

The Rideau Trail NEWSLETTER

SPRING 2013

NO. 167



FOLEY MOUNTAIN PLAQUE RE-LOCATED !

[inset] Kingston Club's **Stan Huff** (left) oversees placement of Rideau Trail commemorative plaque in its prominent new location by the Foley Mountain Interpretive Centre.

(Photos: Jim Lorimer)

see page 3



Rideau Trail Association Newsletter

Issue 167 Spring 2013

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the Rideau Trail Association.*

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Editor of this issue: John Cornish, Kingston Club

Summer Newsletter

The Summer Newsletter will be prepared by the Ottawa Club. Submissions are encouraged. If possible, text should be sent electronically with no document formatting. Pictures are also welcome, with good definition and contrast. Please ensure that all items arrive by **May 01, 2013** and that they are sent directly to the Ottawa editor:

Ann Bolster, 1901-2625 Regina St
Ottawa, ON K2B 5W8
613-828-5131 ann_bolster@yahoo.ca

RIDEAU TRAIL CLOSED

Tuesday, March 12, 2013

The Trail, where it crosses private land, will be closed on this day to protect the landowners, who let us cross their land the rest of the year.. The RTA thanks all landowners for their generosity.
Please take care not to trespass on this day.

The Rideau Trail Association is a member of
HIKE ONTARIO.

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FOLEY MOUNTAIN PLAQUE GETS A LITTLE BOLDER / BOULDER!

by Susan Irving

JOIN THE CELEBRATION!

Members from all 3 clubs are invited to convene at the Interpretive Centre in the Foley Mountain Conservation Area on **June 22 at 11:00 a.m.** for a celebration to “re-dedicate” our plaque in its new (and permanent!) location. We will have cake and coffee/tea as well as an opportunity to eat our brown bag lunches together. The Conservation Authority’s lovely Interpretive Centre is booked for our use. We will be offering two special hikes in the Conservation Area that day, including a downhill afternoon hike, as part of our celebration. Please see the hike listings for details.

The plaque languished, for the most part unseen. The re-route lacked an adequate granite face that would suitably accommodate the plaque.

Skip forward to Autumn 2012: After several reconnaissance visits to the Conservation Area, Kingston club Construction leader Jim Lorimer and Trail Maintenance leader Stan Huff suggested that the best solution would be to purchase our own granite Boulder on which to mount the plaque. Just in time for Christmas, the plaque, affixed to its granite Boulder, was transported to Foley Mountain and placed in a prominent location, right on the Trail. (see cover).

Background: In 1991, to celebrate the 20th anniversary of the Rideau Trail Association, the Association commissioned a magnificent bronze plaque. The commemorative plaque was affixed to a natural granite face along the Rideau Trail as it climbed its way through the Foley Mountain Conservation Area. It was a glorious location, perfectly suited to conjure visions of walking the entire length of the Trail, as detailed on the face of the plaque.

Skip forward until about 2011: The Foley Mountain Conservation Area found it necessary to re-route part of our Trail, with the result that the plaque was no longer on the official Rideau Trail.



The plaque is installed in 1991.

Photo from Bob Chadwick



2006 - Trail Founder Doug Knapp reminisces from his scrapbook at rededication, presided over by President David Armitage (right).

Photo: Mark Collier

Central and Kingston Hikers in Happy Rendezvous

Late in November, as our hardy President, Robert Groves, led his first hike through Foley Mountain, the group encountered the Kingston hikers travelling in the opposite direction, right at the creek crossing where Jim



Photos by Robert Groves



Lorimer of Kingston was affixing our tag on the bridge. We all shared an amiable lunch break, told a few good-natured lies and happily took our leave to finish a first-rate day on the Trail.



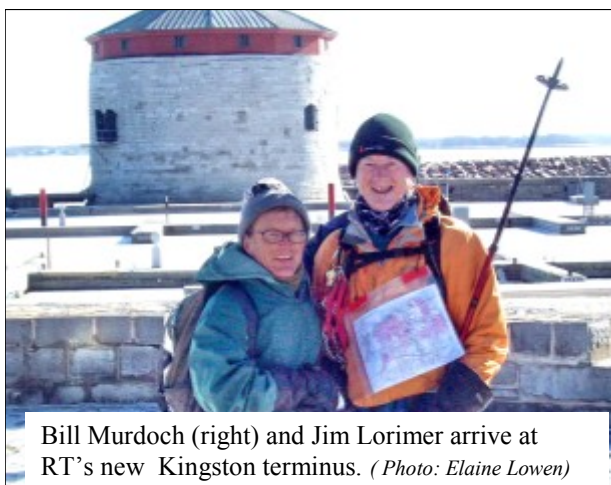
“Wild Bill” Murdoch, 80 years young! Sixth Winter End-to-End

This January, Bill Murdoch of the Kingston Club will be 80 years old. To celebrate this milestone, Bill hiked his *sixth* complete winter end-to-end - but this time in thirteen 25 Km. hikes, all in just one month, January!

Bill was accompanied all the way by *Jim Lorimer*, but the walking team also included *Peter Burbidge* and *Doug Hayes*. At 80, Bill is still one of the most dedicated hikers in the RTA, and one of the fittest, as anyone knows who has hiked with him.

Bill counted on many of his friends to help with the logistics, including the shuttle transportation, allowing the team to dedicate the daylight hours to walking.

Many thanks to *Audrey Stewart* (who also provided 3 nights accommodation); *Bernie Kerr* and *Ginger Mackey* who joined the group through the Marlborough Forest and broke trail; *Dorothy Hudson*, *Bill Ottney*, *Dave Allcock*, *Dave Miller*, *Elaine Lowen* for your generous help



Bill Murdoch (right) and Jim Lorimer arrive at RT's new Kingston terminus. (Photo: Elaine Lowen)

Story by Jim Lorimer

with the car shuttling.

Thanks to *Doris Ihrig* for warming up three unexpected guests.

The Winter End-to-End was Bill Murdoch's brainchild, proposed to the RTA Board in 2002. So far 58 RTA members have earned their winter end-to-end badges with another group finishing this year. As of this year Bill has been leading the series for eleven consecutive years and counting, a much appreciated effort.

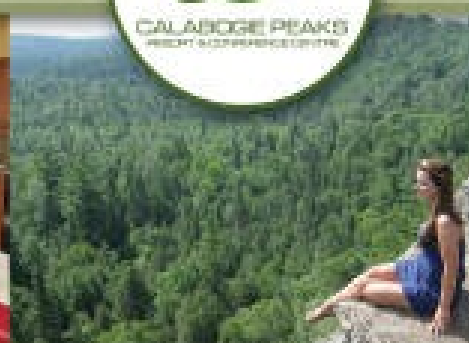
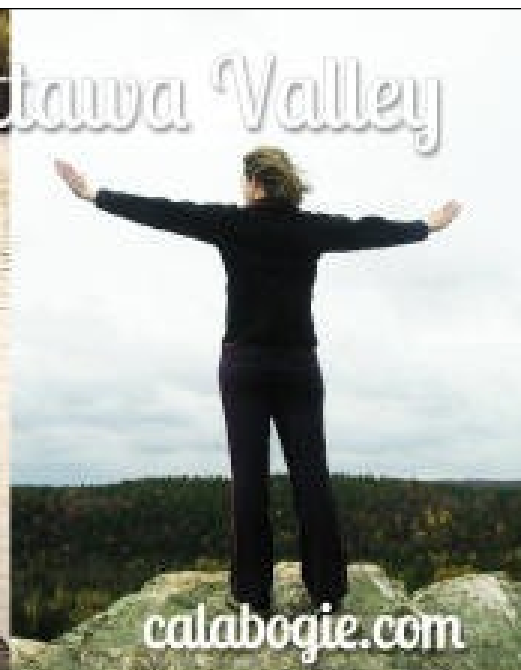
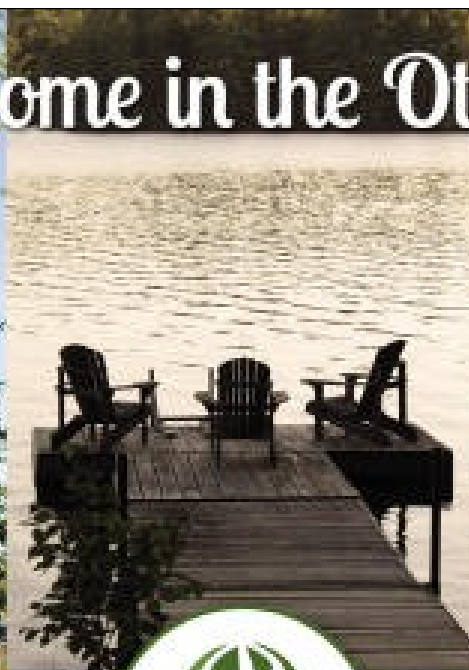
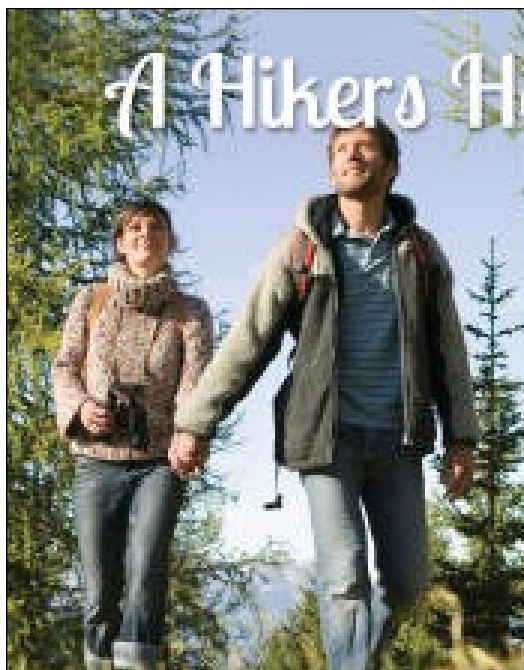
Organizing and leading the winter end-to-end hikes takes a huge amount

