



The Rideau Trail NEWSLETTER

WINTER 2011

ISSUE NO. 162



**Bringing It Home: Our 40th Anniversary Relay
Ends Beneath Parliament Hill**

Rideau Trail Association Newsletter

Editor of this issue: 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 **March 1, 2012**. Send to:

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The Rideau Trail Newsletter is published by the Rideau Trail Association (RTA) in March, June, September and December. Unless otherwise stated, the opinions expressed are not necessarily those of the association. The RTA does not share its mailing list with other organizations. The triangle design on the covers is a registered trademark of the association.

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ISSN 0709-7085

The RTA is a member of Hike Ontario.

Front Cover: Bringing “The Stick” home. With Pearl Peterkin out in front, roughly 100 hikers are nearing the new northern terminus of the Rideau Trail at the Ottawa Locks between Parliament Hill and the Chateau Laurier on November 5. But who has the RTA President’s stick? Photo by Andrew Chen

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RTA CELEBRATES END OF ANNIVERSARY RELAY AND NEW OTTAWA TRAILHEAD

by Elizabeth Mason

The RTA celebrated its 40th birthday with fanfare on Saturday, November 5. Nearly 70 hikers from all 3 clubs started off at Britannia Park to hike the 12 km to the new trailhead in Ottawa. They were joined along the way by a few and then met by another 30 below Library and Archives Canada, across from the former trailhead at Richmond Landing. The enlarged contingent walked the last 1.5 km to the new plaque at the entrance valley of the Rideau Canal and was met with smiling faces and the Rideau Trail banner. The plaque was fittingly veiled with 2 commemorative green T-shirts. Ed Simpson, an Ottawa founding member of the RTA, and Nigel Brereton, who was instrumental in getting the plaque, did the unveiling. Nigel then read the text to the assembled group.

Deputy Mayor Steve Desroches and his son arrived as the plaque was unveiled. The group moved up to the Bytown Museum, where a spot had been set outside with a canopy, microphone and balloons for some short speeches. Ottawa's Rob Weeks introduced RTA President Robert Groves and the chair of each club. Robert reminded us how far the President's walking stick had travelled since April, when it started its journey in Kingston. He also told us that "The Stick"

had been presented to the RTA President in June 2007 by Jim Watson, now Ottawa's mayor but at the time the minister for health promotion, and Sandy Smallwood from the Ontario Heritage Trust. Since then "The Stick" has served as a gavel at RTA AGMs and accompanied hikers on the Rideau Trail. "The Stick" was then presented to Mr. Desroches, who congratulated the association on its 40 years.

Ottawa Club Chair Elizabeth Mason introduced Doug Knapp and Ed Simpson, founding members of the RTA. Shirley Simpson, another founding member, was unable to come owing to a recent operation. Elizabeth congratulated the group on their enthusiasm. Thirty years ago, when the first plaque at Richmond Landing was unveiled, 8 members were present, whereas 129 by a Bytown Museum count attended this event. Everyone was invited into the museum for a hot drink generously provided by the museum and cookies provided by the Ottawa social group – and to view the exhibits.

Ottawa This Week published an excellent article on the Web, and Ottawa's Andrew Chen as well as photographers from the Rideau Arts Council captured the whole event from Britannia to the Locks. The sun shone brightly, auguring an auspicious forward movement for the RTA. A huge thank-you to everyone who participated and made it all possible.



Left: Ottawa Club Chair Elizabeth Mason says a few words before the Rideau Trail plaque at the new Ottawa trailhead, near the entrance to the Ottawa Locks, is unveiled. Right: RTA President Robert Groves has just presented "The Stick" to Ottawa Deputy Mayor Steve Desroches outside the Bytown Museum after its hand-to-hand journey from Kingston. *Photos by Andrew Chen*

Welcome, New Members!

Central Club*

Stephanie & Alain Gauthier
June MacMillan
Margaret & Colin Stephenson
Robert & Susan Trower

Kingston Club

Agnes Cleary
Leona Curzon
Jane Dorland
Marjory MacMartin
Barb Mallette
Margaret McDougall
Gerald & Margaret Morris
Cynnimon Rain
John Pilon & Diana Reid
Maureen Wilson

Ottawa Club

Lynn & Scott Allen
Patricia & Megan Beckett
Bob Connell
Sybil Grace
Sacha & Sandra Honsl
Ray Elgersma & Judi Lightford
Liz Diem & Michael Lomas
Marilyn Rodriguez

* Applications of the 45 new members recruited at the October 30 Running Goats Club meet are being processed. The names will appear in the next newsletter. See the article on the meet on page 6.

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.

HIGHLIGHTS OF OCTOBER RTA BOARD MEETING

by Louise Osborn, Vice President

Our RTA Board met October 22 at McMartin House, Perth, and started with a few announcements, the most significant being that we still have a vacancy on the Board, namely Marketing and Communications Representative. We have a number of challenges to tackle, such as declining membership. If you are up to the task of raising the profile of the RTA and would like to give back to the community, be a respected member of the management team and enjoy some camaraderie as well, please contact President Robert Groves, at 613-792-3210 or grovesgroup@sympatico.ca.

We now have our Board Secretary position filled, by Liz Choros of the Ottawa Club. Thank you, Liz! We look forward to working with you.

RTA Displays: David Allcock has finished the poster-board displays, Kingston being the last to receive theirs. Liz Allcock sewed a smart soft-sided carrying case for it. What a team! Thank you both. David and Liz are a great addition to our advertising efforts.

info@rideautrail.org: After a less-than-stellar response to an enquiry that was a bit embarrassing for us, we have implemented a new policy. Enquiries sent to info@rideautrail.org will be forwarded to only 1 person: the appropriate club chair or Robert Groves, who will decide who should handle it and ensure that a response is provided within 48 hours, an interval that we believe is appropriate and reasonable. As for the prompting situation, a letter of apology with explanation was written, the information requested was provided, and all is well. Thank you very much to the club chairs and Robert for their usual "can do" attitude.

Membership: We noted a declining RTA membership and discussed a number of suggestions. Kingston holds an annual open house followed by a special hike just for the new members.

This fall the open house resulted in 9 new members! The Board recommended that all clubs add to their activities schedule a hike especially for new hikers.

Finances: We are still in the black. Treasurer Joy Webster's usual professional financial report is much appreciated. Thank you very much, Joy!

Web-Based Maps: This project is progressing well. Although we expect to have the maps ready for sale in the spring, they likely won't yet be available for on-line purchase. The goal is to have Central Club's maps ready by mid-November and Kingston's by the end of January. Ottawa's are ready for review already. (Way to go, Ottawa Club!) Many thanks to Elizabeth Mason and team for your diligent work on this significant project!

On-Line Payment of Membership Dues: This project still needs a team leader. Our intrepid Treasurer has enrolled us with PayPal and sorted out some financial issues. Elizabeth Mason stepped in with help as well but really does not have enough time to take the lead on this. Thank you, Joy and Elizabeth. Is there anyone out there who could help us with the remaining bits of this project? Please? Contact Robert Groves at grovesgroup@sympatico.ca or at work (613-792-3210).

Land Securement Committee: Do any of you remember the Trail Quality Task Force of 2005, whereby private lands were identified that were at risk should the current or future landowners bar the RTA from future use? We thought it was time to re-energize that concept and voted that RTA Trail Coordinator David Armitage strike a Land Securement Committee and chair it; members will be the Routes and Negotiations and Trail Maintenance coordinators of each club. The job of the committee will be to monitor identified key properties along the Rideau Trail and recommend to the Board proactive action to preserve the quality of the trail. Thank you very much, David, for agreeing to take on this forward-thinking project. David was a

member of the 2005 task force, and we appreciate having his knowledge and expertise.

Visioning exercise: This has been postponed to the spring.

RTA Brochure: John Cornish presented, on behalf of Nigel Brereton and Elizabeth Mason, a very interesting crash course on the merits of "Come Hike With Us" pamphlets versus cards and one shade of RTA Orange over another (Who knew?). We approved 1 print run of the card with black-and-white photographs, as Nigel, Elizabeth and John recommended. Thank you, all 3. We appreciate the work you have done on behalf of the RTA. These new cards will look great!

Hike Ontario Summit: Robert Groves attended the September 2011 Hike Ontario AGM in northern Ontario and reported that Elizabeth Mason won the 2011 Hike Ontario Volunteer Award! He accepted proudly on her behalf. We plan to present the award to Elizabeth at the 2012 AGM with great fanfare. Congratulations, Elizabeth: you are a most worthy recipient! Our new display boards ranked favourably against similar advertising tools of the other hiking clubs. Robert was surprised by the lack of knowledge of the Rideau Trail across Ontario despite our having the most interesting topographic diversity. We need our Marketing Rep more than ever to increase awareness of our trail and the RTA. Thank you, Robert, for making the long drive on such short notice.

