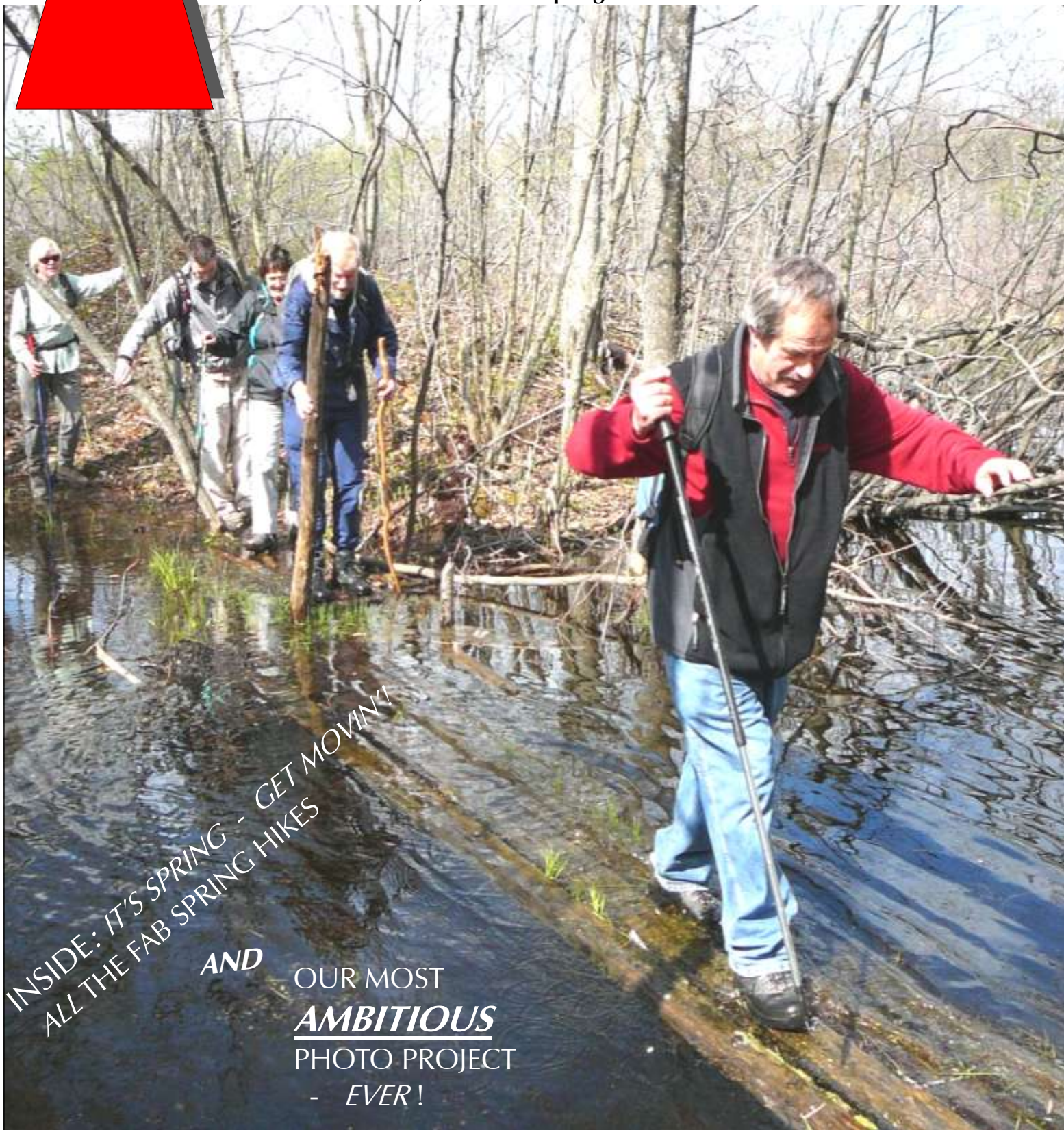


Rideau Trail

NEWSLETTER

SPRING 2014
Issue # 171

“Careful, Norm!” - Spring in Gould Lake



INSIDE: IT'S SPRING - GET MOVIN'!
ALL THE FAB SPRING HIKES

AND

OUR MOST
AMBITIOUS
PHOTO PROJECT
- EVER!

Rideau Trail Association Newsletter

Spring 2014 Issue 171

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

***The RTA does not share its mailing list
with other organizations.***

The triangle design on the covers of this Newsletter is a Registered Trademark of the Rideau Trail Association. The Rideau Trail Newsletter is published quarterly in March, June, September and December by the Rideau Trail Association. Unless otherwise stated, the opinions expressed in this Newsletter are not necessarily those of the Rideau Trail Association.

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Editor of this issue: John Cornish, Kingston Club

Summer Newsletter

The Summer Newsletter will be prepared by the Ottawa Club. Submissions are encouraged. If possible, text should be sent electronically with no document formatting. Pictures are also welcome, with good definition and contrast. Please ensure that all items arrive by **May 01, 2014** and that they are sent directly to the Ottawa editor:

Ann Bolster, 1901-2625 Regina St

Ottawa, ON K2B 5W8

613-828-5131 ann_bolster@hotmail.com

Front Cover: Kingston Club's Norm Trembath navigates over a slippery Spring obstacle course in Gould Lake Conservation Area.



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:	(currently vacant)
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:	Graham Creedy, Ottawa (613) 789-1657 gcreedy@ccpa.ca
Kingston:	Lars Thompson, Kingston (613)-389-8747 thorlarsen@cogeco.ca
Central:	Gill Hyland Perth (613)-267-5756 ghyland2@cogeco.ca

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OUR GREAT BIG **COLOUR COVER** PHOTO CONTEST

See YOUR Creation published in vibrant colour!

The Fall Newsletter, for the first time, will sport a ***glossy colour cover*** featuring the winners of our Great Big Photo Contest.



Get published!

Win a Professionally-Mounted Colour Print too!

..... and there's lots of other prizes .

***YOU DON'T HAVE TO BE AN EXPERT
TO WIN!***

Digital Cameras make it possible for all of us
to get a great shot of wherever we are.

If you see it, you can capture it.

***So take heart and take your camera
when you're hiking!***

YOU can shoot a winner,
if you're alert to the possibilities.

We plan to present the Top Ten Contenders on the Web.

ALL RTA members can vote to pick the Winners and Runners-Up: Everyone's involved!

So, Start Shootin'

You'll have till mid-July to submit, and the winners will be chosen by mid-August - in time to grace our Colour Fall Cover.

TWO TOPICS - TWO GRAND WINNERS!

Topic One (Front Cover) - Hikers on the Rideau Trail

Topic Two (Back Cover) - Nature on the Rideau Trail

RULES: 1) must be shot by an RTA member on the Rideau Trail, on a scheduled group activity.
2) must be of adequate definition (minimum 1.5 Mb.) for colour publication.

See the Summer Newsletter in June for official submission and judging details.

BUT GET SHOOTING NOW!

And -- most important - HAVE FUN!

Volunteer Appreciation Nights

A Fun way to say THANK YOU

by Denise Hall, Ottawa , and John Cornish, Kingston

Thousands of hours each year are donated by committed and energetic volunteers to maintain not just the Rideau Trail, but the Clubs and Association that provide the framework and activities to keep the Trail alive and healthy. **A big salute to all these dedicated men and women!**



Above: Mid-party in Ottawa. In the foreground from left to right: Ethel Archard (Activities Coordinator), Jane Mulvihill (Treasurer) and Grace Strachan (a hike leader).

(Photo: Sheila Parry)

Right: Kingston Chair Don Coulter responds to a friendly jibe from Dugald Carmichael (second from left) - all part of the fun!

(Photo: Steve Manders)

In February, the Kingston Club feted their volunteers and land owners. Thirty-eight members enjoyed wine, cheese and each others' company in a celebration of another great year of accomplishment. Chairman Don Coulter extended the Club's appreciation and especially thanked Special Events Coordinator Linda Line and her crew for another fine job of organizing the event.



THANK YOU, VOLUNTEERS!

Recent Donors to the Rideau Trail Association

Thank You for your support!

Walter Baker

Lynn Esau

John & Lindsay Frankland

Cam T. Hodges

Grace Hyam

Cynthia Hyland

Garry & Lois James

Brian LaDuke

Robert Lantos

Diann Lawton

William Ottney

Rolina & John ten Bruggenkate

Guy Thorne

Dukke van der Werf

Rideau Trail Association
43rd Annual General Meeting

Saturday, June 21, 2014

Brockville

CJ's Banquet Hall, Chelsea Room

9:30 am - 10:00 am
10:00 am - 12:00 pm
12:00 pm - 1:00 pm
1:00 pm - 5:00 pm

Registration, Refreshments, Meet & Mingle
Business Meeting, Presentation of Awards
Brown Bag Lunch (or if preferred, buy lunch in town)
Hikes - Level 1 or Level 2
Bicycle Ride (1,000 Islands Parkway)
or Free Time to Explore Brockville

5:00 pm
5:30 pm

Bar Opens
Dinner at CJ's Banquet Hall

Directions:

CJ's Banquet Hall

803 Chelsea St, Brockville ON K6V 6J8

T: 613-342-3277

Cul-de-sac west off Hwy 29 (Stewart Blvd)

3 streets north on Hwy 29 from Hwy 401

Close to shopping, motels and local attractions

Accommodations:

If you are planning to stay overnight in Brockville

Details of accommodation can be found at:

<http://www.brockvilletourism.com/stay>

or www.booking.com/Brockville-B&B

Transport:

If you require transport

or are willing to be a driver contact:

Central Dorothy Hudson T: 613-283-0332

Kingston Jenny Ellis T: 613-549-6807

Ottawa Denise Hall T: 613-843-8222

Dinner Menu:

"Roast Chicken & Sweet 'n Sour Meat Balls" buffet

Dinner includes choice of 4 salads, roast potatoes, vegetable, home baked bread, assorted dessert table, coffee or tea.

