



The Rideau Trail NEWSLETTER

SUMMER 2012

ISSUE NO. 164



Along the Trail: "It's mine too!"

Rideau Trail Newsletter

Editor of this issue: Ann Bolster, Ottawa Club

Fall Newsletter

The fall 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 **August 1, 2012**. Send to:

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Kingston: vacant

Central: vacant

The Rideau Trail Newsletter is published by the 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 RTA.

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ISSN 0709-7085

The RTA is a member of Hike Ontario.

Front Cover: The porcupine, snake and muskrat were only 3 of the animals encountered on a wildlife-rich April hike on the Rideau Trail and the scenic Slide Lake Loop, which the RTA established and continues to maintain in Frontenac Park. The muskrat casually approached our group of 9 hikers, then ambled off the Trail. We gave him a wide berth. *Photos by Bob Smith*

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RIDEAU TRAIL ASSOCIATION 41ST ANNUAL GENERAL MEETING

Saturday, June 16, 2012, Westport Lions Beach Club House

9:30 am–10:00 am Registration, refreshments, meet and mingle

10:00 am–12:00 pm Business meeting, presentation of awards

12:00 pm–1:00 pm Lunch (bring or buy in town)

1:00 pm–5:00 pm Hikes (level 1, around the lovely town of Westport; level 2, Foley Mountain) or free time

5:30 pm Dinner at The Cove Inn, followed by a talk, “Geological Wonders on the Rideau Trail”, by Dr. Dugald Carmichael

Dinner Menu

Roast beef buffet, dessert, coffee or tea. Vegetarian alternative available if requested when reserving.

Reservation for Dinner

The total cost of dinner, including taxes and gratuity, is \$31 per person. Send a cheque made payable to “Rideau Trail Association in Trust” to Linda Tucker, 961 Clearfield Crescent, Kingston ON K7P 1Z7. **The deadline to order a meal is June 5.** If you have any

questions concerning the meal please call Linda Line at 613-531-4343. Reserved dinner tickets can be picked up at registration time.

Directions to the AGM

In Westport, continue west on Concession Street (Hwy. 42), go left on Bedford for a short distance to the Beer Store (Mountain Road), turn right on Mountain Road, go over the causeway, and make an abrupt left in to Lions Beach at the mountain base.

Accommodation

Options for staying overnight in Westport: www.southcentralontario.worldweb.com/westport/lodging/bedbreakfasts

Transportation

If you require transportation or are willing to take passengers please contact one of the following.

Kingston Club: Jenny Ellis, 613-549-6807

Central Club: Dorothy Hudson, 613-283-0332

Ottawa Club: Elizabeth Mason, 613-729-6596



Westport from Foley Mountain in April. Photo by Anne Pickering

Welcome, New Members!

Central Club

Sheila Doyle
Bob & Jane Drouin
Ed Moorhead
Karen & Richard Schooley

Kingston Club

Caroline Ackerman
Robin & Jim Agombar
Hollis Amey
Lynn Esau
Sue Hall
Kenneth Jewell
Nancy L. Larochelle
Joe Lightfoot
Anne Linscott
Debbie Radloff-Gabriel

Ottawa Club

Dev Anand
Jo-Anne Beattie
Susan Bowie
Viola Caissy
Janet & Carl Chesal
Jean Gauthier
Joan Heyding
Diane Jones
Jerzy Kowalski
Ivy Lai
Johanne Léveillé
Denise Mehta
Paul Murphy Household
Tracey & Anthony Neville
Glenda O'Rourke
Richard & Janny Pell
Drew Rawlings
Sharon Rouatt
Matilda Samuel
Susan Smee
Sandy & Cathie Solowjew
Ted Cooke & Dena Speevak

Nonaffiliated Member

Gusti Matei

HIGHLIGHTS OF MAY 2012 RTA BOARD MEETING

by Louise Osborn, Vice President

On May 5, 2012 the RTA Board of Directors met at McMartin House in Perth.

President Robert Groves reported that in an effort to increase awareness among club members, he has now attended the AGM of each of our association's clubs and learned first hand about all of our achievements. Those who attend AGMs are the backbone of our organization. We are utterly dependent on those volunteers who maintain the trail, repair and build bridges, and keep everything in good order with our landowners and parks people. Sincere thanks to you all.

We are now in the first year of the next decade before we celebrate the 50th anniversary of the Rideau Trail. This momentous milestone must not be left to the last minute. We will need a committee to figure out how to put the Trail on the world map.

Two years of advertising and still we have no Marketing and Communications Director. We must get serious about hiring for this position, if necessary retaining someone with the necessary credentials to help us raise the Trail's profile among both local and international hikers.

Kingston is hosting the 41st AGM, in Westport. It promises to be an exciting event (contrary to many AGMs), and we challenge any member who has never attended to come along, meet some new members and have a good time!

Thank you, Robert for your vision and helping us see the way.

Finances: Treasurer Joy Webster reported that we remain in good shape financially, and her report was accepted for presentation at the AGM on June 16. Thank you, Joy, for your continued expertise and diligence.

Membership: Director Sheila Menard noted an increase in numbers compared with this time last year and attributes it to the availability of online membership renewal. Sheila has agreed to write a proposed policy regarding the need for those on RTA hikes to join the association after 3 hikes. Thank you, Sheila.

Trail Maintenance: David Armitage, our Trail Coordinator, would like to thank all our members who work so hard keeping their sections of the Trail in such good shape, attaching trail markers to trees, trimming branches, vines and the like to ensure good visibility of the markers and keeping the trails litter-free. David referred to the excellent handbook written in 1981 by Doug Knapp, a founding member of the RTA, which is still relevant today and could be enhanced with pictures. David agreed to organize a meeting with our trail maintainers to review expectations and some of the finer points of trail maintenance. Thank you, David, and all our trail maintainers for your hard work in keeping our Trail so navigable!

Kingston Club Highlights: Did you know that Jim Lorimer, Stan Huff and many other Kingston RTA volunteers replaced 2 boardwalks just east of the swimming area at Gould Lake, to the tune of 893 man-hours? As soon as the water level goes down, they'll finish the job. In return, the Cataraqui Region Conservation Authority is giving us free use of a classroom for the Map and Compass Clinic on May 12. Thank you so much, Jim and Stan and your bevy of volunteer workers! In other news: The Ridgewalk Trail at Gould Lake has been rerouted. Meg Berridge is replacing Elaine Lowen on the Kingston Executive as Publicity Director. (Thank you, Elaine. Meg has big shoes to fill.) Peter Burbidge is replacing Elgin Bock as Outings Rep and has already computerized the hike scheduling. (Thank you, Elgin, for your 6 years in this role.) The volunteer appreciation party in January was well attended, and

the annual spring potluck dinner was also a success. The AGM in Westport is being ably organized by Linda Line and Linda Tucker. (Thank you, Linda and Linda!) The position of Vice Chair/Club Rep is vacant. Finally, Sue Irving is heading up a committee with a mandate of how to keep new members. (Thank you, Sue.)

Central Club Highlights: Dorothy Hudson is the new Chair of the Central Club. Thank you very much, Dorothy, for stepping in on such short notice. Many thanks also go out to David Allcock for his many years of diligent work on our behalf. We appreciate all that you have done for Central and the RTA. We have received excellent publicity for the RTA through Doors Open Ontario (we're on page 71 of their magazine). Central had a booth set up during Perth's annual Festival of the Maples in April, with great interest shown in maps and some interest in membership. Central is looking for hike leaders. Please contact Dorothy at 613-283-0332 if you could commit to leading 2 or more hikes per year, especially moderate to difficult ones.

Ottawa Club Highlights: First, a special thank you to Elizabeth Mason and her team (which included PJ, our Webmaster extraordinaire) for implementing the e-Membership Project in time for the 2012-2013 membership year. At the same time, Elizabeth coordinated the monstrous maps project (see her article on page 6 for an update) and clarified our RTA logo – that orange triangle that blazes our Trail (and our newsletter). The new chair for Ottawa is Sheila Parry. Elizabeth is taking

on the role of Ottawa Club Rep on the RTA Board. And although the City of Ottawa is not doing Trails Open, the Governor General is having an event called Celebrating Nature in the Capital on the same weekend, and we have been invited to mount an exhibit because the TransCanada Trail, of which the Governor General is patron, follows part of the Rideau Trail. What an honour!

