

The Rideau Trail NEWSLETTER

SUMMER 2014

ISSUE NO. 172



Can you take as intriguing a photo? See contest info on page 6.

Rideau Trail Newsletter

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Editor of this issue: Ann Bolster, Ottawa Club

Fall Newsletter

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

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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.



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Front Cover: This optical illusion of a mid-thigh wade was captured during a hike led by Bruce Brenot on the Carp Ridge Barren Loop, west of Ottawa. These happy folk were about to climb onto a long, devilish beaver-dam crossing/bushwhack – and lose their cool. *Photo by Marie Hardt.*

Apology: Mark Collier should have been credited with the great photo on the front cover of the Spring Newsletter.

RIDEAU TRAIL ASSOCIATION 43RD ANNUAL GENERAL MEETING

Saturday, June 21, 2014, Brockville

9:30 am–10:00 am	Registration, refreshments, meet and mingle. Pick up reserved dinner tickets.
10:00 am–11:30 am	Business meeting and award presentations
11:30 am–12:00 pm	“Tick Talk” by guest speaker Myrna Lee-De Cou
12:00 pm–1:00 pm	Lunch (bring or buy in town)
1:00 pm–5:00 pm	Level 1 and 2 hiking, cycling on the Thousand Islands Parkway or exploring Brockville
5:00 pm	Bar opens
5:30 pm	Dinner at CJ’s Banquet Hall

Location: CJ’s Banquet Hall, 803 Chelsea St., Brockville ON K6V 6J8; phone 613-342-3277. Cul-de-sac west off Hwy. 29 (Stewart Boulevard), 3 streets north on Hwy. 29 from Hwy. 401. Close to shopping, motels and local attractions.

Dinner options:

1. Buffet of roast chicken and sweet and sour meatballs. Includes choice of 4 salads, roast potatoes, vegetable, home-baked bread, assorted desserts, and coffee or tea.
2. Roasted Mediterranean vegetables and rice (vegetarian alternative). Includes choice of 4 salads from the buffet, assorted desserts, and coffee or tea.

Registration and payment for your meal: The total cost of either dinner is \$30 (includes taxes and gratuity). Send a cheque payable to “Rideau Trail Association” to Linda Line, 1005-117 Park St., Kingston ON K7L 5P6, specifying the meal you would like. **The deadline to order is June 15.** Contact Linda at lmeline6@gmail.com or 613-531-4353 with any questions about the meal.

Overnight accommodation: Consult www.brockvilletourism.com/stay or www.booking.com/Brockville-B&B

Transport: If you need a lift or are willing to be a driver, please contact one of the following.

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

LYME DISEASE AND THE HIKER

by Ann Bolster

At the AGM, Myrna Lee-De Cou will be talking to us about Lyme disease, a condition every hiker needs to take seriously, since it can be debilitating and can masquerade as MS, ALS and even dementia. And it can be deadly.

Even presidents are not immune. RTA President Robert Groves is now recovering from Lyme disease after 8 months of horrible symptoms and inconclusive test results, such that appropriate antibiotic therapy was long delayed. He never did have the classic bull’s-eye rash.

The infection is spread by black-legged ticks carrying a bacterium that can embed itself in the central nervous system, brain, heart, liver, spleen and joints, causing symptoms ranging from dizziness to paralysis. Although known as deer ticks, these parasites can be transported by birds; they could be around your bird-feeder!

It is easy to pick up a tick by brushing against vegetation, especially long grasses. The simple precautions of wearing long pants tucked into socks and a long-sleeved shirt, as well as applying insect repellent, are a good start, but you also need to examine yourself after a hike; ideally someone

else should inspect those hard-to-see areas. Don’t count on a shower to dislodge a tick. Robert had worn the right clothing and had done a quick scan of his body after returning from a hike on the Rideau Trail near Westport, but he missed the tick and only felt something out of his range of vision the next afternoon. The tick had already burrowed almost completely under his skin. His wife was able to remove it intact so that it could be examined and tested (not all ticks are infected; the infected proportion is lower in Ottawa than in Kingston, for instance).

Robert’s dog, Lally, is also finishing antibiotic therapy for Lyme disease and now will be vaccinated against the disease. There is not yet a vaccine for humans.

Myrna is the mother of an adult child with Lyme disease. Their horrific experience with the disease and its inadequate testing, diagnosis and treatment led them to start a support group called Lanark Fights Lyme that now includes activism and education. They have agreed to give “tick talks” to groups that are particularly at risk, providing up-to-date advice on prevention and tick removal. Thank you, Myrna, for speaking with us.

Meantime, be careful out there!

Welcome, New Members!

Central Club

Linda Cairncross
Janet Conboy
Anne Kidner
Andrée Ouimet

Kingston Club

Janet Barry
Kim Carter
Amy Carter
Dr. Karen Frederickson
Dorma Grant
Susan Mackay
Pierre & Lise Parent
Teresa Petrocco
Jennifer Smith Rider
Mira Dineen & Andrew Stokes
Jordan Taylor

Ottawa Club

Susan Ayala
Jim Cale
Joel Cargill
Joyce & John Clinton
Jason Kelly
Dan King
Gisele & Ed Kusters
Anne Maurais
Mary Milito
Wendy Quinlan-Gagnon
Odette Regimbal
Kim & Brian Robinson
Gerry Giuliani & Isobel J. Salole
Irena Schmidt
Donica Pottie & Scot Slessor
Mindy Woolcott

Non-affiliated

Carl & Barbara Whitehouse

who were young, built the trail and maintained it all these years do not have a cadre of younger members to whom they can hand off the vital functions. Ottawa Board rep **Graham Creedy**, with Robert, will conduct a brief session at the end of the AGM business meeting for member input on the RTA's future and renewal.

Finances: Treasurer **Joy Webster** reviewed the financial statements for year-end (March 31, 2014) and a comparison of income/expenses with those budgeted. Revenue is down owing to minor reductions across the spectrum. Expenses are up slightly for meetings and conferences except for the AGM. We spent about \$5000 less than had been budgeted. Our income was about \$1600 less than projected. A tentative draft budget for 2014–15 was presented. The RTA is very fortunate to have Joy keeping the books in such good order.

Membership: The written report from Director **Sheila Menard** indicated that the declining trend in membership continues. The 2-year option remains popular.

Marketing and Communications: Director Mark Coates reported on the exciting adventure of 2 young men from Kingston who plan to hike the Rideau Trail from end to end in July. They are raising funds for the Kingston Boys and Girls Club and also raising awareness among the youth of Kingston of the value of active healthy living (see page 11).

Trail Routing, Securement and Maintenance: Trail Coordinator **Jim Lorimer** reported that the 7-km extension of the RT to Kingston's Confederation Park, with signs and markers, has been completed. A working group has presented their proposal for improvement of the section of the trail from King Street to Bath Road in Kingston. Landowners in the Central Club area have withdrawn our right to hike on their land, a scenic portion of the RT, and

this has resulted in a reroute onto Hwy. 43 for about 3.5 km. Efforts are continuing to negotiate with the landowners and to find another reroute. Jim asked the Board to consider concrete ways to thank our landowners, such as with rent, gifts or a volunteer work party. Further work will be done on creating a policy in this regard. Hike Ontario favours compensation with a tax rebate for the public use of land for hiking trails. This has worked well in New Zealand. Jim is also reviewing inconsistency in signage and markers.

Newsletter: The 2 editors, **John Cornish** and **Ann Bolster**, reported on the new printing and distribution process and on the status of the cover photo contest (see page 6).

Ottawa Club Highlights: Ottawa Club representative **Graham Creedy** presented the Ottawa report on behalf of the chair, **Sheila Parry**. Graham held a Leaders' Forum April 5 and plans to repeat it some evening. The hugely successful Introduction to Hiking course, which is based on Hike Ontario's Safe Hiker course and is given by Ron Hunt and Ruth Oswald, was being held May 3 and for the third time had a waiting list! Ethel Archard participated in a discussion on "mood walks", an initiative by the Canadian Mental Health Association (CMHA), Hike Ontario and Conservation Ontario to promote hiking among mental health patients in Ontario. The Ottawa Club decided to play a supporting role if CMHA took the lead and needed help with coordination and other support. Elizabeth Mason has started discussions with the director, Wanda MacDonald, and staff health promoters of Pinecrest-Queensway Community Health Centre to explore the role of hiking on the RT by their clients, many of whom are new Canadians unfamiliar with the Rideau Trail and hiking. The AGM attracted 70+ members, who enjoyed a presentation on the birds of Gatineau

HIGHLIGHTS OF MAY 3, 2014

RTA BOARD MEETING

by Robert Groves

Robert, in his **President's Report**, drew attention to the serious problem that no one is in line to carry on the President and Vice President functions. He will complete his 3-year term at the AGM, moving into the role of Past President. Robert had attended each club's AGM, beating the drum for volunteers to seriously consider the vacancies on the Board. Membership has been declining annually by about 10% and is decidedly greying. The stalwart folks

Park by *Ottawa Citizen* columnist and birder Bruce Di Labio.

