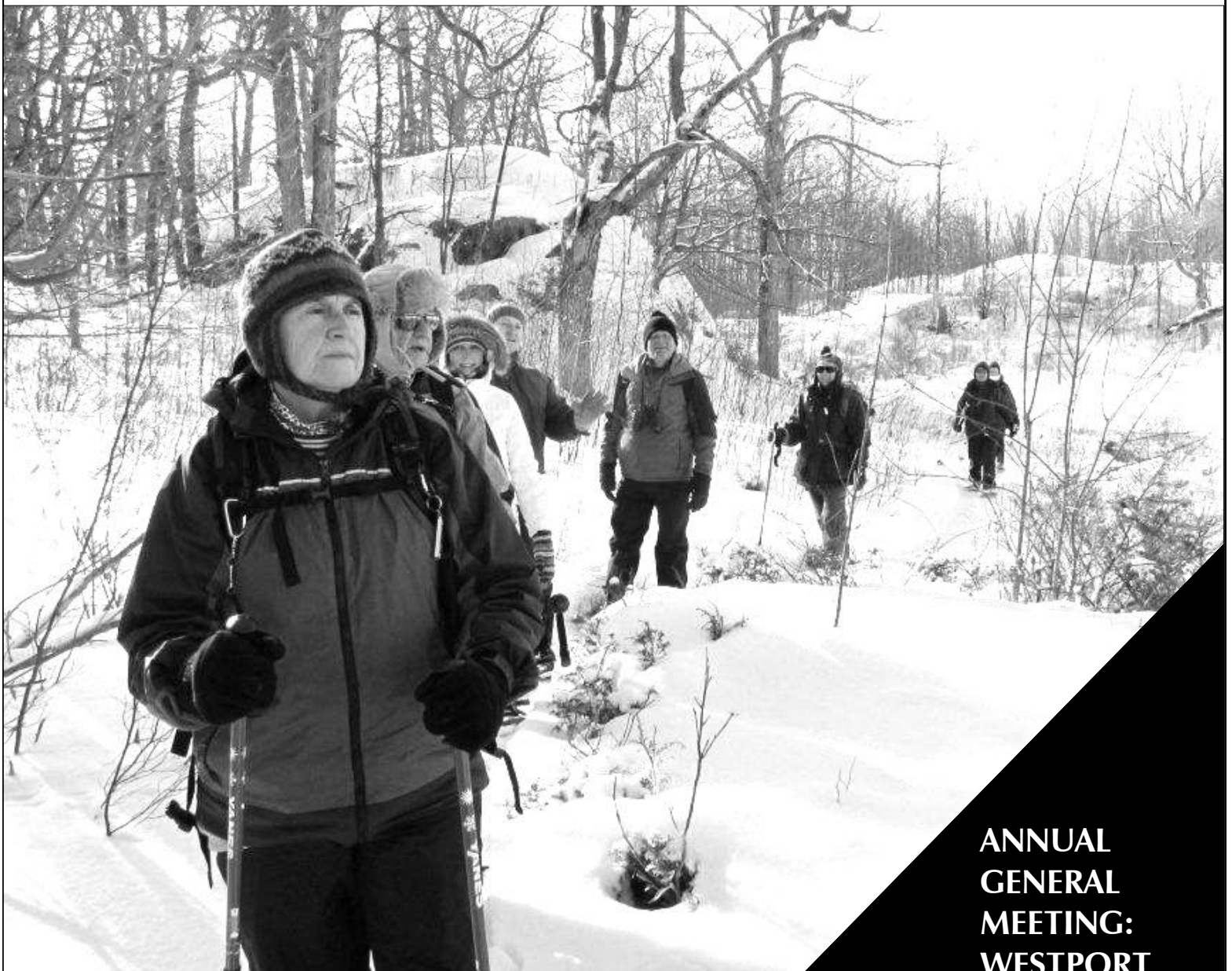


The Rideau Trail NEWSLETTER

SPRING 2012

NO. 163



**ANNUAL
GENERAL
MEETING:
WESTPORT
JUNE 23, 2012**

Mavis Gallant of Central Club startles an owl in Murphy's Point Park
Photo by Gunhild Karius

Rideau Trail Association Newsletter

Issue 163

SPRING 2012

Rideau Trail Association
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The RTA does not share its mailing list with other organizations.

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

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Editor of this issue: John Cornish, Kingston Club

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, 2012** 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

FRONT COVER:

CORRECTION: *Winter Newsletter, pg 2: The caption for the Front cover should have read: "With Pearl Peterkin and Marion Armstrong out in front"*

The Rideau Trail Association is a member of
HIKE ONTARIO.

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS 2011-2012

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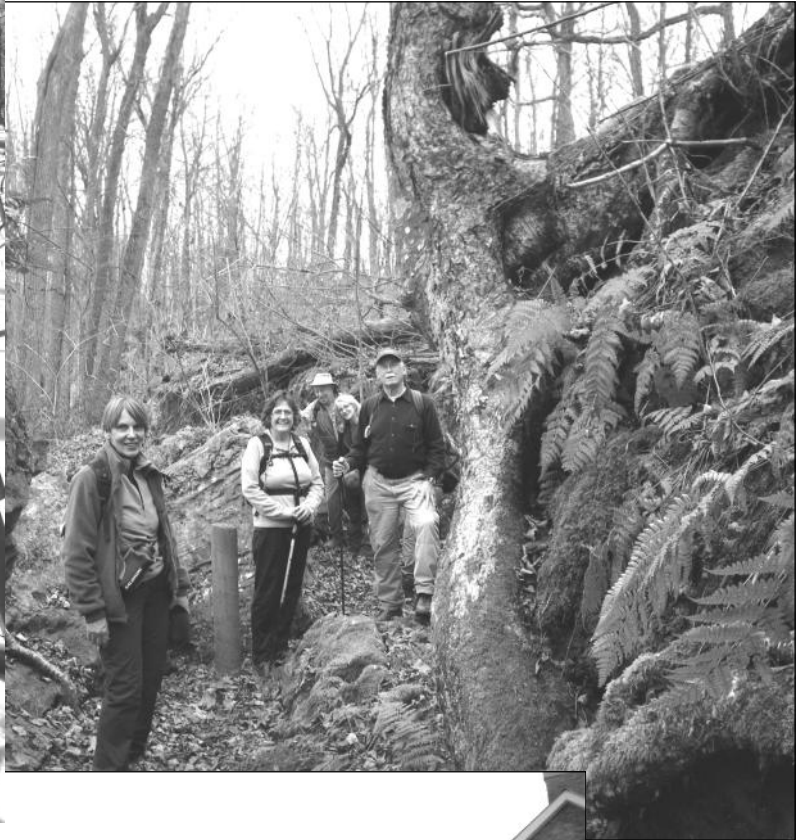
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Winter Hiking does find us in all kinds of terrain - and all kinds of weather!
This winter has been amazingly varied along our Trail - lots of fun, even if the Kingston club (top right) didn't find much use for their snow shoes in the earlier winter.



Doris Ihrig of the Ottawa Club demonstrates navigation of a stile on snowshoes.
Photo: Gunhild Karius



Kingston Club visits Charleston Lake micro-climate.
Photo: Cookie Cartwright



Final few metres for the Winter End-to-End gang on their way to celebrate with a toddy at the Chateau. *Photo: Marilyn Crumme*

"We're Outdoors All Year Long!"

That's the tag line on our brand-new RTA brochure.

It's technically a "Rack Card", designed especially to promote us through our web-site. Its vibrant colour and cheerful message project the positive values of hiking, healthy lifestyle and outdoors camaraderie. Hope you like it!

Be sure to pass a copy to your friends who have not yet joined up.

Kingston Club Replaces Boardwalks at Gould Lake

by Jim Lorimer, Construction Coordinator
Photos: Jim Lorimer and Jane Hough

The RTA, Kingston Club was approached by Robert Gerritsen, the Conservation Lands Coordinator for the Cataraqui Region Conservation Authority, asking if we would provide the labour and expertise in replacing two boardwalks within the Gould Lake conservation Area.

CRCA would provide the materials. The design of the boardwalks would be up to us; the only criterion was that the structures must be wheel chair accessible.

