

The Rideau Trail NEWSLETTER

WINTER 2013-2014

ISSUE NO. 170



Where in the World Are These Wednesday Walkers?

Rideau Trail Newsletter

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Editor of this issue: Ann Bolster, Ottawa Club

Spring Newsletter

Submissions are encouraged. If possible, text should be sent electronically with no document formatting. Pictures are also welcome, in colour or black and white, with good definition and contrast. Please ensure that items arrive by **February 1, 2014**. Send to cornish@kos.net or John Cornish, 26 Twin Oaks Lane, Gananoque ON K7G 2V5; phone 613-382-4778.

Rideau Trail Association

PO Box 15, Kingston ON K7L 4V6

Telephone:

Kingston: 613-545-0823

Central: 613-264-8338

Ottawa: 613-860-2225

www.rideautrail.org; info@rideautrail.org

Webmaster: Paul Jean, 613-830-2853,

web@rideautrail.org

E-Letter Editor: Sandra Lopes,

e-letter@rideautrail.org (The e-letter is an e-mailed monthly listing of activities and special notices that updates the newsletter.)

The RTA is a member of Hike Ontario.

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



Board of Directors

President: Robert Groves, Lanark, 613-259-3175,

john.robert.groves@gmail.com

Vice President: vacant

Secretary: Liz Choros, Ottawa, 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

Marketing & Communications Director: Mark Coates,

Ottawa, 613-236-9435, markc7@gmail.com

Trail Coordinator: Jim Lorimer, Bath, 613-373-2847,

lorimerjd1956@yahoo.ca

Newsletter Editors

Ottawa: Ann Bolster, Ottawa, 613-828-5131,

ann_bolster@hotmail.com

Kingston: John Cornish, Gananoque, 613-382-4778,

cornish@kos.net

Club Chairpersons

Ottawa: Sheila Parry, Ottawa, 613-737-4727,

mpparry@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: Graham Creedy, Ottawa, 613-789-1657,

gcreedy@rogers.com

Kingston: Lars Thompson, Kingston, 613-389-8747,

thorlarson@cogeco.ca

Central: Gill Hyland, Perth, 613-267-5756,

ghyland2@cogeco.ca

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Front Cover: Well, it could have been almost anywhere in Gatineau Park last winter, thanks to the heavy snow and ice early in the season. After a challenging hike on a very cold January 2, these Ottawa snowshoers were looking forward to lunch by the fire with skiers at McKinstry lodge. But all was eerily quiet, though spectacularly beautiful, as they fought their way along usually wide and clear Ridge Road (Trail #1). McKinstry was deserted. *Photo by Tom Cole.*



WINTER END-TO-END HIKING AND SKIING: EDITION 12!

Join in this exciting winter challenge and adventure, led once again by Bill Murdoch – and earn a new badge. The 2014 series, starting near Westport and proceeding towards Ottawa, will take place as follows.

Weekend 1: Saturday, January 4, meet at 8:15 am at Salem Road and 9th Concession Road 9, about half-way between 07B and 07C (Map 07) or 108.2 km on older maps. Sunday, January 5, meet to leave at 8:30 am.

Weekend 2: Friday, January 17 (about 2 h), meet to leave at 7 pm; Saturday, January 18, meet to leave at 9 am; Sunday, January 19, meet to leave at 8:30 am.

Weekend 3: Saturday, February 8 and Sunday, February 9, meet to leave at 8:30 am.

Weekend 4: Saturday, February 22 and Sunday, February 23, meet to leave at 8:30 am.

Participants must expect to travel at least 10 km and be on the Rideau Trail for at least 5 hours each day in variable conditions. Skiers are welcome but must provide their own transportation. For further information, including starting locations after January 4, contact Bill at 613-767-4858 (or, on Weekend 1, cell 613-483-7909). The local contact for Ottawa folk is Viola Caissy (613-868-9285, aloiv63@gmail.com).

Enjoy below Marilyn Crummey's photos of winter E2E hikes between 2011 and 2013 in all 3 sections of the trail. Those on the left could be sights you'll see this season. Come out and try it for a day. You may surprise yourself!



Between Narrows Lock Road and Long Lake Road, February 12, 2011.



Crossing Frontenac Park, February 9, 2013.



Bill Murdoch on a bitterly cold February 26, 2011. Our leader had forgotten his hat and was lent this stylish bonnet by his friends at The Cove Country Inn, Westport, from their lost and found.



Approaching the Prince of Wales Bridge over the Ottawa River on a hike that ended at the Ottawa trailhead below Parliament Hill, January 7, 2012.

Welcome, New Members!

Central Club

Cynthia Hyland
Alida Lemieux
Yvonne Rutherford
Elsie Stresman
Betty Sutherland

Kingston Club

Cheryl Dillon
Elizabeth Hundevad
Chad Joshi
Johanne Lacroix
Margery Lynch

Ottawa Club

Lyse Bourassa
Barbara Brown
Janet Chadwick
Janet Clarke-Armstrong
Andrea Colbert
Justine Malley-Crist & William Crist
Barbara Davignon
Nancy DeCairos
Deborah DeCairos Grandmaitre
Ed Egan
Sandy Freeman
Michel Gagnon
Bernie Grover
Erich Haber
Minda Bojin & Ken Hart
Aileen Haw
Maren Kaitell
Donna Kerrigan
Dianne Kinnon
Carmen Lachaine
Kevin Hayes & Catherine Matthews
Maureen McGrath
Linda Molloy
John Moore
Lynne Normandeau
Erma Petrova
Karen Reimer
Elizabeth Ruddick
Eva Siekierska
Hendrik Sire
Gloria Sorge
Christine Thurgur
Ruth Wallace
Eleanor Weldon
Jo Anne Werner
Walter Wilmot
Karen Zappia

Non-affiliated

Pierre Lemieux

HIGHLIGHTS OF OCTOBER 26, 2013 RTA BOARD MEETING

by Ann Bolster

President's Report: Robert Groves' term as President expires in 8 months, and once again we have no VP. Robert asked Board members to speak to potential volunteers about considering the position of Vice President. Robert promoted our trail at the recent Hike Ontario Summit, in London, Ontario. He noted that as a member of Hike Ontario the RTA is entitled to use GoToMeeting software for a club or committee meeting to avoid travel; he has attended three such meetings and found the experience "painless and smooth". The Board voted to continue membership in Hike Ontario for another year, endorsing a position paper written by Ron Hunt. In mid-November, Central Club Chair Dorothy Hudson will represent the RTA and Hike Ontario at the Eastern Ontario Regional Trail Consultation, in Ottawa, organized by the Ontario Ministry of Tourism, Culture and Sport for renewal of the Ontario Trails Strategy. Board members were encouraged to provide Dorothy with suggestions on how the government can support development and maintenance of trails, in line with its emphasis on outdoor life and hiking as a health promotion strategy. Robert and David Allcock will work with Dorothy to develop speaking points.

Finances: Treasurer Joy Webster presented her report for the period ending September 30, 2013. Revenue is down by \$4378 compared with last year partly because life memberships are no longer counted under membership revenues and last year a donation of \$2500 was received. Expenditures are down by \$2407. Last year we spent close to \$1000 on office supplies.

Membership: Director Sheila Menard reported that our membership numbers are the lowest they have been since we started collecting data in 2001. The total membership (for 2013-14) stands at 857, including 162 life memberships. Sending

RTA 43rd AGM

June 21, 2014

(first day of summer)

CJ's Banquet Hall, Brockville

Details in Spring newsletter.

out more renewal reminders was not as successful as she had hoped, but the new 2-year discounted memberships were popular. Events held by the Kingston and Ottawa clubs were highly successful in recruiting new members.

Marketing and Communications:

Director Mark Coates outlined the status of objectives identified to raise the profile of the RTA. Since the RTA is getting more inquiries about hiking the entire trail in one continuous journey, he suggested that we create a guide to provide direction and information and to ensure hikers understand that portions of the trail are on private land. This could help attract younger members. Others suggested that the RTA could be an invited speaker at retirement seminars and at centres for new Canadians. A committee headed by Mark and including the Publicity person from each club will be established to brainstorm ideas for raising the RTA's profile.

Trail Maintenance: Trail Coordinator Jim Lorimer presented his report on trail conditions, maintenance and changes within sections. He noted that the interpretive panel to be installed at Confederation Park in Kingston will give the RTA added exposure because of the many people who use the park for various activities. It will be similar in format to the sign at the end of the trail in Ottawa. David Allcock will be visiting some landowners in an effort to reduce the long road portions of the trail as it runs through the Central Club's section. John Cornish was given the go-ahead to have clear stickers printed that will say "Sentier Rideau Trail" and give the Web site address. These stickers will be affixed to many of the orange triangle markers to clearly identify the trail.

Newsletter: Ann Bolster (winter and summer editor) reported that the winter issue was proceeding well, lots of interesting and informative material having been submitted.