Central Club Highlights: Dorothy Hudson (thanks, Dorothy) reported that the club set up a promotion table for the RTA at the Tay Discovery Day

in September. No memberships were sold, but a few brochures were handed out. Preparations were well under way for the Running Goats Club meet on October 30. (See more on this extremely successful event on page 6.) Thank you, David Allcock, for rallying the troops. The byproduct of 45 memberships, to say nothing of the fabulous publicity, is fantastic! The Bon Echo hike and camp weekend was a great success: the weather cooperated, and 11 participants hiked beautiful trails and enjoyed good food and evening campfires together.

Ottawa Club Highlights: Elizabeth Mason (thank you yet again, Elizabeth) reported that the Final Fling for the Carry the Stick event is planned for November 5 and will include an unveiling of the new plaque at the new trail end (at the locks below the Chateau Laurier) after your choice of a short or a long hike on the trail. Mayor Jim Watson, who gave us the stick in 2005, has been invited, and the Bytown Museum will host refreshments afterwards. Good luck, Ottawa! This promises to be a memorable event. The *Ottawa Citizen* wrote a great article on the 40th Anniversary hikes and used a picture taken from John Barron's hike in late August. Great publicity, Ottawa! A 1-day Wilderness First Aid Course is scheduled for late November and is already full.

Kingston Club Highlights: Jenny Ellis (thanks, Jenny) reported that with the filling of the vacant club Secretary position, their slate of officers is now full. A very warm welcome and big thank-you to Mary Lou Hamilton for stepping up to the plate. We wish you the very best. The club is still meeting with the City of Kingston regarding the Rideau Trail extension to City Hall. The stumbling block is signage. On October 26 Don Coulter's new sign design combining the City of Kingston logo and the RTA logo was to be unveiled at a meeting. Thank you, Don. We think it looks professional. Stay tuned to hear about the outcome! There are 2 new bridges, at Foley Mountain and the Narrows Locks.

Next RTA Board Meeting: January 21.

Saturday, June 16, 2012

**RTA 41st AGM
Westport Lions Club Beach**

Details in the spring newsletter

Vacant Position: RTA Marketing and Communications Director

Do you have an interest in marketing and a flair for communications activities? We are looking for a volunteer to help the Board increase awareness of the Rideau Trail in other organizations and the media. The trail has a great legacy and an appealing message. Sound interesting? Then contact President Robert Groves, at grovesgroup@sympatico.ca or 613-792-3210 (work) to talk it over.

Commemorative T-shirts

There are a dozen green T-shirts left from the 40th anniversary. RTA members may have 1 gratis on a first-come, first-served basis. Contact Elizabeth Mason, specifying size (small, medium or large): 613-729-6596; emmason@sympatico.ca

RTA Collectibles

A number of sit-upons, water bottles, athletic shirts and toques with the RTA logo are available from Veronica Airth at the Perth Picture Framing Gallery, now located in the heart of town at the Codes Mill Building, 17 Wilson St. E. Make your Christmas shopping easy this year. Veronica can be reached at 613-264-8338. When supplies are gone, we will not be ordering any more!

KINGSTON CLUB OPEN HOUSE

by Linda Line, Special Events Coordinator

On September 14 the Kingston Club hosted its 2nd open house at the Ongwanada Centre. This year visitors were treated to a 40th anniversary presentation of pictures over the years put together by Don Coulter. Chair Jenny Ellis gave a warm welcome speech, and a “birthday cake” was cut. James Malcolm, owner of Trailhead Kingston, was kept busy demonstrating the latest in hiking equipment. Marilyn and John Milloy, coordinators of the Wednesday Walkers, volunteered their time again. Marie Warner signed up 9 new members, and 4 days later Bruce Bromfield took a group of them out for an orientation to hiking at the Cataraqui Conservation Area. Most of the new members have now been on several hikes and are our new ambassadors for the club. Thank you to everyone who contributed their time and helped to make the evening another success.

RUNNING THE RIDEAU TRAIL

by David Allcock, with contributions by Robert Groves and Terry Stewart

A signature event occurred on the Rideau Trail on October 30: a 26.2-km race from Smiths Falls to Perth! The meet was organized by the Running Goats Club in Perth to commemorate the trail’s 40th anniversary and in memory of Patrick Doyle, a Perth resident and worldwide trail runner. As this was the first event of its kind, it was limited to 40 entrants (for the 40 years of the trail) plus the 5 executives of the running club. A year’s RTA membership was included in the entry fee, so the association got 45 new members instantly!

Central Club members were a little sceptical about running on a rugged hiking trail. We had visions of twisted ankles, and considering that the run started at 1:00 pm we thought that the last runner would limp in around midnight. However, race director Terry Stewart predicted that run times would be between 2 and 4¾ hours, and that is exactly what happened. The winner, Christian Belair of Summerstown, clocked a time of 2 hours and 32 seconds, and two-thirds of the runners took less than 3 hours. Every runner finished without mishap. Trail conditions were good after the

dry summer, and the weather was ideal: sunny and 10°C.

Organization was superb, with a chartered bus to the starting point at the Rideau Canal Museum in Smiths Falls and check-in at O’Reilly’s Pub in Perth. RTA President Robert Groves gave the entrants their race bibs and was on hand at the finish line to award them a Rideau Trail crest. All were in fine spirits for refreshments and a celebratory dinner at the pub, with many accolades for the entrants and the organizers and volunteers who made it all happen. The event was recorded by professional film-makers from the Rideau Arts Council stationed along the route.

Many thanks to Terry and the race codirector, Mary Stewart, who put the event together in just a month, taking care of every little detail. They even arranged a suite in Perth’s prestigious new hotel, *Codes Mill Inn and Spa*, for showers and massages for the finishers. Volunteers from Central Club made sure the trail was well maintained and well marked beforehand, and on race day they manned the water stations and were marshals at other points along the route. A big thank-you to Central Club’s Mike Lush, who was sweep and hiked practically the whole distance before 6:00 pm.

It was a wonderful day. In Mike’s words, the Rideau Trail is eastern Ontario’s best-kept secret. Is this the first of even more such events? Stay tuned!



“Super-Terry” Stewart, showing the determination that got him to the finish line in less than 3 hours. *The photo is a production of the Rideau Arts Council.*

TRAIL CHANGES

Map 1, Reroute between Burbrook and Unity roads. From where the trail originally turned right off the K&P, continue on the K&P about 800 m. Turn right and proceed up an incline into the woods. Follow the trail markers, keeping the “No Trespassing” signs on your right. At the intersection with a former farm lane, go left for a short distance before turning right as you approach a fence. The trail follows the fence line until emerging onto Unity Road. Turn left. Continue to the stile on your right. The distance along Unity Road has been shortened by about 200 m. Maintainers Jane and Robert Hough acknowledge the fantastic cooperation of Cruikshank Properties, owners of the reroute, and the tireless volunteers under Stan Huff who completed this significant project so efficiently. Thank you all!

Map 16, Mud Lake Reroute. Just east of Britannia Park the trail diverts from the Ottawa River Pathway to follow the southern edge of Mud Lake. This small lake is a scenic haven for wildlife. The trail skirts the shoreline in thick bush, bursting out frequently to allow views of the lake and its abundant wetland birds. At the eastern end of the woods the trail rejoins the NCC pathway along the Ottawa River Parkway.

TRAIL MAINTENANCE: MAGIC MOMENTS

by Claude Bouchard

In late September I walked back and forth on my section of the Rideau Trail, between the parking lot on Roger Stevens and the “log cabin” intersection going north. I checked all the trail markers, clearing obstructions to the line of sight and adding a few orange triangles in both directions. At major intersections I ensured that there was a minimum of 2 markers indicating a change in direction, in case 1 marker were to fall off, and that a confirmation marker was clearly visible not far away.

The usually wet section was completely dry. However, I prepared it for next spring assuming that the water would eventually come back.



Actaea pachypoda (doll's eyes, white baneberry), which is highly poisonous to humans but not birds. Photo by Claude Bouchard

RIDEAU TRAIL CLOSED

Tuesday, March 13, 2012

The Trail, where it crosses private land, will be closed on this day to protect the landowners, who let us 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.

Amazingly, the trail work I had done in that section (bridge, raising the trail bed a little with flat rocks and short logs) had not been destroyed by ATVs during the summer. Maybe the increase in gas price had an influence. I was expecting big fallen trees from the wind gusts we had this summer. To my surprise, I encountered only a few small trees that were easily dispatched with hand tools. It took me a good 6 hours, but I enjoyed being alone in the woods.

I was walking quietly along the forest-road section of the trail, surrounded by morning silence. Then I heard something in the dense thicket maybe 30 ft away. This was too big a sound for a hare. I froze, expecting to watch a deer at close range. Then the noisemaker crossed the road. To my surprise it was a big coyote. Clearly he was in an avoidance pattern, not a stalking pattern. He kept walking and disappeared in the brush on the other side of the road. What a glorious moment! I had tools in my hands and no time to reach for the camera. But I am comfortable with the fact that one can live the moment without capturing it for eternity. And so I kept walking. A couple of times I looked backwards and saw only the road. The magic moment was gone.