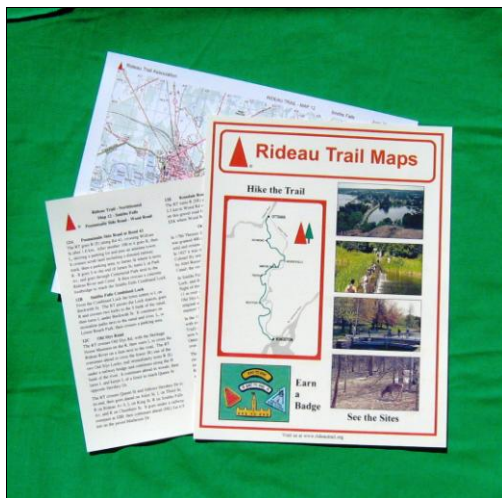
Central Club Highlights: RTA Secretary **Liz Choros** presented the report for **Dorothy Hudson**. The Perth Running Goats Club will hold an ultramarathon on October 26 on the RT from Lion's Club Beach in Westport to the Best Western Hotel in Perth. Kingston and Central club volunteers will provide trail maintenance, water at stations and directions. Landowners will be informed in advance. The club AGM was held April 13. Yvonne Kennedy is the new Social Convenor. Routes and Negotiations are being looked after jointly by Bruce Gourley and David Allcock while the position is vacant. Activities are being planned by an Activities Committee.

Kingston Club Highlights: Chair **Don Coulter** reported, via **Lars Thompson**, that 38 people attended the AGM. Sharen Yaworski was elected chair, Doug Hayes vice chair and Lynn Esau treasurer. The secretary position is being rotated. Lynn Nolan, assisted by Lars, handle Publicity and Communications.

Next Board Meeting: This will be on July 19 and will be conducted electronically, with all reports being distributed by email in advance. Last year the Board met for a brief time immediately after the AGM. This arrangement was not very productive, so we are trying something different this summer.

End-to-End Badges

If you have completed the Rideau Trail end to end from Kingston to Ottawa and wish to receive a badge at the June 21 AGM, notify Board Secretary Liz Choros (lizchoros@gmail.com, 613-224-9064) by June 16. Badges will be mailed to hikers 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, as listed on the inside front cover of the newsletter.



Rideau Trail Maps

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 (a lot!) by buying in person from a local club representative.

* Kingston: Bill Murdoch,
613-767-4858

* Ottawa: Elizabeth Mason,
613-729-6596

* Perth: Mary Stewart, Running Goat, 613-264-8904

Our Thanks to Recent Donors

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Ute Schall
Mindy Woolcott



"I never forget a face, but I'm not too good with names." Does this sound familiar? Name pins help everyone feel more comfortable. To order, click "Join RTA" at www.rideautrail.org or use the back cover of the newsletter.

OUR GREAT BIG COLOUR-COVER PHOTO CONTEST!

Themes

- (1) Hikers on the Rideau Trail
- (2) Nature on the Rideau Trail

The top 2 photos will appear in full colour on the front and back covers of the Fall 2014 newsletter.

Why you should enter

- * See your creation grace our first-ever colour-cover edition of the newsletter.
- * Receive a professionally mounted colour print and a prize pack.
- * Do your part to show everyone why we love the Rideau Trail and why we should all support, protect and explore this world-class treasure.

How to enter

- * Take your camera along whenever you hike on the Rideau Trail, including its blue loops (side trails; e.g., Rock Dunder and Marble Rock), and snap away! *Remember that the Trail now extends from Confederation Park in downtown Kingston to the locks beside Parliament Hill in Ottawa, on the bike path beside the Ottawa River.*
- * Pick your best/favourite 3 shots. If people are identifiable, get their written permission to use their likeness in the newsletter and on the Web site.
- * By July 15, 2014 email your entries, labelled with Title_Location (a short title describing the image along with an indication of where the photo was taken) to photo.contest@rideautrail.org. Scan written permissions from identifiable people and email those at the same time.

Rules for contest entries

- * Must be taken by an RTA member.
- * Must be taken on the Rideau Trail or a blue loop. They do NOT need to be taken during an official RTA activity. (How would you get that perfect sunrise or sunset shot?)
- * Must be taken between late spring and early fall, since the newsletter covers are season-appropriate. Yes, you can use photos that you took last year.
- * Must be of portrait orientation (vertical), not landscape (horizontal), to suit the Fall cover. Look at the Fall 2013 and Spring 2014 covers for examples of shape.
- * Must be of adequate resolution (minimum 1.5 MB) for quality colour reproduction.
- * By submitting your photo, you are agreeing to give up exclusive rights to the photo, so that we can post it on the RTA Web site as well as place it on the newsletter cover if you're a winner. You also agree that we can crop and resize as necessary for the Web display and the newsletter format. Once the contest is over, all the entries will appear in a special photo-gallery album on the RTA Web site.

Timeline

- * Now till July 15: Email up to 3 photos.
- * July 16 to 31: Judging of (1) photographic quality (composition and technical quality), (2) originality and creativity, and (3) depiction of the RT and blue loops.
- * August 1 to 15: Voting, on the RTA Web site, for 1 of the 10 finalists. You can only vote once. But anyone can vote; not just RTA members. *So tell all your friends and family!* We want everyone to see the Rideau Trail's beauty.
- * Mid-August: Winners announced.

Keep shooting!

Our next contest may be looking for wintry photos or shots taken on RTA hikes in other places that we love to go. You never know when a funny or wonderful sight will appear!

Below, our models are displaying, without realizing it, the varied and stylish gear one can choose for a mid-April hike in still-snowy Gatineau Park. Thanks, Norm Vorwalder!



The salamander below was near the start of Hollow Glen trail in Gatineau Park in late April. Check out the colour in the Web edition of this newsletter. Thanks, Marie Hardt!



OTTAWA CLUB LEADERS' FORUM

by Denise Hall

On Saturday, April 5, Graham Creedy led a forum for hike leaders and prospective leaders to learn from their shared experience. Graham, who was project coordinator for the 4th edition of the *RTA Guide for Leaders* (published in 2006), reviewed the guide in some detail but left time for questions and sharing of hike-leading experiences and thoughts on avoiding or dealing with problem situations.

To end the session, Graham gave participants a quiz created by Peter Burbidge, of the Kingston Club, that tested their knowledge of good leadership practices. The tied winners of the quiz (Brian Worobey and Ann Bolster), as well as the person with the best hiking-mishap story (Kay Methot, who actually had 2 stories that provided good lessons), were awarded gift cards from Bushtukah.

There was a wide variety of hike-leading experience and style among the RTA members in attendance, who had led hikes from level 1 to 3 or wanted to start leading hikes. Some of those who had never led a hike may have felt overwhelmed with all the information and logistics of hike leading, but, having gone through the process myself, I know that we have lots of expertise and support within our club to get a newbie leader started.

Why take on the responsibility and work of hike leading, one might ask? For me, the answer was simple. The activities I have experienced and the people I have met through the RTA have given me a great deal of pleasure. When I was encouraged to try hike leading, I did so mainly because I wanted to give something back to the organization.

I would like to thank Graham and the Ottawa Club's Social Committee for all they did to present the forum. Hike leaders are an important part of our volunteer organization and need to be supported so that we can continue to offer a variety of hikes at different levels to meet the needs of our diverse group of members.

But remember, if you don't think hike leading could be your thing, we always can use help maintaining the Rideau Trail, serving on the executive, answering the club cell phone etc.

Test Your Leadership Knowledge

See how you do with some of the questions posed to the Forum group.

1) Why does the RTA use an event rating system?

- a. To discourage participants from going on a hike, ski, bike ride or canoe outing.
- b. Because our rating system was adopted by Hike Ontario for all hiking clubs.
- c. To ensure that participants choose an outing appropriate for their ability and interests.
- d. The RTA's insurance policy requires that we use a system for participant safety.
- e. To help participants gauge their ability relevant to the outing.

2) How does the leader keep the participants together?

- a. Explain the need to stick together for safety.
- b. Pace the speed for the slowest participant.
- c. Tell the slower participants that they will not be welcome again.
- d. Stop as needed to allow the group to stay safely together.

The answers are on page 9. Many thanks to Peter Burbidge for a thought-provoking series of questions and answers.

The RTA Needs You, Now

Our association runs on the enthusiasm of its member volunteers. If leading hikes is not your forté (or even if it is), consider leading the Board of Directors toward the RTA's 50th birthday. The positions of **President** and **Vice President** need to be filled at the AGM June 21. If you have leadership experience or want to learn how to guide an organization, contact Robert Groves (john.robert.groves@gmail.com; 613-259-3175) to talk it over. Robert will be pleased to serve as your mentor while he is Past President. You'll be joining a congenial group that is committed to preserving Ontario's second-longest continuous footpath and promoting hiking as part of a healthy lifestyle. And think of how "President" will look on your résumé!