Vegetarian alternative :

"Roasted Mediterranean Vegetables & Rice"

Dinner includes choice of 4 salads from the buffet, home baked bread, assorted dessert table, coffee or tea.

Registration & Payment for Your Meal:

Total cost of either dinner is \$30.00 per person; this includes taxes and gratuity.

Send a cheque made payable to "Rideau Trail Association in Trust" to: Linda Line, 1005 – 117 Park Street, Kingston ON K7L 5P6. Please specify which meal you would like when sending cheque

The deadline to order a meal is by June 15th. Any questions concerning the meal please email: lmline6@gmail.com or telephone 613-531-4353.

Reserved dinner tickets can be picked up at registration time.

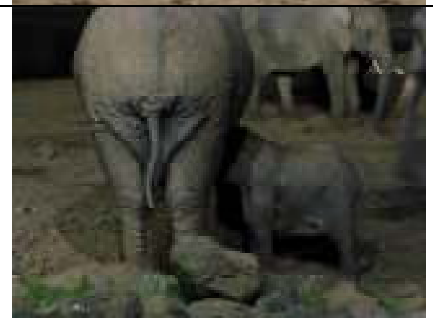
The Passing of a Friend

WATSON OGILVIE died October 3, 2013 at Kingston General Hospital at the age of 82. Watson was an active member and volunteer for so many years with the Kingston Club. He was a frequent hike leader for so many years, we understand his nickname was "Boots"! All those who enjoyed the annual Vermont expeditions will remember with gratitude all that Watson did to organize these excellent trips. Watson will be missed by all his many Rideau trail friends.

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KENYA

July 6 to 18, 2014

Have you always wanted to go on a safari but can't see yourself sitting in a jeep all day long, day after day? For active travellers like ourselves, a **walking** safari is the perfect way to get to know Kenya - it really lets us get up close & personal with the animals - and there are A LOT of animals to be seen. Plus in addition to the wildlife, there is the natural beauty of the land and the proud heritage of its tribes; we have included many little extras as part of our program so that you will have a complete Kenyan experience.

As animal lovers, walking amongst giraffes and zebras is a big draw but we felt that the trip should encompass the culture as well. So we added a lecture by the tour owner (who is from the Kikuyu tribe), a visit to a weaving cooperative, visits to Masai homesteads, a visit to a local elementary school, a visit to a local market (not a tourist market but a regular market where locals would shop), and a tour of a tea plantation.

Our safari takes you to 3 different parts of the country, each with its own very comfortable accommodations, ranging from cottage-type rooms at the Aberdares Country Club to a luxury tented camp in the Masai Mara. Most interesting is the night we spend at The Ark. The Ark is a unique hotel deep in the Aberdares NP & it was designed for game viewing. Its large windows overlook a floodlit watering hole which gives us the opportunity to have the animals come to us instead of the other way around. Some guests stay up all night watching the elephants, buffalo and hyenas outside their bedroom windows.

We are very proud of the program we have put together and this trip has easily become one of our favourites of the year. Take **a walk on the wild side** with us this July. Oh and in case you were wondering, July is one of the coolest months of the year in Kenya!

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, and three meals a day with accommodations.

For prices and information contact Isa.



Phone: 1-709- 334-2208

Fax: 1-709- 334-3601

email: brownrabbitcabins@gmail.com

www.brownrabbit.nl.ca

Welcome to the following New Members!

CENTRAL

Judy King
Gordon & Ann Munroe
Diana & Jerrard Smith

Fay Khazai
Gary & Karen MacLean
Martin Bueno & Jane McGann
Carmen McKay

KINGSTON

Robert Burrell
Judi Ringlet
Bill Teatero

Surinder Midha
Kenneth Mullen
Sally Plant
Lisa Pike-Young & Ken Young
Barbara Yurkoski

OTTAWA

Catherine Dabee
Nicole Deschenes
John Goatcher
Brian &
Margaret Grant
Carleen & Lawrence Hicks

NON-AFFILIATED:

Russ Brown
Jacqueline Fiander
Jack Tannett

WELCOME ALL!

84 Years – and Still Chugging On!

[Our President, Robert Groves, recently received this letter from member Walter Baker of Lombardy - Editor]

Good morning, Robert:
When walking the Rideau Trail recently I ran into Dave Allcock, energetically engaged in trail maintenance. This was a reminder to me of how much people like myself depend upon volunteers for the opportunity to hike such a fine trail so close to home. Because I cannot realistically volunteer for trail maintenance, I hope the enclosed money order will help with supplies and what-have-you.

You may recall that two years ago I completed an end-to-end hike. This time, over the past two months I have hiked the Trail in both directions, averaging 10 miles a day.

Although it seems a trifle odd to have committed to a two-way end-to-end, especially as an 84-year-old, there were two good reasons for this. The first was that I was training to walk the 500-mile El Camino through Spain, so that the 412 miles of a two-way Rideau Trail seemed a most acceptable alternative – and especially given how much I enjoyed the Trail two years ago.

The second and very practical reason was that I knew I would have to hike alone for a good portion of the Trail, and the only way I could hike using only one car was to do 10 Km. – and then hike back to where I began that day.

Everything worked out just fine. With Vasque hiking boots and Smart Wool socks there were no blisters. I blessed those from the Association who committed to getting up-to-date maps and text on the website, supplemented by the “Trail Alerts”, and was immensely grateful for the orange triangle trail markers which never once left me lost in the middle of nowhere.

My only special challenges were a back that kept letting me know to treat it with care, 2-3 weeks of poison sumac, one tick bite, a bruised left knee that left me limping for a couple of days, and a total day-long soaking when hiking each of Frontenac Park and Gould Lake Conservation Area. It was a great time to hike, and a challenging/rewarding Trail – and I managed to avoid the hunters except for the final three days.

Best regards
Walter Baker

Belonging - The Joys of Membership - by Mark Coates

The days are getting longer and the earliest signs of spring are finally showing up. That means it's the time of year when active people all over Eastern Ontario and beyond start planning their outdoors adventures for the coming season. It's also time to join hundreds of others and renew your membership in the Rideau Trail Association.

As a member, you may have joined for a specific reason, like taking part in group hikes, earning badges for hiking the trail end-to-end, or preserving the trail for future generations. Regardless of what brought you to the trail in the first place, 2014 is filled with opportunities to take part in social activities, enroll in a safe hiker courses, lead walks, and volunteer.

In the last newsletter, Elizabeth Mason wrote an excellent and informative article about the use of membership dues. As a volunteer-run organization, you can be sure that every dollar you pay in membership fees goes to the maintenance of the trail and to club activities. Your continued membership in the Rideau Trail Association helps ensure that the trail will always be a part of our community. We hope you will decide to renew your membership for 2014 (or for two years at a time, if you want!).

When it comes time to put away your winter gear and dust off your hiking boots, ***don't forgot to renew your membership in the Rideau Trail Association.*** See you out there!

Receiving Your End-to-End Badges

If you have completed the Rideau Trail End to End from Kingston to Ottawa, and would like to receive a badge at the June 21, 2014, Annual General Meeting, please notify Board Secretary Liz Choros (lizchoros@gmail.com, 613-224-9064) by June 16. Badges will be mailed to those hikers who are unable to attend the AGM.

Members wishing to receive a Kingston, Central, or Ottawa section End-to-End badge should contact that club's representative, listed on the inside front cover of the Newsletter.

Safe Hiker Course - Hiking Safely and with Confidence *by Ron Hunt*

Do you have friends, family members or acquaintances who would like to start hiking but are uncertain about how to get started? A solution for you: suggest that they sign up for the Rideau Trail Association's *Safe Hiker Course*.

Encourage them to attend the course on May 3, 2014 in Ottawa.

To register visit the RTA home page rideautrail.org or phone Ethel Archer at 613-592-7733.

The Safe Hiker course was developed by Hike Ontario and it provides novice hikers with the knowledge to keep themselves safe while day hiking.

The one-day course provides information about how to prepare for a hike, what equipment and clothing is appropriate, where to find trails and how to navigate safely on an outing, and the basics of sustainability and trail etiquette.

The ultimate goal is that people who are new to the sport will feel more confident and self-reliant when hiking with groups, or with family and friends.

Ruth Oswald and I delivered the Safe Hiker course twice in 2013 in Ottawa on behalf of the Ottawa Rideau Trail Club. Ethel Archard did a great job in promoting the course and making the meeting room arrangements. A total of thirty-five people attended the course.