of time and energy but Bill has accepted the challenge and is providing the RTA members with a challenging but fun winter hiking experience.

Thanks, Bill, and congratulations!

So, what're you doing for your 90th??

A Hikers Home in the Ottawa Valley



Exclusive Special
starting at
\$117
per night*

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Package Includes:

- Continental breakfast for two
- Picnic lunch for two

**Based on double occupancy. Increased discount for multiple night stays.*

Adjacent to thousands of acres of crown land and situated between the shores of Calabogie Lake and Dickson Mountain, Calabogie Peaks Resort and Conference Centre is one of Ontario's premiere hiking destinations.

Experience Manitou Mountain and the Madawaska Nordic Trail Systems as they wind through picturesque pine forest landscapes and spectacular mountain top vistas.

The country warmth of our boutique hotel and one to three bedroom condominiums, high speed Wi-Fi, indoor pool and outdoor hot tub, fitness room, nine hole golf course, beach and lake and onsite Canthooks Restaurant are some of the offerings of this unique setting.



Old Newsletters
now archived on
Web-site

Re-live the Past!

Don't you love this cover from the very first Newsletter, published while the original Trail was still getting the finishing touches?

It would be interesting to know more about the "who" and "what" behind the drawing.

View the whole Newsletter and more at www.rideautrail.org.

Over time, our archivist, Mark Collier and our webmaster, Paul Jean, will have on-line the entire collection up to the present.

Good work, guys!

What is it? That was the question Editor *Ann Bolster* left us with last edition. Grouse, she asked? Turkey Vulture?



Bert Jenkins of Picton has come to Ann's rescue:

"Turkey", he wrote, "it's a wild turkey. Granted on Prince Edward County we have lots of opportunity to meet the unpackaged, unfrozen version, c/w feathers, upright and on two legs. In fact we have two on our property right now, Din and Don, who seem to have adopted us. Or maybe they come more for the residual birdseed rather than the quality of our minds."

RTA End-to-End Badges

If you have completed the Rideau Trail end to end and would like to receive a badge at the AGM, please notify Board Secretary Liz Choros by June 5. (lizchoros@gmail.com, 613-224-9064)

Printed Map Sets Now Available

A set of full-colour Trail Maps, detailing the complete length of the Rideau Trail, can now be ordered for \$20.00. These are on standard letter-size (8 1/2" X 11") sheets and correspond to the maps available for downloading from our website www.rideautrail.org. To order, use the form on the back page.

**RIDEAU TRAIL ASSOCIATION
42nd ANNUAL GENERAL MEETING
SATURDAY, JUNE 15, 2013
MERRICKVILLE, THE BALDACHIN INN**

9:30 am - 10:00 am	Registration, Refreshments, Meet and Mingle
10:00 am - 12:00 am	Business Meeting, Presentation of Awards
12:00 pm - 1:00 pm	Brown Bag Lunch (or if preferred, buy lunch in town)
1:00 pm - 5:00 pm	Hikes (Level 1 or Level 2) or Free Time
5:00 pm -	Dinner at the Baldachin Inn, Merrickville (www.baldachin.com)

6:30 pm

Guest Speaker: Simon Lunn, "Naturalist and Photographer"

<u>Directions</u> The Baldachin Inn and Restaurant is located in the heart of Merrickville overlooking the Historic Rideau Canal, a UNESCO World Heritage Site. It is located at 111 St Lawrence Street.	<u>Dinner Menu</u> Choice of dinner is chicken, beef or vegetarian and will include dessert coffee or tea. A choice of one of the above must be made when registering for the meal. A cash bar will be available.
<u>Accommodations</u> If you are planning on staying overnight in Merrickville details of accommodation can be found by googling Merrickville Bed and Breakfast accommodation or www.baldachin.ca to find out about rooms at the Inn.	<u>Registration for Meal by June 1</u> Total cost of dinner is \$36.95 per person including taxes and gratuity. Send a cheque made payable to "Rideau Trail Association in Trust" to Denise Hall, 67 Palmadeo Drive, Nepean, On K2J 4Z3. Please remember to indicate your choice for dinner. Reserved dinner tickets can be picked up at registration time.
If you require transportation or are willing to be a driver contact: Ottawa: Denise Hall 613- 843-8222 or rebeccahall@rogers.com Central: Dorothy Hudson 613-283-0332 Kingston: Jenny Ellis 613-549-6807 or ellisj1@kos.net	DON'T FORGET - RENEW YOUR MEMBERSHIP NOW! RENEW ON-LINE AT rideautrail.org & CHECK OUT THE NEW 2-YEAR OPTION!

Welcome to these New Members - Happy Hiking!

Central Club

Susan Doepler
Erin Hendriks
Peder Krogh & Maida Murray

Kingston Club

Mike & Rosemary Brander
Larry & Iris Hofmeister
Jim King
Toivo & Marie Kraus
Phyllis McLeod
Drew Mitchell

Nancy Noel
Clarinda Olsen
Jennifer Prior
Lillian Rathwell
Sheila Round
Carrie Salsbury
Judy Seal
Derrick Spafford
Monica Splinter

Non-Affiliates

Veronica Mallon Dupuis

& Barry Dupuis

For the Ottawa Club

Mark & Susan Barleben
Jessica Barlow
Arthur Campbell
G. Hussain Choudhry
Josée De Menezes
Brian Foley
Sandra Ginnish
Jenny Green
Tom Kemeny
Jan Kristof
Bob & Young-Hae Lee

Sam Ludmer
Hussain Obaid
Stan & Catherine Pope
Erika Rosenfeld
Dave Edmunds & Carolle Séguin
Jan Shapiro
Gordon James Smith
James Strong
Elizabeth Tavares
Ellen Haig & Carl Von Mirbach
Wendy Warburton
Chris Watson

The Lime Kiln Trail Fire

by Charlene Thomas, Trail Maintainer

The hot, dry summer of 2012 meant record drought in the Ottawa Valley and made for tinderbox conditions in the fields and on the hiking trails in our area. These conditions, together with the careless action of one individual, would combine to produce a catastrophe on the Lime Kiln Trail. If you have ever hiked the Lime Kiln Loop, then you already know that it is a mostly cedar and red pine forest, with areas of deep duff underfoot. The duff covers a dolomitic limestone/sandstone base. A limestone base with very little growth over it collects heat from the sun and can reach surface temperatures far higher than that of the air. Little streamlets of drainage do cross the trail at several points and empty into the Stony Swamp. But by early July, the Stony Swamp was mostly dry, the streamlets were long since gone and the trees were showing signs of heat stress and dehydration. And man... was it hot!

Disaster

Then, it is speculated, sometime on July 8 or 9, someone walking on the Lime Kiln Trail tossed a lit cigarette into the forest.

By noon on July 10, 2012, ten acres of forest were on fire and the smoke could be seen from kilometres away. A firefighter has described to me the feeling he had as he and his crew rushed over from nearby Barrhaven. The first two words he spoke are unprintable here, but, suffice to say, their hearts sunk when they realized where the fire was and what the probable extent of it would be. The fire spread rapidly in the dry conditions and heat of the day.

