

The Rideau Trail NEWSLETTER

SUMMER 2013

ISSUE NO. 168



Our New Maps, in a Waterproof Set! See page 6.

Rideau Trail Newsletter

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Editor of this issue: Ann Bolster, Ottawa Club

Fall 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 **August 1, 2013**. Send to cornish@kos.net or John Cornish, 26 Twin Oaks Lane, Gananoque ON K7G 2V5; phone 613-382-4778.

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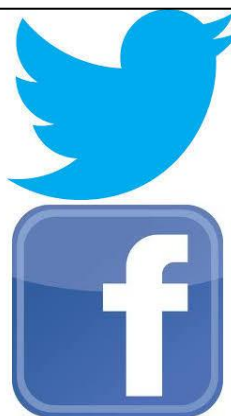
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The Rideau Trail Association is now on Facebook and Twitter! Follow @rideautrail for trail updates and conditions, photos, hike information, and other news.



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The RTA is a member of Hike Ontario.

Front Cover (and page 6 version): Photos by Elizabeth Mason.

Page 3: Top: Simon Lunn. Photo by Ken Watson. Bottom: "Preservation of an Industrial Past". Photo by Simon Lunn.

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RIDEAU TRAIL ASSOCIATION 42ND ANNUAL GENERAL MEETING
Saturday, June 15, 2013, The Baldachin Inn, Merrickville

9:30 am–10:00 am	Registration and refreshments
10:00 am–12:00 pm	Business meeting and awards
12:00 pm–1:00 pm	Lunch (bring or buy in town)
1:00 pm–5:00 pm	Choice of hikes or free time
5:00 pm–7:00 pm	Dinner with cash bar at the inn, ending with a talk by naturalist and photographer Simon Lunn.

Hike Options

A. Historic Merrickville: Level 1, easy pace, about 2 hours. Guided walking tour of this beautiful village.

B. Limerick Forest: Level 2, brisk pace, about 2.5 hours. Highlights include pioneer stonework and Hanlan's marsh.

Reservation for Dinner: by June 1

Total cost of dinner (including dessert and tea or coffee) is \$36.95 including taxes and gratuity. Send a cheque payable to Rideau Trail Association to **Denise Hall, 67 Palmadeo Drive, Ottawa ON K2J 4Z3. Indicate your choice of entrée:** chicken, beef or vegetarian. Reserved dinner tickets can be picked up at registration. Any questions? Contact Denise at rebeccahall@rogers.com or 613-843-8222.

Accommodation

If you are planning to stay overnight, consult www.baldachin.com to find out about rooms at the inn or use Google to search for B&B options in Merrickville.

Directions to the AGM

The Baldachin Inn and Restaurant, 111 St. Lawrence St., is in the heart of Merrickville, overlooking the Rideau Canal, a UNESCO World Heritage Site.

Transportation

If you need a lift or are willing to take passengers please contact one of the following.

- * Kingston Club: Jenny Ellis, 613-549-6807 or ellisj1@kos.net
- * Central Club: Dorothy Hudson, 613-283-0332
- * Ottawa Club: Denise Hall, 613-843-8222 or rebeccahall@rogers.com



Welcome, New Members!

Central Club

Janice Chornohus
Louis & Nancy Gaudreau
Sarah A. Kelleher
Thomas & Beverley Pearcey
Pam & Jay Pratt

Kingston Club

Ann & John Adams
Danielle Aird
Bob Chittick
Scott Clayfield
Deborah Czarnecki
John & Laura Debison
Doreen Ecke
Irene Fior Household
Randal Haddrall
Laura Hanley
Brian Hetherington
Mary Jones
Joche Katan
Haley Lee
Bruce Bursey & Peter Lockwood
Donna McTaggart
Christine Miller
Margaret Montagano
Heather Patterson
Donna & Raymond Russell
Sharyn Sheffield
Ning Yang

Ottawa Club

Mina Azad
Dan Boulay
Michelle Filion
Danielle Filteau
Lise Gagnon
Susan Harris
Peter Griffin & Heather Harrison
Leslie Heyding
Sonya Jenkins
Joanne Lee
Lois Marion
Donald & Peggy Ann McGillivray
Janice Miller
Hilary Murray
Patricia Page
Colleen & Roy Pellatt
Daniela Petrescu-Comnene
Denise Pratte
David Rodger
Ron & Eleanor Rose
Serge Marguerie & Rehana Rouf
Barbara Rousseau
Marta Samper
Trish Cairns & James Shugart
James Talboys
Simon J. Timms

Sherri Watson
Cheryl Wright

Non-affiliated
Diana Knight

HIGHLIGHTS OF APRIL 27, 2013 RTA BOARD MEETING

by Viola Caissy, Vice President

The Board welcomed 3 new members: Viola Caissy, Vice President; Mark Coates, Marketing and Communications Director; and Graham Creedy, Ottawa Club representative.

President's Report: Robert Groves was welcomed at the Ottawa and Kingston AGMs. He noted much confusion about membership fees, RTA finances and club budgets. In response, Elizabeth Mason, past chair of the Ottawa Club, is preparing an article for the fall newsletter. Our new VP has agreed to run the committee responsible to plan the 50th anniversary celebrations of the RTA. Viola is seeking volunteers from the general membership to join her committee.

Association Finances: Treasurer Joy Webster once more presented a very professional annual financial statement, which will be presented at the AGM. Total revenue is down by about \$5000 owing to lower numbers of members and because guidebooks are no longer being sold. RTA life membership is no longer being sold because of changes in tax rules for charitable organizations such that a receipt cannot be used for tax purposes. Joy noted that few trail maintainers and other volunteers are claiming for gas or mileage and should do so. Such claims provide documentary evidence of voluntary labour for presentations to granting agencies.

Membership: Sheila Menard, our director, reported continuation of the declining trend in membership. Renewal reminders were sent out recently. There were 92 new members this fiscal year.

Trail Coordination: In June the term of David Armitage as Trail Coordinator will be completed. Jim Lorimer, of the

Kingston Club, has agreed to pick up the reins of this vital committee, which is responsible for routing, securement and maintenance. The Board is very grateful to David for his many years of service. We will not lose his knowledge and experience, as he has agreed to continue assisting the committee.

Marketing and Communications: Mark Coates, of Ottawa, has volunteered to spring the RTA into the cyber age, elevate the trail's profile at home and abroad, reverse our shrinking membership and tweet us into a Happy Dance! Welcome aboard, Mark!

Ottawa Club Highlights: The April 6 "Introduction to Hiking" course was a success despite logistic issues. Half the attendees were new to the RTA and are now members. There was a waiting list, so the course will be run again, at a different venue (see page 17).

Central Club Highlights: Gill Hyland reported that Central was to sponsor a walk on May 11 in Baird Woods, led by naturalists, as part of the nationally organized Walk for Wildlife. Chair Dorothy Hudson mentioned that Kingston and Ottawa members are welcome to attend the September 21 leader training course being hosted by Central (see page 5).

Kingston Club Highlights: Chair Don Coulter reported that City Council passed a motion to extend the Rideau Trail to Confederation Park along the Waterfront Pathway and to install combined signs and an interpretive panel in the Park. At the club's AGM certificates of appreciation were presented to 3 outstanding hike leaders: Bill Murdoch, John Cornish and Bob Chadwick; 8 others received honourable mention. Kingston End-to-End Badges were also presented. Guest speaker Randal Haddrall, a career OPP officer and marathoner, talked about his worldwide trips and fundraising races on behalf of the Canadian Diabetes Association.

Next Board meeting: June 15 in Merrickville, immediately after the AGM.



'Twas a beautiful day for hiking the Gananoque Wild Woods Trail. Hike leader John Cornish (left) was assisted through the new loops by Peter Murray and a leprechaun?? Well, it was March 17. Photo by Sharen Yaworski.

KUDOS & APPLAUSE

**HIKING WITH THE
RIDEAU TRAIL
ASSOCIATION (RTA)**
www.rideautrail.org/
613-860-2225

Kudos and Applause to all our volunteers who help make this organization the success it is. Hike leaders oversee more than 200 hikes annually. The group travels many sections of the trail annually and has frequent outings to Gatineau Park. Trail maintainers each oversee a section of the Rideau Trail, making sure markers keep you on track and keeping pathways clear.

Hike leaders are currently rebuilding the area affected by last year's bush fire near the old Lime Kiln in west Ottawa. The local executive puts together all the pieces of this puzzle to make sure everything runs smoothly. With such a vast network of volunteers, it is no wonder this group has been around since the 1970s.

The Rideau Trail is a continuous trail from Ottawa to Kingston, which is more than 300 kilometers long. The association has worked with private and public landowners to ensure its continuity in length and in time.

If you've been thinking about joining a hiking club, our association will be offering an Intro to Hiking course on April 6th and hosting a Sign Up Day April 27th, both at Mountain Equipment Co-op on Richmond Rd. RTA hosts a variety of hikes for all levels of fitness. Come and meet some of our hike leaders or enroll in this seminar ... we know all our area's best trails.

The above item was published this spring in the *Ottawa Citizen's* Our Town section as part of the publicity that Ottawa Club's Rob Weeks (Publicity and Media Relations) is doing to raise the RTA's profile and attract new members – and in the process thank our volunteers in a very public way. Thank you, Rob!

Hike Leader Training

Perth Wildlife Reserve

Saturday, September 21, starting at 10 am

The RTA Central Club, in conjunction with Hike Ontario, is holding a hike leader training course that is also open to members of the Kingston and Ottawa clubs.

