

The Rideau Trail NEWSLETTER

FALL 2012

NO. 165



DON'T MISS THESE FEATURES:

Winter End-to-End and Winter GetAway Weekend - Pgs 6 & 22

Down-Loading and Using our On-Line Maps - Pg. 7

Two Tales of the Trail - Pg. 8

Rideau Trail Association Newsletter

Issue 165

Fall 2012

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Editor of this issue: John Cornish, Kingston Club

Winter Newsletter

The Winter 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 **November 01, 2012** and that they are sent directly to the Ottawa editor:

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FRONT COVER:

Gould Lake Main Trail - a nice place for a snooze
break on a hot summer day.

Photo: Sylvia Naylor

The Rideau Trail Association is a member of
HIKE ONTARIO.

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INSIDE this Issue:

AGM Highlights	4
Board Meeting Highlights	6
Winter End-to-End	6
Map & Compass Solo Challenge	7
Using On-Line Maps	7
Two Tales of the Trail	8
New Members	21
Donors	22
Kingston Hikes	17
Central Hikes	15
Ottawa Hikes	9

OUTSTANDING SERVICE AWARDS - 2012

CHRIS HEAP - OTTAWA

Chris has done so much for the RTA. One of his more recent contributions was compiling the new Rideau Trail maps for the map project team. Chris Heap worked closely with John Haley. Chris handled the maps and John the text.



Denise Hall presents Award

their minds once again. Chris did this with patience and enthusiasm. All of us can now benefit from having these maps and text available at our fingertips on the Web.

I first met Chris on one of his impromptu hikes in the winter of 2007. I thoroughly enjoyed this snowshoe hike and instantly felt welcomed as part of his group. Since that time I have joined many of the hikes he has offered through every season on Wednesdays and Saturdays. Chris's hikes are varied, always interesting, and full of camaraderie. Even though many of his hikes are classified as impromptu they are always planned and well thought out.

Chris is a natural mentor, and it was through his influence and support that I actually considered leading hikes myself. I know for a fact that I am not the only one for whom the seed was planted to lead and to learn how to use a compass and a GPS. By providing maps, advice, etc., Chris also has helped a number of us with overseas hiking treks.

Chris has been responsible for organizing many successful out-of-town trips and backpacking adventures for fellow hikers. In his past life, he navigated the seas, now many of us are lucky enough to experience adventures under his navigation on land!

Thanks, Chris, for all you have done and continue to do for the RTA. Since Chris is not here today the Ottawa Club will ensure this award is presented to him ceremoniously this fall.

- Denise Hall

JOHN & MARILYN MILLOY - KINGSTON



The Milloys

(photo's by Denise Hall and Don Coulter)

Presented in recognition of continuing service to the Kingston Club of the Rideau Trail Association.

In addition to their dedication to all Club activities, they have convened the Wednesday Walker hiking group for over twelve years.

To understand the extent of this dedication, by leading hikes on at least three Wednesdays per month, for twelve months a year, over twelve years we are looking at well over four hundred and thirty hikes. The most energetic of the Club's other hike leaders may lead twelve hikes a year!

This effort of the Milloys is a very impressive and significant commitment to the RTA and they have no idea of not continuing as convenors of the Wednesday Walkers.

They moved to Kingston from Toronto because of the good cycling trails around Kingston. They have cycled all over the world together. John cycled across the Australian Nullabor Plain from Melbourne to Perth. As well as energetic cyclists and hikers, they are keen golfers, and are members at the Landings Golf Club.

It is not often that one meets a couple of people such as the Milloys that both inspire and impress one. The Milloys are such a couple. The Kingston Club of the Rideau Trail Association is lucky to have them amongst our members, and we wish them many more years of helping us to understand the word "Dedication".

- Don Coulter

Highlights of the 41st RTA AGM 2012

Submitted by Louise Osborn

Hats off to Kingston for organizing a stupendous 2012 AGM in Westport! What a day!!! We had great picnic spots to nosh on our own edibles, 3 hike options, a wonderful dinner followed by a presentation on the “*Geological Wonders of the Rideau Trail*”. Now that one really rocked! Dr. Dugald Carmichael, retired Queen’s Geology professor, regaled us with little known facts relating to what we can see on the trail.

President Robert Groves called the business meeting to order at 10:00AM sharp. His opening slide was “*Leap and the net shall appear*” (Burroughs: 1837 – 1921, American Naturalist), setting great expectations for the upcoming year.

Achievements of the Year

The 40th Anniversary “Carry The Stick” events were a great success, passing “The Stick” along the length of the Rideau Trail starting in Kingston, ending in front of our new RT sign at the base of the Chateau Laurier Locks.

David Allcock and Liz Allcock designed and manufactured 4 **portable display boards** with carrying cases, enabling us to have professional looking displays at museums and special events, thereby helping us spread the good word about the RTA. Thank you so much, David and Liz.

The work on **e-Memberships by Elizabeth Mason and Jean Paul (aka PJ, our Web Wizard)** is complete and we can now join or re-new our RTA memberships online, make a donation, purchase merchandise and more! It is easy to do, more members have renewed earlier than in past years; and we save paper and a stamp at the same time!

Map Project :The team lead was **Elizabeth Mason**. **Chris Heap** updated the trail maps and **John Haley** edited the text; and thanks to **Paul Jean (PJ)** they are now on our website! The committee included **Ron Arsenault** and **Jim Fox** (Ottawa), **Don Sherwin** (Central), **Don Coulter** (Kingston) and **David Armitage** (RT Trail Co-ordinator, Kingston). These folks voluntarily spent *hundreds of hours* on this project. Thank you! *The e-maps are available to everyone at no charge.* A printed version is still under construction for those of us who prefer the printed page.

The RTA Brochure has been streamlined and updated to what is called a “Rack Card”. It is visible from display slots, doesn’t “flop” over and is designed to lead folk to our website. Many thanks to **Nigel Brereton, Elizabeth Mason, John Cornish and Rob Weeks!**

Other Achievements: Review of the Executive Handbook is underway with expected completion in the fall of 2012; the Board is well on its way towards a “policy” vs “operational” mode; mileage was increased from 20 cents to 35 cents; RTA Newsletter is accepting paid advertising; the first ‘Run’ on Rideau Trails – and we received 44 new members as a result (\$1100) – with more events to come;

The RTA was featured in a well circulated magazine in 2 places; and Ottawa was front and centre in the Governor General’s Open Trail event on the TransCanada Trail on the same day; Kingston Club designed and built the ambitious boardwalk at Gould Lake; And finally – a new and improved Incident Report Form has been approved and is now carried by all Hike Leaders in their pack.

Wow! Let’s pat ourselves on the back Thanks everyone – you made it happen.

Board Vacancies: Director of Communications and Marketing; Secretary. Well we scored 50%

on this one but not for lack of trying... Still no Communications and Marketing Director after 2 years of advertising (won’t one of you please take mercy on us and help us out?!!! We guarantee you will work hard and have a lot of fun while you’re at it. What more could you ask for? We’re a fun group!) In May, the board decided that because we have so many pressing needs, we will hire one if necessary. Thankfully, we now have a secretary: **Liz Choros**. And we are very, very appreciative indeed! Thank you Liz!!!!

Some of “Tomorrow’s Possibilities”:

A visioning exercise; Fostering a culture of accepting change; Raising the profile of Rideau Trail, locally, nationally and internationally; Recruiting and retaining members; Increasing member engagement; And increasing the number of leaders available to lead hikes; Preventing volunteer burnout; Filling vacancies on the RT and club boards; Diversify Trail use – e.g. wilderness/outdoor education for all ages (especially youths), geocaching, marathon walking /running.

Finances

We continue to be in good shape financially, thanks to the wise stewardship of Joy Webster, our talented volunteer CGA. The Income Statement: Total expenses have not significantly changed from last year. However total revenue declined by over \$4,600.

...cont’d pg. 5



The Prez
photo: Don Coulter

.....from pg. 4

The main reason for this drop is the end of RT Guidebook sales.

The Balance Sheet remains healthy and the Operating Fund Surplus balance increased by about 3% to \$136,000. While it is still an increase, the percentage increase is down from 6% last year (2011). The separate Preservation Fund increased by about 4% and stands at \$144,000. The increase in 2011 was 3%. Our 2013 budget currently forecasts a prudent \$4000 surplus.

Membership: **Sheila Menard**, our Membership Director reports that our memberships for 2012/2013 sit at 852. Overall we have been experiencing a gradual decline in our membership to the tune of about 11.5% over the last 4 years... so if you haven't renewed yet, now would be a good time – and you can do it on-line at <http://www.rideautrail.org/member.html>. [Author's note: This decline in membership is part of what is driving all the discussion and plans about hiring a Communications and Marketing Director.]

Trail Co-ordinator, David Armitage reports that a new edition of the *Trail Maintenance Handbook* is in the works. Thank you to all trail maintainers, who make all our hikes more enjoyable and safe!

Special Recognition was given to 3 excellent Club Chairs who retired this year: **Elizabeth Mason, David Allcock and Jenny Ellis**. Thank you for your contribution to the RTA. It is because of members like you that the RTA is what it is today. We miss you already!