All told, over one hundred acres would burn. More would be permanently damaged and homeowners in the area would be put on evacuation alert, as would the staff and three hundred injured birds at Wild Bird Care Cen-

tre. The Bird Care building was in peril for a time. Sixty to seventy firefighters were on the scene, forced to carry water in on their backs due to the inaccessibility of the fire by truck or by hose. Firebreaks were bulldozed through the forest, forever changing the nature of the trail. Acres of forest were levelled for the establishment of a fire command centre. For ten hours, until nightfall, the blaze was fought then monitored overnight for flare ups. The fire continued to burn for

days, necessitating constant monitoring for hotspots. It is suspected by some that the fire continues to smoulder even now, quietly burning underground in the duff.

Assessing the Damage

When it was all over, the trail was damaged beyond recognition, declared unsafe, and closed by the NCC.



Photo: Charlene Thomas

The Lime Kiln itself was spared any damage, as was the Wild Bird Care Centre. No homes were damaged by the fire and no evacuation ever came to pass. A walk through the area a few weeks later meant being ankle deep in ash at points and at real risk of injury from falling fragile, charred trees clinging to the limestone with burnt roots. It had become impassable.

The Future

The NCC and Rideau Trail Association are now closely working together to restore or reroute the Loop. Although the character of the trail is forever changed, it is hoped that an educational interpretive trail will be built in its stead. The wider trail may make it more accessible.

Those of us who have enjoyed this trail for many years can only look forward to the changes ahead and we will all watch with fascination as nature gradually yet surely takes back what she lost. ... and all because of a carelessly tossed cigarette.

OTTAWA CLUB ACTIVITIES - SPRING 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.

If in doubt regarding any aspects of the planned hike or other activity, or its suitability for your level of fitness, call the leader in advance.

See “Levels of Difficulty and Participants’ Responsibilities ” on Page 19

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

For Gatineau Park outings keep the emergency number handy: 613-239-5353.

Leaders: Activity sign-up sheets and incident reports are available on the RTA Web site

(www.rideautrail.org). Please forward completed sign-up sheets to Ethel Archard, 11 Selye Crescent, Kanata ON K2K 1C8 or scan them and send the PDFs via e-mail.

Look for More Activities in the Monthly e-Letter

Additional activities may be announced in the monthly e-letter and will appear on the website. 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.

SPECIAL EVENTS AT MOUNTAIN EQUIPMENT CO-OP: Tell your friends!

Saturday, April 6 Introduction to Hiking Course from 9:00 am to 4:30 pm

The Ottawa Rideau Trail Club will have a sign up table from 9 am to 3 pm. Come and visit with us this day where as a member (new or existing) you will be able to receive a discount on in-store merchandise of 10%. MEC is located at 366 Richmond Road.

This full-day course in MEC's meeting room 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 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 non-members (includes a 1-year RTA membership, value \$25)

To register: E-mail training@rideautrail.org, or phone 613-592-7733.

Space is limited, so register early!

ALSO THROUGH MOUNTAIN EQUIPMENT:

GPS 201 Clinic Sunday, April 28 from 2:30 to 4:30 pm

This clinic, hosted by Mountain Equipment Co-op, will take place outdoors and will run rain or shine. Requires prior map and compass skills. The cost will be \$20 per participant and registration will initially only be open to RTA members. Registration will be online through MEC's event microsite (you must have the link to see the page). Look for the link in the March and April e-letters, or contact Glenn Lamothe at MEC (e-mail Glenn.Lamothe@mec.ca or phone 613-729-2700).

An introductory GPS clinic is also planned. Watch the e-letter for details.

Friday, April 5 Ottawa Club Annual General Meeting

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

Follow RTA Markers to Upstairs Hall

6:30 p.m. Register/Meet and Greet

7:00 p.m. Business Meeting

8:00 p.m. Refreshments

MIDWEEK ACTIVITIES

Wednesday Walkers

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

Urban Walks

Every Tuesday evening beginning March 19 through to April 16, there will be an Ottawa urban walk. There “may” also be a refreshment stop each evening after the walk for those who are interested. *Meet at the starting point of the walk for departure at 6:00 p.m.* **Coordinator:** Trudy Stephen – 613-828-9313

Tuesday, March 19 Ottawa River Parkway/Island Park Drive

Meet at north end of Tunney’s Pasture parking lot.

Leader: Joanne Tuttle, 613-729-8787

Tuesday, March 26 CentrepoinTE to Bruce Pit

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

Leader: Trudy Stephen, 613-828-9313

Tuesday, April 2 Rockcliffe Park Area

Meet at New Edinburgh Park, 193 Stanley Avenue. In the event of mud, bring appropriate footwear.

Leader: Paul Chiasson, 613-230-8800

Tuesday, April 9 Hogs Back, Vincent Massey, Mooney’s Bay

Meet at RA Centre.

Leader: Kathryn Fournier, 613-248-0006

Tuesday, April 16 Hull and back

Meet on east side of National Archives Building.

Leader: Dora Ashiq, 613-792-4966



**DON'T FORGET -
RENEW YOUR MEMBERSHIP NOW!**

**RENEW ON-LINE AT rideautrail.org
& CHECK OUT THE NEW 2-YEAR OPTION!**

Moonlighters

Every Tuesday evening from late April until the end of August, there will be a short hike, either in Gatineau Park or in town, always within a thirty-minute drive. *Meet at Tunney's Pasture by 5:50 pm in the parking lot closest to the Parkway on the north side of Tunney's for a 6:00 pm departure.* Hikes last until sunset. The pace is approximately 4 km/h. The level of difficulty is 1 or 2 and may include terrain that is hilly, wet and rough. During the hike, there will usually be a short break at the discretion of the hike leader. Bring water, snack, bug repellent, flashlight or headlamp, and proper footwear.

Dora Ashiq (613-792-4966) is Moonlighters Coordinator for 2013. She will call leaders one week prior to their hike.

Tuesday, April 30 Lac des Fees from Gamelin Blvd. (Hull area)

Level 1, distance 6 km. Sunset 8:08. Gas \$2.

Leader: Roger McCullough 613-526-2693

Tuesday, May 7 Lime Kiln from P10

Level 1, distance 5-6 km. Sunset 8:17. Gas \$3.

Leader: Jean Sunter 613-828-6077

Tuesday, May 14 Old Chelsea to Penguin Picnic area and Ridge Road

Level 2, 6 km. Sunset 8:26. Gas \$3.

Leader: Kathryn Fournier (613-248-0006)

Tuesday, May 21 Skyline from P7

Level 2, distance 7 km. Sunset 8:33. Gas \$3.

Leader: Dora Ashiq 613-792-4966

Tuesday, May 28 Mine Road Loop via Pink Lake

Level 2, distance 8 km. Sunset 8:41. Gas \$3.

Leader: Pat Archer 613-565-6149

Tuesday, June 4 P12 to Western Lodge

Level 2, 8 km. Sunset 8:47. Gas \$3.

Leader: Lena Cready 613-789-1657

Tuesday, June 11 P16 to Herridge

Level 2, 10 km. Sunset 8:51. Gas \$4.

Leaders: Paul Emile Chiasson 613-230-8800 and Carole Hamilton 613-224-7778

Tuesday, June 18 P7 via No. 8 to Keogan's

Level 2, distance 9 km. Sunset 8:54. Gas \$3.

Leaders: Gloria & Cliff Daly 613-224-4413

Tuesday, June 25 Wolf Trail from P13

Level 2, distance 10 km. Sunset 8:55. Gas \$3.

Leaders: Joanne Tuttle 613-729-8787 and Dora Ashiq 613-792-4966



WEEKEND ACTIVITIES

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

Tunney's Pasture: The federal government parking lot on the west side of Parkdale Avenue just across from Emerson Street.

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 south end of the parking lot, farthest from the bus stop.

Impromptu Saturday Hiking: 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.

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).

Easter Monday, April 1 Mystery Hike

Level 1, approximately 10 km. Meet at 10 am. Please phone hike leader one week before hike for meeting place and hike description.

Leader: Bruce Henderson 613-224-4217

Friday evening, April 5 Ottawa Club AGM
(see Pg.10)

**Saturday, April 6 Introduction to Hiking
course and RTA Member Day at MEC**
(see Pg.9)

Saturday, April 6 Gatineau Park Hike

Level 3, at least 10 km. Climbing, possible stream crossings and some bushwhacking will be involved. Leave Tunney's Pasture by 9:20 am. Gas contribution will depend on destination to be determined.

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

Sunday, April 7 Nicholson's Locks (or Burritts Rapids) to Cedar Grove

Level 2, distance 19.6 km. (or 13.3 km.). A walk along the Rideau Trail. Depending on the weather, this could be a hike, a snowshoe or a walk with micro-spikes so come prepared. Meet at the Fallowfield Park and Ride to depart at 8:45 am. Car pooling with car shuttle. Gas \$6. *Please contact leader in advance.*

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

Saturday, April 13 Parc Omega Wildlife Reserve

Level 1. This wildlife reserve has 8 km of walking trails and 10 km of driving to see the animals close up. We will do both. Expect to spend the day, including an optional stop for dinner on the way home. We are likely to see baby bears, deer, moose. Bring lunch and a bunch of carrots for the animals. Meet at Tunney's Pasture to leave at 9:00 am. It is a good one-hour drive each way. Gas \$9, park fee \$17. Check their website for a coupon. Rain date Saturday, April 20.