This course is intended for those who have led hikes but without specific training and those who would like to lead. It is designed to train you to appropriately advertise and safely lead day hikes within 2 km of EMS support. You will practise introducing a hike and responding effectively to simulated scenarios to achieve the best outcome. Issues such as insurance, waiver forms and incident reports will be covered. Principles of risk management will be covered through discussion and simulations. Participants receive a manual and, upon completion of the course, a wallet card, certificate and hike leader badge.

It's hands-on, so dress for the weather. Bring a backpack prepared as if you were going to lead a hike. Bring in addition a lunch and a drink.

Hike leader training is funded by the RTA on the understanding that those taking the course will lead at least 1 hike for the RTA before next summer and continue to lead trips throughout their tenure with the RTA. To register, send a cheque for \$75, payable to "RTA Central Club", **by September 1**, to Margaret Lafrance, 25B Robinson Rd., Perth ON K7H 2E5. Your cheque will be returned to you at the course. Contact Margaret at 613-264-0057 or margaret.lafrance@bell.net for further information.

WANTED: Leader for 2014 Ski Weekend

With a committee in place, we still hope to celebrate our 25th year of this RTA activity, but we need a registrar/leader. For the past few years RTA clubs have combined forces and made it happen at Hotel Le Chantecler in the Laurentians. With the hotel offering wonderful meals, groomed trails and reasonable prices, our participants have asked that we continue this tradition. After 13 years as leader and/or registrar, Lars Thompson is seeking his replacement. If a volunteer comes forward, look for a notice in the fall newsletter. The tentative dates are January 31 to February 2. Contact Lars at 613-389-8747 or thorlarsen@cogeco.ca if you are interested in taking the helm.



A little trail maintenance during the hike. Photo by Miu Lam.

EXPLORING THE FRONTENAC ARCH

by John Cornish

Bridge rescue in the Gananoque Provincial Wildlife Area was on the agenda for a Kingston Club hike in April. We climbed from the forest lowlands up along the craggy spines to arrive at the central bridge that connects the parkland's halves. Beavers have adopted the bridge as a foundation for ambitious infrastructure development of their own, not part of the Harper Economic Action Plan! The rising water threatens to wash out this major hiking asset, which was developed through the efforts of local RTA members.

To help relieve the pressure, we tore through several sections of the dam and cheered on the resulting cataracts. Not a permanent solution, to be sure, but a contribution from individuals who love the complex and vibrant webs of nature, even when they work in seeming contradiction.

Man is not always ascendant: sometimes the principle of sustainability requires us to seek solutions that recognize and accommodate the needs of other creatures, even the toothy rodents of the Frontenac Arch Biosphere Region!

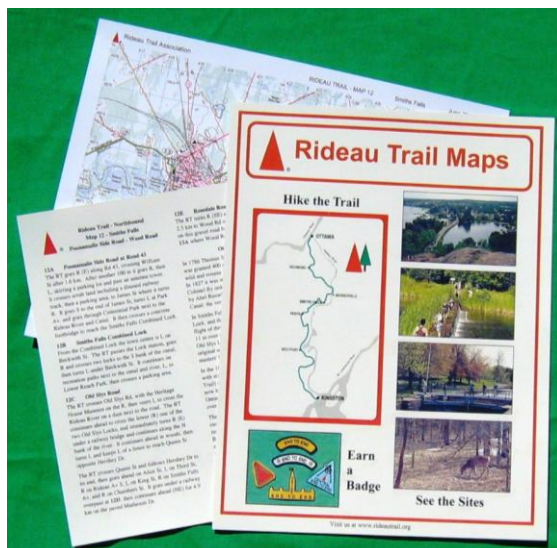
The Arch (or Axis), with its craggy rocks and lush forests, strides across the Thousand Islands and curves north around the ancient limestones of the Kingston plain. It's so unusual that the region has been declared a UNESCO Biosphere Region and a National Geographic GeoTourism Charter member.

And the great thing for Rideau Trailers: it's ours! The Kingston Club in particular has opportunities to explore the Arch almost weekly. Frontenac and Charleston Lake parks, Marble Rock, Gould Lake and Rock Dunder are a few of our regular destinations.

Spend some time with www.frontenacarchbiosphere.ca, an astounding resource about the trails, the history, the culture and the food of this region. Download some trail maps and get hikin'!



Examining mysterious rock formation. Photo by Miu Lam.



Rideau Trail Maps for Sale

Set of 21 maps on waterproof paper

The cost for a set is \$30 with the form on the back cover of this newsletter or \$31 with PayPal and the online form (www.rideautrail.org). Or save a few dollars by buying in person at the RTA AGM or at club AGMs or by calling a local representative.

- * Kingston: Bill Murdoch, 613-767-4858
- * Ottawa: Elizabeth Mason, 613-729-6596
- * Perth: Gallery Perth, 613-264-8338

Why not set a goal to hike the entire Rideau Trail this year? Chris Heap and John Haley have created for you these navigation essentials!



Volunteer badge recipients (left to right) Gerry and Sheila Hare, Brian Worobey, Cliff and Gloria Daly, and Tom Cole with badge presenter and new Ottawa Club Vice Chair Denise Hall (she of the shiny shoes). *Photo by Steve Kelly.*

OTTAWA CLUB AGM

by Sheila Parry, Chair

Ottawa's AGM, held April 5 at the Tom Brown Arena, was attended by about 50 members. The meeting took the usual format, with the Executive Committee reporting on points of interest from 2012-13 and outlining the club's finances. This year's elections saw a change in secretary from Diane McComb to Donna Shields. A big, big thanks to Diane for all her hard work. And welcome, Donna! We are looking forward to working with you. As well, Denise Hall was acclaimed to the newly combined position of Vice Chair and Human Resources. Denise had been Vice Chair *pro tem* for much of the year.

Volunteer badges were awarded to 18 trail maintainers, hike leaders, and map and compass gurus.

Elizabeth Mason was presented with a framed copy of the poem "She Gets It Done", by Bruce Henderson, in thanks for her extensive contributions to the RTA over the years.

Chris Heap and John Haley were given a big thank-you for all their hard work developing the new RTA maps (Chris) and descriptive material on the back of the maps (John). Elizabeth then presented Chris with a set of the maps. (John was in Wales, hiking.)

Audrey Stewart did a slide presentation on her September 2012 hike of 180 km with others on the East Coast Trail of Newfoundland, between hurricanes Kirk and Leslie. We thank Audrey for tempting club members to try this trail!

ADOPT A ROADWAY

by Denise Hall

On Saturday, April 27, 20 volunteers from the Ottawa Club braved the weather to help with the 5.5-km roadside clean-up along Roger Stevens Drive, which provides access to the Rideau Trail as it runs through the Marlborough Forest. Like diehard hikers, our clean-up crew came prepared in rain apparel, as my photo below shows.

There did not appear to be as much garbage as usual, but there was enough to keep us busy for the morning. We witnessed lots of roadkill: a deer, beavers, turtles and rabbits.

Brian LaDuke, chief organizer of this twice-yearly event, had a rented U-Haul trailer to load up our full garbage bags, which were then left in a big pile at a specific parking lot for pick-up by the City.

The team I worked with was lucky enough to be treated by a woman who lives on Roger Stevens Drive. She came to the end of her driveway loaded up with mugs, a jug of milk and two thermoses of hot coffee. She was very appreciative of our efforts, and we were even more appreciative of a warm drink on a damp day!

We will most likely be doing the autumn clean-up in early October. Please consider joining us. Many of us hit the Marlborough Pub and Eatery in North Gower when the clean-up is completed. You do a good deed in the morning and then get to eat, drink and socialize afterward.





DON GRANT: A PASSION FOR PULMONARIA

by Wendy Warburton

Don Grant's passion for art goes back 3.8 billion years, give or take a couple of millennia. That's the estimated birthdate of the plant that has inspired and fuelled Don's art ever since he spotted his first one while mowing his lawn in 2005 and wondered what it was. Research revealed it was pulmonaria, commonly known as lungwort. "There are 16 species. You can find this plant around the world in temperate climates," says Don, who not too long ago found a pulmonaria fossil near Smiths Falls.

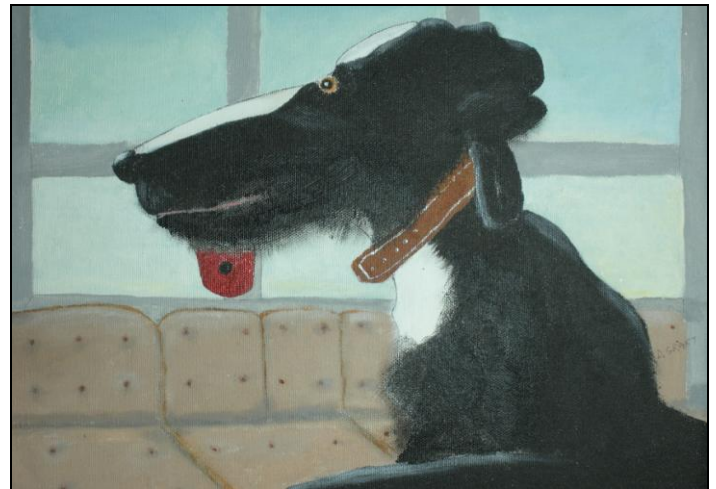
Now his art and pulmonaria are keeping him busy. Before a stroke in 2003 that cut short his chairmanship of the RTA's Ottawa Club, Don did 3 end-to-end hikes of the Rideau Trail, including 1 in winter. Now 86, the 24-year RTA member's hiking is mostly confined to treks around Mud Lake, a short jaunt from the 16th-floor condo overlooking the Ottawa River that he shares with his wife, Vi.

