



Rideau Trail

NEWSLETTER

Summer 2015

Issue No. 176



Landowner and Volunteer Appreciation



Private Trips



Paddling



Cycling

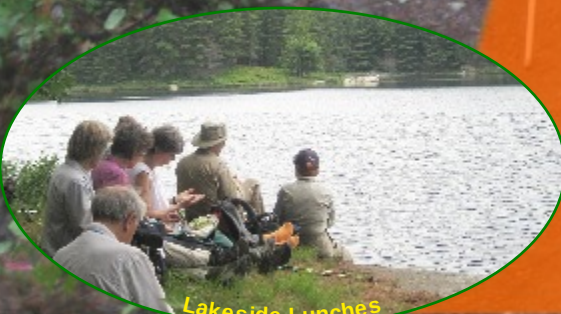


Easy Walks



Challenging Hikes

**Here
we go!**



Lakeside Lunches



Social Events



Trail Preservation and Maintenance



Wintry Start to Kingston E2E 2015

STORY AND PHOTOS BY DON COULTER



March sees cold nights and warmer days that start the sap running. This March was no exception and it marked the start of the Kingston End-to-End (E2E) series for 2015. The current Kingston Club Sector of the Trail runs 153.2 km from Murphy's Point Provincial Park to Lake Ontario. The hiker's reward for this effort would be to earn the new Kingston E2E badge highlighted in the

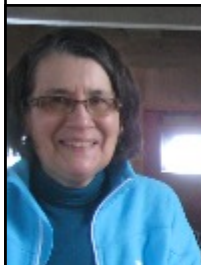


Above, McParlan House; Taking a break: Sandra Muis, Dagmar Jones, Dorothy Hudson, Jane Hough

Hiking on the Rideau Trail ▲

"The hikes suit a wide range of abilities, from an easy-paced urban walk to a vigorous tramp through challenging terrain. Non-members are welcome to try one or two hikes to decide if they want to join."

Prominent Ottawa hike leader **Ethel Archard** agreed to write an article for Healthwise Ottawa magazine. In their Spring 2015 edition, she introduced the Rideau Trail to that publication's readers.



<http://www.healthwiseottawa.com/past-issues>

She used photos by Howard Robinson, Claude Bouchard and Holmes McCullough. Well done, everyone!

PHOTO: STEVE KELLY

Spring 2015 newsletter. One non-member and 11 other stalwart hikers from Kingston and Central started the series from the Lally Homestead.

The delayed 2015 Spring did not cooperate for Trail conditions, and the first two hikes took place in winter-like conditions under clear sunny skies. The cold nights were a blessing as the snowy crust supported the hikers for the mornings at least. The first day saw one bad fall on ice which resulted in one hiker drop-out, but 11 others completed the entire route to the Narrows Lock-a distance of at least 16 km.

Photo-op by an unusual sign: Jane Hough, Jeremy Statham, Marilyn Crummey, Dorothy Hudson, Sandra Muis and Stan Huff

▲ About the Cover

There are many ways Rideau Trail members do things together. Some do not involve the Trail itself, but it remains in the background.

Photo credits, clockwise from the bottom:

Trail work - Steve Kelly

Audrey Sanger cuts the cake - Linda Line

Lakeside lunch - Tom Cole

Easy Walks - Steve Kelly

Paddling (see Central's activities) - Howard Robinson

Ray Wilson and Stan Huff at Volunteer Appreciation - Linda Line

Private trip, Switzerland - Steve Kelly

Cycling (see Kingston's activities) - Sharen Yaworski

Challenging hikes - Niels Rasmussen

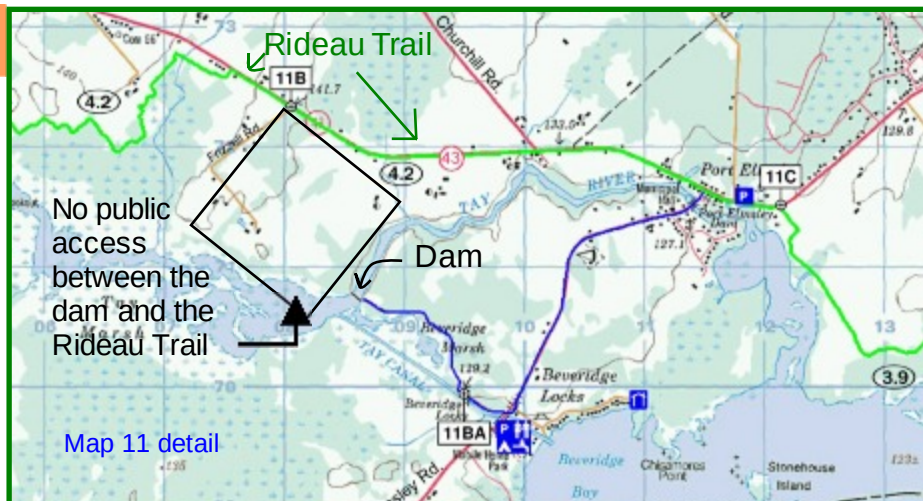


Trail Updates

Respecting Re-routes

David Allcock represents the RTA to landowners in the Central Sector. As such, he hears the landowner complaints about trespassing. It seems that a re-route has been ignored by some hikers (not necessarily RTA members!).

David says they do their best to keep the Trail maps up to date, and the Central Club is working hard to find an alternative to hiking the highway.



Since early 2014, a Trail re-route has meant that hikers must stay on Hwy 43 between Port Elmsley and a point west of Frizzell Rd. We no longer have landowner permission, so the previous route is closed. The markings are clear at both ends (below).

Trail Alerts

See current updates on the Rideau Trail website.

An interesting side trail goes between the Beveridges Lock and the dam, but please go no farther.



Mackler-Ferrier Loop, Map 10

Other Updates

On Map 11, the blue trail at Beveridges Lock goes only to the dam, and not along the road to Port Elmsley.

A blue trail uses Mackler and Ferrier roads to make a convenient loop of about 10 km, when combined with this portion of the Rideau Trail.

Approaching Perth, the Trail now crosses Scotch Line directly at Conlon Dr., without using Industrial Rd.

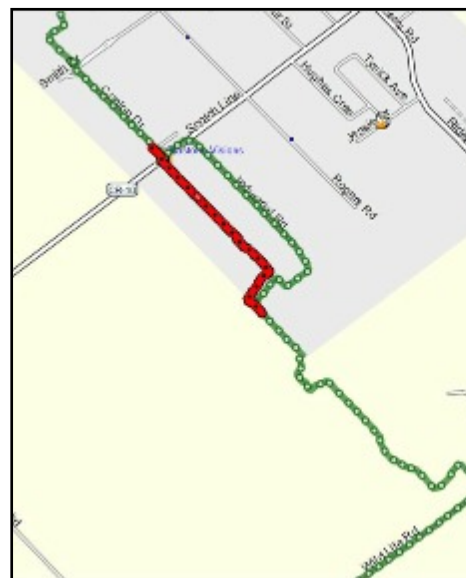
Trail Markers



Trail is northbound, towards Ottawa



Yellow tip:
Trail is southbound, towards Kingston



Conlon Connection, Map 10



The section we did near Ferrier Road West took us through lovely pastures, mature woods, and crossed over bridges and stiles. The recent work by the Central Club on the long boardwalk was really well done. Thank you!

Hikers at Play



Studio Theatre, Perth

Have you noticed John Haley's activity, "Hikers At Play"? I thought I'd share my thoughts as a participant. It was a picture perfect day in April. The morning on the Trail was interesting, and I thoroughly enjoyed both the hike and "The Salvage Shop" play at the Studio Theatre in Perth.

Thanks to John for a wonderful day. If you haven't tried a "Hikers At Play" activity yet I would highly recommend doing so!



STORY AND PICTURES BY DENISE HALL, ASSOCIATION VP AND OTTAWA CHAIR
NIELS RASMUSSEN PORTRAIT



When summer's heat has passed,
and the air is a little cooler, the hiking can
be at its best.

Interested? See 'Reciprocal Hiking', opposite. It's two great weekends of hiking, guided by the locals.

PHOTOS: NIELS RASMUSSEN





RIDEAU TRAIL ASSOCIATION 44TH ANNUAL GENERAL MEETING

Saturday, June 13, 2015
Royal Canadian Legion – 7 Main Street East, Smith Falls

- 9:30 am Registration, meet and mingle
10:00 am Business meeting and presentation of awards
Noon Lunch (BYO)
1:00 pm **Afternoon hikes** (Central Club):
Smiths Falls History Walk with Dorothy Hudson;
Beveridges Lock with David Allcock;
Millpond Conservation Area with Mary Robinson
4:30 pm Cash bar, dinner to follow
6:30 pm Guest Speaker: Author, Guy Thatcher

Reserved dinner tickets can be picked up at registration time. (The reservation deadline has passed.)
For information about the meeting or the meal, please contact Denise Hall: rebeccahall@rogers.com 613-843-8222.

