

The Rideau Trail NEWSLETTER

FALL 2013

NO. 169



Photo: Howard Robinson

Rideau Trail Association Newsletter

Issue 169

Fall 2013

Rideau Trail Association

P.O. Box 15

Kingston, Ontario K7L 4V6

Telephone:

Kingston and RTA: (613) 545-0823

Central: (613) 264-8338

Ottawa: (613) 860-2225

Web Page: www.rideautrail.org

Electronic Mail: info@rideautrail.org

Webmaster: Paul Jean (613) 830-2853

web@rideautrail.org

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Editor of this issue: John Cornish, Kingston Club

Winter Newsletter

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

Ann Bolster, 1901-2625 Regina St
Ottawa, ON K2B 5W8



The Rideau Trail Association is a member of
HIKE ONTARIO.

THE RIDEAU TRAIL ASSOCIATION BOARD OF DIRECTORS 2013-2014

President:	Robert Groves, Lanark (613)-259-3175 grovesgroup@sympatico.ca
Vice President:	Viola Caissy, Ottawa (613) 868-9285 aloiv63@gmail.com
Secretary	Liz Choros, Nepean (613) 224-9064 lizchoros@gmail.com
Treasurer:	Joy Webster, Carleton Place (613) 253-7501 jgew@sympatico.ca
Membership Director	Sheila Menard, Kingston (613) 544-3110 sushe@sympatico.ca
Trail Coordinator:	Jim Lorimer, Kingston (613) 373-2847 lorimerjd@gmail.com
Marketing/Communications:	Mark Coates, Ottawa (613) 236-9435 markc7@gmail.com
Newsletter Editors:	
Ottawa:	Ann Bolster, Ottawa (613) 828-5131 ann_bolster@yahoo.ca
Kingston:	John Cornish, Gananoque (613) 382-4778 cornish@kos.net
Club Chairpersons:	
Ottawa:	Sheila Parry, Ottawa (613) 737-4727 msparry@rogers.com
Kingston:	Don Coulter, Kingston (613) 542-9998 coulter.dm@sympatico.ca
Central:	Dorothy Hudson, Smiths Falls (613) 283-0332 dhudson9@cogeco.ca
Club Representatives:	
Ottawa:	Elizabeth Mason, Ottawa (613) 729-6596 emmason@sympatico.ca
Kingston:	Lars Thompson, Kingston (613)-389-8747 thorlarsen@cogeco.ca
Central:	Gill Hyland Perth (613)-267-5756 ghyland2@cogeco.ca

INSIDE this Issue:

3 Clubs Hike Together	3
Recent Donors & New Members	4
AGM Highlights	5
Achievement & E2E Awards	6-7
New Board Members	8
Managing RTA's Money	19
Death of 3 Members	21
End-to-End Continues	21
Past Issues Archive Completed	22

* * * * *

Ottawa Hikes	9
Central Hikes	13
Kingston Hikes	15

Club Combo - Frontenac Park Hike Includes all Three Clubs

Central and Kingston Clubs, by happy coincidence, both scheduled for the same day to hike the Arkon Loop in Frontenac Park. Leaders Robert Groves and John Cornish pre-hiked the Loop together and planned a joint outing..



On hike day, August 3, the two groups met in Sydenham, then took off on the trail as one happy group. Four members of the Ottawa club also joined in, making this a memorable sharing for everyone. The day was topped with a stop for ice cream before we all headed in our separate directions.

It's a smart idea to check the activity listings of all three Clubs - there may be great opportunities for doing something a bit different!



The group
takes a rest
and
shares a laugh.

*Photos:
Howard Robinson*

WeekDay Walking

Marilyn Milloy of the Kingston Club died recently. (see page 21) Tony Parfitt, a long-time friend and fellow participant in the Wednesday Walks, remembers particularly Marilyn's smile.

Always Another Smile

We hike on Wednesday afternoons
And sometimes walk for miles
With an ample supply of oxygen
And an endless supply of smiles.

We slosh through puddles on the way
And clamber over stiles
With a dwindling supply of oxygen
But no end of twinkling smiles.

Sometimes we lose our bearings
Sometimes we rest awhile
But we're still not short of oxygen
And there's always another smile.

Tim Horton's is our final stop
Or sometimes Country Style
By then the oxygen's running low
But there's always another smile.

A.W.P.

In Memory of Marilyn Milloy

Recent Donors to the Rideau Trail Association

Bob & Wilma Chadwick (in memory of Dale Ross)
Louise Corbin
Maxine Cupido
Linda Dahms
Rosemarie Koch
Brian LaDuke
Elizabeth Mason
Maryetta & Hugh McDowell (in memory of Dale Ross)
John Miller
Hugh & Shirley Pratt
Dukke van der Werf (in memory of Dale Ross)

Thank You!

Winter End to End Dates for 2014

Jan 4 and 5	
Jan 17 - Night Hike	Feb 8 and 9
Jan 18 and 19	Feb 22 and 23

This year's series of hikes will be starting near Westport, (at Salem Road and 9th Concession) and proceeding towards Ottawa.

Contact Bill Murdoch for more info : 613 767 4858

New Members of the Rideau Trail Association - A Big Welcome!

CENTRAL CLUB:

Gord Fairbourn
Colin Snider

KINGSTON CLUB:

Rick & Sheila Chiarandini
Maxine Cupido
James Kinch
Carole Lachaine
Stéphanie Le Coze
Sylvia Naylor
Denise Owsianicki
Kim Rogers
David Smith
Bob St. Onge
Sandy Stubbert
Glenn Torrie

NON-AFFILIATED:

Jan Ingham

OTTAWA CLUB:

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Linda Dahms
Eric & Maria Edora
Claude Faubert
Yence Bi & Lee Ferchoff
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Peter Haggerty
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Shirley Blank & John Hutchinson
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Lise Levesque
Lorraine Lynch & Fred McGregor
Jane Moore

Susan Novak
Cheryl Parkes
Vivien Ratcliffe
Saurabh Ratti
Paul Robinson
Dave Leonard & Kathy Scott
Barrie & Janet Smith
Trish Tuttle
Jeanie & Gerard Vanderzon
Dianne Wadden
Allan & Doreen Ward
John Warren
Valerie Wright
Bonnie Wright
Peter Yaeger

Highlights of the 42nd RTA AGM 2013

June 15, : The Baldachin Inn, Merrickville
Prepared by John Cornish

President's Report: Silence, as President Robert Groves calls us to order. Oh dear - no PowerPoint to point to.... But the show must go on, and we launch into a good old-fashioned non-digital meeting. Hey, still works fine, eh! Robert discussed a variety of the past year's highlights.

Board Completed: After a long search, we welcome **Mark Coates** as Marketing and Communications Director to lead the initiatives to enhance the Trail's public presence and to attract new members. It's important that we raise the profile of the Trail and its many activities in order to maintain a vital and viable organization. **Viola Caissey**, who has volunteered to be our Vice President, also promises to be a significant addition to our Board leadership. And **Jim Lorimer**, well-known from his role as Construction Coordinator with the Kingston Club, takes over as Trail Coordinator.

Trail Map sets of excellent quality have been produced and are selling at a rapid rate. People still like the feel of a map in their hand. Congratulations to the team that worked so hard at completing this project!

Membership Fees: following a review of our fee structure, the Board approved a small increase for Family memberships, and introduced the 2-Year membership option.

The RTA partnered with the Canadian Wildlife Federation in the 4th Annual "Walk for Wildlife", with over 40 participating. We also had two RTA members qualify as Hike Leader Trainers under Hike Ontario standards. Louise Osborn, our former Vice President, took the lead in producing RTA business cards for use by Board and Club Executive members and by Hike Leaders.

