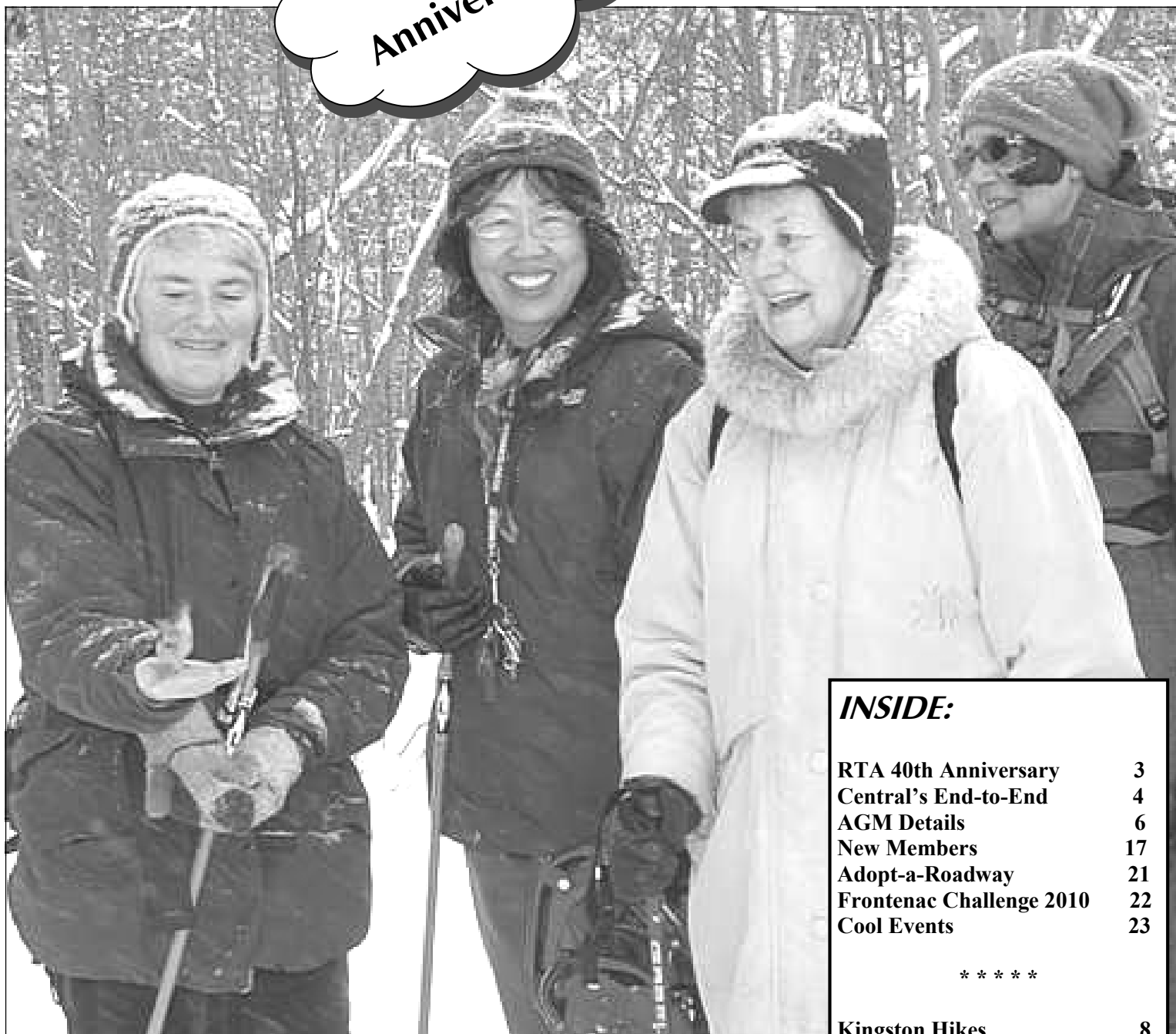


The Rideau Trail NEWSLETTER

SPRING 2011

ISSUE NO. 159

**Our Trail's
40th
Anniversary!**



INSIDE:

RTA 40th Anniversary	3
Central's End-to-End	4
AGM Details	6
New Members	17
Adopt-a-Roadway	21
Frontenac Challenge 2010	22
Cool Events	23

* * * * *

Kingston Hikes	8
Central Hikes	12
Ottawa Hikes	15

'Enjoying the Lime Kiln Trail in the winter with a feathered friend

Photo by Art Ferri

Rideau Trail Association Newsletter

Issue 159 Spring 2011

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

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the Rideau Trail Association..*

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Editor of this issue: John Cornish, Kingston Club

Summer 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, with good definition and contrast. Please ensure that all items arrive by **May 01, 2011** and that they are sent directly to the Ottawa editor:

Ann Bolster, 1901-2625 Regina St
Ottawa, ON K2B 5W8
613-828-5131 ann_bolster@yahoo.ca

Thanks to these Rideau Trail Donors:

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The Rideau Trail Association is a member of
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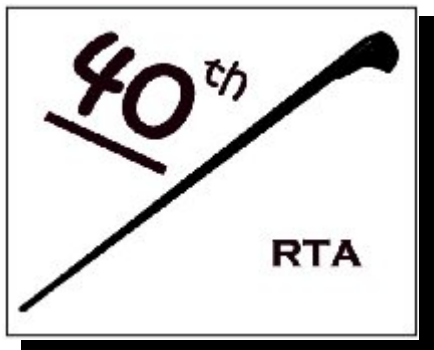
RIDEAU TRAIL CLOSED TUESDAY, MARCH 15, 2011

The Rideau Trail, where it crosses private land, will be closed on this day to protect the property rights of our Land Owners who allow us to cross their land the rest of the year. RTA thanks all these generous folk.

Please take care not to trespass on this day.

THE RIDEAU TRAIL - FORTY YEARS YOUNG!

Your invitation to a birthday party!



Youngsters (under 60)

Long-Time Friends (those that cannot now hike as they used to but are still enthusiastic supporters)

All The Rest of Us!

AndThe best present you can bring will be your participation - Read on!

A birthday deserves a celebration!

What better present for our Trail than to use it? The President's Walking Stick, our symbol of office, will lead the way for a 40th Anniversary End-to-End Relay. President Peter Hawkins will present the Stick to the first hiker on April 2 at the Kingston Trail Head. Passing from hand to hand, the Stick will make its way along the Trail until it reaches the new Ottawa Trail Head in the late summer.

Carry the Stick!

Make sure you "Carry the Stick" – it will be part of the fun to involve just about every member in this birthday party. Everyone who Carries the Stick will receive a free commemorative badge.

A particularly warm welcome is extended to our older members who don't hike as far or often as before but are still enthusiastic supporters. Each Club is planning special events to enable all members, regardless of physical ailments or infirmities, to celebrate and participate. Special transportation arrangements and easy walks will ensure everyone has a chance to "Carry the Stick". See your Club's activity schedule for details

Can Do!

In 1971, Douglas Knapp, the Kingston Field Naturalists and a hardy group of volunteers between Kingston and Ottawa made real their huge dream for a continuous walking path between the two cities.

We have been the beneficiaries ever since.

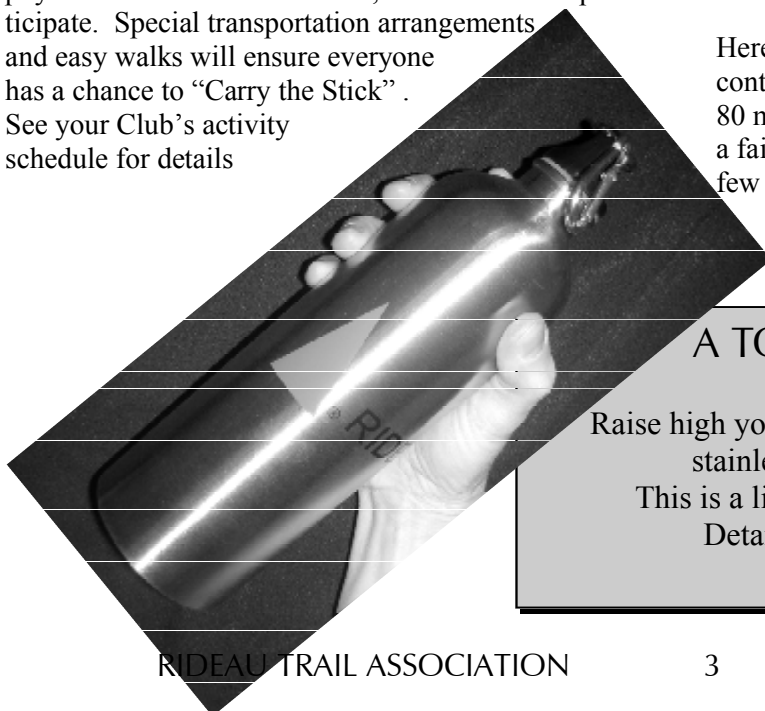
A Lot of Friends

The Trail has made a lot of friends during those years. Some 600 hikers, in summer *and* winter, have trekked from end to end. A hardy few, more than once! Thousands more have repeatedly joined the happy weekend hikes, the walks and special events.