Carpooling Contacts

Central: Dorothy Hudson dhudson9@cogeco.ca
613-283-0332
Kingston: Sharen Yaworski sharenann@gmail.com
613-544-6022
Ottawa: Denise Hall rebeccahall@rogers.com



Reciprocal Hiking

A Fun and Affordable Introduction to Frontenac and Gatineau Parks



Reciprocal Hiking: It's an inter-club, weekend exchange designed for the Kingston and Ottawa Clubs.

For this initial event, we invite a few Ottawa members to spend a weekend of hiking in **Frontenac Park**, hosted by the same from Kingston. In return, they get to spend a weekend of hiking in **Gatineau Park**, staying overnight as guests of the Ottawa members.

Non-hiking fun too!

- Pub time Friday evening to get together, and to discuss the hikes to come.
- Saturday evening group dinner.

Besides transportation and the dinner, the costs will be low. The local host hikers will provide breakfast and a hiking lunch.

Hiking couples may participate, (subject to compatible host availability)



Schedule

September 19-20: Ottawa participants visit Kingston for Frontenac Park Level 2 hikes:

Saturday: Arkon Loop (13 km)
Sunday: Little Salmon Lake Loop
(15 km)

These two loops encapsulate all the qualities which make Frontenac Park the amazing hiking experience that keeps us coming back for more: rugged rock spines, pristine lakes and beaver ponds, mature forests and the haunting remains of pioneer enterprise.

September 26-27: Kingston participants go to Ottawa to experience Gatineau Park, with a choice of at least two hikes offered each day.

Interested? Participation will be open to the first 10 respondents from each Club.

Information and Registration:

Ann Bolster, Ottawa: ann_bolster@yahoo.ca
613-828-5131
John Cornish, Kingston: cornish@kos.net
613-382-4778

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Rideau Trail Association Newsletter

Summer 2015, Issue 176

Rideau Trail Association

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



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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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ISSN 0709-7085

EDITOR FOR THIS ISSUE: STEVE KELLY, OTTAWA

Fall Newsletter: **Deadline August 1, 2015**

We want your submissions! If possible, text should be sent electronically with no document formatting. Pictures are very welcome, with good definition and contrast.

Send material directly to Kingston editor, John Cornish cornish@kos.net
 (613) 382-4778 26 Twin Oaks Gananoque ON K7G 2V5

Contents

Report: Kingston E2E	2	Kingston Club Activities	12
Hiking the Rideau Trail	2	Wednesday Walkers	17
Trail Updates	3	Activities Calendar	
Re-routes		Salute to the Rideau Trail	
Other Updates		Volunteers	13
Report: Hikers at Play	4	Kingston Club Executive	15
Annual General Meeting	5		
Reciprocal Hiking	5	Donations to the Rideau Trail Association	15
Association News	7	Ottawa Club Activities	16
Highlights of RTA Board Meeting	7	Regular Activities	16
End-to-End Hiking	7	Moonlighters	
Donations to the Rideau Trail Association	7	Urban Walks	
News from the Clubs	8	Wednesday Walkers	
Ottawa Club		Activities Calendar	17
Central Club		Ottawa Club Executive	19
Kingston Club			
Central Club Activities	9	Trip Report: Northern Twilight	20
Wednesday Wanderers		Ottawa Volunteers	21
Activities Calendar	9	Report: Adopt-a-Roadway	22
Central Club Executive	11	Welcome New Members	22
		Have you seen this plant?	23
Member's Corner	11	RTA Interpretive Panels	23
		Levels of Difficulty	23
		My Favourite Place	24

Association News

Highlights of RTA Board Meeting

McMartin House, Perth, April 25, 2015

BY DENISE HALL, VICE PRESIDENT

President: position vacant.

Treasurer: **Joy Webster** has been busy preparing for the year end budget which will be presented at the June 13th AGM. She shared her draft with the Board for discussion.

Membership: **Sheila Menard** talked about membership renewals in 2015 with comparisons to the previous two years. This year, 406 members had not renewed by March 31. In mid-April, Sheila sent out 353 reminder notices. Of those, 37 were sent via Canada Post at a cost of \$46.25. Our current membership sits at 514, including 82 new members.

Marketing and Communications: Good news here - after a brief introduction and some discussion, the Board unanimously agreed to appoint Paul Galipeau as the Association's Director of Marketing and Communications. Paul is a bilingual marketing and communications expert

with a decade of experience and a love for the outdoors. (See page 22.) He first expressed an interest in filling this role in mid-March, and had met with Graham, Robert and me to learn more about the job. Paul has already considered some ways to help maintain and develop the RTA in the future.

Trail Routing, Securement and Maintenance: Trail coordinator, **Jim Lorimer** presented his research into the possible purchase of Teraview Software, to utilize a Teranet express system or to retain the services of a Title Searcher, as a means to make it easier and more efficient to get information on landowners, potential landowners and properties through which the Rideau Trail passes. Jim explained these three different options with the costs involved, as well as the advantages and disadvantages of each. In his summary and the discussion that followed it was

evident for instance, that the purchase of software and a laptop computer would undoubtedly assist the Trail and Negotiation officers in the course of their tasks, but really is too costly to consider at the present time.

'Cameron Lot' Discussion: Some land is owned by the RTA in the Marlborough Forest, near Richmond. The shelter and other facilities were dismantled in the late 1980's after they were vandalized. Since then the property has been allowed to return to a natural state and it is seldom used for RTA hikes or activities. However, the Association continues to pay yearly taxes on the property. It was decided that we should investigate the possibility of transferring ownership of the property to the Rideau Valley Conservation Foundation.

Newsletter: **Steve Kelly** and **John Cornish**, our newsletter editors, were both in attendance. It is Steve's turn to produce the summer newsletter and he commented on the fact that he has been working with new software. We previewed the cover of the next issue, and Steve reminded us of the May 1st

Notes about End-to-End Hiking

Don Coulter reminds hikers who wish to obtain their E2E badge that it is best to maintain a record of the hikes. The following information should be included:

Date;

Description;

Map Ref. (eg. Map 08C to 07D);

Distance, and

Hike leader/your companion that day.

For the Kingston Sector badge, contact Doug Hayes 613-925-5872
hayesd@ripnet.com

Donations to the Rideau Trail Association

In memory of Sybil & F.L. (Peck) Peckover

Christine Bartlett-Hughes)

Bob & Wilma Chadwick

Robert Gordon

Joan Hughes

Edward Jezak

Juliet Milsome

Lynn Nolan & Lars Thompson

Dukke van der Werf

Cécyle Trépanier & Konrad Wolf

Nancy Young

Other Recent Donors

Irene Backholm

Walter Baker

John Bate

James & Judith Bates

Gale McGovern-Brush & Peter
Brush

Jim Cale

Linda Carter

Maria Castro

Bob & Wilma Chadwick (in
memory of Bob Renoy)

Ada Chambers

Linda J. Cornell

Gerry Dubrule

Greg Elliott

(Continued on page 15)

(Highlights continued)
submission deadline.

John Cornish presented a Reciprocal Hiking event idea for the Kingston and Ottawa Clubs which the Board found favourable.

Next Board Meeting: Saturday, July 25, 2015.

News from the Clubs

Ottawa Club BY DENISE HALL

The Ottawa's Club's AGM was held on April 10, 2015 at the Canterbury Community Centre in Ottawa. Four of the five vacant positions on the executive were filled. The club is still looking for someone to fill the Routes and Negotiations role. The Algonquin Eco-Lodge trip on Family Day Weekend was attended by 22 people, 16 of whom were RTA members. New hiking opportunities, i.e. the Accessible Hikes led by **Kathryn**

Fournier, the Nav Days offered by **Pauline Daling**, **Dick Stewart**, and **Cliff** and **Gloria Daly**, and **John Haley's** "Hikers At Play" are proving to be popular. **Ethel Archard**, one of our Ottawa members, recently had an excellent article published in the Healthwise Ottawa magazine entitled "Hiking on the Rideau Trail".