Terry McComb, hike leader in training, warning hikers to watch out for poisonous snakes, steep precipices, hungry bears and wildflowers on the trail. *Photo by Margaret Lafrance.*

CONGRATULATIONS, NEW HIKE LEADERS!

by Margaret Lafrance

On Saturday, April 26, 11 hikers gathered at the Foley Mountain Interpretive Centre, on another cool, rainy day, for an all-day Hike Ontario Hike Leader Training Course.

The course is designed to train hikers in the rudiments of leading an outing that is safe, comfortable and enjoyable for all participants. I'm a qualified Hike Ontario hike-leader trainer and conducted the course solo this time.

Although most of the training is done indoors, participants spend time outdoors on practice hikes, where each participant is given a scenario to act out. This could be pretending to break an ankle or being noisy, drunk and disruptive. The intent is to train leaders in how to deal with incidents involving injury, lack of cooperation, hazards and so on. This part of the training has its lighter moments.



Peder Krogh and Terry McComb, preparing to carry Nancy Gaudreau, who has a "broken ankle", for a full 15-km hike. *Photo by Margaret Lafrance.*

Congratulations go to the following new RTA hike leaders, who successfully completed the course.

* Central Club: **Nancy Gaudreau, Peder Krogh, Maida Murray, Tom Pearcey**

* Kingston Club: **Peter Burbidge, Lynn Esau, Nancy Hunter, Miu Lam, John Morrison, Sandra Muis**

* Ottawa Club: **Terry McComb**

OFF-TRAIL HIKING AND MAGNETIC NORTH

by Bruce Brenot

Hiking maps for off-trail navigation should be using magnetic north lines instead of grid north. Using grid north just makes

things more complicated than they need to be. If all hiking maps were adjusted to magnetic north we could forget about declination and go on our merry way, worrying instead about route choices and staying in contact with the map.

Magnetic declination varies both from place to place and with the passage of time. It is 0 at Lake Michigan, negative 12 degrees west in Frontenac Park, negative 14 degrees west in Gatineau Park and negative 19 degrees west in Gros Morne. The exact declination for Gatineau Park is negative 13 degrees 34 minutes, but we cannot adjust our compasses to anything less than a degree.

The change in magnetic declination with time is insignificant for hikers: it is approximately 1 minute (not degrees) per year and maybe 2 to 2.5 degrees every hundred years or so. So if magnetic north lines are applied to our local hiking maps they'll be good for decades.

If you're planning an off-trail hiking trip, order your maps in advance and plot on them the magnetic north lines. All orienteering maps all over the world use magnetic north.

For safety reasons, all hikers going off trail, leaders or not, should know how to use a compass and map or have a GPS. However, GPSs are very expensive and complicated. Compasses are cheaper and not as complicated. If you get rid of the declination the compass is less expensive and even easier to use. Then a simple compass with a base plate, costing approximately \$5, is all that you need.

Declination is intimidating to many hikers. Even knowing the correct declination, some hikers are not sure how to apply a negative declination to their compass. Get rid of the declination and your chance of error decreases. The map provider is the only one that really needs to know how to apply the declination.

COME ON, OTTAWA HIKERS, MOVE YOUR ...

by John Haley

On April 26 Marilyn Schwartz and I co-led the first in a series of Ottawa section end-to-end hikes on the Rideau Trail, from Rosedale to Merrickville. We had pre-hiked a week earlier to confirm that the route, although wet in places, was comfortably passable. April 26 came with a cool and damp start and a similar forecast, so we expected a low turnout, but I for one was very disappointed by the small number of participants. With Marilyn and myself, there were only 3 others. Fortunately their quality more than compensated for their quantity, camaraderie was second to none, and the 5 of us had a very enjoyable hike.

Another hike the same day had only 3 participants. Where were the rest of you? Are you so sensitive to the weather forecast that you can't face the prospect of a drop of rain? Was the winter so long that you have forgotten how to move? Isn't it time that you started supporting your hike leaders by participating in the activities that they provide? Do you know what the Rideau Trail looks like or where it goes? I am sure that everyone had good reasons to miss this and other hikes, but I am selfish enough to want to share my hikes as well as the Rideau Trail with you.

For those who weren't there, here is what you missed.

- * Pleasant conversation during the drives there and back, as well as throughout the day.
- * Comfortable hiking temperature, no bugs and negligible rain (despite the forecast).
- * Improved confidence and stability from hiking past and around wet spots.
- * Wild garlic and spring flowers, showing that spring is really here.
- * A lunchtime question with a prize for the best answer.
- * How to flip lunch into the mud without really trying.
- * Picking up for recycling 36 beer and 19 other cans along the route.
- * A magnificent mature tree, believed to be white oak, that was inspiring just to look at.
- * The majesty of a blue heron, silently stable while the Rideau River surged by.
- * Camaraderie and memories to share.

Answers to Quiz on Page 7

- 1) **Why does the RTA use an event rating system?**
 - c. To ensure that participants choose an outing appropriate for their ability and interests.
- 2) **How does the leader keep the participants together?**
 - d. Stop as needed to let the group stay safely together.

What you missed on the April 26 and May 3 E2Es



A majestic blue heron on the surging Rideau River. *Photo by Marilyn Schwartz.*



McGuigan pioneer cemetery, where Scottish stonemasons and Irish labourers who helped build the nearby Rideau Canal are buried. *Photo by Bruce Henderson.*



Osprey nest on a platform near Upper Nicholson's Locks. Is that a chick? Our hikers saw the parent taking off; an amazing photo is being entered in our contest! *Photo by Marilyn Schwartz.*



Most of the gang, ready for action. *Photo by Gail Clement.*



You almost have it. Just lean a little farther, Brian. *Photo by Steve Kelly.*

ADOPT-A-ROADWAY CLEAN-UP

by Denise Hall

On Sunday, April 27, 19 volunteers from the Ottawa Club helped clean up 5.5 km of roadside along Roger Stevens Drive near Dwyer Hill Road. This section of highway provides access to the Rideau Trail as it runs through the Marlborough Forest. For a change we were blessed with relatively warm weather, a clear sky and some sun.

Brian LaDuke, chief organizer of our recent clean-ups, has this twice-yearly event down to a science, and everything ran smoothly. Shirley and Mike Beaudin, who often help out with our clean-ups, arrived in their trusty Toyota truck, which did a fine job of collecting all of the bags of garbage our 4 crews had left at the side of the highway as they were filled. The bags were taken to a spot near the E5 parking lot that we launch from, to be picked up by the city.



Chief organizer Brian LaDuke with Garry and Lois James, Alex Macdonald and Gail Clement after a satisfying morning's work. *Photo by Denise Hall.*

After the clean-up most of us headed to the Marlborough Pub and Eatery in North Gower for refreshments and a bite to eat before heading back to Ottawa.

Many thanks to all of you who helped out with this worthwhile project. Our next clean-up will be in the fall, most likely in October. If you have never participated in this activity, consider joining us. It is fun and rewarding!

Many thanks, Audrey!



Audrey Stewart was awarded a volunteer badge at the Ottawa Club AGM. Her volunteer activities include not only this clean-up but also trail-maintenance crew work, working with Bill Murdoch on the winter E2Es and, especially, helping people do make-up hikes (when they've missed a scheduled E2E). All with quiet efficiency and an ever-present smile. *Photo by Denise Hall.*

HIT THE TRAIL 2014

by Ben Robinson and Tyson Montgomery

Keep an eye out for us as we “hit the Trail” this summer. In July we will be hiking the Rideau Trail from Kingston to Ottawa as part of a program to raise funds and awareness of the importance of physical activity for the Boys and Girls Club in Kingston. This is our first attempt to complete a hike of this distance. We’ll be hiking the Rideau Trail from end to end in 12 days, starting July 12. Equipped with a tent, sleeping bags, water pump, and just enough food, and staying at designated campsites, we will leave the trail in the same condition we find it. We’re excited that we can promote physical activity and environmental responsibility while raising funds for a great organization.

We are not strangers to physical activity: both of us work as certified personal trainers in Kingston. Although we often engage in different forms of activity, we are both passionate about living a healthy lifestyle. Ben, who is the fundamental movement and fitness coach at the Live Well Centre, is an avid rock climber. Tyson is the strength and condition specialist and marketing coordinator at Kingston Athletic Therapy Centre. Hiking and camping aren’t likely the first activities you’d catch us doing together, but we agree that hiking is an underrated yet cost-effective form of physical activity. We wanted to promote something that doesn’t need expensive equipment or specialized surfaces; something in which anyone can get involved.

“Hit the Trail 2014” is an idea we came up with last fall during the Frontenac Challenge, a challenge to hike every loop in Frontenac Provincial Park between September 1 and October 31. We didn’t start until the first weekend of October, so, to complete the challenge, we had to do a lot of full-day hikes and a long-weekend camping trip in the park. The weekend left both of us hungry for a bigger challenge: to challenge ourselves physically with a longer hike while finding a way to give back to the community.