The Kingston club maintains all the trails within the Gould Lake, Marble Rock and the Marshlands Conservation Areas. The club has also worked with the CRCA in past projects, notably replacing the Marian Webb Boardwalk with the steel truss footbridge, building the trails at Marble Rock and the installation of metal "You are Here" signs at trail junctions in the Gould Lake and Marble Rock Conservation Areas. The main Rideau Trail passes through the Gould Lake Conservation Area following the north shore of Gould Lake, arguably the most rugged and scenic section of the entire Trail.

The two boardwalks needing replacement are just east of the swimming area on Gould Lake, connecting to the East Side Trails. The closer of the two boardwalks, approximately 45' long, crosses a wet area just beside the beach. The second boardwalk, further along the trail, traverses a rock face a few feet above the surface of the lake.

These boardwalks, originally built by students on a summer work project, had lasted approximately 20 years of years, serving their purpose admirably. However, over the years the cribs had settled badly and as a result the decking was sloped down. Also the boardwalks are built on a site that sees little sun, allowing moss to grow

on the decking. The sloped decking and the moss had made the boardwalks slippery and dangerous to use, so the CRCA were anxious to replace them.

Unique Design

Rather than replace the cribbing with something similar, we took advantage of the unique characteristics of the site, and designed raised boardwalks using post and beam construction methods. This design, as well as being structurally sound, was aesthetically pleasing as it allowed the boardwalk and decking to follow the contours of the shore. Also this design brought the boardwalk close to and almost over the surface of Gould Lake providing superb views down the lake.

6" x 6" posts were inserted into pre-formed cement piers which were imbedded into concrete forms. Cross beams were placed on top of the posts and secured with galvanized attaching hardware and to the ground using pinning rods. The main load bearing structural element of the design, 8" x 8" x 16' beams, were then placed upon the crossbeams and secured with attaching hardware. 2" x 8" joists were then secured between the 8" x 8" beams, decking was then nailed to the beams and joists. Railing posts were attached to the main beams using galvanized lag bolts. The side and top railings were attached to the posts.

The Volunteer Gang

At the end of November, Stan Huff, Kingston club maintenance coordinator, recruited several trail maintainers to work on the project. Over the course of a number of work parties (or, "going-with-the-boys (and Jane)-into-the-fresh-air-and-building-a-bridge" party), these hard-working volunteers built the stone piers on which the boardwalk ends rested. Constructed the footings .

.... cont'd pg.6



**" ... 893 hours of
volunteer labour..."**



**Rideau Trail Association
41st Annual General Meeting
Saturday, June 16, 2012
Westport Lion's Beach Club House**

9:30 am – 10:00 am	Registration, Refreshments, Meet & Mingle
10:00 am – 12:00 pm	Business Meeting, Presentation of Awards
12:00 pm – 1:00 pm	Brown Bag Lunch (or if preferred, buy lunch in town)
1:00 pm – 5:00 pm	Hikes (Level 1 or Level 2) or Free Time

5:30 pm **Roast Beef Buffet Dinner at The Cove Inn, Westport**
Guest Speaker - Dr Dugald Carmichael "Geological Wonders on the Rideau Trail"

Directions

In Westport, continue west on Concession Street (Hwy 42), then left on Bedford for a short distance to Beer Store (Mountain Rd)
Right on Mountain Rd, over causeway, abrupt left in to Lion's Beach at base of mountain.

Accommodations

If you are planning to stay overnight in Westport details of accommodation can be found at: <http://www.southcentralontario.worldweb.com/westport/lodging/bedbreakfasts>.

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

Central - David Allcock
613 264 9075 daveonotteylake@gmail.com
Kingston - Jenny Ellis
613-549-6807 ellisj1@kos.net
Ottawa - Elizabeth Mason 613-729-6596

Dinner Menu

Roast beef buffet dinner, dessert, coffee, tea.
Vegetarian alternative available if requested when sending in payment.

Registration for Meal

Total cost of dinner is \$31.00 per person this includes taxes and gratuity. Send a cheque made payable to "Rideau Trail Association in Trust" to: Linda Tucker, 961 Clearfield Crescent, Kingston, Ontario K7P 1Z7.
The deadline to order a meal is by June 1st. If you have any questions concerning the meal please send an email to lm1ine6@gmail.com or call Linda Tucker at 613-634-0497. Reserved dinner tickets can be picked up at registration time.

Special Thanks to our Recent Donors!

Irene Backholm
Bob & Wilma Chadwick (in memory of Mary Parfitt)
Patricia Greig
Liz Hamacher
John & Sandra Hildebrand

Cam T. Hodges
Robert & Jane Hough
Dora Hunter
Dr. Terry L. Kinnear
Edward Lancaster
Diann Lawton

Peter & Judy Leeney
Guy Thorne
Jean Valliant
Dukke van der Werf
Marie Warner
Joy Webster

Christina McGuire-Sherwin (many thanks to the Wed. Walkers where I met my husband Don)

Dr. Susan Irving & Sheila Menard (in memory of Mary Parfitt)

Calabogie. So much more to explore.

3 great hiking trails - Manitou Mountain, Madawaska Nordic and Griffith Uplands.

Visit us online for more information and maps.



... **Gould Lake** from pg.4

They hauled rock. Mixed concrete. Constructed and leveled the post and beam members. Manhandled into position the extremely heavy 8" x 8" x 16' beams and cut them to length. They sawed, nailed, drilled and screwed all decking, joists and railing members.

On an occasion or two we ran into some technical challenges but we were able to put our collective thinking together and come up with viable alternatives. On most days we started at 08:30 and did not finish until the last rays of daylight, often packing up under flashlight. Everyone took pride in the job and worked to a standard that they would want on their own homes.

In all we provided a total 893 hours of volunteer labour from nine different RTA members. Our labour saved the project a significant amount of funding. This bridge could not have been built within the allotted budget if labour costs were added. As well as our time and labour we provided the use of our own vehicles.

Summer Algonquin GetAway Canoe, Hike and Radio Observatory August 16 to 19, 2012

Join Donna Shields and Bruce Brenot for a fun weekend getaway situated on beautiful Lake Traverse in Algonquin Provincial Park. Canoe the famous Barron River Canyon, hike to High Falls, visit the Algonquin Radio Observatory. ARO is home to Canada's largest radio telescope, used for deep space tracking, communications, and astronomy research.

Thursday, we arrive in time for dinner.

Friday, we will canoe the Barron River Canyon consisting of a series of spectacular gorges with granite walls towering 100m. The route is 21km in length, has 9 portages and will take 8 hours to do. *You must be able to portage a 45lb canoe 1km.*

Saturday, we go behind the scenes to look at the Observatory operations.

On Sunday we will do 15.4km hike stopping at the natural water slide at High Falls on the Barron River.

The 4 day, 3 night weekend package, including dining plan, accommodation, and a tour of the big 46 meter dish. Rates for our 3-night package \$364.00 (per person based on double occupancy) tax included. Each guest room features either a queen sized bed or two twin beds (bathroom facilities are shared). The Observatory House features 11 rooms. **In order to confirm your booking a deposit of \$70.00 person is required.** Please send a cheque to: **Bruce Brenot, 20 Dickson Street, Nepean, ON K2H 7H5.** Reservations will be accepted after May 1, 2012. Deposits are not refundable after July 16, 2012.

Please indicate if you wish to rent a canoe. The canoe rental is extra. Singles are welcome, but it will be your responsibility to find yourself a roommate and a suitable canoe partner.

There are no private rooms available. Please direct your enquiries to brenot@rogers.com

However, as all volunteers can vouch, we do this for the enjoyment of the work.

At the end of the project our volunteers had constructed two boardwalks that that were safe sound and provided an unique perspective of the lake. On one occasion while constructing the railing, we looked down into the water and saw two lake trout: at that time of the year they come to the surface from the depths of the lake to spawn and feed.

Job Well Done, Folks!

Many people were involved in the construction of these boardwalks and they all deserve thanks and recognition. Richard Horton was our contact person with the CRCA: he bent over backwards to ensure that we had everything we needed and was a pleasure to work with. The hardworking and dedicated RTA volunteers were: Stan Huff, Bill Murdoch, John Bugera, Robert & Jane Hough, Dugald Carmichael, Ray Wilson, Ed Jezak. It was a pleasure working with everyone and thanks to all for a job well done.

New Trail Maps This Month!