Central Club BY GILL HYLAND

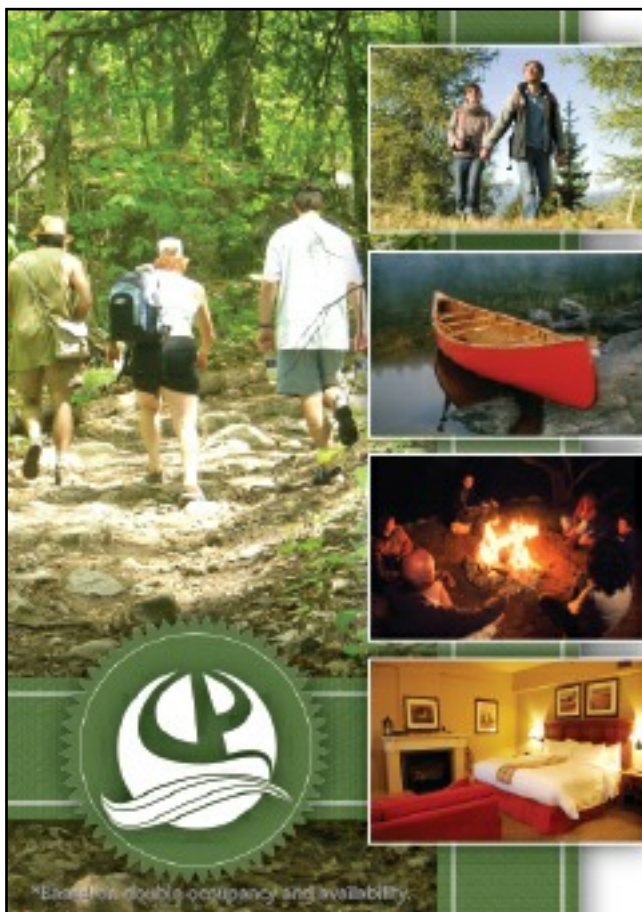
Thanks to **Dorothy Hudson** for her leadership as Club Chair. I hope to enjoy as much support as her successor. An extremely successful Open House was held this past March, featuring a slide presentation by **Jack Tannett**, who completed an End-to-End on the Rideau Trail last year. An estimated 70 people attended. Another membership recruitment activity was **Jim Ronson's** snowshoe clinic this past winter, which ran with 7 participants. A few new memberships resulted

from this initiative. A winter Family Snowshoe Hike was held on Feb. 7th. It was not nearly as successful as last year's winter event, but the Central Club is going to continue to offer it. Progress is slowly being made on the reroute to bypass CR 43 from Frizzell Road to Port Elmsley.

Kingston Club

BY SHAREN YAWORSKI

The Kingston AGM was held on Wed., April 22nd at the Ongwanada Resource Centre Auditorium. A record 40 people attended. A new Secretary and one of the two "Members at Large" were named to the Kingston Executive. **Bill Murdoch** said he would no longer look after the "End to End" hikes but **Jim Morrison** of Kingston and **Audrey Stewart** from Ottawa have stepped up to organize these hikes. Kingston's spring "End to End" hikes are going well.



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*Based on double occupancy and availability.

Central Club Activities - Summer 2015

What to Bring

Bring lunch, water, insect repellent, sunscreen and strong footwear. Come prepared for weather changes. Many events are 'rain or shine'.

Note

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 23).

Not Sure?

The Hike Leader will thank you for your questions, if you raise them a few days before the event.

Carpooling and Fees

Be at the meeting place at least 15 minutes before the stated departure time. 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.

Meeting Place

Unless otherwise specified, meet at 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 street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. GPS: 127 Smith Dr. K7H 0A3

E-Letter

Check the monthly E-Letter for updates and additional events, including short-notice hikes. To 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.

Awards

Walks/Hikes

Trail Business

June 13!

(PAGE 5)

Friends

Guest Speaker

Nature/History

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

Activities Calendar

Catarauqui Trail End-to-End

Starting in April, the Central Club is planning to walk the length of the Catarauqui Trail in a series of hikes ending in the fall. Each hike will require a car shuttle. For some of the hikes, gas amounts will be a little more to take into account the longer distances. More information about the trail: cataraquitrail.ca



Saturday, June 6 Catarauqui Trail #5

Level 2, 17.6 km, moderate pace. This is the longest, uninterrupted section we will be walking. There are no drop out points. We go from Indian Lake Road to Perth Road Village. Car shuttle.

Gas \$6 Meet at 9 am. Leader: Tom Pearcey tom.pearcey@yahoo.ca 613-284-1294

Saturday, June 13 RTA Annual General Meeting, Smiths Falls

See the notice on page 5. We hope to see lots of you out to learn more about your organization and meet members from the other clubs. There will be several hikes to choose from as part of the program.

Sunday, June 14 Frontenac Provincial Park - Slide Lake (Little loop)

Level 2, 14 km, moderate pace. Enjoy a walk through this wonderful wilderness. Gas \$5 Meet at 9 am. Leader: Nancy Gaudreau ndgaud@gmail.com 613-300-9532

Saturday, June 20 Canoe/kayak the Clyde River

Level 2, 12 km. Come and join us for the first paddle of the season. Bring Dad to celebrate Fathers' Day!! We'll go from Lanark Village to Kerr Lake and return. Don't forget safety equipment, life jacket, lunch and water. Meet at Conlon Farm at 9 am. Leaders: Howard and Mary Robinson hmrob@storm.ca 613-256-0817

Sunday, June 28 Rideau Trail - Foley Mountain to Narrows Lock

Level 1-2, 12 km, moderate pace. Start off in the conservation area then follow the trail along to picturesque Narrows Lock. Car shuttle. Gas \$3 Park fee. Meet at 9 am. Leader: David

Batchelor
dlhbatchelor@sussexsystems.ca 613-
264-1559

Sunday, July 5 Baird's Wood

Level 1, 4 km, easy pace. A great beginners' hike, so come and explore a hidden gem in Lanark County. The trail leads through different types of woodland, over a beaver flood and across a bridge which gives good views of the marsh. Afterwards, we'll go for lunch at The Lanark Landing restaurant. Please call Gill by June 30th if you are coming for lunch. Meet at 9 am, gas \$2, Leader: Gill Hyland, ghyland2@cogeco.ca 613-267-5756

Sunday, July 12 Tallow Rock Bay, Charleston Lake Provincial Park (note start time)

Level 2, 10 km, moderate pace. Enjoy the quiet of the more remote area of the park. We'll get an early start, so **meet at 8 am**. Gas \$6, park fee Leader: Sabine Jaekel 613-267-5390

Saturday, July 18 K & P trail

Level 1, 10 km, moderate pace. We'll walk from Bell Line Road towards Sharbot Lake. Car shuttle. Meet at 9 am. Gas \$4 Leaders: Peder Krogh and Maida Murray
pederkrogh5@gmail.com
613-456-6085

Saturday, July 25 Rideau Trail - Round Lake Loop

Level 2, 12 km, moderate pace. Starting at Lally Homestead, walk through Murphys Point Park and loop back to Round Lake for a refreshing swim. Meet at 9 am Gas \$2, park fee Leader: Nancy Gaudreau ndgaud@gmail.com 613-300-9532

Saturday, August 1 Come for a Paddle and a Party!

Level 1, 8 km, easy pace - ideal for beginners. As Elizabeth and David Allcock are celebrating their 50th year

of wedded bliss and of life in Canada, come and help celebrate with a paddle on Otty lake, followed by a barbecue lunch. If you need a

directly at the Allcock's at 239 Healy Drive, Perth, on Otty lake at 9.30 am. Please let me know if you need directions or if you need a lift. Contact David Allcock 613-796-3562 daveonottylake@gmail.com.