Mileage: Reimbursement to volunteers for mileage has remained unchanged for over 10 years. The Board unanimously approved an increase to \$0.35/km, still well below the amount accepted by the Canada Revenue Agency, and we encourage all our volunteers to claim their mileage for RTA business. It's the least we can do to show our thanks!

Next Board meeting: July 14, 2012

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 in the media. The trail has a great legacy and an appealing message. Sound interesting? Then contact RTA President Robert Groves by email at grovesgroup@sympatico.ca or by phone at 613-792-3210 (work) to talk it over.

Important Reminder

It is RTA policy that dogs are not allowed at RTA events, including hikes (certified guide dogs excepted).

Thanks, Recent Donors!

TD Bank Group Kingston (thank you, Elaine Lowen)
Gayle McGovern-Brush & Peter Brush
Adrian Camfield
Ada Chambers
Janet & Carl Chesal
Elizabeth Choros
Patricia Churcher
Eve D'Aeth
Susan Cartwright & Nick Daniel
Gerry Dubrule
Brian Carr & Kathryn Elliott
Lynn Esau
Jourdain (Judy) Finlay
Karena Franks
Donald A. Grant
Gwyn & Loretta Griffith
Verena Hammerli
Bert & Marilyn Horwood
Robert & Jane Hough, in memory of Shawn Hutchinson's father and Linda Line's mother
Stanley Huff
Mr. Ronald Douglas Hughes
Bert & Mary Jenkins
Edward & Peter Jezak
Diane Jones
Eleanor Kaarsberg
Elsie Keates
Lorna Kettles
Jane Kitchen
Jerzy Kowalski
Brian LaDuke
John Cartwright & Jean Mair
Dr. Susan Irving & Sheila Menard, in memory of Linda Line's mother
Virginia Merritt
Robert Gordon & Juliet Milsome
M.J. Moore
Peter M. Murray
Robert & Heather Mutrie
Sheila Needham, in memory of John Needham
Gunhild Karius & William Ottney
John & Margaret Page
Tony Parfitt
Beth Peterkin
Peter Martin & Susan Roberts
Ute Schall von Oppeln
Gloria Seeley
Sylvia Shortliffe
Rolina & John ten Bruggenkate
Cameron MacDonald & Charlene Thomas
Gordon Cater & Ina Thomas
Robert & Morag Van Tongerlo
Susan & Bob Watson
Allan Gordon & Nicoleta Woinarosky

RIDEAU TRAIL MAPS

by Elizabeth Mason

The *Rideau Trail Guidebook*, 7th edition, published in June 2006, is out of date and no longer available. Updated Rideau Trail maps and trail descriptions are provided on the RTA Web site free of charge. Click on “Trail Maps” in the left column of the home page (www.rideautrail.org). You can view a map by selecting it from the list of maps or you can choose the link “Index Map” for a map of the entire trail. Clicking the individual map outlines on this larger map will display the indicated map.

The maps and text, in PDF, are designed to be printed on letter-size paper (8.5 by 11”). There is 1 page of text description associated with each map. All of the text descriptions are in a single file.

As changes to the Rideau Trail are made they will be incorporated into the maps and descriptions on the Web site. Use the date found on each map and page of text to determine if your copy is the most recent.

We invite all users of this material to provide feedback to us (at info@rideautrail.org), including corrections that you deem necessary.

Happy hiking!

OTTAWA CLUB AGM

by Elizabeth Mason

Ottawa’s AGM was held Friday evening April 20 at the Tom Brown Arena Hall. Fifty-four members attended. Elizabeth noted that Rob Weeks joined the club last year and volunteered to fill the vacant position of Publicity and Media Relations at the time. The Human Resources position, dormant for some time, was reactivated, with Denise Hall taking on this important role.

Reports from the Executive committee outlined work done in 2011-2012. John Haley demonstrated how the Rideau Trail maps are available on the RTA Web site. Volunteers were thanked and newer volunteers presented with a volunteer badge. The new slate of candidates was approved with only 1 change: Sheila Parry becomes Ottawa Club chair, with Elizabeth

Mason moving to Past Chair. The Vice Chair position is vacant. We are looking for a volunteer. Other members of Ottawa’s Executive are as follows: Secretary, Diane McComb; Treasurer, Jane Mulvihill; Activities, Ethel Archard; Routes and Negotiations, Jim Fox; Trail Maintenance, Ron Arsenault; and Newsletter Editor, Ann Bolster.

President Robert Groves attended the meeting for a 2-fold purpose: to meet the Ottawa Club members and to thank Elizabeth for the support she provided to him during his first year as RTA President.

Members David McNicoll and Janice Dowling shared highlights of their 2011 pilgrimage Le Chemin des Outaouais (www.chemindesoutaouais.ca), a 12-day hike along the Ottawa River from Ottawa to Montreal. The pilgrimage is run every spring by a volunteer group; Lucie Masson, also an RTA member, is on its executive.



RTA Merchandise

- ✓ Stainless steel water bottle (750 mL): \$8
- ✓ Golf shirt (navy/white, 100% polyester): \$30 (men’s extra large and large; women’s medium and small)

To purchase, contact one of the following:

- Kingston Club, Jenny Ellis, 613-549-6807 (ellisj1@kos.net)
- Central Club, Veronica Airth, 613-264-8338
- Ottawa Club, Diane McComb, 613-820-3936 (diane.mccomb@sympatico.ca)

CATARAQUI TRAIL BIKE & HIKE

by Janice Ley

The Cataraqui Trail is a 102-km multiuse recreational trail running from Smiths Falls to Newburgh. It is open to hikers, cyclists, cross-country skiers and equestrians. Motor vehicles, other than snowmobiles in winter, are not permitted. Sections of the Rideau Trail run on the Cataraqui Trail. The Trail is owned by the Cataraqui Conservation Authority, but funding for development, maintenance and upgrading has been done through a partnership of community volunteers and area snowmobile clubs.

The Trail will be hosting its annual fundraiser on Saturday, September 22. Participants can choose between a 37-km, 33-km or 13-km cycle or a 5-km hike. Distances are round-trip and include a barbecue lunch stop at the Chaffeys Lock Community Hall. All proceeds from the event go to maintenance and upgrading of the trail.

Participants can collect pledges or make donations: \$40 per family, \$25 per adult or \$10 for those under 18 gives the participant(s) a ticket that includes the lunch, at which there are great door prizes, a bake sale and a silent auction.

The Bike & Hike is always a fun event. Please join us this year! For further information call 613-546-4228 ext. 304 or visit www.cataraquitrail.ca

ADOPT-A-ROADWAY

by Denise Hall

On Saturday, April 28, 21 volunteers from the Ottawa Club met to clean litter from a 5-km stretch of road along Rogers Stevens Drive, around the Cedar Grove and Dwyer Hill Road area. These roads provide access to the Rideau Trail as it runs through the Marlborough Forest.

The Ottawa Club has been participating in the Adopt-a-Roadway program, a partnership between the City of Ottawa and volunteers, for a number of years. As nature lovers we see this as an excellent opportunity to show our commitment to a clean and green environment and to give back to the community.



Trash or treasure? Photo by Denise Hall

A benefit is RTA publicity through the Adopt-a-Roadway signs.

This spring Brian LaDuke stepped up to the plate to take over this project from Suzanne Brown. We were blessed with excellent weather for the clean-up after almost a week of cold and wetness. We collected 40 bags of trash, 3 bags of material to recycle, at least 80 beer bottles, 1 box spring and mattress, and 1 TV. Most of us met at the Marlborough Pub and Eatery in North Gower after our work for some food and drink and more camaraderie. One new volunteer commented that the experience was fun!

Thanks to all who helped, and special thanks to Brian Carr for the use of his truck to transport all the rubbish to a spot for city pick-up.

Our next clean-up will be in late September or early October. Please consider joining us when you see the notice.

BEWARE OF BUGS!

by Ethel Archard

Recently, 2 nasty insect-borne diseases have started to appear in Canada.

