

The Rideau Trail NEWSLETTER

WINTER 2012

ISSUE NO. 166



Winter Fun in the Sun, RTA Style!

Rideau Trail Newsletter

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Spring Newsletter

Submissions are encouraged. If possible, text should be sent electronically with no document formatting. Pictures are also welcome, in colour or black and white, with good definition and contrast. Please ensure that items arrive by **March 1, 2013**. Send to cornish@kos.net or John Cornish, 26 Twin Oaks Lane, Gananoque ON K7G 2V5l; phone 613-382-4778.

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The RTA is a member of Hike Ontario.

Front Cover: *Skiing photos by Steve Kelly. Snowshoeing photos by Karen Cole (top) and Ed Lang.*

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Corrections

Our apologies for these errors in the fall newsletter.

Page 3: The caption for the picture in the left-hand column should read "Denise Hall presents award."

Page 11: Develop Your Navigation Skills. The email address to register for these clinics should have been cliff.daly@rogers.com (note the dot between "cliff" and "daly").

REROUTE ON K&P AND CATARAQUI TRAILS

by Don Coulter, Kingston Club Chair

The Kingston Club is pleased to announce a major reroute of the Rideau Trail. Through the cooperation of Frontenac County and the Cataraqui Region Conservation Authority, the RT now goes from Orser Road to Sydenham entirely on developed trail that is completely compatible with cycling. The reroute avoids an area of road allowance that flooded in the spring, as well as some walking on well-travelled roads. Thanks to Chris Heap and John Haley, of the Ottawa Club, Map 03 and the corresponding text, respectively, have been revised.

The route now follows the newly developed Frontenac County section of the former Kingston and Pembroke (Kick and Push) Railroad north from Orser Road to the K&P junction with the Cataraqui Trail, then east on the Cataraqui Trail to join the old RT in Sydenham. The K&P is now completed as a surfaced hiking and cycling trail from Harrowsmith to Dalton Road in Kingston, thus providing the necessary link from Kingston to the Trans Canada Trail (Cataraqui Trail from Harrowsmith to Smiths Falls).

The new 11.5-km route on the RT joins the City of Kingston K&P route already in use at Orser Road (little parking), passes Murton Station (some parking) and a blue loop to Scanlan Road (some parking), descends into the valley of Millhaven Creek, crosses the creek on a new bridge, then ascends the escarpment formed by the Rideau Lake–Canoe Lake fault through lovely rock cuts, joining the Cataraqui Trail at the top of the escarpment. Here a 1.5-km blue loop leads west to Harrowsmith parking. The RT goes east along the escarpment, crossing Harrowsmith Road on an old railway overpass and passing escarpment steps and a bench, then descends to above the base of the fault on a curved railroad embankment. The trail then goes through a wooded area into Sydenham, passing the backyards of many trail supporters along the way.

The Kingston Club is particularly grateful to the landowners from Orser Road to Sydenham along the now-abandoned route for their cooperation and kindness in supporting the RTA all these years. We are rerouting to provide a better trail experience but not without sorrow that our association with these landowners for 41 years along the old route must end.



Rock cut on K&P Trail before the resurfacing. *Photo of the backs of Robert Hough and John Cornish by Jane Hough.*



Founding RTA member Doug Knapp tests new bridge. *Photo by Don Coulter.*

It's Membership Renewal Time!

Annual memberships in the RTA expire March 31. Please help us cut costs by renewing early using the form on the back of this newsletter or the Web version (<http://rideautrail.org/onlineorderform.html>).

Welcome, New Members!

Central Club

Jim Albert
Anna Cornel

Kingston Club

Maria Castro
Catherine Culhane
Beatrix & Helga Mueller

Ottawa Club

Kelly Fretts
Elizabeth Gluckstal
Bernie Gorski
Elizabeth Pattey & John Przybytek
Jo Saunders
Pauline Daling & Dick Stewart
Helen Vlasblom
Bruce Watts

Mark your calendars!

June 15, 2013
RTA 42nd AGM

Baldachin Inn Ballroom
Merrickville
Details in spring newsletter

Special Thanks to Our Recent Donors!

Doug Hayes
John & Alina MacFarlane
Elinor Gill Ratcliffe, C.M., O.N.L.,
LLD (hc)

HIGHLIGHTS OF OCTOBER 2012 RTA BOARD MEETING

by Louise Osborn, Vice President

At McMartin House in Perth, President Robert Groves called the meeting to order at 9:30 October 30.

President's Report: Robert took the recent Hike Leader Training Course and is leading his first hike with his wife, Marianne, November 24 on Foley Mountain. He will have completed the Wilderness First Aid Course November 10 and so will be

ready for anything! Robert attended the Hike Ontario board meeting in Erin, Ontario (80 km NW of Toronto) and will attend the summit in Kitchener in November. Next year Dorothy Hudson and Louise Osborn will share the Hike Ontario meetings. Our thanks go out to David Armitage, who took on this responsibility last year. These meetings are of value in promoting the Rideau Trail in the Ontario hiking community, and eventually we may be able to benefit from joint projects and problem-solving. Robert extended the Recruit 3 Members Challenge! What do you love about the Trail? Take pictures. Sell the RT to younger hikers. If you are a hike leader, consider talking to an outdoor education teacher at a high school near the trail and organize a hike. Give memberships as Christmas gifts! If everyone does a little something, we could begin to turn this ship around.

Finances: We are approaching our year-end, and although we are still in good fiscal shape, Treasurer Joy Webster reported that membership revenue is way down (hence Robert's challenge). We had several donations, including a particularly generous one of \$2500 from a life member who wishes to remain anonymous. Thank you, oh philanthropic ones! Thank you too, Joy, for your diligence in looking after our finances.

Membership: Director Sheila Menard reported that our membership numbers are the lowest they have been in over 10 years (she has no reliable data from before 2001) and down significantly from last year. Further, 26% of last year's members did not renew beyond April 2012. So all we can say is Help Preserve the Legacy! Renew your membership now using the form on the back of the newsletter or the Web version (<http://rideautrail.org/onlineorderform.html>); online you can pay on the spot! Thank you, Sheila, for keeping track of everything.

Trail Maintenance: Lars Thompson presented David Armitage's draft of the updated version of the Trail Maintenance Handbook, originally written by Doug Knapp in 1981 and still very relevant today. Board members will submit their comments to David for the final update. Our hope is to get the handbook up on our Web site. Thank you very much, David, for your efforts keeping our trails navigable. You're the best! There was some discussion about how to make trail reroutes more visible. John Cornish will look into purchasing signs saying "Trail Rerouted", with a space for an orange blaze. Thanks, John, for your great idea and for taking this on.

Newsletter: Ann Bolster (winter and summer editor) reports that all is well with the newsletter: we always have enough material, and the greater advertising revenue of late allows us to publish a bit more than in the past. Thank you, Ann and John Cornish (spring and fall editor), for such great work: our newsletters are always interesting and so well put together. And no, Ann, you can't edit this out!

Marketing and Communications: The director's job description has been finalized, and Robert will approach Algonquin College to recruit 1 or more students to do some relevant items as part of a term project or as part of a co-op placement. Stay tuned!

Ottawa Club Highlights: Elizabeth Mason reported that Tom Friesen led an excellent Hike Ontario Hike Leader Training Course in September and that the noncertification Wilderness First Aid Course in November, run jointly with the Ottawa Ramblers Club and led by Jill Baxter of Canadian Wilderness Medical Training, filled quickly. Next April Ottawa is offering an Introduction to Hiking course for new members that the Club hopes will bring new members into the RTA. Way to go, Ottawa! Now, about those

slippery boardwalks on the blue trails. The NCC will purchase the screening, and Ottawa Club will furnish the labour to wrap each individual board so we don't go for a header while walking on them! Thank you, Ottawa. Finally, June 15, 2013 is the date for the RTA AGM, in the Ballroom at the Baldachin Inn in Merrickville. Get the date into your calendars now!

