Birch
Jenny Bourne
Maggie Burjorjee
Sheila Cornett
Joan Daly
Linda Godin
Liz Kay
Nicole & Jean Lord
Sam & Vivian Ludwin
Jean MacColl
Bob & Diane Payne
Anne Potter
Roch Legault & Jeannine
Proulx
Julie Rawding
Anne Marie Reid
Doetje Skinner
Richard St-Onge
Judith Kinghorn & Paul
Taenzer
Wendy Wales

Ottawa Club

Mina Azad
David Clendenning
Paul Fortin
Cindy Fréchette
René Danis & Dick Gunstone
Marlene MacLean
Virginia Merritt
Diane & Norm Morin
Paul Roche
Adela Romero
Emmanuel Seitelbach
Kim F. Smith
Louise Sweatman
Beth & John Tilbury
Olly Wodin

Non-Affiliated

Pete Bambury

Saturday, June 18, 2011

Rideau Trail Association 40th Annual General Meeting

Details in the spring newsletter

HIGHLIGHTS OF THE OCTOBER RTA BOARD MEETING

by Peter Hawkins, President

A sample map for the new RTA guidebook was previewed by Roger Bird and discussed by the Board. The model Chris Heap and Roger are developing is along the lines of that for the East Coast Trail: a map for a day's hike on the front and a navigational description on the back. Inclusion of points of interest along the trail is not contemplated at present. The RTA is looking at electronic distribution for the maps; this will allow for trail reroutes to be easily obtained. A proposal from Michael Haynes (our speaker at the last AGM) to write an accompanying book was considered, but many difficulties were raised. The Board voted not to proceed with this project.

The topic of online payment for memberships was introduced. It was felt that this idea should be pursued, as it could provide an easier way for many members to pay their annual dues and could become a way to pay for the trail guide. A small group of Board members will research this topic and report at the next meeting.

Treasurer Joy Webster noted that year-to-date receipts and expenditures are comparable to those of last year, which is as it should be since management of the RTA and the programs offered are similar each year. The independent review by Wilf Lamb presented at the AGM was briefly discussed and thought to be of

good value in terms of both cost and reassurance; a similar review in a few years would be prudent.

The report by Membership Director Sheila Menard showed a modest increase in our numbers and a fairly steady "churn rate" in the last several years. Some of the churn represents members of other clubs joining the RTA for 1 year after completing the end-to-end to receive a badge.

The Board approved a motion from the Kingston Club to cover 50% of the cost for up to 9 RTA members to take a wilderness first aid course, provided they have led 3 hikes in the last 12 months and have completed hike leader training. The cost to the RTA would be capped at \$1000.

The Board discussed the first 3 planned projects for the 40th anniversary developed at a special meeting held in Perth September 18 and a few additional projects. The Board would like to have some projects take place during the year rather than all being bunched.

Reports were given by each club about various concerns in their sections. The next meeting has been scheduled for January 22, 2011.

Thanks to Our Recent Donors

Bev Chataway (in memory of
Mildred Saunders)
Edward Hughes
Ernest Munroe
Irene Parnell
Elinor Gill Ratcliffe, CM, ONL
Rick Butson & Al Stewart
Amanda Ross-White & Michael
White

TRAIL CHANGES



1. Central Section: This reroute eschews the high-traffic William Street for the bucolic James Street from the Rideau River to the Market Fresh store on William, where you enter Smiths Falls when northbound.

2. Ottawa Section: The new blue loop from the bottom of the Earth Star trail to Dwyer Hill Road is flooded about 1.2 km east of Dwyer Hill because of a beaver dam and is impassable.

RIDEAU TRAIL CLOSED **Tuesday, March 15, 2011**

The Rideau Trail, where it crosses private land, will be closed on this day to protect the landowners, who allow us to cross their land the rest of the year. The RTA thanks all landowners for their generosity. Please take care not to trespass on this day.

KINGSTON CLUB OPEN HOUSE

by Linda Line, Special Events Coordinator

On September 14 the Kingston Club held an open house to welcome new members, who were invited to bring a friend, at the Ongwanada Centre. Before the doors officially opened at 7:00 pm, people were

pouring in to see what we were about. James Malcolm, owner of Trailhead Kingston, had a booth to demonstrate everything a hiker needs for any season.

In all, 49 people attended. Marie Warner from Membership signed up 11 new members. The next day Wednesday Walkers had a surge in participation as a result of the open house.

This was a tremendous team effort. Elaine Lowen made sure there was lots of publicity, and volunteer bakers supplied a table of treats. Thank you to all. Will we run this event again next year? You bet!



Practical Memento of Our 40th Anniversary!

In its 40th year the RTA is proud to present the first of several special merchandise items. This fall we offer a foldable seat cushion (or "sit-upon") just in time for the damp and snow of winter.

The cushion (5.5 × 2.5"), sporting the RTA logo, features half-inch hard foam padding. Folded into its own drawstring nylon bag, the cushion easily tucks into your knapsack. The total price is just \$6.

Only 50 cushions have been produced, so don't delay in getting your \$6 to a club representative: John Miller, 613-264-8824 (Central Club); Gwyn ("Griff") Griffith, 613-766-2777 (Kingston Club); or Diane McComb, 613-820-3936 (Ottawa Club).

Check the spring newsletter to find out what will be offered next!

ADOPT-A-ROAD

by Jim Fox

The provincial Adopt-a-Road program is an opportunity for community-minded individuals or groups to show their commitment to a clean and green environment by helping to remove roadside litter. Roadside garbage and debris not only detract from the natural beauty of a community but can be harmful to the environment and can create unsafe conditions.

The RTA Ottawa Club has proudly opted to join this venture and for several years has cleaned approximately 5 km along Rogers Stevens Drive between Cedar Grove and Dwyer Hill roads. Sadly, the number of volunteers at these twice-a-year clean-ups is dwindling. This is an opportunity to get outside and walk about 2 km while giving back to the community. Another benefit is publicity for the RTA through the Adopt-a-Road signs. The next clean-up is in spring 2011. Keep it in mind.

Hike Leader Training in Ottawa Saturday April 2, 2011

Are you a new hike leader or thinking of volunteering? Would you like to brush up on your knowledge? Are there hiking situations you would like to discuss?

If you can answer Yes to any of the above, reserve April 2 to hone your hike leading skills. This all-day course, with both classroom and on-trail instruction, is free of charge to RTA members. For nonmembers there is a fee of \$75.