West Nile virus is transmitted by mosquitoes infected by feeding on the blood of birds carrying the virus. Most people who are bitten have few if any symptoms, but some have sudden onset of a splitting headache, high fever, stiff neck, nausea, difficulty swallowing, vomiting, drowsiness, confusion, loss of

consciousness, lack of coordination, muscle weakness or paralysis. In rare cases the resulting disease is fatal. The virus has been found in Quebec, Ontario, Manitoba, Saskatchewan and Alberta. In 2011 the Public Health Agency of Canada reported 102 cases, all in Ontario and Quebec.

Rick Ostfeld, an American disease ecologist, warns that the summer of 2012 will be the worst year yet for Lyme disease, thanks to a mild winter and a warm spring. If not treated with antibiotics in its early stages Lyme disease can result in long-term disability. Symptoms are often delayed and can include a target rash, musculoskeletal pain and flu-like symptoms. I experienced severe neck and back pain along with crushing headaches 3 weeks after a visit to Lyme, Connecticut (where the disease was first identified); a mysterious target rash appeared on my leg. Take extra precautions if you are hiking in southern or southeastern Quebec, southern or eastern Ontario, southeastern Manitoba, New Brunswick, Nova Scotia or southern British Columbia. If you're planning to hike in the northeastern and the mid-Atlantic United States, beware!

LYME DISEASE

Condensed from an article in the Otty Lake Shoreline Handbook and used with permission of the Otty Lake Association. The article was reviewed and edited by Dr. Paula Stewart, Medical Officer of Health, Leeds, Grenville and Lanark District Health Unit, in March 2012. Thanks to Dorothy Hudson for suggesting the article.

Lyme disease is caused by the bacterium *Borrelia burgdorferi*, which is transmitted by the black-legged (or deer) tick. To mature, the tick must feed on blood for several days in each developmental stage. The larva feeds on deer mice and sometimes birds. The nymph and adult usually feed on deer but may feed on other mammals, including humans. During feeding the bacteria can be transmitted to the host. A person may be completely unaware of a tick bite and the feeding, as the tick emits an anesthetic-like substance while it feeds.

How to avoid ticks

- Wear light-coloured clothing so that ticks are easier to see and remove. Wear long pants, a long-sleeved shirt, closed footwear and socks, and tuck your pants into your socks.

- Apply a tick repellent that has DEET to your skin and outer clothing. Avoid your eyes and mouth, as well as cuts and scrapes.
- Put a tick and flea collar on your pets and check them for ticks.
- If you frequent areas where black-legged ticks are established, examine yourself thoroughly each day for ticks. Pay special attention to groin, scalp and armpits. Use a mirror to check the back of your body or have someone else check it. Nymphs are quite small (1/16"). Adults are twice that size, and the female abdomen swells during feeding so that the tick can attain the size of a grape.

What to do if you find an attached tick

- Prompt removal will help prevent infection, since bacterial transmission usually requires attachment for more than 24 hours: the bacteria need time to migrate from the tick's gut to its salivary glands.
- Using fine-tipped tweezers, carefully grasp the tick as close to your skin as possible; only the mouthparts will have been inserted into the skin. Pull the tick straight out, gently but firmly. Don't squeeze it, and don't put anything on the tick or try to burn it off.
- Thoroughly cleanse the bite site with rubbing alcohol or soap and water.
- Place the tick in a screw-top bottle (such as a pill vial or film canister) and take it to your doctor or local health unit to be sent for identification. Try to remember where you likely acquired it, as this will help public health workers identify areas of higher risk.
- Just because *B. burgdorferi* is identified in the tick does not mean that the bacteria have passed to you. Tick testing takes several weeks, and if you have been infected, symptoms will already have occurred.
- The body does not maintain natural immunity to the disease; thus, a person can be reinfected and should continue to take precautions.

When should I seek health care?

- See your doctor or nurse practitioner if you experience any of the following within a few days to a month or so after a tick bite: bull's-eye rash at the site of the bite, malaise, fever,

fatigue, headache, stiff neck, swollen lymph nodes, and muscle and joint soreness. These are the early symptoms of Lyme disease. You will receive antibiotics, and a blood sample will be taken to see if you have antibodies to the bacteria. The early blood tests are not very accurate, so treatment is based on symptoms.

- If the disease is not treated, symptoms that may develop later include facial palsy and other neurologic and heart problems. Antibiotics are also given in this situation, and a blood sample will be taken to see if you have antibodies. The later blood tests are more accurate, but some people never test positive.
- For some people in whom the disease is not detected and treated early, chronic symptoms of fatigue and arthritis may develop, as may other complications.

Further information and pictures of the ticks are available at the following Web sites.

- www.healthunit.org/hazards/documents/lyme.htm
- www.health.gov.on.ca/en/public/publications/disease/lyme.aspx
- www.phac-aspc.gc.ca/id-mi/lyme-fs-eng.php

DEER TICKS ON THE RIDEAU TRAIL

by Steve Manders

Deer ticks, also known as black-legged ticks, are now in most of the areas in which RTA members hike. Lisa Werden spoke to the Kingston Field Naturalists in March 2012 on the subject. Working on her master's degree at the Ontario Veterinary College in Guelph, she did much of her research in our area. To survey for ticks, a piece of white flannel 1 m² attached to a stick is dragged through fields and forest. The ticks cling to the cloth and show up very well against the white background. They like both fields and forest but prefer forest in dry seasons. The tick larvae look like adults but resemble ground black pepper. The adults are the size of a peppercorn, with a dark reddish-brown back and short black legs. Lisa found up to 33,000 in a single season in our area.

The ticks acquire the agent of Lyme disease mostly from the white-footed or deer mouse; about 16% of

larva and a third of adult ticks are infected. Up to 350 ticks have been found on 1 mouse, mostly on the thin skin behind the ears. Nymphs and adult ticks often feed on deer blood, but Lyme disease has little impact on deer.

Lemoines Point is thick with deer and thus has a high population of ticks. Deer ticks have been found at the Kingston trailhead, in Murphys Point Provincial Park and near Otty Lake. They are inactive at temperatures below freezing but active most of the rest of the year. Hikers have a number of defences against ticks. The easiest is to stay on wide trails with short or no grass. Don't bushwhack.

Good trail maintenance will reduce exposure. We should not be inviting the public to use any of our trails that we know are infested with ticks if hikers have to push grass, bushes and brush aside to get through. I have been using a heavy-duty gas-powered weed whacker on the trail sections that I maintain to keep them safe. Many people using the local trails are walking dogs that go into the grass and bushes and could bring ticks home, where they could later infect people. More public education would be appropriate.

ECO-LODGE ADVENTURE

by Denise Hall

On Friday afternoon February 17, nearly 30 of us from the Ottawa and Kingston areas arrived at the Algonquin Eco-Lodge for a weekend stay in the woods. Chris Heap did all the leg work to arrange the getaway with Robin, owner of the lodge since 2003. The idyllic setting northwest of Bancroft, on the edge of Algonquin Park, is a 3.5-hour drive from Ottawa and less from Kingston.

Upon arrival, some of us left our luggage in a hut in the Eco-Lodge parking lot, where it was later transported by staff via wagon and snowmobile for a small fee. For the 2.3-km trek to the lodge, on foot, snowshoes or skis, some of us carried our belongings via toboggan, tarp or backpacking sack. It was quite a balancing act for some of the skiers!

The weather was superb, and we were able to cross-country ski on track-set trails or snowshoe right out

the door of the lodge. All meals were included in our weekend package, as were snacks at Happy Hour, and for a small fee the lodge provided a packed lunch so that we could spend the entire day in the great outdoors. The food was excellent, and the cook catered to individual dietary needs.

A number of us took advantage of the outdoor hot tub and the sauna by the lake after a day in the woods. One could then have a “refreshing” polar dip through a hole in the lake, with comical results.



Hmmm. Would Ed have preferred to continue soaking the tired muscles in the hot tub? *Photos by Willma Lang*

Most evenings were spent in the woodstove area of the main lodge, engaging in such activities as bridge, board games, reading and socializing. On 2 nights we walked out on the lake to participate in a wolf call led by Robin. We had no luck getting the wolves to respond, but we did get some beautiful star-gazing, as well as a glimpse of the aurora borealis.