Landowner and Volunteer Appreciation

Saturday, September 19 Rideau Ferry Yacht Club Conservation Area The Central club recognizes the valuable contribution that our Landowners and Volunteers make to the organization. To express our thanks, there will be an appreciation BBQ held at the Rideau Ferry Conservation Area. We hope to see everyone there and get to know these important folk.

canoe or kayak, or a paddling partner, please let us know 3 days in advance, and we'll get you set up. Likewise, if you want to come for the barbecue, please give us 3 days warning. If you want to bring something, some salads, desserts or snacky things would be welcome, but absolutely no prezzies! Please meet

or drive if it's too hot. Gas \$5 Meet at 9 am. Leader: Yvonne Kennedy yvnkennedy@gmail.com. 613-267-9817

Sunday, August 16, Paddle the Mississippi River

Level 2, 12 km round trip. We will canoe/kayak on the Mississippi River from the bridge at County Rd. 15

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email: brownrabbitcabins@nf.aibn.com www.brownrabbit.nf.ca

upstream towards Playfairville and return. Bring your lunch, water, safety kit, life-jackets, etc. Meet at 9 a.m. at Conlon Farm, Perth. The trip will be cancelled in the event of inclement weather. Leaders: Howard and Mary Robinson, 613-256-0817
hmrob@storm.ca

Sunday, August 23 Family Hike and Activities Perth Wildlife Reserve



Kids, bring your parents and grandparents for an afternoon of getting up close to bugs and butterflies, turtles and frogs. Please wear closed toed shoes and a hat. Bringing water, bug spray, and sunscreen would be a good idea. Meet at the reserve at 1 pm. Vehicle fee \$6 Leader: Dorothy Hudson, 613-283-0332
dhudson9@cogeco.ca

Sunday, August 30 Rock Dunder and Jones Falls

Level 2, 6 km. Come and enjoy a perennial favourite. Take in the grand views from the summit and enjoy the

shady woods and rocky crags as you climb. Donations to the Rideau Waterway Land Trust would be appreciated to help with trail maintenance. Afterwards, visit Jones Falls to see the locks, blacksmith's forge and the dam. Of course, ice cream will be on offer at the snack shop. Meet at 9 am, gas \$5 Leader: Tom Pearcey
tom.pearcey@yahoo.ca 613-284-1294

Saturday, September 5 Paddle the Tay Canal

(meet at Last Duel Park)
Level 1, 12 km. Launch from the town docks at Last Duel Park and take a leisurely trip down the Tay Canal. See the tow path and wildlife area from the water. Meet at 9 am at the docks. Leader: Carol Richardson 613-264-7608
en660ca@yahoo.ca

Saturday, September 12 Ragged Chutes hike

Level 2-3, 12 km. moderate pace. Enjoy a wonderful trek along the river and through woodlands in a spectacular part of Lanark County. Gas \$5 Meet at 9 am Leader David

Allcock 613-706-3562
daveonottylake@gmail.com

Saturday, Sept. 19 Landowner and Volunteer Appreciation BBQ (rain date Sunday, September 20)

Meet at 12 noon at Rideau Ferry Yacht Club Conservation Area - 133 Yacht Club Road, (off County Road 1 between Perth and Lombardy) for a barbecue social to show the club's appreciation for the generosity of landowners who allow the Rideau Trail to pass over their land, and to all members who have helped in administration, hike leading, trail maintenance, etc. If you do not have a Conservation pass, there will be a \$6 fee per vehicle. Please RSVP to Yvonne by September 11 at 613-267-9817 or yvnkennedy@gmail.com

CT Saturday, September 26 Cataraqui Trail #6

Level 1, 11 km, moderate pace. Walk along the rail trail from Perth Road Village to Sydenham. Gas \$6 Meet at 9 am Leader: David Batchelor
dlhbatchelor@sussexsystems.ca 613-264-1559

Member's Corner

Fall End to End Hike-Help Wanted and Thank You

Many thanks to those who have offered rides and rooms for my through-hike this September. I'm still hoping to find a place to stay for four nights, when I reach the following:

Sept. 24: Upper Rock Lake (Opinicon Rd.)

Sept. 25: Bedford Mills

Sept. 27: Big Rideau North Shore Rd.

Sept. 28: Powers Rd. and Narrows Lock Rd.

Gloria Daly will drive me to the start in Kingston! Also volunteering to help are **Nancy Hunter** (Sydenham), **Hilary Armstrong** (Buck lake), **Barb Wilson** (Westport), **Anna Cornell** (Perth), and

Dorothy Hudson in Smith Falls. The **TLC B&B** (Richmond) has offered shuttle service from Roger Stevens Dr. I might get an extra night with some of these kind people if someone **could shuttle me to Westport or Perth.**

Thank you for your encouragement. Sue Smee suesmee@rogers.com
613-232-0704

Newsletters Wanted-I give them to potential members at impromptu displays. Finished with your paper RT Newsletter? Re-use before recycle: give it/them to your Executive, who will get them to me. Jim Fox <jimfox266@hotmail.com>

Central Club Executive

Chair: Gill Hyland

Past Chair: Dorothy Hudson
(club rep)

Vice Chair: vacant

Secretary: Nancy Gaudreau

Treasurer: Joy Webster

Trail Maintenance: Jack Tannett
and Peder Krogh

Routes and Negotiations:
David Allcock

Activities: Hike Planning
Committee

Publicity: Mary Robinson

Social Convener: Yvonne
Kennedy

Kingston Club Activities - Summer 2015

What to Bring

Bring lunch, water, insect repellent, sunscreen and strong footwear. Come prepared for weather changes. Many events are 'rain or shine'.

Note

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 23).

Not Sure?

The Hike Leader will thank you for your questions, if you raise them a few days before the event.

Carpooling and Fees

Be at the meeting place at least 10 minutes before the stated departure time. 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.

Meeting Place

Unless stated otherwise, the meeting place is the Canadian Tire parking lot, along Bath Road, towards the gas station.

Info for Leaders

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator. After the event, please send them to the Coordinator: **Lorna Deyo** 613-536-5567 lornadeyo@yahoo.ca 148 Stephen St. Kingston ON K7K 2C7

E-Letter

Check the monthly E-Letter for updates and additional events, including short-notice hikes. To 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.

Awards	Walks/Hikes	Trail Business
	June 13! (PAGE 5)	
Friends	Guest Speaker	Nature/History

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 about the walks call John Beck, 613-544-6119.

Activities Calendar

Thursday June 4 Butternut Creek and Greenwood Paths

Level 1, easy pace, 6 km. circular walk. Depart from CT at 6:30 pm. Gas \$2, or meet at east end of Innovation Drive off Hwy 15 at soccer fields parking lot at 7 pm. Tim Horton's is nearby after hike. Leader: Bob Chadwick 613 544 9222

Road at 9 am. Volunteers will return drivers to Unity Rd at end of hike. RT Maps 01/02. Leader: Sharen Yaworski 613 544 6022

Sunday June 14 Bath Waterfront and Historic Sites

Level 1, easy pace, 6 km. round trip. Lunch opportunity in Village. Depart from CT at 9:30 am. Gas \$3, or meet at the pavilion parking lot by the lake on Hwy 33 at the far western end of Bath village at 10:00 am. Leader: Bob Chadwick 613 544 9222

Saturday, June 20

Memorial hike in honour of Sybil and Peck Peckover

Wednesday June 10 Big Salmon Lake

Level 2/3, moderate pace, 19 km. Hike Ann's favourite around Big Salmon Lake taking in the highs and the lows. Depart CT 9 am. Gas \$4 plus share of park fee. Leader: Ann Wilson 613 531 9873

Tuesday June 16 Kingsford Dam to the Frontenac Park Office

Level 2-3, fast pace, 15.5 km. Head south from Kingsford Dam along the shores and dramatic headlands of Kingsford and Buck Lakes, across the top of Arkon and down through the



Sat. June 6 End-to-End #9 Unity Road to City Hall

Level 2-3, moderate pace, 22.3 km. Hike the K&P Trail and the Trail though the city to the City Hall Trailhead, followed by dinner and presentation of Badges. Meet at Unity

wildlife-rich lowlands of the Park's western boundary. Depart CT at 8:30 am. Gas to the Dam \$5 plus shared park fee. Leaders: Nancy Hunter 613 372 2157 nancynelles@gmail.com and Lynn Esau 343 363 0384 esaulynn@gmail.com

Thursday June 18 Paterson Park and Everitt Park

Level 1, easy pace, 4 km. Explore the lakeside parks and the lakeside roadways between. Depart from CT at 6:30 pm. or meet at Patterson Park parking on left side of Sunnyacres Road (south off Front Road near Days Road), 50 metres before the Lake at 6:45 pm. Gas \$2. Leader: Bob Chadwick 613 544 9222

Sunday June 21 Cycle Wolfe Island

30 km. cycle at a moderate pace. Cycle down to the end of the island where we will have lunch overlooking the Thousand Islands. Possible swim stop. Ice cream when we get back. Meet for the 9:30 am. ferry. Bring sunscreen and lots of water. Leader: Pat Casey 613 385 2356

Sunday June 21 Battersea Village and Dog Lake

Celebrating the First Day of Summer and Fathers' Day

Level 1, easy pace, 6 km. following lane from historic village to historic lake, visiting sandy beach and lakeside woodland park with chance to swim at beach and dine in village. Depart CT at 9:30 am. Gas \$3, or meet at the Creekside Inn in the centre of Battersea at 10.00 am. Leader: Bob Chadwick 613 544 9222

Saturday June 20 Rock Dunder

Level 2, moderate pace, 8 km. This will be a happy memorial hike in honour of **Sybil and Peck Peckover** who were so fond of this trail. 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. Families welcome! Depart 9 am. Gas \$5 Leader: Stan Huff 613 548 3003