Leader: Elizabeth Mason, 613-729-6596

Saturday, April 13 Impromptu Hike

See above for more information.

Sunday, April 14 Hydro Line/Tea Cup Tour Loop

Level 3, a 10 km loop in the area southeast of Lac La Peche. The hike starts at Wilson and Steel roads. We start out on a trail, but then bushwhack to the Hydro line and then along the hydro line trail to our hilltop lunch spot, which offers great views along Hydro line and a valley that stretches all the way to the Ottawa River. Then we hike off-trail for several km. Our destination is Tea Cup Hill and a bear cave. Meet at Tunney's Pasture for a 9:30 am. departure. Gas \$5.

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

Saturday, April 20 Stoney Swamp Trails

Level 1, approx. 10 km on NCC trails 26, 27 and 28. This hike on level terrain has three loop trails. We depart from P11 on Hunt Club Road and time to complete is about three hours at moderate pace. Snack break at 6 km. Meet at Baseline Park & Ride at 9:30 am. Gas \$2.

Leader: Rob Weeks, 613-254-5968
(candrweeks@rogers.com)

Saturday, April 20 Impromptu Hike

See above for more information.

Saturday, April 27 Gould Lake

Level 3, approx. 18 km. Hike the rugged trails in this beautiful Conservation Area, with many ups and downs. Possible wet or icy areas. A long day with a late return, optional stop for supper in Westport. Departs 8:30 am from Fallowfield Park & Ride. Gas \$14.

Leader: John Haley, 613-225-0590

Saturday, April 27 Spring Adopt a Road Clean-up

Join us for a few hours to clean 5.5 km of road allowance along Roger Stevens Drive, south west of North Gower on. We plan to stop in at the Marlborough Pub in North Gower for refreshments/lunch after the clean-up. Kindly register in advance so that enough equipment can be provided with the leader, Brian LaDuke by e-mail (yellow.bumper@hotmail.com) or call 613-534-8538. (Alternative contact: Denise Hall rebec-cahall@rogers.com or call 613-843-8222). *Rain date will be Sunday, April 28.* Meet at Fallowfield Park and Ride for 9:00 am. Gas \$5.

Sunday April 28 GPS Clinic

See above for details.

Saturday, May 4 Orleans Hike

Level 1, distance 5 km with a further 5 km possible. Hike along lower Bilberry Creek, then take the bus back to the start point OR for a longer walk stay on the bus to arrive at the upper portion of Bilberry Creek. Follow this creek as it meanders through modern suburbs, lovely

parks, the old village of Orleans, along creek side churches, but also beside sloppy backyards and behind shopping malls! Meet at the Park and Ride of the Orleans Transitway station. Arrive by bus #95. Bring munchies, water and bus tickets. Departure time is 10:00 am.

Leader: Ruth Hutchinson, 613-749-0990

Saturday, May 4 Impromptu Hike

See above for more information.

Sunday, May 5 North Window

Level 3, 12 km and lots of climbing. Starting from Wolf Trail we hike off-trail, passing Osprey Lake and Paul's Puddle en route. Lunch at the North Window. After lunch we return by Ridge Road and Wolf Trail. Meet at Tunney's Pasture for a 9:00 a.m. departure. Gas \$3.

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

Saturday, May 11 Larriault Trail

Level 2, distance 6 km. This is a beautiful walk in spring when the trail displays many wild flowers. It starts at Mulvihill Parking Lot and proceeds across the parkway to a lookout over the Ottawa River, then there are ups and downs to the Mackenzie King waterfall. We back track a little to the estate then onto Kingsmere Lake for lunch. From there we take the rest of the loop back to Mulvihill Lake. Meet at Tunney's Pasture for a 9:30 a.m. departure. Gas: \$3.

Leader: Jean Sunter, 613-828-6077

Sunday, May 12 Two Lookouts, Three Lodges, Gatineau Park

Level 2, distance 11km. Slow to moderate pace. Starting from above Fortune Lake, the old Burma Road takes us to the first of the lookouts, the Ramparts, with views to the east. Then we continue west and swing round to meet the Ridge Road which leads to the second lookout at Etienne Brule, with views to the west across the Ottawa Valley. Nearby is Huron Lodge and descending through the Khyber Pass we come to Shilly Sally, the smallest of the lodges. Finally we reach Keogan Lodge and return to Fortune Lake. Depart Tunney's Pasture at 9 am. Gas \$3.

Leader Nigel Brereton, 613-596-6191
(nigeltb@primus.ca)

Saturday, May 18 Western Greenbelt

Level 1, 6 km. This interesting walk covers part of the Rideau Trail Blue Loop starting at P11 on Hunt Club, heading towards Jack Pine trail and winding in and out of the Stony Swamp across boardwalks where there can be seen quite a variety of bird life. Meet at Baseline Park & Ride for a 9:30 am departure. Gas: \$3.

Leader: Jean Sunter 613-828-6077

Membership Renewal - Don't Forget!

Saturday, May 18 Impromptu Hike

See above for more information.

Sunday, May 19 Birding Outing

This outing is a tour of birding hotspots at the peak of the spring migration around Ottawa Gatineau, not a hike. We'll move via carpool from spot to spot, starting at 7:30 am from Tunney's Pasture. By mid-May, our area will be a stopover for warblers, thrushes, orioles, tanager and the many other neo-tropical migrants that nest here as well. We'll wind up around noon, depending on the action. Gas \$3.

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

Saturday May 25 Shirley's Bay

Level 1, approx. 11 km and four hours. Parts of this trail are paved and the rest is through forest and fields or small bush. Lunch at Shirley's Bay, where we will enjoy the views. Meet at Moodie and Corkstown Road to depart at 10:30 am. 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, May 25 Impromptu Hike

See above for more information.

Saturday, June 1 Doors Open Ottawa

Level 1, about 8 km. Urban walk through Sandy Hill and Lowertown, past numerous embassies, stopping off to visit a few Doors Open buildings. Bring a lunch. Depart from Strathcona Park parking lot (end of Somerset Street East) at 9:30 am.

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

Saturday, June 1 Impromptu Hike

See above for more information.

Sunday, June 2 Black Rapid Locks

Level 1, distance 11 km, approximately 3 ½ hr to complete over flat terrain. Hike over to Black Rapid Locks for a break then return along the same route, hopefully on the new section of this trail. Should be time for tea break at Tim's for those who wish. Meet at Fallowfield Park & Ride to depart at 1 pm.

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

Saturday, June 8 Rideau Trail

Level 1, distance 10 km. Hike the Rideau Trail from Timm Drive to Richmond Road with a return loop back. Bring a snack or lunch, insect repellent. Meet at Tunney's Pasture to leave at 10 am. Gas \$2.

Leader: Elizabeth Mason 613 729-6596

Saturday, June 8 Impromptu Hike

See above for more information.

Sunday, June 9 Gatineau Park P12 to Western Lodge

Level 2, approximately 10.5 km. A challenging climb from Lac Meech and returning by several little used interior hiking trails. Depart from Tunney's Pasture at 9:30 am. Gas \$3.

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

**Saturday, June 15 Rideau Trail Association
Annual General Meeting - Merrickville**
(see Details on Page 7)

Sunday, June 16, Gatineau Park Western Cabin and the Pulpit

Level 2, 16 km. This large loop includes Gatineau trails 2, 21, 3, 9, 24, 38 and 40. Steep uphill climb for the first half hour. Scenic views with a lunch stop at Western cabin. Approx 5 hours to complete. Depart from Tunney's Pasture at 9am. Gas \$5.

Leader: Rob Weeks 613-254-5968
(candrweeks@rogers.com)

**Saturday, June 22 Celebration on Foley Mountain
RTA Plaque Dedication**

See description in the Kingston section (page 19).

Ottawa car-pooling info may appear in the June e-letter.

Saturday, June 22 Old Quarry Trail, Kanata

Level 1, distance 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 hours at moderate pace. Flat well-groomed trails. Depart from Baseline Park & Ride at 10 am. Gas: \$2.

Leader: Maureen Dawson 613-226-3864

Saturday, June 22 Impromptu Hike

See above for more information.

Sunday, June 23 Laura Secord Anniversary Walk

Level 3, distance 32 km. Moderate pace, but very long. There may be an opportunity to just walk part of the route. Please phone the leader one week before the hike for meeting time and place, and more detailed description.