Central Club Highlights: Dorothy Hudson reported the great news that Central has a new Vice Chair, Gill Hyland. Thank you, Gill, for stepping up to the plate. Central is rebuilding and certainly needs your help. The position of Trail Maintenance Coordinator is still vacant, and in December the Publicity Coordinator will step down. Care to join the team? Contact Dorothy, Central's Chair (dhudson9@cogeco.ca). Central now has 2 additional hike leaders, and another is preparing to become an instructor in "Train-the-Leader", thanks to Ottawa Club's Hike Leader course. Central's trails are free and clear, and we welcome you to come out and hike with us! Twenty-two members showed up for our Thanksgiving social and dinner, and more events are planned.

Kingston Club Highlights: Don Coulter reported, via Lars Thompson, that the Foley Mountain plaque has been taken down because of a reroute, and it seems the drills were no match for the rock. We probably shouldn't take it for "granite" that regular drills would work in — well — granite (Groan!). A reroute back to the original trail is in the works to enable us to see said commemorative plaque. Thank you, Stan Huff and crew! Kingston is using Web-based

scheduling to plan hikes and is having great success. In 2013 the focus will be on an E2E (that's End-to-End for us newbies). Kingston proposes that each club run the full E2E once every 3 years. That way there will be lots of opportunity for members to earn their badges. I can't wait! There has been a fabulous reroute involving the K&P Trail, with a bridge over Millhaven Creek. Thank you very much to Routes and Negotiations coordinator Susan Irving and her team.

RTA Executive Handbook: Louise Osborn delivered the final version of the new and improved handbook, which has been changed in both structure and content. Thanks to PJ, our fantastic Webmaster, we have a (mostly complete) online version, accessible to the Board. Thank you very much, PJ, for your talent and diligence. Has anyone told you yet today that you're great?

Policy Review Regarding Children and Pets: Our policy is now that hikers under the age of 18 are welcome when accompanied by an adult RTA member who can sign the waiver on the young hiker's behalf, provided the young hiker has the ability to do the hike. When in doubt, please discuss with the leader in advance. Ultimately, as with all hikes, it will be the leader's decision. Dogs and pets (with the exception of service pets) continue to be prohibited on the Rideau Trail because of park regulations and our promise to the landowners who generously permit us to hike on their land. Thanks go out to Don Coulter, Graham Creedy and Ernie Trischuk for their work on the policy review committee. Our Board's practice of forming a

committee to do policy review work and submit a proposal to the board for approval is still in its infancy but is proving to be a much more effective use of time and resources.

Membership Dues: The Board decided, after comparison with other clubs in Ontario and discussion, to increase the cost of a household membership and to offer discounted individual and household 2-year memberships. Please see the form on the back of the newsletter. The 2-year membership is a trial, to be reviewed next year. Support the RTA legacy and renew now!

Printing of Maps: The City of Kingston continues to delay granting approval for the 11-km extension of the RT from Elevator Bay to City Hall. We will go ahead with printing and show this portion of the trail as "tentative" until it is approved and marked. Thank you so much, Elizabeth, for your diligence in seeing this long and arduous project through to its completion!

Business Cards: Louise Osborn distributed "Come Hike With Us" business cards to members of the Board, with extras to Club Chairs for their hike leaders, who are our ambassadors on the Trail. The cards' purpose is to promote the RTA to nonmembers who come out for a hike and to those we meet on the Trail — or anywhere else, for that matter. Central Club does not have a dedicated phone number and so is listed with the 2 other clubs because of its proximity to both. Thanks again to Audrey Stewart for the suggestion!

Next Board meeting: January 19, 2013.

Congratulations, Bruce, on Your Successful OktoberQuest!

On November 2, new RTA member Bruce Watts completed his 326.5-km solo end-to-end of the Rideau Trail. Each night he uploaded an edited video diary to YouTube, Facebook, Twitter and campology.ca. Watch the Trail as it unfolded to Bruce on his 13-day journey, "without getting wet, cold, dirty, hungry or blistered", as he says.

CHRIS HEAP HONoured AT WEDNESDAY WALKERS CELEBRATION

by Tony Barnes

The 28th Anniversary of the Ottawa-area Wednesday Walkers took place on a beautiful cool fall day in Gatineau Park. Fifty hikers in 4 groups set out from P7, P11, Kelly Road and Etienne Brulé and converged on Keogan cabin for a noon rendezvous. Two tables were completely covered with goodies, and the cabin was filled to overflowing with noise and camaraderie.

After the food, everyone assembled outside for the traditional group photographs, and Denise Hall presented Chris Heap with his RTA Outstanding Service Award. [You can read Denise's tribute, given

at the AGM, in the fall newsletter, on page 3. Chris was off on a hiking trip in England at the time of the AGM. — Ed.]

The treks back to the cars were somewhat slower than the hikes in, mostly because of excessive consumption of chocolate squares!



Chris Heap. Photo by Tony Barnes.

ADOPT A ROADWAY

by Denise Hall

On Saturday, October 13 a dozen volunteers from the Ottawa Club met to clean up a 5.5-km stretch of roadside along Rogers Stevens Drive, a highway that provides access to the Rideau Trail as it runs through the Marlborough Forest. Brian LaDuke got the day organized and took the lead in this endeavour.

The 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 think it is an excellent opportunity

for us to show our commitment to a clean and green environment by helping to remove roadside litter. It is also a great opportunity to get outside, walk a few kilometres and give back to the community. Another benefit is publicity for the RTA through the Adopt a Roadway signs.

We were lucky with the weather and had 3 new RTA members join us. Most of us met at the Marlborough Pub and Eatery in North Gower after our work for some well-deserved food and drink. Thanks to all of you who helped. We were especially appreciative of new members Mike and Shirley Beaudin, who provided their truck to transport all the rubbish to a spot for the City to pick up.

Please consider helping out in future. The RTA runs the clean-up twice a year, in spring and fall.

OTTAWA SUMMER SOCIAL

by Maureen Dawson

On July 20 John Haley and Johanne Leveille hosted a potluck and social on behalf of the Ottawa Club. Some 25 guests brought favourite dishes, and everyone enjoyed the resulting gourmet feast!

John and Johanne's beautiful and spacious home provided a comfortable venue for our members to socialize and hear about the couple's hiking in Wales. Members were also delighted to learn about the New Zealand trip of Bruce Brenot and Donna Shields.

Temporary Closure on the Rideau Trail

In addition to the west side of the Lime Kiln blue loop, the National Capital Commission has closed access to a section of the Rideau Trail owing to safety concerns. It appears that members of the public were using the RT to access the fire area and getting in the way of heavy equipment working to restore the trail.

Until further notice the RT will be closed from parking lot P6 (18C on Map 18) to where it rejoins Richmond Road (18A on Map 18). It is expected that the closure will last till the end of 2012. The trail will not be rerouted with signs. End-to-end hikers are advised to follow along Richmond Road.

THE RICHMOND CONNECTIONS

by Elizabeth Mason

Richmond Road, the town of Richmond and Richmond Landing, just west of Parliament Hill and east of the Mill Street Brew Pub in Ottawa, are linked by a common history.

Great Britain sent troops to fight the war of 1812–1814 against the United States. When the war was over, there was a glut of disbanded soldiers in Canada, and there were no jobs for them at home in Britain. Also, Britain wanted loyal subjects and a military presence in Canada in case there were further problems with our southern neighbour. And so the soldiers were encouraged to remain in Canada with free land grants.

While disbanded soldiers waited in Quebec City, they saw the arrival of the new Governor General of Canada, Charles Lennox, Duke of Richmond. By 1818 some of the soldiers left Quebec City and arrived at Richmond Landing, named for the Duke. There they began to cut a road to their future settlement. When they reached the Fallowfield area, they found that the Jock River provided easy water access, so initially the last 3 mi to the Richmond settlement was by water.



The new Rideau Trail plaque at Richmond Landing. *Photo courtesy of the National Capital Commission.*

The next year, 1819, the Duke decided to visit military settlements in the Canadas. He visited Perth, another military settlement, and then continued on to Richmond. At this point the effects of a rabies bite received some time earlier became apparent. He died soon after leaving Richmond. A monument at the

corner of Richmond Road and Steeple Hill Crescent commemorates his untimely death.