Financial Report: Treasurer Joy Webster reported our financial status. A one-year surplus of \$11,207 was due to reduced expenditures for training, publicity and trail maintenance and no charge for the discontinued Guide Books, now fully paid-for. A large single donation was also very significant and helped mitigate overall lower revenue due to decreased memberships.

Life memberships will no longer be sold. Reimbursement for mileage was increased to \$.35 per Km.

2013-14 Budget was approved.

Trail Preservation Fund : RTA paid for the new Foley Mountain plaque restoration from the Preservation Fund. **Doug Knapp** led some spirited discussion about the uses of the Preservation Fund, originally conceived as a fund to purchase land and rights-of-way required to maintain a Kingston-to-Ottawa continuous footpath.



Treasurer Joy Webster

In response to the requests for clarification, Joy Webster and Robert Groves quoted from the Preservation Fund Guidelines developed under the leadership of Jim Blain and Bill Grant, and approved in 1994.

The Guidelines state the general purpose of the Fund is "To ensure the protection, preservation and enhancement of the Trail". It is only for major expenditures "over \$1,000.00" and can include "Structures and facilities"... (including) ..."boardwalks, bridges, causeways, wetland fill areas, shelter, parking areas, major signage, commemorative plaques and their bases, toilets, campsites and water supply."

Membership Secretary: Robert Groves presented the report for Sheila Menard who was absent. Membership is down. Total as of this June is 802, compared with 852 the year before and 890 in June 2009.

Elections: Robert Groves presented a full slate including five elected executive position, seven appointed directors and four ex-officio members. There being no further nominations, the membership approved the slate as presented.

Outstanding Service Awards were presented to Bill Murdoch, Kingston Club, and to Cliff and Gloria Daly of the Ottawa Club. (see pages 6 & 7).

Certifications of Appreciation were presented to three members who were leaving the Board: David Armitage, Elizabeth Mason and Louise Osborn. Thank you so much for your years of participation!

End to End Certificates were received by 14 hardy hikers (see page 7).

The Business Meeting adjourned.

In the afternoon, the Board of Directors had a meeting while many others had a pleasant hike in the Limerick Forest, or did a historic walk around Merrickville.

In the evening, following a marvelous dinner at the Inn, **Simon Lunn**, well-known naturalist and photographer, gave a lively presentation.

(Photos: John Cornish)



The End-to-Enders Receive their Certificates

Outstanding Service Award 2013 - Bill Murdoch

It is unusual to present the RTA Outstanding Service Award to an individual for the second time,
However this individual more than deserves this honour.

Bill joined the RTA in 1996 and is a Life Member. His contributions to the RTA over the years have been extremely wide. His main fault is that once he recognizes a need, he follows through to a suitable conclusion. It is difficult to find a RTA activity where Bill has not been a leader.

Bill is a trail blazer and maintainer and, among others, we have the Rock Dunder Blue Trail to thank him for.

As a trail visionary, he made a massive contribution to the RTA Trail Quality Task Force whose report in 2009 should be required reading for every RTA Board member.

He was also the RTA Board Trail Coordinator.

He has been V/Chair, and Chair of the Kingston Club and set up the popular Wednesday Walkers group.

As the Kingston Club long time Routes and Negotiations Coordinator he knew most of the Trail landowners personally and sent out at least 56 Xmas cards and invites to the Volunteer Appreciation party held each year. As a career sales man he sold the Trail idea to many a reluctant landowner.

Bill leads all his winter and summer hikes with patience and enthusiasm.

The Winter E2E hikes were his idea, and he has now led five complete two- or three -year cycles of Winter E2E hikes and is on the sixth. Not content with that he celebrated his 80th year this year by hiking the entire trail in 12-1/2 days in January. He also received the Hike Ontario Tamarack Award for completing 1500 km of Ontario Trails. He led the RTA team in the 100 km Oxfam Canada Trailwalker Team Challenge on the Ganaraska Hiking Trail. Further afield he organized or participated in hikes on the Appalachian Trail and the Camino in Spain and France.

For a number of years Bill has been the “Voice of the RTA” as he carries and answers the RTA and the Kingston Club phone. Fortunately this can now be done with a small cell phone but in earlier days he carried a massive phone and cell pack that so strengthened him that he is the master hiker he is today. (Ask Bill what his idea of a “Moderate Pace” is and then try and keep up!)



Bill Murdoch (centre) receives award from Don Coulter (l) and Robert Groves (r)

We all have benefited from knowing you, Bill, and give you this award in appreciation of your ongoing contributions to the RTA. - Don Coulter, Kingston Club Chair

Certificates of Appreciation

Presented at the June, 2012 Annual General Meeting

David Armitage, who served as Director on the RTA Board from 2001 to 2013.

Elizabeth Mason, who served as Director on the RTA Board from 2005 to 2013.

Louise Osborn, who served as Director on the RTA Board from 2011 to 2013.

Our sincere thanks for all your dedication to the Rideau Trail!

Outstanding Service Award 2013 - Cliff and Gloria Daly

Cliff and Gloria Daly are the Ottawa Club's recipients for this year's Outstanding Service Award.

They are long time members of the RTA. Gloria joined in the early 1990s and Cliff joined in 2000. Over those years they have been active members and have led many adventuresome hikes in the Gatineau.

Cliff and Gloria have been hiking in the White Mountains, New Hampshire for many years and have offered the "Hilly Hike" excursions to RTA members for 9 of those years. These trips are always thoroughly planned out, well organized and supported by their expert knowledge of the area.

Since 2006 they have volunteered their time and energy to teach Map and Compass Courses to members. Anyone who knows Cliff, knows he is not a lover of the GPS and firmly believes that map and compass is the way to go. Cliff had the desire to teach hikers how to locate themselves in a wilderness setting and get themselves out without having to call in help. His first student was Gloria, and they make a great team.

Over the years they have trained a number of RTA members. Many have repeated the courses several times to make sure they got it and Cliff and Gloria were always patient in explaining the technique until the students were comfortable going solo, or alternatively leading a group of hikers on a fun bush whack.

More recently Cliff and Gloria have created a Map and Compass Soloist Challenge for Map and Compass enthusiasts. Successful soloists are rewarded a badge (designed and produced by Cliff and Gloria). So far 11 hikers have earned the badge. From late last autumn through early spring they put on 15 Beginner and Intermediate Map and Compass Clinics. Future plans include Intermediate and Advanced Clinics, including one entitled "Lost and Found".

Over the years Cliff and Gloria have also offered exploratory hikes in the Gatineau. One can find new areas by referring to maps prepared by Cliff and making use of the compass, planning and timing out "legs" and hand railing certain terrain to get to a destination. I, and many of my RTA colleagues, get

great satisfaction out of finding our way from one place to the next in a wilderness setting. A sound knowledge of map and compass skills also increases competency of hike leaders/hikers and increased hiker safety. Cliff and Gloria are certainly to be commended for all the work they have done to promote this.



*Denise Hall (left)
presents award to
Gloria & Cliff Daly*

Thank you, Cliff and Gloria, for all the time and energy you have put into making hiking a passionate experience for the rest of us. You are well deserving of this Outstanding Service Award. You so willingly share your expertise with others and we are very lucky to have you as RTA members. - Denise Hall

2012 - 2013 Recipients of End-to-End Awards Congratulations on your Achievement!

End to End Certificates:

# 485	Veronica Mallon-Dupuis
# 486	Barry Dupuis
# 487	Maryetta McDowell
# 488	Wendy Farrell
# 489	Audrey Stewart

Winter End to End Certificates:

# 56	Audrey Stewart
# 57	Gloria Daly
# 58	Liz MacNeill
# 59	Gary Cousens
# 60	Marilyn Crummey
# 61	Doug Hayes
# 62	Bill Murdoch
# 63	Jim Lorimer
# 64	Peter Burbidge



RTA Welcomes 3 New Board Members

by John Cornish

The Board of Directors is very pleased to gain 3 new members, each of whom brings individual skills and strengths to the table. We are blessed as an organization to have such competent and dedicated folk willing to commit to the job of keeping the Association healthy and focused.