Leader: Bruce Henderson 613-224-4217

Saturday, June 29 Marlborough Forest – Rideau Trail

Level 2, distance 14 km. Roger's Pond and Earth Star Loop. Depart from Fallowfield Park and Ride 9:30 am. Gas \$5.

Leader: Doug Parsons 613-723-0726



CENTRAL CLUB ACTIVITIES - SPRING 2013

MEETING PLACE: 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.

Carpooling: the amount quoted for gas is a suggested voluntary contribution and fees for parking and entry to parks and conservation areas are shared among the driver and passengers. For some Spring hikes, icers or crampons might be necessary.

If in doubt regarding any aspects of the planned hike or other activity, or its suitability for your level of fitness, call the leader or the Central club hotline at 613-264-8338

See *"Levels of Difficulty and Participants' Responsibilities"* on Page 19

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 Training Course -- Central Club is offering a Hike Ontario Leaders Training Course in the Fall. The course will be for new hike leaders and for already certified hike leaders who would like a refresher course.

Contact person : Margaret Lafrance 613-264-0057 (margaretlafrance@bell.net)

End-to-End -- The Kingston Club has organized a Rideau Trail end-to-end, beginning on April 04. The Central Club plans to continue. We encourage our members to participate with the Kingston Club this Spring and therefore, we have scheduled our hikes on alternate dates as much as possible. End-to-End hikes in Kingston Club section are indicated with this icon: 

MID-WEEK ACTIVITIES

Wednesday Morning Wanderers: Level 1, moderately-paced hike every Wednesday morning, departing from Conlon Farm. Time and destination will be announced to Central Club Members by e-mail at the beginning of each week. These mid-week hikes will be discontinued for the months of May, June, July and August and resumed again in September.

Information: Margaret Lafrance 613-264-0057, or margaretlafrance@bell.net

WEEKEND ACTIVITIES

Saturday, March 2 Foley Mountain

Meet at 10 am. at Conlon Farm. Level 2, 8 km., moderate pace. Snowshoe/hike. Gas \$4.

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

Sunday, March 10 Charleston Lake Provincial Park.

Meet at 10 am. at Conlon Farm. Level 2, 8-10 km., moderate pace. Gas \$6.

Leader: Sabine Jaekel 613-267-5390

Tuesday, March 12 Rideau Trail Closed today

Sunday, March 17 Murphy's Point Provincial Park

The Point Trail. Meet at 10 am. at Conlon Farm. Level 1, 9 km., moderate pace, Gas \$3

Leader: Susan Samila 613-264-1196
(ssamila@storm.ca)

Sunday, March 24 Trans-Canada Trail

Sharbot Lake towards Mt. Grove.

Meet at 9 am. at Conlon Farm. Level 1, 12-14 km., moderate pace. Gas \$6.

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

Saturday, March 30 Big Rideau North Shore Road
- Narrows Locks Enjoy an early Spring and Easter weekend hike. Meet at 10 am. Level 1, 7-9 km., moderate pace. Gas \$4.

Leader: Margaret Lafrance 613-264-00057
(margaret.lafrance@bell.net)

**DON'T FORGET -
RENEW YOUR MEMBERSHIP NOW!**

**RENEW ON-LINE AT rideautrail.org
& CHECK OUT THE NEW 2-YEAR OPTION!**

Sunday, April 7 Jones Creek Trail, St. Lawrence Parks. These trails are part of the St. Lawrence Islands National Park at Mallorytown. The hike will be approximately 12 km., level 1, and include scenic wetlands, mixed forests and pine ridges. Park fee. Meet at Conlon Farm at 9 am. Bring lunch and water. Gas \$ 5

Leader: Dave Batchelor 613-264-1559
(dhlbatchelor@sussexsystems.ca)

Sunday, April 14 Central Club AGM

Meeting at 10 am at McMartin House, 125 Gore St.E. , Perth. Bring a bag lunch. Hike to follow in afternoon.

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

Saturday, April 20 Clear Lake Loop

Frontenac Park with some historic highlights. Meet at 9 am. at Conlon Farm ,or,If it is more convenient for you, meet at the gas station in Westport at 9:30 am. Level 2, 13 km. Gas \$5.

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

Sunday, April 28 Trail Maintenance Day!!

Many hands make light work! We need to keep our trails in good shape so please turn out if you possibly can. Meet at Conlon Farm at 9 am. Bring loppers.

Contact : Dave Alcock if you can come.
613-264-9075 (daveonottylake@gmail.com)

Sunday, May 5 Calabogie

Hike the Skywalk Trail to the top of Calabogie Mountain to see spectacular views. Level 3, approximately 8 km. Meet at Conlon Farm at 9am. Gas \$5.

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

Saturday, May 11, Baird Woods Trail, "Walk for Wildlife"

Meet at 10 a.m. Level 1+, 3 km. This newly extended trail is at 2410 Herron Mills Road (Lanark County Road 8). Slow pace with professional naturalist/guide. The RTA is joining with the Canadian Wildlife Federation's annual "Walk for Wildlife" campaign to foster awareness of Canadian habitats and the wildlife that lives in them. Last year more than 1000 participants logged over 12,000 km and recorded them at WalkforWildlife.ca as part of CWF's virtual trek across the country. **Leader :** Susan Samila 613-264-1196 (ssamila@storm.ca)

Saturday, May 18 Rideau Trail

Black Ance Rd. to Narrows Lock Rd. Come hike a section of the Rideau trail in Murphy's Point Park via McParlan House and Lally Homestead then out of the park to Narrows Lock Rd. Level 2, approximately 10 km. Meet at Conlon Farm at 9 am. Park fee applies.

Leader: Louise Osborn 613-267-000
(bobandlouosborn@gmail.com)

Saturday, May 25 Charleston Lake Provincial Park -

Tallow Rock Bay. Meet at Conlon Farm at 9 am. Level 2, 12 km. Park fees may apply and shared by all. Gas: \$6

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

Saturday, June 1 Miner's Point Road to Narrow's Lock.

Level 2, 10.8 km. Comfortable pace. Bring your camera. Meet at Conlon Farm at 9 am. Gas \$4.

Leader: Robert Groves 613-259-3175
(grovesgroup@sympatico.ca)

Sunday, June 9 Trails Open, Smiths Falls . Hike the Rideau Trail through Smiths Falls, looping back to the starting point. Level 1, 8 km. Meet at 10 am at the Railway Museum of Eastern Ontario in Smiths Falls.

Leader: Dorothy Hudson 613-283-0332

**Saturday, June 15 Rideau Trail Association
Annual General Meeting - Merrickville**

(see Details on Page 7)

Saturday, June 22 Foley Mt. celebration and Hike

Meet at Conlon Farm at 10 am. Plaque ceremony is at 11 am followed by lunch (bring your own) . Loop hike on Foley Mountain following lunch.

Leader: David Batchelor 613-264-1559
(dlhbatchelor@cogeco.ca)



Saturday, June 29 First Canoe Trip of the Season! Meet at Conlon Farm at 9 am. We will canoe upstream on the Mississippi River leaving from the canoe launch at Ferguson Falls. Level 2, 12 km. Bring lunch, water, safety kit, life jackets etc.

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

KINGSTON CLUB ACTIVITIES - SPRING 2013

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 19.

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. **Information: John and Marilyn Milloy 613-530-2142**

KINGSTON SECTION END-TO-END THIS SPRING! A series of ten hikes will take you from Kingston City Hall all the way to Murphy's Point Park. Join the fun and be eligible for the Kingston End-to-End Badge. These hikes start **Thursday evening, April 4**, and continue on to June 23. If you miss some, there will be "make up" opportunities. Plan to join the group on April 4 - and get started!