Our institutional landowners – the Conservation Authorities, the Canal, the Parks, the NCC – have all remained loyal backers providing the basic spine for the Trail. Over the years, some of our private land-owner partners have changed but, for the most part, the Trail has attracted enthusiastic new allies to continue the dream. We thank all of these various partners most sincerely for their continuing good will.

25 or More Years of Support

Here's a Special Thank You to those individuals whose continuous support spans 25 years or more. We have over 80 members in this category! Many are Life Members and a fair proportion are still active hikers. There can be very few organizations which can boast of such a durable foundation. We are profoundly grateful!



A TOAST TO OUR TRAIL!

Raise high your 40th Anniversary RTA water bottle - stainless steel and laser-engraved. This is a limited-issue item, so order early. Details are on inside back cover

Introducing the Central End-to-End

by Dorothy Hudson

This past fall saw the first end-to-end hikes covering the Central Club's 70km section from Murphys Point Provincial Park to Rosedale, about 10km east of Smiths Falls. To say that the hikes were a success would be an understatement. "We had around 20 people out for almost every one of the six hikes, despite some pretty awful weather. The participants faced some real challenges on the way to their badges", said David Allcock, who piloted the Central End-to-End project. Indeed, thanks to one of the wettest falls on record, the intrepid end-to-enders faced rain, flooded stream crossings- and so much water where the trail crosses the Tay marsh that it was coming over the top of wellington boots. However, dividing the 70km into six legs of 12km each meant that the hikes were manageable for a wide range of participants, and no-one found the pace too taxing.

Especially gratifying for the hike coordinator, Dorothy Hudson, were the number of members from the Kingston and Ottawa clubs. Indeed, at the pub celebration at the end of the final hike, a total of 14 end-to-end badges were awarded, about half of them to members of the Ottawa Club. Many more hikers have only a few more legs to do before they also complete the Central section. "We made some good friends with members of the other clubs on these hikes, and it's going to be a shame if we don't keep up the contacts", said Dorothy.

One of the gratifying aspects of the hikes was that it introduced people to portions of the Rideau Trail that they may otherwise not have visited. The Central Club portion contains some of the most varied scenery of the three clubs, along a compact 70km length. The south end is typical of the Frontenac Arch, with rugged granite outcroppings of the Canadian Shield. There are streams and beaver dams to be negotiated, as well as the occasional mica mine. Then there are the historic heritage towns of Perth and Smiths Falls, with pubs and coffee bars to tempt the vulnerable hiker. Between these towns the trail meanders along the River Tay tow-path and crosses the river at the Beveridge Locks dam. East of Smiths Falls the hiking is easy, along mostly flat roads in lush farming country.

The End-to-Enders by the crab winch at Old Slys Locks, Smiths Falls in November, 2010.



Photo by David Allcock

Will there be an encore end-to-end this coming hiking season? Yes, indeed. The fortieth anniversary end-to-end relay will be passing through the Central area in May and June, so come out and hike with us!



Coyote Alert!

by David Allcock

A recent incident has emphasized the need to be visible on the trail and to keep to the trail. The increase in the coyote population in Eastern Ontario has led to some landowners being on almost constant patrol, especially if they are sheep farmers. Open season for coyotes is all year! The threat to hikers is from both firearms and animal traps.

When on private property:

PLEASE STAY ON THE TRAIL AND WEAR HIGHLY VISIBLE CLOTHING

**SEEKING VOLUNTEERS
for the
RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS**

**VACANT POSITION:
Marketing and Communications
Director**

Seeking Volunteers for the Rideau Trail Association Board of Directors.

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

We are looking for a volunteer who can help the Board of Directors increase the overall awareness of the Rideau Trail in other organizations and the media.

The Rideau Trail has a great legacy and an appealing message. More people need to know about us.

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

**VACANT POSITION:
Vice President**

The Board is seeking nominations for the position of Vice President.
Nominations will be presented at the AGM, June 18, 2011.

Peter Hawkins, who has served in many capacities on the board during the last 10 years is leaving the position of President as of the June 2011 AGM and becoming the Past President. Robert Groves, our current VP, will become President. He is the first member from the Central Club to be elected to that position.

We are looking for a volunteer who can "learn the ropes" of the position of Vice President with the guidance and support of the other Rideau Trail Association Directors.

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 in its fifth decade.

Do you know someone who fits the bill?

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

**RTA PAYS HALF TUITION
FOR QUALIFIED HIKE LEADERS**

**Wilderness Emergency First Aid
A course for RTA Members
Saturday April 16 & Sunday, April 17
Little Cataraqui Conservation Area
Outdoor Centre, Kingston**

(A similar course is being sponsored in Ottawa
for Ottawa Members - stay tuned!)

Presented by Solo Canada/Mark Halladay Emergency Services, Kingston – An in-depth course that takes you beyond standard first aid.

Learn how to manage an emergency situation when help is more than a phone call away. Includes patient assessment, trauma management, patient movement, dehydration, managing and preventing heat/cold emergencies and much more.

Sixteen-hour certification course is held over two days ,
8:30 am – 4:15 pm each day
Total cost: \$170.00/person. (\$85 for qualified hike leaders)
Limited Numbers. (Daily Park vehicle fee will be waived)

This course started as the "Mountain/Woods First Aid" in 1975, the first course of its kind in the United States. It's the course upon which all other backcountry medicine courses are based. (Check out the website at www.soloschools.com).

For more information, and for a Registration form,
contact: Linda Tucker, 961 Clearfield Cres.,
Kingston K7P 1Z7 (Phone: 613 634 0497)

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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.

Two completely different weeks combined for one perfect holiday!

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Rideau Trail Association 40th Annual General Meeting

Saturday June 18, 2011

Royal Canadian Legion – 7 Main Street East

Agenda

9:30 am	Registration, meet and mingle
10 am	Business Meeting
noon	Bring-your-own lunch
1:00 pm	Activities
5:30 pm	Dinner and something to tickle the funnybone

Activities

For our 40th anniversary we invite you to experience a Voyageur Canoe Trip through the canal and surrounding wetlands which will include guides explaining the canal, its working and the natural environment in the surrounding area. Two trips will be scheduled to allow as many members as possible to participate.

Other activities will include a hike, a visit to the Rideau Canal Museum and a self-guided tour of Smiths Falls to discover the secrets of this area.

Transportation

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

Kingston:	Jenny Ellis	613 549 6807 or ellisj1@kos.net
Ottawa:	Elizabeth Mason	613-729-6596 or emmason@sympatico.ca

Dinner Menu

A choice of turkey, beef or vegetarian with vegetables, salads and dessert. Please indicate your choice when making your dinner reservation.

Registration for Meal

Total cost of meal is \$20 per person. Send a cheque made payable to "Rideau Trail Association in Trust" to: Elizabeth Mason, 283 Avondale Ave., Ottawa, ON K1Z 7G7 613-729-6596. The deadline to order is June 11.

Board Highlights - January, 2010

By Robert Groves, Vice President

Fashion Show: **Suzanne Brown** displayed items appropriate for the celebration of RTA's 40th Anniversary.. With **Rideau Trail Association** prominently featured, these articles help to raise the profile of the RTA in the community.

Fortieth Anniversary Activities: The logistics of getting the "walking stick" from end-to-end are shaping up well. It will get to Smiths Falls for the AGM on June 18th where it will be piped in, do its service as the President's gavel, and be handed off to Ottawa Club hikers who will carry it to the end of the trail. .

Bruce Henderson has agreed to compose a suitable Anniversary Ode for the celebrations. He needs some help from members who have knowledge of the early years of the RTA

Treasurer's Report: The Board expressed gratitude to **Joy Webster**, Treasurer *pro tem*. It's great to have a person with Joy's skills looking after the RTA's finances. Joy reported that we are solvent and the future looks good.

Membership: Membership Director, **Sheila Menard**, reported 44 new members since November, 2010 - Ottawa 24, Central 5, and Kingston 15. The recruitment and retention of members is an important objective of the Board and will form an important focus of the Board over the next 18 months. 78 people who have been RTA members for 25 years or more.