The map project team has been working hard to produce the Rideau Trail Maps and Text that will replace the seventh edition of the RTA Guidebook. All maps and text for the main trail are very close to completion and will be available on the website some time in March. ***The Board has voted to provide website maps and text free of charge to members and non-members alike.***

Many thanks to the map team - Chris Heap, John Haley, Don Coulter, Don Sherwin, Ron Arsenault, Jim Fox, David Armitage and Elizabeth Mason.

HELP NEEDED: It is now time to look at providing the maps in printed form for those who wish them. Members without a computer or without a colour printer may opt to buy maps. We need a volunteer to investigate the packaging, printing and costing for RTA maps. Mentoring can be provided for this project. ***Volunteers are the life blood of the RTA. Can you give your time for this project?*** Please contact Elizabeth Mason at 613-729-6596 or emmason@sympatico.ca

Board Seeks Marketing/ Communications Whiz

Volunteer to help your Association thrive in this new era. If you have interest and ideas, join the Board as our Marketing/Communications Director.

Discuss it with President Robert Groves at: (613)-259-3175 grovesgroup@sympatico.ca

RTA Board Meeting Highlights

January 21, 2012, Mc Martin House in Perth

by Robert Groves, President

Sparked by observations from **Gwyn Griffiths**, our outgoing Secretary, **Don Coulter** developed new ground rules for board meetings which should keep the Rideau Trail Association progressing. Efficiency was significantly increased, reflected in two hours less time needed to complete the Board's work, and we still had some laughs.

Welcome to **Liz Choros**! We are relieved and glad to have a Board Secretary, again.

Marketing Head Needed

We still need a Communications/Marketing Director. There must be someone among our members who has the requisite skills and appreciation of the importance of the Association to hikers in Eastern Ontario. Alas, we have had no responses yet to ads in the Newsletter.

All three clubs of the RTA will be participating in the Trails Open Ontario this spring. In the absence of a Marketing director, this is an inexpensive way to promote the RT and each club.

Finances

RTA continues to benefit greatly from the astute review and careful documentation of RTA's financial affairs by Treasurer, **Joy Webster**. We are well within budget for this quarter. Joy is gradually rationalizing Association record keeping of the **Operating Fund** in a professionally more meaningful way. Joy reported that the **Preservation Fund** continues to modestly increase.

Trail Routing, Securement, and Maintenance Committee (TRSM) proposed by **David Armitage**, Trails Co-ordinator was adopted. One of the responsibilities of this committee is to ensure the continuity and integrity of the Trail by recommending properties on the "Optimum Route" for the Board to consider purchasing. Hence, the Preservation Fund is needed to permit Board action in a timely fashion on recommended land acquisition opportunities when they arise.

Membership: Membership Director, **Sheila Menard**, reported current annual membership is 846. About 700 memberships will be up for renewal in March 2012; 142 memberships expire on March 31st, 2013. Follow-up reminders by email and hard copy will be sent to members who have not renewed by mid-April 2012. Sheila will be tracking the effect on renewals of introducing the option of PayPal.

e-Membership Project

Progress is steady. **Elizabeth Mason** advised that online prices will be set slightly higher than non-online prices to cover PayPal processing fees. Guidebook line items do not appear on the e-membership form. The current edition of the Guidebook is out of date and the new maps will be available on the website by Spring. Canada Revenue does not permit charitable organizations to issue charitable receipts for Life Memberships so this item will not appear on the e-membership or newsletter form. How best to handle the donation process is being investigated. Canada Helps DONATE button will be discontinued due to high processing fees.

Ottawa Club Highlights: Chairperson **Elizabeth Mason** mentioned that more than 100 people came out for the final hike of the "President's Stick Relay" and unveiling of the new plaque at the Trail end. A one-day wilderness first aid course in November was highly successful. Elizabeth mentioned a problem with wet boardwalks in the NCC area of Ottawa that present a hazard and could pose a liability problem for the NCC and RTA in case of injury. Discussions are underway. The NCC plans to replace the plaque at Richmond landing damaged by an NCC construction crew.

Central Club Highlights: **David Allcock**, Chairperson, mentioned the Patrick Doyle Rideau Trail Race held on October 30th, a partnership between RTA Central and the Perth Running Goats Club on the 28 km. of the Rideau Trail between Smiths Falls and Perth. RTA gained 44 paid up members! The bridge over Black Creek in Murphy's Point Provincial Park has been completed. The Rideau Trail is now routed back across the bridge after a 5 year re-routing around the washed out bridge. Central Club hikes are averaging 13 to 23 participants, a very good turnout for such a small club. David made an appeal for Trail maintenance volunteers and more hike leaders. **David Armitage** indicated that he will give a hike leader's course in Frontenac Park in the Spring. It will be open to all RT members.

Kingston Club Highlights: **Don Coulter**, Vice Chair, gave Kingston's report. Don reported that **Susan Irving** has taken over from Bill Murdoch as Co-ordinator of Routes and Negotiations. She invited 51 landowners to Kingston's Annual Volunteer Wine & Cheese Appreciation party. **Jim Lorimer** and **Stan Huff** have been busy with volunteers building boardwalks at Gould Lake Conservation Area and two bridges at Foley Mountain. Work continues on the 7.2 km extension of the Trail along the Kingston Waterfront Pathway. Planning for the 2012 RTA AGM in Westport is well underway.

Map Project: the Board voted unanimously that Trail maps will be downloadable on the web site **free of charge**.

Elizabeth Mason, Team Lead, updated us on the progress of the map project: A draft of all maps 1 – 18 of the RT from Kingston to Ottawa is completed! A draft of the text for maps 1 – 18 is complete except for final checking of the GPS coordinates and distances. Outstanding work includes drafting the trail map index, drafting map and text for some Kingston areas such as Marble Rock trails, Gould Lake and Rock Dunder. Later this winter the team will begin designing the web page and map/text presentation. This team has worked long, long hours doing superb work. The RTA owes them huge debt of gratitude. Their work will benefit everyone for many years to come. Thank you **Elizabeth**, map guru **Chris Heap**, text guru **John Haley**, Ottawa Club map Rep **Ron Arsenault**, Ottawa Club text Rep **Jim Fox**, Kingston Club **Don Coulter**, Central Club Rep **Don Sherwin**, RT Trail Coordinator **Dave Armitage**.

What is needed now is a volunteer to take on the management of the print edition of the RT maps.



The Big Run – About To Get Bigger.....

Last fall, the Running Goats Club (who organize the record-breaking Kilt Run each year) put on a run along the Rideau Trail from Smiths Falls to Perth – about 26 km. It was a remarkable success, with a total of 44 runners, all making it safely to the end. This year, they are planning something yet more ambitious – a run from Westport to Perth, around twice the distance and over even more rugged territory. “This”, says Mary Stewart, co-organizer of the event,

“will be an Ultra-Marathon run, and will really sort the sheep from the goats”.

Last year, the Central Club manned refreshment stations and acted as marshals along the course, as well as making doubly sure that the trail was in tip-top condition. The run was one of our best events for attracting new, young, fit members. This year, they will need to be even fitter!



The photo, taken in Stewart Park, Perth, shows the cheque for \$1,100.00 from the Running Goats Club in Perth being handed over to the Rideau Trail Association, and represents the RTA membership fees for the 44 runners who earned their membership the hard way on the Perth-Smiths Falls Run last fall! Pictured, left-to-right are Sue Matte, Marianne Lods, Mary Stewart, Aslan Macy (Central Club's youngest member, turned 12 that day), Greg Robinson (Rideau Arts Council), David Allcock, Robert Groves (RTA President), Elizabeth Allcock and Superman (Terry Stewart), and on the extreme lefthand side is Talisker (the President's Dog). Photo courtesy of the Rideau Arts Council and the Running Goats Club.

WELCOME TO ALL THESE NEW MEMBERS!