The Boys and Girls Club offered us a different challenge: instead of just hiking the Rideau Trail as a fundraiser and acting as role models for the youth of Kingston, why not get kids themselves involved? Having 150+ children hike from Kingston to Ottawa was clearly not an option, so another idea was proposed. Over the month of April, we did presentations at each Boys and Girls Club in Kingston, explaining what we will be doing and what the kids can do to help. What can they do? Each club will tally up the footsteps they take during their physical activity programming between May 1 and June 30 and see if together they can walk 305 km. Each club will keep a Rideau Trail map hanging in the gym, and each day the program directors will mark their club’s progress and the progress of other clubs. To add some friendly competition



Tyson (left) and Ben presenting their program to the Boys and Girls Club. Photo courtesy of KFL&A Public Health's Love My Life Tobacco Free campaign.

to the program, the first club to complete the “hike to Ottawa” will receive a pizza party, compliments of KFL&A Public Health’s Love My Life (LML) Tobacco Free campaign. A great send-off has been organized for us as well: on July 12 we’ll be joined for the first 3 km of the Rideau Trail by many of the Boys and Girls Club members, who will have already “Hit the Trail” between May 1 and June 30!

The Boys and Girls Club of Kingston and KFL&A Public Health’s LML Tobacco Free campaign have turned a simple idea into an impressive fundraiser for a great cause. We started with the plan of making up some flyers and going door to door asking for donations, and we’ve ended up being part of a great physical literacy program that we’re hoping to repeat next year. We are so grateful to be taking part in Hit the Trail 2014, and we’re looking forward to Hit the Trail 2015!

How to Support This Project

You can donate to the Kingston Boys and Girls Club in honour of Ben and Tyson’s E2E hike at the club Web site (www.bgckingston.ca).

You can also help give these impressive young men a wonderful send-off by being at Confederation Park at the new trailhead the morning of July 12 (time to be announced). Boys and girls from the club will be walking the first 3 km with Ben and Tyson. If you’d like to be there too, please contact Sharen Yaworski, 613-544-6022 (sharenann@gmail.com).



The magnificent Dolomites of northeastern Italy; a “rifugio”, or rustic mountain inn, is in the foreground. *Photo by Denise Hall.*

HIKING IN THE DOLOMITES

by Denise Hall

I was lucky enough to be asked to join a small group organized and headed by a fellow RTA member and friend, Elizabeth Kirchhoff, to hike in Europe last September. Five of us gathered in Venice for a few days to explore the city before meeting Elizabeth for the bus ride to Cortina, where our adventure began.

The Dolomites are unique mountains in the Alps, as they consist mainly of thick layers of the mineral dolomite (calcium magnesium carbonate), akin to limestone (calcium carbonate), originally deposited on the floor of an ancient sea. They are gigantic, chiselled monuments to the powerful forces of glacial erosion. Although not exceptionally high (the highest peak is Marmolada, at 3342 m), the Dolomites are among the most striking of the European mountains. Below the peaks lie green meadows alive with wild flowers all summer. In the lower valleys are orchards, vineyards and cultivated fields.

As we hiked, it was not only the beauty that struck me. I found the history fascinating. The region was heavily fought over in the First World War in particular, and the evidence remains. On most days we discovered relics of the war: strands of barbed wire, trenches, holes in rock walls and memorials. Before the end of WW1 the area belonged to Austria. When the war broke out, the Italians could not decide which team to support, and while the fighting gathered pace on the Western Front nothing happened for a year or so in the Dolomites. When the Austrians began to suffer setbacks on the Eastern Front against the Russians, and sensing a territorial gain, the Italians declared war on Austro-Germany and charged up the valleys, taking Cortina and aiming to advance up beyond the mountains to cut off the Austrian railway lines.

As we trekked through this beautiful area we thought of those soldiers.

Except for our last day of hiking in Italy our weather was fantastic. Elizabeth had booked this “self-guided inn-to-inn walking tour” with Sherpa Expeditions (www.sherpa-walking-holidays.co.uk). We only had to carry a daypack. Our accommodations and food were great. The inns included breakfast, and one of those we stayed at for 2 nights also included dinner. Our luggage was transferred through Sherpa, and we were provided with maps and suggestions for hikes. The trails were well marked and easy to follow.

I have many wonderful memories of our 6 days of hiking in the Dolomites and our subsequent 6 days of hiking in Switzerland and lots of photos to relive my trip (although I can’t remember who took what photo). If you like to climb mountains, I highly recommend that you add this area of the world to your “bucket list”!



The author beside a rock hole from which soldiers fired on the enemy; note the man-made ones at the far left.



Denise half-way up the mountain on a very warm day.

CENTRAL CLUB ACTIVITIES — SUMMER 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 (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 and Levels of Difficulty” (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 or brisk = 4–5 km/h; very fast = 5+ km/h.

MIDWEEK ACTIVITIES

Wednesday Wanderers. These shorter, mid-week hikes are suspended for the summer. They will start again in September. Contact: Margaret Lafrance, 613-264-0057 (margaret.lafrance@bell.net)

WEEKEND ACTIVITIES

Sunday, June 1 Hike Charleston Lake Trails

Level 2, 10 to 12 km, slow to moderate pace. Several of the smaller trails will be hiked so we can see different parts of the park. **Meet at 8 am.** Gas \$5. Leader: Sabine Jaekel, 613-267-5390 (sabinekipling@yahoo.ca)

Saturday, June 7 Gould Lake Hike

Level 2, 10 km, moderate pace. We’ll follow the shoreline of Gould Lake for much of the hike, following 3 trails: Tom Dixon, Mica Loop and Wagon Trail. Meet at 9 am. Gas \$5. Park fee. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Sunday, June 15 Tetsmine Loop Hike, Frontenac Park

Level 2, 12 km, moderate pace. A nice mix of trail types and a crossing of Moulton Gorge. Meet at 9 am. Gas \$5. Leader: Brenda Ethier, 613-267-6141 (brendaethier@ripnet.com)

Saturday, June 21 Canoe or Kayak the Clyde River

This outing has been postponed until Sunday, July 6.

Saturday, June 21 43rd RTA AGM

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

Saturday, June 28 Rideau Trail Hike through Smiths Falls and Potluck Social

Level 1, about 6 km, moderate pace. Follow the Rideau Trail from the Combined Locks to Lower Reach Park and beyond, returning through Smiths Falls. We’ll end with a potluck social at Bill and Yvonne Kennedy’s home in Port Elmsley. Bring water and a snack for the hike. Meet at 9 am. Gas \$2. *Please come to the social even if you’re not*

hiking. RSVP to Yvonne by June 23. Leader: Yvonne Kennedy, 613-267-9817 (yvnkennedy@gmail.com)

Sunday, July 6 Canoe or Kayak the Clyde River

Level 2, 12 km. 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. Meet at 9 am. Gas \$3. Leaders: Howard & Mary Robinson, 613-256-0817 (hmrob@storm.ca)

Sunday, July 13 Gibson Lake Loop Hike, Frontenac Park

Level 2, 14 km. Starting at the Kingsford Dam, enjoy an outing in the rugged beauty of Frontenac Park. Meet at 9 am. Gas \$6. Leader: Brenda Ethier, 613-464-8746 (brendaethier@ripnet.com)

Hike Leaders’ Planning Meeting

Thursday, July 17

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

We’ll be arranging the fall outings, so please bring all your ideas.

Saturday, July 19 Buell Creek Hike, Brockville

Level 1, about 7 km, moderate pace. Come for a lovely summer hike along Buell Creek and the Brockville waterfront. Bring water and snack; we’ll lunch in Brockville. Meet at 9 am. Gas \$6. Leader: Yvonne Kennedy, 613-267-9817 (yvnkennedy@gmail.com)

Saturday, July 26 Canoe or Kayak Long Lake

Level 1, about 7 km. Enjoy a paddle on Long Lake, not far from Perth. Bring life jackets and safety equipment. Swim may be possible. Meet at 9 am. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Sunday, August 3 Beginner's Hike, Rideau Trail

Level 1, 7 km, moderate pace. Come and join us for a hike along a scenic section of the Rideau Trail, from Mackler Road to Ferrier Road. We'll stop for a snack along the way. Bring water, sunscreen, bug spray and a hat. Wear sturdy shoes; please, no open toes. Meet at 9 am. Car shuttle. Gas \$2. Leaders: David and Pat Batchelor, 613-264-1559 (dlhbatchelor@sussexsystems.ca)

Saturday/Sunday, August 9/10

At this time, there is no activity planned. Please join the Ottawa or Kingston Club for an outing. But check the August e-letter in case things change.