For more details contact Ethel Archard (613-592-7733 or ethel.archard@sympatico.ca). To reserve your spot, mail a cheque for \$75 to Ethel at 11 Selye Cres., Ottawa ON K2K 1C8. RTA members will have their cheques returned at the course. Please provide your name, address, phone number and e-mail address along with your cheque.

Spaces are limited, so register early!

ADOPT-A-TRAIL IN GATINEAU PARK

by Nigel Brereton

More demanding than Adopt-a-Road is a program whereby individuals or small teams adopt a trail from a list provided by the Friends of Gatineau Park (friendsofgatineaupark@myexcel.ca) for May through October. Participants are asked to visit their trail at least once a month and perform routine maintenance to keep it free of branches and other debris, collect litter, wipe interpretive panels (if needed), check the supply of materials in information boxes, note broken handrails, planks or signs, report blockages from windfall or erosion, fire pits and hazardous conditions, and record numbers of cars in the parking lot and users (distinguishing bikers).

NUDE HIKERS IN THE MIST

*by Bruce Henderson**

The full moon rises through the trees.
No! That's a butt o'er backs of knees.
Breathe silently, repress that sneeze.
Nude hikers in the mist.

Do you see them over there?
We have learned to fear the bare.
Be still, beware, take care, take care.
Nude hikers in the mist.

Are they spirits, troubled souls
Who skinny dip in water holes?
How firmly they do grasp their poles.
Nude hikers in the mist.

Are they lovers come to tryst?
Or loners, both depressed and pissed?
Whatever, we will not be kissed
By nude hikers in the mist.

Strange silhouettes glide o'er the hill.
The haunting memory leaves a chill.
O naked nights! A mystery still.
Nude hikers in the mist.

**Inspired by an evening hike past the Wilson carbide ruins to the Capuchin monastery in Gatineau Park.*

LEARNING TO LOVE THE LIME KILN TRAIL (AGAIN)

by Charlene Thomas

In 2005 Ottawa was horrified by the news of the abduction, assault and murder of teenager Jennifer Teague. Jennifer was taken not far from her home in the suburb of Barrhaven while walking home from work late at night. Days later her body was discovered near the parking lot of the Lime Kiln Blue Loop Trail, a bit down the trail, in the side brush. It was a tragic end to an 18-year-old's life, and it shook parents like me to their core.

That's about when I stopped hiking on the Lime Kiln Trail. It didn't matter that this is a beautiful trail, full of hardwood trees, cedar swamps, geologic interest points, history, and birds so tame and trusting that they land unbidden on your arms, hoping to be fed. It didn't matter that I had spent so many happy hours on this trail, running alone with my dog or hiking with my then-young son, feeding the birds, gazing out across the swamps, spotting ducks, otters and beaver. It had now become a haunted place of infinite sadness. I simply stopped visiting it.

Then, in 2009, after volunteering with the RTA to be a trail maintainer, which trail was I given to maintain? You guessed it. No matter my hints at how close I live to Fallowfield or how often I was on the Robertson Road section, the Lime Kiln Blue Loop Trail was in need of a maintainer after the retirement of John Bennett.

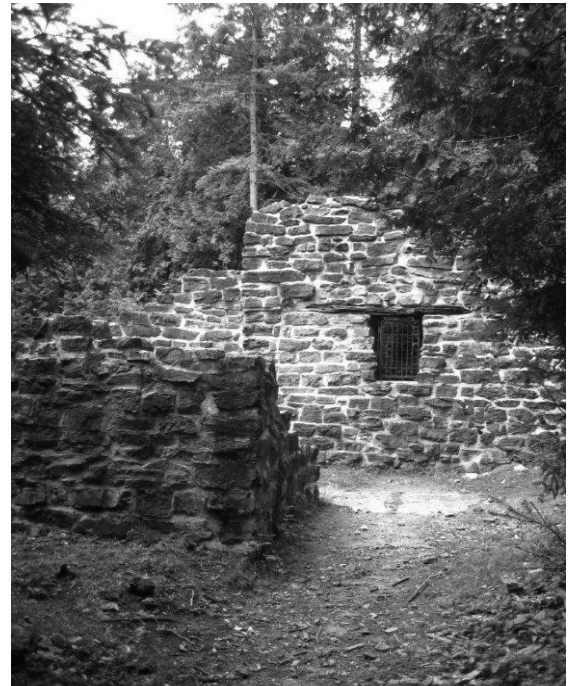
On my first few rounds of maintenance I wouldn't go alone. My son accompanied me, accruing his volunteer hours for high school graduation.

As I got to know the trail again, I started to make new discoveries. The foundations of the Lenahan farmstead are easy to miss if you are in a hurry. In spring and summer, an out-of-place lilac tree is a clue that the foundations are nearby. I wonder if Mr. Lenahan cursed or despaired as he tried to farm this rocky, unforgiving land. How did Mrs. Lenahan soothe her children's poison ivy rashes and bug bites? Not far away, in a clearing, grow wild thyme

and oregano. Could these be remnants of the kitchen garden?

On another part of the trail, rows of stones run across the trail and go far into the woods. Old fences? Or is this where the poor farmer piled rocks when the plow brought up yet another one?

Stand at the old lime kiln itself, tune your ears and listen to the current quarry works of Tomlinson off in the distance. There's enough limestone under your feet to keep the quarries going for a long time yet. Appreciate the industrial history of our area. Try to imagine the sound of dynamite blasting 100 years ago.



Lime kiln. Photo by Charlene Thomas

You never lose the sounds of car traffic on the Lime Kiln Trail. If you take a herd path (and there are many) off the marked trail toward the sounds, more often than not you will encounter a wet area or swamp, full of ducks and geese.

On the boardwalk lookout near the Wild Bird Care Centre, take a look out across Stony Swamp. Be careful when you start to leave, or you may step on a nuthatch sitting at your feet, hoping you will drop

some seeds. Nuthatches are easy to miss when the show-stealing chickadees have your rapt attention.

The John Bennett Boardwalk takes you through a wet area full of cedars. It's always dark and cool in there, with black earth and a tangle of roots underfoot. Nothing else can grow here.

Just beyond the Moodie Drive parking area for the trail, a bench has been placed, with a memorial plaque for Jennifer affixed to the side. The bench remains remarkably free of vandalism but for a couple of initials scratched into it, probably by an infatuated pair of lovers who have never heard of Jennifer. It always makes me sad to see this bench because it makes me think of the tragedy of this young woman's loss of life. But it also reminds me to cherish my life and to be grateful that I am able to walk, run, ski, snowshoe and maintain this trail that I am growing to love again.