Saturday, March 2 Little Cataraqui Conservation Area
Level 1, Moderate pace, 10 km. Ski on trail or walk beside trail. Wildlife in the trees. Lunch in nice warm building. Good place to socialize with old and new friends. Come out to enjoy the outdoors and fresh air. Depart 10 CT 10 am. Gas \$2 plus 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 walk in this beautiful park. Depart CT 9:30 am or meet at Lemoine's North Parking Lot at 9:20 am. Gas \$2.
Leader: Sharen Yaworski 613 544 6022

Tuesday, March 12 Rideau Trail Closed today

Wednesday, March 13 Cataraqui Trail
Perth Road Village Section. Level 1, moderate pace, 12 km depending upon weather etc. Depart 9 am. Gas \$3
Leader: Audrey Sanger 613 384 6244

Saturday, March 16 CHIMO!!
International Pot Luck Dinner Party The theme is international this year. Bring a traditional dish to share, and your own drinks to enjoy. New members take the plunge and join in the fun. Tea, coffee and fruit punch provided. Time: 6:00 pm Place: Queen's Women's Association, 144 Albert Street. Fee: \$3 per person at the door towards room rental fee.
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 waterfront. No Tim Horton on this section, so bring a lunch. Depart at 9:00 a.m. Gas \$4. **If you can meet the group at CT, please call the leader.** **Leader:** John Cornish 613-382-4778

Saturday, March 23 Annual Maple Sugar Camp
Level 1, moderate pace, 8 km. If nature cooperates, sap will be boiling and you will be tasting! Local syrup for sale along with cookies, hot chocolate and coffee. Depart CT 10 am. Gas \$2.
Leader: Bill Murdoch 613 767 4858

Sunday, March 24 Depot Lakes Conservation Area
Welcome first signs of spring as the ice leaves the lakes, dramatic overlooks and scenic woodland and streamside trails, idyllic picnic sites. Level 2, moderate pace, ~10 km, Gas \$6. Depart 9 am.
Leader: Bob Chadwick 613-544-9222

Saturday, March 30 Charleston Lake Park
Tallow Rock Loop Level 2-3, moderate pace, 10 km. Scenic lookouts, more remote areas of the park, floating bridge. Depart 8:30 am. Gas \$6 plus park fee.
Leader : Norm Trembath 613 659 3894

Sunday, March 31 Rideau Trail Foley Mountain
Level 2, moderate pace, ~12 km. Check out the spring flowers. Evening meal for those who wish to dine. Depart CT 9:00 am. Gas \$6. RT Map #07. **Leader:** Sandra Muis 613 542 8224 or cell 613 484 6110

Thursday Evening, April 4 End-to-End # 1

 **Kingston City Hall to Trailhead**
Level 1, moderate pace, 7 km. Walk the new Rideau Trail Waterfront Extension to City Hall. Meet at Trailhead at 6:30 pm. Car Shuttle. Gas \$2. RT Map #01. **Leader:** Jim Lorimer 613 373 2847

Saturday April 6 End-to-End # 2

 **Trailhead to Unity Rd**
Level 2, moderate pace, 15 km. Traditional route through the Cataraqui Marshlands, the Railroad Station and the famous Cataraqui Cemetery, then on to the fine City of Kingston section of the K&P, followed by a final 3km on a new woodland section to Unity Rd. Sturdy waterproof footwear strongly advised. Shuttle. Depart CT 8:30 am. Gas \$2. RT Map #01 & #02. **Leader:** Bob Chadwick 613 544 9222

Sunday, April 7 End-to-End # 3

 **Unity Road to Freeman Road**
Level 3, moderate pace, 19 km. Hike the Rail Lines to Sydenham, then on to Freeman Rd. through pastures and woods. Shuttle. **Depart CT 8:30 am.** Gas \$3. **Leader:** Jenny Ellis 613 549 6807

Wednesday, April 10 Landon Bay Trails

Depart at 9:00 a.m. Level 2, moderate pace, 10 km. Nicest lookout in the 1000 Islands plus beautiful woodland trails. Gas \$4. Depart 9 am. *If you can meet the group at CT, please call the leader.*
Leader: John Cornish 613 382 4778.

Saturday, April 13 Arkon Lake Loop

Frontenac Provincial Park Level 2, moderate pace, 13 km. Bridges, bogs, and beavers. Depart 8:30 am. Gas \$4 plus park fee. **Leader:** Norm Trembath 613 659 3894

Sunday, April 14 Skycroft to Chaffey's Lock

Level 2, moderate pace, 14 km. Hike Skycroft and Cataraqui Trails to Chaffey's Lock including village. Car Shuttle. Depart CT 8:30 am. Gas \$4. RT Map #06. **Leader:** John Morrison 613 549 3751, email: sailability@sympatico.ca; **or alternate** Stephen Kelly, 613 544 2123, email: stephen.kelly@kos.net

Thursday, April 18 RMC & Fort Frederick

Level 1, moderate pace, about 6 km. Depart Tim Horton's by the Ferry dock at 7.00 pm. Walk across the causeway and around RMC, exploring its history & Fort Frederick. **Leader:** Jenny Ellis 613 549 6807

Saturday, April 20

**Kingston Club Annual General Meeting
Little Cataraqui Conservation Outdoor Centre**

09:30 Registration, Meet & Greet, Coffee and Snacks, Door Prizes
10:00 Business Meeting
11:30 **Randal Haddrall, Guest Speaker**, Member of "Team Diabetes" will give a presentation of his international marathon hikes and walks to raise funds and keep fit in his personal fight against diabetes. Door Prize Draw
12:00 Pot Luck Buffet Lunch
13:00 Level 1 and 2 hikes around the Conservation Area

The parking fee is waived for today's meeting. Display a RTA decal or brochure on the dashboard of your car.

Volunteer contributions for morning snacks and buffet lunch appreciated.

Questions? Please contact: Linda Line 613-531-4353

Sunday, April 21 End-to-End # 4

 **Freeman Road to Frontenac Park**
Level 3, moderate pace, 15.2 km. Hike along Knowlton Lake and Gould Lakes Bluffs with beautiful outlooks. Shuttle. Depart CT at 8:30 am. Gas \$4. RT Map #04. **Leader:** Sharen Yaworski 613 544 6022 or **Audrey Sanger** 613 384 6244

Saturday, April 27 Cataraqui Trail. Level 1, moderate pace, 14 km. New hikers welcome on this easy outing. Hike the Cataraqui Trail from Harrowsmith to Sydenham and return. Lunch stop at Tria's Restaurant or bring your lunch. Gas \$3. Depart CT 10:00 am. RT Map #03 **Leader:** Stan Huff 613-548-3003

Sunday, April 28 Gould Lake Conservation Area

Wildflower Hike Level 2, moderate pace with some difficult terrain, ~12 Km Hike East Side trails from Park Gates to Mica Loop and back. Spring wildflowers will be at their peak so bring a camera and share Gunhild's love for wildflowers. Depart CT at 9 am or meet at Park Gates at 9:30 am. Gas \$ **Leaders:** Gunhild Karius and Bill Ottney karius1@cogeco.ca 613-858-3183

Thursday, May 2 Walk for Wildlife at Lemoine

Point Level 1, slow pace, 6 km. Celebrate the preservation of wildlife on behalf of Canadian Wildlife Federation.ca (not a fundraiser) Meet at North Parking Lot off Coverdale at 7 pm. **Leader:** Elgin Bock 613 389 4216

Saturday, May 4 End-to-End # 5

 **Frontenac Park to Maple Leaf Road**
Level 3, moderate pace, 15km. Hike through the Park with its vistas and ponds. Car Shuttle. Depart CT at 8:30 am Gas \$4 plus park fee. RT Map #04. **Leader:** Jim Lorimer 613 373 2847

Sunday, May 5 Rock Dunder

Level 2, moderate pace, 8 km. Enjoy the stomping grounds that used to belong to the Boy Scouts. Check out the main lodge and cabins used by them. Scenic views up the side of the mountain and waterway below. Bring camera, lunch, water, and bug repellent. Ice Cream stop after hike or refreshments in Elgin. **Family Welcome!** Depart 9 am. Gas \$5.

Leader: Stan Huff 613 548 3003

Wednesday, May 8 Big Salmon Lake Loop

Frontenac Park. Level 3, moderate pace 19 km. Circumnavigate Big Salmon and enjoy the lake from all angles. Depart at 9:00 am. Gas \$4 plus park fee. RT Map #05.

Leader: Ann Wilson 613 531 9873

Saturday, May 11 Bon Echo Provincial Park

HAPPY MOTHER'S DAY! Level 2, moderate pace, distance to be determined. Hike or paddle Bon Echo Provincial Park. Bring your lunch for this all day event. Depart CT at 9 am. Gas \$12.00 plus park fee.

Leader : Pat Casey 613-385-2356

Sunday, May 12 End-to-End # 6

 **Maple Leaf Rd. to Skycroft (Opinicon Rd.)**

Level 3, moderate pace, 17 km. Hike this hilly and scenic section of the Rideau Trail watching for returning birds and spring flowers. **Depart CT 8:30 am.** Shuttle. Gas \$4.

Leader: John Cornish 613 382 4778

Thursday, May 16 Barriefield Evening Walk

Level 1 moderate pace, 4-6 kms. Explore the lilacs of Barriefield gardens and the historic village. Meet at 7 pm at the parking lot at the foot of Fort Henry hill.