Saturday, August 16 Canoe or Kayak the Tay Canal

Level 1, 12 km. Take a leisurely trip down the Tay Canal and get tips on fishing from a kayak. Explore the marsh and return to Last Duel Park boat launch. Bring life jackets and safety equipment. Meet at 9 am. Leader: Carol Richardson, 613-264-7608 (en660ca@yahoo.ca)

Saturday, August 23 Hike at Murphys Point Park

Level 1, 5 km, moderate pace. Hike the scenic Point Trail and then return for swim and lunch at the "private" beach along the trail (change rooms available). Meet at 10 am. Gas \$2. Park fee. Leader: Gill Hyland, 613-267-5756 (ghyland2@cogeco.ca)

Monday, September 1 (Labour Day) Hike at Charleston Lake Provincial Park

Level 2, 10 km, moderate pace. Hike the Tallow Rock Bay Trail, in the more remote area of the park. Meet at 9 am. Gas \$6. Park fee. Leader: Susan Samila, 613-264-1196 (ssamila@storm.ca)

Saturday, September 6 Canoe or Kayak Otty Lake and Lunch at the Allcock's Cottage

Level 1, about 7 km. A gentle outing not too far from Perth; good for beginners or those out of practice. Route to be determined by wind conditions. BBQ lunch to follow. Please let the leader know of any dietary restrictions and if you need a partner or a canoe or kayak; he'll try to pair you up. Meet at 9 am. Leader: David Allcock, 613-706-3562 (daveonottylake@gmail.com)

Sunday, September 14 Rideau Trail Hike

Level 2, 13 km, moderate pace. The route will start at Miner's Point Road and follow the RT through Murphys Point Park, past historic homesteads, and end up on Long Lake Road. Meet at 9 am. Car shuttle. Gas \$3. Leaders: David and Pat Batchelor, 613-264-1559 (dlhbatchelor@sussexsystems.ca)

Saturday, September 20 Family Hike and Activities at Perth Wildlife Reserve

Bring the kids or grandkids for an enjoyable afternoon in the fresh air. We'll explore the area and take a closer look at bugs and butterflies. Bring water. Please, no sandals. Meet at the Reserve at 1 pm. Vehicle fee \$6. Leader: Dorothy Hudson, 613-283-0332 (dhudson9@cogeco.ca)

Thursday, September 25 Trail Maintenance

Please come out and help with trail maintenance. Work gloves and loppers would be useful. Call David Allcock for details. Meet at 9:30 am. Leader: David Allcock, 613-706-3562 (daveonottylake@gmail.com)

Sunday, September 28 Hike Kate's Lake

Level 1, 10 km, moderate pace. Lanark Highlands loop on narrow lanes and a beaver dam, then through woodland to Kate's Lake. Meet at 9 am. Gas \$5. Leaders: Howard and Mary Robinson, 613-256-0817 (hmrob@storm.ca)

Central Club Executive, 2014–2015

Chair: Dorothy Hudson
 Vice Chair (Board Rep.): Gill Hyland
 Secretary: Don Sherwin
 Treasurer: Joy Webster
 Trail Maintenance: David Allcock
 Routes and Negotiations: vacant
 Activities: Hike Planning Committee
 Publicity: Mary Robinson
 Social Convenor: Yvonne Kennedy

Participants' Responsibilities and Levels of Difficulty

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 Levels of Difficulty

Level 1: Well-defined trails; gentle inclines.

Level 2: Generally on trail. May be hilly, with light bushwhacking, rough spots or obstacles.

Level 3: Rough terrain. One or more of extensive bushwhacking, steep sections, long climbs and descents, rock climbing and obstacles. Level 2 experience and *high level of fitness essential*.

Cycling Levels of Difficulty

Level 1: Broad roads with little traffic or bike paths.

Level 2: Narrower roads, some traffic, some hills. Participants should be fit and experienced.

Level 3: Narrow roads, long hills. Excellent fitness and good cycling skills required.

OTTAWA CLUB ACTIVITIES — SUMMER 2014

Level 1 activities are easy, level 2 intermediate and level 3 advanced, requiring experience and a *high level of fitness*. See “Participants’ Responsibilities and Levels of Difficulty” (page 14) for details. Hiking pace scale: slow = 2–3 km/h; moderate = 3–4 km/h; fast = 4–5 km/h; very fast = 5+ km/h. If you are still unsure whether a particular outing is suited to your ability, contact the leader in advance. Scheduled activities usually take place regardless of weather, but if conditions are questionable, contact the leader in advance. Arrive at least 10 minutes before departure time. Transportation is by carpooling. Passengers contribute to the driver’s gas costs and fees for parking and entry to parks.

Keep the NCC emergency number handy if you are hiking 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 Tony Barnes, 54 Evergreen Dr., Ottawa ON K2H 6C9 or scan them and send by e-mail (fellwalkerca@gmail.com).

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

Additional activities, including short-notice hikes, and details may be announced in the monthly e-letter and weekly e-notice. If you do not receive these electronic communications 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.

MIDWEEK ACTIVITIES

WEDNESDAY WALKERS: Level 2 and 3 impromptu hiking in Gatineau Park. Meet at 9:15 am to depart at 9:30. For information, including meeting place, contact Tony Barnes, 613-828-1216 (fellwalkerca@gmail.com).

MOONLIGHTERS: Every Tuesday evening from late April until the end of August there will be a short hike in Gatineau Park. Hikers are asked to meet at Tunney’s Pasture north parking lot, closest to the Parkway, at 5:45 pm for a prompt 6 pm departure. Hikes last until sunset. The pace is approximately 4 km per hour. The hikes are a 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. Hike leaders will be contacted by one of the coordinators before their hike. Coordinators: Hazel Miller, 613-232-6558, and Dora Ashiq, 613-792-4966.

See the Spring newsletter for the June Moonlighters hikes. No hike on July 1 (Canada Day)

Tuesday, July 8 (sunset 8:52) Ramparts from Etienne Brulé Lookout

Level 2, 10 km. Gas \$3. Leader: TBA

Tuesday, July 15 (sunset 8:48) P12 to Western

Level 2, 8 km. Gas \$4. Leaders: Carole Hamilton, 613-224-7778, and Paul Emile Chaisson, 613-230-8800

Tuesday, July 22 (sunset 8:42) Pink Lake to Mackenzie King Estate

Level 2, 8 km. Gas \$3. Leader: Hazel Miller, 613-232-6558

Tuesday, July 29 (sunset 8:34) Fortune Valley from Keogan Parking Lot

Level 2, 8 km. Gas \$3. Leaders: Jane Mercier and Bernie Poirier, 613-692-3874

Tuesday, August 5 (sunset 8:25) Cross Loop to Brown Lake

Level 2, 7 km. Gas \$4. Leader: Alex Macdonald, 613-302-2137

Tuesday, August 12 (sunset 8:15) Capucin Chapel from P11

Level 1, 7 km. Gas \$3. Leader: Trudy Stephen, 613-828-9313

Tuesday, August 19 (sunset 8:03) Arboretum, Fletcher Wildlife Gardens and Experimental Farm

Level 1, 6 km. Meet at the corner of Loretta and Carling in the Rogers parking lot. Leader: Hazel Miller, 613-232-6558

Ottawa Club Executive, 2014–2015

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: Tony Barnes Publicity and Media Relations: vacant Newsletter Editor: Ann Bolster
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Tuesday, August 26 (sunset 7:51) Urban Hike

Level 1, about 8 km. Leader: Maureen Dawson, 613-226-3864. Details in weekly e-notice.

Tuesday, September 2 End-of-Season Dinner

Restaurant TBA. Leader: Dora Ashiq, 613-792-4966

URBAN WALKS: Every Tuesday evening from September 9 through October 28 there will be an Ottawa urban walk. There may be a refreshment stop after the walk for those who are interested. Do not go to any “usual” club meeting place. Meet at the starting point of the hike, as specified below, to depart at 6 pm. Coordinator: Pat Archer, 613-565-6149

Tuesday, September 9 Leamy Lake

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

Tuesday, September 16 Rideau River/Ottawa East

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

Tuesday, September 23 Alta Vista Exploratory

Meet in the parking lot of Pleasant Park Elementary School (at Lynda Lane).

WEEKEND ACTIVITIES

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

Tunney’s Pasture: The government 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, June 21 43rd RTA AGM
Brockville. Starts at 9:30. See page 3 for details.