The course is a great membership recruitment and public relations vehicle for the RTA. Participants who have not yet joined the RTA became members in 2013 as part of the course fee. We had a chance to put a public face on the RTA for these new members during the sessions.

The response from the students of the course was pretty enthusiastic. One of the new members sent me an e-mail after the course and wrote: *"I'm glad that I went to the orientation and am really looking forward to being a*

part of this group. You and Ruth did a great job and I enjoyed the easy-going and very informative session."

Hiking in
Marlborough Forest

Photo: Ron Hunt

In September 28, 2013 Ruth and Ron led a level 1 hike to the Rideau Trail property in the Marlborough Forest. This was intended to provide the participants of the Safe Hiker course with an opportunity to attend an easy starter hike and witness some of the potential hazards (poison ivy, wet areas) on the trail.

More than half of the people that attended the hike were graduates of the Safe Hiker course. As you can see from the picture they look happy and confident!

RIDEAU TRAIL CLOSED **Tuesday, March 18, 2014**

The Trail, where it crosses private land, will be closed on this day to protect the landowners, who let us cross their land the rest of the year. The RTA thanks all landowners for their generosity.

Please take care not to trespass on this day.

ALL PAST ISSUES OF RTA NEWSLETTERS NOW AVAILABLE ELECTRONICALLY *by Mark Collier*

Do you know where the first official RTA hike was held and when? Do you know who was on the Executive at that time? Where and when was the plaque commemorating completion of the Rideau Trail first mounted? Answers to these questions.... and many more, are to be found in past issues of the RTA Newsletters.

Until recently, if you did not keep past issues of newsletters or are a new RTA member, finding out this historical information meant a trip in person to either The National Archives

Cont'd page 23

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.

NOTE: Not an official RTA activity, as it is outside of Canada. You'll need your passport, and you should purchase out-of-country health insurance



Tibbetts Point lighthouse and hostel. Photo by Sharen Yaworski.

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

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Enjoy an evening at the Calabogie Peaks Hotel with a \$50 voucher for Canthooks Restaurant

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

Escorted Hiking Holidays on the Bruce Trail

A home-grown alternative to overseas packages is now being offered by an Ontario company, Hiking Holidays. 7- or 10-day packages.

We expect more information in time for the Summer Newsletter, or call them at 1-800-363-6211

Web Links for Hikers (including apps for smartphone users)

By Ken Gullins

I love hiking and maps. I've done a lot of browsing on the internet and found a number of resources that are particularly useful for outdoors enthusiasts. Though some of these sites may take you deeper than you really want to go, start with the general interest ones first and see how that goes.

Everytrail: <http://www.everytrail.com/> share trips, photos and gps files

Canada Maps: <https://play.google.com/store/apps/details?id=com.atlogis.camaps.free> nine kinds of free topos including Open street & cycle maps, Bing aerial & road, Google road, terrain and sat. *Some are downloadable for use offline.*

Rideau Trail: <http://www.rideautrail.org/maps/IndexMap.html> free maps in .pdf format

NCC: http://www.ncc-ccn.gc.ca/sites/default/files/pubs/11055_gp_wintertrail_map_4.pdf free winter trail map – others available

SE Ont. Trail Maps: www.frontenacarchbiosphere.ca Free trail maps of almost 30 hiking trails, canoe routes and cycling routes in the Frontenac Arch Biosphere Region, north and east of Kingston.

Open street maps: www.openstreetmap.org/ downloadable, open maps continuously improved by contributors (see also Open Cycle map)

GPS Visualizer <http://www.gpsvisualizer.com/about.html> utilities for drawing, displaying and converting maps

Custom Maps <http://www.custommapsapp.com/> make your own custom maps from any jpg map. Maps may be used for live-tracking on your smartphone GPS. (The Holy Grail! I was looking for a straightforward way to do this for about 6 months!)

Route Converter <http://www.routeconverter.de/home/en> utilities for editing gps route files eg. Split file to remove unwanted car ride portion.

EveryTrail: the first app you should check out.

It works along with their website which has descriptions of hikes and other tours that members have contributed. A quick search on the keywords “Gatineau Park”, for example, returns 141 separate entries! You can share trip stories and maps here, along with any photos you've taken. It's also possible to download GPS files (in KML and GPX formats)

This app is probably the best choice as a general-purpose hiking app for someone who isn't as interested as I am in specialties like exercise tracking or mapping.

Canada Maps. The app I prefer for mapping and navigation. This app allows me to quickly access map tiles from 9 different map collections; 2 topos, 2 Open Maps, 2 from Bing, and 3 from Google.

(Open Street Map and Open Cycle Map are particularly valuable to hikers because not only can they be stored offline but they are also being continuously improved by the addition of more trails by contributions from users like us)

This app supports many of the functions normally found in a dedicated GPS device like real-time tracking and recording, creation of Waypoints, Go to, and it will display waypoints tracks and routes on your choice of base maps.

Several of the map collections can be stored locally for offline use (depending on their licencing restrictions) – handy for those times when you're going to be in a remote area without cell service or if you just don't want to pay for a data plan. There is a built-in Tripmaster which has a compass and shows various data on your location, speed, course heading, elevation, etc.

So get outside and take your phone for a spin!

If you have any questions or comments on any of this, or just want to discuss it further, drop me a line.:

Ken.gullins@gmail.com

By Bruce Brenot

Orienteering: Something for Everyone

Have you ever wished you could go for a hike on your own but were afraid you would get lost? Are you an aspiring Hike Leader and feel you need to enhance your map and compass skills? Perhaps you have a competitive edge and would like to test your skills against the best in your age group. Whatever your reason the Ottawa Orienteering Club has something for everyone. Not only will they provide you with many opportunities to hone your skills they also have expert coaching to teach you the correct techniques.

Orienteering is a sport where you are given a highly detailed map of interesting and accessible parkland. On this map a course is laid out identifying the detailed features you are expected to find in the woods. At each feature there is a control flag and a device that records that you have been there. The sport is using your map to hike or run to each of the control flags.

..... Story continues on Pg. 23

CENTRAL CLUB ACTIVITIES - SPRING 2014

The meeting place, unless otherwise specified, is Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore) southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th side street on the right (Conlon Drive) and proceed to the Conlon Farm parking area.

When carpooling, the amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

For more information on each event, please call the leader.

If in doubt regarding any aspect of the planned hike or other activity, or its suitability for your fitness level, please contact the leader

Please read the Participants' Responsibilities (Pg. 13) .

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

Special Dates

Saturday, March 15 - Family Hike, Perth Wildlife Reserve, 1:00 pm

This event will be publicized in the community as a March break activity for families. Help is needed to make it a success. Please contact Dorothy Hudson if you can volunteer your time during the event, if you could distribute posters ahead of time, or if you can bake cookies. Dorothy Hudson 613-283-0332 dhudson9@cogeco.ca

Sunday, April 13 Central Club AGM 10am. McMartin House, Gore Street E., Perth Bring your lunch or buy something in Perth, then join us for an afternoon hike in Murphys Point Park. Please come out and support you club.

Saturday, April 26 Hike Leaders Training Perth Wildlife Reserve 9am Anyone interested in leading hikes, either shorter Wednesday walks or longer weekend outings, should plan to attend this hike leaders training session. Members of all three RTA clubs are welcome to attend.

For more information please contact Margaret Lafrance 613-264-0057 (margaret.lafrance@bell.net)

Thursday, May 1 Trail Maintenance Day Please call David Allcock if you have time to help give our trail the TLC it deserves. Work gloves and loppers would be helpful. Meet at Conlon Farm at 9:30am

Leader: David Allcock 613-706-3562 daveonottylake@gmail.com

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. These hikes are suspended from May 1 – August 31 and will commence again in September. Contact: Margaret Lafrance 613-264-0057 (margaret.lafrance@bell.net)

Weekend Activities

Saturday, March 1 Blueberry Mountain

Challenge yourself to reach the top of Blueberry Mountain on snowshoes. Part of the Mississippi Madawaska Land Trust, and one of the Seven Wonders of Lanark County, spectacular views from the summit are well worth the climb. Visit Blueberry Mt. website at www.cliffland.ca Level 2, 5 – 8 km, moderate pace, gas \$6 Donations to the Land Trust are encouraged. Meet at Conlon Farm, 9:30am Leader: David Allcock 613-706-3562 daveonottylake@gmail.com

Sunday, March 9 Rideau Trail

Murphys Point to Long Lake Road

Snowshoe this part of the Rideau Trail with Alida, one of Murphys Point's interpreters and a new RTA hike leader. Moderate pace, level 2, 8 km. gas \$3, park fee, car shuffle Meet at 9:30am Leader: Alida Lemieux 613-264-1559 lemieuxalida@gmail.com



**Saturday, March 15 Perth Wildlife Reserve
FAMILY HIKE**

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 at the cabin. **Meet at 1pm. at the Wildlife Reserve** Level 1, 3 km, park fee of \$6 per vehicle.

Leader: Dorothy Hudson 613-283-0332

dhudson9@cogeco.ca

Saturday, March 22 Trans Canada Trail

Follow the scenic rail trail from Wemyss to Maberly Station. Snowshoes or icers depending on conditions.