Last year the National Capital Commission started work on a naval monument at Richmond Landing. During the work the Rideau Trail's bronze plaque was damaged. In replacing the plaque the NCC allowed the RTA to improve and update the wording. The new plaque reads as follows:

From here at Richmond Landing, disbanded soldiers from the War of 1812 and other pioneers traveled inland to settle in and around the present town of Richmond. Today the Rideau Trail passes by Richmond Landing as it winds its way for over 300 kilometres to Kingston following hiking trails, footpaths and back roads.

The Trail, completed in 1971, is maintained by the Rideau Trail Association. It is open to all who wish to enjoy walking, skiing or snowshoeing any part of it. The route is marked by orange triangles.

Thanks go to John Curry, who outlined the history of Richmond at the 2011 Ottawa Club AGM. From the history we learned at that time, we were able to improve the wording on our plaque.

Participants' Responsibilities

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

Hiking/Snowshoeing Levels of Difficulty

Level 1: Well-defined trails; gentle inclines.

Level 2: Generally on trail. May be hilly, with light bushwhacking, rough spots or obstacles.

Level 3: Rough terrain. One or more of extensive bush-whacking, steep sections, long climbs and descents, rock climbing and obstacles. Level 2 experience and **high level of fitness essential.**

Cross-Country Skiing Levels of Difficulty

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

Level 1: Easy. Small hills; wide trails.

Level 2: Intermediate. Narrower, steeper trails.

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

CAR SHUTTLES

by John Haley

Hikes with different start and end points generally require shuttles before and/or after the hikes. This applies to most hikes on the Rideau Trail. Car shuttles need not deter leaders from such hikes: they can be comfortably managed. This article describes how.

The Table shows how many hikers are accommodated by various numbers of cars for each of 3 types of shuttle, assuming that for the shuttle each car can carry up to 5 hikers (all numbers include the drivers). There will be fewer hikers per car driving to and from the hike and shuttle area. Ontario law restricts the capacity of cars to the number of seats and seat belts.

Number of Cars	D = 1				D = 2					Shuttle Type
	2	3	4	5	6	7	8	9	10	
(Adjusted) Number of Hikers	2-5	6-10	11-15	16-20	-	21-25	26-30	31-35	36-40	I
	2-8	9-12	13-16	17-20	21-24	25-28	29-32	33-36	37-40	II
	2-5	-	6-10	-	11-15	-	16-20	-	21-25	III

Shuttle Type I has 2 variants: Type Ia is usually better when the end of the hike is closer to home than the start; otherwise Type Ib is generally better. Type II enables 1 less car to be used in some cases (for 6-8, 11-12, 16 etc. hikers) but otherwise is inferior to Type I. Type III reduces the shuttling time but, except for small hiking groups, requires more cars.

For a Type Ia shuttle, all cars go to the end of the hike, and 1 or 2 (D) cars are left there. All hikers go in the other cars to the start of the hike and hike to the end. All of the drivers go in the D cars back to the start, drive their cars to the end, and then return home with their passengers.

For a Type Ib shuttle, all cars go to the start of the hike, then all drivers go without any passengers to the end of the hike and return to the start in D cars. After the hike all hikers go back to the start in the cars, and all drivers return home with their passengers.

For a Type II shuttle, all cars go to the start of the hike, then all drivers go without any passengers to the end of the hike and return to the start in D cars, as for a Type Ib shuttle. After the hike the drivers of the D cars are driven in another car to the start to collect their cars, and these D + 1 cars are driven to the end. All drivers return home with their passengers.

With Type Ib and Type II shuttles the leader may be able to allow some drivers and their passengers to return home immediately at the end of the hike, without waiting for the car shuttles to be completed.

For a Type III shuttle, all cars go to the end of the hike, then all hikers go in half of the cars to the start of the hike, hike to the end, and return to the start in the other half of the cars. Then all drivers return home with their passengers.

If one or more cars can carry more or fewer than 5 hikers, then for Type I and Type II shuttles the actual number of hikers is replaced by an adjusted number. For each such car, add 5 to the number of hikers and subtract the number of hikers that the car can carry. Use the bigger car(s) for carrying the hikers during the shuttle. For Type III shuttles see the example.

Examples for a group of 22 hikers

From the Table, 22 hikers require 7 (5-seat) cars for a Type I shuttle, 6 cars for a Type II shuttle and 10 cars for a Type III shuttle. In each case D = 2.

Type Ia: The 22 hikers first go in 7 cars to the end of the hike, and 2 cars are left there. The 22 hikers go in the other 5 cars to the start and hike to the end. The 7 drivers go back to the start in the 2 cars, return in the 7 cars and then go home with their passengers.

Type Ib: The 22 hikers go in 7 cars to the start, and the 7 drivers take their cars to the end, then return to the start in 2 cars, leaving the other 5 at the end. The 22 hikers hike to the end, return to the start in the 5 cars, then return home in all 7 cars. Optionally, up to 3 drivers and their passengers may be able to return home directly from the end of the hike, without returning to the start.

Type II: The 22 hikers go in 6 cars to the start. The drivers take the 6 cars to the end and return to the start in 2 cars. All hike to the end. The drivers of the 2 cars left at the start return there with the driver of a third car, then these 3 drivers return to the end and head home with their passengers. Meanwhile the hikers in the other 3 cars have already headed home.

Type III: The 22 hikers go in 10 cars to the end, where 5 cars are left. The hikers go to the start in the other 5 cars, hike to the end and return to the start in the 5 cars left at the end. All head home in the 10 cars.

Using a 7-seat van in the shuttle

The adjusted number of hikers is $22 + 5 - 7 = 20$, for which the table shows that only 5 vehicles are needed for Type I and II shuttles. $D = 1$. The van carries 7 hikers from the end point to the start before the hike for Type Ia and after the hike for Type Ib.

For a Type III shuttle the table shows that 10 cars are needed. Each “half” of the cars must be able to carry all 22 hikers. The van can replace 2 of the cars. Thus the van and 3 cars constitute one half of the cars, and the other 5 cars constitute the other half.

The table can be extended for more hikers and cars, shuttles can be modified by adding a rendezvous different from the start and end points, and many other variations are possible, especially for small numbers of hikers.

BEAVERS AND THEIR DAMS IN GATINEAU PARK

by Bill McGee

The article “Tale of the Beaver in Gatineau Park”, by Haldane Cram, in the 1957-58 *Ottawa Ski Club Year Book* (page 51) (<http://www.gvhs.ca/digital/gatineau-park/osc/1957-1958-year-book.pdf>) says that in 1938, when Gatineau Park was started, the park contained no beavers. They had all been trapped long before. The park superintendent of the day decided that beaver ponds were needed to supply water to fight fires, and pairs of beavers were introduced in 1940 to Fortune Lake (2 pairs) and in 1941 to Black Lake (1 pair), Clear Lake (2 pairs), Lusk Lake (2 pairs) and Lac Charette (2 pairs).

But an article on page 23 of the *Ottawa Ski Club Year Book* for 1943-1944, “The Beaver at Lake Fortune”

(<http://www.gvhs.ca/digital/gatineau-park/osc/1943-1944-year-book.pdf>), shows that skiers were unhappy with the condition of Fortune Lake after the beavers came, since passage was now difficult. By the mid-1950s the Federal District Commission (ancestor of the National Capital Commission) had also wearied of too many beavers and started a trapping program.

If a beaver finds a constriction of a stream, it seems to pick this as an ideal spot for a dam, since much of the work has already been done. An easily accessible example is the dam right at the bridge over Meech Creek on trail 50, down the hill from P16. The dam only slows the water, which continues to trickle through the dam while creating a head of water.

Since the beaver seems to have an urge to dam audibly moving water with branches from cut-down trees and to feed from the bark and twigs of cut-down trees, it is next to impossible, I am told, for people to remove a dam by destroying it, since it will be rapidly rebuilt.