On the return trip I saw no sign of the coyote. Instead I noticed massive bear scat on the trail. I also captured another marvel, this time part of the vegetal realm. Every time I see it I think of those molecular models in organic chemistry.

On top of that I found an expensive hiking pole, almost camouflaged in the shadowy vegetation. I hoped it was not the “President’s Stick”!

So my section of the trail was ready for fall hikers!

CARRYING “THE STICK” THROUGH THE OTTAWA SECTION

On July 10 a group of Ottawa hikers walked the Long Bush towards Rosedale to welcome the RTA President’s walking stick to the Ottawa section. The Long Bush is one of the pioneer routes taken when this area of Ontario was being settled, so it was fitting to retrace those settlers’ steps, noted hike leader Elizabeth Mason. Members of the Central Club walked from Smiths Falls to meet the Ottawa hikers. After the 2 groups had eaten and shared experiences under the shade of huge maples, the Ottawa hikers returned through the Long Bush. All carried “The Stick” and passed it along in various fun ways: knighting the next carrier, asking that the recipient limbo under it etc. At Buffam Road “The Stick” was formally handed to the leader of the next section.

The *Ottawa Citizen* photographed the hikers beginning the second leg of the Ottawa section, on August 21. An article and a photo appeared in the *Citizen* the next day. Ron Arsenault, Trail Maintenance Coordinator for the Ottawa Club, and Rhys Knott, maintainer of the stretch of trail crossed, pointed out a number of features of the Rideau Trail, including the remnant stone work of a former water-powered shingle mill on a creek leading to the Rideau River, and gave accounts of the challenges and rewards of negotiating the routing of this segment of the trail across private land. With their sharp eyes, very young Max and LeAnne Kinlin, who came along with their mom, Kim, picked out and showed the older hikers examples of some tiny wildlife – stick bugs and centipedes. Very appropriate as hike leader John Barron and his party advanced “The Stick” towards Ottawa. The official hike ended at the Blockhouse in Merrickville, but several hikers went for a short additional walk on the embankment between the Rideau Canal and the Rideau River. Elizabeth Mason pointed out historical features and recounted anecdotes about the construction and opening of the Canal, featuring personalities such as William Merrick, Stephen Burritt, Roger Stevens and LCol John By. The sky, which had been grey but pleasant all day, darkened to black, but the hikers reached the cars before the cloudburst began.

On August 27 Merrickville Mayor Doug Struthers welcomed the 13 hikers on their arrival at the Blockhouse and wished them “Bon voyage” with a few remarks. It was quite a hot day, with not much shade, but every so often a cooling breeze came to the rescue, reported hike leader Nigel Brereton. Nigel noted that of all the stretches in the Ottawa sector, this is the one most imbued with heritage aspects relating to the Rideau Canal, such as the McGuigan pioneer cemetery, where are buried both Scottish stonemasons and Irish labourers, many in unmarked graves. Nearby is Upper Nicholson’s Locks, where, on the

other side of the river, is the ghost town of Andrewsville. At the locks a platform has been built to house an osprey’s nest. The group also saw a nest at the top of a telephone pole. From Upper Nicholson’s the hike follows the Canal to Lower Nicholson’s Locks before returning to the road. The stretch of road in the vicinity of the 2 lock stations has the best examples of heritage stone houses.

The weather was perfect for the hike from Paden Road to Roger Stevens Drive on September 10, reported leader Maryetta McDowell, and the trail was in excellent condition. The group of 14, which included first-time Rideau Trail hikers, stopped at the Marlborough Forest shelter right on the Rideau Trail for a lunch break and enjoyed hearing stories of past hikes and hikers. Ron Hunt related the history of “The Stick”.

The highlight of the September 17 hike from Roger Stevens Drive to Kettles Road on a beautiful day was a lunchtime visit by the 12 hikers to the 4-acre parcel of land owned by the RTA in this section of the Marlborough Forest. The property is a couple of hundred yards off the main trail. Ron Hunt suggested that rough benches and perhaps a fire pit could be made and the property used for club outings and possibly camping. Leader Doug Parsons reported that the group saw 2 deer from the bus on the way to the trailhead. They also received apples from the bus driver before starting out!

Of the 19 people on the September 24 hike from Kettles Road to Franktown and Conley, just outside Richmond, 4 had never been on a Rideau Trail outing before and thoroughly enjoyed the day. Leader Denise Hall managed her first car shuttle. There was a bit of light, misty rain, which felt good given the humidity. Lunch was ON the Jock River, which was lacking water. The group enjoyed the turning colours of trees and bushes, lovely fall flowers and curious horses, who often trotted forward in their fenced paddocks along the road to see the hikers.



September 24: Trudy, Grace and Kathryn lunching on the Jock.
Photo by Denise Hall

Saturday morning dawned October 1, but there was no sun to be seen: just rain and 50-km/h chill winds from the east. Who would brave this to carry “The Stick” forward? Leader Erica Phillips’ husband preferred to head off for a field study of slime moulds instead! By 10:10 and 10°C, 9 brave souls had gathered. The rain abated as they moved north, with “The Stick” to keep them upright. Soon the forest protected them from the bitter winds, and they progressed promptly to lunch on a timely fallen eastern cottonwood. After wolfing down sandwiches, the company marched energetically 4 km further to the cars and then cozy homes. All agreed that a brisk 9-km walk was just the thing to get going for the weekend.

October 16 was cloudy and cool, with a little mist of rain off and on during the hike from Brownlee Road to Fallowfield Road. The 7 hikers crossed the Jock River twice, first going east on the Twin Elm Bridge and then, after walking to the end of Twin Elm Road and continuing north along a farm road, going west on a seasonal farm bridge from which you can see the monument to Charles Lennox, 4th Duke of Richmond and Governor-in-Chief of the United British Provinces of North America, who died in a barn nearby of a bite from a rabid pet fox in 1819. In the winter a blue loop does not cross the river but continues along Richmond Road past the monument to Steeplehill Crescent, where it joins the Rideau Trail. On Steeplehill Crescent the group walked to The Bow of the Jock Park, also named Terrance “Terry” Carisse Park after a local country star (both park name signs are up). They entered the southern end of the park and went over to view the hydro pole near the bank of the Jock River, on which there appeared to be a huge osprey nest. They stopped for lunch near the northern parking lot, although several had lunch on the floating dock on the Jock River. Neither outhouse was fit to be used, reported leader Margaret Johnston. Shortly before the end of the hike the group stopped at a farm to watch a mother duck and her ducklings play in the front yard. Once they reached Fallowfield United Church, the drivers of the cars left at Brownlee Road went to pick up their cars. They returned to pick up their passengers none too soon, as the rain that had threatened all day poured down.

October 23 was a glorious day and the hike from Fallowfield Road to Robertson Road a wonderful way to celebrate this major milestone of our hiking club, said hike coleader Marilyn Schwartz. The other coleader, Grace Strachan, ensured that the group read the interpretive plaques, and Steve Kelly explained that red pines have clusters of 2 needles and white pines have clusters of 5 needles. The group was surprised to meet along the trail Nigel Brereton, who was hiking the blue route by himself. He pointed out a good place to stop for lunch by the boardwalk, where Marilyn distributed Halloween treats to

keep the hikers’ energy up. The group negotiated fallen trees on the trail, including some from the storm a week before. And they came across a decorated Christmas tree, to which they added a Rideau Trail 40th anniversary crest.



October 23: The Christmas tree has a new decoration: a 40th anniversary crest! *Photo of Marilyn and the tree by Steve Kelly*

Another group of 15, including 2 from the Kingston Club, travelled from Robertson Road to Britannia Park on sunny October 29. The hikers took turns carrying “The Stick” and reading the National Capital Commission plaques describing the various trees and plants. In addition to seeing a fly-pass by a skein of Canada geese at the lunch spot, the group spotted a robin or two and a pileated woodpecker, reported leader Maureen Dawson.

Hikers on the 12-km final leg of the anniversary journey of “The Stick”, on November 5, included RTA President Robert Groves, Kingston and Central Club chairs Jenny Ellis and David Allcock, and Mr. Rideau Trail himself, Doug Knapp. Because of the number, nearly 70, the hikers were divided into faster and slower groups. The faster group, led by Ann Bolster, particularly enjoyed their lunch beside the Ottawa River at Remic Rapids. For many it was the first time they had seen the rock sculptures created by John-Felice Ceprano. The highlight for the slower group, led by Grace Strachan, was the sight of a juvenile red-tailed hawk on a lamp post close to the War Museum being dive-bombed by a crow with white wings! At the riverside parking lot of Library and Archives Canada, the amalgamated group was met by more of the long-standing members and others who were not able to complete the whole walk. Led by Elizabeth Mason the huge group made its way to the bottom of the Ottawa Locks, where the new RTA plaque was formally unveiled.