Level 1, 10 km, moderate pace, gas \$3

Leader: Robert Groves 613-259-3175

john.robert.groves@gmail.com

Saturday, March 29 Cataragui Trail

Hike along the Cataragui Trail from Hwy #15 to the Chaffey's Locks for lunch, loop around town back to the trail and back to start. Level 1, 16 km. moderate pace, gas \$4 Meet at Conlon Farm 9:30am *Please call if you can meet the group for the leader.*

Leader: Doug Hayes 613-925-5872

hayesd@ripnet.com

Sunday, April 6 Mill Pond Conservation Area

Enjoy a walk through the forested loop trails of this scenic conservation area. Moderate pace, Level 2, 8km. Meet at Conlon Farm at 9:00am Gas \$3 Park fee

Leader: Sabine Jaekel 613-267-5390

sabinekipling@yahoo.ca

Saturday, April 12 Old K & P Rail Trail

Explore a section of this trail north from Calabogie.

Moderate pace, level 1, 10-12 km. Meet at Conlon Farm at 9:00am, gas \$6

Leader: Dorothy Hudson 613-283-0332

dhudson9@cogeco.ca

Sunday, April 13 Central Club AGM

Please join us at McMartin House at 10am to meet the executive and find out how the club runs. Bring lunch or buy it in Perth, then enjoy a walk in Murphys Point Park.

For more information contact: Dorothy Hudson, 613-283-0332 dhudson9@cogeco.ca

Wednesday, April 16

Hike Leaders Planning Meeting

We'll be organizing the summer outings, so please plan to attend. 7pm at the Batchelor's home RSVP Pat Batchelor 613-264-1559

patbatchelor@sussexsystems.ca

Saturday, April 19 (Easter Weekend)

Trans Canada Trail

Have a look at a second rail trail from Sharbot Lake to Armstrong Line. Possible stop for refreshments at the Fall River Restaurant after the hike. Moderate pace, level 1, 12 km. gas \$5 Meet at Conlon Farm at 9am Leader: Alida Lemieux 613-264-1559

lemieuxalida@gmail.com

Saturday, April 26

Hike Leaders Training

Perth Wildlife Reserve 9am

Anyone interested in leading hikes, either shorter Wednesday walks or longer weekend outings, should plan to attend this hike leaders training session.

Members of all three RTA clubs are welcome to attend. For more information please contact Margaret Lafrance 613-264-0057 (margaret.lafrance@bell.net)

Sunday, April 27

Rock Dunder – Wildflower Walk

Take in the grand views from the summit and see wetlands, beaver ponds and rocky ridges as you climb. Spring flowers will be out – so come prepared to “slow down” and enjoy the beauty at your feet. Donations to Rideau Waterway Land Trust are encouraged to help with trail maintenance. Slow to moderate pace, Level 2, 6km. gas \$5 Meet at Conlon Farm at 9:00am Leader: Susan Samila 613-264-1196 ssamila@storm.ca

Thursday, May 1 Trail Maintenance Day

Please call David Allcock if you have time to help give our trail the TLC it deserves. Work gloves and loppers would be helpful. Meet at Conlon Farm at 9:30am. Leader: David Allcock 613-706-3562

daveonottylake@gmail.com

Saturday, May 3 Marble Rock

Come and visit Marble Rock – past the wetlands, up and down the rocky hills and along the craggy cliffs with the opportunity to stop at several scenic look-outs to take in the views. Moderate to slow pace, Level 2-3, 12 km. gas \$6 Meet at Conlon Farm at 9:00am *Please call if you can meet the group for the leader.* Leader: Doug Hayes 613-925-5872

hayesd@ripnet.com

Sunday, May 11 Rideau Trail - Narrows Lock Rd. to Foley Mountain

We will be hiking from Narrows Lock, the highest elevation on the Rideau waterway to Foley Mountain, the highest point on the Rideau trail. Moderate pace, level 2, 12 km. gas \$3 Meet at Conlon Farm at 9:00am.

Leaders: Mary & Howard Robinson 613-256-0817
hmrob@storm.net

Saturday, May 17 Slide Lake Loop, Frontenac Park

Stretch your legs in this lovely park. Hike 14 km., level 2+, moderate pace. Gas \$5 Meet at Conlon Farm at 9am. or at Esso Station in Westport at 9:30am. *Please call if you can meet the group for the leader.*

Leader: Dave Miller 613-449-7459
davesshack@gmail.com

Sunday, May 25 Manitou Mountain Trail, Calabogie

Hike through pine forests and enjoy spectacular mountain views. Moderate pace, level 2, 12 km. gas \$6 Meet at Conlon Farm at 9:00am

Leader: David Batchelor 613-264-1559
dlhbatchelor@sussexsystems.ca

Sunday, June 1 Charleston Lake trails (please note start time)

Several of the smaller trails will be hiked so we can see different parts of the park. Slow to moderate pace, level 2, 10 – 12 km., gas \$5 Meet at Conlon Farm at **8:00am**

Leader: Sabine Jaekel 613-267-5390
sabinekipling@yahoo.ca

Saturday, June 7 Gould Lake

We'll follow the shoreline of Gould Lake for much of the hike, following 3 trails – Tom Dixon, Mica Loop and Wagon Trail Moderate pace, level 2, 10km, gas \$5 Park fee Meet at Conlon Farm at 9:00am

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

Sunday, June 15 Tetsmine Loop, Frontenac Park

A nice mix of trail types and a crossing of Moulton Gorge. Moderate pace, level 2, 12 km. gas \$5 Meet at Conlon Farm at 9:00am

Leader: Brenda Ethier 613-267-6141
brendaethier@ripnet.com

Saturday, June 21 Canoe or kayak the Clyde River

First canoe trip of the season. Paddle the Clyde River from Lanark Village to Kerr Lake and return. View nature from the water's edge. Bring safety kit and equipment including life jackets and lunch! Level 2, 12 km, Meet at Conlon Farm at 9:00am.

Leaders: Mary & Howard Robinson 613-256-0817
hmrob@storm.ca

Saturday, June 21

**Rideau Trail Association Annual General Meeting
Brockville Details on page 5**

Saturday, June 28 Rideau Trail hike and Potluck Social

Enjoy a hike from Rathwell Road to Beveridges Locks through woods and across farmlands with several stiles and a dam to cross. Followed by a potluck barbeque and social at Bill and Yvonne Kennedy's home, WEATHER PERMITTING. Moderate pace, level 1, 8km. Meet at Conlon Farm at 9am gas \$2

Please come to the social even if you're not hiking.

RSVP to Yvonne for details no later than June 23.

Yvonne Kennedy 613-267-9817 yvnkennedy@gmail.com

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

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

Participants' Responsibilities

Participants are expected to choose a trip suitable to their physical abilities and their skill level. At the start they should inform their leader of any health problems or potential difficulties with their equipment. Each participant will respect all financial obligations. The volunteer leaders will expect the support and cooperation of each group member. Parents and guardians are expected to supervise their own children. Dogs are not generally permitted.

Levels of Difficulty

Level 1 Well defined trails, gentle inclines. Suitable for beginners.

Level 2 Generally on trail. May be hilly, light bush-whacking, some rough spots or obstacles. Boots are recommended.

Level 3 Rough Terrain. One of more of: extensive bush-whacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock climbing. Boots, Level 2 experience and a high level of fitness essential. Long pants and sleeves recommended.

OTTAWA CLUB ACTIVITIES - SPRING 2014

Please read Levels of Difficulty and Participants' Responsibilities (page 13).

If you are still unsure whether a particular outing is suited to your ability, 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.

Scheduled activities usually take place regardless of weather, but if conditions are questionable, contact the leader in advance.

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

More Details & Activities in the Monthly e-Letter and Weekly e-Notice

If you do not currently receive the e-letter send your e-mail address to membership@rideautrail.org. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

FRIDAY, APRIL 11 OTTAWA CLUB ANNUAL GENERAL MEETING

Tom Brown Arena - corner of Bayview and Albert/Scott - follow RTA markers to Upstairs Hall

6:30 Register/Meet & Greet

7:00 Business Meeting, followed by Refreshments and Social

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).

April 9 and April 16 Introduction to Map and Compass One-day clinic. See page 15 for details.

TUESDAY EVENING URBAN WALKS

Every Tuesday evening beginning March 25 through to April 22, there will be an Ottawa urban walk/hike. There "may" also be a refreshment stop each evening for those who are interested.

March 25 Ottawa River Parkway/Island Park Drive

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

Leader: Joanne Tuttle, 613-729-8787

April 1 Rockcliffe Park area

Meet at New Edinburgh Park, 193 Stanley Avenue.

Leader: Pat Archer, 613-565-6149

April 8 Greenbank Road at Hunt Club Road area

Meet at Tim Horton's at Greenbank Hunt Club Center

formerly Greenbank Square, 250 Greenbank Road.

Leader: Trudy Stephen, 613-828-9313

April 15 Hogs Back, Vincent Massey, Mooney's Bay

Meet at RA Centre.

Leader: Kathryn Fournier, 613-248-0006

April 22 Hull and back

Meet on east side of National Archives Building.

Leader: Dora Ashiq, 613-792-4966

MOONLIGHTERS

Every Tuesday evening from late April until the end of August there will be a short hike in Gatineau Park. Hikes last until sunset. The pace is approximately 4 km per hour. The hikes are Level 1 or 2. There may be some hilly, rough or wet terrain. Please bring your own water, snack, bug repellent, flashlight and proper footwear. There is usually a short break during the hike as decided by the hike leader.