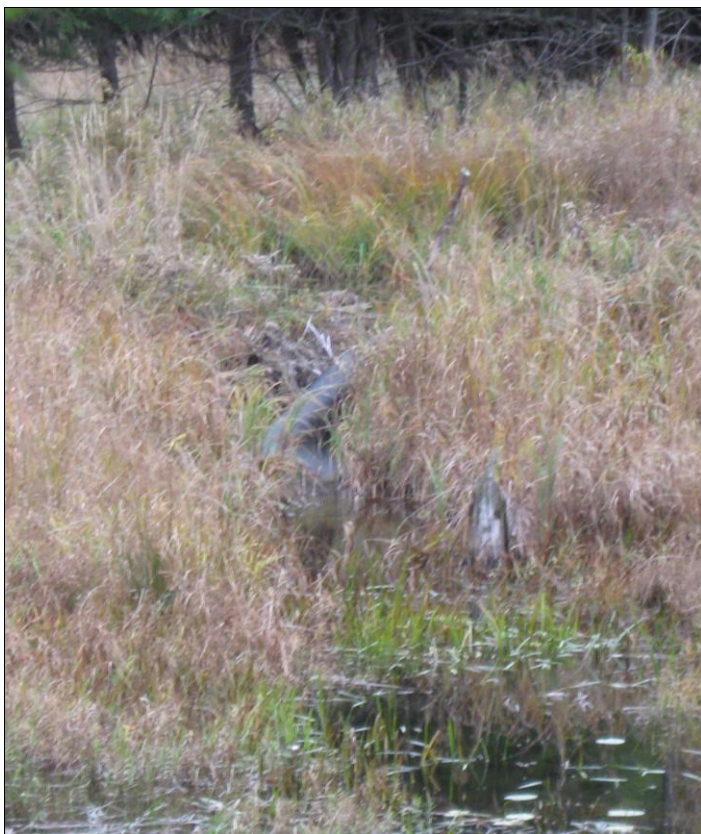
Although beaver dams are useful at times for the hiker and create ponds for back-country skiers, when they break because of unusually heavy rains the sudden rush of water takes out all before it. A striking example is on the old trail into Ben Lake (<http://www.rideautrail.org/photos/v/dscn4006.jpg/15-23jun10/tdp06944.jpg.html>), south of Camp Gatineau. And it may be that the heavy rains of late June 2011 broke dams on creeks leading to Chelsea Creek, washing out the Gatineau Parkway just east of P8 on Meech Lake Road.



Damage from broken dam on the trail between Camp Gatineau and Ben Lake. *Photo by Tony Barnes.*



Outflow at dam on Alexander's trail on the way to the waterfall.
Photo by Bill McGee.



Input to device on Alexander's trail. Since the input is about 30 m away, the noise of the inflow is not connected with the dam.
Photo by Bill McGee.

Similar washouts occurred from the outflow of Lac Renaud on trail 50 near Lac Philippe. A dramatic view of the effect of dams is at Carman Lake: the lake has risen and flooded former roads and cottage sites.

After about 1980 the NCC determined that trapping was not effective and modified many of the beaver dams in Gatineau Park to control water flow. One approach is to place a fence upstream from a natural dam location, such as a culvert; the beaver then builds a dam against the fence, leaving the culvert alone. But an approach that controls the level of the upstream water is more effective. A flexible pipe about 20 or 30 cm in diameter is placed with the upper inlet at the desired height, well before the natural dam location, and the inlet is often protected with a fence. The flexible pipe may even be placed under the beaver dam. About 200 of these devices were devised and installed in Gatineau Park by Michel LeClair (<http://www.eco-odysee.ca/quinousommes2.html>), and their success in curbing beaver dams has led to similar applications around the world.

One particularly elaborate arrangement is on the ponds near the old Alexander's ski trail on the way to the waterfall, above some cottages on Meech Lake. The water flows out of a drain about 20 cm in diameter at the dam. Since the input to the tube is about 30 m away, the noise of the inflow is not associated with the dam. This input is not fenced off.

These devices operate on the basis of the observation that if a beaver sees the water level drop, it tries to bring branches to the location of the departing water, which it identifies by its sound. No sound, no attempt at damming.

The only difficulty with these devices is that they require annual or semiannual maintenance, even if the beavers have departed!

Oddly enough, the introduction of these devices has not resulted in a large increase in the beaver population of Gatineau Park, which has stabilized at about 400 colonies, or 2000 beavers in all (<http://www.canadascapital.gc.ca/sites/default/files/pubs/Beavers-On-The-Capitals-Doorstep.pdf>).

The next time that you hike across a beaver dam, or ski across a beaver pond, imagine life in the Park without the beaver.

CAMPBELLFORD FALL B&B TRIP

by Elisabeth Gray

The 2012 Midweek Fall B&B Hiking Trip, organized by Bob Chadwick, was to Campbellford and area in the **Trent-Severn Waterway**. The 16 hikers were mostly from Kingston but also from Ottawa, Perth and Peterborough.

We met for coffee in Campbellford and proceeded to **Ferris Provincial Park**, where we hiked across the Ranney Falls suspension bridge and around the River Gorge Trail, then stopped for a picnic lunch. We continued around the Drumlin Trail System, cutting the hike short in order to check into our respective B&Bs for 4 pm. The leaves were beautiful and the weather was sunny and warm for our level 1 and 2 hikes. We gathered at 6 pm for a glass of wine and then sat down to a pleasant 3-course meal at Emilyville Inn (my prime rib was wonderful).

Next morning after breakfast we headed to **Warkworth Conservation Area**, where we hiked along the picturesque streamside level 1 Millennium Trail. Although the weather was dull and damp, we were not daunted since the downpour came while we were driving to **Goodrich Loomis Park**. We snacked under shelter when the clouds threatened and then hiked the Junior Loop, Pine Loop, Beaver Trail and Esker Trail, all level 1 or 2 along grassland, beside a small stream. When heavier rain came, we picnicked in a shelter. Some of us returned early to shop in

Warkworth, while others hiked in **Seymour Conservation Area**. The sun appeared and the hike continued through woods with glorious foliage. On the way back we returned to Ranney Falls, where we examined a chimney designed for swifts. We had arranged to meet for Happy Hour at the main B&B before walking the short distance to Capers for our second 3-course dinner (my Arctic char was yummy).

At breakfast the next morning our hostess told us about **Old Mill Park** across the road (the mill had been flooded to facilitate construction of the canal) with its statue of a Toonie, designed by local artist Brent Townsend. The statue is 8.2 m (27 ft) high! The town later won the competition "Name Our Polar Bear", organized by the Royal Canadian Mint, calling the bear Churchill. Campbellford was then declared the **Official Home of the Two Dollar Coin**. At 10 am we all met at the **World's Finest Chocolate Factory** outlet store, where we stocked up with bargains for Halloween and Christmas. We carried on to **Healey Falls and Dam**, where we saw Lock 13, which has a lift of 7.3 m; the lock is 9.7 m wide and 46.0 m long. After a lunch stop at Tim Horton's, some of us left for home and others opted to visit the **Sager Conservation Area** near Stirling. We climbed to the top of a substantial drumlin featuring a tall lookout tower. The view from the top was phenomenal: we could see the beautiful areas of the Trent Hills and valleys we had visited over the past 3 days.

A big thank you, Bob, for another wonderful trip.



Setting out at Ferris Provincial Park. Many readers may recognize David Spector, now living in Peterborough, who used to organize and lead adventurous out-of-town hiking trips for Ottawa hikers. *Photo by Linda Dalrymple.*



NEW FOUND LANDSCAPE

by Bruce Henderson

Night into morning rushed the wind.
Strange dry storm.
Hikers leaned along a tree-strewn shore,
Saw stinging gusts carve slices from the pond.
Atlantic weather plays rough.

Delinquent teen with ADD.
The gale got bored and left
So suddenly.
We hiked that sunny, shirt-sleeved day
By boisterous bays
Where white, saucy sea-shakes
Showed nature's pot was stirred.

One day's hike to go.
Just 14 k, then home to tell our tales.
Expecting the forests of Avalon,
We find the unfamiliar.
Great groves bashed by windy fists,
Piles of broken trees beneath an open sky,
Giant pick-up-sticks
Did more than block the path.

There was no path.

Here no Cabot Tower to point us on.
No slackers today, either,
As each in turn imagined a new trail,
Skirted, scratched, slithered, crawled, broke through;
Had to wait so none would lose the way.