Thanks, RTA, for giving me this trail to maintain.

Volunteer Needed Trail Maintenance Coordinator, Central Club

Some of the duties are as follows:

- assigning maintainers for all trail sections
- arranging work parties for trail maintenance
- keeping a supply of markers, signs and stiles
- maintaining or replacing trail maintenance equipment
- attending quarterly Central Club Executive meetings
- liaising with the Routes and Negotiations and Trail Construction coordinators.

If you would like to take on this challenging and interesting position please contact Margaret Lafrance, 613-264-0057, margaretlf@cogeco.ca

ENJOYING NATURAL ART

by Elizabeth Mason

This spring a group of Ottawa hikers discovered the Parours Louis-Joseph Papineau. This is a walking and cycling trail with a difference. Since 2005, a

nature-art symposium has been held every second year. Artists were invited to create a work of art using items from nature. Their masterpieces were constructed along the trail and left there for others to discover. Some works have faded with time, whereas others have withstood nature's weathering. All are explained in detail, en français, on storyboards.

The trail starts in the village of Saint-André-Avelin (north of Papineauville, en route to Montebello) behind the youth hostel. It is well worth a visit. Wander along for a few kilometers admiring the sculptures and then retrace your steps.



A large nest along the Parours Louis-Joseph Papineau. *Photo by W. Neil Roberts*



Another work of art along the trail. *Photo by W. Neil Roberts*

CENTRAL CLUB ACTIVITIES – WINTER 2010/2011

To reach the meeting place, Conlon Farm, take Gore Street southeast through Perth to county road #10 (Scotch Line), turn right towards Westport, then turn at the 4th street on the right, Conlon, and proceed to the farm parking area. If in doubt about any aspect of the activity, call the leader or the club hotline (613-264-8338).

MIDWEEK ACTIVITIES

Wednesday-Morning Wanderers. Level 1, moderate pace. Time and destination are e-mailed to club members at the beginning of each week. For more information contact Margaret Lafrance (613-264-0057).

WEEKEND ACTIVITIES

The popular **Winter Weekend End-to-End** series of hikes, led by Bill Murdoch, begins again in January. Participants are expected to be able to hike at least 10 km per day and to be on the Rideau Trail at least 5 hours. This winter the hikers will be going right through the Central Club's turf, travelling towards Kingston. To leave these weekends free for potential participants, Central Club has not scheduled other hikes for those days.

Saturday, December 4 Last Hike of the Central End-to-End Series

Level 1, 12 km. Smiths Falls to Rosedale / McConnell Road. Meet at 10:00 am.
Leader: David Allcock, 613-264-9075

Friday, December 10 5th Annual Carol Sing and Hike at Foley Mountain

Hike 1.2 km from Perth Road to the Christmas tree. Carol sheets will be provided, but bring a flashlight. Level 1 hike at a seasonal pace. Level 3 carolling. Optional pub stop/dinner afterwards. This is a combined outing with Kingston Club. Meet at 6:00 pm. Gas \$3.
Leader: Gunhild Karius, 613-283-8985

Saturday, December 11 Skycroft Area

Level 2, 8 to 12 km. Hike or snowshoe. Meet at 9:00 am. Gas \$5.
Leader: Dorothy Hudson, 613-283-0332

Sunday, December 19 Round Lake Loop and Christmas Dinner

Level 2, 12 km. Hike or snowshoe. Dinner afterwards at the Skye Dragon, Perth. *Call leader for dinner reservations.* Meet at 11:30 am. Gas \$2.
Leader: David Allcock, 613-264-9075

Sunday, January 2 Westport Area

Level 2, 10 km. Hike or snowshoe the new section of the Rideau Trail from Lions Club Beach to Concession 9. Meet at 10:00 am. Gas \$3.
Leaders: Dave Miller and Meg O'Connor, 613-449-7459

Saturday & Sunday, January 8 & 9 Winter Weekend End-to-End #1

Depart at 8:30 am Saturday at the 221.3 mark on Gilroy Road (see map 11 or 12 of the *Rideau Trail Guidebook*, 7th edition), travelling towards Kingston. On Sunday depart at 8:30 am from wherever Saturday's hike finished.
Contact: Bill Murdoch, 613-389-3023

Saturday, January 15 Murphys Point Provincial Park

Level 1, 8 km. Ski the groomed trails if snow conditions permit, or hike or snowshoe the Point and Sylvan Trails. Meet at 10:00 am. Gas \$2.
Leader: Don Sherwin, 613-264-0759

Thursday, January 20 Hike Leaders' Planning Meeting

Come to 124 Chambers St., Smiths Falls, with your ideas for the spring schedule of activities. Meeting time TBA. Contact: Dorothy Hudson, 613-283-0332

Friday to Sunday, January 21-23 Winter Weekend End-to-End #2

Meet at 7:00 pm Friday for a 2-hour night hike. On Saturday depart at 9:00 am and on Sunday depart at 8:30 am.

Contact: Bill Murdoch, 613-389-3023

Saturday, January 29 Murphys Point Provincial Park

Ski the set trails in the park, or hike or snowshoe, depending on snow conditions. Meet at 10:00 am. Gas \$2.

Leader: Bruce Gourley, 613-283-5967

Saturday, February 5 Last Duel Park to Beveridges Locks

Level 2, moderate pace, 11 km. Hike or snowshoe on the Rideau Trail, then have pot luck at Gunhild and Bill's new home. Bring a light lunch. *Call for address and pot luck information.* Meet at 10:00 am. Gas \$3.

Leader: Gunhild Karius, 613-283-8985

Saturday & Sunday, February 12 & 13 Winter Weekend End-to-End #3

Depart at 8:30 am each day.

Contact: Bill Murdoch, 613-389-3023

Saturday, February 19 Madawaska Nordic Trails, Calabogie

Hike or snowshoe, depending on conditions. Bring a lunch. *Please contact the leader at least a week in advance if you plan to participate.* Meet at Conlon Farm at 9:00 am. Gas \$5.

Leader: Dorothy Hudson, 613-283-0332

Have you renewed your membership?
Please do so today!

Saturday & Sunday, February 26 & 27 Winter Weekend End-to-End #4

Depart at 8:30 am each day.