MEET AT TUNNEY'S PASTURE NORTH PARKING LOT, CLOSEST TO THE PARKWAY, AT 5:45 PM FOR A PROMPT 6:00 PM DEPARTURE.

Coordinators: Hazel Miller 613-232-6558 and Dora Ashiq 613-792-4966. Hike leaders will be contacted by one of the coordinators prior to their hike.

April 29, sunset 8:07, Lauriault Trail from Mulvihill Lake

Level 1, 5 km., (trail may be wet). Gas \$3.

Leader: Hazel Miller, 613-232-6558

May 6, sunset 8:16, Lac Des Fées from Gamelin Blvd.

Level 1, 7 km. Gas \$2.

Leader: Roger McCullough, 613-526-2693

May 13, sunset 8:24, Visitor's Centre to Penguin picnic area and Ridge Rd.

Level 2, 7 km. Gas \$3.

Leader: Kathryn Fournier, 613-248-0006

May 20, sunset 8:32, Skyline trail from P7

Level 2, 7 km. Gas \$3

Leader: Dora Ashiq, 613-792-4966

May 27, sunset 8:39, P12 to Western Lodge

Level 2, 8 km. Gas \$4.

Leader: Lena Creedy 613-789-1657

June 3, sunset 8:46, Marie Burger Rd (Old Mine Rd.) via Pink Lake

Level 2, 10 km. Gas \$3.

Leaders: Jane Mercier and Bernie Poirier, 613-692-3874

June 10, sunset 8:50, P16 to Healey

Level 2, 10 km. Gas \$4.

Leader: Trudy Stephen, 613-828-9313

June 17, sunset 8:54, P7 to Keogan return via Ridge Rd

Level 2, 11 km. Gas \$3.

Leaders: Gloria and Cliff Daly, 613-224-4413

June 24, sunset 8:55, Wolf Trail from P13

Level 2, 10 km. Gas \$4.

Leaders: Joanne Tuttle 613-729-8787 and Dora Ashiq 613-792-49



**Leaders' Forum
Saturday April 5, 10:00 a.m.**

This is a "moderated gabfest" where hike leaders can share their experiences and thoughts on memorable mishaps and lessons, how to head off or deal with problems, leadership styles, etc. so we can all learn from the combined experience. New leaders and anyone wondering about becoming a leader are encouraged to come, as we'll discuss everything from urban Level 1 to Level 3 and beyond.

Location: the Party Room at 2625 Regina Street – entrance is in the low building between the two towers, off the parking lot. Coffee and tea provided, but bring a sandwich lunch (and also your RTA Guide for Leaders if you have it). 10 am to around 2:30 pm or longer if people want to continue.

**Introduction to Hiking
Saturday, May 3, 2014**

Walter Baker Sports Centre, Barrhaven

Tell your friends!

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

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

For information or to register: www.rideautrail.org or

**Introduction To Map and Compass
One-Day Clinics NEW FORMAT!**

**Wed. April 9; Wed. April 16; Sat. Apr 19
Gatineau Park**

For those hike leaders or aspiring leaders who seek a good grounding in map and compass navigation for on-trail and occasional off-trail travel, these clinics are for you. Topo maps supplied, provide your own compass. Maximum of six participants per clinic. \$10 fee.

Leaders: Cliff and Gloria Daly.

For more information and to sign up, e-mail cliff.daly@rogers.com or phone 613-224-4413

**Hiking Long Weekend
White Mountains**

Friday, May 16 - Tuesday, May 20, 2014

Three full days of hardy hiking in the stunning White Mountains of New Hampshire. Stay and dine at the Kinsman Lodge <http://www.kinsmanlodge.com/> in Franconia, N.H. Newcomers especially welcome!

For rates and information, please contact trip leaders, Cliff and Gloria Daly, at cliff.daly@rogers.com or phone 613-224-4413.

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.

For hikes up to March 14 please see the Winter newsletter or the e-letter.

Saturday, March 15 Snowshoe or Hike in Gatineau Park

Level 2+ to 3; max. 10 km. Loop hike on the Eardley Escarpment, climbing from Cregheur Road. Exact route and difficulty TBD by conditions but will include fabulous views from high ridges and an excellent workout. Lunch probably outdoors. Check that week's e-notice for details. Meet at Tunney's by 9 am to depart at 9:15. Gas share \$4.

Leaders: Ann Bolster, 613-828-5131
(ann_bolster@hotmail.com) and Brian Worobey,
613-882-0741 (brianworobey@rogers.com)

Saturday, March 22 Snowshoe or Hike in Gatineau Park

Level 2+ or 3 depending on conditions. Approx. 10 km. Expect climbing, some bushwhacking, possible stream crossings and some trail work. Lunch could be inside or out so come prepared. Depart from Tunney's Pasture by 9:15 am. Gas contribution will depend on destination; check the weekly e-notice.

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

Saturday, March 29 Urban walk in Sandy Hill.

Level 1, 3-4 hours. We will stroll along many delightful streets, stopping to study some buildings of historical and/or architectural interest. Bring a snack. Meet in Strathcona Park at the corner of Somerset E. and Range Rd. at 10 am.

Leader: Bruce Henderson, 613-224-4217

Sunday, March 30 Urban hike along the Ottawa River Parkway

Level 2, approx. 11 km. Come join us for a walk along the Ottawa River Parkway. Lunch at Les Brasseurs du Temps brew pub (old Hull Waterworks).

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

Saturday, April 5 Lower Gatineau

Short Level 2. 8 to 10 km. Hike on the south side of the lower Gatineau on trail 66 and some side trails. Hike will be 2 to 3 hours. Bring a snack or lunch. Meet at Tunney's Pasture to leave by 10 am. Gas \$2.

Leader: Elizabeth Mason 613 729-6596

Saturday, April 5 Gatineau Park

Level 3, approx. 15 km. Full day. Cregheur Rd. to Park Bench, Wow and Western. Be prepared to maintain a steady pace and for lots of climbing and off-trail. Meet at Tunney's Pas. at 9:15 am to carpool and depart. Gas \$3.

Leader: Ann Lane 613-741-3184

Saturday, April 5 Leaders' Forum

For leaders and prospective leaders. See page 15 for details. Leader: Graham Creedy, 613-789-1657

Sunday, April 6 Mer Bleue

Level 1, approx. 6 km. We will start at P20 and hike on trail 50, the Dewberry trail. Depart from Tunney's Pasture at 1 pm. Gas: \$2.

Leader: Kathryn Fournier, 613-248-0006

FRIDAY, April 11 OTTAWA CLUB AGM

See Page 14 for details

Saturday, April 12 Old Champlain Trail, Gatineau Park

Level 2, about 8 km. Starting at Hollow Glen, we will ascend slowly by the waterfall and watch for deer and early spring flowers. Lunch will be outdoors at the scenic Old Champlain lookout ridge if weather permits or inside at Huron. On the return leg we may add a side trip to another waterfall, which should be spectacular at this time of year. Meet at Tunney's by 9 am to depart at 9:15. Gas share \$3.

Leaders: Ann Bolster, 613-828-5131
(ann_bolster@hotmail.com) and Brian Worobey,
613-882-0741 (brianworobey@rogers.com)

Saturday, April 19 Stoney Swamp Trails

Level 1, approx. 10 km on NCC trails 26, 27 and 28. This hike on level terrain has three loop trails. We depart from P11 on Hunt Club Road and time to complete is about 3 hours at a moderate pace. Snack break at 6 km. Meet at Baseline Park & Ride at 9:30 am. Gas \$2. Leader: Rob Weeks, 613-254-5968 (candrweeks@rogers.com)

Saturday, April 19 Graham Hills/Wrong Hill Bushwack

Level 3, 10+ km. A bushwhack in the Graham Hills/Wrong Hill area launching from P19. Lots of elevation and good views. Meet at Tunney's Pasture at 9:10 am for 9:20 departure. Gas \$5. Leader: Roger Bird, 613-232-2262 (rogerbird@primus.ca)

Saturday, April 19 Introduction To Map and Compass

See page 15 for details.

**Saturday, April 26 End-to-End: Rosedale to Merrickville**

Level 2, 15.1 km. A generally level hike on gravel roads and through woods in the "Long Bush" (trail may be wet in places), ending in the historic village of Merrickville with optional refreshments. Maps 12F to 13E. Meet at Fallowfield Park & Ride at 9:15 am for a 9:30 am start. Gas \$7.

Leaders: John Haley & Marilyn Schwartz, 613-828-4488 (Marilyn_sch1970@yahoo.ca)

Saturday, April 26 Tour of Lac Philippe, Gatineau Park

Level 2, distance will depend on conditions. A hike mainly on snowshoe trails around scenic Lac Philippe and area. Check that week's e-notice for details. Leader: Grace Hyam, 613-829-7252 (dr003@ncf.ca)

Sunday, April 27 Spring Adopt-A-Road Clean-Up

Consider joining us for a few hours to clean 5.5 km of road allowance along Roger Stevens Drive, south west of North Gower. Please note that this activity will take place rain or shine. Meet at Fallowfield Park and Ride for 9:00 a.m. Gas \$5.00. We plan to stop in at the Marlborough Pub in North Gower for refreshments/lunch after the clean-up. Kindly register in advance so that enough equipment can be provided by emailing the leader, Brian LaDuke at yellow.bumper@hotmail.com or calling 613-534-8535. Alternate contact, Denise Hall, 613-843-8222 (rebeccahall@rogers.com).