I know. I know. Shiver me timbers.
But THAT was a blow.



Relative calm before Post-tropical Storm (earlier known as Hurricane) Leslie reached our hikers on the East Coast Trail. That's Audrey Stewart posing. *Photos by Sheila Parry.*



Hiking a difficult trail just became more challenging for our poet laureate. *Photo by Sheila Parry.*



THE DAY I SPOTTED DEER AND ?

by Eric Staflund

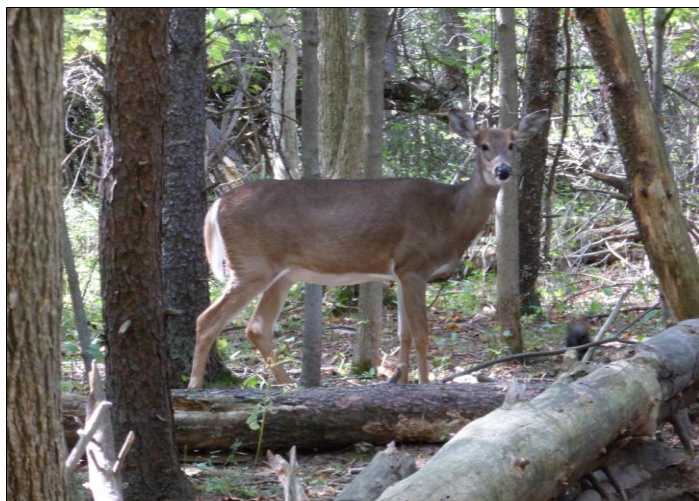
On Saturday, September 29, I walked to the Old Quarry Trail parking lot in Kanata and met some RTA members for a hike. We walked around the loop without seeing any deer. Almost at the end of the hike I stood and looked at the map posted on the board as the others left with their cars.

I decided to walk back to re-enter the trail and found a very narrow path off the main trail. A few people were standing there, and I spotted a deer walking slowly around the forest. A bit later another deer came along, and then many other smaller creatures walked towards a wooden tray of feed (seeds and apples). Enjoy my photos!

When I left by city bus I saw quite a few more deer on the grassland as I returned home.

Can anyone tell for sure what the birds are? Grouse? Turkey vultures? Something else?

[Letters to the Editor identifying the long-legged birds are most welcome. — Ed.]



CENTRAL CLUB ACTIVITIES — WINTER 2012-2013

Unless otherwise specified, the meeting time for hikes is 10 am and the meeting place is Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore) southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th side street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. The gas cost is a suggested voluntary contribution when carpooling; fees for parking and entry to parks and conservation areas are shared among the driver and passengers. For all winter hikes, icers or crampons may be necessary if snowshoes are not used. Please read Participants' Responsibilities (page 7). If you are in doubt regarding any aspect of the planned activity, call the leader or the club hotline, 613-264-8338.

MIDWEEK ACTIVITIES

Wednesday-Morning Wanderers. Level 1, moderate-paced hike or snowshoe. Meeting 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

*These hikes count towards a Central Club End-to-End badge or an RTA Winter End-to-End badge. Keep a log to submit when requesting your badge from the Central Club or RTA Secretary, respectively.

This year's **Winter End-to-End Series** will take place January 12, 13, 26 and 27 and February 9, 10, 22, 23 and 24; the start point is the trailhead on King Street West in Kingston. Participants must expect to travel at least 10 km and be on the Rideau Trail at least 5 hours in variable winter conditions. Skiers are welcome but must provide their own transportation. Most departures are at 8:30 am. For further information, including starting locations, contact the leader, Bill Murdoch (613-767-4858).

Saturday, December 1 Skycroft Area

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

for dinner at Michael's Table (110 Gore St. E). Please call the leaders 1 week before the hike to confirm a place for dinner. Meet at 11:30 am. Gas \$3. Leaders: Dave and Pat Batchelor, 613-264-1559 (dlhbatchelor@cogeco.ca)

Sunday, December 9 Manitou Mountain Trail, Calabogie

Level 2, moderate pace, 9 km. Hike through picturesque pine forests to enjoy wilderness scenery and spectacular mountain vistas. Meet at 9 am. Gas \$5. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

***Sunday, January 5 Lally Homestead to Narrows Lock Road**

Level 2, moderate pace, 12 km. Snowshoe or hike. Gas \$4. Leader: Dave Miller, 613-449-7459 (davesshack@gmail.com)

Saturday, December 15 Narrows Lock to Miners Point Road

Level 2, moderate pace, 11 km. Hike the Rideau Trail on our pre-Christmas outing and work up an appetite

It's Membership Renewal Time!

Please renew today. You can use either the form on the back of this newsletter or the Web version: <http://rideautrail.org/onlineorderform.html>

***Sunday, January 13 Narrows Lock Road to Otty Lake Side Road**

Level 2, moderate pace, 12 km. Gas \$4. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

***Saturday, January 19 Otty Lake Side Road to Rathwell Road**

Level 1, moderate pace, 11 km. Snowshoe or hike. Gas \$4. Leaders: Howard and Mary Robinson, 613-256-0817 (hmrob@storm.ca)

**Hike Leaders' Meeting
Tuesday, January 22**

7 pm at the Batchelors, 13 Treelawn Blvd.,
Perth. Dessert will be served!

***Sunday, January 27 Rathwell Road to Port Elmsley**

Level 1, moderate pace, 12 km. Snowshoe or hike. Gas \$4. Leaders: Dave and Pat Batchelor, 613-264-1559 (dlhbatchelor@cogeco.ca)

Saturday, February 2 Round Lake Loop Cross-Country Skiing

Level 2, moderate pace, 9 km. Gas \$3. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

***Saturday, February 9 Port Elmsley to Smiths Falls**

Level 1, moderate pace, 11 km. Snowshoe or hike. Finish at Smiths Falls Railway Museum with hot cider and winter carnival activities. Gas \$4. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

***Sunday, February 17 Smiths Falls to Rosedale Road**

Level 1, moderate pace, 12 km. Gas \$4. Leader: Susan Samila, 613-264-1196 (ssamila@storm.ca)

Saturday, February 23 Mill Pond Conservation Area

Level 2, moderate pace, 8 km. Cross-country skiing or snowshoeing. Gas \$3. Leader: Yvonne Kennedy, 613-267-9817 (yvnkennedy@gmail.com)

Saturday, March 2 Foley Mountain

Level 2, moderate pace, 8 km. Snowshoe or hike. Gas \$4. Leaders: Howard and Mary Robinson, 613-256-0817 (hmrob@storm.ca)

Sunday, March 10 Charleston Lake Provincial Park

Level 2, moderate pace, 8-10 km. Gas \$6. Leader: Sabine Jaekel, 613-267-5390 (jaekelsabine@yahoo.ca)

Sunday, March 17 Point Trail, Murphy's Point Provincial Park

Level 1, moderate pace, 9 km. Gas \$3. Leader: Susan Samila, 613-264-1196 (ssamila@storm.ca)

Sunday, March 24 Trans Canada Trail: Sharbot Lake towards Mt. Grove

Level 1, moderate pace, 12-14 km. 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 (Board Rep.): Gill Hyland
Secretary: Don Sherwin
Treasurer: Joy Webster
Trail Maintenance: Bruce Gourley (acting)
Routes and Negotiations: Bruce Gourley
Activities: vacant
Publicity: Janet Osborne
Social Convenor: John Miller
Director-at-Large: Veronica Airth

RTA DONATIONS

Consider a donation to the Rideau Trail Association or the Rideau Trail Preservation Fund to celebrate those important events (Christmas, 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 or more. Now you can donate online at <http://rideautrail.org/onlineorderform.html> or use the form on the back cover of this newsletter.

OTTAWA CLUB ACTIVITIES — WINTER 2012-2013

Scheduled activities usually take place regardless of weather, but if conditions are questionable, contact the leader in advance. Arrive at least 10 minutes before 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. For all cross-country skiing in Gatineau Park, the regular fee applies.