Leader: Bill Murdoch, 613-389-3023

Saturday, March 5 Perth Golf Course

Level 1 snowshoe or hike. Bring a snack and hot drink. Optional stop for refreshments afterwards. Meet at 10:00 am.

Leader: Margaret Lafrance, 613-264-0057

Sunday, March 13 Skycroft Area

Level 2, 10 km. Hike or snowshoe. Meet at 9:00 am.

Leaders: Dave Miller and Meg O'Connor, 613-449-7459

Saturday, March 19 Mill Pond Conservation Area

Level 2, 6 km. Hike or snowshoe. Meet at 10:00 am. Gas \$4.

Leaders: David Allcock, 613-267-9075, and Rona Pyle, 613-283-2102

Sunday, March 27 Glen Tay to Maberly

Level 1, 14 km. Hike high and dry on the old CP rail line. Meet at 9:00 am. Gas \$2.

Leaders: Dave and Pat Batchelor, 613-264-1559

RTA End-to-End Badges

Anyone who has completed the Rideau Trail end to end and would like to receive a badge at the AGM must notify Board Secretary Gwyn ("Griff") Griffith (613-766-2777, glg@cogeco.ca) by June 10.

OTTAWA CLUB ACTIVITIES – WINTER 2010/2011

Transportation to the trailhead is by carpooling in private cars. Passengers contribute to the driver's gas costs. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers. Scheduled activities take place regardless of weather. Please arrive at least 10 minutes in advance of departure time. For more information about a particular activity contact the leader. For general information about the Ottawa Club call 613-860-2225.

Leaders: Blank sign-up sheets are available on the RTA Web site or from Ethel Archard at 613-592-7733. Please forward completed sign-up sheets to Ethel at 11 Selye Cres., Ottawa ON K2K 1C8.

MIDWEEK ACTIVITIES

Wednesday Walkers

Level 2 and 3 hiking, skiing or snowshoeing. Departure at 9:30 am. For more information, including meeting place, contact Tony Barnes, 613-828-1216 or fellwalkerca@gmail.com. *Do not go to Tunney's Pasture.*

Tuesday Skating

For skating on the Rideau Canal, depending on ice conditions, meet at 10:00 am Tuesdays at the change room on Linden Terrace Street at Patterson Creek. Contact: Dave Audette, 613-224-1147, dg.audette@sympatico.ca

Tuesday Evenings

December 14 Christmas Lights Walk

Meet at inside door of National Library and Archives, 395 Wellington St., at 6:00 pm. After the walk, the group will head to a pub for some Christmas cheer.

Contact: Maureen Dawson, 613-226-3864 or Maureen.Dawson@rogers.com

January 18 Shirley's Bay Moonlight Snowshoe

Level 1, 4.5 km. Bring a flashlight, warm clothing and spooky stories for this full-moon evening on the trails. Depart at 7:00 pm from Tunney's Pasture. Gas \$2.

Leader: Suzanne Brown, 613-224-6006

Moonlighters' Urban Walks, Spring 2011

March 22 to April 19. There may be a refreshment stop after the walk. *Do not go to Tunney's Pasture:* meet at the starting point of the walk for departure at 6:00 pm. Contact: Pat Archer, 613-565-6149

March 22 Sandy Hill/Canal/Ottawa East

Meet in Strathcona Park parking lot (end of Somerset Street East).

March 29 Hull (Gatineau) Loop

Meet in parking lot on *east* side of National Library and Archives, off Wellington Street.

WEEKEND ACTIVITIES

The **Winter Weekend End-to-End** hikes begin again in January, travelling towards Kingston from the Central Club region. See the Kingston activities section for details. For most weekend and Tuesday-evening activities in the Ottawa area the following are used as meeting places.

Tunney's Pasture	Fallowfield Park & Ride	Baseline Park & Ride
Parking lot of the R.H. Coats Building (Statistics Canada) on the west side of Parkdale Avenue just north of where it crosses Scott Street. Tunney's Pasture OC Transpo stop is 1 block away.	Northwest parking lot of Fallowfield Park & Ride, off Fallowfield Road west of Woodroffe Avenue. By car take the first left after entering the Park & Ride, turn right into the parking lot, then cross the lot to the far side.	Parking lot of Baseline Park & Ride, off Woodroffe Avenue south of Baseline Road. Meet at the southeast corner of the parking lot.

Impromptu Saturday Outings in Gatineau Park

When no official level 2 or 3 activity is scheduled there are impromptu outings. Bring lunch and wear warm clothes in layers. Meet at Tunney's Pasture at 9:15 for a prompt 9:30 departure. *Warning: these outings are NOT for beginners. They may be long and challenging.*

Snowshoeing/Hiking

Expect to walk for 4 to 5 hours plus a lunch stop. E-mail your name, e-mail address and phone number to be kept informed about proposed destinations. Contact: Chris Heap, 613-740-9975 or chrishe@ieee.org.

Cross-Country Skiing

These outings involve shared leadership. Be flexible and bring your own ideas for a destination. Contact: Steve Kelly, 613-422-1318 or stkelly@rogers.com

Reserve This Date Saturday, April 16, 2011: Ottawa Club AGM Details in the spring newsletter
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Monday, December 27 Special Impromptu Skiing

Except that it's Monday, the usual impromptu skiing description applies. Conditions permitting, participants at the meeting point will determine the destination, as usual.

Saturday, January 1 Special Impromptu Skiing: New Year's Saving Time

Departure at a special time this day only: 10:30 am. Conditions permitting, participants at the meeting point will determine the destination, as usual.

Saturday, January 8 Snowshoe Clinic and Hiking

Level 1, 5-8 km. On trails from Chelsea Visitors' Centre; some climbs/descents. Bring snack or lunch. Optional afternoon hike. Snowshoe rentals approx. \$15/day from Trailhead (613-722-4229); book your own (mention RTA) and note cancellation charge. Depart at 9:30 am. Gas \$3. For meeting place contact the leader, Theodora Newton, 613-569-3540.

Saturday, January 8 Gatineau Park Snowshoeing

Level 3, at least 8 km. Vigorous pace with ups and downs. Leave Tunney's Pasture at 9:30 am. Gas contribution will depend on destination, to be determined. Leader: Ann Lane, 613-741-3184 or ann.l@ncf.ca

January 8 & 9 Winter Weekend End-to-End #1. For details see Kingston activities section.