Many thanks to the leaders for their reports (here abbreviated) and to the photographers who captured the journey. – Ed.



Pembrokeshire Coast. Photo by John Haley

PEMBROKESHIRE COAST PATH

by John Haley

This long-distance hiking trail (nt.pcnpa.org.uk) of outstanding natural beauty in south-west Wales is mostly within Pembrokeshire National Park (www.pembrokeshirenationalpark.com). It is also part of the International Appalachian Trail (iat-sia.com/index.php) and a significant part of the Wales Coast Path, which together with the Offa's Dyke Path (www.nationaltrail.co.uk/offasdyke) will circumnavigate Wales. The trail provides particular interest for those who enjoy geology, history, birds, boats, beaches and the sea.

Although the south end, at Amroth, near Tenby, and the north end, at St. Dogmaels, near Cardigan, are less than 40 km apart, the path covers 300 km, repeatedly winding around coves and inlets and moving up and down between cliff-tops and beaches. The highest point is less than 175 m above sea level, yet hiking the trail involves over 9000 m of ascent and descent. Wind is prevalent, strong winds being of significance when you are a step from the cliff edge. But with normal precautions, the path is safe. Normal precautions include being aware of tides, especially to avoid long road detours around 2 tidal crossings, and avoiding active periods on some Ministry of Defence firing ranges that the path crosses.

The path provides a great range of hiking experiences: a cathedral city, tourist resorts, quaint fishing villages, large and small seaports, and tiny settlements; woods, open cliff-tops, sand dunes, and beaches of pebbles, sand or both, some small, others

vast and mostly empty of people; mansions, castles, churches, forts and neolithic monuments; rock formations of never-ending variety; birds and flowers to thrill their respective enthusiasts; boats from dinghies to supertankers; environmentally friendly houses, power stations, and oil and gas plants; Welsh mountain ponies, cattle and sheep; sea creatures, including seals, dolphins and humans practising the sport of coasteering; friendly and helpful people; and good food and beer. What have I missed? Welsh male choirs. A lifebelt from the Titanic. A ground-to-air missile. And a zillion other things, not least the ever-present beauty, motion and mystery of the sea.

My wife, Johanne, and I hiked the entire path in almost perfect weather from June 15 to July 1. It can be hiked in less time, but 17 days allowed us several short-hike days to offset jet-lag and travel between towns where we stayed, as well as to sightsee.

Several commercial organizations will, for a substantial fee, arrange accommodation, luggage transfer and itineraries for "self-guided" hikes on all or part of the path. For many reasons we prefer an independent approach. Why miss spectacular views because of rain and hike the next day through urban areas in sunshine? Our independence allows us to modify hiking days to get the greatest benefit. It also means studying bus routes and schedules, accommodation options, probable hiking times, tide timetables etc. This increases anticipation before the trip, adds individual flavour to the experience and builds confidence for planning future trips.

I hope now you want to experience this wonderful trail for yourself. Further inducement is planned for January 22: see the Ottawa Club activities schedule.

THE MCGEE ROAD

by Bill McGee (no relation)

A National Capital Commission (NCC) map of unofficial and official trails has a trail from the Twin Pines parking area on the Eardley-Masham Road to the lookout at the end of an offshoot of trail 56 (leading to the water tank). While hiking there a few years ago I was told that this was part of the McGee Road. The 1862 Report on the Ottawa and Pontiac Colonization Roads gives the following description.

This road extends from the settlements on the Ottawa River in the township of Eardley to those on the river



Map of western part of Range 13 of Eardley township, showing some of the lots mentioned and some trails (thin solid lines).

Peche in Masham, passing through the notch in the Eardley mountains with a very gradual ascent, behind the steamboat landing at Rocky Point. It is the shortest and most favorable route into the settlement on the upper part of the Peche. . . . From where the opening of it commences in Eardley to the river Peche, it is a little over six and a half miles in length. The work on it was done by Mr. Mongins (who owns a sawmill on it) as overseer, with a party of men hired for the day. It consisted in opening out, through woods, of about three and a quarter miles of it, and elsewhere widening an old lumber road that in places coincided with it to a width of 16 or 20 feet as required, and the partial building of a bridge on it over McGee's Creek which is to be 83 feet in length of cord and 14 feet in height; but which was not finished owing to the formation of ice on the steep banks of it, rendering it too dangerous and difficult to be continued late in winter. The appropriation for this road was only \$400. . . . With a small addition to it from the appropriation for 1861, this sum will be sufficient to pay for the completion of the unfinished bridge over McGee's Creek.

The McGee mentioned in this report is the family of John McGee and Bridget Burns, who married at Notre Dame Cathedral in Ottawa on April 27, 1840. John is shown in the 1861 Agricultural Census with Lot 25, Range 13. In the mid-1860s he obtained a grant of 106 acres each of lots 20 and 27 and John Jr. a grant of 106 acres of Lot 23, all in Range 13.

The 1901 Census has 5 McGee families in the area. Robert was a hotel-keeper on Lot 25, Range 10 (in Eardley town). John, Daniel and William were on lots 24, 25 and 27 of Range 13, and William J. was on Lot 25, Range 12. However, in the 1911 Census for Eardley the name McGee occurs in 3 places: John on Lots 23 and 24 of Range 13, Daniel on Lot 25 of Range 13 and William on Lot 27 of Range 12.

I cannot establish when the families moved, but the Federal District Commission bought the southeast part of Lot 25, Range 13, from Darcy McGee.

In the 1960s, when the land in western Gatineau Park was obtained from the Quebec government in exchange for the land along Mine Road used for schools, the NCC publicized attractions along the Eardley-Masham Road that included "McGee Field", Grandview, Church Hill and Ramsay Lake. The field, not far from the start of the water tank trail, had 3 picnic tables, 1 fireplace, toilets and parking.



Ottawa Wednesday Walkers at the 27th anniversary potluck lunch in Gatineau Park September 21. Photo by Tom Cole

MOUNTAIN CLIMBING IN FRONTENAC?

by Steve Manders

Bill Hiemstra of Yarker has just determined, using his GPS unit while doing the Frontenac Challenge, that the trails in Frontenac Provincial Park have a total vertical climb of 10,157 ft, or just over 3100 m.

In the Challenge, participants hike all 162 km of trails in September and October of 1 year. This year, 177 people completed the Challenge. Those up to 12 years old hike 6 loops of their choice; most did more.

The individual total climbs are as follows: Slide Lake Loop, 2100 ft (636 m); Tetsmine + Gibson Lake Loop, 1810 ft (549 m); Big Salmon Lake Loop, 1570 ft (476 m); Cedar Lake Loop, 1550 ft (470 m); Arkon Lake Loop, 965 ft (292 m); Little Clear and Hemlock Lake Loop, 908 ft (275 m); Little Salmon Lake Loop, 854 ft (259 m); and Arab and Doe Lakes, 404 ft (122 m). In comparison, the CN tower is 1815 ft high, and the main observation deck is at 1135 ft.



Microspike-aided can-can after Eardley Escarpment ascent in mid-January. *Photo by Steve Kelly*

HIKING ON SNOW: YES, YOU CAN!

by Ann Bolster

Were you hibernating last December, bemoaning the lack of enough snow for cross-country skiing or snowshoeing? Well, there was an alternative that you should try during such transition periods. Hiking! With traction devices (“ice claws”, “icers”, crampons) on your boots, you can walk efficiently on packed snow or ice, up and down the most slippery of hills, with total confidence. In small amounts of fresh snow, traction-aided hiking takes less energy than snowshoeing – and is much quieter.

There are other brands available, but I bought Kahtoola Microspikes. The bottom of these devices looks a bit like heavy-duty YakTrax with added steel crampons. The stretchy rubbery harness takes some tugging, but you want it to fit snugly. The devices are lightweight and go into my pack for every outing from late fall to early spring – within a bag and in a separate pocket so that they don’t stab anything.

An unexpected bonus for me of these antislip devices is a huge reduction in knee stress during descents, especially when bushwhacking. Coming down a hill is a fabulous experience instead of a muscle-tensing, painful trial: the soft footfalls into cloud-like snow, sometimes with an intentional slow-motion slide, take me back to childhood. Remember running down hills through fresh snow, not caring if you fell? That’s how good you feel with spikes on your feet.

Hmmm. Maybe I’ll try my microspikes on the hills covered with slippery oak leaves this fall.

SATURDAY SKIERS

by Steve Kelly

The name may be different from past years, but our spontaneity persists. The destination and route are still chosen by the participants at the meeting place. It’s not that we don’t know where we’re going; it’s just that there are so many great trails to ski. Sometimes there is more than 1 group.