Central Club:

Marc Baillon
Phil Brackenbury
Ashby Carnochan
Kerri Choffe
Greg Earle
Dave Eggleton
Vince Hartung
Rita Jackson
Drew Lampman
Don MacKenzie
Sue Matte
Constance & Dana Menger
Henri & Maryanne Morin
Eldon Paisley
Pascal Peladeau
David Stevens
Terry Stewart
Dan Trudell
Corey Turnbull
Nancy Villemure
Alfred VonMirbach

Kingston Club:

Cathy Cornett
Rebecca Douglas
Teresa Garrahan
Karen Graves
Andrew Hall
Pam Hickman
Stephen & Cecile Kelly
Jennie Chan & Miu Lam
Marc Lemieux
Jim Leakey
Sandra McNeil
John E. Morrison
Stella O'Byrne
Laureen Snider
Ethel Strang
Kathy Tremblay

Ottawa Club:

Susan Andrews
Christian Belair
David Bohn
Jacques & Chris Brisson

Ann-Marie Carter-McAuslan
Gisele Collard
Keith de Bellefeuille Percy
Valerie de Montigny
Carla Eamon
Kari Ferlatte
Robert & Joan Graham
Brian Henderson
Dwight & Lauretta Hill
Jonathan & Robin Hughes
Dennene Huntley
Brooke Kelford
Elaheh Khazaei
Nancy & Timothy Killam
Pierre LaChapelle
Adrienne LaChapelle
Richard Lage
Barbara Lavender
Morie Malowany
Damien & Andrea Martin
Mike McGill
Mike McNeil

Patricia Muldoon
Dieter Mueller & Katharine Munro
Ken Nelson
Helen Patterson
Andrea Moritz & Marc Pelosse
Terry Queneville
Athena Quitevis
Graham Ross
Keith Palmater & Frances Russell
Susan Simard
Linda Simard
Mona Taha
Gerry Irving & Karen Tippet
Sebastian Warner
Doug Hunter & Marianne Wouters

See You on the Trail!

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

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

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

Level 3 Rough Terrain. One of more of: extensive bush-whacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock climbing. Boots, Level 2 experience and a high level of fitness essential. Long pants and sleeves recommended.



Skyline Hikers of the Canadian Rockies

Picture yourself hiking deep into the mountains with a group of friends. You carry only a day-pack and don't have to set up a tent and cook.. This is the scenario the non-profit organization of the Skyline Hikers of the Canadian Rockies provides for the 5 weekly base camps from July 9 – August 6, 2012. This year we celebrate our 80th anniversary.

Location: Sunset Pass, Banff National Park.

Camp fee: \$950 per person per camp.

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

Outfitter cooks meals. Skyline Camp staff: Host/Hostess, Chief Leader, Musician & Health Care Personnel.

Volunteer Day Hike Leaders. Emergency telephone.

NOTE: Individual camp dates & registration form is available at the website www.skylinehikers.ca

For more information and a free brochure

contact: 1-866-445-3774

e-mail: info@skylinehikers.ca

Ontario residents please contact volunteer:

Harry Moerschner 1-705-445-0267

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OTTAWA ZOOMER SHOW – May 5 & 6

CE Centre, 4899 Uplands Drive, Ottawa

Come meet us in person; we would love to chat with you about taking a most memorable hiking holiday!



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 Killamey & 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!



AUSTRIA

August 12 to 24, 2012

One of the world's best hiking experiences! Come to beautiful Vorarlberg where we will conquer the Alps, trek past glacial lakes, ride chairlifts and cable cars, and enjoy breakfasts some 6000ft above sea level. Our Austria Holiday is consistently regarded by past guests as their favourite trip – find out why!

ICELAND

July 24 to August 3, 2012

The 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 all 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.

SLOVENIJA & CROATIA

August 26 to September 8, 2012

Two completely different weeks combined for one perfect holiday. First, discover the fairy-tale setting of Slovenija with its Julian Alps & medieval castles. Hike behind the thundering Pericnik waterfall, up the challenging but rewarding Mt. Triglav & around glacier-fed Lake Bohinj.

Then cross the border into Croatia for a week along the Dalmatian Coast. Hike along pristine pebble beaches, enjoy al fresco dining & swim in the Adriatic.

(advertisement)

SOMETHING OLD, SOMETHING NEW

An historical house tour in Sandy Hill



Laurentian Chapter IODE

51st House and Garden Tour

June 8-9, 2012 – 10 am to 2 pm

DISCOVER the character, style and stories of one of Ottawa's oldest neighbourhoods. **9 Open Houses** – including the oldest house in Sandy Hill, stylish apartments in historic Wallis House (the old Protestant hospital), the former home of Canada's first female senator, a Victorian terrace and more.

CONTENT, CONTENT, CONTENT! Backstage tours at the Ottawa Little Theatre, Julian Armour on the cello, expert interpreters, special lunch offer at Cordon Bleu, free tours of Laurier House, self-guided walking tours, an illustrated talk by a local historian.

Proceeds going mainly to Nelson House in the fight to end violence against women.

Tickets: \$30.

613-842-5304

Website: laurentian.iode.ca

Advertisement

NEW - Online Payments for Memberships, Merchandise & Donations

We are pleased to announce the introduction of a new online process for payment of your annual membership fees, purchases or donations.

If you prefer, you can continue to send us your membership fees using regular mail as you have done in the past.

If you choose the **online payment method**, we are using the PayPal system for added security of your credit card/financial information.

Please Note: Online prices are slightly higher due to PayPal processing fees. You save postage and envelopes.

It's very easy and simple, and here's how:

- Select "**Join RTA**" on the left banner of the main page of the RTA website;
- On the opened page, select **Order online using PayPal**;
- Follow the instructions to complete your transaction;
- Lastly, please complete the **Thank You** form so that we can update our records with information vital to the organization.

We hope that you will find this online payment process easy to use and to your liking.

RTA Online Payment Team



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.

MEMBERSHIP RENEWAL TIME

RTA Memberships expire on March 31st.
Please take the time to renew promptly

- and now it's so easy online!

OTTAWA CLUB ACTIVITIES - SPRING 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.

Scheduled activities usually take place regardless of weather, but if conditions for the activity are questionable, please contact the leader in advance. If you are in doubt about your ability to cope with the outing, please consult with the leader in advance.

Arrive at least 10 minutes in advance of departure time. For more information about a particular activity contact the leader. For general information about the Ottawa Club call 613-860-2225.

Leaders: Blank 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 Crescent, Kanata, ON K2K 1C8.

For hikes up to March 31, see Winter 2012 Newsletter.

See "Levels of Difficulty and Participants' Responsibilities on" on Page 9

MAP & COMPASS CLINICS



Saturday, April 7 and Tuesday April 10

Introduction To Map & Compass

Gatineau Park, Level 3, 8 hours

For beginners or those who'd like a complete refresher, a one-day map and compass clinic that will teach you the skills needed to navigate with confidence off-trail. First half is theory inside, second half is application of concepts learned in rugged terrain near Lac Philippe. Maximum four participants. Must provide your own compass preferably with declination adjustment. \$5 admin fee. Meet and carpool from Island Park/Western Parkway vicinity.

Leaders: Cliff and Gloria Daly. To register, e-mail cliffdaly@rogers.com or phone 613-224-4413



Saturday, April 14 and Tuesday, April 17

Map and Compass Clinics TAKE 2

Level 3, 6 hours

For those who have had recent instruction OR are familiar with M&C basics, at a specified Gatineau parking area we'll briefly review the fundamentals before exploring a rugged section of the Park for 5 to 6 hours. From the supplied maps, participants will select their own destination landmarks and lead us to them. Take your own compass. Maximum three participants per clinic. No charge. Meet and carpool from Island Park/Western Parkway vicinity.

Leaders: Cliff and Gloria Daly. To register, e-mail cliffdaly@rogers.com or phone 613-224-4413

MIDWEEK ACTIVITIES

WEDNESDAY WALKERS

Every Wednesday, there are level 2 and 3 impromptu outings (hiking, skiing or snowshoeing) 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 fellwalkerca@gmail.com).

MOONLIGHTERS - Tuesday Evening Urban Hikes

Every Tuesday evening beginning March 20 through to April 17, there will be a Level 1 Ottawa urban walk. There may also be a refreshment stop after the walk for those who are interested. The coordinator for the 2012 Urban Hikes is Trudy Stephen 613-828-9313. **Meet at the starting point of the walk for departure at 6:00 p.m.**

Tuesday, March 20 Ottawa River Parkway/Island Park Drive

Meet at north end of Tunney's Pasture parking lot.
Leader: Joanne Tuttle 613-729-8787

Tuesday, March 27 Hull and back

Meet on east side of National Archives Building.
Leader: Lena Creedy 613-789-1657

Tuesday, April 3 Hog's Back/Vincent Massey Park

Meet at RA Centre.