Saturday, January 15 Gatineau Park Skiing

Level 2, 10-12 km. Ski from P7 on the smaller, ungroomed trails, to a hut for lunch. Depart at 10:00 am from Tunney's Pasture. Gas \$4. Leader: Elizabeth Mason, 613-729-6596

January 21-23 Winter Weekend End-to-End #2. For details see Kingston activities section.

Saturday, January 22 Nepean Sportsplex Snowshoeing

Level 1, 8-9 km. On trails, including NCC trails 32 and 33. Meet at Baseline Park & Ride at 12:30 pm. Gas: \$2. Leaders: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca) and Jean Cottam, 613-726-1596 (cottamkj@look.ca).

Sunday, January 23 Marlborough Forest Snowshoeing

Level 2, 8-9 km. Snowshoe the Flood Road Earth Star Loop of the Rideau Trail. Depart from Fallowfield Park & Ride at 10:00 am. Gas \$5. Leader: Doug Parsons, 613-723-0726

Ottawa Club Winter Get-Away: January 28-30, 2011, Laurentians

Cross-country skiing and snowshoeing at Val-David, Val-Morin and Park Dufresne, on 80 km of ski trails and 16 km of snowshoe trails. Included: 2 nights' lodging, 1 four-course dinner, 2 breakfasts, service charges, parking, all on-site activities (sauna, pool etc.), and access to the trail network and the park. Taxes are extra. Cost: \$268 per person single occupancy; \$198 per person double occupancy. Rooms (some "comfort class", some "comfort plus") have been reserved until January 4 (please register before then). Contact Dave Audette (613-224-1147 or dg.audette@sympatico.ca).

Saturday, January 29 Impromptu Snowshoeing. See above for info. Route to be determined.

Saturday, January 29 Gatineau Park Skiing

Level 1, about 10 km. From P19, with indoor lunch. Easy trails and a pace everyone can handle. A few ups and downs. Gas \$5. Leave Tunney's Pasture at 9:30 am. Leader: Steve Kelly, 613-422-1318, stkelly@rogers.com

Sunday, January 30 Mud Lake Snowshoeing or Hiking

Level 1, 8-10 km. Snowshoe or hike around Mud Lake conservation area and along the Ottawa River on the Rideau Trail. Bring seed for the chickadees. Meet at Metro/WalMart lobby of Lincoln Fields Shopping Centre to depart at 1:00 pm. Leader: Ann Bolster, ann_bolster@yahoo.ca or 613-828-5131.

Saturday, February 5 Gatineau Park Skiing

Level 2, about 10 km. On various trails from P12, with lunch at Western Lodge. Depart from Tunney's Pasture at 9:30 am, returning mid-afternoon. Gas \$4. Leader: Alex Bissett, 613-828-4363 or alexbissett@sympatico.ca

Saturday, February 5 Gatineau Park Snowshoeing

Level 3, 10 km, 6 hours. Strenuous hike at compassionate pace. Lots of climbing for lots of views, from the bottom of Eardley-Masham Road to the Lac au Foin cliffs and return. About 1200 vertical feet. Leave at 8:30 am from Tunney's Pasture. Gas \$5. Questions? Contact Cliff Daly, at cliff.daly@rogers.com or 613-224-4413.

Have you renewed your membership?
Please do so today!

Saturday, February 12 Skiing on NCC Trails

Level 1, no more than 2 hours. Eat a hearty breakfast and bring along a snack. Depart at 10:00 am from Tunney's Pasture. Gas \$2. Leader: Elizabeth Mason, 613-729-6596

Saturday, February 12 Impromptu Snowshoeing. See above for info. Route to be determined.

February 12 & 13 Winter Weekend End-to-End #3. For details see Kingston activities section.

Saturday, February 19 Kanata Snowshoeing

Level 1, 5-6 km. Scenic South March Highlands Conservation Forest. Easy pace but slightly hilly in parts. Optional coffee stop afterwards. Depart from Baseline Park & Ride at 10:30 am. Gas: \$3. Leader: Ethel Archard, 613-592-7733

Saturday, February 19 Impromptu Snowshoeing. See above for info. Route to be determined.

Sunday, February 20 Marlborough Forest Snowshoeing

Level 2, 8-9 km. Explore the Blue Trail and Duck's Unlimited marshes. Depart from Fallowfield Park & Ride at 10:00 am. Gas \$5. Leader: Doug Parsons, 613-723-0726

Saturday, February 26 Impromptu Snowshoeing. See above for info. Route to be determined.

February 26 & 27 Winter Weekend End-to-End #4. For details see Kingston activities section.

Sunday, February 27 Pincrest Creek NCC Recreational Pathway

Level 1, 8 km. Snowshoe or hike. Gentle ups and downs. Meet at the Carling Avenue entrance to Lincoln Fields Shopping Centre to depart at 1:00 pm. Leader: Ann Bolster, ann_bolster@yahoo.ca or 613-828-5131.

Saturday, March 5 Impromptu Snowshoeing. See above for info. Route to be determined.

Saturday March 12 Early Spring Walk, Cafe to Coffee Shop

Level 1, 10 km. Walk to the Rideau Falls and back along the river, then warm up with coffee and conversation and return by bus. Bring water, bus fare and cash for coffee. Meet at Sunflower Cafe, Rideau & Cobourg streets (buses 5, 7, 12, 14, 18) at 11 am. *Must call leader in advance.* Leader: Ruth Hutchinson, 613-749-0990

Saturday, March 19 Eco River Walk

Level 1, 4-7 km, 2 hours. Tunney's Pasture to the National Library and Archives along the Ottawa River, enjoying the spring thaw. Bring a bag to collect garbage along the route. Depart at 10:30 am. Leader: Linda Haack, 613-232-8129

Saturday March 26 Spring Walk and Brunch

Level 1, 8 km. Rideau Falls and Ottawa River, through Rockcliffe to "Sugarfest" in Vanier. Bring water, bus fare and cash for pancake brunch. Meet at 10:30 am at Beechwood Avenue and Crichton Street (buses 1, 5, 7, 9) and return on bus 5. *Do not go to Tunney's Pasture.* Leader: Ruth Hutchinson, 613-749-0990

**White Mountains Day Hiking
Monday, May 16 to Thursday, May 19, 2011**

Level 2 and 3 rugged day hikes in the White Mountains of New Hampshire, staying at the Kinsman Lodge (shared baths) in Franconia, NH. Can\$275 per person double occupancy, Can\$300 per person single occupancy; all inclusive. Three full breakfasts (Tues, Wed, Thurs), two four-course dinners (Tues, Wed) and three nights' accommodation (Mon, Tues, Wed). Arrange your own transportation. \$10 nonrefundable deposit to reserve. Payment of balance by mid-April. For information contact the leaders, Cliff and Gloria Daly (cliff.daly@rogers.com; 613-224-4413).