Saturday, May 3 Shaw Woods and the McNamara Trails

Level 1, 6 km. Two gorgeous nature reserves close to Arnprior with easy walking and very few hills. Depart from Tunney's Pasture at 9:30 am. Gas \$4. Leader: Jean Sunter, 613 828 6077

**Saturday, May 3 End-to-End: Merrickville to Paden Road**

Level 2, 12.2 km. A level hike on roads to Burritts Rapids, passing many historic houses and the lovely Nicholsons Locks, continuing to Paden Road via possibly wet fields and tracks, passing the Stoney Steps cascade on Brassils Creek. Maps 13E to 14C. Meet at Fallowfield Park & Ride at 9:15 am for a 9:30 am start. Gas \$6. Leaders: Kathryn Fournier & Trudy Stephen, 613-828-9313 (trudystephen@rogers.com)

Saturday, May 3 Gatineau Park: Both Sides of the Escarpment

Level 3, approx 15 km. Start from P13 by way of Wolf Trail. Descend other side of escarpment to lunch at view point above Cregheur Rd. Lots of climbing: ascend escarpment before and after lunch. Steady pace. Meet at Tunney's Pasture at 9:15 am to carpool. Gas \$3. Leader: Ann Lane, 613-741-3184

Saturday, May 3 Introduction to Hiking Course

Walter Baker Sports Centre. See page 15 for details.

Sunday, May 4 Jock River Hike

Level 1, 6-7 km, slow to moderate pace. Hike along the Jock River thru wooded areas with possible spring flowers and bird sightings. Option of tea break at the finish. Meet at Fallowfield Park and Ride at 12:45 for a 1 pm departure. Short car shuttle. Gas \$2. Leader: Maryetta McDowell, 613-825-2209 (hmmcdow@sympatico.ca)

**Saturday, May 10 End-to-End: Paden Road to Roger Stevens Dr.**

Level 2, 12.4 km. A level hike through the Marlborough Forest on a mix of gravel and dirt tracks that may be wet in places, passing the Earth Star shelter and Rogers Pond. Maps 14C to 15B. Meet at Fallowfield Park & Ride at 9:15 am for a 9:30 am start. Gas \$5. Leaders: Audrey Stewart & Fred Grodde, 613-269-4306 (grodde@sympatico.ca)

Saturday, May 10, Carp Ridge Barren Loop

Level 2, 9 km. This loop hike on the Carp Ridge is off Thomas A. Dolan Parkway. The area features lots of open rock in a maze of water features. You can expect faint trails, off trail trekking and challenging beaver dam crossings as our route winds itself around the many water features. Good boots and long pants are a requirement. Depart from Baseline Park and Ride at 10 am. Bring your lunch. Gas \$3.

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

Sunday, May 11, Mer Bleue

Level 1, 7 km. Hike from P21 to the Mer Bleue Bog Trail and back with lunch at the half-way point. Depart from Tunney's Pasture meeting location at 10:00 am. Gas \$2.

Leaders: Ron Hunt & Ruth Oswald, mobile 613-298-1626 (re.hunt@sympatico.ca)

Friday, May 16 to Tuesday, May 20**White Mountain Hiking Trip**

See page 15 for details on this 5--day trip.

Friday, May 16 Poet's Pathway in Manageable Chunks #1

Level 2, 15 km, approx. 4 hr. 30 min. Follow the Poet's Pathway as it winds through the Greenbelt. Bring a snack and bus fare. Meet at the Poet's Plaque near the stone pier in Britannia Park at 4 pm.

Leader: Bruce Henderson, 613-224-4217

Saturday, May 17 Poet's Pathway #2.

Level 2, 15 km, approx. 4 hr., 30 min. Bring a snack and bus fare. Meet at Hunt Club/Riverside Community Centre at the corner of Paul Anka and McCarthy at 10 am.

Leader: Bruce Henderson, 613-224-4217

Saturday, May 17 Lauriault Trail and the Mackenzie King Estate

Level 2, 6 km. Spring time on the Lauriault Trail is one of the most attractive trails in the Gatineau Hills due to new growth and the numerous spring flowers. Depart from Tunney's Pasture at 9:30 am. Gas \$3.

Leader: Jean Sunter, 613-828-6077

Saturday, May 17 Birding tour

Enjoy a birding tour of Ottawa and Gatineau hotspots during spring migration; it's not a hike. Bring snacks

and drinks; binoculars and a field guide if you have them; we'll have spares to share. Meet at Tunney's Pasture early and drive throughout the morning, likely both sides of the Ottawa River, the Rideau River eastern shoreline, Britannia Woods and shore, the Arboretum, south of the Macdonald-Cartier airport, and anywhere else with good reports. Meet at Tunney's Pasture at 7:30 am. Gas share \$3.

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

Sunday, May 18 Poet's Pathway #3.

Level 2, 15 km, approx. 4 hr. Bring a snack and bus fare. Meet at Hurdman Transit Station at 10 am.

Leader: Bruce Henderson, 613-224-4217

**Saturday, May 24 End-to-End: Roger Stevens Drive to Jock Trail**

Level 2, 13.3 km. A level hike on a mix of dirt, grass and gravel tracks and roads that may be wet in places, ending near the Jock River. Maps 15B to 16A. Meet at Fallowfield Park & Ride at 9:15 am for a 9:30 am start. Gas \$5.

Leaders: Doug Parsons & Tony Barnes, 613-828-1216
(fellwalkerca@gmail.com)

Sunday, May 25 Giant's Trail, Gatineau Park

Level 2, 14 km. From P16 follow Cowden Road for approximately 1.5 km to the beginning of the Giant's Trail, an unofficial trail. Lunch at the ruins of Carbide Willson's Mill. Cross over the creek and follow the trail until it intersects with ski trail 36 (The Discovery Trail). Then head NW on trail 36 to the Hope Trail to Meech Creek and back to P16. Gas \$4.

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

**Saturday, May 31 End-to-End: Jock Trail to Eagleson Road**

Level 2, 15.7 km. A level hike on mostly-quiet roads and a dirt track that may be wet and muddy. Maps 16A to 17B. Meet at Fallowfield Park & Ride at 9:15 am for a 9:30 am start. Gas \$4.

Leaders: Lena & Graham Creedy, 613-789-1657

Saturday, May 31 King Mountain Loop

Level 2, 7.5 km. Starting at P7, hike on hilly ski trails to Black Lake where we have lunch, then up King Mountain for panoramic views of the Ottawa River. Depart from Tunney's Pasture at 10 am. Gas \$3.

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

 Saturday, June 7 End-to-End: Eagleson Road to Old Richmond Rd

Level 2, 12.7 km. A level hike on tracks and roads, via Terry Carisse (Bow of the Jock) Park, passing Fallowfield, and into the Stony Swamp Conservation Area where the trail may be wet in places. Maps 17B to 18C. Meet at Tunney's Pasture by 9:15 am for a 9:30 am start. Gas \$4.

Leaders: Maryetta McDowell & Wendy Farrell, 613-829-6421 (Michael.Farrell@rogers.com)

Sunday, June 8 Three Lakes Loop, Gatineau Park

Level 2 at a slow to moderate pace, approx. 9 km. From Breton Beach on Lac Philippe, a short ascent on an abandoned overgrown ski trail, past pine plantations, open land and deciduous woods. Ascend to Taylor Lake for lunch. Then head towards Lac Philippe with scenic views, to Lac Renaud and its cabin, and back via Lusk Lake. Depending on time, there could be one or two short detours. Depart Tunney's Pasture at 9:30 am. Gas \$5.

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

 Saturday, June 14 End-to-End: Old Richmond Rd to Carling Avenue

Level 2, 14.1 km. A level hike continuing through the Stony Swamp Conservation Area and then on recreational trails (give way to bicycles) to Carling Avenue next to Andrew Haydon Park. Maps 18C to 19A. Easy pace and level terrain but wear good walking shoes or boots. Please bring water, bug spray, and a lunch. Meet 9:15 am at Tunney's Pasture for 9:30 am start. Gas \$3. Leaders: Ethel Archard, Grace Strachan, 613-721-1421 (gstrachan99@bell.net)



"Biobreaks" – With or without your Pack?

by *Graham Creedy*

Sheila Parry's article on trail behaviour, *A Hiker's Protocol*, in the winter newsletter contained a lot of useful info but point 9 – indicating that you have left the trail – calls for a comment.