AWARDS

Outstanding Service Awards:

John and Marilyn Milloy of the Kingston Club and **Chris Heap** of the Ottawa Club were this year's well-deserving recipients. See the full citations elsewhere in the Newsletter.

End to End Awards and congratulations go out to: **Patricia Watts and Marilyn Garrett** of the Kingston Club, **Walter Baker** of the Central Club, and also **Gusti Matei and Eleni Stopp**

Winter End to End Awards (Brrrr!) and more congratulations go to:

Margaret Berridge, Veronika Pelletier, Jacques Pelletier, and Wm (Bill) Murdoch of the Kingston Club.

Election of Officers was confirmed as listed on Page 2, with new Board members **Sheila Parry** as the Ottawa Chair, and **Lars Thompson** the Kingston Club Representative. Welcome Sheila and Lars!

The evening meal at The Cove culminated with **Dr. Dugald Carmichael's presentation and slide show, "Geological Wonders of the Rideau Trail"**. I would not presume to be able to give you the full depth and breadth of the "rock concert", but will leave you with some 'flavours'... Opinicon marble, Precambrian Shield, Quartzite and Feldspar... Garnet. And did you know that we have some Cordierite too? That rock was particularly important to the Vikings as a navigational tool... they would hold it aloft, look through it and it magically showed them the location of the sun on a cloudy day. Who knew?

Glacial striations and erratica. The Champlain Sea, fossils of the largest cephalopod (squid) in the world... Whales in Smiths Falls – all right here on the RT!!!! And if that's not enough, the Rideau Trail got its start in South America!!!!

Dugald made what could have been a rather dry presentation come to life with great slides and wit!

Thank you, Dugald, for enriching our knowledge of the Rideau Trail in all its geological splendor! We hear your hikes are similarly enhanced. Lucky Kingston Club. Of quartz they know a good rock specialist when they see one and hope they don't take you for granite (groan)!



Hike Ontario's "Volunteer of the Year Award" is awarded annually to three volunteers in Ontario.

This year, no surprise, one recipient was **Elizabeth Mason** of Ottawa!

Did you know Elizabeth was on the RTA executive in 1982? Completed the End to End in 1982-1983? Then started leading hikes and organized get-a-ways to Bruce Trail.

How about Newsletter Editor for 2 years? Ottawa Club Chair for 4 years+? Researched & produced brochure '*A Walking Tour of Nicholson's Locks*'? A well earned award I would say! Glad you're still with us on the board, Elizabeth! Congratulations and thank you!



RTA Board Meeting Highlights

July 14, 2012 by Louise Osborn

Organization Sustainability: *President Robert Groves* spoke to sustaining our organization through succession planning by the Board, and membership renewal.

Board Committee Work

We also need to involve more members in Board work through working committees, so that the Board can concentrate more intensively on "policy formation". Our policy work through "Committees of the Board" has started and it is working! The success of committees will depend greatly on the board representative on each committee aggressively recruiting members to join in its work. As you read about our board's accomplishments in this newsletter, we hope you will appreciate the serious commitment our volunteers make to our organization, hikes and trails... come join us!

The Treasurer's Report: See report in AGM Highlights

Membership Report: *Sheila Menard*, our trusty Membership Director, confirmed that our membership numbers continue to be down from last year. Also, the Board has decided to no longer offer Lifetime Memberships, effective July 14, 2012. Lifetime Memberships that have already been purchased will of course be honoured.

Badges: And for those of us who love to sew badges on our packs.... clarification of all the End to End Guidelines. See article below. Thank you, *Don Coulter!!!*

Hike Leader Training: For Ottawa leaders, see notice on Page 10.

Central Club will also organize a course for this fall. If you are interested in being a hike leader, especially for the Central Club, please contact *Dorothy Hudson*, Chair of Central Club at dhudson9@cogeco.ca or 613-283-0332. She will look after the rest! And if you're not sure, you can still call Dorothy to discuss. Hope to see you there.

Trail Maps: *Elizabeth Mason*, Ottawa, is getting very close to being ready to print the Trail Maps for purchase. A few details remain... Please stay tuned... Thank you Elizabeth for all that you do!

RTA Business Cards. A member at the AGM suggested that we get business cards for all board members, club executives and hike leaders. These cards would have the contact information for the RTA, our logo and website. Good promotion and a great way to promote the RTA on the trail to fellow hikers who might be interested, and thereby increase our membership. Cost is minimal. *Louise Osborn and Sheila Menard* will look after the purchase of these cards and distribution to the clubs. Thank you *Audrey Stewart*, Ottawa Club, for this great suggestion!

Rideau Trail End - to - End Badges

These coveted End-to-End Badges are only available to Members who have completed a Club's complete section of the Trail, or the entire Trail and who wish to be recognized and receive a badge.

The hiker must be a paid-up RTA member while doing the hikes. They must submit to the Club Secretary or the Board Secretary a hike log which includes the hiker's name and address, the date, start and finish points of each hike involved, and companion hikers, if any. Additional comments on the trail would be welcome.



These awards will be presented at the respective club or organization AGM. In the event you can't make the AGM and have to miss all the fun and recognition, the badges and certificates will be mailed out after the meeting. And if you don't know where the trail heads and ends are for our three clubs, check out our web site at <http://www.rideautrail.org/articles/Badges/> ... and start hiking!

The Winter End-to-End - Plan to be Part of It !

The Winter End-to-End has become an RTA institution! You don't have to be an elite hiker to undertake this interesting challenge. Oh yes, it is a challenge, but lots have found they are up to it. Friendships develop through the all shared experiences, including the very special moonlight hike. *Plan to be part of it!*

End to End starts in Downtown Kingston Jan 12 and 13. Continues Jan 26-27, Feb 9-10, Feb 22-(night hike) 23-24. Participants are expected to be on the trail at least 5 hours and travel a minimum of 10 km.

Skiers welcome but must provide own transportation.

Leader: Bill Murdoch 613-767-4858

Map & Compass Soloist Challenge *by Cliff Daly*

Arriving at a small bay on a wild pond far from any trail, Tom carefully scans the shore's vicinity before he turns to me and exclaims "local exploration". Dropping his pack by my feet, I watch as he treads clumsily through wet March snow towards a nearby, densely wooded peninsula. He is in search of terrain features – clues of our whereabouts that will enable him to accurately locate our position on the topo map he carries. Moments later, he returns joyous for he has found the feature he sought: a small island just west of the peninsula. Thanks to that, he points to his map and confidently says "HERE we are".

Tom is taking meticulous care in navigating us on our bushwhack today, east of Lac Philippe in the Gatineau Park, as he is the first ever participant in what my wife Gloria and I have coined the "Map and Compass Soloist Challenge". Created to test and reward local hikers who have taken up Map and Compass navigation, those who attempt it must design a bushwhack route over a chunk of unfamiliar territory then solo navigate the route with me in tow. If they find and affirm the location of three self-chosen, widely spaced destination "landmarks", such as hill or pond outlet, they earn a well deserved pat on the backpack and a custom patch to go with it.

But why offer this program in the first place?

We've been conducting numerous Map and Compass clinics with the RTA for five years now, our attempt at a

grassroots level to rejuvenate this traditional form of navigation among members of our hiking community.



Photo by Tom Cole

Most hikers enjoy the clinics and leave them with good intentions to build their M&C skills, but frequently nothing comes of it. Perhaps motivation is lacking, especially in the era of GPS. But then, as we've discovered, GPS is not for everyone due to its cost and operational complexities.

So last December, during a fireplace conversation, we decided what was missing was a well defined goal for M&C rookies – something fun and fulfilling they could aim for, while simultaneously providing a tangible reason for building their M&C skills. Thus the Challenge was born! Since then, many RTAers and others have navigated portions of our outings and/or attended additional navigation clinics with an eye on giving the Challenge a try.

..... cont'd pg. 16

DownLoading and Using our On-Line Trail Maps *by Don Coulter*

The entire Rideau Trail has been mapped and the maps are available to all, free of charge, on the Rideau Trail web site- www.rideautrail.org/maps/. There are 19 maps for the entire Trail.

How to Get Them

Log on to the Rideau Trail site and select the particular map you want –double click on that map - Example: for Kingston, double-click Map 01.

The rest of the line indicates when the map was last updated (March 2012), the name of the map (Kingston), and the extent of the map (Kingston City Hall to McIvor Road.) There is usually enough overlap with the preceding and following map (ie, Map 02) to provide continuity.

MAPS-Description

All the Rideau Trail maps are aligned with north at the top of the page and are the same scale. The grid superimposed on the map is at one kilometer spacing. Two centimeters on the map represents one kilometer of distance on the ground. This only occurs for you if the printer you are using is scaled correctly.

MAPS-Printing

Once you have selected the map you want and it is on your computer screen as a .pdf file, you may then print it. Usually the procedure is to go to File on the menu bar, select the Print option and be careful to select the Size Option as "Actual size". (Some printers require different setting to get the 2 cm grid spacing.) Use heavy grade paper for best results. Example- Staples Inkjet Gloss White 170g/2 #12486

....cont'd pg. 20

Two Tales of the Trail

Completing the End-to-End is a popular dream, a quest that is alluring because it is simultaneously daunting, yet somehow attainable.