KINGSTON CLUB ACTIVITIES – WINTER 2010/2011

The meeting place for all our activities, unless otherwise stated, is the Canadian Tire parking lot along Bath Road towards the gas station. Be there shortly before the departure time indicated. Bring lunch and extra water. Wear strong footwear and come prepared for weather changes. If in doubt about your ability, call the leader in advance. Carpooling will be organized. Car entry fees for provincial parks and conservation areas are shared. Hike leaders may obtain sign-in sheets from Jenny Ellis (613-549-6807). Please forward completed sheets to her at 791 Ridge Ave., Kingston ON K7L 4V1.

Pace scale: slow = 2-3 km/h; moderate = 3-4 km/h; fast = 4-5 km/h; very fast = 5+ km/h.

Winter Weekend End-to-End Hiking

Participants are expected to be able to hike at least 10 km per day and to be on the Rideau Trail at least 5 hours. For further information contact Bill Murdoch, 613-389-3023.

- **Weekend 1, January 8 & 9:** Depart at 8:30 am Saturday at the 221.3 mark on Gilroy Road (see map 11 or 12 of the *Rideau Trail Guidebook*, 7th edition), travelling towards Kingston. On Sunday depart at 8:30 am from wherever Saturday's hike finished.
- **Weekend 2, January 21-23:** Meet at 7:00 pm Friday for a 2-hour night hike. On Saturday depart at 9:00 am and on Sunday depart at 8:30 am.
- **Weekend 3, February 12 & 13:** Depart at 8:30 am each day.
- **Weekend 4, February 26 & 27:** Depart at 8:30 am each day.

Friday, December 10 5th Annual Carol Sing and Hike at Foley Mountain

Hike 1.2 km from Perth Road to the Christmas tree. Carol sheets will be provided, but bring a flashlight. Level 1 hike at a seasonal pace. Level 3 carolling. Optional pub stop/dinner afterwards. Combined outing with Central Club. Meet at 5:30 pm. Gas \$7. Leader: Bill Ottney, 613-858-3183

Wednesday, December 15 Big Sandy Bay, Wolfe Island

Level 1, beach pace, 12 km. Meet at Wolfe Island ferry dock for the 9:30 am ferry departure. Gas \$2. Leader: Audrey Sanger, 613-384-6244

Saturday, December 18 Skiing or Hiking, Opinicon Area

Level 2, moderate pace, 10 km. Rideau Trail to Cataragui Trail, with return on Old Bedford Road to Opinicon Road. Visit the old mine. Depart at 9:00 am. Gas \$4. Leader: Don Coulter, 613-542-9998

Sunday, December 19 Upper Canada Village

Level 1-2. A short hike before dinner at the Harvest Barn, then a horse-drawn wagon ride to see the lights. Entrance fee plus \$4 for the wagon ride, plus cost of your dinner. Depart at 12 noon. Gas \$10. *Call to confirm you're coming. Ottawa and Central club members welcome!* Leader: Pat Casey, 613-385-2356

Sunday, January 2 Snowshoeing or Hiking at Gould Lake

Level 2, moderate pace, 10 km. Rideau Trail from the gates, to Spur Point and return, depending on conditions. Depart at 9:00 am. Gas \$5. Leaders: Robert & Jane Hough, 613-373-2268

January 8 & 9 Winter Weekend End-to-End #1

Sunday, January 9 Parrott's Bay Conservation Area

Level 1, easy pace, 8 km. Snowshoe or hike trails. Depart at 1:30 pm. Gas \$3. Leader: Peter Burbidge, 613-634-1877

Tuesday, January 11 Hike Planning Meeting
At 33 Elmwood Rd. (off Sir John A. Macdonald Boulevard). Use front lobby entrance and buzz 444.
7:00 pm. Contact: Elgin Bock, 613-389-4216

Wednesday, January 12 Cataract Trail

Level 1, moderate pace, 12 km. Hike or snowshoe Curl Road to Camden East and beyond. Depart at 9:00 am. Gas \$5.

Leader: Audrey Sanger, 613-384-6244

Saturday, January 15 Little Cataract Conservation Area

Level 1+, moderate pace, 10 km. Ski or hike. Warm lunch stop. Make some new friends! Depart at 10:00 am. Gas \$2.50 plus park entrance fee.

Leader: Stan Huff, 613-548-3003

Sunday, January 16 Frontenac Provincial Park

Level 2, slow pace, 8 km. Snowshoe Doe Lake etc. Depart at 9:00 am. Gas \$5 plus park fee.

Leader: Peter Burbidge, 613- 634-1877

January 21-23 Winter Weekend End-to-End #2

Saturday, January 22 Urban Hike, Kingston

Level 1, moderate pace, distance to be determined by weather. Urban hike in and around Kingston. Depart 9:00 am. Gas \$2.

Leader: Audrey Sanger, 613-384-6244

Sunday, January 23 Charleston Lake Provincial Park

Level 1-2, slow to moderate pace, 10-12 km. Hike or snowshoe the scenic winter trails. Depart at 9:00 am. Gas \$6.

Leader: Norm Trembath, 613-659-3894

Saturday, January 29 Skycroft to Massasauga Road

Level 2, moderate pace, 12 km. Ski, snowshoe or hike, depending on conditions, from Opinicon Road along the Old Bedford Road (partially flooded areas), past Hamilton Lake to Massasauga Road (Buck Lake Loop), returning to Opinicon Road.

Depart at 9:00 am. Gas \$5. *Please phone for conditions and to ensure company.*

Leader: Don Coulter, 613-542-9998

Have you renewed your membership?
Please do so today!

Laurentians Ski Weekend, February 4-6

Space is still available at Hôtel Le Chantecler and on the bus for the Kingston Club Ski Weekend. For information contact Lars Thompson (613-389-8747 or [thorlarson @cogeco.ca](mailto:thorlarson@cogeco.ca)).

Saturday February 5 Frontenac Provincial Park

Level 2, moderate pace, 10 km. Hike or snowshoe the scenic Arkon/Bufflehead trails. Weather conditions may result in an alternative activity.