Ottawa Club Highlights: Ottawa Club representative Graham Creedy presented the Ottawa report on behalf of the chair, Sheila Parry. The second Introduction to Hiking course, based on Hike Ontario's Safe Hiker course and again led by Ron Hunt and Ruth Oswald, attracted another full house. As a result of the spring and fall courses, the Ottawa Club was pleased to welcome 38 new members to the RTA. The club has started to e-mail a notice to its members describing the upcoming week's hikes and is working out a new approach to soliciting hikes by volunteers.

Central Club Highlights: Chair Dorothy Hudson reported that Bruce Gourley will be resigning from the Routes and Negotiations position and that David Allcock and David Batchelor will work together to fill Bruce's shoes. Dorothy attended the recent Hike Ontario summit and found the meeting informative and useful, especially on the subject of engaging younger hikers.

Kingston Club Highlights: Chair Don Coulter reported, via Lars Thompson, that plans are well under way for the 2014 RTA Annual General Meeting, this time in Brockville. In addition to two hikes, the afternoon options will include cycling on the St. Lawrence Parkway. A digital projector will be purchased by the RTA for use at the AGM and by each club. Challenges to the Rideau Trail just north of Trailhead Place in the Little Cataraqui Creek Valley Lands are being addressed in a proposal to the landowners and the City of Kingston, among others, from a committee headed by Outings Coordinator Peter Burbidge. Lars has stepped in to fill the vacancy brought about by the resignation of the Communications and Publicity

Coordinator. Lynn Nolan is now assisting Mary Lou Hamilton in the Secretary duties.

Executive Handbook: Secretary Liz Choros has completed the updates to the Executive Handbook and posted them online for Board members' use.

Risk Management Framework: Graham Creedy has developed an RTA Risk Management Framework that will be provided to each club.

Club Funding Guidelines: Dorothy Hudson, who worked with Don Coulter and Linda Line and sought input from each club, presented guidelines on funding for club activities, which were approved.

RTA Maps: The first printing of the waterproof sets sold out quickly, so 200 additional sets have just been printed. The price may need to be increased in the new year to break even with costs. So buy yours now and make a resolution to hike the whole Rideau Trail next year!

Next Board meeting: January 11, 2014.

Trail Alerts

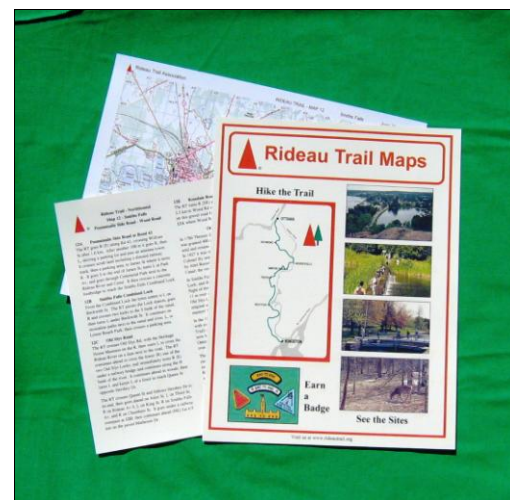
The RTA has a new service to alert hikers to situations on the Rideau Trail that they may need to know about or that may involve temporary or permanent changes to the route of the trail.

On the Web site now are "Trail Alerts", which can be accessed at rideautrail.org/maps/alerts.html or by a link in the upper right of the home page, under the heading "News".

Recent situations have been resolved except for that posted on October 20: "A road bridge on Conley Road is under repair and impassable for vehicles and hikers. A temporary detour via Munster is posted." This alert applies to Map 16.

So before you set out on a hike on the Rideau Trail, we recommend that you

check the RTA Web site for the latest word on potential problems and also to see whether you have the latest version of the map that covers your route. The maps are also dated.



Rideau Trail Maps: a Practical Gift for a Hiker

Set of 21 on waterproof paper

\$30 with the form on the back cover of this newsletter or \$31 online with PayPal (www.rideautrail.org).

Or save by buying in person from a local club representative.

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

Rideau Trail Closed Tuesday, March 11, 2014

Our trail, where it crosses private land, will be closed on this day to protect the property rights of the landowners, who allow us to cross their land the rest of the year.

The RTA sincerely thanks all landowners for their generosity.

Please take care not to trespass on this day.

SHARING THE TRAIL 2.0

by Mark Coates, Director of Marketing and Communications

When you think of the world of online social media (Twitter, Facebook, YouTube, blogs), what do you think of? Pictures of distant friends on Facebook? Kids typing on cellphones when they should be paying attention in class? The latest “viral” video? Perhaps. But more than anything else, social media are about sharing. Sharing stories, sharing pictures and videos, and sharing what we care about. That is why social media are a natural fit for the Rideau Trail Association.

After all, RTA members planned, built and maintain this trail so that we can share our special corner of the world with others. When we pass another group of hikers going in the other direction, we share information about what lies ahead. And many of us never pass up an opportunity to share our love of nature and hiking with friends, family, children and even complete strangers. With social media we have a chance to share our trail farther and wider than ever before.

If there is one thing social media do best, it is sharing pictures with friends, family and people we have not met. A study in 2011 concluded that 4% of all photos ever taken in human history have been posted on Facebook! If a picture is really worth a thousand words, think of how much of the trail we can share with people who might not have hiked it before.

Of course, we can share more than just pictures. Why is a walk on the trail so much more than just putting one foot in front of the other? I think it's because of the experiences we have out there, whether they involve our hiking companions, a chance meeting with an animal or an unexpected view of the land. Sharing these stories can help spread the word about why this trail means so much to us.

Sharing the trail on social media can have other positive effects for our trail. Consider this: in the past couple of months, dozens of people (mostly teens and young adults) have shared pictures and stories of their adventures on the Rideau Trail through Twitter and other social networks. By engaging with them on their preferred platform we can help them to feel more included in the trail community, which can only benefit everyone who loves the trail.

So here is what I would ask of members. Send me (markc7@gmail.com) photos, stories, links, videos or anything else about the trail that you think is worth sharing widely. I will use your content to start building an active, vibrant and fun social media presence for the trail. This is merely a new approach to something that we have been doing for years; sharing the Rideau Trail.



NEW BLUE SIDE TRAIL

by Ann Bolster

As you follow the Rideau Trail through the Mud Lake Conservation Area, about 11 km from the Ottawa trailhead, take a few minutes to check out the new side trail on the east side of Mud Lake. Blue triangles lead roughly north for less than 100 m to a large erratic boulder transported by a glacier from what is now Quebec and deposited some 13,000 years ago.

Don Grant, who suggested the side trail, speculates from evidence at the site that, after plunging through the thinning ice of the glacier, the erratic skidded along the ground for a few feet, this action generating such heat that the rock's bottom became quite smooth and thin slices broke off, to be found today. The boulder also suffered 2 substantial cracks in the process. Don, a geologist by training and a former chair of the Ottawa Club, would call this conglomerate rock “Algonquin”, considering that this name means “stone” and that the Algonquin nation would have been the first people to see the boulder.

With help from Doris Ihrig, who took the above photo, Don cleared some shrubbery, as well as beer cans and broken glass from around the rock and worked hard to remove some of the graffiti. In the process he discovered that a fire was set on top of the erratic in the past, melting a section 2 feet in diameter to a depth of 1 inch.

Come and meet one of the first “residents” of the region, perhaps on Na Lin's January 11 snowshoe hike; Don will be along to provide further insight.

FRAN CUTLER HONOURED

by Ann Bolster

In June this year RTA member Frances Cutler, of Ottawa, was appointed an Officer of the Order of Canada “for her advocacy on behalf of visually impaired persons and for her role in establishing Canada’s broadcast reading service”. A former broadcast journalist with CBC Radio, Fran was also recognized for mentoring young journalists and working with the CBC to make the workplace more accessible for people with all forms of disability.

Then, in September, the Canadian National Institute for the Blind presented Fran with the Arthur Napier Magill Distinguished Service Award “in recognition of her outstanding accomplishment in service to Canadians who are blind or partially sighted”.

Fran, who has had only peripheral vision since her 20s because of loss of the cone cells that provide central vision, has been using her experience, education and skill as a communicator since the 1980s to help others with vision loss. Starting with local volunteer roles within the CNIB she progressed through advisory roles to become chair of the CNIB’s National Board of Directors, at which time the CNIB library began converting to an entirely digital platform. She advocated for improved services for Canadians who are blind or partially sighted, taking on such groups as Census Canada and Elections Canada to ensure a positive, independent experience and meeting with politicians to champion library services for people who are unable to read or hold printed materials. Fran was also involved in the program that makes descriptive video mandatory for television and movies.

Technology is key to independence for those with vision loss, notes Fran, who uses many devices, both high-tech and low-tech, to magnify text. Her catchphrase for those producing anything in print is “Bigger, brighter, bolder”.