Level 1 activities are easy, level 2 intermediate and level 3 advanced, requiring experience and a *high level of fitness*. For details, read Participants' Responsibilities (page 7). If you are still unsure whether a particular outing is suited to your ability, contact the leader in advance.

Keep handy the Gatineau Park emergency phone number: 613-239-5353

Leaders: Blank activity sign-up sheets and incident reports are available on the RTA Web site (www.rideautrail.org) or from Ethel Archard (613-592-7733; ethel.archard@sympatico.ca). Please forward completed sign-up sheets to Ethel Archard, 11 Selye Crescent, Kanata ON K2K 1C8.

Look for More Activities in the Monthly e-Letter

Additional activities may be announced in the monthly e-letter and will appear on the Web site. RTA members who do not currently receive the e-letter should send their e-mail address to membership@rideautrail.org. If you do not have Internet access, arrange to keep updated through a friend or relative or a buddy in the RTA.

MIDWEEK ACTIVITIES

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

Wednesday-afternoon Skiing (January 16 and 23, February 20 and 27): Level 1 and 2. Two-hour ski in Gatineau Park. Snowshoe or hike if conditions are poor. Meet around noon downtown or at the park Visitors' Centre. Phone before the date for meeting place and time. Leader: Elizabeth Mason, 613-729-6596

Tuesday, December 11 Celebrate the Season! Christmas Lights Walk: Meet at inside door of National Library and Archives, 395 Wellington St., Ottawa, at 6 pm. After the walk the group will head to a pub for some Christmas cheer. Contact: Maureen Dawson, 613-226-3864 (Maureen.Dawson@rogers.com)

Winter End-to-End Hiking and Skiing

This year's challenge will take place January 12, 13, 26 and 27 and February 9, 10, 22, 23 and 24; the start point is the trailhead on King Street West in Kingston. Participants must expect to travel at least 10 km and be on the Rideau Trail for at least 5 hours in variable winter conditions. Skiers are welcome but must provide their own transportation. Most departures are at 8:30 am. For further information contact Audrey Stewart in Ottawa, 613-722-9641. During an E2E weekend contact Bill Murdoch, 613-767-4858.

Ottawa Club Executive, 2012-2013

Chair: Sheila Parry
Past Chair: Elizabeth Mason
Vice Chair: vacant
Secretary: Diane McComb

Treasurer: Jane Mulvihill
Trail Maintenance: Ron Arsenault
Routes and Negotiations: Jim Fox
Human Resources: Denise Hall

Activities Coordinator: Ethel Archard
Publicity and Media Relations: Rob Weeks
Member at Large: Tony Barnes
Newsletter Editor: Ann Bolster

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 or Snowshoeing: Level 2 or 3 in Gatineau Park. On Saturdays when there is no scheduled level 2 or 3 activity. These hikes may be self-organized; participants are encouraged to come prepared to lead. Arrive at Tunney's Pasture no later than 9:15 am. *These outings are NOT for beginners.* They may be long and challenging and usually last 4 to 5 hours plus a lunch stop. *The dates will be in the e-letter.*

NEW — Small Group Saturday Hikes: Level 2 or 3, usually in Gatineau Park. May be exploratory as well as long and challenging. On some other Saturdays, even when there is a scheduled level 2 or 3 activity. These hikes will be planned to supplement rather than detract from the scheduled activity, so group size will be limited and preregistration required. Details will be sent a few days beforehand to those on the mailing list. If you wish to be on the mailing list or you have an idea for a hike, contact Chris Heap (chrishe@ieee.org; 613-740-9975).

Saturday Skiing: Will there be skiing this week? First, check the schedule. No ski listed? No matter. If it's Saturday, then there *will* be skiing, weather and conditions permitting. As soon as skiing starts, the Saturday Skiers get together each week to enjoy the cross-country trails in Gatineau Park. Participants should possess some skill in climbing and should have some comfort in schussing down the hills. These outings are classified as level 2 or 3. Similar scheduled events take precedence. Otherwise, we meet for a prompt 9:30 departure from Tunney's Pasture. Bring something for lunch by the woodstove. Be ready to suggest a destination or route for us to try, and think snow. For more information, contact Steve Kelly, 613-422-1318 (stkelly@rogers.com).

Saturday, January 5 Snowshoe Behind Bell Arena

Level 1, 6-8 km along NCC trails 28 and 27, starting at P12. Mostly forested terrain; relatively flat with minor hills. Bring a snack. Leave Baseline Park & Ride at 12:30 pm. Gas \$2. Leader: Marilyn Schwartz, 613-828-4488 (marilyn_sch1970@yahoo.ca)

Sunday January 6 Carp Ridge Barren Loop

Level 2 hike or snowshoe, 7.5 km. This loop hike on the Carp Ridge is off Thomas A. Dolan Parkway. The area has lots of open rock in a maze of water features. Expect faint trails, 3-4 km of bushwhacking and beaver dam crossings. Depart from Baseline Park & Ride at 10 am. Bring lunch. Gas \$3. Leader: Bruce Brenot, 613-680-3623 (brenot@rogers.com)

Saturday, January 12 Snowshoe in Gatineau Park

Level 2+, about 10-12 km, from Mountain Road in Hollow Glen area. Lunch at a cabin. Climbing and bushwhacking will be involved. Meet by 9:05 am for a 9:20 departure. Gas \$3. Leader: Denise Hall, 613-843-8222 (rebeccahall@rogers.com)

Saturday, January 12 Nepean Snowshoeing

Level 1, about 8-10 km, 2 to 3 hours. Around Nepean Campground and adjacent Rideau Trail. Lunch back at the cars. Leave Tunney's Pasture at 9:15. Gas \$2. Leader: Na Lin, 613-601-4864 (linnakgh@yahoo.ca)

Saturday & Sunday, January 12 & 13 Winter End-to-End Hiking or Skiing (see page 16)

Saturday, January 19 Snowshoe at Mer Bleue

Level 1, about 6-10 km, depending on conditions. From P20 on trail 50, the Dewberry Trail and possibly trail 51. Depart from Tunney's Pasture at 9:30 am. Leader: Kathryn Fournier, 613-248-0006

Saturday, January 19 Ski in Fitzroy Park

Level 1, 12 km. Cross-country trails in scenic forest and campground. Leave Baseline Park & Ride at 10 am. Trail fee \$5. Gas \$6. *Please contact leader:* Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Reserve This Date! Friday, April 5: Ottawa Club AGM
--

Spectacle Lake Lodge, February 15 to 18 (Family Day Weekend)

Beautiful, pristine location between Barry's Bay and Whitney with usually a lot more snow than in Ottawa. Excellent snowshoeing, on a great variety of trails, right from the doorstep. A very good network of groomed cross-country ski trails is a 30-minute drive away, in Algonquin Park. The cost includes 3 breakfasts and 3 suppers but not taxes and gratuities.

3-night, 4-day stay: \$120 per person per night.

2-night, 3-day stay: \$130 per person per night.

For details visit www.spectaclelakelodge.com. Use a credit card to reserve your cabin or lodge room, but you won't need to pay till the time. Call 1-800-567-4044 and tell them you're with Chris Heap's Rideau Trail group.

Introduction to Hiking Course

Saturday, April 6, 2013 -- *Tell your friends!*

This course is for new hikers and those interested in tips to make hiking safe and enjoyable. Topics include hike planning, preparation, packing, outfitting and on-trail procedures, plus an orientation to hiking with a guided group. The day will wrap up with a short hike to practise your new skills. This course is the Safe Hiker course (www.hikeontario.com/services/safehikingprogram.htm), developed by Hike Ontario and a prerequisite to the Hike Ontario Hike Leader certification course.

Cost: \$50 for RTA members, \$75 for nonmembers (includes a 1-year RTA membership, value \$25)

Watch for details in the e-letter and the spring newsletter.