I thoroughly enjoyed my time at the Eco-Lodge with like-minded hiking friends and would recommend it to others. Even though the lodge is completely off-grid, it provides comforts such as electricity, indoor plumbing and hot showers by creating energy from a waterfall. The staff is friendly, and it was great to be away from the distractions of the Internet, phones etc. For more information about the Eco-Lodge check it out on the web (www.AlgonquinEcoLodge.com).

GATINEAU PARKWAY: THE PART NOT FINISHED *by Bill McGee*

Discussions about a federal park in the Gatineau hills before the start of land purchase in 1938 often included dreams of a parkway along the spine of the park that would allow access to lookouts and easier access to hiking trails.¹ The model was the Blue Ridge Parkway, constructed in the 30s along the spine of the Appalachian Mountains in western Virginia and North Carolina.

The Gatineau route was never very definite in the public’s mind. There were reports of a planned parkway to Clear Lake (near Taylor Lake) and plans to circle the 3 lakes Meech, Mousseau (Harrington) and Philippe.

It is recommended that the general route start at the Taché Boulevard on the western edge of Val Tétéreau and proceed to a point near Pink Lake. Here it will divide, one arm passing near Old Chelsea and thence following Meach, Harrington and Philippe lakes. The second arm from Pink Lake should pass near Kingsmere and gain the escarpment beyond King Mountain. It will travel along the escarpment among the high mounds and gorges to the vicinity of Clear Lake and return between Clear and Taylor Lakes to the upper end of Lac Philippe where it will meet the first arm. An extension from this loop may eventually be projected to and probably around Lac

Lapeche. -- From the General Report of the Parkway Subcommittee for Gatineau Park, Part I, December 1953

A road comes about in many steps. A conceptual plan is followed by a detailed route map. The centre line of the road is then surveyed. The next step is removal of trees on the route, usually to a width of 66 feet. This is followed by construction, including blasting, placing fill, grading and paving. As well, lookouts have to be designed and built.



One of several drilling holes near Clear Lake. These holes may have been preparation for a lookout. *Photo by Bill McGee*

We learn from annual reports of the National Capital Commission (NCC) that the planned parkway system was surveyed by 1964. Forest was cut to a point just off Ridge Road near Lac Mousseau. Grading took place from Champlain Lookout to the intersection of Blanchet trail (62, formerly 16) and Ridge Road. Judging from blasting holes near Clear Lake, some lookouts were started.

Why was the whole parkway never built? Cost must have been a factor. Whereas the original parkway was funded by capital built into the Federal District Commission Act, further construction would have required Treasury Board submissions and approval on an annual basis. We know from NCC minutes that certain commissioners thought that the country did not need yet another road through forest. Early planners thought that the Prime Minister would appreciate a parkway ride to his cottage on Harrington Lake. However, it seems that the PM of the day did not like the thought of tourists driving by the front door of his cottage! Local newspapers hung onto the idea of completing the parkway system, and the *Ottawa Citizen* annually pleaded that some other NCC project (such as construction of the Ottawa

River Parkway) be deferred so that the Gatineau parkway could be completed.²

The planned parts of the parkway north of the 3 lakes were likely near today's trails 36, 50 and 73. From the northern tip of Lac Philippe the route would have roughly followed trails 50 and 55 to Taylor Lake and then trail 56 to the lookout near Clear Lake. Maps seem to indicate an extension of the parkway more or less along trail 56 to the Eardley-Masham Road and then to Lac LaPêche along one of several roads via Camp Gatineau.

The parkway north of the 3 lakes was rendered unnecessary by the construction of Highway 5. Besides, some of the commissioners thought that this stretch offered no scenic views and would mainly benefit cottagers. Although trail 56 still has good views between Clear Lake and the Eardley-Masham Road (BBQ and Monument), the route to Lac la Pêche is pretty dull, and there was (and is) an alternative entrance to that lake.

The portion of the parkway for which forest was cut in the early 60s is on many maps and is visible on Google Earth. It went north from the intersection of Blanchet trail and Ridge Road, turned south again along the former Stolfa trail, crossed Ridge just below the Wolf Trail hill, circled around Diversion Trail, went across Ridge Road again at Hockey Stick



Portion of the route off Ridge Road that was cut but never built. Jim Leeson and Stan Rosenbaum introduced me to this specific area. The (red) line on the left shows the edge of the cut; the brush is thicker to the left, where uncut, towards Hockey Stick Lake. *Photo by Bill McGee*



North Window. This attractive lookout above Lac Mousseau (Harrington Lake) is very near the proposed route of the parkway. *Photo by Bill McGee*

Lake and then went a few hundred meters toward Lac Mousseau. The distinguishing characteristic on the ground is that the surface vegetation is less dense than in the surrounding, older forest.

North of Ridge Road, toward Lac Mousseau, the parkway would apparently lead to 2 or 3 lookouts. The first lookout, which local hikers call Mortar Hill, overlooks the PM's cottage. The second, called the North Window by local hikers, overlooks almost the entire length of Harrington Lake and is one of the most restful views in the park.

All the maps show this section meeting old trail 10 at about Lac Charette and then looping toward the south side of the park, near the Luskville Falls fire tower.

The route to Clear Lake is not obvious. The area has several lakes to be avoided. But as we approach the lookout near the trail 56 water tank, there are drilling holes at locations that would have provided beautiful outlooks. The trails around this lookout (and from Lac Richard to Kidder Lake) were made by inmates from the Camp Gatineau Correctional Farm, a minimum-security prison established about 1960 that did not last long.

Occasionally hikers discover steel stakes near the proposed route. But the surveyors would more likely have used wooden stakes, marked CL (for centre line), which after 45 years would have disappeared. Perhaps one day we'll discover some of the maps used for the survey.

Even when the current parkway was being built, citizens had different views about it. Those familiar with the park decried the destruction of hiking trails and the assault by an army of hikers. Many park users are happy that the parkway was never extended beyond Champlain Lookout. Ridge Road follows the park's spine but does not afford many of the majestic views that escarpment-edge lookouts would have provided to the masses and that are now accessible only to those of us eager to walk or ski to them.

References

1. Ottawa Citizen, 20 June 1936, p. 20.
2. Priorities for National Capital Roads [editorial]. Ottawa Citizen, 22 October 1960.



One interpretation of the unbuilt parkway (dots and then dashes) superimposed on the NCC Winter Trails map. *Photo by Bill McGee*

CENTRAL CLUB ACTIVITIES – SUMMER 2012

The meeting place is Conlon Farm in Perth unless otherwise specified. 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. *Canoe/kayak outings will be cancelled if the weather is bad.* If in doubt about any aspect of the activity, call the leader or the club hotline, 613-264-8338.

MIDWEEK ACTIVITIES

Wednesday-Morning Wanderers. These hikes are suspended for the summer. We will wander again, starting in September. For more information contact Margaret Lafrance, 613-264-0057 (margaret.lafrance@bell.net)

WEEKEND ACTIVITIES

Sunday, June 3 Smiths Falls Doors Open/Trails Open Ontario

Level 1, about 3 km. Interpretive walking tour along the Rideau Trail as it follows the Rideau Canal through the heart of town. Afterwards visit some of the historic museums and other Doors Open sites (www.doorsopenontario.on.ca); free admission until 4 pm. Meet at 10 am at Lower Reach Park parking lot on Old Sly's Road, Smiths Falls (from Perth, proceed along Hwy. 43 through town, turn right at the traffic light at Old Sly's, across the bridge). Leaders: Ernie Trischuk, 613-283-8112 (retirernie@yahoo.com), and Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Saturday, June 9 Hike Westport and Sand Lake Loop

Level 2, 12 km, moderate pace. Walk to the Rideau Trail from Westport and around Sand Lake to Foley Mountain. Take in the view and return to Westport for refreshments. Meet at 9 am. Gas \$4. Leaders: Howard and Mary Robinson, 613-256-0817 (hmrob@storm.ca)

Saturday, June 16 41st RTA AGM

Westport. Starts at 9:30. See page 3 for details.