Mark Coates, who has a doctoral degree in psychology, spent several years trail running, but now prefers hiking. He has hiked part of the Appalachian Trail, and has been an RTA member since 2007.



Mark Coates

We welcome Mark as Marketing and Communications Director.

Viola Caissy is a semi-retired French language teacher. She was Secretary to the Women's Federation of Ontario, and has volunteered with the City of Ottawa and the National Capital Commission. Viola participated in this winter's RTA end to end, and participates in many races as a speed walker.



Viola Caissy

Viola will be serving as Vice President

Jim Lorimer

Jim Lorimer is mostly found with a plan in his head and a tool in his hand. As current Construction Coordinator for the Kingston Club, he has designed a standard bridge and boardwalk plan, and overseen the rebuilding of two major structures for the Gould Lake trails. He designed and installed "identity tags" (as he is doing in the picture) on many RTA structures.



Much of Kingston Club's trail infrastructure has been renewed under Jim's leadership: new boardwalks, bridges and the Foley Mountain plaque. Jim spearheaded the project to extend the Kingston Trailhead to its new position.

He also leads hikes when he can find the time.....

Jim joins the Board as Trail Coordinator.

OTTAWA CLUB ACTIVITIES - FALL 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 18) 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 if you are hiking in Gatineau Park or the Greenbelt: 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 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.

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 URBAN WALKS

Tuesday evenings in September and October

Every Tuesday evening beginning **September 10 through to October 29**, there will be an Ottawa urban walk. There may also be a refreshment stop each evening after the walk for those who are interested.

Co-ordinator: Pat Archer 613-565-6149

DO NOT MEET AT ANY "USUAL" CLUB MEETING PLACES. MEET AT THE STARTING POINT OF THE WALK FOR DEPARTURE AT 6:00 P.M.

September 10 Leamy Lake

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

September 17 Rideau River/Ottawa East

Meet at Strathcona Park (end of Somerset St. East) in Sandy Hill

September 24 Alta Vista Exploratory

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

October 1 Experimental Farm

Meet in parking area of Sir John Carling Bldg. (under re-construction) off Prince of Wales Drive—turn right at first set of lights after junction of Preston St. and The Driveway

October 8 Britannia Village

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

October 15 New Edinburgh/Rockcliffe Park

Meet at 193 Stanley Ave., New Edinburgh Park Club-house (this is near the river at the end of Stanley Ave.)

October 22 Western Parkway/Bate Island
Meet at Tunney's Pasture (usual RTA meeting place)

October 29 Rideau Canal Bridges Loop
Meet at TD Canada Trust (Pretoria Bridge & The Drive-way)

Tuesday mornings in November
(November 5, 12, 19, 26)

Join the leader to explore some nearby trails. Hike will be a Level 1 or an easy 2 of about 2 hours - home for lunch. Eat a hearty breakfast and hike without a pack. Meet at Bate Island to leave at 9:30 a.m. If you are bus-sing it give the leader a call. She will pick you up at Westboro station.
Leader: Elizabeth Mason 613 729-6596

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: November 30, December 7, December 14

Level 2 or 3 hike or snowshoe in Gatineau Park. These hikes may be self-organized; participants are encouraged to come prepared to lead. Arrive at Tunney's Pasture no later than 9:15 a.m. These outings are NOT for beginners. They may be long and challenging and usually last 4 to 5 hours plus a lunch stop.

Contact Roger Bird 613-232-2262 or by e-mail (rogerbird@primus.ca).

Saturday, September 21 Old Quarry Trail, Kanata

Level 1 at moderate pace, 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. Flat well-groomed trails. Deer are frequently seen on this trail. Meet at P5 Parking Lot in Kanata opposite Hazeldean Shopping Center at 10 a.m. OC Transpo Route 118 to Hazeldean Shopping Centre.

Leader: Rob Weeks 613-254-5968

Saturday, September 21 Campbell Lake area

Level 3, about 10-11 km. A bushwhack exploration of the Campbell Lake area, then overland by map and compass to Curley Lake and out by trails past Fairburn Bay on Lac La Pêche. Some steep climbs early on. Beautiful shorelines of two small lakes. Possible views of Lac la Pêche in the distance. Carpool to the corner of Steele and Hammond roads off Highway 148. Meet at Tunney's Pasture at 9:10 a.m. Gas \$5.

Leader: Roger Bird 613-232-2262 or by e-mail (rogerbird@primus.ca)

Saturday, September 21 Hike Leader Training
Certification course at the Perth Wildlife Reserve. See page 13 for details.

Sunday Sept. 22 Billings Bridge to Bayview Station

Level 1, 9 km. Hike from Billings Bridge via Hogs Back, Dow's Lake and the new Champagne-O-Train Pathway. Meet at 10 a.m. outside the main entrance on the North side of Billings Bridge Mall. Drivers are advised to park at Billings and return by O-Train to Confederation Station.

Leader Denise Hudson 613- 232-9852 or by e-mail (denisehudson@sympatico.ca)

Saturday, Sept 28 Explore Parc de la Baie McLaurin

Level 1 exploratory hike along trails and roads near Baie McLaurin, 5 to 8 km. This is a birding area and it will be migration time. We'll walk an interpretive trail and also along Rue Hurtubise giving a view of the Ottawa river and unique residential homes facing the water. Bring a lunch. Leaving Tunney's Pasture at 10 a.m. Gas: \$3.

Leader: Elizabeth Mason 613 729-6596

Saturday October 5 Wakefield: Fall Colours and Village Highlights

Level 1, mostly flat but one short, steep hill, 5 km. Visit the MacLaren Mill and Cemetery, see Prime Minister Pearson's grave, the covered bridge, and early settlers' houses. Coffee in village? Meet at Tunney's Pasture at 9:30 am. Gas \$4.00

Leader: Fran Cutler 613-729-2055

Saturday, October 5 Forêt la Blanche, Mayo

Several loops (some easy and some challenging) for **Level**, up to 15 km, in this ecologic reserve a 50-minute drive from Ottawa. Depart 9 a.m. from Tunney's Pasture, gas \$6, admission fee \$5.

Leader: John Haley 613-225-0590

Sunday October 6 Mer Bleue

Level 1, approx. 6 km. We will start at P 20 and hike on trail 50, the Dewberry trail. Meet at Tunney's Pasture at 1:00 pm. Bring water and snack. Gas \$2. Leader: Kathryn Fournier 613 248-0006

Saturday, October 12 Rideau Trail near Richmond

Level 1 along unopened concession and back roads at an easy pace, 10 km. Hike along the Rideau Trail north of Richmond. Car shuttle. Bring a lunch. Meet at Tunney's Pasture to leave at 9:30 a.m. Gas: \$3

Leader: Elizabeth Mason 613 729-6596

Sunday, October 13 Etienne Brulé to Western Cabin

Level 2 at a moderate pace and all on marked trails, 9 km. Short climb to the Ramparts for the view and lunch at Western cabin. Bring lunch and water. Meet at Tunney's Pasture at 9:15 for a 9:30 departure. Gas \$3.

Leader: Grace Strachan, 613-721-1421 or by e-mail (gstrachan@rogers.com)

Monday, October 14, Vanier Urban Walk

Level 1 urban walk to explore Vanier, 6 km. Meet at 10 a.m. outside Bobby's Table, 252 Montreal Road, OC Transpo bus #12. Bring bus tickets, cash for coffee. Must phone leader day before to confirm.

Leader: Ruth Hutchinson 613 749 0990.