Cartographic Advances: RTA Guidebook keeper and up-dater, **Chris Heap**, presented the latest version of an update. Agreement on a final template for the maps.

Policies: Discussed notifying subgroups of RTA members using email addresses from the membership list with respect to "impromptu" hikes in order to give advance information to members of the description an outing. A trial process will be attempted without compromising any private information of members. The procedure will permit members to opt- in or out of e-mail subgroups using a web page that only members can access.

Guidelines for the RTA Newsletter were reviewed and adopted. Design details for people with partial sight were appended to the publication guidelines.

Hiker liability issues were reviewed and **Ron Hunt**, RTA past president and RTA representative to Hike Ontario, shared general information on insurance liability obtained at a recent Hike Ontario Board Meeting workshop. Overall, the basic principle is for all hike leaders and RTA officials to take those actions that mitigate litigation by being informed, careful, and prudent in all club matters. Document and report any "incidents". Our liability insurance then protects those RTA members acting in official capacities.

The next regular meeting of the Board is planned for April 30, 2011.

HIKE BRITAIN with HF HOLIDAYS

Summer Special - Aug 13 for two weeks

One week based at Derwentwater in the Lake District

One week based at Malhamdale in the Yorkshire Dales



1358 UK pounds (approximately \$2250 Cdn) includes:

- 14 nights accommodation w/ private bath (based on double)
- 10 days of guided hiking; choice of 3 levels of hiking daily
- 3 meals a day plus afternoon tea on arrival day
- Transportation between the two locations
- Transportation from/to Manchester Airport

Single accommodation 98 UK pounds (limited availability)
Air fare to Manchester not included

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KINGSTON CLUB ACTIVITIES - SPRING 2011

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. 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.

See *"Levels of Difficulty and Participants' Responsibilities on" on Page 14.*

If in doubt about your ability to cope with the outing, call the leader in advance.

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

Hike Leaders may obtain Sign-Up Sheets from Sharen Yaworsky 613-544-6022. Please forward completed forms to her at 51 Connaught Street, Kingston, K7K 4W4.

WEDNESDAY WALKERS depart at 1:30 pm, except on the second Wednesday of the month when an all-day outing is scheduled (see schedule below for all-day hikes). The afternoon Wednesday walks are ideal for those who wish some healthy, social exercise at an easy pace.

For information on these afternoon walks, call the Milloys at 613-530-2142.



40th ANNIVERSARY "President's Walking Stick" Hikes Beginning Saturday, April 2 at 9:30 a.m., Kingston Trailhead

We are going to "Carry the Stick" from Kingston right to Ottawa.!

A series of hikes over the Spring and Summer will transport the Prez' Walking Stick, this RTA symbol, from end to end of the Trail, with all participants sharing the glory and fun along the way. All members are invited to join in on this celebration of 40 years of great outdoor activity.

Every member, old and young, can be part. Even carrying the stick for a short distance on one of the hikes entitles you to a special 40th Anniversary commemorative badge. ***April 2 is specially designated for those who are no longer doing all-day hikes*** (see April 2 hike details)

Join us for the opening ceremonies. Continue with as few or many hikes as you wish.

So, C'mon! Carry the stick and support your Club and your Association - 40 Years Young!

(Volunteers are needed to help with various aspects - Please contact Jenny Ellis 613 549 6807)

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 a.m. Gas \$5.00
LEADER: Dave Armitage, 613-634-4426

Sunday March 13 Trio of Hikes

Please join us for a trio of hikes starting at Parrotts Bay Conservation Area, moving on to Collins Creek then ending up at Lemoine Point. Depart 9:00
Moderate Pace Gas \$4
LEADER: Audrey Sanger 613 384 6244

Saturday March 19 Rideau Trail, Unity Road

Level 1, moderate pace, 12 Km. Hike a "stylish" part of the trail. Depart at 9:00 a.m. Gas \$2.00
LEADER: Audrey Sanger, 613-384-6244

Saturday March 19

Celebration Spring Pot Luck Dinner Party
Bring your "house specialty" and celebrate the 40th anniversary of the RTA.
BYOB. Coffee, tea, juice provided.
Venue: Queen's Women's Association, 144 Albert Street.
Time: 6:00 pm.
Room rental fee of \$3 per person.
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 a.m. Gas \$6.

LEADER: Robert and Jane Hough, 613-373-2268

Saturday March 26 Annual Visit to Maple Syrup Camp

If nature co-operates sap will be boiling and we will be tasting. Syrup for sale. .

Cookies, coffee, and hot chocolate \$1.00

Distance 8 Km. Level 1 at a brisk pace.

Depart at 10:00 a.m. Gas \$3.00

LEADER: Bill Murdoch 613-767-4858

Sunday March 27 Bike Ride

A leisurely ride on Amherst Island.

Meet at the ferry dock for 8:45 a.m

Charge for bike ferry fee (\$1).

Distance 20 Km. Level 2. at a slow pace.

LEADER: Peter Burbidge 613-634-1877



Saturday April 2 CARRY THE STICK – GRAND BEGINNING

The President's Walking Stick begins its epic journey towards Ottawa.

Join the 40th. Anniversary party celebrations! Take your turn to "Carry the Stick"!

Kick-off events begin at 9:30 a.m. at the Kingston Trailhead, King Street West.

Usual transport arrangements from Canadian Tire.

Depart at 9:00 a.m.

Complete Hike is 15 Km. Level 1, from Trailhead to Unity Road.

Due to shuttle arrangements, gas is \$2.00.

Hike Only Partway!

This day is intended for everyone!

Our older members will have the honour of carrying the stick for the first segment, up to Cataraqui Cemetery.

Pace will be appropriate and return transport for those desiring it will be available at Bath Road, Princess Street, the Cemetery and McIvor Road.

Strollers, Walkers, Wheelchairs - all welcome!

Info: Jenny Ellis 613 549 6807

LEADER: Peter Burbidge 613-634-1877

Sunday April 3 Big Salmon Lake Frontenac Provincial Park

Say goodbye to the winter blues and enjoy the spectacular scenery along the Big Salmon Lake trail.

Distance 19 Km. Level 3 at a moderate pace.

Depart at 9:00 a.m. Gas \$5.00 plus park fee.

LEADER: David Armitage, 613-634-4426

Tuesday, April 5 Hike Planning Meeting 33 Elmwood Road (off Sir John A Macdonald Boulevard)

Use front lobby entrance and buzz #444, 7:00 p.m.

Contact: Elgin Bock 613-389-4216

Saturday April 9 Slide Lake Loop Frontenac Park

Hike Slide Lake Loop from Perth Road

Distance 14 Km. Level 3 at a moderate pace.

Depart at 8:00 a.m. Gas \$5.00

LEADER: Peter Burbidge 613-634-1877



Sunday April 10 Carry the Stick - Unity Road to Freeman Road

A pleasant hike through Sydenham and beyond. 19 Km at a moderate pace. Level 1-2.

Due to shuttle, gas is \$4.00. **Transport: Either drive directly to Freeman Road by 9:00 a.m. or Cdn Tire at 9:00.**

LEADER: Audrey Sanger 613-384-6244

Wednesday April 13 Depot Lake Conservation Area

Waterfalls and vistas

10 - 12 Km. Level 2. Slow to moderate pace.

Depart 9:00 a.m. Gas \$5, plus Park fee..

LEADER: Bob Chadwick 613-544-9222



Saturday April 16 Carry the Stick - Freeman Road to Trail Center

This level 3 hike to Frontenac Provincial Park Trail Center includes traversing the Gould Lake Conservation Area.

16 Km Level 3 at a moderate pace. Due to shuttle, gas is \$6.00 plus park fee. **Transport: Either drive directly to Frontenac Trail Center by 9:00 a.m. or Cdn Tire at 8:30 a.m.**

LEADER: Don Coulter 613-542-9998

Sunday April 17 Marble Rock Conservation Area

Enjoy this beautiful spring hike among the trees and rocky lookouts.

Distance 12 Km. Level 2-3 at a moderate pace.

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

LEADER: Norm Trembath 613-659-3894

Saturday April 23 Cataragui Trail

Hike Cataragui Trail from Harrowsmith to Sydenham and back. Bring your lunch or dine at the Trio's Restaurant in Sydenham.

New hikers welcome.

Distance 12 Km. Level 1 at a moderate pace.

Gas \$4.00. Depart 10:00 a.m.

LEADER: Stan Huff 613-548-3003



Sunday April 24 Carry the Stick - Trail Center to Maple Leaf Road

Through Frontenac Provincial Park, including Flag Pole Hill. 17 Km at a brisk pace. Level 2-3.