One interesting “E2E” expedition which is launching in October, **Bruce Watt’s “OktoberQuest”**, is notable because we’ll be able to live it with him, thanks to Bruce’s use of social media.

Bruce is a retired Ottawa policeman who lives in Ottawa and has a cottage near Perth. He is an outdoor enthusiast, is an RTA member and has had hiking the Rideau Trail on his bucket list for a long time. He has hiked some portions of the trail previously, but now he is seriously doing it in one 3-week stint that he has dubbed his “Oktober Quest”. He intends to post a daily video of his experience on his website, Twitter, Facebook, & Youtube.

Visit Bruce at www.campology.ca Let’s cheer him on through his quest!



Walter Baker is 83!

He completed his E2E quest last Fall.

Walter lives in Lombardy, south of Smith’s Falls, and has also hiked extensively in Britain, completing the 1100 -mile Land’s End to John O’Groats Trail - at the younger age of 79!

Following are some excerpts from his charming account of his journey, which is too long for full inclusion. Maybe we can get the full account on our website for those who would learn from his experience.

John Cornish, Editor

Hiking the Rideau Trail

Excerpts from the account by Walter Baker

I was working from the assumption that the Rideau Trail would be a relatively-gentle, undemanding, easily-completed hike along well-groomed trails. [I was to discover that this was not a valid assumption!] The trail has been designed by dedicated trail hikers who believe hiking on paved roads is an anathema to be avoided whenever possible. It follows too that, for them, the wilder the trail and the closer it is to its natural state the better. If you decide to hike the Rideau Trail, therefore, do not expect a trail that is beautifully-groomed throughout its length. It is certainly not that, and deliberately so!

Yet, always, the Trail is passable, and where it gets especially tough, the countryside through which it is passing is particularly wild and beautiful so that the challenges are well worth the effort. And while it is the case that parts of the Trail are decidedly challenging, there are many miles of hiking in the heart of woods and forests when the Trail is an absolute delight, with virtually no obstacles to be concerned about. A woodland trail can have a wonderfully-soft surface to hike on, and once the highway entry points are left behind there is a refreshing silence broken only by the sounds of nature.Purely by chance, we chose the best time of

year to undertake the hike, the months of September and October. There was no sign of mosquitoes or other flying pests. The days were still long enough to accommodate hikes of the lengths we planned to take. The temperature was ideal for hiking, being cool first thing in the morning and never becoming too hot as the day progressed. The leaves were off most of the trees, which made it much easier to find the essential trail markers, and on only one day was there rain of any consequence. The only negative feature of the Trail from walking in the fall was the absence of the birds and animal life in general that must be so abundant throughout the spring and summer months, and the intriguing silence of the birds who remained after most had departed.

At times it would be very difficult if not impossible to navigate without the Trail’s orange triangles pointing the way – and, almost invariably, with the next triangle visible from the previous one. We blessed those RTA volunteers who had installed the triangles initially and the many others who have had to meet the challenge of keeping them in place..... changing them with the reroutes that inevitably become necessary over time.

For much of its length the Trail travels through the Canadian Shield countryside, passing occasionally along old bush trails and only along regular asphalt or gravel roads when the original trail designers could not find a way to avoid

.....cont’d pg. 14

OTTAWA CLUB ACTIVITIES - FALL 2012

Scheduled activities usually take place regardless of weather, but if conditions for the activity look questionable, please contact 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.

Transportation for hikes is by carpooling. Passengers contribute to the driver's gas costs and fees for parking and entry to parks.

See Participants' Responsibilities and Levels of Difficulty (page 20). Level 1 hikes are easy, Level 2 are intermediate (wear proper hiking boots), and Level 3 are advanced, requiring experience and fitness. Read the description, and if you are still unsure whether the challenge is suited to your ability, contact the leader in advance.

Leaders: Blank activity sign-up sheets and incident reports 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.

If you are hiking in Gatineau Park, make sure you have this emergency phone number handy: 613-239-5353.

For hikes up to September 15, see Summer 2012 Newsletter.

NEW!

LOOK FOR MORE HIKES IN THE MONTHLY E-LETTER

Beyond the printed program that appears below, additional weekend activities may be announced in the monthly e-letter. These added activities will also appear on the website.

This new procedure is intended to increase the selection of hikes at all three levels. Some leaders do not know their availability in time to meet the print deadlines, which require a commitment four to six months in advance. More leaders should be able to offer hikes – and provide more options for you, the members.

Members who do not currently receive the RTA e-letter should send their e-mail address to membership@rideautrail.org. For those who do not have access to the Internet, perhaps you could arrange through a friend or relative, or find a Buddy in the Club who can keep you updated. If no other alternative is possible, phone Fran Cutler (613-729-2055), who will make arrangements for you to be advised of additional activities.

Volunteer to Answer Phone

The Ottawa Club needs a volunteer to answer their information phone. The phone is a cell phone which can be kept at your home or carried with you. Messages and missed calls are easily reviewed. Written instructions on use of the phone are provided. A few calls come in each week - rarely more than one every day or two. To volunteer contact Elizabeth Mason at 613-729-6596 or emmason@sympatico.ca

Back by Popular Demand WILDERNESS FIRST AID

Saturday, November 10

This introductory (non-certification) course by Canadian Wilderness Medical Training is offered in partnership with the Ramblers. The full-day session is open to all members – any hiker can benefit from knowing how to help out in an emergency. A subsidy is available for a limited number of RTA leaders.

Cost: \$45. Location: MEC in Westboro.

Register online at <http://fs16.formsite.com/ottawahike/firstaid/index.html> (password is "safety"). If you do not have Internet, contact Ethel Archard 613-592-7733.

HIKE LEADER TRAINING

Saturday, September 22 in Ottawa

This Hike Ontario course is intended for individuals who have led hikes previously but without specific training, and for those who would like to lead hiking trips in the future. It is designed to train leaders to appropriately advertise and safely lead day hikes within two km of EMS support.

Candidates will practice introducing a hike and responding effectively to simulated scenarios to achieve the best outcome for their hikers. Issues such as insurance, waiver forms, incident reports, etc will be covered. Principles of Risk Management will be covered through discussion and in simulated situations.

It's hands on, so dress for the weather. Registrants are also asked to bring a backpack packed ready to lead a hike as the hike leader. Participants receive a Manual. Successful completion of the course warrants a wallet card, certificate and hike leader badge.

Cost: \$50. Please register by September 15.

The Ottawa Club will cover the cost of this training for its members, on the understanding that the individuals taking the course will lead at least one trip for the RTA before next summer and continue to lead some trips throughout their tenure with the Club.

The training is open to other local hiking organizations, and will take place in the Westboro area. For more information or to register contact Ethel Archard 613-592-7733 (ethel.archard@sympatico.ca)

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 URBAN WALKS

Every Tuesday evening beginning September 11 through to October 23, there will be an Ottawa urban walk. There "may" also be a refreshment stop each evening after the walk for those who are interested. *Do not meet at any "usual" club meeting places. Meet at the starting point of the walk for departure at 6:00 p.m.*

Co-ordinator: Pat Archer 613-565-6149

Tuesday, September 11 Green's Creek (Blackburn Hamlet)

Meet at NCC P26 Parking Lot off Bearbrook Road.

Tuesday, September 18 Leamy Lake

Meet in parking lot at east end of Jacques Cartier Park (end of Laurier St. at Dussault St.)

Tuesday, September 25 Alta Vista Exploratory

Meet in parking lot of Pleasant Park Elementary School at Lynda Lane.

Tuesday, October 2 Hintonburg Exploratory

Tunney's Pasture (usual RTA meeting place).

Tuesday, October 9 Pinecrest Creek

Meet at Lincoln Fields Shopping Centre parking lot, Richmond Road side near Pizza Pizza.

Tuesday, October 16 Ottawa/Hull Bridge to Bridge (Portage/MacDonald Cartier)

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

Tuesday, October 23 Canal Bridge to Bridge

Meet at TD Canada Trust, Pretoria Bridge & The Driveway.

DEVELOP YOUR NAVIGATION SKILLS

Magnetic Mondays – Intermediate Land Navigation Clinics

Mondays, November 5, 12, 19, 26 Gatineau Park

Level 3. For those who are familiar with using compass, map and watch and have a desire to improve your skills, we'll briefly review the fundamentals before exploring a rugged section of the Park for 5 to 6 hours. Topo maps supplied, take your own compass. Maximum of 3 participants per clinic. No charge. Will customize instruction to meet your nav requirements. Meet and carpool from Island Oak/Western Parkway vicinity. Leaders: Cliff and Gloria Daly. To register, e-mail cliffdaly@rogers.com or phone 613-224-4413

Land Navigation Introduction Clinics

Saturday, November 10, Wednesday November 14 Gatineau Park

Level 3, plan on 8 hours. For beginners or those who'd like a complete refresher, a one-day compass, map and watch clinic that will teach you the skills needed to navigate with confidence off-trail. First half is theory inside, second half in rugged terrain near Lac Philippe. Maximum of 4 participants. Must provide your own compass 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

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.*
- **Fallow field Park & Ride** The northwest parking lot of OC Transpo's Fallow field Park & Ride Station, off Fallow field Rd. west of Woodroffe Ave. Gather by the OC Transpo dropoff 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.