Sunday June 28 Howe Island Cycle

Enjoy a moderate pace cycle for about 25 km. on Howe Island. Bring lunch and water. Meet at the Howe Island Ferry for 9:30 am. departure. Leader: Audrey Sanger 613 384 6244

Tuesday June 30, Flag Pole Hill

Level 3, fast pace, 15 km. From the Park Office, dash along the woodland Rideau Trail and up through the rock barrens to Flagpole Hill, the Park's highest point, with

magnificent 360 degree vistas. Depart CT at 8:30 am. Gas \$4 plus shared park fee. Leaders: Nancy Hunter 613 372 2157 nancynelles@gmail.com and Miu Lam 613-544-6201 ymiu.lam@gmail.com

Saturday July 4 Marble Rock Blue Loops

Level 2-3, moderate pace, 12 km. Forest, rocks, cliffs and glens: the Queen of the Frontenac Arch. Some good-sized hills make this interesting terrain with lots of great lookouts. Depart CT at 9 am. Gas \$4 (If you can meet the group for the leader, please call!) Leader: John Cornish 613 382 4778

Sunday July 5 Cycle Amherst Island

This is a pleasant, moderate cycle on Amherst Island for about 25 km. Bring lunch and lots of water. Come prepared for a possible swim stop and ice cream/pie stop in the village of Stella. Meet at Ferry Dock for 9:30 am. \$1.50/bike. Leader: Audrey Sanger 613 384 6244

Wednesday July 8 Gould Lake Roundabout

Level 2, moderate pace, ~12 km. Enjoy the East Side Trails with ups and downs and beautiful vistas of the

On April 22, the Kingston Club held its AGM. This is a time when the culmination of a year's work is reported by the Executive. Just about everyone present that evening has volunteered in some way over the years. Their contributions include hammering nails, clearing trails, writing reports, producing the newsletter, haring around town with brochures, taking minutes, meeting, greeting, balancing the books, tabulating statistics, catering, washing dishes or sagely advising to keep us on track. The club is fuelled by volunteer labour. In Kingston, we

have 88 active volunteers collectively donating 1,000 hours of time each year. They keep hikes interesting, trails and bridges safe, keep our partnerships with land owners open and organize parties to celebrate all that we are.

This year it is our pleasure to honour and say thank you to all Special Event Volunteers who have helped out in so many ways throughout the years.

SUBMITTED BY, LINDA LINE, SPECIAL EVENTS COORDINATOR

Salute to the Rideau Trail Volunteers

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PERU & MACHU PICCHU

September 12 to 25, 2015

Spend a week exploring the Sacred Valley of the Incas by hiking through the famed salt pans of Maras, the ancient ruins of Pisac, and trekking high up into the Urubamba mountain range. Then that all important day arrives when we hike into Machu Picchu – rounding the corner of the Sun Gate and seeing Machu Picchu with your own eyes will give you goose bumps.

**Do not to delay in making your reservation.
Inca permits must be booked now to ensure we get into Machu Picchu on our desired date!**

From the Sacred Valley, we then journey south to Lake Titicaca for hikes on Uros, Amantani and Taquile islands.

PATAGONIA

March 5 to 18, 2016

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 floating in the water, and the famed hike up to "The Towers".

In Argentina, travel to El Chalten and El Calafate for hikes in Los Glaciares National Park, designated as 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 concludes in the cosmopolitan city of Buenos Aires.

OPEN HOUSE

See photos, hear commentary, learn about new and exciting adventures, and maybe even win a door prize!

Sunday, August 30th at 3:30 pm

Crescent School Auditorium

2365 Bayview Ave, Toronto

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Machu Picchu • Turkey • New Zealand
Japan • Camino de Santiago

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ACTUAL TRIPS –**

you may even recognize yourself in one of them!

TICO # 50018498

The previous posting of this advertisement was incorrect. Apologies to all - ed.

(Kingston Calendar)

surrounding terrain. Depart CT 9 am.
Gas \$3 plus park fee. Leader: Ann
Wilson 613 531 9873

Saturday July 11 8th Annual 'Slide 'n Swim' Hike- Slide Lake Frontenac Park

Level 2, moderate pace, 14.6 km.
Recreational hike from 6767 Perth Rd to West Slide Junction and clockwise around Slide Lake. Bug-free lunch and optional swim in Buck Lake at the waterfalls. Depart at 8:30 am. Gas \$4
Leaders: Gunhild Karius
karius1@cogeco.ca or Bill Ottney 613 858 3183

Saturday July 18 Frontenac Park, Flag Pole Hill

Level 3, moderate pace, 15 km. Hike from the Trail Centre to the hill and back. Scenic views along the way but especially at the top of the hill. Hiking

shoes or boots essential. Bring lunch, water, bug spray and swim gear.
Depart CT at 9 am. Gas \$4 plus park fee. Leader: Stan Huff 613 548 3003

Saturday July 25 Clean Up Day

Level 1, slow pace, 7.2 km. RT Map #01. Join a fun group and return a favour to the City. We will be doing clean-up work along the Rideau Trail waterfront section from the old trailhead to city hall. Bring water, work gloves, lunch, and be prepared for a possible refreshment stop.
Meet at the old trailhead on King St. West at 9:30 am. Shuttle. Leader: Jim Lorimer 613 305 2849

Bring your passport.

Sunday July 26 Cycle Wolfe Island to Tibbit's Light House

Cycle, lunch at the light house.
Return by a different route. After

lunch we will cycle to a sandy beach where we will have a swim stop. Ice cream stop when we get back to Cape Vincent. Meet for the 9:30 am. ferry. There is a small ferry fee to go to the states of \$2.50 each way. Distance: 40 km. Leader: Pat Casey 613 386 2356

Saturday August 8 The Gananoque Trail

Level 1 tour including woodland hiking, river views and some intimate town perspectives with a native son. Tim Horton's lunch then a swim at the beach. Moderate pace, 12 km. Gas \$4. Depart 9 am. (If you can meet the group for the leader, please call!)
Leader: John Cornish 613 382 4778

Wednesday August 12 Slide Lake Loop

Level 3, moderate pace, 14 km. Hike one of the most beautiful trails in Frontenac Park from Perth Road. Be prepared for up to 6 hours of hiking in

challenging terrain. Depart CT at 9 am. Gas \$3. Leader: Ann Wilson 613 531 9873

Sunday August 16 Picton Cycle

Cycle around Picton for 40 km. with a swim stop on the way back. Ice cream stop in Bath. Moderate pace. Meet at Glenora to depart on 9:30 am. ferry. Leader: Pat Casey 613 385 2356

Thursday August 20 Ride the Rails

Level 1, cycling, easy pace, about 10 km. Enjoy an evening ride on the Kick and Push (K&P) also known as the Kingston Pembroke Railway. Meet at Sydenham Road/K&P Trail just south of the 401 for a 6 pm. departure. Leader: Elgin Bock 613 389 4216

Sunday August 23 Summer's Eve Dinner Party

Gather to enjoy the magnificent setting while dining on the patio of the Glen Lawrence Golf Club. New members and friends welcome. Meeting Time: 5 pm, 2022 Hwy 2 E Reservations: Linda Line, 613-531-4353.

Saturday August 29 Rideau and Cataraqui Trail Bike or Hike

Level 2 bike or Level 1 hike. Destination Chaffey's Lock Community Centre for hot lunch then return. Bike-meet 10 am. north of Perth Road Village at Cataraqui Trail intersection.