The condo is also home to Twillingate Gallery, where Don has his studio and keeps his hundreds of paintings that make up the Pulmonaria Project. But visitors shouldn't expect to see pictures of plants on Don's walls. Instead, his pulmonaria paintings are a delightful menagerie of whimsical people, animals, birds, fish, dinosaurs, hats and much more. In one a striped cat lolls on a table; in another a Scotsman toasts a haggis; and there is even a Santa Claus.

The colourful characters are inspired by the pale markings on pulmonaria leaves, each

leaf as big as a hand palm, with patterns of spots as unique as fingerprints. Just as people see elephants or Cadillacs in cloud formations, so Don sees dragons in pulmonaria markings. "I have extracted 2800 images from these plants," says Don, noting that each leaf has about 50 to 100 spots. He's made it his job to connect those dots. "If you look carefully, you'll see some pretty familiar faces and animals (in the spots)."

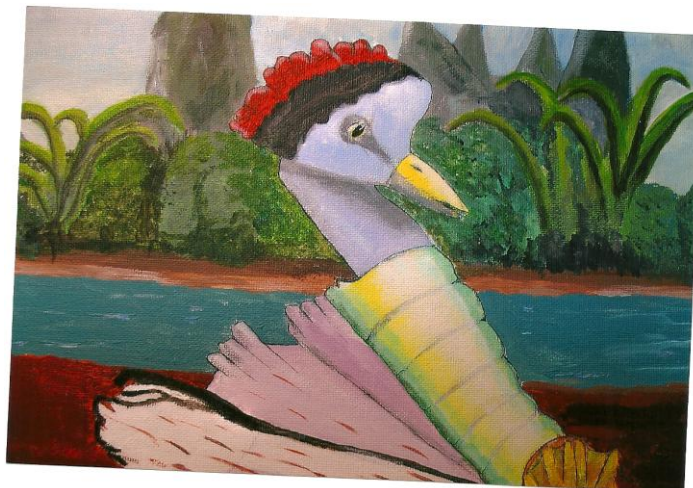
Although some of his images are about 15 by 12 inches, others are smaller than a thumbprint. Don first traces the outline of the dots on paper, then sketches in the images he sees. The images are carefully catalogued and photographed, then stored in a filing cabinet. Eventually he paints them in; about 80% are finished. Once all are done, he hopes to compile them into a book.



Don's talent is also evident in his photographs of clouds and sunsets shot from his balcony and in his oil paintings of barns, a portrait of 3 women holding a candlelight vigil that adorns his dining room wall, and a soaring gull on a sky-blue background. He took up oil painting after he retired at 62, but now he works in acrylics.

The gull is based on a sketch he made aboard ship in the Atlantic Ocean in 1953 while working for the defence research board of the Department of National Defence, his employer until his retirement. A geologist by training at Acadia University and Massachusetts Institute of Technology, Don's work in the public service caught him up in the Cold War. He helped develop military uniforms for Arctic warfare and submarine detection technology during the 1950s,

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MAKING CUSTOM MAPS FOR YOUR GARMIN GPS DEVICE

by Bill McGee (wfmcgee@sympatico.ca; 613-828-9130)

When I was introduced to the RTA, Kees Reedyk suggested that a Garmin GPS device would be interesting. Since Gatineau Park was my main interest, I also purchased (for \$100) a Garmin map of the park. It contained contours, lakes and rivers but no trails. At the time, maps for GPS devices used vector graphics consisting of geographically specified points, lines and regions, along with labels and types. It seemed to me that the NCC winter trails map used vector graphics, and a friend suggested a way to convert that map to a format useful for making my own maps.

Perusing the Web site Free Geography Tools, I realized it was possible to make my own maps using CGPSMapper, a free program that converts information about points, lines, regions, labels and types in a text file with the so-called Polish map format (suffix .mp) into Garmin map image files (.img). By a fairly laborious process it was possible to write a Pascal program to convert the winter trails map information into a text file and then convert that into a Polish map file. Thus I could make a Garmin .img file with the lakes, streams, contours and NCC trails.

But it is more interesting to add your own back trails (tracks) to the map. Garmin uses a file format for tracks called gpx. CGPSMapper does not recognize these files, but there are programs to convert gpx files to a file type

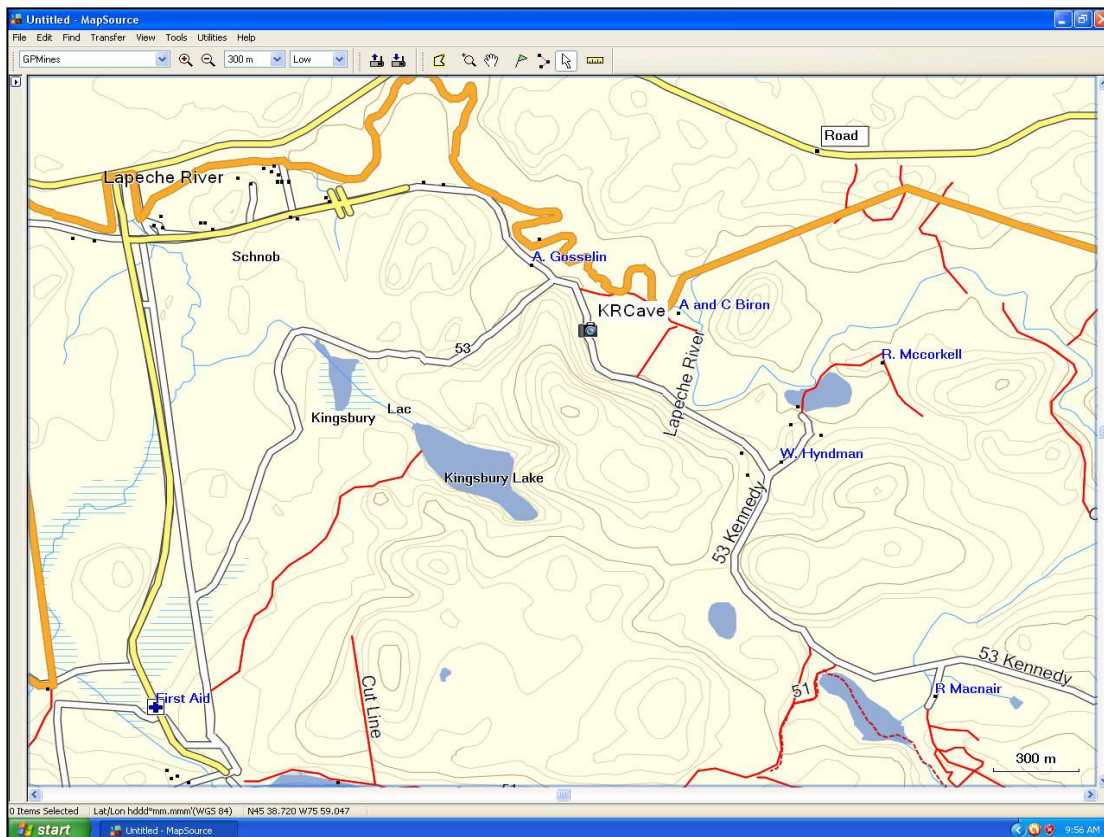
called Shapefile (.shp), which CGPSMapper can read. There are also programs to change shapefiles directly into Polish map files.

And more is possible. There are maps of the park with many of the mines marked and with old buildings, foundations and ruins indicated. This information too may be incorporated into your map. Interestingly, people have devised a method to change the icons used in the Garmin device for tracks and points of interest, and the program TypWiz automates this process.

As an example, below is a screen print of my map near a turn towards Kingsbury Lake off trail 53 (Kennedy Road) showing trails, contours, lakes, streams, the location of the so-called (and vastly overrated) Kennedy Road cave, some former farm buildings (the black dots) of the Hyndman, McCorkell, Biron and Gosselin families from a 1962 map, the park boundary (in orange) and some old trails (in red) from the same map. Beside the map is a small section as viewed on the screen of my Garmin GPS device.

The reason this all works is that the format for the Garmin maps has been reverse-engineered; this has not been done for other manufacturer's GPS devices. However, the KML format used by Google for smart phone maps has been published, and so custom maps for these devices are also possible, but I have not made any.

Because they are public information, I can supply those interested with Polish map files of everything except back trails. That information you will have to supply yourself, preferably by hiking those trails!





Denise with Joanne Tuttle and Cynthia Sutton on Centennial Ridges trail, Algonquin Park. *Photo by Dave Audette.*

RTA TRIP TO SPECTACLE LAKE

by Denise Hall

Chris Heap spearheaded a trip to Spectacle Lake, which is near Barry's Bay and Algonquin Park, over the Family Day long weekend in February.

The 29 participants came from all 3 clubs and included our president, Robert Groves. We had lots of snow for snowshoeing on the numerous trails right outside the lodge property. Cross-country skiers were able to take a short ride to Algonquin Park to enjoy the groomed trails, and one day some of us drove there to snowshoe Centennial Ridges. We all agreed that we would love to do this trail again!

The food at Spectacle Lake Lodge was fantastic, and in fact too good according to many. The staff catered to special dietary needs, and there was a great selection. One evening we had a pasta bar affair: you chose your own pasta and could add various toppings that included meats, vegetables and sauces. Speaking of bars, we often got together at "Party Central" for "Happy Hour" after a good day of activity under sunny skies with crisp temperatures.

It was a great weekend away. Thanks, Chris, for taking the initiative to organize this trip!