Saturday, September 15 Vanier/ Rockliffe

Level 1, 10 km. A four-hour walk through some of the most beautiful and interesting green space in urban Ottawa: one lake, two cemeteries, three parks and four points of the compass. Meet at the NW corner at the intersection of Montreal Rd. and St. Laurent at 10 a.m. Accessible by OC bus routes 12, 7 or 5. Parking available on residential streets NW of the meeting place.

Leader: Bruce Henderson, 613-224-4217

Saturday, September 15 Hay Knob Loop, Gatineau Park

Level 2, 12 to 14 km. Moderate-pace hike, mainly on faint trails, from the Eardley-Masham Road to the ridge above Hay Lake. Beautiful views. Meet at Tunney's Pasture no later than 8:45 to depart at 9:00 a.m. Gas \$5.

Leaders: Ann Bolster (ann_bolster@yahoo.ca) and Brian Worobey 613-882-0741 (brianworobey@rogers.com)

Saturday, September 22 Apple Picking Time, Gatineau Park

Level 2, 10 km, easy pace. From the Eardley-Masham Road we follow the equestrian trail below the Church Hill escarpment and just before swinging north into the woods we come to a couple of apple trees which hopefully will be producing very edible apples. Lunch will be near Hay Lake, after which a gradual climb over gently rolling topography leads to the top of the Church Hill escarpment with long views across the Ottawa Valley. A walk along the ridge follows and the trail then gradually descends to the starting point. Depart from Tunney's Pasture at 9:00 a.m. Gas \$5. Leader: Nigel Brereton 613-5966191 (nigeltb@primus.ca)

Saturday, September 22 Leader Training Course

The Ottawa Club needs leaders! This Hike Ontario course for experienced hikers covers the basics of leading a Level 1 or 2 hike. **Details on page 10**
Contact: Ethel Archard 613-592-7733 (ethel.archard@sympatico.ca)

Sunday, September 23 Marble Rock in the Frontenac Arch

Level 2, 11 km. A moderate to challenging hike on trail. Two loops: 5 km and 6 km. Some scrambling over exposed rock, beautiful views. Lengthy drive from Ottawa to trailhead. Depart from Tunney's Pasture at 8:30 a.m. Gas \$10. Please advise leader if you plan to come. Could be canceled if we get inclement weather.

Leader: Sheila Parry, 613-737-4727
(mpparry@rogers.com)

Saturday Sept 29 Old Quarry Trail, Kanata

Level 1, 10 km. This is a loop trail that includes sections of Old Quarry Trail and NCC trails 23 and 24. Time to complete 2.5 to 3 hrs at moderate pace. Flat well-groomed trails. Deer are frequently seen on this trail. Meet at P5 Parking Lot in Kanata opposite Hazeldean Shopping Center at 10 a.m. OC Transpo Route 118 to Hazeldean Shopping Centre.
Leader: Rob Weeks, 613-254-5968

Saturday September 29 Pilon Road, Gatineau Park

For level 3 enthusiasts only! Starting with last year's route above the creek, we then ascend the main escarpment to wander round various lakes and ponds and return either by trail or another route depending on the weather. No great distance, but you should be at ease with rough terrain and veg for this exploratory hike. Depart from Tunney's Pasture at 9:30 a.m. Gas \$4.

Leader: Graham Creedy 613-789-1657.

Sunday, September 30 Beautiful Merrickville trails

Level 1, 10 km. Hike up Quarry Trail and return on Burchill Rd. Meet at Blockhouse at 10:30 Bring lunch or eat locally on return. More info Denis Faulkner 613 - 269-2136 in Merrickville.

Ottawa hikers, meet 8:45 a.m. at Fallowfield Park and Ride. Gas \$6.

Contact in Ottawa: Marilyn Schwartz 613-828-4488
(marilyn_sch1970@yahoo.ca)

Saturday October 6 Paden Rd to Merrickville

Level 1, 11 km. A low to moderate pace to enjoy the historic aspects and beauty of the trail. Bring lunch, water and rain gear (just in case). Plan for a tea-break at the end of the hike in Merrickville. Meet at Fallowfield Park and Ride for departure at 8:30 a.m. Car pooling with car shuttle. Gas \$7. Please contact leader in advance.

Leader Maryetta McDowell 613-825-2209
(hmmcdow@sympatico.ca)

Thanksgiving Monday October 8 Twin Lakes, Gatineau Park

Level 2+, around 10 km. Via Lac Renaud to Twin Lakes lookout for lunch, returning via the lookout facing Lac Philippe. Mostly on trails, with some short off-trail links.

Depart: 9:30 a.m. Gas \$5.

Leader: Graham Creedy 613-789-1657

Saturday, October 13 Adopt-a-Roadway Clean-Up

Please join us for a few hours to clean up 5.5 km of road allowance along Roger Stevens Drive, SW of North Gower. We plan to stop in at the Marlborough Pub in North Gower for refreshments/lunch after the clean-up. Meet at Fallowfield Park and Ride for 9:00 a.m. Gas \$5.

Please register in advance so that enough equipment can be provided by e-mailing the leader, Brian LaDuke at yellow.bumper@hotmail.com or calling 613-534-8538 (alternative contact: Denise Hall 613-843-8222, e-mail rebeccahall@rogers.com). Rain date will be Sunday, October 14.

Saturday, October 13 Calabogie, Manitou Mountain

Level 3, 15 km. Many beautiful vistas and lookouts. Depart from Baseline Park and Ride at 9:00 a.m. Gas \$9.

Leader: Doug Parsons 613-723-0726

Sunday, October 14 Shirley's Bay

Level 1, 11 km. Parts of this trail are paved and the rest is through forest and fields or small bush. Pack a snack. Meet at Moodie and Corkstown Road to depart at 1:30 p.m. Nearby is the Queensway and OC Transpo stops for the #96 bus going west and east.

Leader: Marilyn Schwartz 613-828-4488
(marilyn_sch1970@yahoo.ca)

Saturday, October 20 Shoe Lake Loop

Level 3, approx. 12 km. Starting from the hydro line crossing on Steel Road we will follow faint trails to the Three Sisters ponds and then bush whacking down to Shoe Lake for lunch. Lots of climbing and off-trail hiking; good boots and long pants are a requirement. Meet at Tunney's Pasture for an 8:30 a.m. departure. Gas \$5.

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

Saturday, October 20 Etienne Brule to Western cabin

Level 2, 9 km, moderate pace and all on marked trails (3, 21, 2 & 9), with a short climb to the Ramparts for the view and lunch at Western. Bring lunch and water. Meet at Tunney's Pasture at 9:00 a.m. for a 9:15 departure. Gas \$3.

Contact: Grace Strachan 613-721-1421

Sunday, October 21 Meech Lake to Tawinda (The Pulpit)

Level 2, approx. 14 km (4-5 hours to complete). This trail is an alternate to the Wolfe Trail. The loop trail hike begins at P12 and forges through sections of Gatineau Park Trails 2, 40, 38, 16 and 1. Superb view of the Ottawa valley from the lookout. There are a couple of uphill climbs. Depart at 9:30 a.m. from Tunney's Pasture. Gas \$3.
Leader: Rob Weeks 613-254-5968

Saturday, October 27 Carp Ridge Barren Loop

Level 2, distance 7.5 km. This loop hike on the Carp Ridge is off Thomas A. Dolan Parkway. The area features lots of open rock in a maze of water features. You can expect faint trails, 3-4 km of bushwhacking, beaver dam crossings as our route winds itself around the many water features. Good boots and long pants are a requirement. Depart from Baseline Park and Ride at 10:00 a.m. Bring your lunch. Gas \$3.
Leader: Bruce Brenot 613 680-3623
(brenot@rogers.com)

Sunday, October 28 Both Sides of the Ridge, Gatineau Park

Level 2, 10 km, easy pace. Starting from Kingsmere (P7), we follow the Skyline Trail and continue contouring the ridge to just below the communication tower at Camp Fortune, with long views to the east. After lunch, we cross the ridge, visit the little dome of Sugar Loaf, and reach a viewpoint above Black Lake offering views to the west across the Ottawa Valley. The trail descends and crosses the former Booth picnic field and passes the site of the former mansion of the lumber baron J.R. Booth. Depart from Tunney's Pasture at 10:00 a.m. Gas \$3.
Leader: Nigel Brereton 613-596-6191
(nigelb@primus.ca)

Saturday, November 3 Rideau Trail, Rosedale Road to Merrickville

Level 2, 15 km, moderate pace. Hike from the start of the Ottawa section along a mixture of forest trails and quiet country roads, ending with a tea break in the picturesque village of Merrickville. Car shuttle. Bring lunch, water and rain gear (just in case). Meet at Fallow Field Park and Ride to leave at 8:30 a.m. Gas \$7. Please contact leader in advance.
Leader: Maryetta McDowell 613-825-2209
(hmmcdow@sympatico.ca)

Saturday, November 3 Lake Wadsworth, Gatineau Park

Level 3, approx. 10-12 km. We will park by Luskville Falls and proceed to the left of the Falls up the es-carpment to the Fire Tower, then to Lake

Wadsworth, where we will have lunch and probably do a loop back to Ridge Road taking in a view of Petit Lac Lusk. We will descend on the other side of Lusk Falls. Lots of climbing, steep descents, some bush-whacking and some tricky stream crossings possible. Meet at Tunney's Pasture at 9:05 a.m. for a 9:20 a.m. departure. Gas \$4.