Hike- meet 10 am. at Cataraqui Trail intersection Hwy #15 north of Elgin. Phone leader for details. Leader: Don Coulter 613 542 9998 coulter.dm@sympatico.ca

Saturday Sept 5 Lindsay Lake Loop Hike from Upper Rock Lake

Level 3, moderate pace, 15 km. Rugged and scenic with bush-whacking. Good workout. Hiking shoes or boots essential. Swim and lunch at Long Lake. Bring lunch, water, bug spray, camera, and swim gear. Ice cream stop on return trip. Depart at 9 am. Gas \$4. RT Map 06. Leader Stan Huff 613 548 3003

Sunday Sept 6 Blue Mountain

Level 2, moderate pace, 9 km. Enjoy the south side of Charleston Lake Prov. Park without having to pay a fee. Lunch at the summit. Depart CT at 9 am. Gas \$5 Leader: Ray Wilson 613 382 7189

Wednesday Sept 9 Frontenac Challenge Big Salmon Lake

Level 2, moderate pace, 19 km. Circumnavigate Big Salmon Lake. Lunch up high, overlooking the lake. Depart CT 9 am. Gas \$4 plus park fee. Leader: Ann Wilson 613 531 9873

Saturday Sept 12 Frontenac Challenge Arkon, Doe and Arab

Level 2, moderate pace, 17 km in all. Chance to get 1, 2, or 3 Challenge hikes completed for 2015. Depart CT 8:30 am. Gas \$4 plus park fee. Leader: Audrey Sanger 613 384 6244

Sunday Sept 13 Frontenac Challenge Cedar Lake Loop

Level 2, moderate pace, 15 km. Hike the hills and dales of the Cedar Lake Loop taking in the vistas of lakes and ponds and balance on the many bridges. Depart CT 8:30 am. Gas \$4 plus park fee. Leader: Sharen Yaworski 613 544 6022

Kingston Club Executive

Chair: Sharen Yaworski

Past Chair: Don Coulter

Vice Chair (Board Rep.): Doug Hayes

Secretary: Corinne Harrison

Treasurer: Lynn Esau

Outings: Peter Burbidge

Publicity and Communications:

Lynn Nolan, Lars Thompson

Construction: Jim Lorimer

Maintenance: Stan Huff

Special Events: Linda Line

Human Resources: Lorna Deyo

Member at large #1: Bill Ottney

Member at large # 2: vacant

Donations to the Rideau Trail Association

(Continued from page 7)

Karena Franks

Dr. Karen B. Frederickson

Sandy Freeman

Donald A. Grant

Gwyn & Loretta Griffith

Verena Hammerli

Andrew Hannah

Bert Horwood

Tom & Sandi Howell-Solc

Mr. Ronald Douglas Hughes

Bruce Hutchinson

Garry & Lois James

Bert Jenkins

Elsie Keates

Tom Kemeny

Dr. Terry L. Kinnear

Brian LaDuke

Jennie Chan & Miu Lam

Marjory MacMartin

Virginia Merritt

Walter Kalbfleisch & Janet

Murphy

Sheila Needham (in memory of John Needham)

Pauline Pelletier

Beth Peterkin

Maureen Plunkett

Brenda Ryan

Gloria Seeley

Sylvia Shortliffe

Nancy Spencer

Linda & Bruce Sterling

Robert & Morag Van Tongerloo

Helene & Bill Wilmart-Collard

Allan Gordon & Nicoleta

Woinarosky

Ottawa Club Activities - Summer 2015

What to Bring

Bring lunch, water, insect repellent, sunscreen and strong footwear. Come prepared for weather changes. Many events are 'rain or shine'.

Note

Hiking boots are recommended for events rated at Level 2 or higher. A **high level of fitness** and experience are required for Level 3 outings.

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 23).

Not Sure?

The Hike Leader will thank you for your questions, if you raise them a few days before the event. For general information about the Ottawa Club call 613-860-2225.

Gatineau Park outings keep the **emergency number** handy: 613-239-5353.

Carpooling and Fees

Be at the meeting place at least 10 minutes before the stated departure time. 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. Additional drivers may be needed for **accessible hikes**. If you are available to drive, please call the leader in advance of the hike.

Meeting Place

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 Avenue.

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.

Info for Leaders

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator. After the event, please send them to the Coordinator:

Tony Barnes, fellwalkerca@gmail.com, 613-828-1216

E-Letter

Check the monthly E-Letter for updates and additional events, including short-notice hikes. The Club also offers a weekly e-Notice. To 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.

Regular Activities

These activities take place on a regular basis, whether they are scheduled or not. For example, the Club meets every Wednesday. The nature of the event changes according to the demands and limitations of the season.

The people mentioned as coordinator/contacts will provide more detailed information about the activities.

Moonlighters - Every Tuesday evening (April to August) there will be a short hike in Gatineau Park. Meet at Tunney's Pasture at 5:45 pm for a prompt 6 pm departure. Hikes last until sunset. The hikes are level 1 or 2 at approximately 4 km per hour. There may be some hilly, rough or wet terrain. The details of the scheduled hikes are in the Activities Calendar. 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. Coordinators: **Hazel Miller**, 613-232-6558, and Dora **Ashiq**, 613-792-4966.

Urban Walks - Every Tuesday evening from Labour Day to the end of October, there will be an Ottawa urban walk. There may be a refreshment stop after the walk for those who are interested. Note: Meet at the starting point of the hike, as described in the Activities Calendar, to depart at 6 pm. Coordinator: **Pat Archer**, 613-565-6149.

Wednesday Walkers - Level 2 and 3 impromptu all-day events 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

Activities Calendar - Ottawa

Tuesday Moonlighters June 2 P12 to Western Lodge

Sunset 8:44, Level 2 - 8 km. (steep hills) Leader: Lena Creedy 613-789-1657

Saturday June 6 Doors Open Ottawa

Level 1. Explore a few of the city's historically, culturally, and functionally significant buildings in the Hintonburg area. Bring a lunch or plan to grab a bite at one of the eating places along the way. Depart from Tunney's Pasture at 10 am. Leader: Ethel Archard, 613-592-7733
ethel.archard@sympatico.ca

Sunday June 7 Walk From Kanata To Stittsville Plus Visit to 'Arts in the Park' Exhibition

Level 1 - Have a leisurely walk approx. 10 km along the railway bed from Kanata to Stittsville. Once in Stittsville, we will then have the opportunity to view the 'Arts in the Park' exhibition in the Village Square Park. Bring a lunch. Meet at Baseline Park and Ride at 10:30 am. Leader: Maureen Dawson, 613-226-3864
Maureen.Dawson@rogers.com

Tuesday Moonlighters June 9 P16 to Healey

Sunset 8:49, Level 2 - 10 km. Leader: Trudy Stephen 613-828-9313

Tuesday Moonlighters June 16 Trail 8 to Keogan return via Ridge Road

Sunset 8:53, P7, Level 2 - 11 km. Leaders: Gloria and Cliff Daly 613-224-4413

Sunday June 21 Mer Bleue Area

Level 1, 6 - 8 km., brisk pace. From P5, we will explore loops on trail 23. Meet at Tunney's Pasture at 1 p.m. Leader: Kathryn Fournier 613-248-0006

Tuesday Moonlighters June 23 Wolf Trail from P13

Sunset 8:55, Level 2 - 10 km. Leader: Dora Ashiq 613-792-4966

Saturday June 27 King Mountain

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

June 13 (page 5)

Tuesday Moonlighters June 30 Pink Lake to Mackenzie King Estate

Sunset 8:55, Level 2, 7 km, gas \$3, Leader: Hazel Miller 613-232-6558

Saturday July 4 Gatineau Park, Étienne Brûlé Lookout

Level 2 at a leisurely pace on well-marked trails, 8 km, 3 hours. On Burma Road (trail 3), trail 28 to the Ramparts Lookout, trails 21, 18 and 2 to Western cabin for lunch, and back on trails 9 and 3. Bring lunch and water. Wear good boots. Depart from Tunney's Pasture at 9:30 a.m. Gas \$3. Leader: Jean Gauthier 613-422-3997 jrgauth@teksavvy.com; co-leader Diane Clarkson 613-830-7908 kwclarkson@rogers.com

Sunday July 5 Accessible hike around Lac Leamy

From main parking lot, about 3 km at a slow pace, snack and rest time at picnic tables. Gas \$3. Depart from Tunney's Pasture at 1 p.m. Leader: Kathryn Fournier 613-248-0006.

Tuesday Moonlighters July 7 Ramparts from Étienne Brûlé

Sunset 8:53, Level 2, 9 km., gas \$4, leader to be announced.

Saturday July 11 Lusk Lake Loop

Level 2, about 10 km. From the parking lot at Parent Beach, Lac Philippe, we hike to Smith Beach, with one tricky descent over a steep rock. At Smith Beach we turn right, into the woods, and continue on Trail 54 - a gentle climb, then fairly level to Lusk Lake. Generally not difficult but there may be a few flooded areas to get around. Lunch and a swim at the lake. Return by walking the wider Trail 54 back to the parking lot. Bring lunch and water. Depart from Tunney's Pasture at 9:30 a.m. Gas: \$4.00. Leader: Grace Hyam 613-829-7252 dr003@ncf.ca (IMPORTANT: There is a fee for parking at Lac Philippe. You will be notified of the exact amount before the hike.)