OTTAWA TEMISKAMING HIGHLAND TRAIL

by Kent Phillips

In early May 2012 Erica and I had the privilege and pleasure of accompanying the founders and builders of the OTHT on their 8th annual end-to-end backpacking hike of this superb 100-km woodland trail overlooking Lake Temiskaming (or Timiskaming), east of Highway 11 near Temagami and the canoeing paradise of Lady Evelyn Smoothwater Provincial Park.

Lake Temiskaming, a long, narrow lake formed by an ancient geologic fault, is 600 ft deep. The drainage area for much of pine-forested northeastern Ontario and northwestern Quebec south of the Arctic watershed channels into the lake. Its outflow forms the headwaters of the Ottawa River.

The trail was established under the authority of the Ontario Government's Land Use Plan for the region, and, as one of the founding members explained, "whenever we found ourselves opposed by other interests, the Ministry [of Natural Resources] was always on our side". This and other trails in the area were developed and are being maintained by Nastawgan Trails, a volunteer community-based not-for-profit organization whose members constitute the hiking club. Most of those on the hike had chosen to leave southern Ontario and to live and work in this area.

There were 11 of us on the hike: 6 from the hiking club, 2 dogs, Erica and me, and a woman from Waterloo. The hike coordinator, Murray Muir, was the acknowledged bundle of energy when building the trail. He hiked with a full-sized axe strapped to his backpack and a bow-saw. He allowed no fallen tree or errant bush to obstruct the trail. The others were equally heavily equipped. We, by contrast, go to some lengths to save a few grams here and there, except for Erica's ever-ready set of hand clippers.

The trail is easy to follow, with white blazes every 10 m or so and no rock scrambling or difficult footing. None the less, it was relaxing to be with others who knew the trail well and could tell us local detail and what to expect for the day. There are a number of rustic campsites along the way. Our average walking speed, excluding stops for lunch, at lookouts etc. was about 2.5 km/h, and morning departure was by 7:30 am, which allowed a comfortable arrival time in camp. Our daily distance varied from 9 to 19 km and our ascent from 527 to 1113 m, for totals of 101 km and 6611 m. We were carrying just over 30 lb each.

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Impromptu crossing. *Photo by Kent Phillips.*

A TANZANIAN ADVENTURE

by Donna Shields

Tanzania is a perfect holiday destination, with the highest peak in Africa, great safari parks and wonderful beaches on the island of Zanzibar. My husband Bruce and I decided to do it all. Evans Shayo of Kilimanjaro Trekking Guides, located in Kingston, organized our Kili climb and our safari. This transplanted Tanzanian is a former Kili guide.

Uhuru Peak, the summit of Mount Kilimanjaro, is at 5895 m. It is accessible to any committed walker, requiring physical endurance and mental fortitude but no technical skill or experience. Our hike took 6 days. We were supported by 6 porters, a guide, a cook and Evans. I am pleased to say that we made the summit and witnessed sunrise from the “roof of Africa”. It was an awe-inspiring experience, especially since we are both in our 60s.

There are 3 main routes to the top. We chose the Marangu route because you sleep in huts rather than in tents. There was solar-powered electricity as well as toilet blocks with cold running water. We met many people on the trail, from 20 countries and all ages and fitness levels.

The scenery is ever-changing as you pass through rain forest, heath and moorland, then high desert to reach the summit. Pole pole (slowly) is the operative word. I mean really slow: 42 steps per minute. This pace is necessary to acclimatize and keep your breathing regular. At high altitudes you need to drink 3 to 4 L of water per day (hard for me, but I got a headache if I slacked off) and consume many calories. The food was excellent and plentiful, and Evans did a great job with my gluten-free needs.

It was a steady climb for the first few days, a gain of 1000 m per day. We spent 2 nights at the second hut to acclimatize, then went onward for the craziest 30 hours ever! It began with a 6-hour climb of another 1000 m starting at 8 am to Kibo Hut. There we settled in with 10 bunkmates for an afternoon nap, a quick dinner, and then more rest. We got up at 11 pm and had a warm drink and porridge. We dressed in all our warm clothes, donned our headlamps and pole poled up that hill. It was dark, so I just watched the guide's feet ahead of me. As we got closer to Gillman's Point the terrain became very steep and rocky. With half the normal oxygen it was difficult to breathe and my thought processes became muddled. It was very cold and I thought “I can't do this!” An 18” step up to a rock had me totally perplexed. How can I do that? I just wanted to sit down and cry, but it was much too cold for that. The guide dragged me up, and finally we made it to Gillman's Point. Hot tea and a snack revived me. I understand why many people stop here. It was just so hard. I was told the next section was not as steep, and since it was still dark we decided to push forward. It was a piece of cake getting to Stella Point, then we had a low-grade climb to the summit.



Bruce and Donna at Uhuru Peak. Photo by Evans Shayo.

I was energized and had a much easier time than Bruce, who was having trouble getting his breath.

We made it to the summit at 6:30 am, just as the sun was coming up. The scenery was spectacular and the glacier majestic, but it was minus 15C and windy, so we took our pictures and got out of there. Now that we could see where we were going we enjoyed the scenery back to Gillman's Point. After the steep section, we reached scree, where you half-ran, half-slid: like going down a sand dune. We still needed to stop and rest frequently, and we reached Kibo hut at 9 am. After an hour's nap and something to eat, it was 3 hours to the next hut. We were elated but exhausted. After a good sleep we hiked 6 hours out on very tired legs.

Back in Arusha we had a day's rest and a reviving massage and were then ready for our 5-day safari, which was equally inspiring. We visited Lake Manyara National Park, Serengeti National Park and Ngorongoro Crater. We saw all the animals you would expect to see. My favourite sighting was a cheetah and her 3 cubs only 15 yards away. The cubs frolicked in the grass as the mother sat on a small knoll gazing around at the distant landscape. One morning an elephant caused great excitement as he charged through the middle of the campground after a small dog. In Serengeti we witnessed the migration of the zebra and the wildebeest that travel 5000 km every year in search of water. In the Ngorongoro Crater we witnessed the circle of life, all within an hour: the birth of a wildebeest, the killing of a baby water buffalo by hyenas as the mother tried valiantly to fend them off, and 2 lions copulating.

Our adventure finished with a restful stay on the east coast of Zanzibar. We walked the white beaches of the Indian Ocean and visited historic Stone Town in Zanzibar city.

The Tanzanian people are warm and friendly, the countryside is beautiful, and we felt safe in our travels. Thanks to Evans, all our travel arrangements were flawless. We will treasure our many fond memories forever.

CENTRAL CLUB ACTIVITIES — SUMMER 2013

Unless otherwise specified, 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. When carpooling, the amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers. For more information on each event, call the leader. Please read Participants' Responsibilities (page 13).

Special Notes:

- * Hike Leader Training Course: Saturday, September 21. See page 5 for all the details.
- * The Central Club plans to continue the Rideau Trail End-to-End in the fall.

MIDWEEK ACTIVITIES

Wednesday-Morning Wanderers. These hikes are suspended for the summer months and will resume the first week of September. For more information contact Margaret Lafrance, 613-264-0057 (margaret.lafrance@bell.net)

WEEKEND ACTIVITIES

Saturday, June 1 Miner's Point Road to Narrows Lock
Level 2, 10.8 km. Meet at 9 am. Gas \$4. Leader: Robert Groves, 613-259-3175 (grovesgroup@sympatico.ca)

Sunday, June 9 Trails Open Hike, Smiths Falls
Level 1, 8 km. Meet at 10 am at the Railway Museum of Eastern Ontario in Smiths Falls. Hike the Rideau Trail through parklands and quiet residential streets, looping back to the starting point. Stay and enjoy some of the Doors Open sites (www.doorsopenontario.on.ca). Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Saturday, June 15 42nd RTA AGM
Merrickville. Starts at 9:30. See page 3 for details.

Saturday, June 22 Foley Mountain Celebration and Hike
Plaque ceremony at Interpretive Centre, then lunch (bring your own) and a level-2 loop hike of about 8 km on the mountain. Meet at 10 am. Gas \$4. Leader: Robert Groves, 613-259-3175 (grovesgroup@sympatico.ca)

Saturday, June 29 First Canoe Trip of the Season!
Level 2, 12 km. We will canoe upstream on the Mississippi River from Ferguson Falls. Bring lunch, water, safety kit, life jackets etc. Meet at 9 am. Leaders: Howard and Mary Robinson, 613-256-0817 (hmrob@storm.ca)

Saturday, July 6 Rideau Trail Hike
Level 2, 10 km, moderate pace. Hike from Foley Mountain to Sand Lake and on to Old Bob's Lookout for lunch and then return. Meet at 9 am. Gas \$4. Leaders: Howard and Mary Robinson, 613-256-0817 (hmrob@storm.ca)

Saturday, July 13 Paddle and Potluck Social
Level 1, 10 km. Paddle the Tay Canal to Beveridge Locks. Meet at 9 am at Last Duel Park, Perth. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca). Potluck social to follow at 4:30 pm at Bill and Yvonne Kennedy's. Please feel welcome to join us for the potluck even if you are not able to do the paddle. RSVP Yvonne for potluck details no later than July 3 if you plan to attend; 613-267-9817 (yvknennedy@gmail.com)

Sunday, July 21 Rideau Trail Hike
Level 1, 12 km, moderate pace. Walk from Stanley Road to Conlon Farm. Meet at 9 am. Gas \$2. Leader: David Batchelor, 613-264-1559 (dlhbatchelor@sussexsystems.ca)