Gas \$6.00, due to shuttle, plus Park Fee. Due to shuttle, gas is \$6.00 plus park fee. **Transport: Either drive directly to Maple Leaf Road by 9:00 a.m. or Cdn Tire at 8:30 a.m.**

LEADER: Bill Ottney 613-858-3183

Thursday, April 28

Kingston Club 40th Anniversary AGM.

Ongwanada Resource Centre Auditorium,
191 Portsmouth Ave.

6:30 p.m. to 7:00 p.m. Social time

7:00 p.m. to 9:00 p.m. Meeting

Saturday April 30 Carry the Stick - Maple Leaf Road to SkyCroft



We carry the Stick onwards! 17 Km at a moderate pace. Level 3. Gas \$5.00. **Transport: Either drive directly to SkyCroft by 9:00 a.m.**

or Cdn Tire at 8:30 a.m.

LEADER: Jim Lorimer 613 373 2847

Sunday May 1 Carry the Stick - SkyCroft to Bedford Mills



The President's Walking Stick moves north.

Distance 18 Km, Level 2 at a moderate pace.

Gas \$5.00. **Transport: Either drive directly to**

Bedford Mills by 9:00 a.m. or Cdn Tire at 8:30 a.m.

LEADER: Sharen Yaworsky 613-544-6022

Saturday May 7 Sand Banks Provincial Park, Picton Wildflowers and Waterways

Distance 10 Km. Level 1+ at a slow to moderate pace.

Depart 9:00 a.m. Gas \$8 plus park fee.

LEADER: Bob Chadwick 613-544-9222



Sunday May 8 Carry the Stick - Bedford Mills to Westport Lions Beach

Accompany the President's Stick. Cross the RTA's only ferry.

17 Km, Level 2 at a moderate pace. Possible pub visit at the end. Gas \$7.00.

Transport: Either drive directly to Westport Lions by 9:00 a.m. or Cdn Tire at 8:30 a.m.

LEADER: Bill Murdoch 613-767-4858



Wednesday May 11 Carry the Stick - Westport Lions Beach to Narrows Lock

The President's Stick traverses Foley Mountain and beyond. 14 Km, Level 3 at a moderate pace.

Gas \$6.00. **Transport: Either drive directly to Narrows Lock by 9:00 a.m. or Cdn Tire at 8:30 a.m.**

LEADER: Sandra Muis 613-542-8224



Saturday May 14 Carry the Stick - Narrows Lock to Lally's Farm

We pass the President's Stick to the Central Club.

Before that, we traverse some lovely country roads and a series of beaver dams.

17 Km at a moderate pace. Level 3 across the dams!

Gas \$7.00. **Transport: Either drive directly to Lally's Farm by 9:00 a.m. or Cdn Tire at 8:30 a.m.**

LEADER: John Cornish 613-382-4778

Sunday May 15 Gananoque Provincial Wildlife Area

A walk on the wild side in this slab of rock and forest. Just minutes from civilization.

Distance 12 Km at a moderate pace.

Level 1. Gas \$5.00.

Depart at 9:00 a.m.

LEADER David Armitage 613-634-4426

Saturday, May 21 Rock Dunder

Enjoy the spectacular views along the Rock Dunder trail. Bring your lunch or dine at the restaurant in Elgin. (Bring your camera.)

Distance 8 Km. Level 2 at a moderate pace.

Depart 9:00 a.m. Gas \$6.00.

LEADER: Stan Huff 613- 548-3003

Sunday May 22 Bon Echo

Hike Bon Echo Provincial Park for 17 Km

at a moderate pace. Park fee \$13.00 per car or \$10.25 for seniors.

Level 3. Depart at 9:00 a.m. Gas \$10.00

LEADER: Pat Casey 613-385-2356

Saturday May 28 Parrots Bay

Hike Parrots Bay Conservation Area.

Scenic and historic location.

Start hike from East side of bridge on hwy 33.

Parking lot on lake side of road.

Distance 5 Km. Level 1 at a moderate pace.

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

LEADER: Elgin Bock 613-389-4216

Sunday May 29 Gould Lake Conservation Area

Hike from the Gould Lake Gate to the barn and then proceed along the Ridge Walk and return along the Main Trail.

Some rugged sections.

Distance 15 Km. Level 3 at a moderate pace.

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

LEADER: David Armitage 613-634-4426

Saturday June 4 Gould Lake East Side Trails

Hike from Park gates to Wagon trail, Mica loop, Famous trail and back.

Distance 16 Km. Level 3 at a moderate pace.

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

LEADER: Bill Ottney 613-858-3183

Sunday June 5 Trails of Gananoque

See the new loops by the "Crick",

Enjoy lunch overlooking the Islands.

Distance 12 Km at a moderate pace.

Level 1, Gas \$5.00.

Depart at 9:00 a.m.

LEADER: John Cornish 613-382-4778

Wednesday June 8 Napanee

Lilacs and Limestone Trails.

Distance 8 to 10 Km.

Level 1 at a slow to moderate pace.

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

LEADER: Bob Chadwick 613-544-9222

Thursday June 9 Urban Walk

Weather and attendance will dictate location and distance.

Distance to be determined. Level 1 at a moderate pace.

Depart at 6:30. Gas nil.

LEADER: Elgin Bock 613-389-4216

Trail News: Mary and Edward Farrar are spearheading the creation of a 7-8 km waterfront trail in Kingston from the La Salle Causeway, north along the waterfront up the west side of the Great Cataraqui River to Kingston Mills. LEARN MORE: Google "You Tube" and type in "Great Cataraqui River Trail" to see their video. Please contact inverarymary@yahoo.com or 613-544-1246 for more information, timelines for construction, how you might help, etc.

Sunday June 12 Charleston Lake

Tallow Rock Loop, Charleston Lake Provincial Park.

Enjoy the variable terrain and scenic lake views.

Distance 10 Km. Level 2 at a moderate pace.

Gas \$6.00 plus the sharing of the cost of a day pass.

Depart at 9:00 a.m.

LEADER: Norm Trembath 613-659-3894

Saturday June 18 Marble Rock Conservation Area

Walk through interesting forested areas.

Enjoy scenic look outs and unusual rock formations.

Distance 12km at a moderate pace.

Depart at 9:00 a.m. Gas \$6.00

LEADER: Dave Armitage 613-634-4426

Saturday June 18**Rideau Trail Association 40th Anniversary AGM****Smiths Falls**

10:00 am, Royal Canadian Legion, Main St.

See Page 6 in Newsletter for details

Saturday June 19 Cycle Howe Island

Come and cycle Howe Island for the day.

Bring your lunch and lots of water.

Meet at the Joyceville ferry dock for 9:30 a.m.

Possible ferry fee.

Distance to be determined.

LEADER: Yvonne Hawkins 613-384-9717

Vacant Positions Kingston Club Executive

Treasurer Secretary Routes & Negotiations

We are in this together, Folks.

The Club only remains strong when we all are willing to work together. Here's your chance!

Put your skills and experience to work for your Club.

Present incumbents will provide orientation.

If you are willing to serve – or if you would like to nominate another person, please contact:

Bruce Bromfield (613-634-9409) or
Jenny Ellis (613-549-6807)

CENTRAL CLUB ACTIVITIES - SPRING 2011

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 *"Levels of Difficulty and Participants' Responsibilities"* on Page 14.

If in doubt about your ability to cope with the outing, call the leader in advance.

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

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.



Rideau Trail 40th Anniversary End-to-End Relay: We will be carrying the RTA President's Walking Stick, a venerable symbol, the entire length of the Trail. This event begins in Kingston in early April and arrives in the Central Club's area on May 14, enroute to Ottawa..

We hope that **all** our members will take part. To that end we have scheduled two very short walks through Perth and Smiths Falls, each one just under 3 km, and both on a Wednesday. Car shuttles will be arranged for members who can walk only part of the way. We hope to engage local dignitaries and organizations, as well as some school children, to walk with us through our towns. For more information, contact Dorothy Hudson at 613-283-0332.

WEEKEND ACTIVITIES

Saturday, March 5 Murphys Point Park

Meet at 10:00 am to hike or snowshoe from the Lally Homestead. Level 2, 6 km. Gas \$2.

Leader: Margaret Lafrance 613-264-0057

Sunday, March 13 Skycroft

Meet at 9:00 am for a Level 2, 10 km hike or snowshoe. Gas \$5.

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

Saturday, March 19 Mill Pond Conservation Area

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

Leaders: David Allcock 613-267-9075

Sunday, March 27 Glen Tay to Maberly

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

Leaders: Dave and Pat Batchelor 613-264-1559

Saturday, April 2 Wheelers Sugar Bush

Meet at 9:00 am for a Level 1, 5 or 10 km hike and lunch at the pancake house. Gas \$4.