Tuesday Moonlighters July 14 P12 to Western

Sunset 8:48, Level 2, 8 km., optional Meech Lake swim to follow hike gas \$4, Leaders: Carole Hamilton 613-224-7778 and Paul Emile Chiasson 613-230-8800

Saturday July 18 Gatineau Park, Meech Lake

Level 1 at a leisurely pace on well-marked roads and trails with gentle incline; approximately 6 km from P16 on trails 50 (Pine Road) and 36 to MacDonald Bay for a leisurely lunch and swim in Meech Lake (about 45 minutes). Bring lunch and water. Depart from Tunney's Pasture at 10:00 a.m. Gas \$4. Leader: Diane Clarkson 613-830-7908 kwclarkson@rogers.com co-leader Jean Gauthier 613-422-3997 jrgauth@teksavvy.com

Saturday July 18 Gatineau Park, Clear Lake

Level 2 with several off-trail segments, 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 (that's the 12 km), but we will aim to be together for lunch and a swim in beautiful Clear Lake. Plan for a long day. Meet at Tunney's Pasture no later than 8:45 to depart at 9 am. Gas \$5. Leader: Ann Bolster, 613-828-5131
ann_bolster@hotmail.com)

Tuesday Moonlighters July 21 P7 to Black Lake

Sunset 8:43, Level 2, 7 km., gas \$3, Leader: Pat Archer, 613-565-6149

Saturday July 25 Westboro Beach Dinner Hike

Level 1, about 7 km round trip. Hike from Tunney's Pasture to Westboro Beach and return after a picnic supper. Bring finger food (cheese, fruit, nuts, wraps or whatever you think suitable) to share, plus your own fluids and utensils. Meet at Tunney's

Pasture at 4 pm. Leader: Marilyn Schwartz, 613-828-4488
marilyn_sch1970@yahoo.ca

Tuesday Moonlighters July 28 Fortune Valley from Keogan Parking Lot

Sunset 8:36, Level 2, 8 km., gas \$3, Leaders: Jane Mercier and Bernie Poirier 613-692-3874

Saturday August 1 Petrie Island

Level 1, 6 km on flat terrain and at a leisurely pace from Place Orleans Park & Ride to Petrie Island. Lunch and a swim at the beach (about 45 minutes). Meet at the Place Orleans Park & Ride north of the 417. If coming by bus 95, get off at Place Orleans cross (walkway) the highway to the Park & Ride station. Depart at 10:30 a.m. Bring lunch and water or buy at the beach. Leader: Diane Clarkson 613 830 7908

kwclarkson@rogers.com; co-leader Jean Gauthier 613-422-3997
jrrgauth@teksavvy.com

Saturday August 1 Rideau Trail

Level 2, 15 km, moderate pace, from Mackler Side Road to Perth. Car shuttle. Gas contribution \$8. Departs from Baseline Park & Ride at 09:00.

Leader: John Haley 613-225-0590

Sunday August 2 Hikers at Play #6 - Perth

A Level 1-2 hike, about 8 km on the Rideau Trail from Perth by the Tay Canal and back to the Full Circle Theatre for the play "The Merchant of Venice" at 13:30. Tickets: 1-613-267-1884 or pay cash at the door. See www.barndoorproductions.ca for more information. Gas \$8. Departs from Baseline Park & Ride at 09:00. Leader: John Haley 613-225-0590

Monday, August 3 Manitou Mountain, Calabogie

A Level 3 hike, pace and distance will depend on weather conditions, but expect lots of ups and downs. Gas contribution \$9. Departs from Tunney's Pasture at 09:00.

Leader: John Haley 613-225-0590

Tuesday Moonlighters Aug. 4 P15 to Brown Lake

Sunset 8:26, Level 2, 7 km., optional swim, gas \$4 Leader: Dora Ashiq 613-792-4966

Saturday August 8 Lime Kiln Blue Loop

Level 1, 8-10 km. on flat terrain through woods and fields. From P11 we will take the blue loop across Moodie Drive and then pass the Wild Bird Care Centre. We will follow the wooded trails in Stony Swamp to the Lime Kiln, cross Moodie again to the Jack Pine trail and follow trail 26 back to the parking lot. Bring water, lunch and bug spray. Be at the Baseline Park & Ride at 9:15 for a 9:30 am departure. Gas \$2. Leader: Grace

SKYLINE HIKERS OF THE CANADIAN ROCKIES

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2015 Base Camp Location: Palliser Pass in Banff National Park. *Camp fee is \$1,035 per person, per camp, and includes return bus transportation from Banff to trailhead, tent accommodation with stove heat, wholesome meals, hot water, camp staff, guided day hikes and evening campfire program.*

2015 Camp dates:

Camp # 1 July 13 to July 18
Camp # 2 July 20 to July 25
Camp # 3 July 27 to August 1
Camp # 4 August 3 to August 8
Camp # 5 August 10 to August 15

For information & free brochure contact:

1-866-445-3774

e-mail: registrar@skylinehikers.ca

website: www.skylinehikers.ca



Strachan 613-721-1421 or
gstrachan99@bell.net.

**Sunday August 9 Accessible Hike
along Mer Bleue boardwalk**

2 km at a slow pace. Snack and rest
at picnic area. Gas \$3. Depart from
Tunney's Pasture at 1 p.m. Leader:
Kathryn Fournier 613-248-0006

**Tuesday Moonlighters Aug. 11
Capucin Chapel from P11**

Sunset 8:17, Level 1, 7 km., gas \$3,
Leader: Dora Ashiq 613-792-4966

**Saturday August 15 Gatineau Park,
Meech Lake**

Easy Level 2 on trail 36 from P10 and
back at a leisurely pace on well-
marked trails with lunch and swim in
Meech Lake (about 45 minutes). Visit
to the Carbide Willson ruins. Possible
visit to Capucin chapel and the Hope
House. Depart from Tunney's Pasture
at 9:30 a.m. Gas \$3. Leader: Jean
Gauthier 613-422-3997
jrgauth@teksavvy.com; co-leader
Diane Clarkson 613 830 7908
kwclarkson@rogers.com

**Tuesday Moonlighters Aug. 18
Info Centre at Chelsea**

Sunset 8:06, Level 1, 5 km., gas \$3,
Leader: Pat Archer 613-565-6149

**Saturday August 22 Gatineau Park,
Carman and Brown Lakes**

Level 2, 10 to 12 km. We will hike
from P17 into Brown Lake then follow
snowshoe trail 72 with a lunch stop
looking over Carman Lake. However,
if the day is very hot this could be
changed to a swim hike so watch for
the weekly e-notice. Meet at Tunney's
Pasture no later than 9:15 to depart at
9:30 am. Gas \$4. Leader: Grace
Strachan, 613-721-1421
gstrachan99@bell.net

**Tuesday Moonlighters Aug. 25 P2
Mont-Bleu to Asticou**

Sunset 7:54, Level 1, 7 km on trails
26 and 5, gas \$2, Leader: Hazel
Miller 613-232-6558

**Saturday Aug. 29 Gatineau Park,
Lac Racine**

Level 2 at a leisurely pace, 7 km on
old gravel road with some climbing
and bushwhacking. Ramsay Lake to
Lac Racine and back on trail 56.
Outdoor lunch and swim at Lac
Racine (about 45 minutes). Bring
lunch and water. Depart from
Tunney's Pasture at 9:30 a.m. Gas
\$4. Leader: Jean Gauthier 613-422-
3997 jrgauth@teksavvy.com; co-
leader Diane Clarkson 613-830-7908
kwclarkson@rogers.com

Sunday August 30, Shirley's Bay

Level 1, 11 km. Parts of this trail are
paved and the rest is through forest
and fields or small bush. The starting
point for this hike is at Moodie Drive
and Corkstown Road. Pack a snack.
Meet at Moodie and Corkstown Road to
depart at 1 pm. Nearby is the
Queensway and OC Transpo stops
for the #96 bus going west and east.
Leader: Maureen Dawson 613-226-
3864
Maureen.Dawson@rogers.com

**Tuesday Moonlighters Sept. 1
End of Season Dinner**

Restaurant to be announced. Leader:
Joan Evans 613-736-1527

**Saturday September 5 Ottawa
River Walk**

Level 1, approx. 12 km. Enjoy a
scenic section of the Rideau Trail
along the Ottawa River from
Andrew Hayden Park, passing by
Britannia Park, Mud Lake, Westboro
Beach and the John Ceprano Rock
Sculptures and ending at Tunney's
Pasture. Bring your lunch. Depart
from Tunney's Pasture at 10 am.
Gas \$2. Leader: Ethel Archard 613-
592-7733
ethel.archard@sympatico.ca

Urban Walk Sept. 8 Leamy Lake

Meet in parking lot at "east end" of
Jacques Cartier Park (end of Laurier
St. at Dussault St.), to depart at 6 pm.
Coordinator: Pat Archer, 613-565-
6149.