But important too are eating right and keeping in good shape: otherwise you don’t have the physical and emotional resilience to react well to unfamiliar situations, she says. Fran hikes regularly with the RTA and even leads hikes. Asked how she can manage level 2 hikes if she can’t read signs or recognize faces, Fran responded:

I understand why this is puzzling to people who have normal eyesight. You switch unconsciously, hundreds of times a day, between your central cone cells, which allow you to read and see sharply focused details, and your outer rod cells, which give you your “where” vision, which makes up most of your visual field and let’s you see the big picture. So, while I can’t see your smile or the “Herridge 5k” sign, I have no difficulty walking the trail. My hiking pole works as an extra eye, letting me know where to put my foot as I go downhill.



Fran adjusts magnification and contrast with software. *Photo by Maurice Cutler*

My friends often ask how they can help. Warn me if there is a piece of wire on the trail, and don’t forget to say who you are when you greet me at the beginning of the walk. I can usually identify voices after a few words, but that doesn’t work when there is traffic noise or rushing water.

Now some advice. If you haven’t seen an optometrist or an ophthalmologist in the last 2 years, make an appointment right now. You may think your eyes are working perfectly, but you could have glaucoma, age-related macular degeneration or something else that creeps up with no early symptoms.

If you’d like further information on living and thriving with low vision, you can get in touch with me at francutler@bigpond.com.



Leader Fran, adding historical insight on her October 5 hike in and around Wakefield, Quebec. *Photo by Marilyn Schwartz*

A HIKER'S PROTOCOL

by Sheila Parry

On a recent group hike we lost a hiker and didn't know it until she rejoined the group! When we left our lunch spot, as the sweep I looked around and did not see any person or pack left behind, so I didn't count the hikers. About 10 minutes into the afternoon leg, a hiker joined from behind. Apparently when we were leaving the lunch spot she went for a "biobreak" and, when she returned, she found that we had gone. We were following a faint trail through some hills and valleys and could have been hard to locate.

This incident reminded me of group hiking protocols that I have read, and I offer the following guidelines, which are adapted from those of Comfortable Hiking Holidays.

1. **Be prepared.** Individual hikers are responsible to make sure they understand the distance, time, intended pace and terrain of the hike by reading or listening carefully to the hike description, are properly equipped and provisioned, and are dressed for the weather and level of the hike.

2. **Set the right pace and take breaks.** Leaders need to pick a pace that's comfortable for everyone and be sure they can always see the whole group. If the pace is too fast for anyone, have the slowest members lead. Take breaks whenever they're needed, especially on hot days.

3. **Look behind.** We hike as a group. Whenever the trail takes a turn, look behind you to ensure that your fellow hiker has seen in which direction you have gone.

4. **Road walking.** Walk on the side of the road and in the direction opposite to the way the cars are going. Everyone should stay on the same side of the road.

5. **No garbage.** We should all make an effort to leave the trails cleaner than we found them. Carry out all your garbage, including fruit peels, which take a long time to decompose, are unsightly for those that follow and may attract animals to our favourite lunch spots.

6. **Passing others.** If you would like to pass, just say "Track please" and the hiker in front of you will step aside.

7. **Hiking poles.** Poles can take pressure off the knees, especially on descents, and can help with balance when you are crossing beaver dams and streams. Just remember not to swing them, or they could be hazardous to those behind you. When not using them, don't have the pointed ends pointing behind you: again this can be hazardous. Poles in your pack should have the points facing down.

8. **Stay a reasonable distance from the hiker in front of you.** Especially on a bushwhack, stay a reasonable distance behind another hiker to avoid getting whacked by released branches or sliding into that person on a slope. And keep a safe distance from hikers carrying their poles.

9. **Indicate that you have left the trail.** If you need to leave the trail, such as for a "biobreak", leave your pack on the trail as a signal, but also tell someone where you are going. Your fellow hikers should wait for you.

10. **Whistle code.** When you need to communicate with your fellow hikers and they are too far away to hear you speak, remember this code for whistle blasts:

1 = Stop and wait.

2 = Stop and come to me.

3 = Stop and come *quickly* to me.



This way! No, that way! Where have they gone?? Photo (at "Teepee", in Gatineau Park) by Brian Worobey.

THE LEADER'S LAMENT

Oh to be a leader, to lead my hiking group,
In all kinds of weather, through snow or mud or poop,
Up hills, through woods, on challenging terrain,
And sometimes if they're lucky, I'll bring them back again.

Oh to be a leader, to be the one who led.
But what's this I see happening? Is someone else ahead?
It cannot be! I know the way, and I should set the pace:
Not slow, not fast, but moderate; it's really not a race.

Oh to be a leader. This really will not do.
I started off with 25, but now there's only 2!
I can see them in the distance. The wrong way home, I fear.
I tried to blow my whistle, but they've gone too far to hear.

Oh to be a leader. I'll catch the rascals yet.
I think they're rude to march ahead. Not hiking etiquette!
"That cliff is dangerous" I call, but even this exhort
Can't stop them now: they're at the edge. Where's that Incident Report?

Oh not to be a leader! Next time I'll stay at home.
No more to lead my merry band, no wilderness to roam.
The moral of this story that I give to any reader
Is always follow hiker's code and stay behind the leader!

Readapted from the original work of Peter Evans, frustrated leader from South Dorset, England. Reprinted in Trail Markings (Grand Valley Trail Association) and submitted by Mary Breig, RTA and GVTA member.

CONGRATULATIONS, NEW HIKE LEADERS!

by Margaret Lafrance

A Hike Ontario hike leader training course was organized by the Central Club and held at the Rideau Valley Conservation Authority's log building at the Perth Wildlife Reserve on September 21.

The trainers were Clint Monaghan and me. Clint teaches Environment Sciences and Outdoor Education at Notre Dame High School in Ottawa. Since hiking is a big part of Outdoor Education class trips to Algonquin Park, Clint wanted to be as knowledgeable and qualified as he could to lead hikes with students. He discovered Hike Ontario and became a certified Hike Ontario hike leader and then a qualified trainer of hike leaders. I have been a hike leader with the Ottawa and Central clubs for approximately 25 years and became a Hike Ontario hike-leader trainer so that I could pass on my experience to new hike leaders.

The course attracted 7 trainees, all of whom demonstrated both the willingness and the capability to lead hikes. Congratulations go to the following new RTA hike leaders:

- * Central Club: **Brenda Ethier, Donna Morrow, Carol Richardson**
- * Kingston Club: **Doug Hayes, Stephen Kelly**
- * Ottawa Club: **Pat Beckett, Viola Caissy**

OTTAWA CLUB SATURDAY SKIERS

by Steve Kelly (613-422-1318; stkelly@rogers.com)

If the Ottawa Club has a level 2 or 3 trail-ski outing listed in the activities calendar, the Saturday Skiers will be there. Otherwise, no matter. If it's Saturday, there *will* be skiing, weather and conditions permitting. As soon as skiing starts, the Saturday Skiers get together to enjoy the cross-country trails in Gatineau Park or nearby. And in late winter there's "crust cruising": while the ice on lakes and ponds is still firm and buried, the crust of snow offers good glide with enough softness to tempt classic skiers.

Participants should possess some skill in climbing and should have some comfort in slipping down the hills. We meet for a prompt 9:30 departure from Tunney's Pasture, returning mid-afternoon. Bring something for lunch by the woodstove – and don't forget the duct tape. Suggestions for destination or route are welcome.

Last winter, 2 storms in close succession left the trees in Gatineau Park laden with heavy snow that turned to ice. The resulting damage made many of the ski trails impassable. The main trails were cleared and reopened within weeks. For the ungroomed trails it was a different story. It wasn't until March that some trails were skiable, others never were. However, the Friends of Gatineau Park worked with the National Capital Commission (and RTA

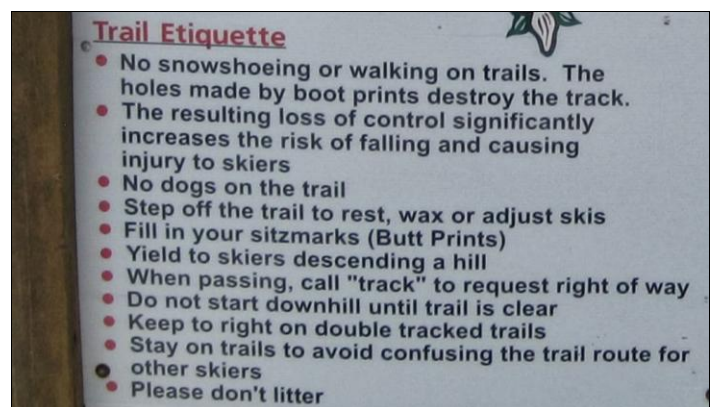
members) to clear the trails via autumn work parties in addition to the workbees in the spring. Thanks to those efforts, all the trails are once again ready for winter use.



A Saturday at Nakkertok for a change. Note the absence of spandex. Photo by Elizabeth Ballard.



Jane Mulvihill skied up trail 40 and a total of 11 km with a pole tipped with a Bic pen, attached by Steve "MacGyver" Kelly with every kit's essential: duct tape. Photo by a Saturday Skier.