Leaders: Josie Roberts 613-267-3769 and Alina MacFarlane 613-267-4713

Sunday, April 10 Murphys Point Provincial Park, Family Hike

Meet at 10:00 am at Lally Homestead, and enjoy a walk in the park, followed by treats at the homestead. Level 1, 5 km.

Leaders: Margaret Lafrance 613-264-0057 and Pat Batchelor 613-264-1559

**DON'T FORGET -
RENEW YOUR MEMBERSHIP NOW!**

Saturday, April 16 Central Club AGM and Open House

AGM 10:30 to 12:30; Open House 1:00 to 4:00
McMartin House in Perth

Sunday, April 17 Rideau Trail, Roger Stevens to Buritts Rapids

Meet at Conlon Farm 9:00 or Old Sly's Road parking lot at 9:30. We will stop in Merrickville after the hike for snack/beverages. Level 1, 12 km. Gas \$4.
Leader: Janet Laraway 613-284-2127

Thursday, April 21 Hike Leaders Planning Meeting

Calling all leaders to help plan the summer schedule.
4:00 pm at the home of Gunhild Karius 613-283-8985

Saturday, April 23 Hidden Pine Lake Loop

Meet at 9:00 am. Hike a loop trail from the Massasauga Road to the Cataraqui Trail, across to Garter Lake and Long Lake, back to the Cataraqui Trail and then to the starting point. Level 3, 14 km, rugged and scenic. Gas \$5.
Leader: Dave Miller 613-449-7459

Saturday, April 30 Trail Maintenance Day

Meet at Conlon Farm at 9:00 am. Please let Bruce know if you are available to help out. We need the Trail in good shape for the 40th anniversary relay!
Leader: Bruce Gourley 613-283-5967

Sunday, May 1 Trans Canada Trail, Mountain Grove to Sharbot Lake

Meet at 9:00 am, Level 1, 10-12 km. Gas \$4.
Leaders: Arlyn McMillan 613-267-2588, and Sandy Clifford 613-267-5007

Saturday, May 7 Frontenac Provincial Park, Tetsmine Loop

Meet at 8:00 am at Conlon Farm. Level 2, 14 km. Hike the loop from Kingsford Dam at a moderate pace and enjoy the wildflowers. Gas \$5.
Leader: Gunhild Karius, 613-283-8985

Saturday May 14 Rideau Trail, Lally Homestead

Join us as we meet the Kingston Club on the Trail to take over the 40th anniversary End-to-End relay. This

will be a short Level 2 walk in to meet the Kingston Club on the Trail and walk back out to Lally Homestead. Meeting time to be announced in the May e-letter.

Leader: Margaret Lafrance 613-264-0057



Sunday, May 15 Rideau Trail Anniversary Relay, Lally Homestead to Narrows Lock Road

Meet at 9:00 am. Level 2, 12 km. Bring insect repellent.
Leader: David Allcock 613-264-9075

Saturday, May 21 Frontenac Provincial Park

Meet at 8:00 am. Hike from 6767 Perth Road, past Slide Lake and Big Salmon Lake to Clear Lake Road, rugged and scenic, Level 3, 16 km. Gas \$6.
Leader: Dave Miller 613-449-7459



Saturday, May 28 Rideau Trail Anniversary Relay, Narrows Lock Road to Otty Lake Side Road

Meet at 9:00. Level 2, 12 km. Bring insect repellent.
Leaders: Dave and Pat Batchelor 613-264-1559

Wednesday, June 1 RTA Anniversary Relay



Part 1 Otty Lake Side Road to Conlon Farm

Meet at 9:00 Level 1, 5 km.
Leader: Don Sherwin 613-264-0759



Part 2 Conlon Farm to Last Duel Park

Meet at Conlon Farm at 1:00 pm.
Join us on a short easy walk (3km) along the Trail through historic Perth, and have your picture taken with the End-to-End stick! This is an opportunity for those of you who don't like long, challenging hikes to come out and celebrate the 40th anniversary of the Rideau Trail.
Leader: John Miller 613-264-8824



Sunday, June 5 Rideau Trail Anniversary Relay, Last Duel Park to Frizell Road

Meet at 9:00. Level 1, 9 km. Bring insect repellent.
Leader: Gill Hyland 613-256-5756



Saturday, June 11 Rideau Trail Anniversary Relay, Frizell Road to Poonamalie Road

Meet at 9:00am. Level 2, 12 km. Bring insect repellent.
Leader: Gunhild Karius 613-283-8985

**Saturday June 18 Rideau Trail Association
40th Anniversary AGM, Smiths Falls**

10:00 am, Royal Canadian Legion, Main St.



Join us after lunch for the next leg of the 40th **Anniversary Relay from Poonamalie Road to Smiths Falls**, Level 1, 7 km, arriving at the AGM after the hike with the relay stick.
Leader: Bruce Gourley 613-283-5967

(for AGM details, see Page 6 in Newsletter)



Wednesday, June 22 Rideau Trail Anniversary Relay from the water tower to the former Hershey plant through the town of Smiths Falls.

Meet at the water tower at 10:00 am.

Come out and join us for another short town walk (3 km) along the historic Rideau Canal to celebrate the 40th anniversary of the Rideau Trail in Smiths Falls. The town has recently put up a fascinating series of historic plaques along the canal. Another opportunity to have your picture taken with the stick!

Leader: Ernie Trischuk 613-283-8112

Sunday, June 26 National Canoe Day , Desert Lake

Meet at 9:00 am at Conlon farm, or 10:00 am at the bridge over Mitchell Creek.

Explore Desert Lake, its bays and enjoy surrounding nature and rock formations. Approximately 11 km. Anyone with a canoe but no partner, or anyone interested in being that partner, contact the leader a week beforehand.

Leader: Susan Samila 613-264-1196

Saturday, July 2 Cycling Tour

Level 1, 44 km. Meet at 9.00am at Conlon farm with your bicycles and water bottles for a figure-8 route from Conlon Farm to Mississippi Lake and back on quiet level roads, mostly paved.

Leader: David Allcock 613-264-9075

Sunday, July 10 Rideau Trail Anniversary Relay, Hersheys to Ottawa club boundary



Meet at 9:00 am at the Hershey plant in Smiths Falls. Level 1, 10 km. Join us to hand off the relay stick to the Ottawa Club.

Leader: Dorothy Hudson 613-283-0332

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.

Cross-Country Skiing

Level 0 Easy, short, slow pace. All other levels require some 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.

OTTAWA CLUB ACTIVITIES - SPRING 2011

Transportation for hikes 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. For more information about a particular activity contact the leader. For general information about the Ottawa Club call 613-860-2225. *Please arrive at least 10 minutes in advance of departure time.* **Levels of Difficulty: see page 14**

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

HIKE LEADER TRAINING

Saturday, April 2. All-day course, with classroom and on-trail instruction. To reserve your spot, mail a cheque for \$75 (made out to the Rideau Trail Association) to Ethel Archard at 11 Selye Cres., Ottawa, ON K2K 1C8 (tel. 613-592-7733). Please provide your name, address, phone number and e-mail address along with your cheque. RTA members will have their cheques returned at the course.

OTTAWA CLUB ANNUAL GENERAL MEETING

**Saturday, April 16, 2011
Richmond Fairgrounds Dining Hall
6107 Perth St., Richmond**

Leave via bus from Centennial Public School at 9:00 a.m. (\$5 per person)

9:30 a.m. Register, meet and mingle
10 a.m. Business Meeting
11:15 a.m. Refreshments
11:45 a.m. Guest speaker: History of Richmond
12:15 p.m. Lunch: catered or bring-your-own
1:30 p.m. Hikes in the area

Reserve for Lunch

Lunch of soup, sandwiches and dessert is \$7 per person. To reserve for lunch contact Maureen Dawson at 613 226-3864 or maureen.dawson@rogers.com on or before April 9.

SMALL GROUP MAP & COMPASS CLINICS

Leaders: Cliff and Gloria Daly

Wednesday, March 30 / Sunday, April 3

Introduction to Map & Compass - 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 thorough refresher. First half is theory inside, second half in rugged terrain near Lac Philippe. Max of four participants. Must provide your own compass preferably with declination adjustment. \$5 admin fee.

To register contact Cliff and Gloria Daly (cliff.daly@rogers.com or 613-224-4413).