Leader: Denise Hall 613-843-8222
(rebeccahall@rogers.com)



Deer Hunting Season Starts (details pg 20)

Saturday, Nov 10 Wilderness First Aid Course

Back by popular demand. [See page X.](#)

Saturday November 10 Over-the-Top Hike, Gatineau Park

Level 3 hike, approx. 20 km Luskville Falls to Lusk Cabin. Go via the Dome, Shark Lake and Moose Mountain, return via abandoned #10. Hilly terrain, some climbing, some off trail, some faint trail. Strenuous and long -6 hours+. Depart Tunney's Pasture 08:30 Gas \$4.

Leader: Dave Audette 613-601-2833
(dg.audette@sympatico.ca)

Monday, November 12 Bell's Corners to Kanata

Level 1, approx. three hours. Leisurely walk to Kanata, on a wide path, stop for coffee at Tim Horton's and return to Bell's Corners. Meet at 1:30 p.m. near Robertson house, Mill Hill Rd which is off Robertson Rd, just before the overpass. Park on street around the area or take OC Transpo #118.

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

Wednesday, November 14 Discovery hike/walk in east Orleans

Level 1, about 6 km. Time 12 noon. Meeting place will probably be Trim Road Park and Ride. MUST phone leader in advance.

Leader: Ruth Hutchinson 613-749-0990

Saturday, November 17 March Highlands, Kanata

Level 2, approx. 7 km loop hike. You can expect some bush whacking but mostly trails. Good boots and long pants are a requirement. . Bring your lunch. Depart from Baseline Park and Ride at 10:00 a.m. Bring your lunch. Gas \$2.

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

Saturday, November 17 Lac Beauchamp

Level 1, 8 km. Explore the trails in this park just east of the city of Gatineau. Bring a lunch. Meet at Tunneys Pasture to leave at 10:00 am. Gas \$2
Leader: Elizabeth Mason 613-729-6596

Saturday, November 24 Lac Philippe

Level 3, distance approx. 12 km. This Loop hike will start from the Wakefield area exploring the many ridges east of Lac Philippe. There will be lots of climbing and off-trail hiking; good boots and long pants are a requirement. Meet at Tunney's Pasture for a 9:00 am departure. Gas \$4. Leader: Bruce Brenot, 613-680-3623 (brenot@rogers.com)

Saturday, November 24 Carbide Mill and Capuchin Chapel

Level 2, 7 km at an easy pace. This scenic hike in Gatineau Park starts at P11. We will visit the ruins of the old Carbide Mill, with lunch at the Capuchin Chapel, going both directions on Trail #36. Depart from Tunney's at 9:30 a.m. Gas \$3.

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

.....Walter Baker (from pg. 8)

them. A core challenge for trail organizers is that much of the countryside through which the Trail works its way is privately owned and the permission of each owner must be obtained and retained year after year.

The Trail is infinitely better when hiked with a partner, and should probably not be travelled alone. It passes through many miles of isolated countryside, with too much potential for mishaps under-foot. It is a safety factor, too, to have a car at either end of the particular stage being hiked, and this requires a minimum of 2 hikers, each with a vehicle.

We broke the Trail into stages matching the distance we planned to travel each day. It took a little ingenuity, some scouting of the route, and resort to Google Maps, to carve the route into stages averaging 20 km each and meeting the vital condition that there be parking for a car at each end of a stage. [Because the Trail is a linear route, it must be undertaken with two cars, using a "shuttle" system.]

Trail-hiking is a great deal more challenging than hiking along paved, relatively flat roads. It is not so much the distance traveled but the nature of the trail and the need to guard against the risks of becoming over-tired when hiking over terrain that must be tackled with special care. It is too easy, when ankles, knees and back are becoming fatigued,

Sunday, December 2 Oscar's urban walk

Level 1, about 6km. Early winter walk to view the various statues along Sparks, Lebreton and Lorne Streets, finishing with a hot cup of cocoa on Somerset Street. Meet at Oscar's piano at the corner of Elgin and Albert St at 11:00 a.m. Come by bus. Return is by bus #2 on Somerset Street so bring bus tickets.
Leader Ruth Hutchinson 613-749-0990

Saturday, December 8 Rideau Trail in the Greenbelt

Level 1, 10 km. Hike the Rideau Trail from Timm Drive to Fallowfield Road. Trail is on some bike paths and also on smaller rougher paths. Car shuttle. Bring a lunch and fluids. Meet at Tunney's Pasture to leave at 10:00 a.m. Gas \$2.

Leader: Elizabeth Mason 613-729-6596

Saturday, December 22, Marlborough Forest, Roger's Pond-Earth Star Loop.

Level 2, hike (14 km) or snowshoe (8 km) depending on conditions. Depart from Fallowfield Park and Ride 9:00 a.m. Gas \$5.

Leader: Doug Parsons 613-723-0726

to sprain an ankle or a knee. In my own case, I carried in my backpack a knee brace and also a tensor bandage for the ankle, and needed to wear the knee brace at one point for three successive hikes.

What I found was that trail walking is particularly tough on a wonky back –although at no point so tough that I was not in decent shape to start the next stage on schedule. It helped, of course, that even at the beginning there was at least a full day between each stage.

Outhouses were few and far between on the Rideau Trail, Following a practice well-used by veteran trail hikers – traveling with their trusty trowels –, therefore, we relied on "nature's toilet", taking the essential precaution of making sure the necessary toilet paper was in a waterproof Ziploc bag.

Given its many interesting features the Trail is better hiked, in somewhat leisurely fashion. Were I to hike it again – and I probably will– I would break the trail into shorter stages and anticipate having liberal breaks for "rest and recovery". I would also be far more ready to "halt, view and experience". ...In retrospect, it seems important when dividing the Trail into the stages for each day, to build "observation stops". into the daily routine There are vistas as one passes across Foley Mountain, and through Frontenac Park and the Gould Lake Conservation Area, that are as breathtaking as those encountered hiking in Scotland along the shores of Loch Lomond and Loch Ness.

.....Cont'd pg. 20

CENTRAL CLUB ACTIVITIES - FALL 2012

Unless otherwise specified in the description of the activity, 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 20

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

ATTENTION ALL CENTRAL CLUB MEMBERS

We need more hike leaders! Margaret Lafrance and Dorothy Hudson plan to offer a hike leaders' training session in Perth this fall. This is an excellent opportunity for you! For more information, contact Dorothy Hudson 613-283-0332 (dhudson9@cogeco.ca) or Margaret Lafrance 613-264-0057

WEDNESDAY MORNING WANDERERS: These hikes will resume in September. 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:

Sunday, September 2 Long Lake Paddle

Level 1, 6 km., easy paddle around the quiet lake with easy access off Long Lake Road. Optional Swim from Long Lake Conservation Area. Meet at 9:00 am Conlon Farm. Gas \$2.

Leader: Don Sherwin 613-264-0759
(dsherwin@bell.net)

Sunday, September 9 Hike – Rock Dunder

Meet at **10:00am**. Level 2+. Scenic Hike 7-10 km., moderate pace. Gas \$ 4

Leader: Gill Hyland 613-267-5756
(ghyland2@cogeco.ca)

Camp and Hike Weekend

Saturday & Sunday, September 15/16

Bon Echo Provincial Park Camp Arrive Friday evening to set up camp and enjoy a social campfire evening. Hike the 17 km. Level 2+ Abes and Essens Trail at a moderate pace on Saturday, with a shorter hike in the Shabomeka Lake area planned for Sunday morning. Contact the leader by the end of August if you plan to participate.

Leader: Dorothy Hudson 613-283-0332
(dhudson9@cogeco.ca)

Saturday, September 22 Trail Maintenance Day

Let's get the trail in shape for our Fall and Winter Activities! Contact Bruce Gourley if you can help out. 613-283-5967 (brucegourley@sympatico.ca)

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

Meet at 10:00 am, Level 1, easy pace, 5 km. a "wee bit of heaven" on the island of Burritts Rapids in the Rideau River (near Merrickville). My favourite spot, and a great outing for youngsters! Gas \$4 Leader: Josie Roberts 613-267-3769 (roberts.j@ripnet.com)

Saturday, September 29 Gananoque Trail and Doors Open Event

Meet at 9:00 am. Enjoy a Level 1 walk in the morning along part of the Gananoque Trail. Following the walk, visit some of the Gananoque Doors Open sites, free admission, until 4:00 pm. For more details, check the website doorsopenontario.ca. Gas \$6. Leader: Dorothy Hudson 613-283-0332 (dhudson9@cogeco.ca)

Saturday, October 6 Thanksgiving Hike, Social and Supper

Meet at 11:00 am at Conlon Farm. Level 1+ hike at Murphy's Point Park, starting and ending at Lally's parking lot. This will be followed by a social and supper at 4:00 pm at John Miller's cottage. Directions to the cottage will be given by the hike leader. Gas \$2 + Share of Park Fee.