Saturday & Sunday, January 26 & 27 Winter End-to-End Hiking or Skiing (see page 16)

Saturday, January 26 Marlborough Forest Snowshoe

Level 2, 7.5 km. Rogers Pond plus new side trail. Depart from Fallowfield Park & Ride at 10 am. Gas \$5. Leader: Doug Parsons, 613-723-0726

Sunday, January 27 Ski at Lac Philippe

Level 2, relaxed pace, about 13 km. P19 to Lusk Cabin. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Harrienne Rosenes, 613-232-1661

Saturday, February 2 Gatineau Park Ski

Level 2, relaxed pace, about 10 km. From P12 on

trails to Western for lunch. Trail selection will depend on weather and conditions. Depart at 9:30 from Tunney's Pasture; return by 3 pm. Gas \$4. Leader: Steve Kelly, 613-422-1318 (stkelly@rogers.com)

Saturday, February 9 Gatineau Park Ski

Level 2, 12 km. From P7 on groomed or ungroomed trails to Keogan for lunch. Leave Tunney's at 10 am. Gas \$3. Leader: Elizabeth Mason, 613-729-6596

Saturday & Sunday, February 9 & 10 Winter End-to-End Hiking or Skiing (see page 16)

Saturday, February 16 Gatineau Park Snowshoe

Level 2, moderate pace, about 8 km. Picturesque trails 70 and 71. Lunch at Healey. Leave Tunney's Pasture at 9:30 am. Leader: Kathryn Fournier, 613-248-0006

Friday through Sunday, February 22-24 Winter End-to-End Hiking or Skiing (see page 16)

Saturday, February 23 Marlborough Forest Snowshoe

Level 2, 10 km. Flood Road to Earth Star Trail. Visit abandoned farm with new foot trail home, avoiding bush road. Depart from Fallowfield Park & Ride at 10 am. Gas \$5. Leader: Doug Parsons, 613-723-0726

Saturday, March 2 Kanata Hike or Snowshoe

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

Saturday, March 23 Gatineau Park Snowshoe

Level 2, 8 km. On back trails with some climbing, in a little-travelled area of the park. We will hike if there's no snow. Lunch outdoors. Depart at 10 am from Tunney's Pasture. Gas \$2. Leader: Elizabeth Mason, 613-729-6596

Please renew your RTA membership today! See back of newsletter or <http://rideautrail.org/onlineorderform.html>

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 Shoppe
43 York St., 613-241-8397
369 Richmond Rd., 613-722-0166 (check out their Gear Garage too for great deals: 376 Madison Ave., 613-722-1847)

Trailhead Ottawa
1960 Scott St.,
613-722-4229

KINGSTON CLUB ACTIVITIES — WINTER 2012-2013

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 7). 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.

Winter End-to-End Hiking and Skiing

Join in this exciting winter challenge and adventure led by Bill Murdoch. This year's series, starting in Kingston, takes place **January 12, 13, 26 and 27** and **February 9, 10, 22, 23 and 24**. Participants must expect to travel at least 10 km and be on the Rideau Trail for at least 5 hours in variable winter conditions. Skiers are welcome but must provide their own transportation. See the schedule below for details. Try it for a day!

Saturday, December 1 Rideau Trail from Freeman Road to Salmon Lake Road

Level 2, moderate pace, 15.2 km. A scenic route through Gould Lake Conservation Area. Depart at 8:30 am. Gas \$4. RT Map 04. Leader: Peter Burbidge, 613-634-1877 (peterbur@kingston.net)

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 at 9 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

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 nonalcoholic punch will be provided. Admission \$3 at the door to offset room rental cost. Place: Queen's Women's Association, 144 Albert St. 7 pm. RSVP: Linda Line, 613-531-4353

Sunday, December 9 Kingston Waterfront Stroll

Level 1, slow pace, 6 km. Depart Tim Horton's by the ferry dock at 1:30 pm. Leader: Sandra Muis, 613-542-8224 or 613-484-6110

Wednesday, December 12 Rideau Trail from Trailhead to McIvor Road (2-Tunnel Hike)

Level 1, moderate pace, 10 km. Stop at Tim Horton's. Depart at 9:30 am. Gas \$2. RT Map 01. Leader: Peter Burbidge, 613-634-1877 (peterbur@kingston.net)

Saturday, December 15 Little Cataraqui Conservation Area Hike

Level 1-2, moderate pace, about 8-10 km. Distance to be determined by the participants. Lunch at the Trail Centre. Depart at 10 am. Gas \$2 plus park fee. Leader: Yvonne Hawkins, 613-767-6990

Sunday, December 16 Hike Blue Mountain

Level 2, moderate pace, 9 km. Short and sweet hike to summit and return. Depart at 9 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
Level 1, easy pace, 6 km. Downtown Kingston to City Park etc., ending at Coffee & Company. Meet at Tim Horton's by the ferry dock at 7 pm. Leader: Peter Burbidge, 613-634-1877 (peterbur@kingston.net)

Saturday, December 22 Walk on Historic K&P
Level 1, easy pace, distance dependent on weather. Walk where trains used to run. Depart at 9 am. Gas \$2. RT Map 01. Leader: Pat Casey, 613-385-2356

Sunday, December 30 Frontenac Park, Big Salmon Lake Road

Level 1, slow pace, 8 km. Ski or hike, depending on conditions. From Trail Centre to Big Salmon Lake and return. Option for level 2 outing on corridor trail as well. Enjoy winter scenery and participate in challenge to identify wildlife tracks; free hot chocolate for the winner. Depart at 9 am. Gas \$4 plus park fee. Leader: Elgin Bock, 613-389-4216, or Peter Burbidge, 613-634-1877

Saturday, January 5 K&P Trail, Sydenham Road to Cordukes Road and return

Level 1 (winter walking), moderate pace, 14 km. Route and distance dependent on weather. Gas \$2. Depart at 9 am. Leader: John Cornish, 613-382-4778

Sunday, January 6 Downtown Kingston Walk

Level 1, slow to moderate pace, 14 km. Walk the waterfront trail to Lake Ontario Park and return. Refreshment stop to follow. Depart at 10 am. Gas \$2. RT Map 01. Leader: Yvonne Hawkins, 613-767-6990

Wednesday, January 9 Little Cataraqui Conservation Area

Level 1 or 2, slow or moderate pace, 5 or 10 km. Ski, snowshoe or hike. Your choice. Depart at 9:30 am. Gas \$2 plus park fee. Leader: Peter Burbidge, 613-634-1877 (peterbur@kingston.net)

Saturday, January 12 Winter End-to-End (E2E1)

Meet at Trailhead on King Street West (not downtown as previously advertised). Depart at 8:30 am. Leader: Bill Murdoch, 613-767-4858

Sunday, January 13 Winter End-to-End (E2E2)

Depart at 8:30 am. For starting location contact leader Bill Murdoch, 613-767-4858

Saturday, January 19 Frontenac Park Snowshoe on Bufflehead (Duck) Trail

Level 3, moderate pace, 12 km. Can we find the *Bucephala albeola*? Depart at 9 am. Gas \$4 plus park

fee. Leader: Peter Burbidge, 613-634-1877 (peterbur@kingston.net)

Sunday, January 20 Historical/Military Hike

Level 1, moderate pace, 10-12 km. Hike across the causeway, through historic Barriefield village and onto the Canadian Forces base. Lunch stop on the base. Return via Fort Henry and the Royal Military College. Hike length dependent on weather. Meet at Tim Horton's by the ferry dock to depart at 10 am. Leader: Jenny Ellis, 613-549-6807 (ellisj1@kos.net)

Thursday, January 24 Urban Walk, Downtown Kingston

Level 1, moderate pace, about 6 km. Depart Tim Horton's by the ferry dock at 7 pm. Leader: Sandra Muis, 613-542-8224 or 613-484-6110

Saturday, January 26 Winter End-to-End (E2E3)

Depart at 8:30 am. For starting location contact leader Bill Murdoch, 613-767-4858, or Peter Burbidge, 613-634-1877

Sunday, January 27 Winter End-to-End (E2E4)

Depart at 8:30 am. For starting location contact leader Bill Murdoch, 613-767-4858, or Peter Burbidge, 613-634-1877

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

Space is still available on the bus and at the hotel for this Kingston Club tradition. Registrar: Lars Thompson, 613-389-8747 (thorlarsen@cogeco.ca)

Saturday, February 2 Cataraqui Trail, Curl Road West to Camden East

Level 1, easy pace, about 12 km. Ski, snowshoe or hike, depending on conditions. Depart at 9 am. Gas \$4. Leader: Audrey Sanger, 613-384-6244