Saturday, July 27 Paddle to Rock Dunder, Hike and Return to Jones Falls
Paddle: 7 to 10 km. Hike: level 2, 6 km. Paddle from Jones Falls past Hog Island, then turn into Morton Creek at Dean Island. Lunch atop Rock Dunder. Swim after lunch, paddle around bay, then return to Jones Falls for ice cream. Meet at 9 am. Gas \$5. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Saturday, August 3 Arkon Lake Loop, Frontenac Park
Level 2, 13 km, moderate pace (3 to 5 hours). This loop in the west of the park features excellent views of Arkon and Birch lakes and the forested hill and includes Arkon Lake Bog, a fine example of a ring bog. Meet at 9 am. Gas \$5. Park fee. Leader: Robert Groves, 613-259-3175 (grovesgroup@sympatico.ca)

Sunday, August 11 Paddle Pike Lake

Level 1. Paddle 2 hours each way. Swim at the beach. Meet at 9 am. Leader: Bruce Gourley, 613-283-5967 (brucegourley@sympatico.ca)

Saturday, August 17 Paddle Eagle Lake

10 km. Come and enjoy a day on the water with Don. Meet at 9 am. Leader: Don Sherwin, 613-264-0759 (dsherwin@bell.net)

Sunday, September 1 Meisel Woods Conservation Area

Level 1+, 10 km. Hike on trails in Meisel Woods, near Crow Lake. Meet at 9 am. Gas \$4. Leader: Margaret Lafrance, 613-264-0057 (margaret.lafrance@bell.net)

Saturday, September 7 Gull Creek Trail

Level 2, about 13 km. One of "Linda's Loops". Meet at 9 am. Gas \$5. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Sunday, September 15 Tip to Tip Trail, Burritts Rapids

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

Saturday, September 21 Hike Leader Training

See page 5.

Saturday, September 21 Upper Rock Lake

Mixed-level hike (one-third level 3, two-thirds level 1), a very scenic 16 km. Meet at 9 am at Conlon Farm or 9:30 at Crosby intersection on Hwy. 15. Leader: Dave Miller, 613-449-7459 (davesshack@gmail.com)

Saturday, September 28 Mac Johnson Wildlife Area

Level 1, 8.5 km. An easy walk through gentle terrain. Meet at 9 am. Gas \$5. Park fee. Leader: Yvonne Kennedy, 613-267-9817 (yvnkennedy@gmail.com)

Continued from page 8

and he survived a plane crash while on a secret mission for NORAD along the west coast of British Columbia when he was 27. "We were out over the sea in bad weather, with the plane icing up. The pilot tried to turn around, but we crashed into the water. It was quite a surprise," Don says with considerable understatement. Three people were killed, including Don's seatmate, and he suffered 5 broken ribs. But he managed to crawl out the plane's rear exit and joined the other survivors by climbing onto the wings, which were still floating. The group was rescued by a fisherman about 30 minutes later.

Central Club Executive, 2013-2014

Chair: Dorothy Hudson
Vice Chair (Board Rep.): Gill Hyland
Secretary: Don Sherwin
Treasurer: Joy Webster
Trail Maintenance: David Allcock
Routes and Negotiations: Bruce Gourley
Activities: Hike Planning Committee
Publicity: Mary Robinson
Social Convenor: John Miller
Director-at-Large: Veronica Airth

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 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 bushwhacking, steep sections, long climbs and descents, rock climbing and obstacles. Level 2 experience and **high level of fitness essential**.

Cycling 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.

Later Don headed the scientific division of Canada's Maritime Command, and he spent 3 years in Washington, where he worked on the development of GPS. That's right. An RTA member was there during "the early days of GPS," to use Don's words. So the next time you're out on the Rideau Trail with your GPS, give a nod of thanks to Don Grant — and your eyes peeled for pulmonaria.

Photos by Wendy Warburton.

OTTAWA CLUB ACTIVITIES — SUMMER 2013

Level 1 activities are easy, level 2 intermediate and level 3 advanced, requiring experience and a *high level of fitness*. See Participants' Responsibilities (page 13) for details. If you are still unsure whether a particular outing is suited to your ability, contact the leader in advance. 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. Transportation is by carpooling. Passengers contribute to the driver's gas costs and fees for parking and entry to parks.

Keep the National Capital Commission emergency number handy: 613-239-5353.

Leaders: Blank 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 by e-mail (ethel.archard@sympatico.ca).

Look for More Activities in the Monthly e-Letter

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

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).

MOONLIGHTERS — Tuesday-Evening Summer Hikes: Level 1 or 2 hiking till the end of August in Gatineau Park or in town, within a 30-minute drive. Unless otherwise indicated, meet at Tunney's Pasture by 5:50 pm in the parking lot on the west side of Parkdale Avenue just across from Emmerson Street for a 6 pm departure. Hikes last until sunset. The pace is about 4 km/h, and the terrain may include hilly, wet or rough areas. There is usually a short break, at the discretion of the leader. Bring water, snack, bug repellent, flashlight or headlamp and proper footwear. Coordinator Dora Ashiq (613-792-4966) will call leaders a week before their hike.

Date	Sunset	Leader	Description	Level	Km	Gas
July 2	8:54	Ralph Sullivan 613-749-5534	Camp Fortune from Trail 9 to Trail 12 (<i>not for beginners</i>)	2+	11	\$4
July 9	8:51	Ann Lane 613-741-3184	Ramparts from Etienne Brulé lookout	2	10	\$3
July 16	8:46	Paul Emile Chiasson 613-230-8800 Carole Hamilton 613-224-7778	P12 to Western	2	8	\$4
July 23	8:40	Jane Mercer & Bernie Poirier 613-692-3874	Fortune Valley from Keogan parking lot	2	8	\$3
July 30	8:32	Nigel Brereton 613-596-6191	Cross Loop Road to Healey	2	8	\$4
Aug. 6	8:23	Alex Macdonald 613-302-2137	P15 Carman Road to Brown Lake (possible swim)	1+	7	\$4
Aug. 13	8:12	Trudy Stephen 613-828-9313	Capuchin Chapel from P11	1	7	\$3
Aug. 20	7:48	Maureen Dawson 613-226-3864	Mud Lake from Pizza Pizza parking lot at Lincoln Fields. <i>Do not meet at Tunney's.</i>	1	5	

Aug. 27	8:01	TBA	Aviation Parkway. <i>Meet at Aviation Museum, not Tunney's.</i>	1	7	
Sept. 3	Joan Evans 613-736-1527	End of season dinner – restaurant TBA				

WEEKEND ACTIVITIES

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

Tunney's Pasture: The parking lot on the west side of Parkdale Avenue just across from Emmerson 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 and/or 3, usually in Gatineau Park, held on Saturdays when there is no scheduled level 2 or 3 activity. These hikes may be self-organized; participants are encouraged to come prepared with a sign-up sheet if they wish 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. Contact: Brian Worobey, 613-882-0741 (brianworobey@rogers.com)

For hikes before June 15 please see the spring newsletter or the e-letter.

Foley Mountain RTA Plaque Dedication and Hikes: Saturday, June 22

Celebrate with us! Three hikes to suit all levels of fitness, including a level-2 all-day end-to-end (see Kingston Club Activities). See page 3 of spring newsletter for background. Ceremony at Foley Mountain Interpretive Centre at 11 am followed by lunch (bring your own), then hikes in the park of either 5 km (level 1; almost all downhill owing to shuttle up) or 8 km (level-2 loop). Or make a weekend of it by staying in Westport or camping in Murphy's Point Provincial Park and joining the last E2E in the current series till fall, on Sunday. Drive time to Foley Mountain about 1.5 hours. Ottawa contact for carpooling to the E2E: Liz Choros, 613-224-9064 (lizchoros@gmail.com). Check the June e-letter for updates.

Saturday, June 15 42nd RTA AGM

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

Sunday, June 16 Western and Pulpit, Gatineau Park

Level 2, 16 km, about 5 hours. This large loop includes trails 2, 21, 3, 9, 24, 38 and 40. Steep uphill climb for first half-hour. Scenic views. Lunch stop at Western. Depart at 9 am from Tunney's Pasture. Gas \$5. Leader: Rob Weeks, 613-254-5968 (candrweeks@rogers.com).

Saturday, June 29 Rideau Trail: Marlborough Forest

Level 2, 14 km. Hike around Roger's Pond and Earth Star Loop. Depart from Fallowfield Park & Ride at 9:30 am. Gas \$5. Leader: Doug Parsons, 613-723-0726

Saturday, June 29 West Carleton Bike Ride

60 km, relaxed pace (18 to 20 km/h), about 5 hours. We'll cycle mostly paved roads, with a few groomed dirt roads for good measure, on our way through West Carleton and MacLaren's Landing to Fitzroy Harbour Provincial Park. Enjoy lunch on the waterfront, maybe ice cream afterward at the nearby general store. Meet at 9:30 am sharp at Old Carp and 2nd Line roads to park cars. Will e-mail weather-dependent "Go/No Go" Thursday morning (June 27).