Earlier versions of the RTA *Guide for Leaders* did indeed suggest leaving your pack on the trail as a signal, and also telling someone where you are going. However, as astute readers of the guide doubtless noticed, this changed in the fourth edition to:

Advise them that there will be frequent breaks so that they should not need to leave the trail for a relief or "pit stop", but that if they must do so, it is no longer considered good practice to leave their packs on the trail as in the past, because it is all too easy to turn around in the bush and become disoriented and lost without food, water or extra clothing. Instead, they should notify another member of the

 Sunday, June 15 End-to-End Finale: Carling Avenue to Ottawa Locks

Level 2, 14.6 km. A level hike on recreational trails (give way to bicycles) alongside the Ottawa River. To avoid parking downtown, bring bus fare/tickets for return to cars. Probable refreshments to celebrate the end of the hike series. Maps 19A to 19H. Meet at Tunney's Pasture at 9:15 am for a 9:30 start. Gas \$2. Leaders: Maureen Dawson & Denise Hall, 613-843-8222 (rebeccahall@rogers.com)

Saturday, June 21

**RTA Annual General Meeting
Brockville
(see page 5)**

Sunday, June 22 Gatineau Park Western Cabin and the Pulpit

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

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

Saturday, June 28, Shirley's Bay

Level 1, 11 km, approx. 4 hours. Parts of this trail are paved and the rest is through forest and fields or small bush. Bring lunch which we will have at Shirley's Bay and we will enjoy the views. Meet at Moodie and Corkstown Road to depart at 10:30 am. Nearby are the Queensway and OC Transpo stops for the #96 bus going west and east.

Leader: Marilyn Schwartz, 613-828-4488 (marilyn_sch1970@yahoo.ca)



group what they are doing, and then let that person know when they return.

It's good to include frequent stops to cut down on these situations (though it's not always popular to stop for long during the height of the bug season :-). Another point is to be more careful when there are several newcomers on a hike. One hiker might notify someone else, but the second person might not take the action we'd expect from a regular hiker, perhaps allowing the group to continue with the expectation that the sweep will take care of it – and if no-one tells the sweep...

For more on this and similar insights, come to the Ottawa Club Leaders' Forum on April 5.

KINGSTON CLUB ACTIVITIES - SPRING 2014

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 13.**

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: obtain Sign-Up Sheets from Sharen Yaworski 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. In addition, an all-day hike is scheduled on the second Wednesday of the month (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

Sunday, June 8 Grand Dedication of New Kingston Trailhead

10:00 a.m. Confederation Park, in front of City Hall. Celebrate the completion of our new Trailhead !

Refreshments and festivities will follow official unveiling of the colorful Rideau Trail plaque, then an easy lakeside hike along the Kingston Waterfront Pathway that is our new route addition. ALL MEMBERS INVITED!

Saturday March 1 Rideau Trail - Opinicon Area

Level 3, moderate pace, 15 km. Hike/Snowshoe from Upper Rock Lake to Chaffey's Locks. Shuttle. Gas \$5. Depart CT 8:30 am. RT Map #05/06
Leader: Doug Hayes 613 925 5872

Sunday March 2 Little Cataraqui Conservation Area

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

Saturday March 8 Freeman Rd to Gould Lk. Gates

Level 1/2, moderate pace, up to 8 km. Snowshoe or Hike - weather dependent. Gas \$3 Depart CT 9 am.
Leaders: Audrey Sanger 613 384 6244,
Sharen Yaworski 613 544 6022

Wednesday March 12 Picton Area Trails

Level 1/2, easy pace, 5 km in the morning, lunch at Tim's or nearby, another 5 km in the afternoon. Hike or ski depending upon snow conditions. Gas \$8, Depart CT at 8:30 am. Leader: Bob Chadwick, 544-9222.

Saturday, March 15 - Spring Pot Luck Dinner Party

Celebrate the end of winter with our annual spring pot luck dinner. Bring your own wine or favourite nip. Fruit punch, coffee, tea provided. Time: 6 pm. Place: QWA 144 Albert Street. Fee: \$3 per person at the door towards the room rental fee.

RSVP: Linda Line Tel: 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 Hortons by the ferry dock. Depart 7 pm.
Leader: Elgin Bock 613 389 4216

Sunday March 23 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 CT 10 am. Gas \$2. Leader: Bill Murdoch 613 767 4858

Thursday March 27 Lemoine's Point Walk

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

Saturday March 29 Trio of hikes:

Parrot Bay, Lemoine Point, & Collins Creek

Level 1, easy pace, ~12 km. in total for the day. Coffee / snack break indoors en route. Depart at 9:00 a.m.

Leaders: Audrey Sanger. 613 384 6244 & 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 marvelous piece of the Frontenac Arch. Gas \$4. Depart CT at 9 a.m. *Please call the leader if you can meet the group at CT.* Leader: John Cornish 613 382 4778

Saturday April 5 Cataragui Trail

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

Sunday April 6 Charleston Lake

Level 2/3, moderate pace, 10 km. Tallow Rock Loop. Depart 9 am. Gas \$6 Leader: Norm Trembath 613 659 3894 or 613 888 8066

Wednesday April 9 Cataragui Trail - Sydenham to Harrowsmith

Level 1, moderate pace, 14 km. Refreshments in Harrowsmith. Depart CT 9 am. Gas \$3 Leader: Audrey Sanger 613 384 6244

Sunday April 13 Frontenac Park Gibson Lake Loop

Level 2, moderate pace, 16 km from Kingsford Dam. A good Spring stretch that includes a number of long hills. You may encounter a few bugs. Depart 9 am. Gas \$5 Leader: John Cornish 613 382 4778

Thursday April 17 Evening Hike on the K&P Trail

Level 1, slow to moderate pace, 4 km. Dalton Avenue to Sydenham Rd. with alternative return loop and a good chance of finding some early spring blooms, followed by optional stop at the Dalton Avenue outlet of Tim's. Meet to leave at 6:30 pm. from the parking area at the far western end of Dalton Avenue. Leader: Bob Chadwick, 613-544-9222.

Saturday April 19 Charleston Lake Eastside Trails to Buck Horn.

Level 2, moderate pace, 12 km. Depart 9 am. Gas \$6 Leader: Norm Trembath 613 659 3894 or 613 888 8066.

Sunday April 20 Easter Sunday in Frontenac Park

Level 2, moderate pace, 15 km. Hike a seldom used section of the park. Gentle trails with steep descents and equally steep ascents, with beautiful vistas. Depart CT 9 am. Gas \$4. Leader: Audrey Sanger 613 384 6244



Saturday April 26

END-TO-END CONTINUES!

Rosedale Rd to Merrickville 15.1 km.

We take up where we left off last Fall after completing the Kingston and Central sections.. See Ottawa Club Activities for details of each hike in the series.

New participants are invited to join in this series to begin their End-to-End (E2E).

Saturday April 26 Gould Lake Conservation Area

Wildflower Hike Level 3 due to steep, rocky terrain, moderate pace, ~12 km. Hike the East Side trails from Park Gates to Mica Loop and back. Spring wildflowers should be at their peak, so bring a camera and share Gunhild's passion for wildflowers. This hike offers numerous photo stops. Depart CT at 9 am. or meet at Park Gates at 9:30 am. Gas \$3 (If someone can sign up the group in Kingston for the leaders, please call.) Leaders: Gunhild Karius and Bill Ottney karius1@cogeco.ca 613-858-3183

Sunday April 27 Cycle Wolfe Island

Cycle Wolfe Island to Big Sandy Bay where we will enjoy the spring flowers as we hike to the beach. Lunch at the lookout. Meet at the Wolfe Island dock 9:15 am. for the 9:30 ferry. Leader: Pat Casey 613-385-2356

Wednesday April 30

43rd Annual General Meeting of the Rideau Trail Kingston Club

Ongwanada Resource Centre Auditorium

191 Portsmouth Avenue (next to KFL&A Health Unit)

6:30 pm. for meet and greet and 7-9 pm. for meeting.

Linda Line 613-531-4353

6:30 pm – 7:00 pm Registration, Meet & Mingle

7:00 pm – 8:30 pm Business Meeting

8:30 pm – 9:00 pm Social Time

Thursday May 1 Evening Hike to Belle Island

Level 1, slow to moderate pace, 4 km. Celebrate May Day by hiking from a totem pole to an aboriginal shrine on the Cataragui River, following a trail between the municipal golf course and the mouth of the River, returning by an alternative route on the other side of the golf course with optional extensions up a man-made mountain at sunset and a visit to the nearby Tim's. Meet to leave at 6.30 pm. from the parking area adjacent to Montreal Street, outside the Belle Park Municipal Golf Course. Leader: Bob Chadwick, 613-544-9222

Saturday May 3 Marble Rock with Central Club

Level 2-3, moderate pace, 12 km. Come and visit Marble Rock – past the wetlands, up and down the rocky hills and along the craggy cliffs. Stop at several scenic lookouts to take in the views. Moderate to slow pace, Gas \$4. Depart at 9:00 a.m. or meet at Marble Rock parking lot at 9:30 am to join up with Central Club. Leader: Doug Hayes 613-925-5872 hayesd@ripnet.com

**Saturday May 3 E2E****Merrickville to Paden Road**

12.2 km. See Ottawa Club Activities for details.

Sunday May 4 Skycroft

Level 2, moderate pace, 10 km. Navigating by numbers around the blue perimeter loop. Bring lunch and water. Depart CT at 9 am. Gas \$4
Leader: Ray Wilson 613 382 7189

**Saturday May 10 E2E****Paden Road to Roger Stevens Dr.**

12.4 km. See Ottawa Club Activities for details.