Saturday, October 19 Meech Lake to Tawadina (The Pulpit)

Level 2, approx. 14 km (4-5 hours to complete). This trail is an alternate to the Wolf Trail. The loop trail hike begins at P12 and forges through sections of Gatineau Park Trails 2, 40, 38, 16 and 1. Superb view of the Ottawa valley from the lookout.

A couple of uphill climbs. Depart at 9:30 a.m. from Tunney's Pasture. Gas \$3.

Leader: Rob Weeks 613-254-5968

Saturday, October 19 Over-the-Top Hike, Gatineau Park

Level 3, approx. 21 km. Luskville Falls to Lusk Cabin. Go via the Dome, Two Turtles ponds, Shark Lake and Moose Mountain, return via abandoned #10. Hilly terrain, some climbing, some off trail, some faint trail. Strenuous and long - 6 hours+. Depart Tunney's Pasture 8:30 a.m. Gas \$4.

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

**Sunday October 20 Orienteering Meet, March Highlands**

This is an Orienteering Ottawa meet. It will include courses for novice and intermediate navigators, each under 5 km. Starts at 10:30 a.m. from 2nd Line Road and Klondike Road. Meet fee: \$12.

Meet director: Bruce Brenot 613 680-3623 or by e-mail (brenot@rogers.com)

Saturday, October 26 Adopt-a-Roadway Clean-Up

Please join us for a few hours to clean up 5.5 km of road allowance along Roger Stevens Dr. SW of North Gower. We plan to stop in at the Marlborough Pub in North Gower for refreshments/lunch after the clean-up. Meet at Fallowfield Park and Ride for 9:00 a.m. Gas \$5.00. **Rain date will be Sunday, October 27.**

Leader: Brian LaDuke 613-534-8538 or by e-mail (yellow.bumper@hotmail.com).

Alternate contact: Denise Hall 613-843-822 or by e-mail (rebeccahall@rogers.com)

Saturday, October 26 March Highlands

Level 2 on trails at a moderate pace, 10 km. This loop hike is in the March Highlands starting from 2nd Line Road and Klondike Road. Depart from Baseline Park and Ride at 10 a.m. Gas \$2.

Leader: Donna Shields 613 680-3623 or by e-mail (donna.m.shields@gmail.com)

Saturday, November 2 Queensway Terrace/Britannia Area

Level 1, approx. 6 km walk in a beautiful scenic wooded area, bike paths and streets. There will be a lunch stop at St. Stephen's Anglican Church where they are hosting their Annual Food Fair and Lunch. Lunch is \$7 and is optional. After lunch we will head back to the shopping centre via an alternate route. Meet at 10:30 a.m. at the southeast corner of Lincoln Heights Shopping Centre.

Leader: Maureen Dawson 613-226-3864

Saturday, November 2 Gatineau Park: Lusk Falls/Cregheur Rd. Area

Level 3 with lots of climbing, approx. 15 km at a good pace. Faint trails and some off-trail. Actual route will depend on conditions at time of hike. Meet at 9:15 a.m. at Tunney's to car pool and leave. Boots, lunch, plan for a long day. Gas \$4.

Leader: Ann Lane 613-741-3184



Deer Hunting Season starts November 04!

See article on Pg. 18

Saturday, November 9 Mont Rigaud

Level 2 on wide trails through hardwood forest, 13.4 km loop on Mont Rigaud, less than 90 minutes from Ottawa. Refreshments at la Sucrerie de la Montagne. Depart at 9 a.m. from Tunney's Pasture. Gas \$12.

Leader: John Haley 613-225-0590

Saturday, November 16 Shoe Lake Loop

Level 3, approx. 9 km. Starting from the hydro line crossing on Steele Road we will follow faint trails to the Three Sisters ponds and then bushwhacking down to Shoe Lake for lunch. Lots of climbing and off-trail hiking, so wear good boots. Depart from Tunney's Pasture at 9:30 a.m. Gas \$5.

Leader: Bruce Brenot 613-680-3623 or by e-mail (brenot@rogers.com)

Saturday November 23 Both Sides of Ottawa River

Level 1, approx. 10 to 13 km. Hike along the Ottawa and Gatineau sides of the Ottawa River, crossing at the Champlain and Chaudière bridges with possible side trip to Victoria Island. Leave from Tunney's Pasture at 10 a.m. Bring a lunch, and we'll also take a break at the War Museum café near the end of the hike.

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

Saturday November 23 Pilon Road, Gatineau

Level 3, approx. 10 km. Explore this area with climbing, some trails, possible bushwhacking and stream crossings. Visit some lakes and small ponds and enjoy some views. Lunch will be outdoors. This hike could become a snowshoe if we get an early dump. Meet at the usual Tunney's Pasture meeting spot shortly after 9 a.m. for a 9:20 a.m. departure. Gas \$4.

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

Sunday, November 24, Gatineau Park

Level 2 with possible climbing, stream crossings, 10-14 km, 4 to 5 hours plus lunch stop. Meet at Tunney's Pasture for a prompt 9:30 a.m. departure. Gas: \$4.

Leader: Sheila Parry at 613-737-4727 or by email (msparry@rogers.com)

Saturday, November 30 Little Italy and the Wellington Marbles

Level 1, about 3 hours leisurely walk from Tunney's via Parkdale to Wellington St. West to see the 18 Wellington marbles and the 15 bronze and granite sculptures along Preston Street as well as the Monument to Vietnamese refugees and 34 commemorative murals along the route. Food, drinks and other services on Preston St. Bring lunch or buy it on the way. Meet at Tunney's at 10:30 a.m.

Leader: Marilyn Schwartz 613 -828-4488 or by e-mail (marilyn_sch1970@yahoo.ca)

Saturday, November 30 Impromptu Hiking (see above)**Saturday, December 7 Impromptu Hiking** (see above)**Sunday, December 8, Downtown Urban Walk**

Level 1, 6 km. Late season Urban Walk to investigate various art works and statues in the downtown area. Meet at the Raw Sugar Cafe, 692 Somerset W., OC Transpo bus #2. Ends at the Rideau Centre. Bring bus tickets, cash for coffee. Must phone leader day before to confirm.

Leader: Ruth Hutchinson 613 749 0990

Saturday, December 14 Impromptu Hiking (see above)**Saturday, December 21 Rideau Trail: Marlborough Forest**

Level 2, hike 14 km or snowshoe 8.5 km depending on conditions, Rogers Pond -Earth Star Loop or deliverance Cabin. Depart from Fallowfield Park and Ride at 9:30 a.m. Gas \$5.

Leader Doug Parsons 613-723-0726

Volunteer Leaders Needed

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 a chance to give back. If you are an experienced hiker (any level, any season) we need your help. 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 (for more details, contact Margaret LaFrance 613-264-0057 or Margaret.lafrance@bell.net).

And more courses are planned!

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

CENTRAL CLUB ACTIVITIES - FALL 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. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers

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

See *"Levels of Difficulty and Participants' Responsibilities"* on Page 18

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

SPECIAL NOTES:

Hike Leader Training Course : 10 a.m. Saturday, September 21 Perth Wildlife Reserve.

Contact Margaret LaFrance 613-264-0057 or Margaret.lafrance@bell.net

The Wednesday Wanderers start up again in September.

These are shorter, leisurely hikes for those who want a mid-week stretch.

Contact Margaret LaFrance for details. 613-264-0057 or Margaret.lafrance@bell.net



The Central Club continues the Rideau Trail End-to-End hikes, starting Oct. 06

Running Goat Club Super Marathon (Sunday, October 27) - **Volunteers Needed** for Trail Preparation and for race-day Trail CheckPoint Staffing . These trail runners will be racing on the Rideau Trail between Westport and Perth. Lots of help needed! Contact: David Allcock daveonottylake@gmail.com (1 613 264 9075)

Saturday, October 6 End-to-End #11

 **Lally Homestead to Mackler Road.**

Level 2, 14.8 Km. moderate pace. Car shuttle.