Sunday, June 24 Canoe/Kayak at White Lake

Level 1, 11 km, moderate pace. Put in at the west end of the lake. Explore north shoreline and bays before lunch high overlooking the lake, then explore south shore and bays on the way back. Meet at 9 am. Gas \$6. Leader: Susan Samila, 613-264-1196 (ssamila@storm.ca)

Saturday, June 30 Hike Lime Kiln Loop

Level 1, 9.5 km, moderate pace. Hike on part of the Rideau Trail and NCC trails off Moodie Drive, Ottawa. Meet at 9 am. Gas \$5. Leaders: Dave and Pat Batchelor, 613-264-1559 (dlhbatchelor@cogeco.ca)

Sunday, July 8 Canoe/Kayak on the Tay Canal

Level 1, 10 km. Paddle from Last Duel Park in Perth to Beveridge Locks in Port Elmsley. Meet at 9 am. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Saturday, July 14 Hike in Bug-Free Brockville

Level 1, distance to be determined. Loop walk along part of the Brock Trail and the Waterfront Trail. Meet at 9 am. Gas \$5. Leader: Yvonne Kennedy, 613-267-9817 (yvnkennedy@gmail.com)

Sunday, July 22 Canoe/Kayak at Crotch Lake

Enjoy a day of paddling on this beautiful lake surrounded by crown land and a potluck dinner, hosted by Bruce and Linda Sterling. Bring a lunch. Contact the Sterlings a week beforehand for meeting place, time etc. Leader: Linda Sterling, 613-279-1109 (lhsterling@earthlink.net)

Sunday, July 29 Mill Pond Paddle

Leisurely paddle around this quiet lake, with lunch afterwards at the picnic area. Meet at 9 am. \$5 entry fee for the Conservation Area. Leader: Sabine Jaekel, 613-267-5390

Saturday, August 4 Hike and Swim at Murphys Point

Level 1, 5 km, easy pace. Meet at 11 am. Hike the Point trail to a secluded beach for lunch and a swim. Gas \$3. Park fee. Leader: Margaret Lafrance, 613-264-0057 (margaret.lafrance@bell.net)

Saturday, August 11 Madawaska River Paddle

Put in at Calabogie and paddle for about 2.5 hours down the Madawaska to Burnstown, with no stops. Late lunch at the Blackbird Cafe in Burnstown. Bring a snack. Meet at 8 am. Leader: Bruce Gourley 613-283-5967 (brucegourley@sympatico.ca)

Saturday, August 25 Pike Lake Paddle

Paddle 6 to 8 km, with a stop for lunch and a swim if the weather is nice. Meet at 9 am. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Sunday, September 2 Long Lake Paddle

Level 1, 6 km. Easy paddle around this quiet lake, with easy access off Long Lake Road. Optional swim from Long Lake Conservation Area. Meet at 9 am. Leader: Don Sherwin, 613-264-0759 (dsherwin@bell.net)

Hike Leaders Needed

If you could commit to leading 2 or more hikes per year for Central Club, especially moderate to difficult ones, please contact Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca).

Sunday, September 9 Hike Scenic Rock Dunder

Level 2+, 7 to 10 km, moderate pace. Meet at 10 am. Gas \$5. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Friday to Sunday, September 14 to 16 Camp and Hike in Bon Echo Provincial Park

Arrive Friday evening to set up camp and enjoy a social campfire. Hike the 17-km level-2+ Abes and Essens trail at a moderate pace on Saturday and a shorter route in the Shabomeka Lake area Sunday morning. Contact the leader by the end of August if you plan to participate. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Sunday, September 23 Family Hike: Tip to Tip Trail, Burritts Rapids

Level 1, 5 km, easy pace. This “wee slice of heaven” on an island in the Rideau River near Merrickville is my favourite spot and a great outing for youngsters! Meet at 10 am. Gas \$4. Leader: Josie Roberts, 613-267-3769 (roberts.j@ripnet.com)

Saturday, September 29 Gananoque Trail and Doors Open

Level 1. Walk in the morning along part of the Gananoque Trail, and in the afternoon visit some of the Gananoque Doors Open sites (www.doorsopenontario.on.ca); free admission until 4 pm. Meet at 9 am. Gas \$6. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Central Club Executive, 2012-2013

Chair: Dorothy Hudson Past Chair: Ernie Trischuk Vice Chair: vacant Secretary: Don Sherwin	Treasurer: Joy Webster Trail Maintenance Coordinator: Bruce Gourley (acting) Routes and Negotiations Coordinator: Bruce Gourley	Activities: vacant Publicity: Janet Osborne Social Convenor: John Miller Director-at-Large: Veronica Airth
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OTTAWA CLUB ACTIVITIES – SUMMER 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. 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.

MIDWEEK ACTIVITIES

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

Tuesday Evening Moonlighters Hikes: Level 1 or 2 hiking till the end of August in Gatineau Park or in town, within a 30-minute drive. *Meet at Tunney's Pasture by 5:50 pm in the parking lot closest to the Ottawa River Parkway on the north side of Tunney's for a 6 pm departure.* Hikes last until sunset. The pace is approximately 4 km/h, and the terrain may include hilly, wet or rough areas. There will usually be a short nutrition break at the discretion of the leader. Bring water, snack, bug repellent, flashlight and proper footwear. Coordinators Dora Ashiq (613-792-4966) and Jan Makins (613-695-9522) will call leaders 1 week before their hikes.

☺ **Tuesday, June 5 Shilly Shally from Lac Bourgeois 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

☺ **Tuesday, July 3 Camp Fortune from Trail 9 to Trail 12 (not for beginners)**

Level 2+, 11 km. Gas \$4. Leader: Pat Archer, 613-565-6149

☺ **Tuesday, July 10 P12 to Western**

Level 2, 8 km. Gas \$4. Leaders: Paul-Emile Chiasson, 613-230-8800, and Carole Hamilton, 613-224-7778

☺ **Tuesday, July 17 Ramparts from Etienne Brulé Lookout**

Level 2, 10 km. Gas \$3. Leader: Lena Creedy, 613-789-1657

☺ **Tuesday, July 24 Fortune Valley from Keogan #7**

Level 2, 8 km. Gas \$3. Leaders: Jane Mercer and Bernie Poirier, 613-692-3874

☺ **Tuesday, July 31 Mackenzie King Estate from Northern Pink Lake Parking Lot (off Gatineau Parkway)**

Level 2, 7 km. Gas \$3. Leader: Alex Macdonald, 613-302-2137

☺ **Tuesday, August 7 Capucin Chapel from P11**

Level 2, 7 km. Gas \$3. Leader: Laraine Laughland, 613-723-8851

☺ **Tuesday, August 14 Larriault Trail from Mulvihill Lake, P6**

Level 1, 5 km. Gas \$3. Leader: Jan Makins, 613-695-9522

☺ **Tuesday, August 21 Brewery Creek and Hull Island from Tunney's Pasture**

Level 1, 7 km. Gas \$2. Leader: Nigel Brereton, 613-596-6191

☺ **Tuesday, August 28 Mud Lake from Pizza Pizza at Lincoln Fields**

Level 1, 5 km. *Meeting place is Lincoln Fields Shopping Centre, not Tunney's Pasture.* Leader: Maureen Dawson, 613-226-3864

☺ **Tuesday, September 4 End-of-Season Dinner**

Restaurant to be announced. Contact: Joan Evans, 613-736-1527

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 Street. *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. Park near the drop-off area by the bus shelters.
- **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 in Gatineau Park: *See calendar below for dates.* Meet no later than 9:15 am at Tunney's Pasture. Bring a lunch. *These outings are NOT for beginners.* They may be long and challenging and usually last 4 to 5 hours plus a lunch stop. To be kept informed about the proposed destinations, e-mail your name, e-mail address and phone number to the coordinator, Chris Heap (chrishe@ieee.org; 613-740-9975).