Every week once skiing starts, the Saturday Skiers meet to ski the trails in Gatineau Park. If there is a level 2 ski in the Ottawa Club’s calendar, we’ll be there. Otherwise, we’ll make up something and go skiing. On a good day there will be 6 to 8 of us, but who you see will vary. Last year there were 28 people who skied with us, but we rarely had more than a dozen at a time. Typically the trail we ski will differ from week to week. Through the winter, we’ll use most of the official access points. Lunch is at a cabin — wood stove on the go and smiles all around. Usually we’re back in the city between 2 and 4 pm.

Participants can expect to do some climbing on outings rated level 2 or 3. We all fall once in a while, but that’s part of the fun. Spandex and flash? No: you’ll see us well covered in layers, gliding along on wax or waxless skis. More information? Contact me at stkelly@rogers.com or 613-422-1318.



Saturday Skiers “catching up” at Wattsford’s Lookout. *Photo by Surinder Midha*

CENTRAL CLUB ACTIVITIES – WINTER 2011-2012

The meeting place is Conlon Farm in Perth. To reach Conlon Farm take the main street (Gore) 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 Conlon Farm parking area. Carpooling will be organized. Passengers contribute to the driver's gas costs, and fees for parking and entry to parks and conservation areas are shared among the driver and passengers. *For all winter hikes, if not snowshoes, icers or crampons might be necessary.* 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-paced hike or snowshoe. Time and destination will be announced to Central Club members by e-mail at the beginning of every week. For more information contact Margaret Lafrance at 613-264-0057.

WEEKEND ACTIVITIES

The **Winter End-to-End Series of Hikes** on the Rideau Trail, led by Bill Murdoch, will start from Ottawa and move toward Kingston over 4 weekends (January 6-8 and 21-22, February 11-12 and 25-26). For details see the Kingston or Ottawa Club Activities.

Saturday, December 3 Lavant Mountain Loop

Level 2, moderate pace, 10 km. Explore a new trail. Meet at 9:00 am. Gas \$6. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Friday, December 9 6th Annual Foley Mountain Festivities

Level 1 hiking, level 3 carolling. Hike 1.4 km from park gates to the Christmas tree overlooking Westport, then carol at the tree (song sheets provided, but bring a flashlight). Optional stop/dinner at The Cove afterwards. Combined outing with Kingston Club. Meet at 6:00 pm. Gas \$4. Leader: Gunhild Karius, 613-283-8985 (karius1@sympatico.ca)

Sunday, December 11 Narrows Locks Road to Miners Point Road

Level 1-2, moderate pace, 11 km. Hiking followed by dinner at 5:00 pm at Michael's Table (110 Gore Street E, Perth); *call the leaders to confirm a space for dinner.* Meet at 11:30 am. Gas \$4. Leaders: Pat and David Batchelor, 613-264-1559 (dlhbatchelor@cogeco.ca), and Mary and Howard Robinson, 613-256-0817 (hmrob@storm.ca)

Saturday, January 7 Foley Mountain Snowshoe/Hike

Level 2, moderate pace, 8 km. Snowshoeing or hiking looped trails according to conditions. Meet at 10:00 am. Gas \$4. Leaders: Mary and Howard Robinson 613-256-0817 (hmrob@storm.ca)

Thursday, January 12 Hike Planning Meeting

4:00 pm at 390 Bracken Ave. Contact: Gunhild Karius, 613-283-8985 (karius1@sympatico.ca)

Sunday, January 15 Lanark Highlands

Level 2, moderate pace, 8 km; all dependent on trail conditions. Snowshoe or hike the rugged conservancy of Cliffland (www.cliffland.ca), near Flower Station. Meet at 10:00 am. Gas \$6. Leader: Dave Allcock, 613-264-9075 (dave61@rogers.com)

Saturday, January 21 Murphys Point

Level 2, moderate pace, 6.5 km. Snowshoe or hike from Lally's Homestead to Long Lake Road. Warm up with chili afterwards at G + B's home. *Call to confirm participation.* Meet at 11:00 am. Gas \$3. Leader: Gunhild Karius, 613-283-8985 (karius1@sympatico.ca)

Sunday, January 29 Murphys Point

Level 2, moderate pace, 10 km. X-country ski or hike Round Lake Loop. Meet at 10:00 am. Gas \$3. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Please renew your membership today!

Saturday, February 4 Moonlight**Snowshoe/Hike**

Level 2, moderate pace, 4 km. On the Rideau Trail from Poonamalie Road to Port Elmsley, clear skies permitting. Headlamps recommended. Optional pub stop afterwards. Meet at 5:00 pm. Gas \$3. Leader: Gunhild Karius, 613-283-8985 (karius1@sympatico.ca)

Sunday, February 12 Murphys Point

Level 1-2, moderate pace, 10 km. Ski on the Rideau Trail and the park's groomed trails. Meet at 10:00 am. Gas \$3. Leader: Bruce Gourley, 613-283-5967 (brucegourley@sympatico.ca)

Saturday, February 18 Frizell Road to Perth

Level 2, moderate pace, 8.5 km. Snowshoe or hike the Rideau Trail through wooded areas and open fields and along the tow path. Soup supper afterwards at the leaders' house. *Call to confirm participation.* Meet at 10:00 am. Gas \$3. Leaders: David and Pat Batchelor, 613-264-1559 (dlhbatchelor@cogeco.ca)

Sunday, February 26 Millpond Conservation Area

Level 2, easy pace, 8 km. Snowshoe or hike, then try Josée's soup! *Call to confirm participation.* Meet at 10:00 am. Gas \$5. Leader: Josée Aghajanian, 613-283-5967 (joseeagha@sympatico.ca)

Saturday, March 3 McAndrews Road to Bedford Mills

Level 2, moderate pace, 6-km snowshoe or 10-km hike on the Rideau Trail. Meet at 10:00 am. Gas \$5. Leader: Dave Miller, 613-449-7459 (davesshack@gmail.com)

Saturday, March 10 Foley Mountain Conservation Area

Level 2, moderate pace, 6-10 km. Snowshoe or hike, depending on trail conditions. Meet at 10:00 am. Gas \$4. Leader: Meg O'Connor, 613-852-8737 (meggums.oconnor@gmail.com)

Sunday, March 18 Murphys Point

Level 1, easy pace, 5+ km. Hike Point Trail. Meet at 10:00 am. Gas \$3. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Sunday, March 25 Cataraqui Trail

Level 1, moderate pace, 12 km. Cedar Valley Road to Hwy 15. Meet at 9:00 am. Gas \$4. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Saturday, March 31 Mill of Kintail

Level 1-2, depending on trail conditions, moderate pace, 8+ km. Enjoy trails along Indian River and the area's natural beauty and historic grandeur. Meet at 10:00 am. Gas \$5. Leaders: Mary and Howard Robinson, 613-256-0817 (hmrob@storm.ca)

Sunday, April 15 Central Club AGM

Mark this date on your calendar!

PARTICIPANTS' RESPONSIBILITIES

Choose a trip suited to your abilities. Inform the trip leader, at the start, of any health problem or potential difficulty with equipment. Respect financial obligations. Supervise your child. The leader will expect your support and cooperation.

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 obstacles. Level 2 experience and high fitness are essential.

Cross-Country Skiing Levels of Difficulty

Level 0: Easy, slow, short (15 km or less).

Level 1: Easy. Small hills, wide trails.

Level 2: Intermediate. Narrower, steeper trails.

Level 3: Expert. Steep, narrow trails and/or bushwhacking

Central Club Executive, 2011-2012

Chair: David Allcock
Past Chair: Ernie Trischuk
Vice Chair: Dorothy Hudson
Secretary: Don Sherwin

Treasurer: Joy Webster
Trail Maintenance Coordinator: Chris McGuire
Routes and Negotiations Coordinator: Bruce Gourley

Activities: Gunhild Karius
Publicity: Janet Osborne
Social Convenor: John Miller
Director-at-Large: Veronica Airth

OTTAWA CLUB ACTIVITIES – WINTER 2011-2012

Transportation for hikes is by carpooling. Passengers contribute to the driver's gas costs, and fees for parking and entry to parks and conservation areas are shared among the driver and passengers. For all cross-country skiing in Gatineau Park, the regular park fee applies. Scheduled activities usually take place regardless of weather, but if conditions are questionable, contact the leader in advance. Arrive at least 10 minutes in advance of the 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 activity sign-up sheets are available on the RTA website (www.rideautrail.org) or from Ethel Archard at 613-592-7733. Please forward completed sign-up sheets to Ethel Archard, 11 Selye Cres., Kanata ON K2K 1C8.

For hikes up to December 18, see the Fall 2011 Newsletter.

MIDWEEK ACTIVITIES

Wednesday Walkers: Level 2 and 3 hiking, snowshoeing or skiing in Gatineau Park. Depart at 9:30 am. For information, including meeting place, contact Tony Barnes (613-828-1216; fellwalkerca@gmail.com).