Gas \$3 Possible park fee. Meet at 9:00 am Contact the leader if not meeting the group at Conlon Farm in

Perth. **Leader: David Allcock** 613-264-9075

daveonottylake@gmail.com

Saturday, October 12, 2013

Fall Colors Paddle on the Mississippi

We will canoe/kayak upstream on the Mississippi River from the bridge at County Rd. 15. Bring your lunch, water, safety kit, life-jackets, etc. Level 2, 12 km round trip Meet at 9 a.m. at Conlon Farm, Perth. The trip will be cancelled in the event of inclement weather.

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



THURSDAY, OCTOBER 17 Trail Maintenance.

Come out to help give our trail a little TLC. Meet at Conlon Farm at **10:00am** work will take about 2 hours. Bring loppers, stout gardening gloves, water and snack. Please wear long pants as protection against ticks . details contact: **David Allcock** 613-264-9075

daveonottylake@gmail.com

 **Sunday, October 20 End-to-End #12
Mackler Road to Last Duel Park in Perth.**

Lovely mix of forest, fields, wetland and road ending up in Perth at Last Duel Park Level 2, 15 Km. moderate pace. Car shuttle Gas \$2 Meet at 9:00am **Leader: Gill Hyland** 613-267-5756

ghyland2@cogeco.ca

 **Saturday, October 26 End-to-End #13
Last Duel Park, Perth to Port Elmsley**

Level 2, 14.6Km. moderate pace Car shuttle, Gas \$3 Meet at 9:00am **Leaders: Mary & Howard Robinson** 613-256-0817 hmrob@storm.ca

Sunday, November 3, Tetsmine Loop, Frontenac Provincial Park,
A nice mix of trail types and a crossing of Moulton Gorge, time to take photographs. Level 1 & 2, 12 Km. moderate pace Gas \$5 Meet at 9:00am Leader: **Robert Groves** 613-259 3175 john.robert.groves@gmail.com



Deer Hunting Season starts November 04!
See article on Pg. 18

WEDNESDAY, NOVEMBER 6
Hike Leaders Planning Meeting
7pm at the Batchelor's **RSVP:**
613-264-1559 patbatchelor@sussexsystems.ca

Saturday, November 9 Murphys Point Park
Hike some favourite trails before winter sets in.
Level 1, 8 Km Gas \$3 Meet at 9:00am
Leader: **Don Sherwin** 613-264-0759 dsherwin@bell.net

Sunday, November 17 Tallow Rock Bay Trail in Charleston Lake Park Come and explore the very scenic and more remote corners of the park. Level 2, 12 Km. moderate pace. Gas \$6 Meet at 9:00am
Leader: **Sabine Jaekel** 613-267-5390 (phone only)

 **Sunday, November 24 End-to-End #14**
Port Elmsley to Smith's Falls
(finishing at Cornelia Court) Level 1, 10 Km moderate pace Car shuttle. Gas \$3 Meet at 9:00am.
Leader: **Susan Samila** 613-264-1196 ssamila@storm.ca

 **Saturday, November 30 End-to-End #15**
Smiths Falls (Cornelia Court) to Wood Road
(Ottawa Club boundary) Level 1, 13 km, moderate pace. Car shuttle. Gas \$3. Meet at 9:00 am. Contact the leader if not meeting the group at Conlon Farm in Perth.
Leader: **Dorothy Hudson** 613-283-0332
dhudson9@cogeco.ca

Sunday, December 8 Manitou Mountain Trail, Calabogie Hike through pine forests and enjoy spectacular mountain views Level 2, 12 Km., moderate pace. Gas \$6 Meet at 9:00am
Leader: **David Batchelor** 613 264 1559
dlhbatchelor@sussexsystems.ca

Sunday, December 15 Christmas Hike and Dinner
Come and hike **Round Lake Loop**, then join us for dinner or just come for the festivities at Michael's Table in Perth. Level 2, 12 Km. moderate pace. Park fee.
Meet at 11:30am Leader: TBA **RSVP by Dec. 8 to Pat Batchelor** 613 264 1559
patbatchelor@sussexsystems.ca

Before & After by David Allcock



Photos: Rona Pyle & David Allcock

We have Ken and Rona Pyle to thank for a magnificent clearing effort with a chain saw. This tree, on the boardwalk south of Ferrier Road, was the largest of a number of other trees that were cleared from the trail by the Pyles.

This one badly needed to be cleared as there was wetland on either side! So far this year it seems that Murphy's Laws of Trail Maintenance are:

- It always rains on maintenance days,
- The trees that fall are ones with Rideau Trail markers, and
- Trees always fall right across the trail.



KINGSTON CLUB ACTIVITIES - FALL 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 18.

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 Beck, 613-544-6119

VOLUNTEERS NEEDED! To assist with the Running of the Goats --- that is, the 50++ Km Super Marathon on the Rideau Trail of the Running Goat Club, an energetic group of Trail Runners based in Perth and Kingston. The event, which should have over 50 runners, is on Sunday, October 27, between Westport and Perth. **Needed: Race-day trail check-point staff.**
Contact: David Allcock of the Central Club : daveonottylake@gmail.com (1 613 264 9075)

Sunday Sept 1 Frontenac Challenge

Tetsmine and Gibson Loops

Level 3, moderate pace, 24 km. Hike the beautiful and scenic northern part of the Park taking in the mining history. Depart CT 8:30 am. Gas \$5. **(NOTE: Second chance to do this hike October 5)**

Leaders: Jane & Robert Hough 613 373 2268

Saturday Sept 7 Frontenac Challenge

Arkon, Doe & Arab Loops

Level 2, 13 or 17 km. Lets get out and do a triple header today. We will start off with Arkon then finish off the day doing Doe and Arab if you still have energy. If not, you can wait at the trailhead until we finish. Depart CT at 8:30 am. Gas \$4 plus park fees. **(NOTE: Second chance to do this hike October 27)**

Leader Sharen Yaworski 613 544 6022

September 9-13 Auto & Rail Trip to Agawa Canyon

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. Trip open to all RTA members. For more information please contact Bob Chadwick

613-544-9222 or chadwickrandw@sympatico.ca

Wednesday September 11 Historic Walking Tour of the Royal Military College

Level 1, slow pace, completely around the Point Fredrick including tours inside the principal buildings on the RMC campus. Parking at RMC will be on the north side of Hwy 2 near the CF100 aircraft. Lunch will either be in the Cadet Mess or the Senior Staff Mess. Cost is usually between \$5 and \$7 depending on the selection. Picnic tables are available for those who bring their own lunch. Depart CT 9:30 am. Gas \$2.

For more information contact Griff at 613 766 2777

Wednesday September 11 Blue Mountain

Level 2, moderate pace, 12 km. Hike the Heights.

Lunch on the Lake! Gas \$6 Depart at 9 a.m.

(If you can meet the group for the leader, please call!)

Leader: John Cornish 613 382 4778

Saturday September 14 Frontenac Challenge

Little Salmon, Little Clear, and Hemlock Loops

Level 3, moderate to fast pace, 25 km. Close the loops around all three lakes. Depart at CT 8 am. Gas \$6.