Leader: Kathryn Fournier 613-248-0006

Tuesday, April 10 Trim Road Beach

Meet at Place d'Orleans Park & Ride (north side of highway). Exit Queensway at Place d'Orleans Dr., turn left and turn left again on Champlain St.

Leader: Vinni Sahni 613-824-6757

Tuesday, April 17 Centrepointhe to Bruce Pit

Meet on south side of Centrepointhe Library and walk the walking/cycling trails to Bruce Pit.

Leader: Laraine Laughland 613-723-8851

Tuesday Evening Spring Hikes

Every Tuesday evening from late April until the end of August, there will be a short hike, either in Gatineau Park or in town, always within a thirty-minute drive. Hikes last until sunset. The pace is approximately 4 kilometres per hour. 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 repellent, flashlight and proper footwear. Dora Ashiq (613-792-4966) is the Moonlighters Evening Hike Coordinator.

Meet at Tunney's Pasture by 5:50 p.m. in the parking lot closest to the Parkway on the north side of Tunney's for a 6:00 p.m. departure.

Tuesday, April 24 Rideau Locks (RT trailhead) from Tunney's Pasture

Level 1, 8 km. Leader: Maureen Dawson 613-226-3864

Tuesday, May 1 Lac des Fées from Gamelin Blvd (Hull area)

Level 1, 6 km. Gas \$2.

Leader: Roger McCullough 613-526-2693

Tuesday, May 8 Penguin Picnic Area from Visitor Centre (Old Chelsea)

Level 2, 6 km. Gas \$3. Leader: Ralph Sullivan 613-749-5534

Tuesday, May 15 Lime Kiln from P11 West Hunt Club

Level 1, 7 km. Gas \$3. Leader: Jean Sunter 613-828-6077

Tuesday, May 22 Mine Road Loop

Level 2, 8 km. Gas \$3. Leader: Pat Archer 613-565-6149

Tuesday, May 29 Skyline from P7

Level 2, 7 km. Gas \$3. Leader: Lena Creedy 613-789-1657

Tuesday, June 5 Shilly Shally from Bourgeois Lake Parking Lot

Level 2, 8 km. Gas \$3. Leader: Laraine Laughland 613-723-8851

Tuesday, June 12 Cross Loop Road to Healey Cabin

Level 2, 8 km. Gas \$4. Leader: Alex MacDonald 613-302-2137

Tuesday, June 19 Herridge Lodge from P16

Level 1, 10 km. Gas \$4. Leader: Nigel Brereton 613-596-6191

Tuesday, June 26 Wolf Trail from P13

Level 2 10 Km. Gas \$4, Leaders Joanne Tuttle 613-729-8787 and Dora Ashiq 613-792-4966

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 Ave. just across from Emmerson Ave. *This is about 500 m. north on Parkdale Ave from the former meeting place.*
- **Fallowfield Park & Ride** The northwest parking lot of OC Transpo's Fallowfield Park & Ride Station, off Fallowfield Rd. west of Woodroffe Ave. Gather by the OC Transpo drop-off location.
- **Baseline Park & Ride** 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

See calendar below for dates. Meet at 9:15 a.m. at Tunney's Pasture. Expect to hike or snowshoe 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@ieeee.org; 613-740-9975).

Saturday, March 31 Lincoln Fields

Level 1, approx. 6 km. Early spring hike at an easy pace on the Rideau Trail along the Ottawa River. Bring water and snack. Return by OC Transport or walk back. Depart from Tunney's Pasture at 1 p.m.

Leader: Coby Fuykschot 613-722-6022

Saturday, March 31 Impromptu Hike/Snowshoe

See above for info. Route to be determined. **Saturday,**

April 7 Impromptu Hike/Snowshoe

Saturday, April 14 Impromptu Hike/Snowshoe

See above for info. Route to be determined.

Fri. April 20 Ottawa Club Annual General Meeting

Tom Brown Arena (corner of Bayview & Albert/Scott)

Follow RT Markers to Upstairs Hall

6:30 Social and Register

7:00 Formal Meeting- includes a report from Chris Heap and John Haley on the Rideau Trail Map Project

8:15 Refreshments

8:30 "Chemin des Outaouais" Canadian Pilgrimage -
David McNicoll and Janice Dowling

Saturday, April 21 Parliament Hill Discovery
Level 1, 8 km. Hike both below and above Parliament Hill and discover some of the hidden corners. Optional visit to the Bytown Museum. Meet at the Bytown Museum entrance at 10:30 a.m. Bring a lunch or snack. Bytown Museum fee \$6 (or \$4 for age 65+).
Leader: Elizabeth Mason 613-729-6596

Saturday, April 21 Hollow Glen area in Gatineau Park
Level 2, approx. 10 km. Some climbing, mostly on trails. Some possible bushwhacking. Guaranteed good views. Lunch inside or out depending upon the weather. Depart from Tunney's Pasture by 9:20 a.m. Gas \$3.
Leader: Denise Hall 613-843-8222
(rebeccahall@rogers.com)

Thursday, April 26 to Monday April 30 End to End Rideau Trail Ottawa Section
Level 3, 22-25 km per hike. Hike the entire Ottawa Section of the Rideau Trail in 5 days with the Central RTA Club and the Bruce Trail Association. Join them for any or all the five days. This fast paced group hikes at rate of 5km/hour so do have a backup plan if you hike at a slower pace. Depart at 9 a.m. from designated meeting points.
For details contact: Bill Ottney 613-858-3183
(wottney@cogeco.ca)

Saturday, April 28 Cregheur Rd. to Hollow Glen
Level 3. Be prepared for steep climbs, bushwhacking and faint trails. Meet at Tunney's Pasture at 9:15 a.m. to carpool and leave. This hike involves a car shuttle. Gas \$3.
Leader: Ann Lane 613-714-3184 (ann.l@ncf.ca)

Sunday, April 29 Both Sides of the Ridge, Gatineau Park
Level 2, 8 km. Easy pace. Starting from Kingsmere (P7), we head for the old Booth picnic field and connect with the Highland Trail which climbs to a viewpoint across the Ottawa Valley to the west. Next, using a variety of trails, some now abandoned, we work our way to the east to come to a view point above Camp Fortune, where ridge after ridge rolls to the eastern horizon. From here we contour the top of the ridge before meeting the Skyline Trail which takes us home with a final stop at Wattsford's lookout. Depart Tunney's Pasture at 9:30 a.m. Gas \$3.
Leader: Nigel Brereton 613-596-6191
(nigelb@primus.ca)

Saturday, May 5 North Window Loop
Level 3, 12 km and lots of climbing. Starting from Wolf Trail we will be hiking off-trail, passing Osprey Lake and Paul's Puddle on route. After lunch at the north window we'll return by Ridge Road and Wolf Trail. Depart from Tunney's Pasture at 8:30 a.m. Gas \$3.
Leader: Bruce Brenot 613-680-3623
(brenot@rogers.com)

Sunday, May 6 Rideau Trail - Marlborough Forest
Level 1, 10 km. Hike to and from the Rideau Trail property via the Ruffed Grouse Trail. Depart from Fallowfield Park & Ride at 10:00 a.m. Gas \$5.
Leader: Ron Hunt mobile: 613-298-1626
(re.hunt@sympatico.ca)

Saturday, May 12 Lauriault Trail
Level 1, 5-6 km. An exceptionally beautiful spring walk starting from Mulvihill Lake taking the Lauriault Trail loop lunching at MacKenzie King Estate then proceeding down to Kingsmere Lake before returning to our cars. Depart from Tunney's Pasture at 9.30 a.m. Gas \$4.
Leader: Jean Sunter 613-828-6077

Saturday, May 12 Taylor Lake Loop
Level 3, 12 km. and lots of climbing. Starting from the Eardley Masham Road we will be off-trail and climbing until we reach a ridge that takes us to Taylor Lake. We'll return by trail 56. Depart from Tunney's Pasture at 8:30 a.m. Gas \$5.