Depart at 9:00 am. Gas \$5.

Leader: Dave Armitage, 613-634-4426

Wednesday, February 9 K & P Trail

Level 1, moderate pace, 10-15 km. Ski or hike.

Includes some Rideau Trail. Precise location and distance will depend on the weather. Depart at 9:00 am. Gas \$2.

Leader: Bob Chadwick, 613-544-9222

February 12 & 13 Winter Weekend End-to-End #3

Saturday, February 12 Skycroft to Upper Rock Lake

Level 2, moderate pace, 10 km. Ski or snowshoe the Rideau Trail from Skycroft to Upper Rock Lake parking area. Depart 9:00 am. Gas \$5. *Please phone for conditions and to ensure company.*

Leader: Don Coulter, 613-542-9998

Sunday, February 13 Amherst Island

Level 2, moderate pace, 10 km. Hike circular route around island. Visit Owl Woods and scenic shore. Meet at ferry dock for Amherst Island at 9:30 am.

Leader: Dave Armitage, 613-634-4426

Saturday, February 19 Frontenac Provincial Park

Level 2, moderate pace, 8 km. Ski or snowshoe on the road from the park gate to Big Salmon Lake. Enjoy scenery and wildlife tracks. Depart at 9:00 am. Gas \$5 plus park fee.

Leader: Elgin Bock, 613-389-4216

Sunday, February 20 Parks Canada Mallory Town Trails

Level 2, moderate pace, 10-14 km. Hike or snowshoe through mature woods. Depart at 9:00 am. Gas \$6. *If you can meet the group for the leader, please call.*

Leader: John Cornish, 613-382-4778

Thursday, February 24 Market Square Skate

Level 1. Warm up afterwards with friends at Tir Nan Og. Meet at Market Square Rink at 7:00 pm. Leader: Elgin Bock, 613-389-4216

February 26 & 27 Winter Weekend End-to-End #4

Saturday, February 26 Urban Hike

Level 1, slow to moderate pace depending on conditions, 10 km. Rideau Trailhead to CN Station. Lunch at station or Tim Horton's. Ski poles or spiked hiking poles advised. Depart at 9:00 am. Gas \$2.

Leader: Bob Chadwick, 613-544-9222

Saturday, March 5 Myles Acres

Level 1 ski, moderate pace, 10 km. Easy terrain. Warm lunch stop. Depart at 10:00 am. Gas \$2.50. Entrance fee.

Leader: Stan Huff, 613-548-3003

Wednesday, March 9 Landon Bay

Level 1, moderate pace, 12 km. Some of the nicest, easy-walking trails in Frontenac Arch Biosphere Region. Lovely views of the Thousand Islands and forests. Depart at 9:00 am. Gas \$5. A donation box awaits your gift (for the trails, not the leader!) *If you can meet the group for the leader, please call.*

Leader: John Cornish, 613-382-4778

Saturday, March 12 Rideau Trail

Level 3, moderate pace, 15 km. Hike or snowshoe from Frontenac Park to Perth Road, weather permitting. Depart at 8:30 am. Gas \$5.

Leader: Dave Armitage, 613-634-4426

Saturday March 19 Rideau Trail, Unity Road

Level 1, moderate pace, 12 km. Hike a "stylish" part of the Trail. Depart at 9:00 am. Gas \$2.

Leader: Audrey Sanger, 613-384-6244

Saturday, March 19 Celebration Pot Luck

Bring your "house specialty" to celebrate the RTA's 40th anniversary. Coffee, tea and juice will be provided. BYOB. Room rental fee \$3 per person. Location: Queen's Women's Association, 144 Albert St. 6:00 pm. RSVP: Linda Line, 613-531-4353

Sunday, March 20 Rock Dunder

Level 2, moderate pace, 10 km. We hope to hike to the top and incorporate loop trails. Spectacular views! Possible refreshment stop afterwards. Depart at 9:00 am. Gas \$6.

Leaders: Robert & Jane Hough, 613-373-2268

Thursday, April 28: Kingston Club 40th Anniversary AGM

Ongwanada Resource Centre Auditorium
191 Portsmouth Ave.

6:30 to 7:00 pm: Social time

7:00 to 9:00 pm: Meeting

Laurentians Biking and Hiking in June

Bike on the 200-km P'tit Train du Nord section of the TransCanada trail and on paved trails at Mont-Tremblant. Potential to hike Edge Trail at the top of the mountain. Adjacent to the trail is affordable, convenient motel accommodation. If interested, contact Elgin Bock, at 613-389-4216.

RTA End-to-End Badges

Anyone who has completed the RTA end-to-end and would like to receive a badge at the AGM must notify the Board Secretary, Gwyn ("Griff") Griffith (613-766-2777, glg@cogeco.ca), by June 10.



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AMAZING THAILAND

February 6 to 20, 2011

Experience Thailand as a traveller and not as a tourist. Hike through fields of coriander, have lunch in a hilltribe village, bathe rescued elephants & get up at the crack of dawn to offer alms to the monks. This trip is filled with new and unique experiences every single day.

IRELAND

June 7 to 17, 2011

With more shades of green than you can imagine, the Emerald Isle lives up to its deserving reputation. From historical Dublin to picturesque Killarney & parts in between, we will take you hiking through some of the most sought-after scenery the country has to offer - and we'll even make a few pub stops along the way!

AUSTRIAN ALPS

July 10 to 22, 2011

One of the world's best hiking experiences! Come to beautiful Vorarlberg where we will conquer the Alps, trek past glacial lakes, ride chairlifts and cable cars, and enjoy breakfasts some 6,000ft above sea level. Our Austria Holiday is consistently regarded by past guests as their favourite C.H.H. trip – find out why!

ICELAND

August 2 to 12, 2011

Trek on volcanic terrain, marvel at the view atop Iceland's "Grand Canyon", stand at the edge of the most powerful waterfall in all Europe & relax in the soothing thermal waters of the Blue Lagoon. From Reykjavik to the northern fishing village of Husavik, enjoy the most dramatic landscape anywhere.

CROATIA & SLOVENIJA

August 29 to September 11, 2011

The dynamic duo of holidays!
First, come with us to Croatia for a week along the Dalmatian Coast. Hike along pristine pebble beaches, enjoy al fresco dining & swim in the Adriatic. Then cross the border into Slovenija with its Julian Alps and medieval castles. Hike behind the thundering Slap Pericnik waterfall, up the challenging but rewarding Mt. Triglav and around glacier-fed Lake Bohinj.