Charleston Lake Provincial Park Wednesday to Sunday, August 8 to 12	Summer Getaway in Algonquin Park Thursday to Sunday, August 16 to 19
Share our campsite, book your own or join us for level-2 day hikes at Rock Dunder and Marble Rock, as well as on the park trails. Optional canoeing and theatre in Gananoque. Call John Haley (613-225-0590) as soon as possible in July for details.	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. Inquiries: brenot@rogers.com

Saturday, June 2 Doors Open Ottawa

Level 1, about 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 am. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, June 2 Marble Rock, Frontenac Arch

Level 2+, 11 km. A moderate to challenging hike on trail. Two loops of 6 and 5 km. Some scrambling. Beautiful views. Depart from Tunney's Pasture at 8:30 am. Lengthy drive from Ottawa. Gas \$7. Leader: Sheila Parry, 613-737-4727 (msparry@rogers.com)

Sunday, June 3 Trails Open Hike at Mud Lake

Level 1, 6 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 pm. Leader: Elizabeth Mason, 613-729-6596 (emmason@sympatico.ca)

Saturday, June 9 Lime Kiln Blue Route

Level 1, 8+ km. We will follow the RTA Blue Loop trail from NCC parking lot P11, cross Moodie Drive, pass by the Wild Bird Care Centre, connect with the Lime Kiln trail, then return via the Jack Pine trail and trail 26. Bring lunch, water and bug spray. Trail could be wet. Meet at Baseline Park & Ride for a 9:30 am departure. Gas \$2. Leader: Grace Strachan, 613-721-1421

Saturday, June 9 Impromptu Hiking (see above)**Sunday, June 10 Rideau Trail: Rogers Pond to Earth Star Loop (Marlborough Forest)**

Level 2, 14 km. Depart Fallowfield Park & Ride at 9:30 am. Gas \$5. Leader: Doug Parsons, 613-723-0726

Saturday, June 16 41st RTA AGM, Westport. Starts at 9:30 am. See page 3 for details.

Saturday, June 23 Historic Manotick

Level 1, 5 to 7 km (2 to 3 hours with lunch). Enjoy a leisurely walk through Manotick, along the river path, visiting David Bartlett Park and the locks. Learn about Manotick's history, have a picnic lunch or stop at one of the beautiful eating spots. Bring water, sunscreen, bug spray and rain gear (just in case). Depart at 9:45 am from Fallowfield Park & Ride. Gas \$2. Leader: Marilyn Schwartz, 613-828-4488

Saturday, June 23 Impromptu Hiking (see above)**Saturday, June 30 Impromptu Hiking** (see above)**Saturday, July 7 Mud Lake**

Level 1, 6 km. Walk around scenic Mud Lake and along the Ottawa River. Meet at 10:30 am at Britannia Park bus stop at Ron Kolbus Lakeside Centre. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, July 7 Impromptu Hiking (see above)**Saturday, July 14 Impromptu Hiking** (see above)**Friday July 20 Potluck Supper and Social**

Bring a dish to share with other Ottawa Club members, along with your hiking tales and pictures. Nonalcoholic punch, coffee, tea, rolls and butter will be provided. Bring your own plates and cutlery. 6 pm. Numbers are limited, so advance registration is required. Call between July 3 and 18. Contact: John Haley, 613-225-0590

Saturday, July 21 Luskville Area, Gatineau Park

Level 2/3, 12 to 13 km (5 to 6 hours). On faint trails; some bushwhacking. Good views. Depart at 9:30 am. Gas \$4. Leader: Na Lin, 613-601-4864 (linnakgh@yahoo.ca)

Saturday, July 28 Petrie Island

Level 1, 6 to 8 km. Meet at the Park & Ride at Place d'Orleans at 3 pm. Must call leader in advance. Bring water and munchies. Leader: Ruth Hutchinson, 613-749-0990

Saturday, July 28 Impromptu Hiking (see above)**Saturday, August 4 Impromptu Hiking** (see above)**Saturday, August 11 Hog's Back Falls**

Level 1, 10 to 12 km. Walk along the Rideau River to Hog's Back Falls, explore the surrounding area and return home by bus. Meet at west (river) end of Hurdman Transit Station platform at 11 am. Please contact leader in advance. Leader: Maureen Dawson, 613-226-3864 (Maureen.Dawson@rogers.com)

Saturday, August 11 Clear Lake, Gatineau Park

Level 2 to 2+, about 12 km. Loop hike, mainly on trail, from Eardley-Masham Road. Lovely views from high points. Lunchtime swim. Meet at Tunney's Pasture no later than 9:15 to depart at 9:30 am. Gas \$5. Leaders: Ann Bolster (ann_bolster@yahoo.ca) and Brian Worobey (brianworobey@rogers.com), 613-882-0741

Saturday, August 18 Rideau Trail: Beveridge Locks to Perth

Level 2, 12 km. Hike along the Tay Canal and Tay Marsh, finishing at Last Duel Park. Depart from Fallowfield Park & Ride at 8:30 am. Gas \$8. Leader: Ron Hunt, 613-298-1626 (re.hunt@sympatico.ca)

Sunday, August 19 Bruce Pit

Level 1, 5 to 7 km. Casual walk on NCC trail 29 around Bruce Pit and on some of trail 28, starting from Siskin Road (a continuation of McClellan Road). Optional lunch after the hike at Vietnamese restaurant in Greenbank mall (lots of vegetarian dishes). Bring a snack and water. Depart at 10 am from Baseline Park & Ride. Gas \$2. Leader: Marilyn Schwartz, 613-828-4488 (marilyn_sch1970@yahoo.ca)

Saturday, August 25 Old Quarry Trail and NCC Trails 23, 24 and 25

Level 1, 8 to 10 km, moderate pace. Hike in the Greenbelt starting from NCC parking lot P5. Trails could be wet. Bring lunch and water. Meet at Baseline Park & Ride for a 9:30 am departure. Gas \$2. Leader: Grace Strachan, 613-721-1421

Saturday, August 25 Carman and Brown Lakes, Gatineau Park

Level 2, 10 to 12 km. Hike the snowshoe trails, detouring to overlook Carman Lake from the cliffside. Lunchtime swim at Brown Lake. Meet at Tunney's Pasture no later than 9:15 to depart at 9:30 am. Gas \$4. Leaders: Ann Bolster (ann_bolster@yahoo.ca) and Brian Worobey (brianworobey@rogers.com), 613-882-0741

Saturday, September 1 Rideau Trail: Rogers Pond to Earth Star Loop (Marlborough Forest)

Level 2, 14 km. Depart Fallowfield Park & Ride at 9:30 am. Gas \$5. Leader: Doug Parsons, 613-723-0726

Monday, September 3 Morris Island

Level 1, 8 km. Enjoy hiking around this scenic conservation area on the Ottawa River near Arnprior. Depart at 10 am from Baseline Park & Ride. Gas \$6. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, September 8 North Window, Gatineau Park

Level 2+ to 3, about 12 km. Starting from the Lusk Falls parking lot we will hike up Faris Creek. Some bushwhacking to McKinstry, Side Arm Lake and our destination. Lots of climbing and good views. We will descend on a trail by Lusk Falls. Meet at Tunney's Pasture shortly after 9 am for a prompt 9:15 departure. Gas \$4. Leader: Denise Hall, 613-843-8222 (rebeccahall@rogers.com)

Saturday, September 15 South Window, Gatineau Park

Level 2+ to 3, 10 to 12 km. From Cregheur Road we will hike up to many great views, visiting Sky Turtle Pond, the Gallery, the South Window and more. Some rocky, steep ascents and descents. Possibly some bushwhacking. Good boots essential. Meet at Tunney's Pasture no later than 9:15 to depart at 9:30 am. Leaders: Brian Worobey, 613-882-0741 (brianworobey@rogers.com), and Ann Bolster (ann_bolster@yahoo.ca)

Hike Leaders Needed
Do you enjoy hiking with the RTA? Do you sometimes wish we offered more hikes? If so, please consider leading some hikes. If you have experience in leading hikes or would like to help out by becoming a hike leader, whatever the season, please contact Ethel Archard, Activities Coordinator for the Ottawa Club, at 613-592-7733 (ethel.archard@sympatico.ca).

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

KINGSTON CLUB ACTIVITIES – SUMMER 2012

The meeting place, unless stated otherwise, is the Canadian Tire parking lot, along Bath Road, towards the gas station. Be there shortly before departure time. Bring lunch, water, sunscreen and strong footwear. 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 21). If in doubt about your ability, call the leader in advance.