Saturday, June 7 Rideau Trail End-to-End Hike: Eagleson Road to Old Richmond Road

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. RT maps 17B to 18C. Meet at Tunney’s Pasture by 9:15 am for a 9:30 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, slow to moderate pace, about 9 km. From Breton Beach on Lac Philippe, ascend on an abandoned, overgrown ski trail, past pine plantations, open land and deciduous woods. Lunch at Taylor Lake. Then to Lac Renaud and return with scenic views via Lusk Lake. Depart from Tunney’s Pasture at 9:30 am. Gas \$5. Leader: Nigel Brereton, 613-596-6191 (nigelb@primus.ca)

Saturday, June 14 Rideau Trail End-to-End Hike: Old Richmond Road to Carling Avenue

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

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

Level 2, 14.6 km. Level hike, mainly on recreational pathways (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. RT maps 19A to 19H. Meet at 9:15 am at Tunney’s Pasture for a 9:30 start. Gas \$2. Leaders: Maureen Dawson and Denise Hall, 613-843-8222 (rebeccahall@rogers.com)

Sunday, June 22 Western Cabin and the Pulpit, Gatineau Park

Level 2, 16 km, about 5 hours. This large loop includes trails 2, 21, 3, 9, 24, 38 and 40. Steep uphill climb for the first half-hour. Scenic views at the Western lunch stop. 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, about 4 hours. Parts of this trail are paved and the rest is through forest and fields or small bush. Lunch at Shirley's Bay, where we will enjoy the views. Meet at Moodie and Corkstown Road to depart at 10:30 am. Nearby 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)

Saturday, July 5 Clear Lake, Gatineau Park

Level 2 with some off-trail bits, 10 to 12 km. Starting from the Eardley-Masham Road we will hike mainly on a mix of broad and faint trails, with panoramic views from high points. Depending on group size, there may be a trail-only option, but we will aim to be together for lunch and a swim. Plan for a long day. Meet at Tunney's Pasture no later than 8:15 am to depart at 8:30. Gas \$5. Leader: Ann Bolster, 613-828-5131 (ann_bolster@hotmail.com)

Wednesday, July 9 Hike in Gerry's Memory

Level 1, starting at 11:30 am at Keogan parking lot in Gatineau Park. Bring lunch. See page 18.

Saturday, July 12 Ottawa Recreational Paths

Level 2. Meet at 9 am at Baseline Park & Ride for a brisk walk from there around a 15.9-km loop on recreational paths, with an early finish. Bring bug spray, a snack and water. Leader: John Haley, 613-225-0590

Saturday, July 19 Ottawa Greenbelt Loops

Level 2. Meet at 9 am at Baseline Park & Ride for a brisk walk on 14.5 km of trails including the Lime Kiln Blue Loop, with an early finish. Bring bug spray, a snack and water. Gas \$2. Leader: John Haley, 613-225-0590

Saturday, July 26 Lac Racine, Gatineau Park

Easy level 2, return 6.4 km. Walk to a pristine lake in the far-western section of the park. Mostly wooded, with some rugged terrain, but all on trail. A leisurely lunch break will allow time to swim or relax and enjoy the view. Meet at Tunney's to depart at 9:30 am. Gas \$5. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, August 2 Mud Lake

Level 1, 6 km. Walk around scenic Mud Lake. Bring water and a snack to eat while enjoying the view along the Ottawa River. Meet at 10 am at Britannia Park bus stop at Ron Kolbus Lakeside Centre. Leader: Jean Gauthier, 613-422-3997 (jrrgauthier@teksavvy.com)

Saturday, August 2 Carman and Brown Lakes, Gatineau Park

Level 2 with some off-trail, 10 to 12 km. We will hike from P17 on snowshoe trail 72, then ascend the Carman cliff on a faint trail before heading to our lunchtime swim spot at Brown Lake. Depending on group size and weather, we may offer 2 routes but plan to be together for lunch. Meet at Tunney's Pasture no later than 8:15 am to depart at 8:30. Plan for a long day. Gas \$4. Leader: Ann Bolster, 613-828-5131 (ann_bolster@hotmail.com)

Monday, August 4 Greenbelt Trail 26 and Jack Pine Trail

Level 1, about 8 km, from P11 on West Hunt Club. Depart from Baseline Park & Ride at 10:30 am. Bring water, lunch/snack and bug repellent. Gas \$2. Leader: Marilyn Schwartz, 613-828-4488 (marilyn_sch1970@yahoo.ca)

Saturday, August 9 Mill of Kintail Conservation Area

Level 1. We will explore the conservation area's scenic trails. Don't forget bug spray. We may also visit the museum to see the largest collection of Dr. R. Tait McKenzie's original plaster sculptures as well as his collection of pioneer artefacts. Dr. McKenzie, a lifelong friend and colleague of James Naismith, and his wife Ethel restored the heritage 1830 Baird's gristmill into a summer home and studio, renaming it the Mill of Kintail. We can eat lunch by the Indian River and then, if there is interest, drive into Almonte for beverages or to explore the town. Meet at Baseline Park & Ride at 9 am to depart at 9:15. Gas \$6. Conservation area fee (shared) \$5. Leader: Grace Strachan, 613-721-1421 (gstrachan99@bell.net)

Saturday, August 16 Fairburn Bay, Gatineau Park

Level 2, about 12 km. This lovely bay on Lac LaPêche offers beautiful swimming after an on-trail hike from Steele and Hammond Roads, off Highway 148. Meet at Tunney's Pasture no later than 8:15 am to depart at 8:30. Plan for a long day. Gas \$6. Leader: Brian Worobey, 613-882-0741 (brianworobey@rogers.com)

Sunday, August 17 Old Quarry Trail, Greenbelt

Level 1, about 10 km. This loop trail includes sections of the Old Quarry Trail and NCC trails 23 and 24. Time to complete: 2.5 to 3 hours at a moderate pace. Flat, well-groomed trails. Depart from Baseline Park & Ride at 1 pm. Gas \$2. Leader: Maureen Dawson, 613-226-3864

Saturday, August 23 Lakes Tour, Gatineau Park

Level 2 with an off-trail side trip, about 12 km. We will visit several pristine lakes, including Richard and Racine, as well as Vulture View before lunch and a swim at Racine. Meet at Tunney's Pasture no later than 8:15 am to depart at 8:30. Gas \$5. Leader: Ed Hughes (ehughes@jciconsult.com)

Saturday, August 30 Relais Plein Air, Gatineau Park
Level 2, about 9 km. Hike trails 65 and 66 in the south end of the park. All on trail but some steep and rocky sections. Lunch will be outside, hopefully at a pleasant overlook. Wear good boots. Bring lunch and water. Meet at Tunney's Pasture at 9:15 for a 9:30 departure. Gas \$2. Leader: Jean Gauthier, 613-422-3997 (jrrgauthier@teksavvy.com)

Monday, September 1 (Labour Day) Mulvihill and Pink Lakes, Gatineau Park
Level 2, 12.5 km. Two loops through a popular section of Gatineau Park, intersecting at the historic Mackenzie King Estate and including the Lauriault Trail. All on trail with some hilly parts. Start at Pink Lake, with lunch at Mulvihill Lake. Meet at Tunney's Pasture to depart at 9:30 am. Gas \$3. Leader: Ethel Archard, 613-592-7733 (ethel.archard@sympatico.ca)

Saturday, September 6 Lac des Fées, Gatineau Park
Level 1, about 7 km. An easy 2-hour hike with some historical commentary, on faint trails that are mainly flat with some gentle inclines. Bring water and lunch or a snack. Meet at Tunney's Pasture for a 10 am departure. Gas \$3. Leader: Jean Gauthier, 613-422-3997 (jrrgauthier@teksavvy.com)

Saturday, September 6 Another Lakes Tour, Gatineau Park
Level 2 with some off-trail sections, about 12 km. We will visit Kidder, Monette and Racine lakes, with a lunchtime swim (if it's still warm enough) at Racine. Meet at Tunney's Pasture no later than 8:15 am to depart at 8:30. Plan for a long day. Gas \$5. Leader: Brian Worobey, 613-882-0741 (brianworobey@rogers.com)

Saturday, September 13 Greenbelt, Stony Swamp and Jack Pine Trail
Level 1, 7 km. A refreshing hike from P11 along level ground leading to boardwalks in the Stony Swamp Conservation Area and the Jack Pine Trail, where wildlife abounds. Meet at the Baseline Park & Ride for a 9:30 start. Bring lunch or a snack and water. Gas \$2. Leader: Jean Sunter, 613-828-6007

Saturday, September 20 North Window, Gatineau Park
Level 2 to 3, about 10 km. Destination is North Window to enjoy the fall colours while overlooking Harrington Lake. The route will involve climbing with some possible bushwhacking. Come prepared for a lunch outdoors. Meet at Tunney's Pasture around 9:05 am for a 9:15 departure. Gas \$4. Leader: Denise Hall, 613-843-8222 (rebeccahall@rogers.com)



Gerry at 90 and Art Campbell at 80, during their joint birthday celebration, *Photo by John Reid.*

REMEMBERING GERRY SCHUT

by Pearl Peterkin

Gerry Schut, a long-time member of the RTA and the Ottawa Wednesday Walkers, died April 29 at the age of 99. His wife, Ingebord, had joined the RTA in its founding year, 1971, and was an active hiker until her death in 1990. After his retirement from the National Research Council of Canada in 1980, Gerry became an avid hiker, completing both the Rideau Trail and the Bruce Trail. He also hiked on parts of the Appalachian Trail, especially in Virginia. Gerry led hikes often in Gatineau Park and liked to work out routes different from usual ones, such as the trail along the north side of Lac Philippe. Gerry's professional expertise was in the area of computerized maps. Because of this, he had a good feel for terrain and enjoyed going off trail, sometimes with surprising results.

It was always a pleasure to hike in the woods with Gerry, especially his well-loved Gatineau Park. He knew wildflowers, both the common ones and those less well known. Hepatica and spring beauty, boneset, toothwort and purple cohosh — he recognized them all. Together with Bob and Mabel Bennett and Don Mitchell, his near neighbours, he formed an awesome foursome that shared their knowledge of the natural world with all. It was a learning experience to be near them while hiking.