Leader: Sabine Jaekel 613-267-5390

Saturday, October 13 Ragged Chutes

Meet at 9:00 am. Level 3, 12 km hike along the rugged shore of the upper Mississippi River. This is one of the most beautiful hikes in Eastern Ontario, especially in the fall. Gas \$5.

Leader: Dave Miller 613-449-7459
(davesshack@gmail.com)

F/C Saturday, October 20 Frontenac Challenge Tetsmine Loop

Meet at 9:00 am. Level 2, 14 km. (13.5 km. from the Kingsford Dam parking lot.) Hike through this historic mining area and learn some of the history on the way. Gas \$5 + Share of Park Fee.

Leader: Meg O'Connor 613- 273-4546
(meggums.oconnor@gmail.com)

Sunday, October 28 Rideau Trail - Narrows Lock to Foley Mountain

Meet at 9:00 am. Level 2, 11 km, moderate pace. Hike the Rideau Trail through woods and along North Shore Road. Gas \$4 plus a share of park entrance fee.

Leaders: Dave and Pat Batchelor 613-264-1559
(dlhbatchelor@cogeco.ca)

Saturday, November 3 Kate's Lake Trail

Meet at 9:00 am. Level 1, 10 km, moderate pace. A Lanark Highlands looped walk on narrow country lanes then through woodland to Kate's Lake after crossing a beaver dam. Returning on another country lane, there is an option to view the Omya limestone quarry nearby. Gas \$5.

Leaders: Howard and Mary Robinson 613-256-0817
(hmrob@storm.ca)



DeerHunting Season Starts (details pg. 20)

Saturday, November 10 Frontenac Park - Little Clear Lake Loop

Meet at 9:00 am. Level 2, 14 km. One of the most scenic and historic hikes in Frontenac Park, my favourite! Gas \$5. **Leader:** Don Sherwin 613-264-0759

(dsheerwin@bell.net)

Saturday, November 17

Cliffland- Blueberry Mountain Hike

Meet at 9:00 am. Level 2, 7.5 km. Last ten minutes fairly steep but not rugged. Beautiful scenery. Gas \$4

Leader: Yvonne Kennedy 613-267-9817
(yvnkennedy@gmail.com)

Saturday, November 24 Foley Mountain Trails

Meet at **10:00 am**. Level 2, 10+ km, stop at Westport for warm-ups afterwards. Gas \$ 4.

Leader: Gill Hyland 613-267-5756
(ghyland2@cogeco.ca)

Saturday, December 1 Hike - Skycroft Area

Meet at 9:00 am. Hike will be 12 km. Level 3, starting and finishing at the Upper Rock Lake access to the Rideau Trail. Gas \$5 . **Leader:** Dave Miller 613-449-7459 (davesshack@gmail.com)

Sunday, December 9 Calabogie - Manitou Mountain Trail

Meet at 9:00 am. Level 2, 9 km., moderate pace. Hike through picturesque pine forests to enjoy wilderness scenery and spectacular mountain vistas. Gas \$5.

Leader: Dorothy Hudson 613-283-0332
(dhudson9@cogeco.ca)

Saturday, December 15 Rideau Trail – Narrows Lock to Miners Point Road

Meet at **11:30am**. Level 2, 11 km., moderate pace. Hike the Rideau Trail on our pre-Christmas outing and work up an appetite for dinner at Michael's Table (110 Gore Street E.) Please call Dave and Pat one week prior to hike to confirm a place for dinner. Gas \$3. **Leaders:** Dave and Pat Batchelor 613-264-1559
(dlhbatchelor@cogeco.ca)

M&C cont'd from pg.7

To date, we have had six hikers earn their patch:
Tom Cole, Arthur Boni, Gloria Daly, Na Lin, Kent Phillips, John Barron

Beyond the joys of navigating for its own merits, we believe that this modest revival of Map and Compass use has the potential for producing a new generation of local hike leaders, for (s)he who navigates leads the hike. And, armed with these new skills, we hope to see

more groups in small numbers heading for off-trail adventure that on-trail hiking just can't match.

Are you interested in having a shot at earning the patch? If you live in the Ottawa area, contact Cliff for M&C Soloist Challenge rules and to arrange a try date. We run the program from mid October through mid April, when the leaves are down. Should you like to set up your own M&C Challenge in your area and would like a few tips on how to do it, we'd be happy to help. Contact: cliff.daly@rogers.com



KINGSTON CLUB ACTIVITIES - FALL 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 20

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, or sharenann@gmail.com

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.

**F/C/ Saturday, September 1 Frontenac Challenge
Arkon Loop + Doe and Arab Trails**

Level 2/3, moderate to fast pace, 16 km. Lets start the first day of the Challenge with Arkon and then hike Doe and Arab to get 3 done on the first day. Depart 9 am sharp. Gas \$4.00 + park fees.

Leader: Sharen Yaworsky 613 544-6022 or email sharenann@gmail.com

Sunday September 2, Paddle to Cedar & Milton Islands

Level 1, slow pace, few km. We will go for a short hike with lunch on the Island. Then paddle to Millton Island and hike there. Meet at the Canadian Tire parking lot for 9:30 am. Gas \$2. Contact Leader if you are coming, and let him know if you can take anyone in your canoe.

Leader: Pat Casey 613-385-2356

**F/C/ Monday, September 3. Frontenac Challenge
Cedar Lake Loop**

Level 2, moderate pace, 15 km. Gas \$4 + Park Fees

Depart 8:30 am (NOTE change in departure time)

Leader: Susan Irving 613 544 3110

Thursday, September 6 Evening Hike on K&P Trail

Level 1, slow to moderate pace, 4 km. Dalton Ave to Sydenham Ave. and return. Depart 6 pm. Gas \$2

Leader: Bob Chadwick, 613-544-9222

SOCIAL SURVEY: would you like to have more social events throughout the year? Also, if you want more events, are you willing to help put them together? Please email Linda Line: email: lmline6@gmail.com or telephone 613-531-4353.

Saturday September 8 Cycling Two Trails, A Bridge, & Back Roads

Level 2 moderate pace, ~ 34 km. (17 km for the morning ride only) The trip starts at the Cataraqui Trail crossing in Sydenham (George Street), and proceeds west on the Cat Trail to the junction of the K&P Trail. Then south on the K&P Trail, crossing the bridge at Millhaven Creek, and on to Orser Road. Then we take quiet backroads back to Sydenham for lunch at the Hillside Café. Optional afternoon ride takes backroads to Wilmer Road and returns to Sydenham on the Cat Trail. Depart CTC at 9:00 am or Cataraqui Trail in Sydenham at 9:30 am. Plan to be able to transport your own bike if pooling is not possible.

Leaders: Janice Ley 613 542 9958 and Don Coulter 613 542 9998 coulter.dm@sympatico.ca

Sunday, September 9 Cataraqui Trail

Highway 15 to Chaffey's Lock and return. Level 1, moderate pace, 16 km. Depart 9:00 am. Gas \$5.

Leader: John Cornish 613 382 4778

Wednesday, September 12 Napanee Woodlands, Farmlands and Cons'n Areas.

Level 1-2, slow to moderate pace, 10 km. Depart 9 am. Gas \$4.

Leader: Bob Chadwick, 613-544-9222

F/C/ Saturday, September 15 Frontenac Challenge Little Salmon, Little Clear, & Hemlock Loops

Level 3, moderate to fast pace, 25 km. Close the loops around all three Frontenac Provincial Park lakes. Depart 8:00 am. Gas \$4 + park fees

Leaders: Bill Ottney and Gunhild Karius 613-858-3183

**Sunday, September 16 Charleston Lake Park
East Side Trails to Buckhorn**

Level 2, moderate pace, 13 km. Depart 9:00 am. Gas \$6 + park fee.

Leader: Norm Trembath 613 659 3854 or trem-bathfox@gmail.com

**Thursday, September 20 Evening Hike
Kingston Waterfront**

Level 1, moderate pace, 8 km. Lets start at the Trailhead and walk along the waterfront to City Hall, have a beverage and then cruise back up to the Trailhead. Depart CT 6 pm. Gas \$2.