Note the alert to snowshoers and walkers. Photo by Steve Kelly.

This fall, members of all three RTA clubs hiked together on two memorable road trips.

PETERBOROUGH B&B TRIP

by Elisabeth Gray

Once again, Bob Chadwick, of the Kingston Club, arranged the fall B&B hiking trip, this time (October 2 to 4) a continuation of last year's trip in that we explored more of the Trent-Severn Waterway. There were 17 hikers: 13 from Kingston, 2 from Perth, 1 from Ottawa and 1 from Peterborough; 3 were visitors from Britain!

The Kingston contingent met at Campbellford for coffee. It was great seeing friends from previous hikes! We crossed the Trent River, walked over the Ranney Falls suspension bridge to stretch our legs and then proceeded to Burnham Provincial Park, where we met up with the folk from Perth, Ottawa and Peterborough to enjoy our picnic lunch in the glorious fall sunshine before a short woodland stroll.

After checking into our rooms at the Otonabee Inn and a little R&R, we went to the Peterborough Lift Lock & Museum, where we watched an interesting film on the workings and walked around the area and up to the lookout at Armour Hill. The sun on the leaves and water was glorious. We then visited Riverview Park and Zoo, which features 27 exhibits with over 48 species, including yak, camel, wallaby, emu, macaw, lemur, squirrel monkey, cougar, plated lizard and meerkat. The park covers more than 55 acres. We saw quite a few of the animals and birds, but all too soon it was time to get back for a delicious buffet dinner at The Carousel Restaurant, beside the hotel.

Next day we headed to the Warsaw Caves Conservation Area, where we had a choice of a 6-km level 2/3 hike on a rough rocky trail or a 2-km level 1 hike on a smooth, level trail, both trails overlooking the Indian River Gorge. Again the weather was glorious and the company congenial. What more could we want? After a picnic lunch by the

beach we headed for the caves, where grade 10 students with lighted helmets were spelunking in and out of the caves. We were able to watch them going down and coming out at other "holes", like groundhogs!

We then drove to Trent University Nature Trails to explore the well-maintained woodland and riverside trails (level 1/2) for 5 to 10 km. After a "cuppa" at Timmy's we followed Bob for a hike around Little Lake, where we also saw the Pathway of Fame and Millennium Park. It was very warm, so some decided to head back to the hotel. While sitting on our patios by the river we were perturbed to see a gull that had fishing line of sorts tied around its leg or wing. We and hotel staff tried to catch it, to no avail, but we were pleased to learn the next day that it had been rescued by conservation authorities.

After freshening up, we meandered up the road to Mark's Diner for dinner in a private area. There was entertainment in the next room, and some of us danced and sang. The owner suggested we continue to party upstairs at a karaoke competition with a \$50 prize – enough incentive for a few of our more adventurous members. Most of us just went up to "put in an appearance" but were persuaded at the last minute to sing "We Love To Go a-Wandering" under the name of "The Happy Wanderers". We laughed all the way back to our hotel in the rain.

Friday morning we awoke to rain, and, ever ready with a Plan B, Bob decided that we would go to Millbrook as planned but visit the Centennial and Canadian Canoe museums and then meet for lunch. If the weather cleared we'd go on the planned hike in the Millbrook Conservation Area (level 1, about 6 km on scenic woodland trails). And that is exactly what transpired — a perfect ending to a lovely weekend.

Bob, you outdid yourself again! Many thanks from us all.

Most of The Happy Wanderers at Warsaw Caves Conservation Area. *Left photo by Elisabeth Gray, right photo by Ann Whitmore.*



AGAWA CANYON TRIP

by Agnes Cleary

Three cars with representation from all three RTA clubs left for the “Soo” Monday, September 9. The first leg of the journey took us to Sudbury, where Bob Chadwick (our leader) and I met up with Heather, Susan and Elizabeth from Ottawa and Mary and Howard from Perth. While in Sudbury we visited Science North, a very informative attraction well worth our stop.

After a hike at Chutes Provincial Park we headed further north, where the weather had taken a turn for the worse. The Soo had been hit with a major rain storm that had taken out parts of roads, culverts and even train tracks. After we reached our destination we soon learned that the special train to Agawa Canyon would probably not be in operation before Sunday. Although disappointed, we did not let this upset our trip. Bob had many other suggestions.

We decided to explore First Nations lands strategically located between Ontario and Michigan and lakes Superior and Huron. We did some sightseeing and hiking and made it up to Pancake Bay in Lake Superior, where it was sunny and warm enough for Howard to take a quick swim and then leap into a timed photo of the group. A long-time friend of Elizabeth who lives nearby joined us for the afternoon. Elizabeth, along with Howard and Mary, also encountered neighbours during the Soo Isles walk!

Thursday we headed towards Sudbury, with a diversion to Elliot Lake, where we explored a selection from that city’s extensive rural trail system. On Friday we went our separate ways to get home.

I felt sad that the trip was over so soon. It was my first time in northern Ontario, and I truly enjoyed seeing the vastness of the area. Many thanks to Bob and all the others for making this journey a wonderful, rich experience.



Hiking at Chutes Provincial Park. *Photo by Howard Robinson.*



At Soo Isles, waters flow from Lake Superior to Lake Huron. *Photo by Howard Robinson.*



The whole party, plus Elizabeth’s friend from the Soo, at Pancake Bay, Lake Superior. *Photo by Howard Robinson.*



Elliot Lake Lookout over cooling pools, with a distant view of Lake Superior and the Michigan shore. *Photo by Howard Robinson.*



Ann Lane (left) and Dawn Carrick with an unusual find. *Photo by Denise Hall.*

ADOPT A ROADWAY

by Denise Hall

On Saturday, October 26, 17 volunteers braved the rather cold and wet weather to clean up a 5.5-km stretch of road on Rogers Stevens Drive near Dwyer Hill Road. This is the section of highway that provides access to the Rideau Trail as it runs through the Marlborough Forest.

Brian LaDuke, chief organizer of this twice-yearly event, divided us into four teams once we got to the meeting place at the E5 parking lot. We collected our supplies, donned our safety vests and then were off to pick up the garbage. By noon most of the teams were finished their portions, and then most of us headed over to the Marlborough Pub and Eatery in North Gower for lunch.

We found the usual road kill, lots of bottles and cans, paper, etc., as well as some cash and an exercise ball that must have flown out of someone's vehicle.

Thanks to all of you who helped out!

QUEBEC DISCOVERIES

by Elizabeth Mason

This summer my sister and I took a 2-week car tour of the St. Lawrence River. We drove out along the south shore almost to Rimouski and returned via the north shore. In other years both of us had enjoyed the history along that route, but neither of us had been as far as the Saguenay or hiked in Quebec's provincial parks.

Our first park stop was Parc national du Bic, which is about 40 km before Rimouski. For 2 nights we used a

rented "huttopia", a large tent supplied with everything you need to camp except food and a sleeping bag. There were lots of trails to hike. We particularly enjoyed the shore trail that went past cottages built in the early 1900s and expropriated when the park was created. One cottage has a museum explaining the tourist history of the area; another is a tea room, where you could buy a drink and a scone. On another hike we discovered that what they call an easy trail is long and climbs continuously uphill.

Our second park stop was Parc national du Fjord-du-Saguenay. Whales come down the St. Lawrence to the mouth of the Saguenay, and belugas are found in the Saguenay itself. The first 100 km of the Saguenay is a fjord. Both the water and the land in this area are protected, but access to the shoreline is available through the park network. After I took a whale-watching trip in a Zodiac, we visited the park at Baie-Sainte-Marguerite on the north shore and travelled to Baie Éternité on the south shore for a 2-night stay in another huttopia. The park is remote, and the campsites are well-treed and private. The scenery is superb. We hiked the Sentier de la Statue (a statue of Mary overlooks the river), climbing stairs, rocks and hills to lookouts over the village of Rivière-Éternité and then to points overlooking the Saguenay.

Quebec has some wonderful natural areas and the parks to let you enjoy them. Such beauty almost on our doorstep!



Climbing to la Statue. *Photo by Helen Mason.*

CENTRAL CLUB ACTIVITIES — WINTER 2013-2014

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. For 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. Please read Participants' Responsibilities (page 14). If in doubt regarding any aspect of the planned hike or other activity, or its suitability for your fitness level, please call the leader.

Hiking pace scale: slow = 2-3 km/h; moderate = 3-4 km/h; fast = 4-5 km/h; very fast = 5+ km/h.