Saturday May 10 Prince Edward County Selection

Level 1/2, moderate pace, 10 km. Featuring scenic Little Bluff Conservation Area with its shale beach and historic hay dock plus trails and scenic lookouts in the Picton area and visits to a cheese factory and a winery. Depart CT at 8:30 am. Gas \$8.
Leader: Bob Chadwick 613 544 9222

Sunday May 11 Bon Echo Provincial Park

Come and enjoy a Mother's Day paddle. We will paddle Mazinaw Lake and look at the Indian rock paintings, then climb to the top of Mazinaw Rock and take in the breathtaking views. We will rent canoes or kayaks or bring your own. Depart Canadian Tire at 9 am. Gas \$12. Bring lunch and lots of water and bug spray just in case. Leader: Pat Casey 613-385-2356

Wednesday May 14 Bug Free? Hike at Depot Lakes

Level 2, moderate pace, 10 km. Explore this pleasant Conservation Area. Depart CT 9 am. Gas \$5.
Leader: Audrey Sanger 613 384-6244

Thursday May 15 Evening Hike to Barriefield

Level 1, slow to moderate pace, 4 km. Walk to and through this historic village in its bicentennial year at lilac time via the rockery trail and village lanes dotted with heritage buildings originally serving the British army and navy, followed by an optional visit to Tim's at CFB Kingston. Meet to leave at 7 pm. from the parking area outside the information area for Fort Henry on the south side of Hwy 2, at the eastern end of the Causeway. Leader: Bob Chadwick, 613-544-9222

Saturday May 17 Rock Dunder

Level 2, moderate pace, 8 km. Scenic views up the side of the mountain and waterway below. Bring camera, lunch, water and bug repellent. Ice Cream stop after hike or refreshments in Elgin. Family Welcome. Depart 9 am. Gas \$5.00. Leader: Stan Huff 613-548-3003.

Sunday May 18 Amherst Island Cycle

Level 1, easy pace, 20 kms. Refreshments at Stellas Cafe which has excellent pie, better with ice cream. Meet at Millhaven Ferry dock at 9:15 to catch the 9:30 am ferry. \$2 per biker.
Leader Audrey Sanger 613 384-6244

Saturday May 24 Frontenac Park Big Salmon Lake Loop

Level 2 Moderate pace 19 km. Enjoy the centerpiece of Frontenac Park from all angles. Lunchtime swim for the hardy! Gas \$5 plus share of park fee. Depart 9 am. Leader: John Cornish 613 382 4778

**Saturday May 24 E2E Roger Stevens to Jock Trail**

13.3 km. See Ottawa Club activities for details.

Sunday May 25 Massassauga Point C. A. and Sandbanks Provincial Park

Level 2/3, moderate pace, up to 15 km. Hike new trails at Massassauga Point Conservation Area and the sand dunes at Sandbanks. Refreshing swim stop at Sandbanks. Gas \$8 plus park fees. Depart 9 am.
Leader: Pat Casey 613-385-2356

**Saturday May 31 E2E Jock Trail to Eagleson Road**

15.7 km. See Ottawa Club Activities for details.

Saturday May 31 Wellesley Island State Park NY

Level 2, moderate pace, up to 15 km. Explore woodland and lakeside trails in Thousand Islands Park, a unique seasonal community of beautiful Victorian homes. Picnic stop at public boat dock. Gas \$8 plus share of bridge toll of \$2.50 and possible park fee, Canadian passport or equivalent mandatory (most other passports require visa), travel insurance recommended. Depart CT at 9 am. Leader Bob Chadwick, 613-544-9222

Sunday June 1 Tour de Howe Island

Meet with bikes at Howe Island Ferry dock at 9:30 am. Flat and Hilly Routes - will choose that day depending on preference of attendees.
Leader: Audrey Sanger 613 384 6244

Saturday June 7. Frontenac Park

Level 2-3, moderate pace, 16 km. Little Salmon Lake Loop from Arab Lake with return by Bufflehead trail. Gas \$4 plus park fee. Leader: Doug Hayes 613 925 5872 or hayesd@ripnet.com



Saturday June 7 E2E Eagleson Road to Old Richmond Rd

12.7 km. See Ottawa Club Activities for details.

Sunday, June 8

OFFICIAL DEDICATION OF THE NEW KINGSTON TRAILHEAD

10:00 a.m. Confederation Park, in front of City Hall.

Celebrate the completion of our new Trailhead !

Refreshments and festivities will follow official unveiling of the colorful Rideau Trail plaque, then an easy lakeside hike along the Kingston Waterfront Pathway that is our new route addition.

ALL MEMBERS INVITED!

Orienteering..... continued from Page 10

Orienteering is exciting and fun regardless of your skill level. Recently a first time orienteer on the intermediate course described her experience as a treasure hunt for adults. She was thrilled at just being able to successfully finish the course. For me, I'm always looking for the elusive error free day, which is nearly impossible, but that's the challenge. After finishing you'll find yourself on a high, especially if you have done well.

Orienteering has something for everyone. If your only interest is hiking the trails without getting mislaid then the *novice course* is all you will need. The controls are placed beside the trails. The course length is approximately 3km

If you want something more challenging then try the *intermediate course*. You still use the trails to navigate however some precision map reading skills are needed to find the controls out of sight of the trails. The course length is approximately 4 km. I would recommend this course, to start with, for want-to-be hike leaders who have some map and compass experience.

Newsletter Archives ... continued from Page 8

in Ottawa or to Queens University Archives in Kingston, who hold complete sets of past issues of the RTA Newsletters. However, the downside of this is that, for preservation and security reasons, these two archives will not allow either the general public or members of the RTA (including members of the executive and the RTA Archivist) to remove copies of newsletters from their reading rooms.

In 2009, *RTA Archivist, Mark Collier*, had the idea of scanning and posting on the members portion of the website all back issues of RTA Newsletters. Neither Queens University Archives nor the National Archives will let their copies be removed from their reading rooms for scanning (and neither organization plans to scan the newsletters themselves). So Mark set about collecting a full set of back issues using, as a starting point, the incomplete set of back issues he inherited as RTA Archivist.

Wednesday June 11 Landon Bay

Level 1-2, relaxed pace, 10 Km. Enjoy the 1000 Islands from the lookout.. Possible swim in afternoon. Gas \$4 Depart at 9:00 a.m. *If you can meet the group for leader, please call.*

Leader: John Cornish 613 382 4778

Sunday June 15 Tibbit's Light House.

Cycle Wolfe Island to Tibbit's Light House.

Swim stop at a sandy beach and return by a different route.

Meet at the Wolfe Island ferry dock for 9:30 ferry - \$4 fee. Distance 25 km.

Be sure to bring your passport, lunch and lots of water.

Leader: Pat Casey 613-385-2356

Note: FOR INFORMATION ONLY. As this is out of Canada, it is not an official RTA activity.

A course to truly test your map and compass skills would be the *short advanced*, which is approximately 5 km. Older members of the orienteering club compete on this course. For hiker leaders this course would be your ultimate goal. For the most part, this course it is all off trail and will challenge the most experienced map and compass hikers. I compete at this level but no longer run. I may jog a bit when I can but for the most part it is a hurried walk.

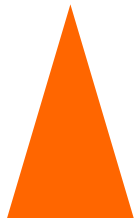
The *long advanced* course is just a longer version of short advanced. This course is not for us. The course is for the elite and fit orienteers.

If you enjoy the great outdoors and you are looking for an occasional outing with family or friends or for a lifetime sport to test your physical and mental skills then come give it a try. The only equipment you need is a compass and the only gear you need is what you would wear on a hike.

Contact: Bruce Brenot brenot@rogers.com

Since 2009 many people have come forward and provided Mark with spare copies of newsletters. In addition, *John Haley* came forward to help with scanning *Paul Jean, RTA Webmaster*, has also been deeply involved with and supportive of the project to get the newsletters posted on the RTA website.

With publication of this issue of the RTA newsletter, the project to put all RTA newsletters on the association website is complete. All members are encouraged to use this resource to answer any questions they may have about earlier times in the RTA, bring back nostalgic memories or just generally to browse past issues. If you are not sure how to access the electronic copies of the newsletters, contact the *RTA Webmaster at web@rideautrail.org*.



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

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)		Membership Category (circle): New Renewing
☐ One year	\$25.00	(Please Print) Name(s):
☐ Two years	\$45.00	
Household Membership (2 adults, 1 address)		Address:
☐ One year	\$40.00	
☐ Two years	\$75.00	Postal Code: Telephone number(s):
Trail Maps: available at www.rideautrail.org	FREE	
☐ SET of all 21 maps on waterproof paper	\$30.00	E-mail address (optional) for monthly e-letter, quarterly Web newsletter and occasional other communications):
☐ 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*	\$ _____	☐ Please do not send me a printed copy of the newsletter. I will use the Web version.
☐ Donation, Rideau Trail Preservation Fund*	\$ _____	
TOTAL	\$ _____	The RTA does not share member information with other organizations.
Prices subject to change		

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

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

In addition to enjoying hiking and other activities sponsored by the local clubs, there are many other ways to be actively involved in the RTA. Check any activities on the right that interest you. You will be contacted when your help is needed.

Name on name pin (please print in CAPITAL LETTERS)

- ☐ 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): _____