Registration required. Leader: Cliff Daly, 613-224-4413 (cliff.daly@rogers.com)

Sunday, June 30 Forêt la Blanche

Level 2, 13 km with shorter options. We'll hike several loops in this ecologic reserve, a 50-minute drive from Ottawa (blogen.foretlablanc.org/map-of-trails). Bring extra cash for bake sale in afternoon. Depart at 9:30 am from Tunney's Pasture. Gas \$6. Admission \$5. Leader: John Haley, 613-225-0590

Saturday, July 6 Mud Lake

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

Saturday, July 6 Gatineau Park

Level 2 or 3, 10 to 12 km, 4 to 5 hours plus lunch stop. Climbing, stream crossings and some bushwhacking are strong possibilities. Meet at Tunney's Pasture by 9:10 am for a 9:20 departure. Gas \$4. Leader: Denise Hall, 613-843-8222 (rebeccahall@rogers.com)

Volunteer Leaders Needed

If you are an experienced hiker (any level, any season) we need your help. Our ability to offer a good selection of hikes depends on volunteers coming forward to lead. For members who have enjoyed going on the many hikes offered by the Club, this is your chance to give back. The great thing about volunteering is that everyone benefits!

Don't be concerned that you are new to leading. We will provide an orientation and/or a mentor. In addition, a Hike Leader Training course is planned for Saturday, September 21 at the Perth Wildlife Reserve (see page 5 for all the details).

To talk things over, please contact Ethel Archard, Activities Coordinator for the Ottawa Club, at 613-592-7733 or ethel.archard@sympatico.ca.

Saturday, July 13 Mill of Kintail Conservation Area

Level 1. We will explore scenic trails and may also visit the museum to see the largest collection of Dr. R. Tait McKenzie's original plaster sculptures as well as his own collection of pioneer artifacts. Dr. McKenzie, a life-long friend and colleague of James Naismith, and his wife Ethel restored the heritage 1830 Baird's gristmill into a summer home and studio, renaming it the Mill of Kintail. We can eat lunch by the Indian River and then drive into Almonte for a beverage or to explore the town. Don't forget the bug spray. Meet at Tunney's Pasture at 9 am for a 9:15 departure. Gas \$6. Conservation Area fee \$5. Leader: Grace Strachan, 613-721-1421 (gstrachan@rogers.com)

Saturday, July 13 Impromptu Hiking (see above)

Saturday, July 20 Clear Lake, Gatineau Park

Level 2, 10 to 12 km. Moderate-pace loop hike, with some off-trail, from Eardley-Masham Road. Lovely views from high points. Lunchtime swim. Meet at Tunney's Pasture no later than 8:15 to depart at 8:30. Gas \$5. Leaders: Ann Bolster (ann_bolster@yahoo.ca) and Brian Worobey (brianworobey@rogers.com), 613-882-0741

Saturday, July 27 Westboro Beach

Level 1, about 6 km. Hike from Tunney's Pasture to Westboro Beach and return after a picnic supper. Bring finger food (cheese, fruit, nuts, wraps or whatever you think suitable) to share, plus your own fluids and utensils. Meet at Tunney's Pasture at 4 pm. Leader: Marilyn Schwartz, 613-828-4488 (marilyn_sch1970@yahoo.ca)

Saturday, July 27 Gatineau Park

Level 2 hike, about 12 km. Early start to beat the heat; early finish. Depart from Tunney's Pasture at 8 am. Gas \$3. Leader: John Haley, 613-225-0590

Saturday, August 3 Impromptu Hiking (see above)

Saturday, August 10 Cross Pioneering Family Homestead Site

Level 2, about 10 km. P16 to Herridge Lodge, then explore the off-trail site of the 1843 homestead ruins. Depart from Tunney's Pasture at 9:30 am. Gas \$4. Leader: Trudy Stephen, 613-828-9313 (trudystephen@rogers.com)

Saturday, August 17 Stony Swamp

Level 1, 8 to 9 km. Hike the NCC Greenbelt trails from P9 on Moodie Drive. Meet at Baseline Park & Ride at 10 am. Gas \$2. Leader: Maureen Dawson, 613-226-3864 (Maureen.Dawson@rogers.com)

Saturday, August 17 Carman and Brown Lakes, Gatineau Park

Level 2, 10 to 12 km. Hike the snowshoe trails, detouring to overlook Carman Lake from cliffside. Leisurely lunchtime swim at Brown Lake. Meet at Tunney's Pasture no later than 8:15 to depart at 8:30. Gas \$4. Leaders: Ann Bolster (ann_bolster@yahoo.ca) and Brian Worobey (brianworobey@rogers.com), 613-882-0741

Saturday, August 24 Petrie Island

Level 1, 8 km, 4 hours. Walk through residential area and along the Ottawa River. Explore Petrie Island and enjoy watermelon. Meet at Orleans station Park & Ride at 3 pm. *Must phone leader to confirm participation the day before or same day.* Leader: Ruth Hutchinson, 613-749-0990

Saturday, August 24 Cregheur Road, Gatineau Park

Level 3, 10 to 13 km. Some bushwhacking. Depart from Tunney's Pasture at 9:30 am. Gas \$3. Leader: Na Lin, 613-601-4864 (linnakgh@yahoo.ca)

Saturday, August 31 Lakes Tour, Gatineau Park

Level 2, 8 to 10 km. Visit several pristine lakes, including Richard and Racine. Route and number of swims TBD. Depart from Tunney's at 8:30. Gas \$5. Leaders: Brian Worobey (brianworobey@rogers.com), 613-882-0741, and Ann Bolster (ann_bolster@yahoo.ca)

Ottawa Club Executive, 2013-2014

Chair: Sheila Parry
Past Chair: Elizabeth Mason
Vice Chair/Human Resources: Denise Hall
Board Rep.: Graham Creedy
Secretary: Donna Shields
Treasurer: Jane Mulvihill
Trail Maintenance: Ron Arsenault
Routes and Negotiations: Jim Fox
Activities Coordinator: Ethel Archard
Publicity and Media Relations: Rob Weeks
Member at Large: Tony Barnes
Newsletter Editor: Ann Bolster

**Introduction to Hiking Course
Saturday, September 7, 2013 -- Tell your friends!**

This full-day 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)

Info: training@rideautrail.org or Ethel, 613-592-7733.

Monday, September 2 King Mountain

Level 2, 7.5 km. Starting at P7, hike on hilly trails to Black Lake for an early lunch, then up King Mountain for panoramic views of the Ottawa River. Depart from Tunney's Pasture at 9:30 am. Gas \$3. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, September 7 Foley Mountain

Level 2, 8 to 10 km, moderate pace. Explore the trails (including the Rideau Trail) in the Conservation Area, which is high atop a granite ridge overlooking Upper Rideau Lake, near Westport. Depart from Fallowfield Park & Ride at 9 am. Gas \$8. Park fee per vehicle \$6 (shared by passengers). Leader: Kathryn Fournier, 613-248-0006

**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., Ottawa (613-241-8397) and
369 Richmond Rd., Ottawa (613-722-0166)
(check out their Gear Garage too for great deals: 376
Madison Ave., 613-722-1847)

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

Saturday, September 14 Vanier/Rockcliffe Revisited

Level 1, about 10 km. A 4-hour walk through some of the most beautiful and interesting green space in urban Ottawa: 1 lake, 2 cemeteries, 3 parks and 4 points of the compass. Meet at the intersection of Montreal Road and St. Laurent Boulevard at 10 am (bus routes 5, 7 and 12). Parking available on residential streets NW of meeting place. Leader: Bruce Henderson, 613-224-4217

Saturday, September 14 Carp Ridge Barren Loop

Level 2, 9 km. Off Thomas A. Dolan Parkway, this area has lots of open rock in a maze of water features. Expect faint trails, 3 to 4 km of bushwhacking and beaver-dam crossings. Good boots and long pants required. Depart from Baseline Park & Ride at 10 am. Bring lunch. Gas \$3. Leader: Bruce Brenot, 613-680-3623 (brenot@rogers.com)

Many Thanks to Our Recent Donors!

Irene Backholm	Donene Grant	Mary Jones	Robert & Heather Mutrie
Walter Baker	Verena Hammerli	Eleanor Kaarsberg	Sheila Needham
Gayle McGovern-Brush & Peter Brush	Peter Griffin & Heather Harrison	Elsie Keates	Gunhild Karius & William Ottney
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Karena Franks	Bert & Mary Jenkins	Paul & Sandra Muis	Helene & Bill Wilmart-Collard
Donald A. Grant	Thea Jenkins	Ernest Munroe	Carol & Brian Carty / Wolford House B&B
	Sophie Joannou	Peter M. Murray	

KINGSTON CLUB ACTIVITIES — SUMMER 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, lots of 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. **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 (or sharenann@gmail.com).

See “Participants’ Responsibilities” (page 13). 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 would like some healthy, social exercise at an easy pace; for information on these walks call John or Marilyn Milloy, 613-530-2142.

Kingston Club Midweek Fall B&B Trip to Peterborough area Tuesday to Friday, October 1 to 4

Hiking levels 1 and 2. Anticipated cost about \$300 total per room (single, double or twin) for 3 nights plus costs of light lunches and gourmet dinners. Gas contribution for passengers \$25 from Kingston. **Open to all RTA members.** Trip advisers include David Spector, resident of Peterborough, formerly a trip leader in the Ottawa Club. If interested, please contact Bob Chadwick before June 15 at 613-544-9222 or chadwickrandw@sympatico.ca

Calabogie Hiking Trip Friday to Sunday, October 4 to 6

Come along for a weekend trip to enjoy the fall colours in beautiful Calabogie. We will hike some of the trails to take in the spectacular views. While staying at Jocko's Beach Resort, close to the trails, we can use free canoes and kayaks. Or bring your own. Make your own reservation by calling the resort toll-free at 1-866-376-6285. Let them know you are with the Rideau Trail group. Call the leader to confirm you are coming. Depart Canadian Tire at 9 am. Gas \$25. Leader: Pat Casey, 613-385-2356

For outings before June 15 see spring newsletter or e-letter.