Leader: Bruce Brenot 613-680-3623
(brenot@rogers.com)

HIKING IN NEW HAMPSHIRE

**Sunday, May 13 to Thursday May 17, 2012
White Mountains Day Hike**

Mid week, level 2 and 3+, rugged day hikes in the White Mountains of New Hampshire, now with three full hiking days. Stay and dine at the Kinsman Lodge (shared baths) in Franconia, N.H. Four breakfasts (Mon., Tues., Wed., Thurs.), three dinners (Mon., Tues., Wed.) and four nights accommodation (Sun., Mon., Tues., Wed.). Approximately \$340 CAN per person, double occupancy, \$380 CAN per person, single occupancy, all-inclusive. \$100 non-refundable deposit to reserve, payment of balance mid-April. Arrange your own transport. Newcomers welcome!
Leaders: Cliff and Gloria Daly. cliffdaly@rogers.com or phone 613-224-4413

Sunday, May 13 Mill of Kintail, Almonte
Level 1, approx. 6 km.
Hike at an easy pace on the trails in this lovely conservation area. Entrance \$4. Bring water, snack and insect repellent. Depart Tunney's at 1 p.m. Gas \$6.
Leader: Coby Fuykschot 613-722-6022

Sunday, May 13 Gatineau Park
Level 3 hike on trails on the Eardley Escarpment. Distance will depend on conditions. Departs at 8:30 a.m. from Tunney's Pasture. Gas \$5.
Leader: John Haley 613-225-0590

**REMINDER: CHARITABLE DONATIONS TO THE
RIDEAU TRAIL CAN BE MADE THROUGH
www.rideautrail.org
IT'S THAT EASY!**

Saturday, May 19 Bird Watching

Level 1, about 15 km by car and 2 km on foot, finished by 1 p.m. Meet at Tunney's Pasture 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 carpool hither and yon to good birding sites in Ottawa Gatineau. Bring binoculars or spotting scopes if you have them. Gas \$2.

Leader: Roger Bird 613-232-2262
(rogerbird@primus.ca)

Saturday, May 19 Gatineau Park

Level 2, 8-10 km. Leisurely hike to view the wildflowers at their best. Cameras welcome. Trails 40, 24 and 2 from P12. Bring lunch and bug protection. Depart Tunney's Pasture at 9:30 a.m.

Leader: Judy Leeson 613-829-1083

Sunday, May 20 Gatineau Park - Huron Trail

Level 1, approx. 2 hours at an easy pace. Enjoy the wild flowers as we hike the Huron trail to Western. Bring water, snack and insect repellent. Depart Tunney's Pasture at 13:00. Gas \$3.00.

Leader: Coby Fuykschot 613-722-6022

Monday, May 21 Both Sides of the Ottawa River

Level 1+, approx. 13 km. Hike along the Ottawa and Gatineau sides of the Ottawa River, crossing at the Champlain and Chaudière bridges. Leave from Tunney's pasture at 10:00 a.m. Bring a lunch, and we'll also take a break at the War Museum café near the end of the hike.

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

Saturday, May 26 Impromptu Hike

See above for info. Route to be determined.

Saturday, May 26 Shirley's Bay

Level 1, 11 km. Parts of this trail are paved and the rest is through forest and fields or small bush. The starting point for this hike is at Moodie Drive and Corkstown Road. Pack a light lunch. Meet at Moodie and Corkstown Road to depart at 11 a.m. Nearby is the Queensway and OC Transpo stops for the #96 bus going west and east.

Leader: Maureen Dawson 613-226-3864
(Maureen.Dawson@rogers.com)

Saturday, June 2 Doors Open Ottawa

Level 1, approx. 8 km. Bring a lunch. Urban walk, stopping off to visit a few Doors Open buildings. Depart from Strathcona Park parking lot (end of Somerset Street East) at 9:30 a.m.

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

Saturday, June 2 Marble Rock in the Frontenac Arch

Level 2+, 11 km. A moderate to challenging hike on trail. Two loops: South Loop 6 km and South Loop 5 km. Some scrambling, beautiful views. Lengthy drive from Ottawa to trailhead. Depart 8:30 a.m. Gas Ottawa \$7. Leader: Sheila Parry 613-737-4727.

Sunday, June 3 Trails Open Hike at Mud Lake

Level 1, 5 km. Join our Trails Open hike as we show others one of the hiking treasures of Ottawa. We will walk to Mud Lake from Britannia Park and circle the lake looking for birds and other wildlife. Meet at the flagpole near the old Trolley station (now used as a covered picnic area) on the south side of the Ron Kolbus Centre to leave at 2 p.m.

Leader: Elizabeth Mason 613-729-6596

June 8 and 9 IODE Sandy Hill House Tour
See Special Advertisement on Page 10

Saturday, June 9 Lime Kiln Blue Route

Level 1, 8+ km. We will follow the RTA Blue Loop trail from P11, cross Moodie Drive and pass by the Wild Bird Care Centre. Continuing on the Blue Loop trail we will connect with the Lime Kiln trail and then return via the Jack Pine trail and trail 26 to the parking lot. Bring lunch, water and bug spray. Trail could be wet. Meet at Baseline Park and Ride for a 9:30 a.m. departure. Gas \$2.

Leader: Grace Strachan 613-721-1421

Saturday, June 9 Impromptu Hike**Sunday, June 10 Rideau Trail – Rogers Pond to Earth Star Loop**

Level 2, 15 km. Depart 9:30 a.m. from Fallowfield Park and Ride. Gas \$5.

Leader: Doug Parsons 613-723-0726

**SATURDAY, June 16 Rideau Trail Association
41st AGM in Westport**

Lion's Beach Club House

See special announcement on page 5 for further information.

Saturday, June 23 Historic Manotick

Level 1, approx. 5-7 km (2-3 hours with lunch). Enjoy a leisurely walk through Manotick, along the river path, visiting the David Bartlett Park and the locks. Learn about Manotick's history, have a picnic lunch or stop for bite and drink at one to the beautiful eating spots. Bring water, sunscreen, bug spray and rain gear just in case. Meet at Fallowfield Park and Ride to depart at 9:45 a.m. Gas: \$2.

Leader: Marilyn Schwartz 613-828-4488

CENTRAL CLUB ACTIVITIES - FALL 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 Rd.#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 your ability to cope with the outing, or 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 9

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

A reminder to all leaders and hikers: Dogs are not permitted on RTA-sanctioned hikes. No exception.

WEDNESDAY MORNING WANDERERS: There will be a level 1, moderate-paced hike or snowshoe, every Wednesday morning, departing from Conlon Farm. 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 613 264-0057, margaret.lafrance@bell.net

WEEKEND ACTIVITIES:

SATURDAY, March 3 Snowshoe/Hike on the RT

from McAndrews Rd. to Bedford Mills

6 km snowshoe or 10 km hike, Level 2, moderate to fast pace, meet at 10:00 am, gas \$5.00

Leader: Dave Miller, 613-449-7459

davesshack@gmail.com

SATURDAY, March 10 Snowshoe/Hike Foley Mountain Conservation Area

6–10 km depending on trail conditions, Level 2, meet @ 10:00 am gas \$4.00

Leader: Meg O'Connor, 613-852-8737,

meggums.oconnor@gmail.com

SUNDAY, March 18 Hike the Point Trail at Murphys Point

5+ km, Level 1, easy pace, meet at 10:00 am, gas \$3.00

Leader: Gill Hyland, 613-267-5756,

ghyland2@cogeco.ca

SUNDAY, March 25 Hike on the Cataragui Trail

from Cedar Valley Rd. to Hwy 15

12 km, Level 1, moderate pace, meet at 9:00 am, gas \$4.00

Leader: Dorothy Hudson, 613-283-0332,

dhudson9@cogeco.ca

SATURDAY, March 31 Hike Mill of Kintail Trails

Enjoy the trails along the Indian River and experience the area's natural beauty and historic grandeur.

8+ km, Level 1-2 depending on trail conditions, moderate pace, meet at 10:00 am, gas \$5:00

Leaders: Mary and Howard Robinson, 613-256-0817,

hmrob@storm.ca

SUNDAY, April 1 Hike Little Slide Lake Loop in Frontenac Park.

Level 2/3, 14 km, moderate to fast pace, meet at 9:00 am, gas \$5.00

Leader: Dave Miller, 613-449-7459, [daves-](mailto:daves-shack@gmail.com)

shack@gmail.com

SATURDAY, April 7, Hike the Mac Johnson Wildlife Reserve

This attractive reserve near Brockville is the breeding ground for trumpeter swans. The trails are well-maintained but may be wet depending on early spring conditions, bring lunch

Level 1+, approx. 11 km, meet at 9 am. gas \$5.00

Leader: Margaret Lafrance 613-264-0057

margaret.lafrance@bell.net

THURSDAY, April 12 Hike Planning Meeting at 390 Bracken Ave.