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

Sunday September 15 Cycle the 1000 Island Parkway

Enjoy the view of the 1000 Islands as we take a leisurely ride along the water. Bring your lunch and lots of water. Call leader if you do not have a means to transport bike. Depart CT 9 am. Leader: Pat Casey 613-385-2356

Saturday Sept. 21 Charleston Lake East Side Trails
Level 2, moderate pace, 10 km. Hike the Sandstone Island and other lovely trails. Gas \$6 plus share park fee. Depart CT 9 am. *(if you can meet the group in Kingston, for the leader, please call!)*
Leader: John Cornish 613 382 4778

**Sunday Sept 22 Frontenac Challenge
Slide Lake Loop**

 Level 3, quick pace, 28 km. Here is a chance to challenge your hiking stamina. Depart 8 am CT. Gas \$4 plus park fee.
Leader: Jim Lorimer 613 373 2847 or 613 305 2849 (c)

**Saturday Sept 28 Frontenac Challenge
Cedar Lake and Arab Gorge**

 Level 2, moderate pace, 16 km. Start to see the fall colours. Depart CT 8:30 am. Gas \$4 plus park fee.
Leader: Peter Burbidge 613 634 1877

Sunday Sept 29 Little Cataraqui Conservation Area
Level 2/3, brisk pace, 14 km. Hike all the numbered trails. Gas \$2. plus gate fee. Depart CT 10 am.
Leader: Bill Murdoch 613 767 4858

Wednesday-Friday October 2-4 B&B Trip to Peterborough Area

Levels 1/2, moderate pace, distances tbd. Hike the Warsaw Cave trails around dramatic Indian River Canyon plus beautiful river, lake and canal bank trails in and around Peterborough with opportunities to visit iconic museums. B&B accommodation at Otonabee Inn with rooms overlooking river. Carpooling from Kingston. Wed at 8.30 am. Gas ~\$20. plus any fees. For more information contact Leader: Bob Chadwick 613-544-9222 or chadwickrandw@sympatico.ca

**Saturday-Sunday-Monday Oct 4/5/6
Calabogie Hiking Trip**

Level 1/2, moderate pace, distance tbd. Come out and enjoy this new outing in Calabogie. We will hike some of the trails around Calabogie. Take in the view, see the fall colours. We will stay at Jocko's Beach Resort located close to the hiking trails. There will be 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 the Rideau Trail. **Call leader to confirm you are coming.** Depart Canadian Tire 9 am. Gas \$25.00
Leader: Pat Casey 613-385-2356

Saturday October 5 Frontenac Challenge

Gibson and Tetsmine Loops

 Level 3, moderate to fast pace, 24 km. Enter at Kingsford Dam and hike these loops through terrain of varying difficulty. Depart CT 8 am. Gas \$6 Leaders: Gunhild Karius karius1@cogeco.ca and Bill Ottney 613-858-3183

Sunday Oct 6 Cataraqui Trail to Chaffey's Lock

Level 1, moderate pace. 16 km. The leader's favourite fall walk from Highway 15, past Little Lake to lunch on the Canal. Depart CT 9 am. Gas \$4
Leader: John Cornish 613 382 4778

Wednesday Oct 9 Frontenac Challenge

Big Salmon Lake Loop

 Level 3, moderate pace, 19 km. Circumnavigate Big Salmon Lake Loop enjoying the sights of the Lake from all angles. Beautiful view from cliffs above Campsite 5. Depart 9 am. Gas \$4 plus park fee. Leader: Ann Wilson 613 531 9873

Sunday October 13 Hell Hole Nature Trails

Visit The Devils horse stable cave, descend 7.5 meters to the depths of the hell hole where it will widen to a cavern 2.5 to 3.5 meters. Cross a natural stone bridge, see a mini rain forest and see the different rock formations. Short hike after. Bring your lunch and water. Be sure you bring a flash light. Depart 9 am. Gas \$7 plus park fee of \$8 pp. Leader Pat Casey 613-385-2356

Saturday, October 19 Rocky Dunder.

Level 2, moderate pace, 8 kms. Thanksgiving Special. Bring your FAMILY along for this beautiful outing for the day. Stan likes Turkey Sandwich or Pumpkin Pie if you have left overs. This will make your hike leader very happy. Scenic views and bring your camera. Fun time for everyone. Beverage or Ice Cream - your choice after hike. Box for DONATIONS at Rock Dunder Parking Lot to keep this area open to the Public. Gas \$5. Depart 9 am. Leader: Stan Huff 613-548-3003.

Sunday October 20 Frontenac Challenge

Slide Lake North Half

 Level 3, moderate pace, 17 km. Here is a 2 step trip around Slide Lake Loop. See Oct 28 listing. Shuttle Depart CT at 8:30 am. Gas \$5 plus park fee. Leader: Doug Hayes 1 613 925 5872

Saturday October 26 Frontenac Challenge

Slide Lake South Half

 Level 3, moderate pace, 17 km. Here is a 2 step trip around Slide Lake Loop. See Oct 20 listing. Shuttle Depart CT 8:30 am. Gas \$5 plus park fee.
Leader: Doug Hayes 1 613 925 5872

Sunday October 27 Frontenac Challenge

 **Arkon & Doe Lake Loops** Level 2/3, brisk pace, 16 km. Hike on a carpet of fallen leaves and watch for the hidden hazards. Depart CT 9 am. Gas \$4 plus park fee. Leader: Bill Murdoch 613 767 4858

Saturday November 2 Rideau Trail

Freeman Rd to Gould Lake Level 2, moderate pace, 8 km. Follow the scenic ridge along Knowlton Lake to Gould Lake Gates and return. Depart 9 am. Gas \$3 RT Map #04 Leader: Elgin Bock 613 389 4216



Deer Hunting Season starts November 4!
See article on Pg. 18

Sunday, November 10 Jones Creek

Level 2, moderate pace 13 Km. Hike Parks Canada trails from Mallorytown Road. Rolling forestland, mature hemlock stands. Depart 9.00 am Gas \$6
Leader: John Cornish 613 382 4778

Wednesday Nov 13 Gould Lake Conservation Area

Level 2/3, moderate pace, ~12 km. Hike the east side trails enjoying the rolling hills and sites of the Lake. Depart 9 am. Gas \$3 RT Map #04.
Leader: Ann Wilson 613 531 9873

Saturday November 16 Charleston Lake Park.

Level 2, moderate pace, 10 km. Hike the Westside Trail and enjoy the ridges and bridges. Bring lunch and water. Gas \$6. Depart 9 am. Leader Pat Casey 613-385-2356

Saturday November 23 First Aid/CPR Training Day

This is an opportunity for Kingston Hike Leaders to learn or refresh your CPR and First Aid skills. Meet at 33 Elmwood St. Kingston at 8:30 am for a full day. Bring a bag lunch. Fee about \$10-\$15 depending upon the number of registrants. Must register for this event with Peter Burbidge 613 634 1877 by November 10, 2013.

Sunday November 24 Hike to Flag Pole Hill

Frontenac Provincial Park . Level 3, moderate pace, 15 km. See the scenic view at the highest point in the park, No leaves so you can see for miles in the woods. SURPRISES we hope you see. Depart 9 am. Gas \$4 plus park fee Leader: Stan Huff 613-548-3003.



November 30 - Festive Celebration Dinner Ringing in the new with a festive pot luck Christmas Party this year. Please bring an appetizer, main course or dessert and your own wine. Coffee, tea, juice will be provided. Contribution to room rental is \$3 per person at the door. Time: 6:00 pm. Place: Queen's Women's Association, 144 Albert St. RSVP: Linda Line: 613-531-4353.

Saturday December 7 Marble Rock Blue Trails

Level 2-3 at a moderate pace, 12 km. A final Fall visit along the craggy cliffs and past the wetlands. Return by Peter's Pass, and maybe a few other surprises too. Depart at 9 am. Gas \$4.