Saturday, June 15 42nd RTA AGM

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

Sunday, June 16 Cycle Wolfe Island to Quebec Head

Level 1, 30 km, moderate pace. Enjoy a nice cycle to Quebec Head for lunch and swim stop. Meet at ferry dock for the 9:30 am ferry to Wolfe Island. Leader: Pat Casey, 613-385-2356

Thursday, June 20 Fort Henry/RMC

Level 1, 5 km, easy pace. Enjoy a pleasant evening walk for a bird's eye view of the waterfront from Kingston's premier historical site. Refreshments at Coffee and Company afterwards. Meet at downtown Tim Horton's by the ferry dock for a 7 pm departure. Leader: Peter Burbidge, 613-634-1877

Saturday, June 22 E2E9: Lions Beach, Westport, to Narrows Lock

Level 2, 13 km, moderate pace. Hike the escarpment along the north shore of Upper Rideau Lake and take part in the RTA Plaque Dedication Ceremony at Foley Mountain Interpretive Centre at 11 am. After lunch we follow the Rideau Trail to Narrows. See “Sunday, June 23” hike and

consider camping at Murphy's Point for the weekend. *Contact leader if not meeting group at CT in Kingston.* Car shuttle. Depart at 8 am. Gas \$9. RT Maps 07 and 08. Leader: Sandra Muis, 613-542-8224

Saturday, June 22 Foley Mountain RTA Plaque Dedication and Hikes

Celebrate with us in this great park! Hikes to suit all levels of fitness: the E2E listed above and 2 afternoon hikes. See page 3 of Spring Newsletter for background. Ceremony at Foley Mountain Interpretive Centre at 11 am followed by lunch (bring your own), then afternoon hikes in the park of either 5 km (level 1; almost all downhill owing to shuttle up) or 8 km (level-2 loop). Half-day participants meet at Canadian Tire at 9:30 am. Gas \$6. Information: John Cornish, 613-382-4778

Sunday, June 23 E2E10: Narrows Lock to Murphy's Point

Level 3, 16.5 km, moderate pace. Consider camping at this provincial park to enjoy 2 days of hiking or depart from Kingston at 8 am. Car shuttle. Gas \$10 plus share of park fee. RT Map 08. *Contact leader if not meeting group in Kingston.* Leader: Peter Burbidge, 613-634-1877

Sunday, June 23 Rideau Trail: Douglas Fluhrer Park to Trailhead Place

Level 1, 7.7 km, moderate pace. Meet at Trailhead Place, King Street West, Kingston, at 10 am or at the park (near Woolen Mill, 4 Cataraqui St.) at 10:15. Participate in the “Shoreline Shuffle” on the Kingston Waterfront Pathway, a shuttle with no gas charge! RT Map 01 or Pathway brochure from the City. Information: City Hall. Leader: Don Coulter, 613-542-9998 (coulter.dm@sympatico.ca)

Saturday, June 29 Marble Rock

Level 2, 11 km, moderate pace. These emerald gems tucked north of Gananoque are RT blue loops. The rocky cliffs and lush glens are at their finest in June, but a dab of bug spray may be warranted. Refreshment stop on the way home at the Gan waterfront. Depart at 9 am. Gas \$5. Leader: John Cornish, 613-382-4778

Sunday, June 30 Howe Island Cycle

Level 1, distance to be determined, easy pace. Possible swim at lunch stop. Meet at Howe Island ferry dock at 9:30 am. Leader: Yvonne Hawkins, 613-767-6990

Thursday, July 4 West End Ramble

Level 1, about 5 km, comfortable pace. Walk the Bayridge Linear Park and back. Depart at 7 pm. Gas \$2. Leader: Elgin Bock, 613-389-4216

Saturday, July 6 Gananoque Urban Trails

Level 1, 12 km, easy summer pace. Good hike for new members. We’ll do the shaded river loops, then go through the woods to Tim Horton’s. A visit to the Rose Gardens before enjoying the Gananoque waterfront parks. An afternoon swim or an ice cream at the beach is available too! Gas \$4. *If you can meet the group at CT for the leader, please call!* Leader: John Cornish, 613-382-4778

Wednesday, July 10 Rock Dunder

Level 1, 8 km, easy pace. Experience the wonderful rocky lookouts over the Rideau River. Morning loop hike, lunch at Hotel Kenny, then second loop hike. *Must call leader to confirm lunch arrangements.* Depart at 9:30 am. Gas \$5. Leader: Bill Murdoch, 613-767-4858

Saturday, July 13 7th Annual Slide ’n Swim

Level 2 to 3, 14.6 km, moderate pace. Hike from 6767 Perth Road to West Slide Junction, then clockwise around Slide Lake. Lunch and a refreshing swim at the waterfalls. How many deerflies will stick to Bill’s hat this year? Depart at 8:30 am. Gas \$4. RT Map 04. Leaders: Gunhild Karius and Bill Ottney, 613-858-3183 (karius1@cogeco.ca)

Saturday, July 20 Frontenac Provincial Park

Level 3, 15 km, moderate pace. Hike from Trail Centre to Flag Pole Hill and back. Rugged terrain and scenic views. Ice cream or coffee stop after hike. See campsite #2 & swim area if interested in camping in future. Depart 9 am.

Gas \$4 plus share of park fee. RT Map 04. Leader: Stan Huff, 613-548-3003

Saturday, July 20 Gould Lake Conservation Paddle

Level 1, short distance. Easy paddle up the lake around some islands. Two swim locations. Lunch in sheltered bay. Canoe rentals available or bring your own. Depart at 9 am. Gas \$4 plus shared canoe rental if required. Leader: Elgin Bock, 613-389-4216

Sunday, July 21 Cycle Wolfe Island to Tibbitts Point Lighthouse, Cape Vincent, NY

Level 1, 20 to 30 km, moderate pace. Beautiful ride along the waterfront of Cape Vincent to the lighthouse for lunch. Swim stop at a beach on the way back. Bring passport or enhanced driver’s licence. Meet at ferry dock for 9:30 am ferry. \$4 ferry fee. Leader: Pat Casey, 613-385-2356

Saturday, July 27 Charleston Lake East Side Trails

Level 2, 12 km, moderate pace. Enjoy well-maintained trails, interesting geologic formations, spectacular scenery and a refreshing swim stop. Depart at 9:30 am. Gas \$6 plus share of park fee. Leader: Norm Trembath, 613-659-3894 or 613-888-8066

Thursday, August 1 Walkabout in Historic Bath

Level 1, 6 km, moderate pace. Explore heritage areas and waterfront. Depart at 7 pm from Royal Bank on north side of Main Street (Hwy. 33), a block west of lights (on-street parking). Those interested in a pre hike 5:30 pm dinner in the village, meet to leave Canadian Tire at 5 pm. *Please call the leader by July 28.* Gas \$5. Leader: Bob Chadwick, 613-544-9222

Saturday, August 3 Arkon Loop, Frontenac Park

Level 2, 13 km, moderate pace. Hike mostly in forest. Chance for a swim at lunch. Depart at 9 am. Gas \$5 plus share of park fee. Leader: John Cornish, 613-382-4778

Sunday, August 11 Depot Lakes Paddle

Level 1, about 5 to 10 km, slow pace. Swim stops along the way. Bring lunch and lots of water. Depart at 9 am. Gas \$5. If you don’t have a boat call the leader and we will see if anybody has room, or you can rent one. Leader: Pat Casey, 613-385-2356

Wednesday, August 14 Rock Dunder

Level 2, 7 km, moderate pace. Enjoy the spectacular views and vegetation on the trails. Option of a refreshing swim along the way. Depart at 9:30 am. Gas \$6. Leader: Norm Trembath, 613-659-3894 or 613-888-8066

Saturday, August 17 Lindsay Lake Loop

Level 2 to 3, 18 km, moderate pace. Rugged terrain with scenic views and bushwhacking. Swim and lunch at Long Lake. Ice cream stop on return trip. Good workout. Depart at 9 am. Gas \$4. RT Map 06. Leader: Stan Huff, 613-548-3003

Saturday, August 24 Cataraqui Trail Annual Bike or Hike Fundraiser

Level 2 bike, level 1 hike. New this year: destination L&A Ridge Riders Snowmobile Club at Sidings Road, Yarker, for hot lunch, auction and door prizes and to see some new territory. Minimum charitable donation \$25 for lunch. *Call leader for details of departure and events.* Leader: Don Coulter, 613-542-9998 (coulter.dm@sympatico.ca)

Sunday, August 25 Tallow Rock Bay, Charleston Lake

Level 2, 10 km, moderate pace. Enjoy the well-maintained trails, spectacular scenery and water of Charleston Lake. Stop along the way for a refreshing swim. Depart at 9:30 am. Gas \$6 plus share of park fee. Leader: Norman Trembath, 613-659-3894 or 613-888-8066

Sunday, September 1 Frontenac Challenge: Tetsmine and Gibson Loops

Level 3, 24 km, moderate pace. Hike the beautiful and scenic northern part of the park, taking in the mining history. Depart at 8:30 am. Gas \$5. Leaders: Jane and Robert Hough, 613-373-2268

Saturday, September 7 Frontenac Challenge: Arkon, Doe and Arab Loops

Level 3, 17 km, moderate pace. A triple header today! We will start off with Arkon and finish with Doe and Arab if you still have energy. Depart at 8:30 am. Gas \$5 plus share of park fee. Leader: Sharen Yaworski, 613-544-6022

Sunday, September 8 Blue Mountain

Level 2, 10 km, moderate pace. A wonderful scenic outlook over Charleston Lake. Depart at 9 am. Gas \$6. *If you can meet the group for the leader, please call!* Leader: John Cornish, 613-382-4778

Auto and Rail Trip to Agawa Canyon Monday to Friday, September 9 to 13

Two nights in the Soo (hotel or B&B), two nights same en route to and from maybe Tobermory or Elliott Lake. Short hikes wherever practical. Anticipated costs: train \$100 per person, rooms \$400 plus meals. Gas contribution for passengers \$100 from Kingston. ***Trip open to all RTA members.*** For more information or input contact Bob Chadwick before June 15 at 613-544-9222 or chadwickrandw@sympatico.ca.