Leaders: Sharen Yaworski 613 544 6022 & Audrey Sanger 613 384 6244

**Saturday September 22 Cataraqui Trail Bike & Hike
Fundraiser**

(not RTA event) Contact: Janice Ley 613 542 9958

**F/C Sunday, September 23 Frontenac Challenge
Big Salmon Loop**

Level 3, moderate pace, 19 km. Depart 9:00 am. Gas \$6
Leader: Norm Trembath 613 659 3854 or trem-bathfox@gmail.com

**TRAILHEAD and the Kingston RTA Club
Sponsor a
Hiking Information Evening
Wednesday, September 26, 2012 7 - 9 p.m.
Trailhead Store, 262 Princess Street, Kingston**

Mini presentations on:

- what to wear on the trail
- choosing good fitting hiking footwear
- hiking poles and their benefits
- open forum on all things outdoors

A special 10% discount is being offered on
all purchases made this evening.

Refreshments will be served

**F/C Saturday September 29 Frontenac Challenge
Slide Lake Loop**

Level 3, moderate pace, 27 km. Gas \$4 + Park Fee.
Depart CT 8:00 am (Note this earlier time)
Leader: Jim Lorimer 613 373 2847
lorimerjd@gmail.com

Sunday, September 30 Cataraqui Trail.

Level 1, moderate pace, 16 km. Hike from Highway 15 to Chaffey's Lock and return. A super Fall hike in the autumn colours on one of the nicest sections of the Cat Trail. Depart 9:00 am Gas \$4.

Leader: John Cornish 613 382 4778

Thursday Oct 4 Evening Hike Downtown Kingston

Level 1, easy pace, 6 km. Refreshments afterwards. Meet at Tim Horton's (by Ferry Dock) at 7 pm.

Leader: Peter Burbidge peterbur@kingston.net
or 613 634 1877

**Saturday October 6, Rideau Trail Freeman Road to
Gould Lake Gate**

Level 1, moderate pace, 8 km. Enjoy scenic views of Knowlton Lake. Depart 9:00 am. Gas \$4 RT Map #04
Leader: Elgin Bock 613 389 4216

Sunday, October 7 Gould Lake Main Trail

Level 2-3, moderate pace, 13 km. Hike from barn, return on the Ridge Walk. Depart 9:00 am Gas \$4 + park fee.
RT Map #04

Leader: John Cornish 613 382 4778

**Tuesday -Thursday Oct 9-11 Fall Midweek B&B
Trip to Campbellford and the Trent Hills**

Levels 1 and 2, slow to moderate pace, distances flexible, hiking the trails of Ferris Prov. Park and nearby conservation areas, plus a portion of the TransCanada Trail. Limited space remaining in B&Bs at under \$200 for 2 nights single or double occupancy. Add expenses for light lunches, gourmet dinners and \$25 gas contribution where applicable. If you are interested please call leader ASAP and not later than Sept 14. Open to all Association members.

Leader, Bob Chadwick 613-544-9222.

**F/C Wednesday October 10 Frontenac Challenge
Big Salmon Lake Loop**

Level 3, moderate pace, 19 km. Hike in the park and enjoy the fall colours. Depart 9:00 am. Gas \$4 + park fee.

Leader Ann Wilson 613 531 9873

**F/C Saturday, October 13 Frontenac Challenge
Gibson & Tetsmine Loops**

Level 3, moderate pace, 24 km. Enter at Kingsford Dam and hike these beautiful loops through terrain of varying difficulty. Depart 8:00 am. Gas \$5

Leaders: Bill Ottney and Gunhild Karius 613-858-3183

Sunday October 14 Rock Dunder

Level 2+, moderate pace, 8 kms. Thanksgiving Special with Stan. See scenic views and bring your family along for this beautiful outing for the day. Bring your camera. Ice Cream stop after the hike. Depart 9:00 am. Gas \$5.00
Leader: Stan Huff 613-548-3003

Saturday October 20 Bon Echo Provincial Park

Level 2, moderate pace, distance TBD. Depending on weather, we will hike or paddle. Call leader for final details. Depart 8:30 am. Gas \$12
Leader: Pat Casey 613-385-2356

Sunday, October 21 Bike on Cataraqui Trail

Level 1, moderate pace, 32 km. Bike from Sydenham Rd to Orser Road and Return. Meet at Sydenham Road/Cat Trail Crossing at 1:30 pm. RT Maps #01 and 02
Leader: Peter Burbidge peterbur@kingston.net or 613 634 1877

Saturday, October 27 Rideau Trail Orser Road to Freeman Road

Level 2, moderate pace, 12.5 km. Back to Basics. Depart 9:00 am. Gas \$3. RT Map #3
Leader: Peter Burbidge peterbur@kingston.net or 613 634 1877

Sunday November 4 Skycroft Trail Mix & Match

Level 2, moderate pace, 10 km. Gas \$4 RT Map #05
Leader: Ray Wilson 613 382 7189

**Deer Hunting Season Starts (details pg 20)****Saturday, November 10 Landon Bay**

Great views, Good exercise, No stress, No Hunters!
Level 1-2, moderate pace 10 km. Depart 9:00 am Gas \$4
(If you can meet the group at CT please call the leader)
Leader: John Cornish 613 382 4778

Wednesday November 14 Slide Lake from Perth Road

Level 3, moderate pace, 14 km. Depart 9:00 am. Gas \$4 RT Map # 05.
Leader: Ann Wilson 613 531 9873
or annwilson44@cogeco.ca

Saturday, November 17 Parrott's Bay

Level 1, easy pace, 5 km. Hike around the "Bay" and potential for refreshments. Depart CT at 9 am. Park at South side Hiwy 33 just east of Bridge. Gas \$2
Leader: Elgin Bock 613 389 4216

Sunday, November 18 Frontenac Park Flag Pole Hill

Level 3, moderate pace, 15km. Scenic views along the way but especially at the top of the hill, the highest point in Frontenac Park. Hike from the Trail Centre to the hill and back. Depart 9:00 am. Gas \$4 + park fee.
Leader: Stan Huff 613-548-3003

Sunday, November 24 Foley Mountain

Level 2, moderate pace, 11 km. Hike from Lions Club Beach up across the mountain and loop back. Depart 9:00 am. Gas \$6. RT Map #07
Leader: John Cornish 613 382 4778

Saturday, December 1 Rideau Trail from Freeman Rd to Frontenac Park

Level 3, moderate pace, 15.2 km. A scenic route through Gould Lake Conservation Area. Depart 8:30 am. Gas \$4 RT Map #04
Leader: Peter Burbidge peterbur@kingston.net or 613 634 1877

Saturday, December 8 Gananoque Town Trails

Level 1, moderate pace, 12 km. The relaxed route, by the waterfront, a stop at Tim's, and some easy woodland trails. Depart 9:00 am, Gas \$3 *(If you can meet the group at CT please call the leader)*
Leader: John Cornish 613 382 4778

Saturday, December 8 – Annual Christmas Party

Come and join the festive fun. Wear a party hat if you like. Bring appetizers, nibbles or a dessert and your own liquid blends. Coffee, tea and a non alcoholic punch will be provided. Admission is \$3 per person at the door.

Place: Queen's Women's Association, 144 Albert Street
Time: 7:00 pm. **RSVP:** Linda Line: 613-531-4353.

Wednesday, December 12 Rideau Trail from Trail-head to McIvor Road

Level 1, moderate pace, 10 km. Lunch at Tim Hortons. Depart 9:30 am. Gas \$2 RT Map #01
Leader: Peter Burbidge, peterbur@kingston.net or 613 634 1877

Sunday December 16 Hike Blue Mountain

Level 2, moderate pace, 9 km. Short and sweet hike to summit and return. Depart 9.00 am. Gas \$6. *(If you can meet the group at CT please call the leader)*
Leader: Ray Wilson 613 382 7189

Thursday, December 20 Christmas Lights Walk Downtown Kingston

Level 1, easy pace, 6 km. A pleasant walk from downtown to City Park and ending up for refreshments. Meet at Tim Horton's (by Ferry Dock) at 7 pm.
Leader: Peter Burbidge, peterbur@kingston.net or 613 634 1877



2012 Hunting Seasons

November is the primary hunting season in the area of the Rideau Trail (Wildlife Management Units 64 and 67).

Hikers , especially Hike Leaders, are advised to wear "hunter orange" hats and garments and to proceed with caution when venturing into areas where hunting could be taking place.

Additional info: <http://www.mnr.gov.on.ca/en/Business/FW/2ColumnSubPage/291144.html>

Nov. 5 to Nov. 18, 2012: Deer hunting with high velocity rifles is permitted for this period in rural and forested areas through which the Rideau Trail runs.

Dec. 3 to Dec. 9, 2012: Deer hunting using bows or muzzle-loading guns is permitted. (Bow Hunters also may be permitted at other dates Oct 01 to Dec 31)

The hunting season for migratory birds and other game birds begins in mid-September and runs until the end of December.

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.

..... OnLine Trail Maps (from pg 7)

MAPS-Text

Each map has an accompanying text which can be printed on the reverse side of the map or separately. All of the map texts are found in the *last* line of the same web site <http://www.rideautrail.org/maps/> and are retrieved by clicking on "Text".

The text is coordinated with the map using the markers 01A through 02A for MAP 01. Each notation has a GPS locator and cumulative distance from point 01A shown on the lower right hand corner of the map.