Sunday, February 3 Lemoine Point Conservation Area

Level 1, moderate pace, 10 km. Ski, hike or snowshoe. Lots of wildlife to see. Bring lunch. We will be having hot chocolate or coffee at Tim Horton's in the afternoon. Depart at 10 am. Gas \$2. Leader: Stan Huff, 613-548-3003

Thursday, February 7 Downtown Kingston Winter Walk

Level 1, moderate pace, about 6 km. Followed by refreshment stop. Meet at Tim Horton's by the ferry dock at 7 pm. Leader: Sharen Yaworski, 613-544-6022, or Audrey Sanger, 613-384-6244

Reserve Saturday, April 20 for Kingston Club AGM
Cataraqui Regional Conservation Area Outdoor Centre
Details in the e-letter and the spring newsletter

Saturday, February 9 Winter End-to-End (E2E5)
Depart at 8:30 am. For starting location contact leader Bill Murdoch, 613-767-4858

Sunday, February 10 Winter End-to-End (E2E6)
Depart at 8:30 am. For starting location contact leader Bill Murdoch, 613-767-4858

Wednesday, February 13 Little Cataraqui Conservation Area Snowshoe or Hike
Level 1, moderate pace, distance and route dependent on weather. Depart at 9 am. Gas \$2 plus share of park fee. Leader: John Cornish, 613-382-4778

Saturday, February 16 Ski or Snowshoe the RT
Level 2, moderate pace, 10 km. Skycroft to Upper Rock Lake parking area. See disappearing streams. Depart at 9 am. Gas \$5. RT Map 05. *Please phone leader beforehand for conditions and to ensure event is taking place.* Leader: Don Coulter, 613-542-9998

Sunday, February 17 Gould Lake West Side Ridgewalk Loop
Level 2, moderate pace, about 10 km. Hike or snowshoe, depending on conditions. This park is a beauty. Bring blades for possible skate on lake. Depart 9 am. Gas \$4 plus park fee. Leader: Linda Tucker, 613-634-0497

Thursday, February 21 Market Square Skate
Level 1. Skate under the stars or snowflakes. Rehydration and conversation to follow. Meet at rink at 7 pm. Leader: Elgin Bock, 613-389-4216

Friday, February 22 Winter End-to-End (E2E7): Night Hike under the Stars
Moderate pace, about 2 hours. Depart at 7 pm. For starting location contact Bill Murdoch, 613-767-4858

Saturday, February 23 Winter End-to-End (E2E8)
Depart at 9 am. Probably dinner together in Westport after the hike. For starting location contact leader Bill Murdoch, 613-767-4858

Sunday, February 24 Winter End-to-End (E2E9)
Depart at 8:30 am. For starting location contact leader Bill Murdoch, 613-767-4858

Please renew your RTA membership today! See back of newsletter or <http://rideautrail.org/onlineorderform.html>

Saturday, March 2 Little Cataraqui Conservation Area

Level 1, moderate pace, 10 km. Ski on the trail or walk beside the trail. Wildlife in the trees. Lunch in a warm building. Enjoy the outdoors, fresh air, and old and new friends! Depart at 10 am. Gas \$2 plus share of park fee. Leader: Stan Huff, 613-548-3003

Sunday, March 3 Lemoine Point Walk
Level 1, moderate pace, 8 km. Put a spring into your step in this beautiful lakeside park. Depart CT at 9:30 am or meet at Lemoine North Parking Lot at 9:50 am. Gas \$2. Leader: Sharen Yaworski, 613-544-6022

Wednesday, March 13 Cataraqui Trail, Perth Road Village Area
Level 1, moderate pace, about 12 km, depending upon weather. Hike where the trains once ran. Depart at 9 am. Gas \$3. Leader: Audrey Sanger, 613-384-6244

Saturday, March 16 Potluck Dinner Party

The theme is international. Bring a traditional dish to share and your own drinks; tea, coffee and fruit punch provided. New members: take the plunge and join in the fun. Admission \$3 at the door to offset room rental cost. Place: Queen's Women's Association, 144 Albert St. 6 pm. RSVP: Linda Line, 613-531-4353

Sunday, March 17 Gananoque Wild Woods Trail
Level 1-2, moderate pace, 12 km. Hike the newest addition to our municipal trail system (a bit more demanding), then continue on the other trails along the Gananoque River and St. Lawrence. No Tim Horton's on this section, so bring a lunch. Depart at 9 am. Gas \$4. *If you can meet the group at CT, please call the leader.* Leader: John Cornish, 613-382-4778

Kingston Club Executive, 2012-2013

Chair: Donald Coulter
Past Chair: Jenny Ellis
Vice Chair (Board Rep.): Lars Thompson
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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2013 HIKING CALENDAR

If you have not already received your 2013 Hiking Calendar in the mail, let us know and we shall send you one right away. It features all the trips we are offering in 2013, and all the photographs were taken on our holidays, so you may see yourself or your friends featured as calendar girls/guys!

Sign up for our monthly e-newsletter, "*Let's Hike*", to learn about new trips immediately. 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](#) 

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 and 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 religion 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 the shade of ancient olive groves. We promise that 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 historic 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. We'll even make a few pub stops along the way!

ICELAND

July 30 to August 9, 2013

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

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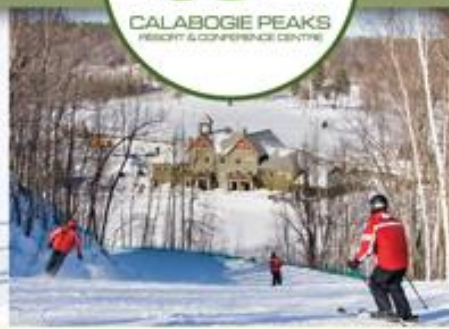
It's That Time of Year!

Water bottles and golf shirts with the RTA logo make excellent gifts! The 750-mL stainless-steel water bottle is \$8 and the shirt \$30 (only men's large and extra-large and women's small and medium).

Order from your club rep to save the costs of shipping and handling.

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





Calabogie Peaks Resort is one of Ontario's premiere winter adventure destinations. Whether it's winter hiking, x-country skiing or snowshoeing; many of our unique trails are guaranteed to suit your interests & abilities.

Experience Manitou Mountain, a 9km medium to difficult trail passing through picturesque pine forests & spectacular mountain top vistas; including the popular Eagle's Nest and Red Arrow Rock.

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.

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Rideau Trail Association
PO Box 15
Kingston ON K7L 4V6

LABEL

HELP PRESERVE THE LEGACY!

The RTA is committed to preserving Ontario's second-longest continuous footpath and encouraging use of its trail system through nearly 400 km of scenic beauty between Kingston and Ottawa. Your membership provides essential financial support to protect and improve this world-class treasure. Mail this form with a cheque to Rideau Trail Association, PO Box 15, Kingston ON K7L 4V6 or use <http://rideautrail.org/onlineorderform.html> and pay online.

Individual Membership (age at least 18 years)
() One year \$25.00
() Two years \$45.00
Household Membership (2 adults, 1 address)
() One year \$40.00
() Two years \$75.00
Trail Maps: available at www.rideautrail.org FREE
(trail guidebook no longer available)
() Car Sticker (free to new members) \$1.00
() RTA Hiker Name Pin. **Fill in box below** \$7.00
() Cloth crest \$2.00
() Enamelled Pin \$6.00
() Wall Map (postage and handling included) \$12.00
() Donation, Rideau Trail Association* \$_____
() Donation, Rideau Trail Preservation Fund* \$_____

TOTAL \$_____

Prices subject to change

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

Membership year is April 1 to March 31. If you join after October 31, your membership will be extended to the end of the following membership year.

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)

Membership Category (**circle**): New Renewing Life

(Please Print)

Name(s):

Address:

Postal Code:

Telephone number(s):

E-mail address(es) (optional; for monthly e-letter, quarterly Web newsletter and occasional other communications):

() Please do not send me a printed copy of the newsletter. I will use the Web version.

The RTA does not share member information with other organizations.

- () 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): _____