Gerry also enjoyed winter outings and was an excellent cross-country skier. He went on many of the annual week-long ski trips to the Laurentians and elsewhere with the Ottawa Wednesday Walkers.

There will be a hike in Gerry's memory on Wednesday, July 9. We'll meet at the Keogan parking lot at 11:30 am and then walk to Huron for lunch.

KINGSTON CLUB ACTIVITIES — SUMMER 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, insect repellent, sunscreen and strong footwear. Come prepared for weather changes. Carpooling will be organized. Passengers contribute to the gas costs, and fees for parking and entry to parks and conservation areas are shared. **Leaders:** Sign-up sheets are available online or from Lorna Deyo. Scan and email completed sheets to lornadeyo@yahoo.ca or mail them to Lorna at 148 Stephen St., Kingston ON K7K 2C7.

See “Participants’ Responsibilities and Levels of Difficulty” (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 every Wednesday of the month. These afternoon walks are ideal for those who would like some healthy, social exercise at an easy pace; for information on the walks call John Beck, 613-544-6119.

Tibbetts Point Weekend, June 27 to 29

Plan to spend the weekend hiking, biking, shopping or just taking it easy at Tibbetts Point, where Lake Ontario meets the St. Lawrence River. Just 4 km from Cape Vincent’s restaurants and stores and 23 miles from Watertown. You’ll stay in one of the most idyllic lakefront hostels of Hostelling International, 1 hour from Kingston. The cost is \$25 per night; they supply bedding and towels. You’ll need your passport and out-of-country health insurance. The event is open to all 3 clubs. For more information contact Sharen Yaworski, 613-544-6022 (sharenann@gmail.com).

Ski Weekend, January 30 to February 1, 2015

We’ll again be at Hotel Chantecler in the Laurentians for this Kingston Club tradition. Look for the registration form in the Fall newsletter.

Algonquin Park Weekend Getaway Friday to Sunday, October 17 to 19

Level 2 to 3, moderate pace, distances TBD. Enjoy the well-marked and interesting trails of Algonquin Provincial Park, with beautiful lookouts and pristine lakes. Watch for moose, black bear, deer and, if we’re lucky, wolves.

We’ll stay at the East Gate Motel, have breakfast there and have supper at The Mad Musher, a 2-minute walk from the motel. Bring lunches for on the trails. Team up with someone and make your own reservations by calling 1-613-637-2652.

Depart from Bath Road Canadian Tire at 8 am Friday, October 17. Gas \$25.

For further information and to confirm, call the leader, Pat Casey, at 613-385-2356.

Sunday, June 1 Tour de Howe Island

Meet 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

Thursday, June 5 Evening West-End Ramble

Walk through linear park. Meet at 6:45 pm. Possible refreshment stop. Gas \$2. Leader: Elgin Bock, 613-389-4216

Saturday, June 7 Frontenac Park

Level 2 to 3, moderate pace, 16 km. Little Salmon Lake loop from Arab Lake parking area with return by Bufflehead Trail. Depart at 9 am. Gas \$4 plus park fee. Leader: Doug Hayes, 613-925-5872 (hayesd@ripnet.com)

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

Level 2, 12.7 km. See Ottawa Club Activities for details.

Sunday, June 8

Unveiling of New Rideau Trail Plaque

Join us at Confederation Park, in front of Kingston City Hall, for the 10 am dedication of the interpretive panel at our new trailhead. Mayor Mark Gerritsen will be in attendance. Refreshments, festivities and an easy hike along the Kingston Waterfront Pathway, our new route addition, will follow. Come and celebrate!

Wednesday, June 11 Landon Bay

Level 1 to 2, relaxed pace for about 10 km. Enjoy the Thousand Islands from the lookout, welcome the osprey family and celebrate these pleasant trails together. Possible swim in afternoon. Depart at 9 am. Gas \$4. *If you can meet the group in Kingston for the leader, please call.* Leader: John Cornish, 613-382-4778

Saturday, June 14 Gould Lake Ramble

Level 2, moderate pace, up to 15 km. We can never have too much of Gould Lake! RT Map 04. Meet at 9 am. Gas \$3 plus park fee. Leader: John Morrison, 613-530-4876.

Saturday, June 14 Rideau Trail End-to-End: Old Richmond Road to Carling Avenue

Level 2, 14.1 km. See Ottawa Club Activities for details.

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

Level 2, 14.6 km. See Ottawa Club Activities for details.

Sunday, June 15 Cycle to Tibbetts Point Lighthouse

Cycle Wolfe Island to the lighthouse. Swim stop at a sandy beach and return by a different route. 25 km total. Meet at the Wolfe Island ferry dock for 9:30 am ferry. \$4 for ferry. Be sure to bring your passport, lunch and lots of water. Leader: Pat Casey, 613-385-2356

Tuesday, June 17 Frontenac Park

Level 3, fast pace, 16.5 km. Cardio hike from Salmon Lake parking lot around Little Salmon and Little Clear lakes. Swim at lunchtime. *Faster than most RT hikes; if concerned about the pace call either leader.* Bring lots of water. Hiking boots essential. Meet at 8 am. Gas \$4 plus shared park fee. Leaders: Lynn Esau, 343-363-0384 (esaulynn@gmail.com) and Nancy Hunter, 613-372-2157 (nancynelles@gmail.com)

Thursday, June 19 Evening Walk, Lemoine Point

Enjoy a summer evening around Kingston's premier waterfront park. Long pants recommended to avoid ticks. Meet at Lemoine Point north parking lot off Coverdale Road at 6:30 pm. Leader: Elgin Bock, 613-389-4216

Saturday, June 21 43rd RTA AGM

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

Sunday, June 22 Gananoque Trails

Level 1, easy pace, 12 km. Hike on the gentle woodland trails before a lunch break at Tim Hortons, then visit some rose gardens and neat shops on the waterfront. Depart at 9 am. Gas \$3. *If you can meet the group in Kingston for the leader, please call!* Leader: John Cornish, 613-382-4778

Saturday, June 28 Frontenac Park, Flag Pole Hill

Level 3, moderate pace, 15 km. Scenic views along the way but especially at the top of the hill, the highest point in Frontenac Park. Hike from the trail centre to the hill and back. Bring lunch, water, bug spray and swim gear. Parents with children welcome. Depart at 9 am. Gas \$4 plus park fee. Leader: Stan Huff, 613-548-3003

Thursday, July 3 Evening Walk

Level 1, moderate pace, 6 km. Meet at King Street trailhead at 6 pm. Walk the waterfront trail for about 3 km and return to trailhead. Opportunity for a refreshment stop. Leader: Yvonne Hawkins, 613-767-6990

Saturday, July 5 Howe Island Bike Ride

Level 2, easy pace, distance TBD. Meet at the ferry for Howe Island at 9:30 am. Cycle around the island. Opportunity for a swim stop. Bring lunch and lots of water. Leader: Yvonne Hawkins, 613-767-6990

Sunday, July 6 Elbow Lake

Level 2, moderate pace, 8 km. Hike this new trail with swim stop. Bring lunch and lots of water. Depart at 9 am. Gas \$4 plus park fee. Leader: Pat Casey, 613-385-2356

Wednesday, July 9 Gould Lake Conservation Area

Level 3, moderate pace, 10 km. Enjoy this rugged and spectacular conservation area. RT Map 04. Depart at 9 am. Gas \$3. Leader: Ann Wilson, 613-531-9873

Saturday, July 12 Send-off for Ben and Tyson

Confederation Park, time TBA. Help this dynamic duo kick off their E2E of the RT, a fundraiser for the Kingston Boys and Girls Club. See page 11 for details and contact Sharen Yaworski, 613-544-6022 (sharenann@gmail.com).