Tuesday Skating: On the Rideau Canal. Dependent on ice conditions. Meet at 10:00 am at change room on Linden Terrace Street at Patterson Creek. Contact Dave Audette (613-601-2833; dg.audette@sympatico.ca).

WEEKEND ACTIVITIES

The meeting place is usually one of the following locations along or near the OC Transpo Transitway.

- **Tunney's Pasture:** The federal government parking lot on the west side of Parkdale Avenue just across from Emmerson Avenue. *This is about 500 m north on Parkdale from the former meeting place.*
- **Fallowfield Park & Ride:** The northwest parking lot of the Park & Ride Station, off Fallowfield Road west of Woodroffe Avenue. Gather by the OC Transpo drop-off location.
- **Baseline Park & Ride:** The parking lot at the Park & Ride station on Woodroffe Avenue south of Baseline Road. Meet at the southeast corner of the parking lot.

Impromptu Saturday Hiking or Snowshoeing in Gatineau Park: *See calendar below for dates.* Meet at 9:15 am at Tunney's Pasture. Expect to hike for 4 to 5 hours plus a lunch stop that may be outdoors. Bring a lunch and wear warm clothes in layers. *Warning: these outings are NOT for beginners. They may be long and challenging.* If you wish to be kept informed about the proposed destinations, e-mail your name, e-mail address and phone number to the contact, Chris Heap (chrishe@ieee.org; 613-740-9975).

Saturday Skiers: Every Saturday when there are no comparable, scheduled ski outings in the calendar, there are level 2 to 3 cross-country ski outings in Gatineau Park, conditions permitting. Bring a lunch; we usually eat in a trail-side cabin. Departure is from Tunney's Pasture at 9:30 am. For information contact Steve Kelly (613-422-1318; stkelly@rogers.com) – and see page 12.

The Winter End-to-End Series of Hikes on the Rideau Trail, led by Bill Murdoch, will start from Ottawa and move toward Kingston over 4 weekends (January 6-8 and 21-22, February 11-12 and 25-26). See below for details. Participants must expect to travel at least 10 km per day and to be on the trail at least 5 hours except on the Friday evening. For further information contact Bill at 613-767-4858 or (cell) 1-613-483-7909.

Friday, December 30 Nepean Sportsplex Trails

Level 1, 8 km, 2.5+ hours. Hike or snowshoe. Bring snacks and water. Depart at 12:30 pm from Baseline Park & Ride. Gas \$2. Leaders: Marilyn Schwartz (613-828-4488) and Jean Cottam (613-726-1596; cottamkj@look.ca)

Friday to Sunday, January 6-8 Winter Weekend End-to-End #1

On Friday, meet at parking lot P3 on Corkstown Road to depart at 7:00 pm from km 285.5 (see map 15 of the *Rideau Trail Guidebook*, 7th edition) for about a 2-hour hike. On Saturday depart at 9:00 am from the parking lot of the former Old Mill Restaurant (near the former northern terminus of the trail). On Sunday depart at 8:30 am from wherever Saturday's hike finished; for that location contact Bill Murdoch, 613-483-7909 (cell).

Saturday, January 7 Lime Kiln

Level 1, about 8 km. From NCC Parking Lot P10 hike or snowshoe towards the Lime Kiln and beyond along NCC and RTA blue and orange trails. Depart at 12:30 pm from Baseline Park & Ride. Gas \$2. Leaders: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca) and Jean Cottam, 613-726-1596 (cottamkj@look.ca)

Saturday, January 7 Impromptu Snowshoeing

See above for info. Route to be determined.

Saturday, January 14 Gatineau Park Snowshoeing

Level 3, distance and duration to be determined by conditions and temperature. Cregheur Road to McKinstry or Western, depending on conditions. Depart at 9:30 am from Tunney's Pasture. *Be prepared to climb while maintaining a good pace.* Gas \$3. Leader: Ann Lane, 613-741-3184 (ann.l@ncf.ca)

Sunday, January 15 Gatineau Park Skiing

Level 2, about 10 km. On various trails from P12 with lunch at Western. Depart at 9:30 am from Tunney's Pasture; return mid-afternoon. Gas \$4. Leader: Bonnie Tobin, 613-695-2410 (tobinb@rogers.com)

Saturday & Sunday, January 21 & 22 Winter Weekend End-to-End #2

Depart at 8:30 am each day. For locations contact Bill Murdoch, 1-613-483-7909 (cell).

Saturday, January 21 Gatineau Park Skiing

Level 1+, 16 km. Groomed cross-country trails from P17 over trails 53 and 56 back to P17. Bring lunch to eat outdoors near P19. Depart at 9:30 am from Tunney's Pasture. Gas \$5. Leader: Erica Phillips, 613-232-2353 (Erica.kent.phillips@gmail.com)

Saturday, January 21 Impromptu Snowshoeing

See above for info. Route to be determined.

Sunday, January 22 Forget Winter!

Photo presentation on the Pembrokeshire Coast Path in Wales (see article on page 10), including practical information on how to experience for yourself some or all of this spectacular 300-km trail, covering costs, public transport, tides, firing ranges and more. Phone by January 14 to register; space is limited. 7:00 pm. Contact: John Haley, 613-225-0590

Saturday, January 28 Skiing in Fitzroy Provincial Park

Level 1, 12 km. Groomed cross-country trails through scenic forest and campground. Bring a lunch. Depart at 10:00 am from Baseline Park & Ride. Gas \$6. Trail fee \$5. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, January 28 Marlborough Forest Snowshoeing

Level 1-2, 6-8 km. Roger's Pond to Ducks Unlimited area. Depart at 10:00 am from Fallowfield Park & Ride. Gas \$5. Leader: Doug Parsons, 613-723-0726

Saturday, January 28 Impromptu Snowshoeing

See above for info. Route to be determined.

Saturday, February 4 Gatineau Park Skiing

Level 3, 20-25 km. From P12, then trails 40, 24 and 1 to McKinstry and Fire Tower. Depart at 9:15 am from Tunney's Pasture. Gas \$5. Leader: Andrew Chen, 613-863-1209

Saturday, February 4 Gatineau Park Skiing

Level 1, relaxed pace, 8-10 km, depending on conditions. Reach the ski trails without climbing, from P9, then ski a few ups and downs near Keogan. Indoor lunch. Depart at 9:30 am from Tunney's Pasture. Gas \$3. Leader: Steve Kelly, 613-422-1318 (stkelly@rogers.com)

Saturday, February 4 Impromptu Snowshoeing

See above for info. Route to be determined.

Saturday & Sunday, February 11 & 12 Winter Weekend End-to-End #3

Depart at 8:30 am each day. For locations contact Bill Murdoch, 1-613-483-7909 (cell).

Saturday, February 11 Gatineau Park Skiing

Level 2, relaxed pace, about 10 km. From P12 on trails to Western for lunch; return by other trails. Trail selection will depend on weather and conditions. Meet at 9:30 at Tunney's Pasture; return by 3:00 pm. Gas \$4. Leader: Alex Bissett, 613-828-4363 (alexbissett@sympatico.ca)

Saturday, February 11 Impromptu Snowshoeing

See above for info. Route to be determined.

Saturday, February 11 Snowshoeing at Corkstown Hill

Level 1, 4 km. NCC trails 11 and 12. Meet at 10:00 at Moodie Drive and Corkstown Road (P3). Get off bus 93 or 96 at Moodie & the 417. Walk north along Moodie to Corkstown. Leader: Judy Leeson, 613-829-1083

Have you renewed your membership? Please do so today!

Saturday, February 18 Kanata Snowshoeing

Level 1, easy pace, 5-6 km. Scenic South March Highlands Conservation Forest. Slightly hilly in parts. Optional coffee stop afterwards. Depart at 12:30 pm from Baseline Park & Ride. Gas \$2. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, February 18 Gatineau Park Snowshoeing

Level 3, compassionate pace, 10 km, 6 hours. Mainly off-trail loop west of Eardley-Masham Road from Twin Pines towards an overlook; return along the Escarpment. Some tough terrain. Gas \$5. *Limit of 10 participants.* For meeting time and location contact Cliff and Gloria Daly, 613-224-413 (cliff.daly@rogers.com)

Saturday & Sunday, February 25 & 26 Winter Weekend End-to-End #4

Depart at 8:30 am each day. For locations contact Bill Murdoch, 1-613-483-7909 (cell).

Saturday, February 25 Marlborough Forest Snowshoeing

Level 2, 8-12 km depending on conditions. Flood Road to Earth Star Loop. Depart at 9:30 am from Fallowfield Park & Ride. Gas \$5. Leader: Doug Parsons, 613-723-0726

Saturday, February 25 Gatineau Park Skiing

Level 1+, 10 km. To Herridge and return. Depart at 10:00 am from Tunney's Pasture. Bring a lunch. Gas \$3. Leader: Elizabeth Mason, 613-729-6596

Saturday, March 3 Gatineau Park Skiing

Level 1-2, relaxed pace, about 12 km. Introduction to skiing Ridge Road (#1). The climb at the start (from P7) combines with wide trails and gentle hills to make it a challenging Level 1 or an easy Level 2. Indoor lunch. Depart at 9:30 am from Tunney's Pasture. Gas \$3. Leader: Steve Kelly, 613-422-1318 (stkelly@rogers.com)

Saturday, March 3 Impromptu Hiking or Snowshoeing

See above for info. Route to be determined.