Leader: Jenny Ellis 613 549 6807

Saturday, May 18 Sandbanks Provincial Park

Level 2, moderate pace, up to 15 km. See a variety of spring flowers, explore a variety of woodland and dune trails with riverbank and lakeshore viewpoints. Gas \$8 plus park fee. Depart CT at 9 am for a long day. **Leader:** Bob Chadwick 613-544-9222

Sunday, May 19 Big Sandy Bay Wolfe Island

Level 1, moderate pace. Cycle 5 km. to Big Sandy Bay where we will take a short hike along the beach. Bring lunch and lots of water. Meet at the dock before the 9:30 am. ferry from Kingston. **Leader:** Pat Casey 613-385-2356

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& CHECK OUT THE NEW 2-YEAR OPTION!**

Saturday, May 25 End-to-End # 7

 **Skycroft (Opinicon) Access Rd to Bedford Mills**

Level 3, moderate pace, 15 km. Hike very varied terrain over the wooded Skycroft trail system, passing our leanto, linking up with a section of former CN rail line, then more dense woodland and some pretty cottage roads leading to an historic church and the scenic site of an early woodmilling community. Shuttle. Depart CT 8:30 am. Gas \$4. RT Map #06 **Leader:** Bob Chadwick 613 544 9222

Sunday, May 26 Marble Rock

Level 2-3, moderate pace, 11 km. Emerald gems tucked north of Gananoque. The rocky cliffs and lush glens are at their finest in May, but a dab of bug spray may be warranted. A refreshment stop at the Gan waterfront. Gas \$5. Depart at 9:00 am. **If you can meet the group at CT, please call the leader.** **Leader:** John Cornish 613 382 4778

Saturday, June 1 Wellesley Island State Park NY

Level 2, moderate pace, up to 15 km. Explore woodland and lakeside trails leading to and from Thousand Islands Park, a unique seasonal community of beautiful Victorian homes, picnic stop at public boat dock. Gas \$8 plus share of bridge toll of \$2.50 and possible park fee, Canadian passport or equivalent mandatory (most other passports require visa), travel insurance recommended. Depart CT at 9 am. for a long day.

Leader: Bob Chadwick, 613-544-9222

Sunday, June 2 Little Cataraqui Conservation Area

Welcome new hikers!! Lets take in some fun and fresh air at Little Cat with two hikes, one for those who wish a shorter distance and one longer, then meet on the trail and later at the Outdoor Centre for lunch. Optional walks in afternoon. Feed the chickadees, and maybe sing a tune. Depart CT at 9 am. Gas \$2 plus park fee.

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

Thursday, June 6 Battersea Dine and Sunset Hike

Level 1, moderate pace, 5 km. Hike from Creekside Bar and Grill to Dog Lake and back, a country lane, a scenic municipal beach and lakeside park, possible swim for hardy souls. Depart Creekside Bar and Grill parking lot downtown Battersea at 7 pm. Those interested in a pre-hike 5.30 dinner at the Creekside leave Canadian Tire at 5 pm., please call the leader by June 2. Gas \$5.

Leader: Bob Chadwick, 613-544-9222.

Saturday, June 8 End-to-End #8

 **Bedford Mills to Lions Club Beach, Westport**

Level 3, moderate pace, 16.6 km. Enjoy wooded areas, beaver dams, and swamp sites. Depart CT at 8:30 am. Car Shuttle. Gas \$6. RT Map #06,07.

Leaders: Gunhild Karius and Bill Ottney
karius1@cogeco.ca 613-858-3183

Sunday, June 9 Blue Mountain Charleston Lake
Level 2, moderate pace, 8 km. Hike to summit Blue Mountain and the best panoramic view in Eastern Ontario. Meet to depart CT at 9:00 am. Gas \$6. *Please call leader if you can meet the group at CT.*
Leader: Ray Wilson 613 382 7189

Wednesday, June 12 Slide Lake from Perth Road Level 3, moderate pace, 14 km. Circumnavigate beautiful Slide Lake and enjoy the lake from all angles. Depart 9 am. Gas \$4.
Leader: Ann Wilson 613 531 9873

Saturday, June 15
RIDEAU TRAIL ASSOCIATION
ANNUAL GENERAL MEETING
Merrickville

Includes afternoon hikes, evening dinner program.
See details on Page 7.

Sunday, June 16 Cycle Wolfe Island to Quebec Head
Level 1, moderate pace, 30 km. Enjoy a nice cycle to Quebec Head where we will have our lunch and swim stop. Meet for the 9:30 am ferry to Wolfe Island.
Leader: Pat Casey 613-385-2356

Saturday, June 22 End-to-End # 9
 **Lions Club Westport to Narrows Rd.**
Level 2, moderate pace, 13 km. Hike the escarpment along north shore of Upper Rideau Lake and take part in Plaque Dedication Ceremony at Foley Mountain Outdoor Centre at 11 am., lunch, then follow RT to Narrows. See Sunday June 23rd hike and consider camping at Murphy's Point for the weekend.
Contact leader if not meeting at CT Kingston.
Car Shuttle. Depart 8 am. Gas \$9 RT Maps #07, #08
Leader: Sandra Muis 613 542 8224

Sincere Thanks to these
Recent Donors to the Rideau Trail

Keith Bull	Ruth O'Halloran
Elizabeth Choros	Stan & Catherine Pope
G. Hussain Choudhry	Jan Reatherford
Carl & Elizabeth Hamacher	Ute Schall
Cam T. Hodges	Sylvia Shortliffe
Garry & Lois James	Dukke van der Werf
Edward Lancaster	
Diann Lawton	
Christiane & Frank McGlynn	In memory of Frank Kemp:
John Miller	Hunter McGill
Robert Gordon & Juliet Milsome	Tracy Mellings

Saturday, June 22 Foley Mountain Celebration and RTA Plaque Dedication



Celebrate with us in this great park!
Full day OR afternoon hikes to fit all levels of fitness. See Page 3 of Spring Newsletter for details. Unveiling of the New Plaque at Foley Mtn Interpretive Centre at 11 am followed by lunch (bring your own!) . An afternoon 5 km hike in the Park, almost all downhill (due to shuttle service). Also, an afternoon Level 2 loop hike.
Information: John Cornish 613 382 4778
For longer all-day 13 km, level 2 hike, join E2E group (see above entry)

Sunday, June 23 End-to-End # 10
 **Narrows Lock to Lally Farm, Murphy's Point Provincial Park**
Level 3, moderate pace, 16.5 km. Plan to camp at Provincial Park this weekend to enjoy two hike days or Depart CT Kingston at 8 am. Shuttle. Gas \$10 plus park fee. RT Map #08. *Contact leader if not meeting group in Kingston.* **Leader:** see Summer Newsletter

DON'T FORGET -
RENEW YOUR MEMBERSHIP !

RENEW ON-LINE AT rideautrail.org
& CHECK OUT THE NEW 2-YEAR OPTION!

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.

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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 - 1 spot left

for lady looking to share accommodations

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!

ICELAND - only 2 spots left

July 30 to August 9, 2013

The land of the midnight sun!

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

SLOVENIJA & CROATIA

August 25 to September 7, 2013

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

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

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Some Fall Hiking Proposals from RTA Members:

Hiking at Calabogie October 4-6

Hike magnificent trails around Calabogie. Take in the dramatic views, see the fall colors.

Staying at Jocko's Beach Resort close to Trails.

Free canoes and kayaks for those who would like to use them or bring your own.

Every one is to make your own reservation by calling Jocko's Beach Resort. Toll free 1-866-376-6285 Let them know you are with RTA **Call leader to confirm you are coming.**

Depart Canadian Tire 9:00 am. Gas \$25.00
Leader: Pat Casey 613-385-2356

Two Other Fall Hiking Proposals:

1) **Auto and Rail trip to Agawa Canyon** is tentatively proposed for at least 5 days in September or October 2013. The dramatic

one day rail trip coach class fare is \$108, or \$77-\$88 if taken before September 14. Additional costs for accommodation and meals for 5 days is likely to exceed \$500 and then there are costs of driving 900kme (gas contribution for passengers would be about \$100) Over-nights en route could be in places such as Owen Sound, Parry Sound, Manitoulin Island, Sudbury, Thessalon or Elliot Lake.

2) **Kingston Club's annual fall midweek B&B trip** is proposed for later in the fall to the Peterborough area, commencing either 2 weeks before or 1 week after Thanksgiving, about October 1 or 22.

RTA members are invited to express their interests, date and place preferences etc on one or both trips to Bob Chadwick at chadwickrandw@sympatico.ca or 613-544-9222.

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Cheers for Volunteers!



Photo: Steve Manders

On January 27, the Kingston Club hosted its annual **Landowners & Volunteers Appreciation Party**. This year's party broke all records with 57 volunteers and landowners present.