If you can meet the group at CT for leader, please call!
Leader: John Cornish 613 382 4778

Sunday December 8 Kingston Urban Walk

Level 1, easy pace, 10 km. Walk from City Hall to the Red Lobster for lunch. Meet at the Red Lobster parking lot at 9 am and shuttle to City Hall. Please call to confirm reservation. Leader: Peter Burbidge 613 634 1877 or peterbur@kingston.net

Wednesday December 11 K&P Trail

Level 1, moderate pace, 12-14 Km., depending on weather. We'll start either at Dalton Road or Sydenham Road, up to Cordukes Road. Depart at 9:00 a.m. Gas \$2
Leader: Ann Wilson 613 531 9873

Saturday December 14 Landon Bay

Level 1 moderate pace, 10 Km. A relaxed walk in the woods with a spectacular lookout over the 1000 Islands. Nice way to round out the Fall hiking season! Depart at 9:00 am Gas \$4

If you can meet the group at CT for leader, please call!
Leader: John Cornish 613 382 4778

Thursday Dec 19 Christmas Lights Evening Walk

Level 1, easy pace, 5 km max. Getting into the Seasonal Spirit. Refreshments afterwards. Bring Flashlight. Meet at Tim Hortons by the Ferry Dock for 7 pm departure.
Leader: Elgin Bock 613 389 4216

**MEMEBERSHIP DISCOUNT
CATARAQUI REGION CONSERVATION
AUTHORITY**

In appreciation of the work the Rideau Trail does for the CRCA, a 10% discount will be given when purchasing an annual pass to current members of the Rideau Trail Association. In order to purchase the pass at a discounted rate, please show your RTA membership card to CRCA staff.



2013 Hunting Seasons

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

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

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

Nov. 4 to Nov. 17, 2013: Deer hunting with high velocity rifles is permitted for this period in rural and forested areas through which the Rideau Trail runs.

Dec. 2 to Dec. 8, 2013: Deer hunting using bows or muzzle-loading guns only is permitted. (Bow Hunters also may be permitted at other dates Oct 01 to Dec 31)

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

Th’Man’s Got Stile!

Here’s how a trail runner scoots over a stile.
No hesitation or she’ll leave sneaker marks on his back!



Photo: Rideau Arts Council

October 27, The Perth Goat Runners run a 50 Km Super Marathon on the Rideau Trail between Westport and Perth.

Volunteers Needed to work on trail preparation, and on Race-day check-points. Contact David Allcock (1 613 264 9075) or daveonottylake@gmail.com

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 or 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.



Hike Ontario 2013 Summit “Meet Me at the Thames”

London, Ontario October 18-20

Good Friends, Great Presentations & Workshops

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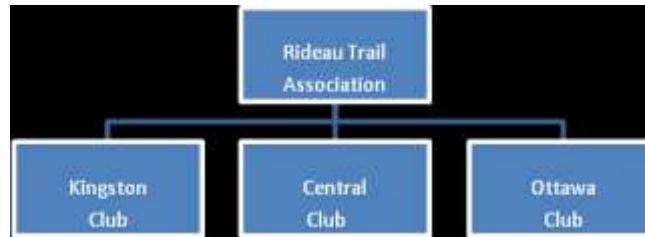
Workshops:

Nature Photography Trail Maintenance Geo-Caching
Involving Landowners Social Media Hike Leadership
And more!

Information and Registration at www.tvta.ca

HOW THE RTA MANAGES OUR MONEY

by Elizabeth Mason, Past Chair, Ottawa Club



Membership		
300	100	500
Trail Section		
140 km	60 km	100 km
Trail Maintenance		
High	High	Low

Among RTA members, one often hears questions about money - how's it allocated and how it is spent. So for those who have asked the questions, please read on..

The RTA maintains a hiking trail from Kingston to Ottawa, the third longest and second oldest in Ontario. A large number of landowners graciously permit our trail to cross their land free of charge. The trail is and its preservation is a worthwhile objective on any score.

RTA membership fees entitle members to receive the quarterly newsletter and vote at local and association meetings and they provide essential financial support for the trail's continuous maintenance, improvement, extension and protection.

Since the trail is quite long, clubs have been set up in different locations along the trail near population centres: Kingston, Central and Ottawa. The trail is divided into sections so that each club is responsible for looking after one part of the trail.

The clubs have different numbers of members, they look after different lengths of the trail, and the trail-maintenance expense can vary considerably.

The Ottawa end is in a lowland area, where the trail is generally flat and runs along paths and back roads. Relatively little maintenance is needed.

As the trail approaches Perth it wanders through the Frontenac Arch, an outlier of the rocky Canadian Shield. The trail is much rougher and remote here. This terrain continues far into the Kingston section, then it once again meets lowlands as it enters the city.

Money is not meted out to the clubs on the basis of membership. Rather, it's distributed according to need.

A look at past financial reports for the RTA shows that one-third of the money is used for operating the association (this includes such items as insurance and Hike Ontario fees), one-quarter pays for the newsletter and not more than one-quarter is used to support the clubs. Each Club submits an annual budget request to the Board, which is itself drawn from the three Clubs.

The Rideau Trail Preservation Fund is used for major improvements as well as, when needed, to buy the land the trail passes over to ensure its protection.

So keep those membership fees coming. They help to support our association and keep the trail in fine shape. And consider donating to the Preservation Fund (see the newsletter's back cover or visit the RTA Web site, www.rideautrail.org).

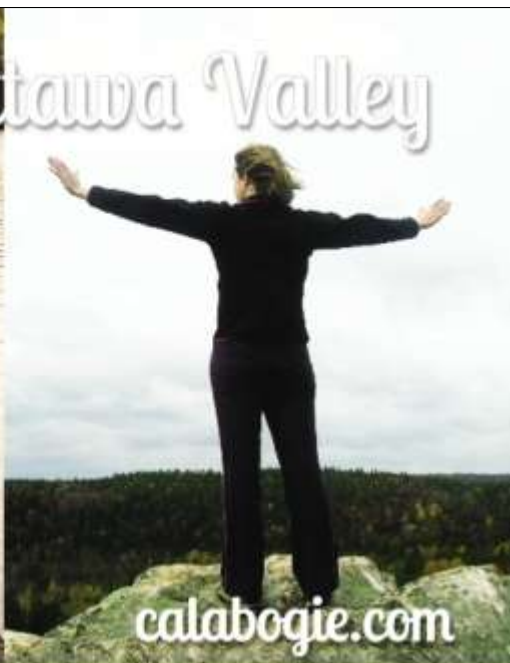
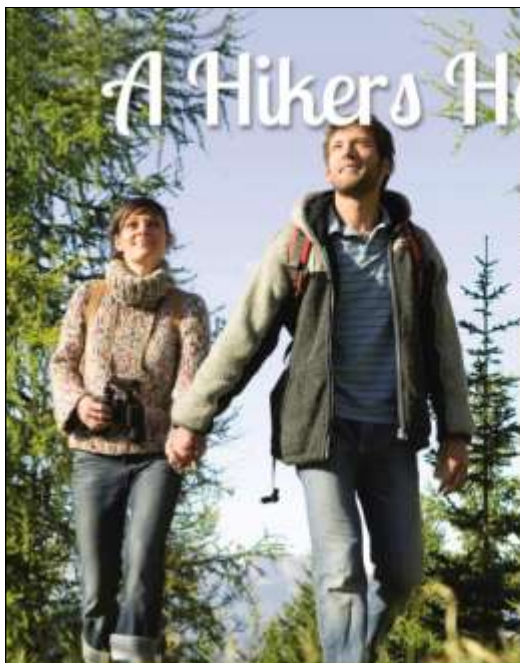


4th Annual "Walk for Wildlife" in May

Susan Samila and Pat and Dave Bachelor of the Central Club organized RTA's participation in this national event run by the Canadian Wildlife Federation. Forty hikers logged a total of 125 Km. on the new 3 km. long Baird Trail near Heron Mills Road in Lanark Highlands towards CWF's national goal.