Monday, March 5 Evening Meeting for Experienced and New Hike Leaders

For details contact Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, March 10 Gatineau Park Snowshoeing

Level 2+, about 11 km. On trails 70 and 71 from P15 to the Fire Pit, then off-trail exploration following a series of ponds and streams to Healey for lunch, then ponds and streams on the other side of trail 70, hooking up with 70 to go back to P15. Meet at 9:05 am at Tunney's Pasture for a prompt 9:20 departure. Gas \$4. Leader: Denise Hall, 613-843-8222 (rebeccahall@rogers.com)

Saturday, March 17 Snowshoeing at Nepean Campground

Level 1, 8-10 km, 3 hours. Corkstown past Moodie Drive. Meet at 9:00 am at Tunney's Pasture or 9:30 am at Campground parking lot (P3). Gas \$2. Leader: Na Lin, 613-601-4864 (linnakgh@yahoo.ca)

Saturday, March 17 Impromptu Snowshoeing

See above for info. Route to be determined.

Saturday, March 24 Gatineau Park Snowshoeing

Level 2, 8 km, 2-3 hours. On back trails, with some climbing, in a little-travelled area of the park. Lunch outdoors. Depart at 10:00 am from Tunney's Pasture. Gas \$2. Leader: Elizabeth Mason, 613-729-6596

Saturday, March 31 Ottawa River Walk on the Rideau Trail

Level 1, easy pace, about 6 km. Bring water and a snack. Return by OC Transpo or on foot. Depart at 1:00 pm from Tunney's Pasture. Leader: Coby Fuykschot, 613-722-6022

Saturday, March 31 Impromptu Hiking or Snowshoeing

See above for info. Route to be determined.

Reserve This Date: Saturday, April 21, 2012, for the Ottawa Club AGM

Ottawa Club Executive, 2011-2012

Chair: Elizabeth Mason Past Chair: Ron Hunt Vice Chair: vacant Secretary: Diane McComb	Treasurer: Jane Mulvihill Trail Maintenance: Ron Arsenault Routes and Negotiations: Jim Fox Human Resources: Denise Hall	Activities Coordinator: Ethel Archard Publicity and Media Relations: Rob Weeks Newsletter Editor: Ann Bolster
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Ottawa Stores Offering a 10% Discount on Regularly Priced Goods to RTA Members

Bushtukah Great Outdoor Gear 203 Richmond Rd., 613-792-1170 5607 Hazeldean Rd., 613-831-3604	The Expedition Shop 43 York St., 613-241-8397 369 Richmond Rd., 613-722-0166	Trailhead Ottawa 1960 Scott St., 613-722-4229
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KINGSTON CLUB ACTIVITIES – WINTER 2011-2012

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 and sunscreen. Wear strong footwear and come prepared for weather changes. Carpooling will be organized. Passengers contribute to the driver's gas costs, and fees for parking and entry to parks and conservation areas are shared among the driver and passengers. **Leaders:** Sign-up sheets are available from Sharen Yaworski, 613-544-6022. Please forward completed forms to her at 51 Connaught St., Kingston ON K7K 4W4.

See “Participants’ Responsibilities” (page 14). **If in doubt about your ability, call the leader in advance.**

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

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 walks are ideal for those who wish some healthy, social exercise at an easy pace; for information on these walks call the Milloys, 613-530-2142.

Kingston Club Executive, 2011-2012		
Chair: Jenny Ellis Vice Chair (Club Rep): Donald Coulter Secretary: Mary Lou Hamilton Treasurer: Cam Hodges	Publicity: Elaine Lowen Construction: Stan Huff Maintenance: Jim Lorimer Outings: Elgin Bock	Routes and Negotiations: Susan Irving Special Events: Linda Line Human Resources: Sharen Yaworski Newsletter Editor: John Cornish

Winter End-to-End Series of Hikes

This series starts in Ottawa. Participants must expect 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, 613-767-4858 or (cell) 613-483-7909.

Weekend 1, January 6-8: On Friday, meet at parking lot P3 on Corkstown Road to depart at 7:00 pm from km 285.5 (see map 15 of the *Rideau Trail Guidebook*, 7th edition) for about a 2-hour hike. On Saturday depart at 9:00 am from the parking lot of the former Old Mill Restaurant (near the former northern terminus of the trail). On Sunday depart at 8:30 am from wherever Saturday's hike finished; for that location contact Bill Murdoch, 613-483-7909 (cell).

Weekend 2, January 21 & 22: Depart at 8:30 am. Contact Bill for locations.

Weekend 3, February 11 & 12: Depart at 8:30 am. Contact Bill for locations.

Weekend 4, February 25 & 26: Depart at 8:30 am. Contact Bill for locations.

Friday, December 9 6th Annual Foley Mountain Festivities

Level 1 hiking, level 3 carolling. Hike 1.4 km from park gates to the Christmas tree overlooking Westport, then carol at the tree (song sheets provided, but bring a flashlight). Optional stop/dinner at The Cove afterwards. Combined outing with Central Club. Depart at 5:30 pm. Gas \$6. Leader: Bill Ottney, 613-858-3183

Saturday, December 10 Christmas Meet and Mingle Party

Bring appetizers, finger foods or a dessert, plus your own wine or beer. Coffee, tea and nonalcoholic punch will be provided. Room rental fee \$3 per person. Venue: Queen's Women's Association, 144 Albert St. 7:00 pm. RSVP: Linda Line, 613-531-4353, or Linda Tucker, 613-634-0497.

Wednesday, December 14 Gananoque Trail

Level 1, moderate pace, 12 km. Hike the trail, then enjoy a latte or hot chocolate. Depart at 9:00 am. Gas \$6. *If you can meet the group for the leader, please call!* Leader: John Cornish, 613-382-4778

Saturday, December 17 Christmas Lights in Downtown Kingston

Level 1, leisurely pace, distance dependent on weather. After our walk along the waterfront and King Street to view Christmas lights, we will have refreshments and warm up. Depart at 7:00 pm from Tim Horton's near ferry dock. Leader: Elgin Bock, 613-389-4216

Sunday, December 18 Alight at Night, Upper Canada Village

Level 2. Enjoy feeding the birds out of your hands as we hike the trails of the Upper Canada Migratory Bird Sanctuary. Dinner afterwards at Upper Canada Village, followed by a horse-drawn wagon ride to see the lights. Depart at noon. Gas \$11. Admission to the Village (includes wagon ride, train ride and parking), \$13 for adults, \$10 for those 65+; dinner extra. Leader: Pat Casey, 613-385-2356

Saturday, January 7 K&P Trail from Dalton Avenue

Level 1, relaxed pace, 9-12 km (depending on weather). We'll test-drive the new extension across the Little Cat bridge and then onto Burr Creek Road. Depart at 9:00 am. Gas \$2. Leader: John Cornish, 613-382-4778

Tuesday, January 10 Hike Planning Meeting

Help plan the spring schedule. At 33 Elmwood Rd. (off Sir John A. Macdonald Boulevard). Use the **FRONT** lobby entrance and buzz 444. 7:00 pm. Contact: Elgin Bock, 613-389-4216

Saturday, January 14 Little Cataraqui Conservation Area

Level 1, moderate pace, 10-12 km hike depending on conditions. Bring lunch and we'll eat in the Trail Center. Depart at 10:00 am. Gas \$2. Park fee. Leader: Yvonne Hawkins, 613-384-9717

Saturday, January 21 Gananoque Wildlife Area

Level 2, moderate pace, distance dependent on conditions. Hiking or easy snowshoeing to some interesting corners of the woods. Depart at 9:00 am. Gas \$6. Leader: John Cornish, 613-382-4778

Saturday, January 28 Lemoine's Point Conservation Area

Level 1, moderate pace, 10 km. Ski, hike or snowshoe. Visit Tim Horton's for hot chocolate or coffee afterwards. Depart at 10:00 am. Gas \$2. Leader: Stan Huff, 613-548-3003

Laurentians Winter Get-Away Weekend, February 3-5

Space is still available at Hôtel Le Chantecler and on the bus for this Kingston Club annual tradition. For information contact Lars Thompson (613-389-8747 or thorlarsen@cogeco.ca).