This event is an acknowledgement and thank you for the priceless work and hundreds of hours donated by volunteers throughout the year. These are the people who maintain trails, lead hikes, build bridges, negotiate trails with landowners, produce and distribute the newsletter, coordinate the hiking program, plan the parties, tally up the money, compile statistics, record the minutes, chair meetings, keep our club in the news, maintain the archives and administer the membership applications.

Many trails would not exist without the agreement of landowners in the area who give us the special privilege of hiking on their property. We thank you and everyone who makes the Association tick. *by Linda Line*

"Sign-Up Sheet" vs. Waiver of Liability

The Board has recently adopted new language and format for the clubs' sign-up sheet. The new "Waiver of Liability" (formerly Sign-Up Sheet) reads as follows:

"ALL ADULTS PARTICIPATING IN THE ABOVE ACTIVITY MUST READ AND SIGN BELOW:

I acknowledge that, by participating in activity with the Rideau Trail Association, I may be exposing myself and any minor in my care to some degree of risk. I accept full responsibility for the welfare and safekeeping of myself and any minor in my care on the above activity. I also acknowledge that neither the activity leader(s) nor any of the members or officials of the Rideau Trail Association bear any liability to me or my family for any event or misfortune that might occur during the activity, and absolve the Association, its members and officers, from any such liability."

Although Club activities tend to be of a low risk nature there remains some risk simply due to the type of outdoor activities we are involved in. This new language forms part of the RTA's Risk Management Strategy and is meant to make participants aware that they are ultimately responsible for themselves (and where applicable any minor in their care).

Prior to departing on an activity, the effect of this new language is to:

- (1) ensure that the activity leaders explain the activity, setting out, to the best of their knowledge, the conditions that may be encountered on the activity; and
- (2) requires participants to understand any risk that might be involved in the activity and acknowledge that they accept that risk by signing the Waiver of Liability Form.

Gatineau Winter Memories

While some of us in the “sunny south” (i.e. Kingston Club) wondered, at times, whether to wear shorts on our January hikes, it’s nice to find that some of our Ottawa colleagues were still able to experience the joys of deep snow adding its own magic to the forest.

Not all was joy however. As *Steve Kelly* reports: “One of the most significant stories for winter activities for the Ottawa club is the storm damage and recovery. In Gatineau Park, where many members like to play, a number of the usual trails suffered blockages caused by fallen trees. Many were reminded of the Ice Storm of 1998, because trees were bent over, laden with ice and heavy, wet snow that did not easily release its grip. Some trails for skiing and for snowshoeing will likely not open this winter.”



Elizabeth Mason leads an Ottawa club ski outing in February across the end of Bourgeois Lake in Gatineau Park. The other skier is Joseph (Joe) Denes.
Photo by Steve Kelly

Behind the Scenes:

Every label on each of over 700 Newsletters mailed has to be applied by a volunteer, then they all have to be sorted and mailed. At both the Kingston and Ottawa ends, dedicated individuals handle all these logistics flawlessly. In Kingston, *Eleanor Porteous* and *Dagmar Jones* convene with huge piles of Newsletters at Dagmar’s dining room table and labour through the evening till the job’s done. In Ottawa, the chore is managed by *Denise Hall*. Thank you, all, so much for your dedication!

Dagmar Jones (left) and Eleanor Porteous ensure the Newsletters get out. (*Photo: John Cornish*)



Board Meeting Highlights

Perth, Saturday, January 19, 2013
by Louise Osborn, Vice President

We welcomed 2 new club executive members: **Denise Hall**, Ottawa Human Resources Rep. and new Vice-Chair ; and **Gill Hyland**, Central Vice-chair and Board rep. for the Central Club.

The meeting began with an exploration, moderated by **President Robert**, of who and what we appreciate most about the Rideau Trail, an opportunity to share some sentiments and experiences.

Printed trail map sets will be available in March for \$20.00 per set. Thank you very much , **Elizabeth Mason**, for all your diligent work on this extensive project. And for those who prefer the electronic version, our RTA maps are still available on-line. Elizabeth will send an e-letter to members on how to order, as soon as she has them in hand.

Finances: Treasurer **Joy Webster** noted the popularity of the new 2-year memberships. The balance sheet will now include "Deferred Memberships", a new category. The Preservation Fund Statement shows a rare expenditure: for the newly re-mounted Foley Mountain plaque. Revenue and expenditures for map sets will be included in the next statement.

Expenses: All volunteers are encouraged to submit a claim for required expenses, for reimbursement. This will help to track volunteers' contribution to the association. (Should volunteers wish to donate the money back to the RTA, of course they may.) A committee is established to address the issues of documenting, reimbursing and re-donating expense amounts. The committee will be led by **Joy Webster** and will include **Lars Thompson** and **Sheila Parry**. Thank you, all three, in advance! Board members should submit their expenses for the year on ordinary paper by March 31, 2013

Membership: **Sheila Menard** reports our current annual membership stands at **793** (846 last year at this time). We have **97** members (142 last year at this time) with a membership expiry date of March 31 **2014 or later**, leaving about **700** members who will be up for renewal this coming March 2013. Save a tree! Renew your member-

ship on-line! Save Sheila some work! Do it now!

Communication & Marketing Director: We are still looking for a qualified volunteer to show us the way! Please contact Robert Groves.

Club Reports:

Ottawa Club: Ottawa AGM is scheduled for April 5, 7:00 pm. Denise Hall will be organizing the **Rideau Trail AGM June 15, 2013 in Merrickville. Mark your calendars and SAVE THE DATE!** Ottawa club has scheduled an "Introduction to Hiking" course on April 6th, given by Ruth Oswald. The course will be at a cost of \$75 for non RTA members and will include an RTA membership. Members' cost is \$50. This course will serve a dual purpose of training new members on the art of hiking and also hopefully bring new members into the club.

Central Club: Central AGM will be held Sunday April 14th, at 10:00 am. Coordinating with other clubs and community organizations is one of our goals: e.g. Doors Open / Trails Open event in Smiths Falls, June 9, 2013; meeting with the Tay Valley Cross Country Ski Club and the Friends of Murphys Point to discuss ways we can work together. These initiatives should help to raise our profile and introduce potential new members to RTA.

A hike leaders' information session was held on January 22 to review information presented at Hike Ontario Leaders course (September), and to discuss issues raised by hike leaders.

David Allcock has returned to the executive in the capacity of Trail Maintenance Coordinator. (Very warm welcome back David!) A maintenance day is scheduled for April 27. **It was reported that the section of trail between Port Elmsley and Poonamlie Road, which is on private land, was not passable. Trail maintenance on this section is postponed until spring.**

Kingston Club: Kingston AGM is on Saturday April 20 at the Little Cataraqui Conservation Area. The RTA signs at the south entrance to the Cataraqui Cemetery and at the Sydenham Town Park have been rebuilt by **Jim Loriemer** and installed by Jim and **Stan Huff**. (Thanks, Jim and Stan!)

E2E Summer Hikes A Kingston E2E for 2013 is in place for this Spring. It's hoped to coordinate this with the other Clubs' E2E events.

Winter E2E Hikes: **Bill Murdoch** has led the Winter E2E hikes for the Association for at least five cycles (Thank you Bill!) and reports that this program has become so successful that he has had to ask for more leaders to help out. (Now that's good news!)

RTA Routing, Securement and Maintenance Committee: **David Armitage's** term is coming to an end, and a qualified replacement with related experience needs to be found. So if you are involved in trail maintenance.... You can expect to hear from your Club rep! Thank you, David , for your expertise and years of dedication to the Rideau Trail. Much appreciated.

More Happenings:

Sheila Parry volunteered to develop a policy on Board recognition of volunteers. Sheila has updated the Sign-up sheets to include an up-dated waiver of liability based on information from Hike Ontario and the Guelph Hiking Club. (My, you've been busy, Sheila... Thank you!)

Policy regarding Children has been adopted as follows:

1. A person must be 18 years or older for RTA membership.
2. Persons under 18 years of age *may* be allowed to participate in some RTA events *if* approved by the event leader; and accompanied by an adult who assumes responsibility for that person.

This just in... All RTA clubs have expressed interest in the Canadian Wildlife Foundation Walk to be held April 7 to May 22. We have requested a kit for each of our clubs. Stay tuned!

Next meeting: Saturday, April 27, 2013

Board Seeks Marketing/ Communications Whiz

Volunteer to help your Association thrive in this new era. If you have interest and ideas, join the Board as our Marketing/ Communications Director. Discuss it with President Robert Groves (613)-259-3170
grovesgroup@sympatico.ca



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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 ☐ Two Year Individual Membership 45.00 ☐ Annual Household Membership (two adults at same address) 40.00 ☐ Two Year Household Membership 75.00 ☐ Printed Map Set (Full Trail at Feb 2013) 20.00 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): _____