CWF was working at raising the awareness of all Canadians of our remarkable natural resources. (Photo: Susan Samila)

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

Wading Right In! The 2013 End -to-End Is Underway

Underway - and under water on this hike on the Cataraqui Trail in May. The first set of E2E hikes, through the Kingston section, was completed by mid-summer, with a good turnout of stout-hearted hikers, ready to take on whatever Mother Nature doled out.

Beavers had flooded the Cataraqui Trail east of Maple Leaf Road. The unavoidable drowned segment was under 20 cm. of water, some 200 meters long. Leader John Cornish provided plastic bag booties and the group plunged onwards. Some even made it through dry!



(Photo: Miu Lam; Story: John Cornish)

Why Do I Walk?

*I recently came across this poem:
Hope you'll like it.*

Irma (Irmgard) Stegner
Ottawa Club.

Why do I walk? 'tain't no mystery
Wanna have a good medical history,
Doctor told me walking' is great,
Help them blood cells circulate,
Great for the lungs, great for the ticker,
Can't nothin' getcha in better shape quicker,
Feels so healthy, feels so sweet,
Pumpin' my arms and flappin' my feet,
Moldin' my muscles, firmin' my form,
Pantin' like a pack mule, sweatin' up a storm,
Keeps me youthful, keeps me loose,
Tightens my tummy and shrinks my caboose,
Beats bein' sluggish, beats bein' lazy.
Why do I walk? Maybe I'm crazy!

(by Ed Cunningham)

DON'T MISS OUT - THE END-TO END CONTINUES!

The next set of hikes, through the Central Club zone, starts October 06.

Check the Central Club Activities, and get hiking!

Sad Passing of 3 Long-time Friends of the Rideau Trail Association

We are sad to announce the deaths of **Dale Ross**, **Bill Mayers** and **Marilyn Milloy**.

Dale Ross, who passed away last May, was an active and enthusiastic member of the Kingston Club in the 1990's, serving primarily as a hike leader. From 1997-1999 she filled the position of Kingston Club Representative on the RTA Board Of Directors.

Bill Mayers, who died in July, was a long-time member of the Ottawa Club, and served for a period on the Club Executive. He was also active in the Ottawa Rambling Club before he and wife Adele moved to Perth and our Central Club..

Marilyn Milloy died in early August. She was a familiar figure for many years as Coordinator, with husband John, of the Wednesday Walkers of the Kingston Club. Marilyn and John were awarded the Outstanding Service Award in 2012 for their steady leadership over the years.

Their Rideau Trail friends will miss them!

Comfortable Hiking Holidays

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ISRAEL

March 17 to 30, 2014

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

CORFU, GREECE

May 12 to 25, 2014

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!

KENYA

July 6 to 18, 2014

Don't just *drive* through Kenya – hike it too! Imagine encountering herds of zebras, giraffes and gazelles right on your path! Travel to 3 different parts of the country, take in incredible sunsets over the savannah, visit Masai herdsmen in their homes and, of course, see lions, elephants & leopards on our game drives. Accommodations include luxury tented camps and one night at The Ark! And did you know that July is the coolest month of the year in Kenya?

AMALFI COAST

April 7 to 19, 2014 and October 6 to 18, 2014

Italy never fails to capture the hearts (and stomachs) of its visitors, and the Amalfi Coast lives up to that reputation - towns perched impossibly on mountainsides, one of the most famous stretches of coastline in the world, sapphire-blue water in every direction, an infamous volcano and some of the finest Limoncello anywhere. Come hike in Sorrento, Positano, Amalfi and on the posh island of Capri.

IRELAND

June 3 to 13, 2014

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!

ALSO IN 2014

PATAGONIA
CAMINO DE SANTIAGO
ICELAND
PERU & MACHU PICCHU
TURKEY & CUBA

experience The East Coast Trail with Brown Rabbit Walkabout

Hike 250 kms of beautiful coastal trails on the Avalon Peninsula in Newfoundland with our help.

We provide transportation from & to St. John's Airport, to and from trail heads, and three meals a day with accommodations.

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Advertisement

ALL OF YOUR RTA HISTORY AT YOUR FINGERTIPS

Newsletter Archive Files Now Complete!

Every RTA Newsletter from Issue #1 right to the present is now collected on the Association Web-site.

You can access them at www.rideautrail.org/newsletter

Simply follow the same instructions as you do for accessing your current Newsletter (use same ID and Password) and the collection is yours to peruse.

This was a gargantuan labour - each old page had to be individually scanned.

Hats off to **Mark Collier**, our RTA Archivist for conceiving and executing this project.

Further Kudos to his team of **Paul Jean**, WebMaster, and **John Haly** of the Ottawa Club.

Beautiful job, fellas!

Rideau Trail - Kingston Club
Winter Get-Away Weekend for 2014

Hôtel Le Chantecler, Laurentians — January 31 - February 2, 2014

Included Feature: a ski excursion along the Petit Train du Nord - a famous and groomed trail

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

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

Departure from **Cataraqui Town Centre** at **9:00 a.m. Friday January 31** with arrival at about 1:00 p.m. with return to Kingston about 9:00 p.m. on **Sunday February 2**. All arrangements will be confirmed by letter to you early in January 2014.

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

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

Your second cheque will not be cashed until there is sufficient registration. Cancellations **after December 15, 2013** may not receive a full refund if replacements are not available.

Leader: Joan Patterson (613)-544-8898;

Registrar: John Page (613) 389-7840

Please copy this notice and share with a friend!

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND

Hôtel Le Chantecler, Laurentians — Jan. 31 - Feb 2, 2014

Name(s) _____

Address _____ City _____ Postal Code _____

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

Email _____ (for last minute concerns)

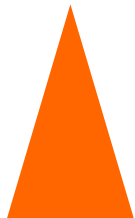
Two cheques payable to **Rideau Trail in Trust** (\$350 per person double or \$450 single occupancy) are enclosed for the amount of \$_____. A cheque for \$100 is due at the time of application; your other cheque, for the balance remaining, may be postdated to Dec. 15, 2013.

I wish to room with _____ Dietary restrictions _____

Members of the Rideau Trail will be given booking priority if available hotel rooms are limited.

It is suggested that non-members take out a membership before registering to ensure their booking priority.

Cut and mail to: Registrar: RTA Ski Weekend 2014 - 832 Wartman Ave. Kingston ON, K7M 4M5



PM40022816
RETURN UNDELIVERABLE
CANADIAN ADDRESSES TO
Rideau Trail Association
PO Box 15
Kingston ON K7L 4V6

LABEL

HELP PRESERVE THE LEGACY!

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

Individual Membership (age at least 18 years) () One year \$25.00 () Two years \$45.00 Household Membership (2 adults, 1 address) () One year \$40.00 () Two years \$75.00 Trail Maps: available at www.rideautrail.org FREE () SET of all 21 maps on waterproof paper \$30.00 () 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 () Donation, Rideau Trail Association* \$ _____ () Donation, Rideau Trail Preservation Fund* \$ _____ TOTAL \$ _____ Prices subject to change * Qualifies for official receipt for income tax purposes if \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001) Membership year is April 1 to March 31. If you join after October 31, your membership will be extended to the end of the following membership year.	Membership Category (circle): New Renewing (Please Print) Name(s): _____ Address: _____ Postal Code: _____ Telephone number(s): _____ E-mail address (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.
In addition to enjoying hiking and other activities sponsored by the local clubs, there are many other ways to be actively involved in the RTA. Check any activities on the right that interest you. You will be contacted when your help is needed. Name on name pin (please print in CAPITAL LETTERS)	() Maintaining a section of the trail () Helping with construction projects () Leading hikes () Leading cross-country ski or snowshoe outings () Helping with publicity () Organizing social events () Serving on the Executive () Other (please specify): _____