....Walter Baker (from pg.14)

The contrasts within the Rideau Trail itself are also exciting, embracing as they do such differences as the spectacular view in Frontenac Park of hillsides, valleys and green spaces from Flagpole Hill, and the magnificent view across and down the lake from a promontory alongside Gould Lake. ...

I regret considerably that I did not discover trail walking early in my life.

Son-in-law Mike, as a result of hiking a good number of stages of the Rideau Trail with me – and with such comparative ease – has not only joined the Rideau Trail Association but is looking forward to tackling the Trail again next summer. As he put it, "What better way could I spend my Saturdays than out in the fresh air hiking through countryside as attractive as that we have seen this fall?"

What I have taken away of most value from the Trail is the appreciation that hiking is truly a very special mode of travel. It allows us to depart from the regularly traveled roads other modes of transportation must follow. Not to take advantage of this is to deny ourselves a wonderful opportunity to experience nature at its unspoiled best.

Today's wellness enthusiasts aim for "life balance", incorporating a high level of wellness in relation to each of body, mind, heart, spirit, and soul. I can think of very few comparably-simple, relatively inexpensive and totally enjoyable ways of experiencing life balance in the short-term and contributing to it for the long-term than trail-hiking with congenial companions through the Canadian countryside.

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find us on Facebook 

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, Switzerland. The region is home to four different interconnected ski areas with over 350km of ski runs, including the longest at an astonishing 14km! 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**!

ISRAEL

March 9 to 23, 2013

Fascinating and complex, Israel offers immense diversity. Hike the lush vineyards of the Golan Heights & the deep canyons of the Judean Desert, plus the famed Jesus Trail from Nazareth to the Sea of Galilee. We shall visit Jerusalem, the Dead Sea, Masada, Bethlehem and Tel Aviv, and although this holiday is not religious by design, we cannot help but be immersed in the dominant role it has played for centuries.

CORFU, GREECE

May 12 to 25, 2013

This Greek island is the perfect combination of European flare and tranquil sea-side living. Hike to the heavens to visit holy monasteries and trek in shade of ancient olive groves. We promise - you will never tire of the deep, deep blue of the sea that surrounds you. Opa!

IRELAND

June 11 to 21, 2013

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

Advertisement

We welcome the following New Members into the Association

For the Central Club

Françoise Guilbault & Derek Munro
Gregory Robinson
Michael & Monika Seidenbusch

Diane Scott
Sandra Steinhouse
Lynda Wilde

Daniela Oey
Jocelyne Bélanger & Rob Orchin
Johanne Ranger

Allan Higdon & Willa Rea
Deborah Robertson
Sean Kelly & Ursula Scott
John & Jill Slater
Gordon Stephen
Hélène Thivierge
Francis Thomas Household

For the Kingston Club

Kevin H. & Jennifer Goligher
Nattanya Hewitt
Jessica Hiscocks
Blake & Yvette Hsieh
Nancy & Bruce Hunter
David Hurlbut
Suzan Irmak
Mary & Robert Mayo
Beth Orr
Peggy Saudino

For the Ottawa Club

Linda Barnhardt Household
Mike & Shirley Beaudin
Ariane Bissonnette
Mark Coates
Ann De Mey
Marco Durepos
Matthew Hisko
Laura Cain & Randy Holmes
Marv Gandall and Walker Jones
Maureen Kilpatrick
Janet & Wilkie Kushner

Non-Affiliated

Rolande Smith
Eleni E. Stopp
Wayne Wislon

ENJOY THE HIKING AND OTHER ACTIVITIES!

The Winter Get-away Weekend 2013 Hotel LeChantecler - February 1-3, 2013

Hôtel Le Chantecler is in Ste. Adèle with cross-country and snowshoeing trails nearby. Also, downhill skiing (snowboarding) and skating are available from this hotel. The hotel's facilities include squash courts, fitness room, pool, and sauna. Rental equipment for various activities is available. It is rated as a four-star hotel; and your ski-weekend committee is pleased to recommend it again.

Cost for the weekend is \$350 per person double occupancy or \$450 single. This fee covers return bus travel from Kingston, 2 buffet breakfasts, 1 four-course dinner, 1 dinner buffet, and 1 lunch buffet upon departure on Sunday (3-4 pm).

Departure from Cataraqui Town Centre at 9:00 a.m. Friday February 1 with arrival at about 1:00 p.m. with return to Kingston about 9:00 p.m. on Sunday February 3. All arrangements will be confirmed by letter to you early in January 2013.

We have reserved 40 double rooms. Single rooms available. For bus and hotel commitment we require a \$100 cheque per person upon registration; and a second cheque for the balance postdated Dec. 15. Make cheques payable to **Rideau Trail in Trust**. If there is insufficient interest, the trip will be cancelled and your payments refunded. Please return completed registration form with two cheques.

Hotel rooms are allocated in the order of registration with priority given to members and bus passengers. You are urged to **register early** to avoid disappointment. Bus seats are assigned in the order of registration.

Your second cheque will not be cashed until there is sufficient registration. Cancellations **after December 15, 2012** may not receive a full refund if replacements are not available.

Leader: Rebecca Spaulding (613)-542-0115 **Registrar:** Lars Thompson (613) 389-8747 (for the Kingston RTA ski committee)

Please copy this notice and share with a friend!

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND Hôtel Le Chantecler, Laurentians — Feb 1-3, 2013

Name(s) _____

Address _____ City _____ Postal Code _____

Phone (home) _____ (business) _____ Rideau Trail Member Y/N _____

Email _____ (for last minute concerns, like left luggage)

Two cheques payable to **Rideau Trail in Trust** (\$350 per person double or \$450 single occupancy) are enclosed for the amount of \$ _____. A cheque for \$100 is due at the time of application; your other cheque, for the balance remaining, may be postdated to Dec. 15, 2012.

I wish to room with _____

Dietary restrictions _____

Members of the Rideau Trail - Kingston will be given booking priority if available hotel rooms are limited. It is suggested that non-members take out a membership before registering to ensure their booking priority.

Cut and mail to: Lars Thompson (Registrar: Ski Weekend 2013) 832 Wartman Ave. Kingston ON K7M 4M5

We sincerely thank these recent donors to the Association:

John Bate
Peter & Ann Burbidge
(in memory of Miriam Armitage)
Paul-Emile Chiasson
Michael Day
Norrey Drummond
(in honor of Moira Drummond
on her 94th birthday)

Claude Faubert
Matthew Hisko
Laura Cain & Randy Holmes
Joan Hughes
Barbara Humenny
Lynne & Alan Hurd
Janice Ley
Gillian Little

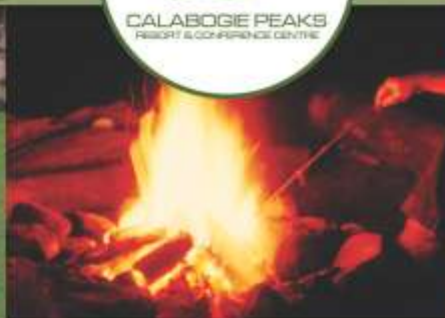
Hugh & Shirley Pratt
(in memory of John Needham & Jim
Blain)
Allan Higdon & Willa Rea
Angela Terfloth
Helene & Bill Wilmart-Collard



Fall Hiking



Packages



Stay 2 Nights, Get the 3rd Night FREE! Starting at \$175/night!
Unlimited complimentary hiking, golf and tennis.

Calabogie Peaks Resort is one of Ontario's premiere hiking destinations. Choose one of the many unique hiking trails; there's one or more suited to your interests & abilities.

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Try out the Madawaska Nordic Trail System that offers 18km of easy hiking trails. Once old logging roads, they wind their way through a forest landscape with lots of gentle ups & downs to keep it visually interesting.

Visit Us
calabogie.com
[/rideautrail](https://www.instagram.com/rideautrail)

Onsite Resort activities include: hiking, biking, golf, tennis, fishing, kayaking, and canoeing. Amenities include an indoor pool, outdoor hot tub, fitness room and restaurant.



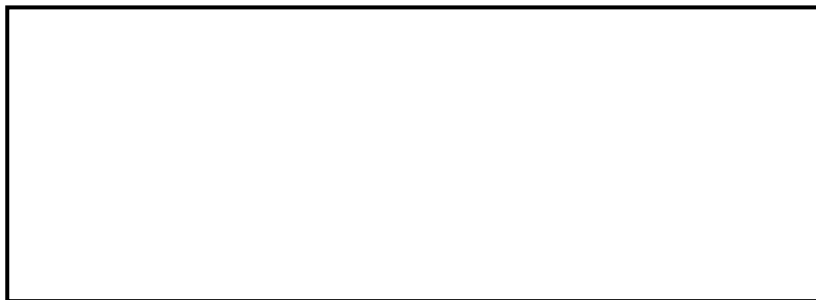
Download Manitou Mountain Map to your phone!



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**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 () Trail Guidebook: <i>Temporarily unavailable.</i> Down-loadable Trail maps and text available FREE (online at rideautrail.org) () 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): _____