MIDWEEK ACTIVITIES

Wednesday Wanderers. These hikes are shorter, leisurely hikes for those who want a mid-week stretch. Details are sent out weekly by email. Contact: Margaret Lafrance, 613-264-0057 (margaret.lafrance@bell.net)

WEEKEND ACTIVITIES

Sunday, December 8 Manitou Mountain Trail, Calabogie

Level 2, moderate pace, 12 km. Hike through pine forests and enjoy spectacular mountain views. Meet at 9 am. Gas \$6. Leader: David Batchelor, 613-264-1559 (dlhbatchelor@sussexsystems.ca)

Sunday, December 15 Christmas Hike and/or Dinner

Level 2, moderate pace, 12 km. Come and hike Round Lake Loop, then join us for dinner at Michael's Table in Perth. Or just come later for the festivities. Meet at 11:30 am. Park fee. Leader: TBA. RSVP by December 8 to Pat Batchelor, 613-264-1559 (patbatchelor@sussexsystems.ca)



Saturday & Sunday, January 4 & 5 Winter End-to-End Hiking or Skiing: Weekend 1 (see page 3)

Sunday, January 12 Murphys Point Park

Level 1, moderate pace, 8 to 10 km. Snowshoe or hike in a winter wonderland! Meet at 9:30 am. Gas \$3. Park fee. Leader: Sabine Jaekel, 613-267-5390

Hike Leaders' Planning Meeting Wednesday, January 15

7 pm at the Batchelors, 13 Treelawn Blvd., Perth
RSVP to Pat Batchelor, 613-264-1559
(patbatchelor@sussexsystems.ca)



Friday evening, Saturday & Sunday, January 17 to 19 Winter End-to-End Hiking or Skiing: Weekend 2 (see page 3 for details)

Sunday, January 19 Foley Mountain Conservation Area

Level 2, moderate pace, 8 km. Snowshoe along forest trails with views over Upper Rideau Lake and Westport. Meet at 9:30 am. Gas \$3. Park fee. Leader: Brenda Ethier, 613-267-6141 (brendaethier@ripnet.com)

Saturday, January 25 Rideau Trail: Marlborough Forest

Level 1, moderate pace, 8 km. Avoid the bugs! Snowshoe out and back through cedar woods. Meet at 9:30 am. Gas \$5. Leader: David Batchelor, 613-264-1559 (dlhbatchelor@sussexsystems.ca)

Sunday, February 2 Mill of Kintail Conservation Area

Level 1, moderate pace, 8 km. Snowshoe through woods and across meadows in one of the Seven Wonders of Lanark County. Meet at 9:30 am. Gas \$4. Park fee. Leaders: Howard and Mary Robinson, 613-256-0817 (hmrob@storm.ca)

Algonquin Park Cross-Country Ski Weekend Friday, February 7 to Sunday, February 9

This weekend will fill up quickly and is on a first-come, first-served basis. **Limited to 14 participants.** Arrive in Whitney on Friday to stay at the Eastgate Motel. Ski intermediate trails (10 to 14 km) on Saturday. Sunday morning ski an easier but scenic trail or a portion of an expert trail (in and out on same route). For details contact leader Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)



Saturday & Sunday, February 8 & 9 Winter End-to-End Hiking or Skiing: Weekend 3 (see page 3)

Saturday, February 15 Perth Wildlife Reserve by Moonlight

A 3-km snowshoe, ski or hike in the moonlight on a wildlife trail close to Perth, followed by a warm-up with hot soup in front of a woodstove in the Rideau Valley Conservation Authority's log building. Meet at 6 pm. Park fee: \$6 per vehicle. Leader: Margaret Lafrance, 613-264-0057 (margaret.lafrance@bell.net)



Saturday & Sunday, February 22 & 23 Winter End-to-End Hiking or Skiing: Weekend 4 (see page 3)

Sunday, February 23 Mill Pond Conservation Area

Level 2, moderate pace, 6 km. The forested loop trails of this scenic area provide opportunities for both skiing and snowshoeing. Meet at 9:30 am. Gas \$3. Leader: Yvonne Kennedy, 613-267-9817 (yvknkenedy@gmail.com)

Saturday, March 1 Blueberry Mountain

Level 2, moderate pace, 5 to 8 km. Challenge yourself to reach the top of Blueberry Mountain on snowshoes. Part of the Madawaska Land Trust and one of the Seven Wonders of Lanark County, this mountain has spectacular views from the summit: well worth the climb! Donations to the Land Trust are encouraged. Meet at 9:30 am. Gas \$6. Leader: David Allcock, 613-706-3562 (daveonottylake@gmail.com)

Sunday, March 9 Rideau Trail: Murphys Point to Long Lake Road

Level 2, moderate pace, 8 km. Snowshoe with Alida, a Murphys Point interpreter and a new RTA hike leader. Meet at 9:30 am. Gas \$3. Car shuttle. Leader: Alida Lemieux, lemieuxalida@gmail.com (email only)

Saturday, March 15 Perth Wildlife Reserve FAMILY HIKE

Level 1, 3 km. Hey, kids! Bring your parents, grandparents, aunts and uncles for an afternoon of fun. We'll explore the trails, have games and end up with hot chocolate and cookies in the cabin. Meet at 1 pm at the Wildlife Reserve. Park fee: \$6 per vehicle. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Saturday, March 22 Trans Canada Trail

Level 1, moderate pace, 10 km. Follow the scenic rail trail from Wemyss to Maberly Station. Bring snowshoes or icers depending on conditions. Meet at 9:30 am. Gas \$3. Car shuttle. Leader: Robert Groves, 613-259-3175 (john.robert.groves@gmail.com)

It's Membership Renewal Time!

Please renew today. You can use either the form on the back of this newsletter or the Web version: <http://rideautrail.org/onlineorderform.html>
Consider renewing for 2 years: you'll save some money!

Saturday, March 29 Cataragui Trail

Level 1, moderate pace, 16 km. Hike along the Cataragui Trail from Hwy. 15 to Chaffeys Locks for lunch, loop around town back to the trail and then return to the start. Meet at 9 am. Gas \$4. *Please call if you can meet the group for the leader.* Leader: Doug Hayes, 613-925-5872 (hayesd@ripnet.com)

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 leader, at the start, of any health problem or potential difficulty with equipment. Respect financial obligations. Supervise your child. Support and cooperate with the leader.

Hiking/Snowshoeing Levels of Difficulty

Level 1: Well-defined trails; gentle inclines.
Level 2: Generally on trail. May be hilly, with light bushwhacking, rough spots or obstacles.
Level 3: Rough terrain. One or more of extensive bushwhacking, steep sections, long climbs and descents, rock climbing and obstacles. Level 2 experience and *high level of fitness essential*.

Cross-Country Skiing Levels of Difficulty

Level 0: Easy, slow, short (15 km or less).
Level 1: Easy. Small hills; wide trails.
Level 2: Intermediate. Narrower, steeper trails.
Level 3: Expert. Steep, narrow trails and/or bushwhacking.

OTTAWA CLUB ACTIVITIES — WINTER 2013-2014

Level 1 activities are easy, level 2 intermediate and level 3 advanced, requiring experience and a *high level of fitness*. Hiking pace scale: slow = 2-3 km/h; moderate = 3-4 km/h; fast = 4-5 km/h; very fast = 5+ km/h. See Participants' Responsibilities (page 14) 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. For cross-country skiing in Gatineau Park the regular fee applies.

Keep the National Capital Commission emergency number handy if you are hiking, snowshoeing or skiing in Gatineau Park or the Greenbelt: 613-239-5353.

Leaders: Blank activity sign-up sheets and incident-report forms are available on the RTA Web site (www.rideautrail.org). Forward completed sign-up sheets to Ethel Archard, 11 Selye Crescent, Ottawa ON K2K 1C8 or scan them and send by e-mail (ethel.archard@sympatico.ca).

Look for More Activities in the Monthly e-Letter and Check the Weekly e-Notice

Additional activities may be announced in the monthly e-letter and will appear on the RTA Web site. A reminder about the hikes to come in the next week is sent to Ottawa Club members by email each Thursday; be sure to check it for any changes or important notices. RTA members who do not currently receive the e-letter and e-notice 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, skiing or snowshoeing in Gatineau Park. Depart at 9:30 am. For information, including meeting place, contact Tony Barnes, 613-828-1216 (fellwalkerca@gmail.com).

Wednesday, February 5: "Pipe Dream" Ski in Gatineau Park

Level 2, about 12 km. The slow pace will demand warm clothing, but be ready to adjust. Climbing from P12 is heart-warming work. Depart from the Scott Road Visitor Centre at 10 am. Want carpooling help? Contact the leader, Steve Kelly, 613-422-1318 (stkelly@rogers.com).

NEW – Tuesday-Morning Skiing in Gatineau Park: January 7, 14, 21, 28 and February 4, 11, 18, 25

Level 1+ or 2. You need to be able to snowplow down hills for skiing in Gatineau Park. But we will start at the lower end of the park, where hills are gentler, and will progress northward only as the skiers' comfort progresses. Eat a hearty breakfast and meet at the NCC parking lot at the southeast end of the Champlain Bridge to depart at 9:30 am for a 2-hour ski. Most trips will not stop at a hut; you will be back in town for a late lunch. Outings will go regardless of weather, barring rain, and we'll snowshoe if the snow is not sufficient for skiing. Call the leader if conditions are questionable. Leader: Elizabeth Mason, 613-729-6596.