Saturday, July 12 Marble Rock

Level 2 to 3, moderate pace, 12 km. Rocky lookouts and lush forests on these challenging trails. Depart at 9 am. Gas \$4. *If you can meet the group in Kingston for the leader, please call!* Leader: John Cornish, 613-382-4778

Sunday, July 13 Annual Frontenac Slide 'n Swim

Level 2 to 3, moderate pace, 14.6 km. Hike from Perth Road to West Slide Junction, then clockwise around Slide Lake to the waterfall for lunch and a refreshing swim in Buck Lake. Depart at 8:30 am. Gas \$4. *If someone can sign up the group in Kingston for the leaders, please call.* Leaders: Gunhild Karius and Bill Ottney, 613-858-3183 (karius1@cogeco.ca)

Saturday, July 19 Picton Cycle

After a short, free ferry ride to Picton we will cycle to Lake on the Mountain and around the waterfront. 30 to 40 km. Swim stop possible. Meet at Adolphustown ferry dock for 9 am ferry. Leader: Pat Casey, 613-385-2356

Saturday, July 26 Amherst Island Bike Ride

Level 2, moderate pace, up to 40 km. Meet at the Amherst Island ferry dock for the 9:30 am ferry. Cycle around the island. Swim opportunity at lunch. Bring lunch and lots of water. Leader: Yvonne Hawkins, 613-767-6990

Sunday, July 27 Rideau Canal History Journey

Level 1, moderate pace, 5 km. Hike at Jones Falls, Davis and Chaffey Locks. Bring lunch, water and bug spray. Ice cream and lots of fun. Parents with children welcome. Depart at 9 am. Gas \$7. Leader: Stan Huff, 613-548-3003

Saturday, August 2 Rideau Trail K&P Trailway

Level 1, moderate pace, 11 km. Walk from Binnington Trailhead to Burbrook Road. An easy summer hike, not too far from home. Depart at 9 am. Gas \$2. Leader: John Cornish, 613-382-4778

Sunday, August 3 Bonnechere Caves and Shaw Woods
Level 2 to 3, easy pace, 7 km. Take a guided tour of the caves and learn about and see the old fossils in the walls. After that we will hike 7 km in an old-growth hardwood forest. Bring a good pair of hiking shoes, flashlight, lots of water and a light coat or sweater for the caves (10°C). Depart at 8 am. Gas \$20. Caves fee \$17 for adults, \$15 for seniors. Leader: Pat Casey, 613-385-2356

Saturday, August 9 Barriefield Village & Fort Henry
Level 1, easy pace, 6 km. We will explore the historic village and then head to the Discovery Centre at Fort Henry to check out what it has. Meet at 10 am outside the Ontario Street Tim Hortons. Lunch there at end of hike for those who so wish. Leader: Sandra Muis, 613-484-6110

Wednesday, August 13 Charleston Lake East Side Trails
Level 2, moderate pace, 11 km. Hike the Sandstone Island and other lovely trails, including a swim opportunity. Depart at 9 am. Gas \$6 plus share of park fee. *If you can meet the group in Kingston for the leader, please call!* Leader: John Cornish, 613-382-4778

Sunday, August 17 Summer's Eve Dinner, Glen Lawrence Golf Club
You are invited to join Linda on the patio of the golf club for dinner. New members and friends welcome. Interested in an afternoon of golf? To book a tee-off time contact Jenny Ellis, 613-549-6807. Meet on the patio at 5 pm. Place: 2022 Hwy. 2 East. RSVP for dinner to Linda Line, 613-531-4353

Sunday, August 24 Depot Lake Paddle
We will launch at the boat ramp by the main office. We will have lunch on one of the islands, have a swim stop or two and check out the waterfalls. Depart at 9 am. Gas \$5. Leader: Pat Casey, 613-385-2356

Saturday, August 30 Upper Rock Lake to Lindsey Lake
Level 3, moderate pace, 15 km. Hike this hilly and scenic section of the Rideau Trail. Chance for a swim at Long Lake. RT map 05. Depart at 8:30 am. Gas \$4. Leaders: Miu Lam, 613-544-6201 (ymiu.lam@gmail.com) and Stan Huff, 613-548-3003

Tuesday, September 2 Frontenac Challenge: Cedar Lake and Arab Lake Gorge
Level 3, fast pace, 16.5 km. Start the Challenge with a workout. Hike from the main parking lot in Frontenac Park around Cedar Lake and finish with Arab. *This hike will be faster paced than most RT hikes; if concerned about the pace call either leader.* Chance of an afternoon swim. Bring lunch and plenty of water. Hiking boots essential. Depart at 8 am. Gas \$4 plus share of park fee. Leaders: Nancy Hunter, 613-372-2157 (nancynelles@gmail.com) and Miu Lam, 613-544-6201 (ymiu.lam@gmail.com)

Saturday, September 6 Frontenac Challenge: Arkon+
Level 2, moderate pace, 13 km (Arkon), Doe (3 km), Arab (1 km). Hike 1 or all 3 trails to get a head start on the Challenge. Depart at 9 am. Gas \$4 plus share of park fee. Leader: Sandra Muis, 613-484-6110

Sunday, September 7 Cycle Long Sault Parkway
Level 1, moderate pace, 22 km return. Enjoy a beautiful cycle along all 11 islands of the Parkway, with a short hike on Hoople Island. We will have lunch on a sandy beach and a swim. *Call leader to confirm if you are coming and how many bikes you'll be bringing.* Leader will transport all bikes so we can carpool. Gas \$14 plus park fee. Depart at 8 am. Leader: Pat Casey, 613-385-2356

Wednesday, September 10 Frontenac Challenge: Big Salmon Lake Loop
Level 2 to 3, moderate pace, 19 km. Circumnavigate the lake, enjoying the surrounding peaks and valleys. Depart at 9 am. Gas \$4. Leader: Ann Wilson, 613-531-9873

Saturday, September 13 Lion's Trails, Westport
Level 2, moderate pace, 13 km. West from Lion's Beach to Concession 9, exploring different routes on return, then into Westport for some cool refreshment. Depart at 9 am. Gas \$6. Leader: John Cornish, 613-382-4778

Sunday, September 14 Thousand Islands Parkway
Level 1, easy pace, 30 km return. Cycle from Rockport to Gananoque along the waterfront and enjoy the views. Ice cream stop in Gan. Depart at 9 am. Bring lunch and lots of water. Leader: Pat Casey, 613-385-2356

Saturday, September 20 Frontenac Challenge: Little Salmon, Little Clear and Hemlock Lakes
Level 3, moderate to fast pace, 26 km. Connect the loops around the lakes, starting at the bottom of Little Salmon and hiking up the northwest side. Depart at 8 am. Gas \$4 plus park fee. *If you can sign up the group in Kingston for the leaders, please call.* Leaders: Gunhild Karius and Bill Ottney, 613-858-3183 (karius1@cogeco.ca)

Kingston Club Executive, 2014–2015

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Past Chair: Donald Coulter
Vice Chair (Board Rep.): Doug Hayes
Secretary: vacant
Treasurer: Lynn Esau
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ISRAEL

March 9 to 22, 2015

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 religion has played for centuries.

PATAGONIA

March 16 to 29, 2015

Explore both Chilean and Argentinian Patagonia, each with its own culture, climate and allure. In Chile, visit penguins on Isla Magdalena, then journey far south into the heart of Torres Del Paine NP for magnificent views of the central lakes and the Paine's Horns, a stunning hike on the shores of Grey Lake to witness the icebergs and the famed hike up to "The Towers". In Argentina, travel to El Chalten and El Calafate for hikes in Los Glaciares National Park, a UNESCO World Heritage site. Hike over to view Mt. Fitz Roy and even walk on the sheer wall of ice that is the renowned Perito Moreno Glacier. This adventure ends in cosmopolitan Buenos Aires.

AMALFI COAST

April 13 to 25, 2015

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. Come hike in Sorrento, Positano & Amalfi and on the posh island of Capri.

CORFU, GREECE

May 2015

This Greek island is the perfect combination of European flare and tranquil seaside living. Hike to the heavens to visit holy monasteries and trek in the shade of ancient olive groves. We promise that you will never tire of the deep, deep blue of the sea that surrounds you. Opa!



HAVE YOU MET OUR NEW TOUR LEADER?

We are delighted to introduce you to the newest member of our team, Sheila Parry, whom some of you may already know as chair of the Ottawa Club of the Rideau Trail Association. She has travelled with us on several trips and will be guiding our 2015 Camino de Santiago, Iceland and Turkey holidays. In fact, she is such an outdoor enthusiast that we tease her that she was probably born in a canoe! Please join us in welcoming Sheila to the CHH team. We are confident you will love hiking with her!

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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.

Rock Dunder Fundraiser September 27

Rock Dunder, with its remarkable natural heritage, has been a favourite destination for RTA activities. The property is part of the Rideau Waterway Land Trust and does not receive direct support from any government agency. The Land Trust must look to community donors for the financial support needed to keep the property open and accessible to the public.

The fall fundraiser is an important source of funding. A number of RTA members participated in the event last year. Details of the event will be finalized over the summer, but once again hikes on Rock Dunder's scenic trails will be featured.

Details about the event will be available in the Fall newsletter. Information can also be obtained from the Rideau Waterway Land Trust office at 1-877-784-2010.

Proudly Sport the RTA Logo This Summer!

Quality sports shirts and 750-mL water bottles made of stainless steel, both bearing the RTA logo, are available.

The shirt is \$15. Only limited stock remains, however: in Central and Kingston, men's large; in Ottawa, men's large and extra-large and women's small and medium. The water bottle is \$5.

Planning for winter? The black fleece toque, also bearing the RTA logo, is on sale at \$5.

Order from club reps to save the costs of shipping and handling.

- * Central: Joy Webster, 613-229-3224 (jgeweb@gmail.com)
- * 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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☐ One year \$40.00

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(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.

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

Name on name pin (please print in CAPITAL LETTERS)

Membership Category (**circle**): New Renewing

(Please Print)

Name(s):

Address:

Postal Code:

Telephone Number(s):

E-mail address(es) (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.

- ☐ 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): _____