Saturday, February 5 K & P Trail

Level 1, moderate pace, distance dependent on weather. Hike the trail from Sydenham Road west and return. Depart at 10 am. Gas \$2. Leader: Pat Casey, 613-385-2356

Wednesday, February 8 Gananoque Urban Trails

Level 1, moderate pace, 12 km. Delight in the joviality of this urban hike with a "warming" refreshment. Depart at 9:00 am. Gas \$6. Leader: Sandra Muis, 613-542-8224

Saturday, February 11 Skycroft to Massassauga Road

Level 2, moderate pace, 14 km. Ski or snowshoe, depending on conditions, from Opinicon Road along Old Bedford Road (partially flooded areas), past Hamilton Lake to Massassauga Road (Buck Lake Loop), returning to Opinicon Road on another loop. Depart at 9:00 am. Gas \$6. New skiers and snowshoers welcome; extra snowshoes available. *Phone leader for snow conditions.* Leader: Don Coulter, 613-542-9998

Sunday, February 12 Charleston Lake

Level 2, easy pace, distance dependent on conditions. Hike or easy snowshoe on the east side trails. Depart at 9:00 am. Gas \$7. Leader: John Cornish, 613-382-4778

Saturday, February 18 Frontenac Park

Level 2, moderate pace, 8 km. Ski or snowshoe on road from park gate to Big Salmon Lake. Enjoy scenery and wildlife tracks. Depart at 9:00 am. Gas \$6. Park fee. Leader: Elgin Bock, 613-389-4216

Sunday, February 19 Newly Minted Rideau Trail and K&P

Level 2, moderate pace, distance to be determined. This loop includes the attractive reroute through private land from Burbrook Road to Unity Road, along Unity Road, returning via the K&P trail to Burbrook Road. Depart at 9:00 am. Gas \$3. *Please contact the leader in advance if the weather seems "iffy"*. Leader: Susan Irving, 613-544-3110

Thursday, February 23 Market Square Skate

Level 1. Skate under the stars. Warm up and rehydrate afterwards at Tir Nan og. Start at 7:00 pm. Leader: Elgin Bock, 613-389-4216

Saturday, February 25 Little Cataraqui Conservation Area

Level 1, moderate pace, 10 km. Ski on trail. Lunch in nice warm building. Depart at 10:00 am. Gas \$2. Leader: Stan Huff, 613-548-3003

Saturday, March 3 Perth Road Village East

10 km. Depart at 9:00 am. Gas \$6. Leader: Audrey Sanger, 613-384-6244

Wednesday, March 7 Trio of Hikes

Level 1, moderate pace, 15 km. We'll hike first at Parrott's Bay (4 km), second at Collins Creek (6 km), third at Lemoine's Point (5 km). Depart at 9 am. Gas \$4. Leader: Audrey Sanger, 613-384-6244

Saturday, March 10 Confederation Park to Rideau Trail Head

Level 1, moderate pace, 16 km. Hike starts in front of City Hall. Refreshments downtown afterwards. Depart at 9:00 am from the Canadian Tire parking lot. Gas \$2. Leader: Jim Lorimer, 613-373-2847

Sunday, March 18 Brisk Walk About Town

Level 1, about 6 km. From Canadian Tire parking lot downtown to Timmy's on Ontario Street for coffee, then walk back along the lake. Depart at 9:30 am. Leader: Sharen Yaworski, 613-544-6022

Saturday, March 24 Spring Fling Potluck

The theme is green! Bring a salad, main course or dessert and your personal nips. Coffee, tea and juice will be provided. Room rental fee \$3 per person. Venue: Queen's Women's Association, 144 Albert St. 6:00 pm. RSVP: Linda Line, 613-531-4353, or Linda Tucker, 613-634-0497.

Have you renewed your membership?
Please do so today!

Sunday, April 1 Skycroft Trail Mix and Match

Level 2, moderate pace, distance dependent on conditions. Hike a variety of interconnecting loops. Depart at 9:00 am. Gas \$6. Leader: Ray Wilson, 613-382-7189

Saturday, April 14 Wolfe Island Cycle and Hike

Level 1 cycle, level 2 hike, distance to be determined. Cycle Wolfe Island to Big Sandy Bay, where we will hike along the beach depending on water levels. Meet at the dock for the 9:30 am ferry to Wolfe Island. Leader: Pat Casey, 613-385-2356

Sunday, April 22 Gould Lake

Level 2-3, moderate pace, 12 km. Depart at 9:00 am. Gas \$6. Leader: Audrey Sanger, 613-384-6244

Thursday, April 26: Kingston Club 41st AGM

Ongwanada Resource Centre Auditorium
191 Portsmouth Ave. (next to KFL&A Health Unit)
6:30 to 7:00 pm: Social time
7:00 to 9:00 pm: Meeting

Saturday, June 16, 2012

RTA 41st Annual General Meeting

Westport Lions Club Beach

Details in the spring newsletter

Volunteers Needed

Trail Maintenance, Kingston Club

If interested, contact Stan Huff at 613-548-3003.

Found: Eyeglasses on the Rideau Trail

This summer a pair of women's metal-framed glasses was found in the vicinity of an abandoned campsite near Massassauga Road. If they are yours please contact Janice Ley at 613-542-9958.

Special Thanks to Our Recent Donors!

Karen Alexander
Loretta Erion (in memory of her son, Lindsey Erion)
Donene Grant
Dr. Susan Irving & Sheila Menard (in memory of Miriam Armitage)
Irene Parnell
Hugh & Shirley Pratt (in memory of Bob Good, Jim Blain & Bernie Gates)
Elinor Gill Ratcliffe
Kerstin Ring (in memory of Lindsey Erion)

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SWISS SKI HOLIDAY

January 28 to February 4, 2012

The Matterhorn awaits! Come to one of the most famous resorts in the world – **Zermatt, Switzerland**. The region is home to four interconnected ski areas with over 350 km of ski runs, including the longest, at an astonishing 14 km! We'll ride the highest railcar in Europe (which offers breathtaking views of the Italian, French & Swiss Alps) and ski right over the border to Cervinia, Italy. You haven't truly skied until you ski **Zermatt**!

IRELAND

June 12 to 22, 2012

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!

ICELAND

July 24 to August 3, 2012

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

AUSTRIAN ALPS

August 12 to 24, 2012

One of the world's best hiking experiences! Come to beautiful Vorarlberg, where we conquer the Alps, trek past glacial lakes, ride chairlifts and cable cars, and enjoy breakfasts at 6000 ft. This holiday is consistently regarded by past guests as their favourite CHH trip – find out why!

CONNECT WITH US

Sign up for our e-newsletter "*Let's Hike*" & "Like" us on **FACEBOOK**.

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WHITE MOUNTAINS HIKING — 25TH SEASON! Sunday, May 13 to Thursday, May 17, 2012

Level 2 and 3+ rugged day hikes in New Hampshire, now 3 full hiking days. Stay and dine at Kinsman Lodge in Franconia: 4 nights' accommodation (Sun, Mon, Tues, Wed), 4 breakfasts (Mon, Tues, Wed, Thurs) and 3 dinners (Mon, Tues, Wed). Approximately Can\$340 per person double occupancy, Can\$380 per person single occupancy, all-inclusive; shared bathrooms. \$100 nonrefundable deposit to reserve; balance due mid-April. Arrange your own transportation. Newcomers welcome! Leaders: Cliff and Gloria Daly, 613-224-4413 (cliff.daly@rogers.com)

SUMMER GETAWAY IN ALGONQUIN PARK August 16 to 19, 2012

Canoeing in the Barron River Canyon, hiking to High Falls, and a behind-the-scenes look at the Algonquin Radio Observatory with Donna Shields and Bruce Brenot. Accommodation at Observatory House, Lake Traverse. \$364 per person (double occupancy); includes meals. Shared bathroom facilities. \$70 deposit. Reservations will be accepted after May 1, 2012. Inquiries: brenot@rogers.com



SKYLINE HIKERS OF THE CANADIAN ROCKIES

Picture yourself hiking deep into the mountains with a group of friends. You eat your lunch sitting on a ridge, overlooking flower-studded alpine meadows. You carry only a day-pack and don't have to cook or set up a tent. This is the scenario the nonprofit organization of the Skyline Hikers of the Canadian Rockies provides from mid-July to mid-August in 2012.

Cost approximately \$990.

Location: Banff National Park.

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

NOTE: Dates, camp fee and camp location still to be determined by the Skyline Hikers Executive.

For information and a 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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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): _____ |

PM40022816
RETURN UNDELIVERABLE
CANADIAN ADDRESSES TO
Rideau Trail Association
PO Box 15
Kingston ON K7L 4V6

LABEL



Left to right, top to bottom. Aug. 27: Merrickville Mayor Struthers (far right) with hikers at Block House. Sept. 10: On hike from Paden Road to Roger Stevens Drive. Oct. 16: At Brownlee Road. Nov. 5: RTA club chairs and President with Doug Knapp 1 km from new Ottawa trailhead. Nov. 5: Lunch stop during final 12 km. Photos by Ruth Oswald, Maryetta McDowell, Tony Barnes and Andrew Chen (last 2)