Ottawa Club Executive, 2013-2014

Chair: Sheila Parry 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
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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.

Saturday Skiing (December to March)

As soon as skiing starts, the Saturday Skiers get together each week to enjoy the cross-country trails in Gatineau Park (level 2 or 3). No dates are listed in the Calendar below; if there's snow, we go. Meet for a prompt 9:30 departure from Tunney's Pasture. For more information, contact Steve Kelly, 613-422-1318 (stkelly@rogers.com). And see page 9.

For other December hikes see the Fall newsletter. Check the monthly e-letter and weekly e-notice for updates.

Saturday, December 28 Hike or Snowshoe in Gatineau Park

Level 2, about 8 to 10 km. Let's avoid the crowds with a hike in a quiet area of the park. Route will depend on conditions; check that week's e-notice. Lunch outdoors. *Please contact the leader by Thursday morning (December 26) if you plan to participate.* Meet at Tunney's Pasture to depart at 9:30. Gas \$5. Leader: Ann Bolster, 613-828-5131 (ann_bolster@hotmail.com)



Saturday & Sunday, January 4 & 5 Winter End-to-End Hiking or Skiing: Weekend 1 (see page 3)

Ottawa contact: Viola Caissy, 613-868-9285 (aloiv63@gmail.com)

Saturday, January 4 Hike or Snowshoe behind Bell Arena

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

Saturday, January 4 Hike or Snowshoe in Gatineau Park

Level 3, about 10 km. A bushwhack south of Lac Renaud. We will take snowshoe trail 74 briefly from P19 until it shifts south, where we leave it to bushwhack roughly southwest, crossing the northern foot of Wrong Hill and then the drainage separating it from Graham Hill. Then we go due south, splitting the two Graham summits. Outdoor lunch on top of Graham's south-facing cliffs. Then bushwhack east to trail 74 and return to P19. Meet at Tunney's Pasture no later than 9:15 am. Gas \$5. Leader: Roger Bird, 613-232-2262 (rogerbird@primus.ca)

Saturday, January 11 Ski in Gatineau Park

Level 1, 8 to 10 km. Not quite ready for level 2? Experience the rolling hills of Ridge Road without the climb to get there. Meet at Tunney's Pasture to depart at 9:30 am. Gas \$3. Leader: Steve Kelly 613-422-1318 (stkelly@rogers.com)

Saturday, January 11 Hike or Snowshoe at Mud Lake
Level 1, about 6 km. Flat and easy. Depart from Tunney's Pasture at 9 am. Gas \$2. Leader: Na Lin, 613-601-4864 (linnakgh@yahoo.ca)

Sunday January 12 Hike or Snowshoe at Mer Bleue
Level 1, about 6 km. Start at P20 and hike on the NCC's Dewberry Trail (no. 50). Depart from Tunney's Pasture at 1 pm. Bring water and a snack. Gas \$2. Leader: Kathryn Fournier, 613-248-0006



Friday evening, Saturday & Sunday, January 17 to 19 Winter End-to-End Hiking or Skiing: Weekend 2 (see page 3). Ottawa contact: Viola Caissy, 613-868-9285 (aloiv63@gmail.com)

Saturday, January 18 Ski in Fitzroy Park

Level 1, about 8 km. Cross-country trails in scenic forest and campground. Leave Baseline Park & Ride at 10 am. Gas \$6. Trail fee \$5. *Please contact leader in advance:* Ethel Archard, 613-592-7733; ethel.archard@sympatico.ca

Saturday, January 18 Snowshoe in Gatineau Park

Level 3, about 10 km. Expect ups and downs, some exploration and some bushwhacking. Meet at Tunney's Pasture by 9 am for a 9:15 departure. Gas contribution will depend on destination, to be determined. Lunch may be outside. Leader: Denise Hall, 613-843-8222 (rebeccahall@rogers.com)

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)

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

It's Membership Renewal Time!

Please renew today. Use either the form on the back of this newsletter or <http://rideautrail.org/onlineorderform.html>
Consider renewing for 2 years: you'll save some money!

Saturday, January 25 Ski in Gatineau Park

Level 2, 8 to 10 km. Ski from P7 on back trails to Keogan or Shilly Shally for lunch. Enjoy the hills, the woods and the silence. Call the leader if conditions are questionable; we'll hike or snowshoe if it's not possible to ski. Meet at Tunney's Pasture to depart at 10 am. Gas \$3. Leader: Elizabeth Mason, 613-729-6596

Saturday, January 25 Snowshoe in Marlborough Forest

Level 2, 8.5 km. From Rogers Pond to Deliverance cabin for lunch + return. Depart from Fallowfield Park & Ride at 10 am. Gas \$5. Leader: Doug Parsons, 613-723-0726

Sunday, January 26 Ski at Lac Philippe

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

Saturday, February 1 Snowshoe in Gatineau Park

Level 2, about 11 km. From P19 we will follow a snowshoe trail clockwise around Lac Philippe, the lake being in view much of the time. Some steep but short climbs at the start. Ideal for anyone new to snowshoe hiking. Outdoor lunch on the beach at the western end of the lake. Meet at Tunney's Pasture no later than 9:15 am. Gas \$5. Leader: Roger Bird, 613-232-2262 (rogerbird@primus.ca)



Saturday & Sunday, February 8 & 9 Winter End-to-End Hiking or Skiing: Weekend 3 (see page 3)
Ottawa contact: Viola Caissy 613-868-9285 (aloiv63@gmail.com)

Saturday, February 8 Snowshoe in North Kanata

Level 1, easy pace, about 6 km; longer if conditions are good. Scenic South March Highlands Conservation Forest. Slightly hilly in parts. Optional coffee stop afterwards. Depart at 12:30 pm from Baseline Park & Ride. Gas \$2. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, February 8 Snowshoe in Gatineau Park

Level 2+, vigorous snowshoe on trails with hills. Lunch outdoors. Other details to be determined; see e-letter or weekly e-notice. Depart at 9:30 am from Tunney's Pasture. Leader: John Haley, 613-225-0590

Saturday, February 15 Snowshoe in Gatineau Park

Level 2+, 10 to 12 km. From Mountain Road, Hollow Glen area, with lunch at a cabin. Climbing on trail and bushwhacking will be involved. Meet at Tunney's by 9:05

am for a 9:20 departure. Gas \$3. Leader: Denise Hall, 613-843-8222 (rebeccahall@rogers.com)

Saturday, February 15 Ski Nakkertok

Level 2, 8 to 10 km. Experience the woods and groomed trails at Nakkertok Nordic. Meet at Tunney's Pasture to depart at 9:30 am. Mid-afternoon return. Gas \$3. Trail fee. Leader: Steve Kelly, 613-422-1318 (stkelly@rogers.com)



Saturday & Sunday, February 22 & 23 Winter End-to-End Hiking or Skiing: Weekend 4 (see page 3)
Ottawa contact: Viola Caissy 613-868-9285 (aloiv63@gmail.com)

Saturday, February 22 Snowshoe in Marlborough Forest

Level 2, 8.5 km. Hike from Flood Road to Earth Star Trail and return via abandoned farm trail. Depart from Fallowfield Park & Ride at 10 am. Bring lunch. Gas \$5. Leader: Doug Parsons, 613-723-0726

Sunday, February 23 Snowshoe at Mer Bleue

Level 1, about 6 km, on NCC Trail 23 and possibly Mer Bleue boardwalk from P21. Meet at Tunney's Pasture to depart at 12:30 pm. Gas \$2. Leader: Kathryn Fournier, 613-248-0006

Saturday, March 1 Ski in Gatineau Park

Level 2, about 12 km from P12. Enjoy a variety of ski trails, with and without machine grooming. Meet at Tunney's Pasture to depart at 9:30 am. Gas \$3. Leader: Steve Kelly, 613-422-1318 (stkelly@rogers.com)

Saturday, March 1 Snowshoe Carp Ridge Barren Loop

Level 2, about 9 km. Loop hike off the Thomas A. Dolan Parkway. We will snowshoe over a maze of ponds. Depart from Baseline Park & Ride at 10 am. Bring lunch. Gas \$3. Leader: Bruce Brenot, 613-680-3623 (brenot@rogers.com)

Saturday, March 8 Snowshoe in Gatineau Park

Level 2+, vigorous snowshoe on trails with hills. Lunch outdoors. Other details to be determined; see e-letter or weekly e-notice. Depart at 9:30 am from Tunney's Pasture. Leader: John Haley, 613-225-0590

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. Don't be concerned that you are new to leading. We will provide an orientation and/or a mentor.

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

Tibbetts Point Weekend: June 27 to 29

Plan to spend a weekend in early summer 2014 hiking, biking, shopping or just taking it easy at Tibbetts Point, where Lake Ontario meets the St. Lawrence River. Tibbetts Point lighthouse is just 4 km from Cape Vincent's restaurants and stores and 23 miles from Watertown for you cross-border shoppers from Ottawa.