Bring your ideas for the summer schedule. Meet at 4 pm, call Gunhild at 613-283-8985

or e-mail karius1@sympatico.ca

SATURDAY, April 14 Hike Northern Loop at Crotch Lake

Take in the views of Crotch Lake and the rushing waters of Gull Creek.

Level 2/3 11 km moderate pace, meet at 9 am, gas \$6.00

Leader: Dave Allcock 613-264-9075 or e-mail

daveonottylake@gmail.com

SUNDAY, April 15 Central Club AGM

10:30 - 12:30 at Mc Martin House

All members welcome! Bring your lunch and refresh on a short hike after the meeting in Murphy's Point to admire the new bridge. 2 km, moderate pace, gas \$3.00 plus applicable park fees.

Leader: Dave Allcock 613-264-9075 or e-mail

daveonottylake@gmail.com

SATURDAY, April 21 Hike Blue Mountain in Charleston Lake P.P.

and enjoy the beautiful vistas from the highest point in Leeds County.

Level 2, 10 – 12 km, moderate pace, meet at 9 am, gas \$6.00

LEADER: Dorothy Hudson, 613-283-0332

dhudson9@cogeco.ca

SATURDAY April 28 and SUNDAY April 29 Festival of the Maples in Perth

Visit our information booth at the festival and give John a hand.

Call John Miller if you want to help him 613-264-8338

THURSDAY through MONDAY, April 26 – 30 Hike the Rideau Trail Ottawa Section.

Join the group from the Bruce Trail with Jim Vanderlip and Charles Whitlock for their 3rd year hiking and - this year - completing the Rideau Trail. Meet some great people and show your support!

Thursday 25km, Friday 23km, Saturday 20km, Sunday 23km, Monday 22km

Level 2/3, fast pace. Call if you want to participate in any or all of the hikes. Leader for Central Club: Gunhild Karius, 613-283-8985 karius1@sympatico.ca

SATURDAY, May 5 Hike Tallow Rock Bay Loop in Charleston Lake P.P.

Level 2, 10 km, moderate pace, meet at 9 am, gas \$ 6.00 + Park fees

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

dlhbatchelor@cogeco.ca

SUNDAY, May 13 Hike the Marble Rock Trails

Level 2/3, 11 km, moderate to fast pace, meet at 9 am, gas \$6.00

Leader: Dave Miller, 613-449-7459,

davesshack@gmail.com

SATURDAY, May 19 Hike the Moulton Gorge Loop from Kingsford Dam

20 km, Level 2, moderate pace, gas \$5.00

Leader: Meg O'Connor 613-852-8737,

meggums.oconnor@gmail.com

SATURDAY, May 26 Hike Rock Dunder with a fantastic view at Whitefish Lake. Some steep sections.

Opportunity to visit nearby Jones Falls on return trip.

10 km, Level 2, moderate pace, meet at 9 am, gas \$5.00

LEADERS: Mary and Howard Robinson,

613-256-0817 hmrob@storm.ca

SUNDAY, June 3 Doors Open Ontario/Trails Open Ontario, Interpretive walking tour along the RT as it follows the Rideau Canal into the heart of the town.

Approx. 3 km, Level 1, meet at 10 am at Lower Reach Park.

Leader: Ernie Trischuk, 613-283-8112

retirernie@yahoo.com

SATURDAY, June 9 Hike Westport and Sand Lake Loop

Walk to the RT from Westport and around Sand Lake to Foley Mountain. Take in the view from where we came and walk back to Westport for refreshments.

12 km, Level 2, moderate pace, meet at 9 am, gas \$4.00

LEADERS: Mary and Howard Robinson, 613-256-

0817 hmrob@storm.ca

SATURDAY, June 16 Rideau Trail Association 41st AGM in Westport

Lion's Beach Club House

See special announcement on page 5 for further information.

Sunday, June 24 Canoe at White Lake

Put in at west end of lake. Explore north shoreline and bays canoeing eastwards, and south shore/bays on return. Lunch high overlooking the lake.

11 km, Level 1, moderate pace, meet at 9 am, gas \$6.00

LEADER: Susan Samila, 613-264-1196, ssamila@storm.ca

SATURDAY, June 30 Hike the Lime Kiln Loop

Hike on part of the Rideau Trail and the NCC trails off Moodie Dr.

9.5 km, Level 1, moderate pace, meet at 9 am. Gas \$5.00

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

dlhbatchelor@cogeco.ca

KINGSTON CLUB ACTIVITIES - SPRING 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, 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 Page 9.

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 each Wednesday, *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.

Information: John and Marilyn Milloy 613-530-2412



Kingston Map and Compass Session May 12, 2012

Little Cataraqui Creek Conservation Area Visitor Centre

Learn the fundamentals of map and compass navigation.

Especially useful for hike leaders and rugged individualists who are off the beaten trail.

No registration fee. Cutoff at 20 participants. Call Don Coulter to register @ 613-542-9998

Meet at Canadian Tire at 9:00 am, Gas \$2.00

Wednesday, March 7 Trio of Hikes

Level 1, Moderate pace, 15 Km. We'll hike first at Parrott's Bay (4 km.), second at Collin's Creek (6 km), third at Lemoine's Point. Depart at 9:00 a.m. Gas \$4.

Leader: Audrey Sanger 613-384-6244

Saturday, March 10 Confederation Park to Rideau Trailhead.

Level 1, moderate pace, 16 km. Hike starts in front of City Hall. Refreshments downtown afterwards. Depart at 9:00 a.m. from Canadian Tire. Gas \$2.

Leader: Jim Lorimer 613-373-2847

Sunday, March 18 Brisk Walk Around Town

Level 1, about 6 km. From Canadian Tire lot to downtown Timmy's on Ontario Street, then walk back along the Lake. Depart at 9:30 a.m.

Leader Sharen Yaworski 613-544-6022

Saturday, March 24 Annual Visit to Maple Syrup Camp

If nature cooperates, sap will be boiling and we will be tasting. !! Syrup for sale.

Cookies, Coffee,, Hot chocolate \$1.00 each. >>

Distance 8 km Level 1 at a brisk pace.

Depart 10:00 a.m. Gas \$2.00

LEADER: Bill Murdoch 613- 767- 4858

Saturday, March 24 Spring Fling Potluck

The theme is green! Bring a salad, main course or desert and your personal nips. Coffee, tea and juice will be provided. Room rental fee \$3.00 per person.

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

6:00 p.m. **RSVP** Linda Tucker 613-634-0497

Sunday, April 1 Skycroft Trail Mix and Match.

Hike a variety of interconnecting loops. Level 2 at a moderate pace, distance dependent upon conditions.

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

LEADER: Ray Wilson 613-382-7189

Saturday, April 7, Marble Rock Mystery Route

We'll discover some new geological wonders not seen in the usual route. A bit of off-trail work, not too difficult, will yield up generous rewards.

Level 2 at a moderate pace. Depart 9:00 a.m. Gas \$6.00

(if you can meet the group for the Leader, please call!)

LEADER: John Cornish 613-382-4778

Wednesday April 11 Depot Lake Conservation Area

Hike the Trails of Depot Lake on hilly lakeshore and woodland trails,

Be prepared for some muddy and slippery segments..

Level 2 at a moderate pace for approx. 10 km.

Depart 9:00 a.m. Gas \$6:00

LEADER; Bob Chadwick 613-544-9222

Saturday, April 14 Wolfe Island Cycle and Hike

Cycle Wolfe Island to Big Sandy Bay, where we will hike along the beach, depending upon water levels.

Meet at the dock for the 9:30 a.m. ferry to Wolfe Island.

Level 1 cycle, Level 2 hike, distance to be determined.

LEADER: Pat Casey 613-385-2356

Sunday, April 15 Foley Mountain to Narrows Lock

Begin at the top of the Mountain, through the Park and on to Narrows Lock. A nice Easter outing! 12

km., Level 2 at an easy pace. Gas \$7 plus park fee.

Depart at 9:00 a.m.

LEADER: Sandra Muis 613-542-8224

Sunday, April 22 Gould Lake

Level 2-3, moderate pace for 12 km. Depart at 900 a.m.