TURKEY

October 15 to 26, 2011

Hike in Cappadocia with its secret frescoed churches, underground cities and volcanic tuff sculpted into fairy chimneys. Visit ancient ruins, shop the bazaars of Istanbul and take a history lesson through time. Steeped in tradition and a masterpiece of nature, Turkey will impress you.

Advertisement

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 (613-241-8397) and
369 Richmond Rd., Ottawa (613-722-0166)

The Peak Experience
795 Gardiners Rd., Kingston (613) 384-2002)

Trailhead Ottawa
1960 Scott St., Ottawa (613-722-4229)

SKYLINE HIKERS OF THE CANADIAN ROCKIES



Celebrating 25 years of hiking in the Canadian Rockies!

Hikers carry only a backpack, but must be fit for mountain hiking.

Enjoy a first class wilderness experience with this non-profit organization. **Camp dates for 2011:**

Camp # 1 July 11 to July 16

Camp # 2 July 18 to July 23

Camp # 3 July 25 to July 30

Camp # 4 August 1 to August 6

Camp # 5 August 8 to August 13

Base Camp Location: Kananaskis Country, Alberta!

Camp fee approximately \$950.00 p/p, per camp.

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.

Dates, camp fee & location are subject to change.

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

CHANGING YOUR E-MAIL ADDRESS?

If you have provided the RTA with an e-mail address, please don't forget to notify us of any changes to it. Otherwise, you will miss out on our monthly e-Letter and any other club information. Send your changes to: info@rideautrail.org

RTA GIFT MEMBERSHIPS AND DONATIONS

Why not consider a donation or a gift membership in the RTA to celebrate those important events (birthdays, anniversaries, retirement, Father's Day, Mother's Day) or in memoriam? A tax receipt will be issued for a donation of \$10.00 or more.

MEMBERSHIP APPLICATION

The RTA membership year runs from April 1 to March 31, but if you join after October 31 your membership will be extended to the end of the following membership year. Your fees entitle you to receive the quarterly newsletter and to vote at association and local club meetings. They also provide essential financial support for maintenance, improvement, extension and protection of the Rideau Trail. Mail to: Rideau Trail Association, PO Box 15, Kingston ON K7L 4V6.

All members must be at least 18 years of age.

- | | |
|--|------------|
| ☐ Annual Individual Membership | \$25.00 |
| ☐ Annual Household Membership
(2 adults at the same address) | \$30.00 |
| ☐ Patron (Life Membership) | * \$500.00 |
| ☐ Trail Guidebook: | |
| Members, insert only | ** \$25.50 |
| Members, insert & cover | ** \$35.50 |
| Nonmembers, insert & cover | ** \$39.95 |
| ☐ Car Sticker (free to new members) | \$1.00 |
| ☐ RTA Hiker name pin. Fill in box below | \$6.00 |
| ☐ Crest | \$2.00 |
| ☐ Enamelled Pin | \$6.00 |
| ☐ Wall Map | ** \$12.00 |
| ☐ Donation, Rideau Trail Association | * \$_____ |
| ☐ Donation, Rideau Trail Preservation Fund | * \$_____ |

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

** Includes postage and handling

Prices subject to change TOTAL \$_____

PLEASE INDICATE MEMBERSHIP CATEGORY

New ☐ Renewal ☐ Life ☐

(Please Print)

Name(s):

Address:

Postal Code:

Telephone:

*E-mail address (optional):

☐ Please do not send me a printed copy of the newsletter. I will use the e-mail version.

* For monthly and quarterly e-newsletters and communications. Note that the RTA does not share member information with any other organization.

In addition to enjoying hiking and other activities sponsored by the local clubs, there are many other ways to be actively involved in the RTA. Check any activities on the right that interest you. You will be contacted when your help is needed.

Name on RTA Hiker name pin (print in CAPS)

- | |
|--|
| ☐ Maintaining a section of the trail |
| ☐ Helping with construction projects |
| ☐ Leading hikes |
| ☐ Leading cross-country ski or snowshoe outings |
| ☐ Helping with publicity |
| ☐ Organizing social events |
| ☐ Serving on the executive |
| ☐ Other (please specify): _____ |



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RETURN UNDELIVERABLE
CANADIAN ADDRESSES TO
Rideau Trail Association
PO Box 15
Kingston ON K7L 4V6

LABEL

PARTICIPANTS' RESPONSIBILITIES

Participants are expected to choose a trip suited to their physical abilities and skills. They should inform the trip leader, at the start, of any health problem or potential difficulty with equipment. Each participant will respect all financial obligations. The leader will expect support and cooperation by each participant. Parents and guardians must supervise their children.

Hiking/Snowshoeing Levels of Difficulty

Level 1: Well-defined trails, gentle inclines.

Level 2: Generally on trail. May be hilly, with light bushwhacking, rough spots or obstacles.

Level 3: Rough terrain. One or more of extensive bushwhacking, steep sections, long climbs and descents, rock climbing and beaver dams or other obstacles. Level 2 experience and high level of fitness are essential.

Cross-Country Skiing Levels of Difficulty

Level 0: Easy, short, slow. Other levels require experience and may be long (more than 15 km).

Level 1: Easy. Small hills, wide trails (green).

Level 2: Intermediate. Narrower, steeper trails (blue).

Level 3: Expert. Steep, narrow trails (red/black) and/or bushwhacking.



ALONG THE TRAIL

At the corner of Richmond Road and Steeplehill Crescent south of Fallowfield is a monument to Charles Lennox, 4th Duke of Richmond. In 1818 he was appointed Commander-in-Chief of the British North America colonies and Governor-in-Chief of Lower Canada. In 1819 he made his first official visit to the military posts under his control. Before leaving home he rescued his dog from a mad fox and was bitten on the hand. He then proceeded on his trip by boat, horse and foot. By late August he was in Perth and feeling quite ill but insisted on continuing through swamp, swale and bush to the town of Richmond. He died of rabies at the Chapman homestead, just outside Richmond. The town, Richmond Road and Richmond Landing, where the Rideau Trail ends in Ottawa, are named for the Duke. (Source: historic plaque and *Carleton Saga*, by Harry and Olive Walker, Runge Press, Ottawa, 1968.) *Photo by Suzanne Brown*

From the editor: We invite brief descriptions and photos of your discoveries of historical or natural interest along the Rideau Trail.