You'll stay in one of the most idyllic lakefront hostels of Hostelling International, 1 hour from Kingston. The hostel is not officially open until Canada Day, but the regional coordinator has agreed to open early for an RTA weekend of fun. The cost is \$25 per night; they supply bedding and towels. The hostel accommodates only about 24 people; if there's a great response we'll consult about tenting.

This event is open to all three clubs, so come along for exercise, great company, beautiful sunsets, the spectacle of huge ships passing by and bonfires under the stars.



Tibbetts Point lighthouse and hostel. *Photo by Sharen Yaworski.*

For more information contact Sharen Yaworski at sharenann@gmail.com or 613-544-6022.

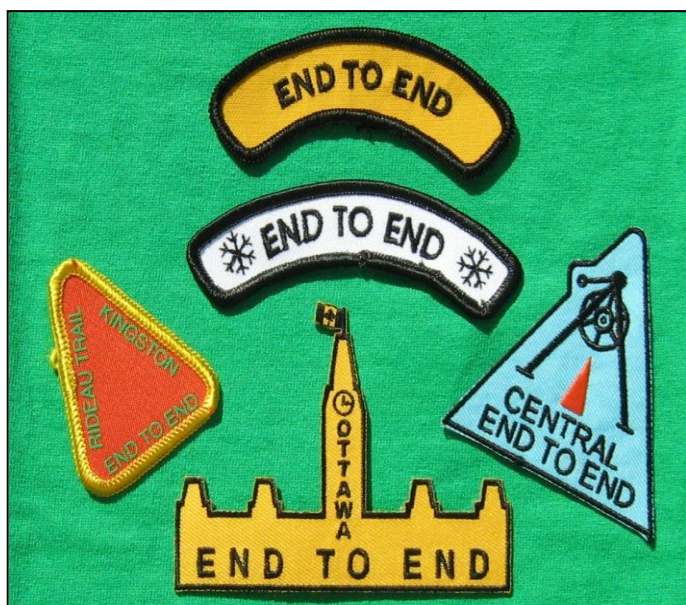
RTA Donations

Consider a donation to the Rideau Trail Association or the Rideau Trail Preservation Fund to celebrate those important events (Christmas, birthdays, anniversaries, retirement, Father's Day, Mother's Day), to honour someone or in memoriam. An official receipt for income tax purposes will be issued for a donation of \$10 or more. Now you can donate online at <http://rideautrail.org/onlineorderform.html> or use the form on the back cover of this newsletter.

Many Thanks to Our Recent Donors!

Minda Bojin & Ken Hart
Cynthia Hyland
Lorna Kettles
Anastasia Lintner
John & Alina MacFarlane
Elinor Gill Ratcliffe, C.M., O.N.L., LLD (hc)
Margaret Wild (one donation in memory of Marilyn Milloy and one in memory of Dale Ross)

End-to-End Badges



You can earn five end-to-end badges by hiking the entire Rideau Trail or major sections. Any of the badges can be earned by hiking short sections over a span of months or years; just keep track of where you hiked, when and with whom. Consider doing the 2014 winter end-to-end (see page 3) or the final section of the current nonwinter end-to-end series, which will take place in spring 2014 and cover the Ottawa section; details will appear in the spring newsletter. To apply for any of the badges pictured here, or for further information, contact the appropriate local club or the RTA Secretary. Contact information is on the inside front cover of the newsletter. Hikers must belong to the RTA to receive a badge.

<http://www.rideautrail.org/articles/Badges/>

KINGSTON CLUB ACTIVITIES — WINTER 2013-2014

The meeting place, unless stated otherwise, is the Canadian Tire parking lot, along Bath Road, towards the gas station. Be there shortly before departure time. Bring lunch, water, sunscreen and strong footwear. Come prepared for weather changes. Carpooling will be organized. Passengers contribute to the driver's gas costs, and fees for parking and entry to parks and conservation areas are shared. **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 14). 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 Beck, 613-544-6119.

Ski Weekend in the Laurentians

Friday to Sunday, January 31 to February 2

Space is still available on the bus and in the hotel for this RTA tradition organized by the Kingston Club. A Brockville pickup is still to be arranged. If you'd like to join us, contact Lars Thompson, 613-389-8747 (thorlarson@cogeco.ca). Full details are on the inside back cover (page 23) of the Fall newsletter.

Trail Maintainers Needed

The Kingston Club is looking for maintainers for our section of the Rideau Trail. Stan Huff, Trail Maintenance Coordinator for the club, will show you the area and provide information. Contact Stan at 613-548-3003 or stanandlouis@gmail.com.

Looking for Special Events Volunteers

If you would like to help with an event please contact Linda Line, 613-531-4353.

Sunday, December 1 Blue Mountain

Level 2, moderate pace, 9 km. Hike the Ayers Rock of Eastern Ontario with maybe a dusting of snow to do some animal tracking. Meet to depart at 9 am. Gas \$6. Leader: Ray Wilson, 613-382-7189

Friday, December 6 Annual Foley Mountain Christmas Tree Hike and Sing

Level 1, 1.4 km, leisurely pace from park gates to the Christmas tree. Get into the seasonal spirit by joining us as we sing traditional carols on Foley Mountain, overlooking Westport. Optional refreshments/dinner afterwards at The Cove in Westport. Carol sheets provided. Bring flashlight. Meet at 5:30 pm. No dogs please (except service animals). *Please contact the leaders if you plan to attend.* The Cove requires reservations. Leaders: Gunhild Karius and Bill Ottney, 613-858-3183 (karius1@cogeco.ca)

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. Maybe a few other surprises. Depart at 9 am. Gas \$4. *Please call the leader if you can meet the group at CT.* 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 contact the leader if you plan to attend.* Leader: Peter Burbidge, 613-634-1877 (peterbur@kingston.net)

Wednesday, December 11 K&P Trail

Level 2, moderate pace, up to 12 km. Depart at 9:30 am. Gas \$2. Leader: Ann Wilson, 613-531-9873

Saturday, December 14 Charleston Lake Provincial Park

Level 2, moderate pace, 12 km. Enjoy the scenic East Side Trails. Depart at 9:30 am. Gas \$6. *Call the leader a day or two beforehand in case of adverse trail or weather conditions.* Leader: Norm Trembath, 613-659-3894 or 613-888-8066

Sunday, December 15 Bon Echo Provincial Park

Level 3 at a moderate pace; 10 km of some of the nicest hiking in Ontario. Bring lunch and lots of water. Depart at 9 am. Gas \$12. Leader: Pat Casey, 613-385-2356

Thursday, December 19 Christmas Lights Walk

Level 1, easy pace, 5 km max. Get into the seasonal spirit. Refreshments afterwards. Bring a flashlight. Meet at Tim Horton's by the ferry dock for a 7 pm departure. Leader: Elgin Bock, 613-389-4216

Saturday, December 21 Gananoque Surprise Hike

Level 1, moderate pace, distance to be determined. Let's have fun and spread good cheer as we walk the streets of Gan. We may have a special guest who will share some interesting Gan facts. We will stop for lunch at a local venue. Depart at 10 am. Gas \$3. Leaders: Audrey Sanger, 613-384-6244, and Sharen Yaworski, 613-544-6022

Saturday, December 28 Napanee Area Trails

Level 1/2, easy pace; 5 km in the morning, lunch at Tim's or nearby, and another 5 km in the afternoon. Hike or ski depending on snow conditions. Depart at 9:30 am. Gas \$5. Leader: Bob Chadwick, 613-544-9222



Saturday, January 4 Winter End-to-End (E2E1)

See page 3 for details of this year's winter end-to-end hiking and skiing. Meet at 8:15 am at Salem Road and 9th Concession Road 9, about half-way between 07B and 07C (RTA Map 07) or 108.2 km on older maps. Leader: Bill Murdoch, 613-767-4858 or (cell) 613-483-7909



Sunday, January 5 Winter End-to-End (E2E2)

Meet to leave at 8:30 am. For starting location contact leader Bill Murdoch, 613-767-4858 or (cell) 613-483-7909

Wednesday, January 8 Barriefield and Fort Henry

Level 1, moderate pace, 10 km, depending on weather. Urban hike with stop at Tim's for a warm drink/lunch. Depart at 9:30 am. Gas \$2. Leader: Audrey Sanger, 613-384-6244

Saturday, January 11 Rideau Trail: Sydenham Area

Level 2, moderate pace, up to 14 km depending on snow conditions. Hike from Freeman Road to Murton Road. Car shuttle. Depart at 9 am. Gas \$3. Leader: Doug Hayes, 613-925-5872

Sunday, January 12 Bufflehead Trail, Frontenac Park

Level 2, moderate pace, 12 km. Snowshoe this scenic trail in the "premier" snowshoe park in Ontario. Depart at 9 am. Gas \$4. Park fee. Leader: Peter Burbidge, 613-634-1877 (peterbur@kingston.net)