Hiking 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, 613-530-2412.

Algonquin Park Hiking Weekend Friday to Sunday, September 28 to 30

Join us for a fall colours trip to hike new trails and see wildlife. We will stay at Bancroft B&B. Cost per person, including all meals, is \$55 per day; call the B&B at 613-332-6138 to reserve. We will leave the Canadian Tire parking lot at 8 am. Leader: Pat Casey, 613-385-2356.

Proposed Midweek Fall B&B Trip: Trent Hills Area Tuesday to Thursday, October 9 to 11

Levels 1 and 2. Anticipated cost about \$200 total per room (single or double) for 2 nights plus costs of light lunches and gourmet dinners. Gas contribution \$20 where applicable. Open to all RTA members. If interested, call Bob Chadwick ASAP at 613-544-9222.

Saturday, June 16 41st RTA AGM

Westport. Starts at 9:30. See page 3 for details.

For outings before June 16 see the Spring Newsletter.

Sunday, June 17 Cycle Amherst Island

Level 2, slow pace. Bring lunch, water, money and bathing suit. Be prepared to play. Meet at the ferry dock for 9:30 am departure. \$2 ferry fee. Leader: Audrey Sanger, 613-384-6244 (jsanger@sympatico.ca)

Thursday, June 21 Midsummer Evening Hike

Level 1, 5 km, slow pace. Battersea to Dog Lake. Scenic hike on country lane, pub to beach and lakeside park. Swim opportunity. New hikers especially welcome on this annual event. Depart Creekside Bar and Grill parking lot, downtown Battersea, at 7 pm. Optional dinner at 5:30 pm; leave Canadian Tire at 5 pm or meet at pub. Call leader in advance if you are joining us for dinner. Gas \$5. Leader: Bob Chadwick, 613-544-9222

Saturday, June 23 Trails Open

Level 1, 5 km, moderate pace. To display the Rideau Trail to the public, we will lead hikes between the trailhead and Bath Road. Be part of the celebration! Contact the leader to lead a hike. Meet at 10 am at the trailhead on King Street West. Leader: Don Coulter, 613-542-9998 (coulter.dm@sympatico.ca)

Saturday, June 30 Charleston Lake Provincial Park

Level 2/3, 10 km, moderate pace. Hike Tallow Rock Bay Loop. Depart at 9 am. Gas \$7. Park fee. Leader: Norm Trembath, 613-659-3854 (trembathfox@gmail.com)

Sunday, July 1 Canada Day in Bath

Level 1, 5 km, slow pace. Hike historic village and lakeshore, see annual parade, check out War of 1812 commemorations. Barbecue lunch available or bring your own. Depart at 9 am. Gas \$4. Leader: Bob Chadwick, 613-544-9222

Saturday, July 7 Sandbanks Provincial Park

Level 3, distance dependent on hikers' ability, moderate pace. We will take the Picton ferry to visit Lake on the Mountain, then travel to the park to hike the dunes. Bring lunch and lots of water. Depart at 9 am. Gas \$10. Park fee. Leader: Pat Casey, 613-385-2356

Sunday, July 8 Rideau Canal

Level 1, 5 km, moderate pace. Historical hike of Jones Falls, Davis and Chaffey locks. Ice cream stop. Lots of fun! Depart at 9 am. Gas \$7. Leader: Stan Huff, 613-548-3003

Wednesday, July 11 Camden East and Yarker

Level 1/2, about 10 km, slow to moderate pace. Hike nature trails and K&P Trail. Depart at 9 am. Gas \$4. Leader: Bob Chadwick, 613-544-9222

Saturday, July 14 Gould Lake Canoe Day

Paddle up the lake and around some islands. Swim at 2 spots. Canoe rental shared by paddlers. Bring a lunch. Stop for ice cream on the way back. Depart at 9 am. Gas \$6. Park fee. Leader: Elgin Bock, 613 389-4216

Sunday, July 15 Annual "Slide 'n Swim" in Frontenac Park

Level 2/3, 14.6 km, moderate pace. Hike from Perth Road to West Slide Junction and clockwise around Slide Lake. Bug-free lunch and swim at waterfalls. Depart at **8:30 am**. Gas \$6. Leaders: Bill Ottney and Gunhild Karius, 613-858-3183

Tuesday, July 17 Morning Hike at Deseronto and Tyendinaga

Level 1, 6 km, slow pace. Hike former rail route and waterfront and woodland trails, visiting historic sites. Lunch options available. Depart at **8:30 am**. Gas \$7. Leader: Bob Chadwick, 613-544-9222

Saturday, July 21 Bike Cataraqui Trail

Level 1, moderate pace. Harrowsmith to Camden East (16.8 km) or on to Newburgh (20.5 km). Best surfaces on trail. Refreshment stop in Camden East. Return to Harrowsmith on trail or on scenic, quiet back roads (somewhat longer). Leave Canadian Tire at 9:30 am or Cat Trail in Harrowsmith (Hwy. 38) at 10 am. Plan to transport your own bike but bring racks to accommodate additional bikes if you can. Gas \$4. Leaders: Don Coulter, 613-542-9998 (coulter.dm@sympatico.ca), and Janice Ley, 613-542-9958

Sunday, July 22 Marble Rock

Level 2/3, 11 km, moderate pace. Hike both loops. If there's time, we'll have a social cool-down at a patio in Gananoque. Depart at 9 am. Gas \$6. (*If you can meet the group for the leader, please call!*) Leader: John Cornish, 613-382-4778

Thursday, July 26 Evening Hike to Barriefield from RMC

Level 1/2, 5 km, slow to moderate pace. Hike from RMC rockery to explore historic Barriefield. Depart at 6 pm from the Fort Henry Tourist Office at the foot of the hill on the south side of Hwy. 2. Leader: Bob Chadwick, 613-544-9222

Sunday, July 29 Cataraqui Trail

Level 1, 10 km, moderate pace. This hike might be your cup of tea! Enjoy a scenic part of the Cataraqui Trail between Newburgh and Yarker. Lunch at Waterfall Tea Room in Yarker. New and hungry hikers especially welcome. Depart at **8:30 am**. Gas \$4. Leader: Susan Irving, 613-544-3110

Sunday, August 5 Depot Lakes Conservation Area

Level 3, 9 km, moderate pace. Hike trails through Canadian Shield. May see deer, moose, black bear. Depart at 9 am. Gas \$8. Leader: Pat Casey, 613-385-2356

Wednesday, August 8 Hike in Brockville

Level 1, 12 km, slow to moderate pace. Hike trails in Conservation Area and route to the waterfront. Depart at 9 am. Gas \$10. Leader: Bob Chadwick, 613-544-9222

Saturday, August 11 Charleston Lake

Level 2, 8 to 12 km (depending on temperature), moderate pace. Hike to summit of Blue Mountain via Mud Lake. Depart at 9 am. Gas \$7. (*If you can meet the group for the leader, please call!*) Leader: Ray Wilson, 613-382-7189

Sunday, August 12 Gould Lake Conservation Area

Level 3, 16 km, moderate pace. Loop from park gates to Wagon Trail, Mica Loop, Famous Trail and back. Steep, rocky terrain. Depart at 9 am from Canadian Tire or meet at the Conservation Area gates at 9:30 am. Gas \$6. Leaders: Bill Ottney and Gunhild Karius, 613-858-3183

Tuesday, August 14 Morning Hike, Sydenham Area

Level 1/2, 8 km, moderate pace. Hike Rideau and Cataraqui trails and K&P Loop. Depart at **8:30 am**. Gas \$4. Leader: Bob Chadwick, 613-544-9222

Saturday, August 18 Gananoque Urban Trails

Level 1, 12 km, moderate pace. Mix of light woodlands, riverside loops and interesting streetscapes, with lunch and a possible swim at new waterside parks. Depart at 9 am. Gas \$6. (*If you can meet the group for the leader, please call!*) Leader: Sandra Muis, 613-542-8224