Wednesday, September 11 Historic Walking Tour of Royal Military College

Level 1, slow pace. Completely around Point Frederick

Continued from page 10

The topography is much like that of Gatineau Park: Canadian Shield, with a similar range of vegetation in a somewhat more northern region: great stands of open maple forest, areas of red oaks, birch and aspen, and the conifers, together with permanent wetlands and beaver

and inside the principal buildings on campus. Depart at 9:30 am. Gas \$2. Parking at RMC will be on north side of Hwy. 2 near the CF100 aircraft. Lunch in the Cadet Mess or the Senior Staff Mess. Cost is usually \$5 to \$7. Picnic tables available for those who bring their own lunch. For more information contact Griff at 613-766-2777.

Saturday, September 14 Frontenac Challenge: Little Salmon, Little Clear and Hemlock Loops

Level 3, 25 km, moderate to fast pace. Close the loops around all 3 lakes. Depart at 8 am. Gas \$6 plus share of park fee. Leaders: Gunhild Karius and Bill Ottney, 613-858-3183 (karius1@cogeco.ca)

Sunday, September 15 Cycle Thousand Islands Parkway

Level 1, easy pace, distance to be determined. Enjoy the view of the islands as we take a leisurely ride along the water. Bring your lunch and lots of water. Depart at 9 am. Gas \$4. Leader: Pat Casey, 613-385-2356

Saturday, September 21 Charleston Lake East Side Trails

Level 2, 10 km, moderate pace. Hike the Sandstone Island trail and other lovely trails. Depart at 9 am. Gas \$6 plus share of park fee. *If you can meet the group for the leader, please call!* Leader: John Cornish, 613-382-4778

Sunday, September 22 Frontenac Challenge: Slide Lake

Details in fall newsletter

Kingston Club Executive, 2013-2014

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
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Human Resources: Sharen Yaworski
Newsletter Editor: John Cornish

dams. The views over Lake Temiskaming are spectacular, as are those from many open rock outcroppings high above small lakes and wetlands. This year held a special treat: Ontario Power Generating Authority had stopped the flow from one of its reserve lakes to repair the dam, allowing a



Matabitchuan River. Photo by Kent Phillips.

full kilometre of furious flow from Four Bass Lake to roar down its original water course, the Matabitchuan River.

The culinary highlight of the trip was the resupply on day 4 by other members of the club who were not hiking: in addition to a second 9-pound package of our own dried food, they continued the tradition of bringing a generous supply of fresh-baked butter tarts, date squares and oranges! Thus re-energized, we powered up the trail from the Matabitchuan River Dam to Four Bass Lake.

Should you consider undertaking this trail, it would be well worth while contacting Nastawgan Trails through their Web site (<http://www.nastawgantrails.org>), which hosts maps of the area, downloadable GPS tracks and much other information. The organization has also published a book about the trail, "Discovering Wild Temiskaming", by Murray and Vicky Muir (which was available at several stores in Ottawa and at the Ottawa Public Library). The just-retired guide and founding member Les Wilcox, or Murray and Vicky, would be happy to talk with you, as would Earl Snider, who handles the e-traffic. They can likely arrange transportation to the beginning of the trail, 40 km off Highway 11, if needed, or other help.

Both the trail and our hike companions beckon us to return. One could not ask for more!

TRAIL CLEARING IN GATINEAU PARK

by Steve Kelly

Well before the snow had disappeared, the call went out to the clubs that frequent Gatineau Park. The Friends of the park were organizing a trail-clearing event, to be held



in May. It had been a bad winter for the walking and hiking trails. Ice and heavy snow broke many trees and blocked most trails. This was to be a volunteer effort to restore the park's status as a wonderful place for visitors.

Despite the fog and damp weather, RTA Ottawa Club members were among the 50 or so volunteers who assembled at the Visitor Centre. Event coordinator Mario Simard introduced the park staff who would be leaders for each trail: Pink, Lauriault, 30, 31, Wolf, 17, King, Skyline. Some RTA members were assigned to the Wolf Trail, which had been closed since early winter after groups of snowshoers lost their way and had to be rescued.

Eight of us went to the Waterfall Trail parking lot, where our leaders, Lynn and Jacob, laid out the plan. The park's maintenance crews had cut the trees and cleared the path. It was our task to move the cuttings away from the trail. We divided into 2 groups that worked around the Lauriault Trail in opposite directions. Much of the work involved small pieces, but 2 large hemlocks had to be cleared away.



Na Lin pitching in. Photo by Steve Kelly.

Although we were tired and wet from the brush, it did not rain (much). Park visitors along the trail expressed their appreciation for our efforts. Their comments made this successful event even more rewarding.

Many of the trails in the park are now more easily accessible, and the Wolf Trail is officially reopened.

RTA volunteers preparing to help clear a blocked trail. Photo by Steve Kelly.

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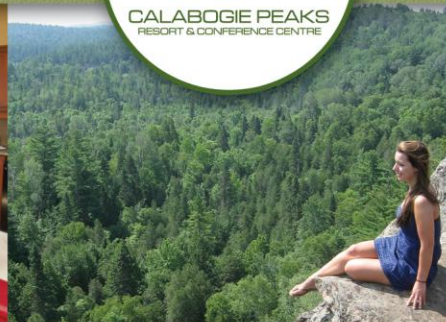
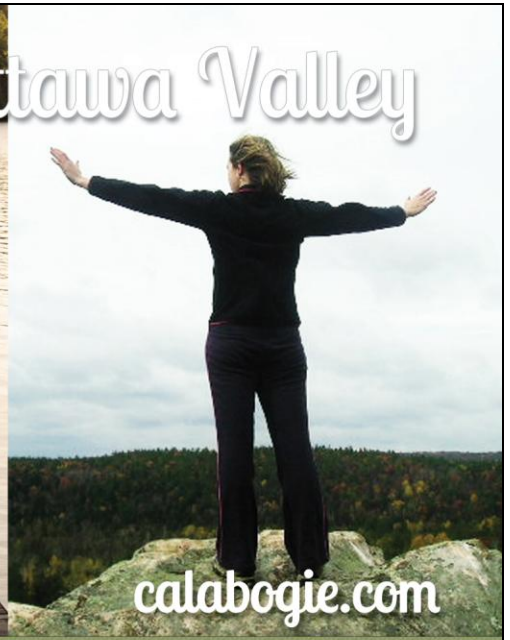
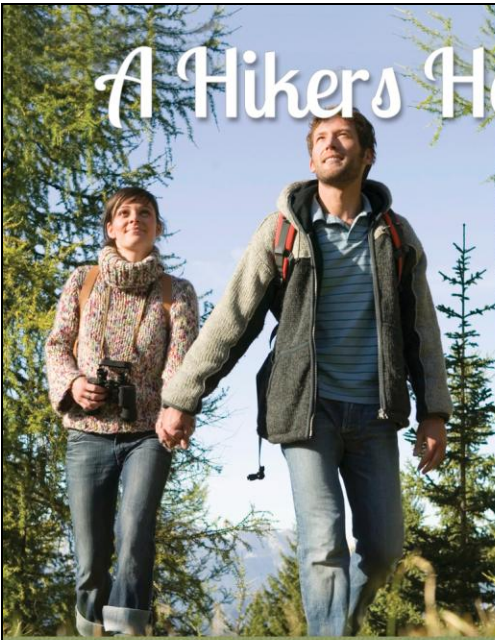
Voyageur Trail Cleaning Blitz: August 2-11, 2013

A major cleaning blitz is taking place east of Sault Ste. Marie between Mabel Lake/Garden River and Iron Bridge. Can you spare a day or two? The trail association is lining up some rustic accommodation. A group in the Wawa area is doing some maintenance too, and we could put you in contact with them. For more information visit <http://www.voyageurtrail.ca/news40th.html> or contact Carole Blaquiere at caroleblaquiere@yahoo.ca.

Algonquin Park by Bus

Parkbus is piloting service from Ottawa to Algonquin Park. The bus will leave at 8 am from the Rideau Centre, stopping at MEC at 8:30, on *Friday June 21, August 9 and September 20* and return on Sunday afternoon, giving visitors 2 nights in the park. It will stop at hiking trailheads, canoe access points, campgrounds and an area that has lodges. A return ticket costs less than \$100, with lower prices for students, seniors and children; group rates are available too. To book, visit the Parkbus Web site (<http://www.parkbus.ca>), which has helpful information on planning your stay, or call 1-800-928-7101. Parkbus, a nonprofit initiative providing express bus service to key outdoor destinations in Ontario, was founded in 2010 by a group of outdoor enthusiasts who wanted to make these destinations accessible by public transportation.

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(see page 6 to save by buying in person)

Accessories

☐ 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

Donations

☐ Rideau Trail Association* \$_____

☐ 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 extend to the end of the next 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

(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): _____