Friday, January 17 Winter End-to-End (E2E3)

For this 2-hour hike, meet to leave at 7 pm. For starting location contact leader Bill Murdoch, 613-767-4858



Saturday January 18 Winter End-to-End (E2E4)

Meet to leave at 9 am (the only morning with this departure time). For starting location contact leader Bill Murdoch, 613-767-4858



Sunday January 19 Winter End-to-End (E2E5)

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

Sunday, January 26 Lemoine Point Conservation Area

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

Saturday, February 1 Kingston Urban Walk

Level 1/2, easy pace on level ground but 14.4 km (returning by bus is an option if you wish a shorter walk). Let's walk the new extension of the Rideau Trail from the old King Street Trailhead to the new trailhead at City Hall. We will stop for coffee or a light meal at a downtown venue and then make our way back to the original trailhead. RT Map 01. Meet at the old trailhead parking lot to depart at 10 am. Gas \$2. Leaders: Gloria Seeley, 613-546-2503, and Audrey Sanger, 613-384-6244

Sunday, February 2 Skate the Rideau Canal

Enjoy the sights and food along the canal. Depart at 9 am and return around 7 pm. Cost \$20 for gas plus parking. *Call the leader for ice conditions and other details a couple of days beforehand.* Leader: Norm Trembath, 1-613-659-3894 or 1-613-888-8066

Saturday, February 8 Frontenac Park XC Ski or Snowshoe

Level 1, easy pace, 8 km. From park gate to Big Salmon Lake and return. Enjoy winter scenery and participate in challenge to identify wildlife tracks, with free hot chocolate at the Trail Centre for the winner. Depart at 9 am. Gas \$4. Park fee. Leader: Elgin Bock, 613-389-4216



Saturday, February 8 Winter End-to-End (E2E6)

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



Sunday February 9 Winter End-to-End (E2E7)

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

Wednesday, February 12 K&P Trail from Dalton Avenue

Level 1, moderate pace, about 10 km depending on weather conditions. Depart at 9:30 am. Gas \$2. Leader: Audrey Sanger, 613-384-6244

It's Membership Renewal Time!

Please renew today. Use the form on the back of this newsletter or <http://rideautrail.org/onlineorderform.html>
Consider renewing for 2 years: you'll save some money!

Saturday, February 15 Jones Creek, Thousand Islands National Park

Level 1/2, moderate pace, 12 km depending on conditions. A few loops from Hwy. 401 at the Mallorytown entrance. Depart at 9 am. Gas \$4. *Please call the leader if you can meet the group at CT.* Leader: Doug Hayes, 613-925-5872

Thursday, February 20 Market Square Skate

Lace up and skate under the stars or snowflakes. Rehydration and conversation to follow. Meet at the rink at 7 pm. Leader: Elgin Bock, 613-389-4216



Saturday, February 22 Winter End-to-End (E2E8)

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



Sunday, February 23 Winter End-to-End (E2E9)

Final day! Meet to leave at 8:30 am. For starting location contact leader Bill Murdoch, 613-767-4858

Saturday, March 1 Rideau Trail: Opinicon Area

Level 2/3, moderate pace, 15 km. Hike from Upper Rock Lake to Chaffey's Locks. Car shuttle. Depart at 8:30 am. Gas \$5. Leader: Peter Burbidge, 613-634-1877 (peterbur@kingston.net)

Sunday, March 2 Little Cataraqui Conservation Area

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

Saturday, March 8 Rideau Trail: Freeman Road to Gould Lake Gates

Level 1/2, moderate pace, snowshoe or hike up to 8 km depending on conditions. Depart at 9 am. Gas \$3. Leaders: Audrey Sanger, 613-384-6244, and Sharen Yaworski, 613-544-6022

Wednesday, March 12 Picton Area Trails Hike or Ski

Level 1/2, easy pace, 5 km in the morning, lunch at Tim's or nearby, another 5 km in the afternoon. Depart at 8.30 am. Gas \$8. Leader: Bob Chadwick, 613-544-9222

Spring Potluck Party: Saturday, March 15

Celebrate the end of winter! Bring your own wine or favourite nip. Fruit punch, coffee and tea provided. Time: 6 pm. Place: QWA, 144 Albert St. \$3 per person at the door towards the room rental fee. RSVP: Linda Line, 613-531-4353

Thursday, March 20 Fort Henry & RMC Walk

Level 1, easy pace, 5 km. Circumnavigate these Kingston gems and take in the view over the city. Meet at the downtown Tim Horton's by the ferry dock. Depart at 7 pm. Leader: Peter Burbidge, 613-634-1877

Saturday, March 22 Annual Maple Sugar Camp Hike

Level 1, easy pace, 8 km. If nature cooperates, sap will be boiling and you will be tasting! Local syrup for sale along with cookies, hot chocolate and coffee. Depart at 10 am. Gas \$2. Leader: Bill Murdoch, 613-767-4858

Thursday, March 27 Lemoine Point Walk

Level 1, easy pace, 5 km. Enjoy the longer evenings with a short waterfront walk to see if any wildflowers are emerging. Meet at the north Coverdale parking lot at 7 pm. Leader: Peter Burbidge, 613-634-1877

Saturday, March 29 Parrot Bay, Lemoine Point & Collins Creek

Level 1, easy pace, about 12 km in total. Coffee/snack break indoors en route. Leaders: Audrey Sanger, 613-384-6244, and Sharen Yaworski, 613-544-6022

Sunday, March 30 Marble Rock

Level 2/3, moderate pace, 13 km. Enjoy a spring day among the rocky hills and wooded lowlands of this marvellous piece of the Frontenac Arch. Depart at 9 am. Gas \$4. *Please call the leader if you can meet the group at CT.* Leader: John Cornish, 613-382-4778

Advance Notice: Mark Your Calendars!

Kingston Club AGM

Wednesday, April 30

Ongwanada Resource Centre, 7 to 9 pm
Details in the e-letter and the spring newsletter

Tibbetts Point Weekend

June 27 to 29

See details on page 18.

Kingston Club Executive, 2013-2014

Chair: Donald Coulter
Past Chair: Jenny Ellis
Vice Chair (Board Rep.): Lars Thompson
Secretary: Mary Lou Hamilton, Lynn Nolan
Treasurer: Cam Hodges
Publicity: Lars Thompson
Construction: Jim Lorimer
Maintenance: Stan Huff
Outings: Peter Burbidge
Communications: vacant
Routes and Negotiations: Susan Irving
Special Events: Linda Line
Human Resources: Sharen Yaworski
Newsletter Editor: John Cornish

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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.

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 herdsman 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

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, with 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 historic Dublin to picturesque Killarney and 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!

PERU & MACHU PICCHU

September 13 to 26, 2014

Spend a week exploring the Sacred Valley of the Incas by hiking through the famed salt pans of Maras & the ancient ruins of Pisac and trekking high up into the Urubamba mountain range. Then that all-important day arrives when we hike into Machu Picchu. Rounding the corner of the Sun Gate and seeing Machu Picchu with your own eyes will give you goose bumps. From the Sacred Valley, journey south to Lake Titicaca for hikes on Uros, Amantani and Taquile islands.

TURKEY

October 18 to 29, 2014

Hike in Cappadocia, with its secret frescoed churches, underground cities and volcanic tuff that's sculpted into fairy chimneys. Visit ancient ruins, shop the bazaars of Istanbul and take a history lesson through time. Steeped in tradition and a masterpiece of nature, Turkey will impress you.

It's That Time of Year!

Golf shirts, water bottles and fleece toques with the RTA logo make excellent gifts! The shirt is \$30, but only limited stock remains: in Kingston, only men's large; in Ottawa, only men's large and extra-large and women's small and medium. The 750-mL stainless-steel water bottle is \$8, the toque \$11. Order from your club rep to save the costs of shipping and handling.

* Kingston: Don Coulter, 613-542-9998 (coulter.dm@sympatico.ca)

* Ottawa: Donna Shields, 613-680-3623 (donna.m.shields@gmail.com)



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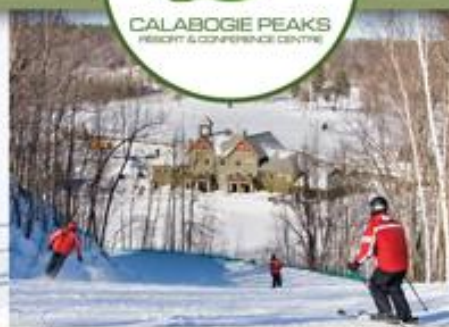
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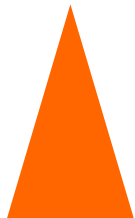


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LABEL

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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 (see page 5 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 Merchandise with RTA logo: see page 22 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.	Membership Category (circle): New Renewing (Please Print) Name(s): Address: Postal Code: Telephone Number(s): E-mail address(es) (for the monthly e-letter, the weekly Ottawa e-notice, occasional other e-mailed communications and Web access to the newsletter): ☐ 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): _____