Saturday, April 9

Map and Compass Clinic TAKE 2

For those who have previously attended our beginners' clinic within the last few years, we'll meet at P19 at Lac Philippe to conduct a brief review of the fundamentals before heading off to explore the same region where we run the introductory clinic, with participants selecting their own destination landmarks and leading us to them. Max of three participants. If demand warrants, we will arrange additional TAKE 2 clinics throughout the month of April for interested parties on mutually acceptable dates.

To register contact Cliff and Gloria Daly (cliff.daly@rogers.com or 613-224-4413).

NEW MEETING PLACES

The Tunney's Pasture parking lot is no longer available to us. Starting April 1, Tuesday evening hikes will meet at the north of the Tom Brown Arena parking lot, and weekend hikes will meet in the parking lot of Centennial Public School, 376 Gloucester Street. See below for details.

MIDWEEK ACTIVITIES

Wednesday Walkers

Every Wednesday, there are Level 2 and 3 hikes in Gatineau Park. Departure time is 9:30 a.m. For more information including the meeting place contact Tony Barnes (tel. 613-828-1216 or e-mail fellwalk-erca@gmail.com).

Wednesday, May 11 Bird Watching

Level 1 about 15 km by car, 2 km on foot, end by noon. 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 Wildlife Garden, Britannia Woods, footpaths by the Rideau River, etc. Then we get out and walk slowly, listening and looking for birds. It will be peak migration time, so we should see ducks on the water and colourful warblers, orioles, thrushes in wooded areas. Bring binoculars if you have a pair. Gas: \$2
Leader: Roger Bird 613-232-2262 (roger_bird@earthlink.net)

Tuesday Evenings

The new meeting place for Tuesday hikes is the north end of the Tom Brown Arena parking lot, 141 Bayview Rd. at Scott St.

Levels of Difficulty: see page 14

URBAN WALKS

Every Tuesday evening from March 22 through to April 19, there will be an Ottawa urban walk. There "may" also be a refreshment stop after the walk for those who are interested. Meet at the starting point of the walk for departure at 6:00 p.m.

Contact: Pat Archer 613-565-6149

Tuesday, March 22 Sandy Hill/Canal/Ottawa East
Meet in Strathcona Park parking lot (end of Somerset

St. East).

Tuesday, March 29 Hull (Gatineau) Loop

Meet in parking lot on *east* side of National Library & Archives Bldg. off Wellington.

Tuesday, April 5 Westboro Exploratory

Meet at Tom Brown arena (new RTA meeting place).

Tuesday, April 12 Eastern Parkway Loop

Meet in Aviation Museum Parking Lot (off the Eastern Parkway).

MOONLIGHTERS

Every Tuesday evening from late April until the end of August, there will be a hike, either in Gatineau Park or in the city, always within a thirty-minute drive. *Meet at Tom Brown Arena by 5:50 p.m. for a 6:00 p.m. departure.*

Hikes last until sunset. The pace is approximately 4 km/hr. The level of difficulty is 1 or 2, 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 repel-

lent, flashlight and proper footwear. **Dora Ashiq (613-792-4966)** is the Moonlighters Coordinator for 2011.

Tuesday, April 26 Lac des Fees

Level 1, 6 km. From Gamelin Blvd. (Hull area).

Sunset 8:04. Gas \$2.

Leader: Roger McCullough 613-526-2693.

Tuesday, May 3 Green's Creek (Blackburn Ha.)

Level 1, distance TBA. From NCC P26 Parking Lot off Bearbrook Road. Sunset 8:10. Gas \$3.

Leader: Pat Archer 613-565-6149.

Tuesday, May 10 Larriault Trail from Mulvihill Lake Parking Lot

Level 1, 5 km. MacKenzie King Estate. Sunset 8:19. Gas \$3.

Leader: Nigel Brereton 613-596-6191.

Tuesday, May 17 Penguin Picnic Area/Ridge Road

Level 2, 6 km. Old Chelsea, from NCC Visitor's Centre. Sunset 8:27. Gas \$3.

Leader: Ralph Sullivan 613-749-5534.

Tuesday, May 24 Mine Road to Pink Lake

Level 2, 8 km. Sunset 8:35. Gas \$3.

Leader: Dora Ashiq 613-792-4966.

Tuesday, May 31 Herridge Lodge from P16

Level 1+, 10 km. Pine Road/Meech Valley. Sunset 8:42. Gas \$4.

Marilyn Levitan 613-424-2127.

Tuesday, June 7 Shilly Shally from Bourgeois Lake Parking Lot

Level 2, 8 km. King Mountain area. Sunset 8:48. Gas \$3.

Leader: Grant Malinsky 613-842-8736.

Tuesday, June 14 Cross Loop Road to Healey Cabin

Level 2, 8 km. Meech Valley area. Sunset 8:52. Gas \$4.

Leader: Alex MacDonald 613-302-2137.

Tuesday, June 21 Keogan Cabin

Level 2-3, 10 km. P7 to via Trail #8 returning on Ridge Road to parking lot. Sunset 8:55

Leaders: Gloria & Cliff Daly 613-224-4413.

Tuesday, June 28 Wolf Trail from P13

Level 2, 10 km. Two groups—one longer route, one shorter route. Sunset 8:55. Gas \$3.

Leaders: Joanne Tuttle 613-729-8787 and Alex MacDonald



RIDEAU TRAIL 40TH ANNIVERSARY

“CARRY THE STICK” COMMEMORATIVE END-TO-END

The President's Walking Stick, that venerable RTA symbol, will be carried from Kingston to Ottawa through a series of hikes over this spring and summer.

The Kingston and Central Clubs will be hiking their portions of the Rideau Trail starting April 2. See their club activities for schedule and details.

Ottawa coordinators:

April 2- May 8: Margaret Johnston 613-829-9460 (mmj1000@hotmail.com)

May 9 - May 31: Elizabeth Mason 613-729-6596

June: Nigel Brereton 613-596-6191 (nigeltb@primus.ca)

**WELCOME
NEW MEMBERS!**

Central Club:

Jane & David Farquharson
Joël Jossinet
Christiane & Frank
McGlynn
Lorna Peden
Carol Richardson
Peter Martin
& Susan Roberts
Muriel Turner

Kingston Club:

Mike Arend
Jim & Karen Armour
John Beck

Ann & Gordon Blake
Jacalyn Duffin
Mary & Edward Farrar
Peter & Shelagh Greenaway
Patricia Greig
David & Liz Hain
Mary Lou & Joe Hamilton
Patricia Hudson Mills
Ina Matthews
Brian Ferguson & Mary Jean
McIntyre
Dianne Solomon
Hugh Murray Thorne
Jack & Marianne van Weringh
Ali Weisenberg
Silver Wyatt

Ottawa Club:

Greg Boyle
Carol & Tony Cleary
Stuart Burrows & Pamela
Cranfield
Eva Frank
Christopher & Anne Friesen
Marilyn Harris
Linda Hoad
Peter Holmes
Brenda Emerson & Michael
Jansen
Edward & Wilma Lang
Ronald Lee
Gary Cousens & Liz MacNeill
Mike Neelin / Mainstreet

Family Restaurant
Marlene & Alex Marcon
Jane Mulvihill
Mary Murray
Griselda Petry
Susan & Henry Puderer
Lydia & Anthony Ritchie
Susan Robertson
Stephen & Diana Rolston
Melanie Stanton
Jennifer Thomson
Bernadette Tracz
Chunhua Wang
Vikas Verma & Kiran
Wani
Brian Worobey

WEEKEND ACTIVITIES

Weekend hikes will no longer meet at Tunney's Pasture. The new central meeting place effective April 1 is Centennial Public School, 376 Gloucester Street.

Centennial Public School	Fallowfield Park & Ride	Baseline Park & Ride
The Centennial School parking is at the intersection of Percy Street and Nepean Street. By car, turn south on Percy from Laurier or turn east on Nepean from Bronson.	The NW parking lot of OC Transpo's Fallowfield Park & Ride Station, off Fallowfield Rd. west of Woodroffe Ave. By car, take the first left after you enter the Park & Ride facility, turn right into the parking lot, then cross the lot to the far side.	The parking lot of OC Transpo's Baseline Park & Ride Station, off Woodroffe Ave. south of Baseline Rd. Meet at the southeast corner of the parking lot.

IMPROMPTU SATURDAY OUTINGS IN GATINEAU PARK

On Saturdays when no official Level 2 or 3 activity is scheduled, there are impromptu outings in Gatineau Park. Bring lunch. Meet at Centennial School at 9:15 a.m. *Warning: these outings are NOT for beginners. They may be long and challenging.* Expect to hike for 4 to 5 hours plus a lunch stop. E-mail your name, e-mail address and phone number to be kept informed about the proposed destinations.
Contact: Chris Heap 613-740-9975. (chrishe@ieee.org).