Thursday, August 23 Fort Henry & RMC

Level 2, 5 km, moderate pace. Scenic circle of Fort Henry (numerous stops for viewing), then around RMC and back across causeway to Town Hall. Refreshments follow. Meet at Tim Horton's by Wolfe Island Ferry Dock at 6 pm. Leader: Elgin Bock, 613-389-4216

Saturday, August 25 Lindsay Lake Loop

Level 2/3, 18 km, moderate pace. Rugged terrain with scenic views and bushwhacking. Swim and lunch at Long Lake. Ice cream stop on return trip. Depart at 9 am. Gas \$6. Leader: Stan Huff, 613-548-3003

Tuesday, August 28 Depot Lakes Conservation Area

Level 2, 8 km, moderate pace. Morning hike on woodland trails around and between the lakes. Lunch options. Depart at **8:30 am**. Gas \$8. Leader: Bob Chadwick, 613-544-9222

Saturday, September 1 Frontenac Challenge: Arkon, Doe and Arab Trails

Level 2/3, 17 km, moderate to fast pace. Let's get 3 done the first day! Depart at 9 am. Gas \$6. Park fee. Leader: Sharen Yaworski, 613-544-6022 (sharenann@gmail.com)

Monday, September 3 Frontenac Challenge: Cedar Lake Loop

Level 2, 15 km, moderate pace. Depart at **8:30 am**. Gas \$6. Park fee. Leader: Susan Irving, 613-544-3110

Thursday, September 6 Evening Hike on K&P Trail

Level 1, 4 km, slow to moderate pace. Dalton Avenue to Sydenham Avenue and return. Depart at 6 pm. Gas \$2. Leader: Bob Chadwick, 613-544-9222

Saturday, September 8 Cycling 2 Trails, a Bridge and Back Roads

Level 2, 17 km (morning only) or 34 km, moderate pace. From the Cataraqui Trail crossing in Sydenham (George Street) we pedal west on the Cat Trail to the junction of the K&P Trail, then proceed south on the K&P, crossing the bridge at Millhaven Creek, and on to Orser Road. Then we take quiet back roads back to Sydenham for lunch at the Hillside Café. Optional afternoon ride takes back roads to Wilmer Road and returns to Sydenham on the Cat Trail. Meet at Canadian Tire at 9 am or Cataraqui Trail crossing in Sydenham at 9:30 am. Plan to transport your bike if pooling is not possible. Leaders: Don Coulter, 613-542-9998 (coulter.dm@sympatico.ca), and Janice Ley, 613-542-9958

Sunday, September 9 Cataraqui Trail

Level 1, 16 km, moderate pace, Highway 15 to Chaffey's Lock and return. Lunch at the lock. Depart at 9 am. Gas \$7. *(If you can meet the group for the leader, please call!)* Leader: John Cornish, 613-382-4778

Wednesday, September 12 Hike in Napanee

Level 1/2, 10 km, slow to moderate pace. Hike in woodlands, farm lands and conservation areas. Depart at 9 am. Gas \$6. Leader: Bob Chadwick, 613-544-9222

Saturday, September 15 Frontenac Challenge: Little Salmon, Little Clear, and Hemlock Loops

Level 3, 25 km, moderate to fast pace. Close the loops around all 3 lakes. Depart at **8 am**. Gas \$6. Park fee. Leaders: Bill Ottney and Gunhild Karius, 613-858-3183

Sunday, September 16 Charleston Lake

Level 2, 13 km, moderate pace. Hike East Side Trails to Buckhorn. Depart at 9 am. Gas \$7. Park fee. Leader: Norm Trembath, 613-659-3854 (trembathfox@gmail.com)

Thursday, September 20 Evening Hike

Level 1, 8 km, moderate pace. Let's start at the trailhead, walk along the waterfront to City Hall, have a beverage and then cruise back to the trailhead. Depart from Canadian Tire at 6 pm. Leaders: Sharen Yaworski, 613-544-6022, and Audrey Sanger, 613-384-6244

NOTE: The final Frontenac Challenge hikes will be included in the Fall Newsletter

**Laurentians Winter Get-Away Weekend,
February 1-3, 2013**

We will return to Hôtel Le Chantecler, in Ste-Adèle, for this Kingston Club annual tradition. Look for the application form in the Fall newsletter.

PARTICIPANTS' RESPONSIBILITIES

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

Hiking 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. May be extensive bushwhacking, steep sections, long climbs and descents, rock climbing and obstacles. Level 2 experience and high fitness are essential.

Cycling Levels of Difficulty

Level 1: Broad roads with little traffic or bike paths. Few hills. Must be able to ride a bike.

Level 2: Narrower roads, some traffic, some hills. Participants should be fit and experienced.

Level 3: Narrow roads, long hills. Excellent fitness and good cycling skills required.

Kingston Club Executive, 2012-2013

Chair: Donald Coulter

Past Chair: Jenny Ellis

Vice Chair (Board Rep): vacant

Secretary: Mary Lou Hamilton

Treasurer: Cam Hodges

Publicity: Meg Berridge

Construction: Jim Lorimer

Maintenance: Stan Huff

Outings: Peter Burbidge

Communications: vacant

Routes and Negotiations: Susan Irving

Special Events: Linda Line

Human Resources: Sharen Yaworski

Newsletter Editor: John Cornish

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AUSTRIAN ALPS

August 12 to 24, 2012

Come with us to beautiful Vorarlberg. It has over 2000 km of marked hiking trails and almost 50 cable cars and chairlifts available all year to take us to the summits for invigorating hikes.

Our home base will be a family-owned hotel in the heart of the Montafon Valley, providing unparalleled hospitality and a spa to rejuvenate after hiking. This trip will no doubt put your hiking boots to good use and is sure to become a long-cherished holiday.

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 on the Dalmatian Coast. Hike along pristine pebble beaches, enjoy al fresco dining & swim in the Adriatic.

THE REAL CUBA

November 18 to 30, 2012

Forget the resorts and come see the real Cuba! It's only by walking the countryside & meeting the people that you get any real understanding of the culture. Hike through jungle-like forests, picturesque colonial towns & sugar cane fields. Explore the Viñales Valley, swim in the San Juan River pools & have lunch on a coffee plantation. Get a true feel for what Cuba is really all about culturally, scenically and historically, and have yourself an experience you will talk about for years to come.

SWISS SKI HOLIDAY

January 26 to February 2, 2013

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

CONNECT WITH US

Sign up for our e-newsletter, "*Let's Hike*". This monthly newsletter keeps you up to date so you learn about new trips immediately. Plus we include interesting articles, invite you to hiking clinics and travel nights, and let you in on our plans for the future.

Find us on Facebook 

Advertisement

RTA DONATIONS

Why not consider a donation to the Rideau Trail Association or the Rideau Trail Preservation Fund to celebrate those important events (birthdays, anniversaries, retirement, Father's Day, Mother's Day), to honour someone or in memoriam? An official receipt for income tax purposes will be issued for a donation of \$10.00 or more. Now you can donate online at www.rideautrail.org or use the form on the back cover of this newsletter.

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Hiking Tahiti & Polynesia

Join us hiking at Polynesian Islands on a *Princess* Cruise
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LABEL

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 fee entitles you to receive the quarterly newsletter and to vote at association and local club meetings. It also provides 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: See page 6 | |

- | | |
|---|------------|
| ☐ Car Sticker (free to new members) | \$1.00 |
| ☐ RTA Hiker Name Pin. Fill in box below | \$7.00 |
| ☐ Crest | \$2.00 |
| ☐ Enamelled Pin | \$6.00 |
| ☐ Wall Map | ** \$12.00 |
| ☐ Donation, Rideau Trail Association* | \$_____ |
| ☐ Donation, Rideau Trail Preservation Fund * | \$_____ |

TOTAL \$_____

* Qualifies for official receipt for income tax purposes if \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)

** Includes postage and handling

Prices subject to change

PLEASE INDICATE MEMBERSHIP CATEGORY
New () Renewal () Life ()

(Please Print)

Name(s):

Address:

Postal Code:

Telephone no.:

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 other communications. The RTA does not share member information with other organizations.

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 name pin (please print in CAPITAL LETTERS)

- | |
|--|
| ☐ 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):_____ |