Gas \$6.00 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 - 7:00 p.m. Social time

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

Thursday, April 26 to Monday April 30 End to End Rideau Trail Ottawa Section

Level 3, 22-25 km per hike. Hike the entire Ottawa Section of the Rideau Trail in 5 days with the Central RTA Club and the Bruce Trail Association. Join them for any or all the five days. This fast paced group hikes at rate of 5km/hour so do have a backup plan if you hike at a slower pace. Depart at 9 a.m. from designated meeting points.

For details contact: Bill Ottney 613-858-3183

(wottney@cogeco.ca)

Saturday, April 28 Cataraqui Trail

Hike the Cataraqui Trail from Harrowsmith to Sydenham and back. View special highlights of valley below Trail. Lunch stop in Sydenham at Trio's Restaurant. Bring your lunch or dine in.

Level 1 at a moderate pace for 12 km.

Depart 9:30 a.m. Gas \$5.00

LEADER: Stan Huff 613-548-3003

Saturday, May 5 Charleston Lake Provincial Park

Hike the West Side Trails via Tallow Rock Bay, Hidden Cove and Slim Bay bridge.

Level 2-3 at a moderate pace for 10 k.m.

Depart at 9:00 a.m. Gas \$7:00

(if you can meet the group for the Leader, please call!)

LEADER; Ray Wilson 613-382-7189

Sunday May 6 Le Moine's Point Conservation Area

Walk the trails of Le Moine's Point, once or twice around, depending

on the weather and participants' wishes

Level 1 at a moderate pace.

Depart at 9:00 a.m. Gas \$2:00

LEADER: Sharen Yaworski 613-544-6022

Wednesday, May 9 Frontenac Provincial Park

Hike the Big Salmon Loop trails.

Level 3 at a moderate pace for 19 km.

Gas \$6:00 plus park fee. Depart 9:00 a.m.

LEADER: Ann Wilson 613-531-9873

**Saturday May 12 Map and Compass session**

Little Cataraqui Conservation Area
(see box, previous page)

Sunday, May 13 Bon Echo Provincial Park HAPPY MOTHER'S DAY

Hike the trails of Bon Echo Park, and a ferry ride to see the Indian rock Pictographs.

This will be a leisurely walk to enjoy the Spring wild-flowers. Distance to be determined.

Gas \$10 plus ferry fee. Level 2/3 Depart 9:00 a.m.

LEADER: Pat Casey 613-385-2356

Saturday, May 19 Gananoque Beaver & Town Trails

The new "Beaver" wilderness section will be featured, along with a refreshment break at The Socialist Pig.

Level 1-2 at a moderate pace. Gas \$6.00. Depart 9:00

(if you can meet the group for the Leader, please call!)

LEADER: John Cornish 613-382-4778

Sunday, May 20 Rock Dunder

Enjoy the spectacular views along the Rock Dunder Trails. Bring your lunch, water, insect

Repellant, and wear strong footwear. Possible refreshment stop afterwards

Level 2 at a moderate pace for 8 k.m..

Gas \$7:00. Depart 9:00 a.m.

LEADER: Stan Huff 613-548-3003

Saturday, May 26 Parrot's Bay Conservation Area
Hike the Conservation Area - scenic and historic. Start hike from eastside of bridge on Highway #33 - parking lot on lakeside of road. Level 1-2 at a moderate pace for approx. 5 km. Gas \$4:00. Depart 9:00 a.m.
LEADER: Elgin Bock 613-389-4216

Sunday, May 27 Bedford Mill to 9th Concession Dam
Ride our unique ferry. End with refreshment stop in Westport. Easy pace. 13 km. Level 2. Gas \$7. Depart at 9:00 am
Leader: Sandra Muis 613-542-8224

Monday, May 28 Gould Lake Main Trail
Join John as he leads a group from the Bruce Trail Caledon Club. From Barn along Main Trail, returning on the Ridge Walk. 13 Km, Level 2-3. For details, phone John Cornish, 613 -382-4778

Tuesday, May 29 Marble Rock
Join John as he leads a group from the Bruce Trail Caledon Club. Best time of the year for these beautiful Trails! 11 Km, Level 2-3. For details, phone John Cornish, 613-382-4778

Saturday, June 2 Gould Lake Boardwalks Grand Opening! Visit the new Boardwalks created by our volunteers, then hike the East Side Trails (Level 2-3) OR a Level 1-2 hike in the Conservation Area. Approx. 10 km. Gas \$6.00. Depart 9:00 a.m.
LEADER: John Cornish 613-382-4778

Sunday June 3 Cycle Howe Island
Meet at the ferry dock for 9:30 a.m. .
Bring lunch, possible swim stop at lunch time.
We will go on a short cycle to Gananoque after and Return via the road to the cars.
LEADER: Yvonne Hawkins 613-767-6990

Saturday June 9 Prince Edward County
Some Prince Edward County Highlights, including Little Bluff Conservation Area. Swimming opportunity from Shale Beach, a couple of optional short steep slopes. Take sun protection and bug protection. Plan for a full day with return after 5 p.m., to allow for winery tour, cheese factory and scenic lookout stops. Possible Driver-determined snack/meal stop on return trip. Level 1 for approx 10 k.m. at a moderate pace. Gas \$7:00 Depart 9:00 a.m.
LEADER: Bob Chadwick 613 544 9222

Sunday, June 10 Cycle Wolfe Is. to Cape Vincent
Cycle across Wolfe Island to Cape Vincent. From there we will have a leisurely cycle to Tibbits Light House and around Cape Vincent. Swim stop possible. >>>

Bring lunch and lots of water. Distance depending upon the participants. There will be a \$2.00 each fare on the ferry. A Canadian Passport is required. Meet at the Wolfe Island Ferry Dock for the 9:30 a.m. Ferry.
LEADER: Pat Casey 613-385-2356

Wednesday June 13 Charleston Lake Provincial Park
Hike the Eastside trails. Hemlock, Sandstone Island and Centennial Trails. Possible afternoon swim. End with ice-cream. Or a cold drink at the Outlet. >>>
Moderate pace . Level 2 for 10 km. Gas \$7 plus park fee. (if you can meet the group for the Leader, please call!)
LEADER: John Cornish 613-382-4778

**SATURDAY, June 16 Rideau Trail Association
41st AGM in Westport**
Lion's Beach Club House
See special announcement on page 5 for further information.

Sunday June 17 Cycle Amherst Island
Meet at the ferry dock for the 9:30 a.m. ferry. Bring lunch, water, money, bathing
Suit and be prepared to play!
\$2.00 ferry fee.
LEADER: Audrey Sanger 613-384-6244

Saturday, June 23 TRAILS OPEN
Rideau Trail is "On Display" for the public!
Come out and be part of the celebration.
We will be leading interested public on the Trail from Trailhead to Bath Road between 10:00 a.m. and 2:00 p.m. Route may be varied as participants desire (ie the Helen Henrikson Blue Loops)

Level 1, Moderate pace, 5 km.
NOTE: Meet at 10:00 a.m. at Trailhead Place, King Street West

We need a number of experienced RT members to act as guides. Call Don Coulter to volunteer.
LEADER: Don Coulter 613-542-9998
coulter.dm@sympatico.ca

Kingston Executive Positions:

Vice-Chair & Publicity Coordinator positions are vacant.

If you can serve your Club in one of these roles, please contact Don Coulter, Chair at : 613-542-9998 or coulter.dm@sympatico.ca



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

®

MEMBERSHIP OR RENEWAL APPLICATION:

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

All members must be at least 18 years of age. () Annual Individual Membership \$25.00 () Annual Household Membership (two adults at the same address) \$30.00 () Patron (Life Membership) \$500.00 () Trail Guidebook: Temporarily unavailable. An on-line replacement is under development and will be available soon () Car Sticker (free to new members) \$1.00 () RTA Hiker NamePin - Please fill in name in box below. \$7.00 () Cloth crest \$2.00 () Enameled Pin \$6.00 () Wall map ** \$12.00 () Donation - Rideau Trail Association * \$ _____ () Donation - Rideau Trail Preservation Fund * \$ _____ Prices subject to change TOTAL \$ _____ * Qualifies for official receipt for income tax purposes (\$10 or more) Charitable Reg. 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): _____