Saturday, March 5 Impromptu Snowshoe/Hike
Level 2. 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 St. (Buses # 5, 7, 12, 14 & 18) at 11:00 a.m. Must call leader in advance.
Leader: Ruth Hutchinson 613-749-0990.

Saturday, March 12 Impromptu Snowshoe/Hike
Level 2. See above for info. Route to be determined.

Saturday, March 19 Eco River Walk
Level 1, 4-7 km, two hours. Depart from Tunney's Pasture at 10:30 a.m. Walk to the Archives along the river, enjoying the spring thaw. Please bring a bag to collect garbage along the route.
Leader: Linda Haack 613-232-8129.

Saturday, March 19 Gatineau Hike/Snowshoe
Level 2, 10-13 km. Mountain Rd. Hike the Hollow Glen Trail with lunch at Huron Cabin. Meet at Tunney's Pasture by 9:20 a.m. for a 9:30 a.m. departure. Gas \$2.
Leader: Denise Hall 613-843-8222
(rebeccahall@rogers.com).

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 10:30 a.m. at Beechwood Ave. and Crichton St. (Buses # 1, 5, 7 & 9) and return on Bus #5.
Leader: Ruth Hutchinson 613-749-0990.

Saturday, March 26 Gatineau Hike/Snowshoe
Level 2, 10-13 km. Park at P15 (Cross Loop). Snowshoe/hike mainly along snowshoe trails. Eat lunch at Healey Cabin. Some bushwhacking is a possibility. Meet at Tunney's Pasture by 9:20 a.m. for a 9:30 a.m. departure. Gas \$4.
Leader: Denise Hall 613-843-8222
(rebeccahall@rogers.com).

Sunday March 27 Rideau Trail End-to-End Hike #6

Level 1, 10 km. Hike an easy portion of the Rideau Trail - Franktown Rd. to Kettles Rd. - to get your hiking legs in shape. This is mostly country roads so snow should not pose too much of a problem. Bring a lunch. Short car shuttle. Depart from Tunney's Pasture at 10:00 a.m. Gas \$5.

Leader: Elizabeth Mason 613-729-6596.

Saturday, April 2 Hike Leader Training. See announcement above for details.

Saturday, April 2 Rideau Trail End-to-End Hike #2 - From Britannia to Robertson Road

Level 1, easy pace. Meet at Britannia at 11:00 a.m. Take Bus #16 to Britannia or park at the Kolbus Community Centre. Bring lunch, snacks and water. Return by Bus #118 to Baseline Station or by car to Britannia.

Leader: Coby Fuykschot 613-722-6022.

Saturday, April 9 Impromptu Hike

Level 2. See above for info. Route to be determined.

Saturday, April 16 Ottawa Club Annual General Meeting. See details above.

Sunday, April 17 Rideau River Walk

Level 1, approx. 10 km. Meet at Barrhaven OC Transpo parking lot (Fallowfield and Woodroffe) at 10:00 am. Walk from Carlton Lodge along the Rideau River viewing the spring flowers and River to Manotick Mill, having a picnic lunch at the Mill and then return the same route. Attire: Footwear either walking shoes or sneakers, clothing layers, water, lunch and rain wear. Gas costs \$2.

Leader: Terry Baker 613-825-5267
(terryrd.baker@sympatico.ca).

Saturday, April 23 Merrickville Area

Level 1, 10 km. Meet at Merrickville Blockhouse Park at 10:00 a.m. Car pool to Lilac Corner on Scotch Rd. Walk to Limerick Forest boardwalk and return. Lunch at the Yellow Canoe.

Leader: Denis Faulkner 613-269-2136 or Fred Grodde 613-269-4306. (cont'd....)

Those needing a ride, depart from Fallowfield Park & Ride at 8:45 a.m. Contact: Marilyn Schwartz 613-828-4488 (marilyn_sch1970@yahoo.ca). Gas \$7.

Saturday, April 23 Impromptu Hike

Level 2. See above for info. Route to be determined.

Saturday, April 30 Nepean Sportsplex

Level 1, 8 km. Hike on trails around the Nepean Sportsplex and south of Slack Road, including NCC trails 32 and 33. Depart from Baseline Park & Ride at 10:00 a.m. Gas: \$2.

Leader: Ethel Archard 613-592-7733
(ethel.archard@sympatico.ca)

Saturday, April 30 Lusk Falls area

Level 3. Lots of climbing, good pace. Meet at Centennial School at 9:20 am for a 9:30 a.m. departure. Plan on 5+ hours on the trail. Gas \$4.

Leader: Ann Lane 613-741-3184.

Sunday, May 1 "May Day Outing" - Western Gatineau Park

Level 2, 6 km. Starting from the Eardley-Masham Road, ascend the Church Hill escarpment and walk the ridge with views across the Ottawa Valley. Continue the loop through coniferous and deciduous woods, crossing rolling terrain before climbing to a final viewpoint. Depart from Centennial School at 10 a.m. Gas \$5.

Leader: Nigel Brereton 613-596-6191
(nigelb@primus.ca).

Saturday, May 7 Western Greenbelt

Level 1, 8-10 km. Hike the Old Grouse Trail and NCC Trails 23, 24 and 25. Meet at Baseline Park & Ride at 10:30 a.m. Gas \$2.

Leader: Grace Strachan 613-721-1421.

Saturday, May 7 Gatineau Park

Level 3, 10-12 km. We will start our hike near the Steele and Wilson intersection west of Masham-Eardley Rd., be on and off trail, passing through some rugged terrain, waterfall, small creek canyon, gaining Tomato Hill on the back way on return. Meet at Centennial School for 9:30 a.m. departure. Gas \$5.

Leader: Jim Leeson 613-829-1083

Saturday, May 14 Lime Kiln Trail

Level 1, 5-7 km. Starting at the Hunt Club Road Parking Lot #11, this trail will take you along boardwalks over lovely swampy areas with lots of ducks and geese and other birds including chickadees that like to be fed, and beside the Wild Bird Centre to the historic Lime Kiln. Depart from Baseline Park & Ride at 9:30 a.m. Gas \$2.

Leader: Jean Sunter 613-828-6077.

Saturday May 14 Western Gatineau Park

Level 2, 12-14 km. Moderate-pace hike east from the Eardley-Masham Road, starting from the Church Hill area. We will be mainly on faint paths and will visit spectacular lookouts over the Ottawa River valley. Exact route to be determined. Meet at Centennial School at 9:15 am to depart at 9:30. Gas \$5.

Leader: Ann Bolster 613-828-5131

(ann_bolster@yahoo.ca).

Sunday, May 15 Adopt-a-Roadway Clean-Up

Join us for a few hours to clean our designated road allowance along Roger Stevens Drive, south west of North Gower. Kindly register in advance by calling the leader so that enough equipment can be provided. A minimum 12 people is ideal. Depart from Fallowfield Park & Ride at 9:00 a.m. Gas \$5.

Leader: Suzanne Brown 613-224-6006.

Saturday, May 21 Gatineau Park

Level 2, 10-12 km on trail hike in Gatineau Park going to the Ramparts Lookout and then by various trails to Western lodge. Depart from Centennial School at 9:30 a.m. Gas \$3.

Leader: Alex Bissett 613-828-4363

(alexbissett@sympatico.ca).

Sunday, May 22 Gatineau Park Yellow Box, Fire Tower and Luskville Falls

Level 2+, about 12 km, on trail but the descent at the end is rather rough and rocky. We go up scenic Chartrand Creek then follow the trail east along the escarpment to the "Yellow Box" lookout for lunch, then continue east to the old Fire Tower before descending via the Luskville Falls to the car park below. This interesting hike features a long ascent, several stream

and beaver dam crossings and a steep, fairly rocky descent with glorious views of the Ottawa valley. Car shuttle. Depart 9.30 a.m. from Centennial School Gas \$5.

Leader: Graham and Lena Creedy 613-789-1657.

Monday, May 23 Gatineau Park

Level 1+, 10 km. at an easy pace. Hike Pine Road to Herridge Lodge and return. Bring snacks and water. Depart from Centennial School at 1:00 pm. Gas \$4.

Leader: Coby Fuykschot, 613-722-6022.

Saturday, May 28 Larriault Trail and Beyond

Level 2, approx. 6 km. Enjoy hiking on an interesting up and down trail adorned with lovely spring flowers, a pretty waterfall and strolling within the bounds of the beautiful MacKenzie King Estate. Meet at Centennial School for 9.30 a.m. departure. Gas \$3.

Leader: Jean Sunter 613-828-6077

Sunday, May 29 Shirley's Bay Walk

Level 1, approx. 12 km. Walk from Moodie Drive and Corkstown Road to Shirley's Bay. Walk along Bike paths and gravel walkways to the Ottawa River to Shirley's Bay, with a picnic lunch at Shirley's Bay and return by part of the outbound route and through the Nortel Campus. Attire: Footwear either walking shoes or sneakers, clothing layers, water, lunch and rain wear. Meet at Moodie Drive and Corkstown Road, by the traffic lights at 10:00 am.

Leader: Terry Baker 613-825-5267

(terryrd.baker@sympatico.ca).

Sunday, May 29 Western Gatineau Park

Level 3, 10-12 km (at least half off-trail). Moderate-pace hike west from the Eardley-Masham Road, starting at the Sand Pit. Lots of up and down and contouring along the edge of the escarpment, with many spectacular panoramic views of the Pontiac and the Ottawa River. Possible wet areas. Meet at Centennial School at 9:15 am to depart at 9:30. Gas \$5.

Leader: Brian Worobey 613-882-5356

(brianworobey@rogers.com)



Saturday, June 4 Doors Open Ottawa

Level 1, route and distance to be determined. Bring a lunch. Urban walk, stopping off to visit a few Doors Open buildings, perhaps including embassies and historic buildings, as well as government and/or community facilities. Depart from Strathcona Park parking lot (end of Somerset Street East) at 9:30 am.

Leader: Ethel Archard 613-592-7733
(ethel.archard@sympatico.ca).

Saturday, June 4 Impromptu Hike

Level 2. See above for info. Route to be determined.

Saturday, June 11 Parours L J Papineau

Level 2, 14 km. We return to this trail near St-André-Avelin in order to hike the entire route one way. The trail has interesting works of art along the route. Bring lunch, fluids, bug repellent. It is a 1-1/2 hour drive to trailhead plus a car shuttle. Depart from Centennial School at 9:00 a.m. Gas \$9.

Leader: Elizabeth Mason 613-729-6596.

Saturday, June 18

Rideau Trail AGM.

Smiths Fall

See page 6 for more details.

Sunday, June 19 Marlborough Forest

Level 2, 15 km. Hike the Roger's Pond – Earth Star Loop with the person who maintains this trail. Depart from Fallowfield Park and Ride at 9:30 am. Gas \$5.

Leader: Doug Parsons 613-723-0726.



**DON'T FORGET -
RENEW YOUR MEMBERSHIP NOW!**

PUBLICITY/MEDIA CO-ORDINATOR NEEDED FOR OTTAWA CLUB

As of April 2011, the Ottawa Club will have a vacancy for the above position. Anyone who enjoys outreach and would like to learn more, please contact Nigel Brereton at nigelb@primus.ca or (613)5966191".

RTA Does a Clean Sweep!

In January, Ottawa Mayor Jim Watson presents Suzanne Brown with certificate (inset) recognizing the Ottawa RTA Club's 8 years of participation in the Adopt-a-Roadway program. Congratulations, Ottawa!



Photo by CTV

The Adopt-a-Roadway team (right) cleans-up a 5.5 km stretch along Roger Stevens Drive, not far from NCC parking E5, where the Rideau Trail crosses Roger Stevens Drive to and from Marlborough Forest. Although they seem to have cleaned up a lot, there always seems to be more garbage to collect. The dedicated team of pickers repeatedly comes out twice per year.

The Kingston Club also cleans a 3-Km highway stretch on the Massasauga Road.



Photo by Suzanne Brown

THE FRONTENAC CHALLENGE - AN AUTUMN CLASSIC

by Steve Manders

One of the rites of Autumn in our part of the hiking universe is the Running of the Challenge: the Frontenac Challenge, that is. During September and October, RTA members from Kingston, Ottawa and all parts in between, descend on Frontenac Provincial Park to hike their brains out. Here's an account from a member of the Kingston Club on this year's experience. - *ed.*

Last November, was the annual awards and BBQ for those completing the Frontenac Challenge which consists of hiking all 160 km of trails in Frontenac Park in September and October of a single year. They must confirm this by recording words or phrases on signs posted on trees on each trail.

This year there were 178 people that successfully completed the challenge, up from 152 last year. There were 243 who signed up. There were 60 first year completions compared with 34 last year. The youngest person to successfully complete the challenge was only 6 months old. Mom had to record the key words and phrases for that "hitch-hiker". (It was also reported that this youngest "hiker" had already done it successfully at age of T minus 6 months.)

The oldest hikers are known to be in the 80's but no records are kept of this. One successful participant was from Germany this year. There were 22 RTA members

available for a group picture this year, though we know of many others who had successfully done the challenge.

Audrey Sanger of the RTA who holds the record of 18 consecutive completions was not present for the awards.

Many of the participants admit that doing 160 km in less than 2 months sounded intimidating at first, but soon got to enjoy it and it has been growing in popularity every year. There was a lot of talk of the Slide Lake Loop that is both the longest and roughest loop at 21 km.

There were a few recorded injuries climbing up some rocky hills, not to mention very sore feet and legs. Sometimes multiple loops can be done on a single day such as Little Clear Lake, Little Salmon Lake and Hemlock Lake. Tetsmine Lake and Gibson Lake are usually done together as well. It is best to do as much in September when the weather is good, the bugs are gone.



Photo by Steve Manders

RTA Stainless Water Bottle

The second of several products to celebrate RTA's 40th Anniversary. An elegant 750 ml stainless steel water bottle with a carabiner, and sporting the laser-engraved RTA logo. (picture, pg.3)

Special cost price of \$8. There is a limited quantity of 50 water bottles for all of the RTA, so don't delay.
To purchase, contact your club representative (below)

CONTACTS:

Ottawa: Diane McComb 613-820-3936
E-mail: diane.mccomb@sympatico.ca
Central: John Miller 613-264-8824
E-mail: jonver@teksavvy.com
KINGSTON: Gwyn Griffith 613-766-2777
E-mail: glg@cogeco.ca

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Camp #2 July 18 to July 23
Camp #3 July 25 to July 30
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Camp #5 August 8 to August 13

Base Camp Location: Kananaskis Country, Alberta.

Camp fee \$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 as well as evening camp fire program and sing songs.

For more information and a free brochure contact: 1-866-445-3774

e-mail: registrar@skylinehikers.ca

website: www.skylinehikers.ca

Ontario residents please contact volunteer:

Harry Moerschner 1-705-445-0267



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COOL EVENTS!

BRUCE TRAIL DOES RIDEAU TRAIL

WESTPORT to SMITHS FALLS.

Thursday April 29 to Monday May 2, 2011

Members of the Bruce Trail Conservancy return for five day hikes on their second year on the Rideau Trail. Hikes will be 20-25 Km at a Level 3 pace (moderate to fast) with some strenuous hiking through the wilderness areas.

RTA Members are welcome to participate. Contact Bill Ottney at 613-283-3704 or at bill.ottney@sandvik.com for details of the hikes.

CYCLE/HIKE TREMBLANT AREA IN JUNE

Motel adjacent to 200 Km. trail, is affordable with secure bike storage. Potential to hike Edge Trail at top of mountain. Contact Elgin Bock 613-389-4216 by Feb. 28, 2011.

NOTE: For information only: not official RTA activities

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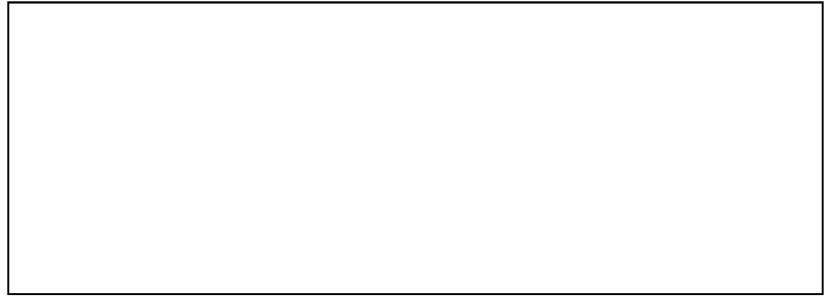
RIDEAU TRAIL ASSOCIATION MEMBERSHIP RENEWAL Due in March!

Please Use the Form on the Back Page



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

®



MEMBERSHIP OR RENEWAL APPLICATION:

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

All members must be at least 18 years of age. ☐ Annual Individual Membership \$25.00 ☐ Annual Household Membership (two adults at the same address) \$30.00 ☐ Patron (Life Membership) * \$500.00 ☐ Trail Guidebook: (<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 \$6.00 in box below. ☐ 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 addresses 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): _____