**Saturday Sept. 12 Gatineau Park,
Champlain Lookout**

Easy Level 2 at a leisurely pace on
trails 1, 1b, 9 and 2 from Huron parking
and back with a side trip to Champlain
Lookout. On well-marked gravel roads
and trails with lunch at Western cabin,
8 km, 3 hours. Bring lunch and water.
Depart from Tunney's Pasture at 9:30
a.m. Gas \$3 Leader: Jean Gauthier
613-422-3997 jrgauth@teksavvy.com;
co-leader Diane Clarkson 613-830-
7908 kwclarkson@rogers.com

**Sunday September 13 Accessible
Hike along the Rideau River**

3-4 km, slow pace, starting at Bank
and Riverside and exploring both sides
of Bank Street with a rest stop at a
picnic area. Depart from Tunney's
Pasture at 1 p.m. Gas: \$2. Leader:
Kathryn Fournier 613-248-0006.

**Urban Walk September 15 Hog's
Back/Vincent Massey Park/Ottawa
South**

Meet at RA Centre parking lot (near
Riverside Drive/Bronson Ave.), to
depart at 6 pm. Coordinator: Pat
Archer, 613-565-6149.

**Ottawa Club
Executive**

Chair: Denise Hall
Past Chair: Sheila Parry
Club Representative: Graham
Creedy
Vice Chair: Sandy Freeman
Secretary: Dawn Carrick
Treasurer: Ron Hunt
Trail Maintenance: Ron Arsenault
Routes and Negotiations: Jim Fox
Activities: Tony Barnes
Publicity: Theresa Quenneville

Northern Twilight

My Trip to the Western Arctic - July 2014

BY IRMGARD STEGNER

As I sat in the plane from Vancouver to Whitehorse I relished the thought that, finally another dream was coming true! Ever since my former Anthropology professor instilled in me an interest in the Arctic, I longed to see it.

Whitehorse is a sub-Arctic town of 25,000. My B&B there was cozy, charming, and it was once the dwelling of no less an adventurer and gold-digger than Sam McGee.

From there I flew to Dawson City, an enchanting place with the atmosphere of the Klondike Gold Rush still in the air. It was absolutely delightful to stroll through town just before midnight, and see the sun still up.

Next morning, after a sumptuous breakfast, my tour to the Arctic

Ocean began. I joined another solo traveler and a couple that had driven from Ontario. With Olav, our tour-guide and driver, we set out on the 800 km journey to Inuvik, along the Dempster Highway.

This spectacular road is insulated with a gravel pad of up to 2.4 m to protect the permafrost. Olav's van was spacious and comfortable. Packed lunches, even fresh fruit (a Northern luxury), were kept in the van's cooler. As for Olav himself, he proved to be a most knowledgeable and pleasant guide. So along the way he entertained us with his accounts of encounters of the Territories' wildlife. This is a wild and mostly untouched country!

After a comfortable night in the Eagle Plains hotel, we continued towards the Arctic Circle. Just off

the road, a large moose bathed in a pond, diving its large head down to find its favourite meal. Further down the highway we spotted two more moose in the brush. Then we stopped to watch a herd of Dall sheep in their beautiful white coats and large, brown horns. Shortly after crossing the border into the NWT, smoke rose out of the forest from small forest fire was simply left to burn itself out.

Just outside Inuvik, Olav turned off the Dempster towards the Arctic Chalet, our final destination. A friendly welcome by Olav's wife Judi was accompanied by the barks and howls of huskies in the Chalet's large kennels.

A visit to Tuktoyaktuk on the Arctic coast was next. The short flight featured a most spectacular view from the Cessna: the whole Mackenzie Delta spread out below us. It was a scene of breathtaking natural beauty.

Arriving in Tuk, we were greeted by our guide Elaine, who showed us this community of 900 Inuit souls. At her house, she and her husband proudly showed us their hunting tools and pelts. Then Elaine served us a tasty meal of caribou soup with noodles, plates of dried or smoked whitefish, buffalo, and musk-ox meat.

Back in Inuvik, Olav showed us the town's greenhouses and other sights. The 'Igloo Church' of Our Lady of Victory is surely the most prominent building, brilliantly white on the outside, and beautifully decorated on the inside by Inuit and Indian artists.

Going Somewhere?

No doubt you've heard the question, and maybe you've asked it yourself, "Are you going somewhere this year?" Here's a sample of what's been heard when Rideau Trail people answered:

Algonquin Park
Beaver Valley (Bruce Trail)
Cottage
Biking: Ottawa to Newfoundland
East Coast Trail, NL
Les Iles de Madelaine
Newfoundland
Northern Quebec
Nunavut
Heli-hiking, BC
P.E.I.
Point Pelee
Vancouver

Appalachian Trail
Arizona

California
El Camino de Santiago, Spain
Cape Cod
Croatia
England
Florida
Biking in France
Galapagos
Germany
Greece
Kerry, Ireland
Patagonia
Scotland
San Francisco
Wales
Wicklow Way, Ireland
White Mountains, NH

How did YOUR trip go? Tell us about it. Help with the writing is available, but it doesn't take much. Many of us are informed and entertained by accounts of people's journeys.

EDITOR STEVE



Scenery along the Dempster Highway. Purple arctic plants and cotton grass grow in abundance everywhere.

The author 'enjoys' a summer dip in the (Arctic) Ocean.



Hiking near Inuvik, on a trail with some of the thickest and softest layers of moss I had ever felt under my boots. Once we reached the top of the hill, Campbell Lake with the Campbell Mountains behind, spread out to provide a most spectacular view!

These twilight days in the Western Arctic have made me eager to experience the Eastern Arctic too. The vastness and stillness of the North put a spell over any visitor. I can barely wait!

Afterword: This was not primarily a hiking trip, but after nearly three years of research, I learned that organized hiking tours in Canada's North were virtually non-existent.

STORY AND PHOTOS BY IRMA STEGNER (istegner@rogers.com)

Recommended reading:

The Silence of the North, by Olive A. Fredrickson (1972)

The Howling Arctic, by Ray Price (1970)

The Mad Trapper of Rat River, by Dick North (2003)

Ottawa Volunteers

At the Ottawa Club annual meeting in the spring, several members were recognized for their contributions and leadership. Special mention was made of the Accessible Hikes, initiated by **Kathryn Fournier** and **Jan Kristof**. Missing from the photos: **Jane Mulvihill**, **Donna Shields** and **Dick Stewart**.



Above: Marilyn Schwartz, Pauline Daling, Sue Moss and Jean Gauthier. PHOTO: STEVE KELLY

Left: Dave Audette, Terry McComb. PHOTOS: NIELS RASMUSSEN. Kathryn Fournier and Jan Kristof. PHOTOS: STEVE KELLY

Adopt-a-Roadway

BY DENISE HALL

PHOTOS: ANNE MAURAIS

On Sunday, April 26, 2015 twenty-two volunteers arrived to clean the 5.5 km stretch of Roger Stevens Drive, where it crosses the Rideau Trail. The team managed to collect 40 bags of trash during a pleasant spring morning.

It was a very successful day, with lunch at a nearby pub. A hearty thanks goes to organizer **Brian LaDuke** and all who participated. We clean this roadway twice a year. Watch the Newsletter for the October date of our fall cleanup.

The Crew



The Work



The Result



Welcome New Members



Meet Paul Galipeau

Paul is a communications professional who has an interest in outdoor pursuits. Although you'll see him listed among the new members, he's no stranger to the Rideau Trail. His work with the Rideau Canal in Smiths Falls has seen to that. Meet Paul at the AGM on June 13, and watch for his updates to RideauTrail.org, later this year.

STEVE KELLY

Central Club

Shawn Breen
Erin Brown
Carol & Robert Cosh
Audrey & Paul Crampton
Andrew Hannah
David & Pam McCord
Kerstin Ring
Shelagh Stevens
Wendy Wagland

Kingston Club

Dominic Antony & Laura
McDiarmid Antony
Lori Adam & Ralph Crouse
Stephen Crowley
Betty & Dale Ennis
Fern Giddings-Pilato
Pauline Hogan
Brian & Joan Patterson
Maureen Plunkett
Vicki Schmolka
Jeremy Statham
Ross Steele
Rick Woodhouse
Elaine Yuan

Non-affiliated

Maha & Heidar Majeed
Mary Sexton
Ken Wilson

Ottawa Club

Ann Bird
Lorraine Boulay
Marie Chabrol
Rosemary Chiarelli
Ruth Doherty
Ian & Borghilde Donahoe
Joan & George Doubt
Lia Eichele
Martha Farkas
Jennifer Fellows
Paul Galipeau
Warren Hulme
Briana Kim
Sylvain Larue
Geraint & Linda Lewis
Gillian Macdonnell
Susan P. Ouellette
Anne Pallascio
Ian Rae
Paul Ramsden
Ann Rayner
David Rudkin
K. J. Scofield
Mona Whitaker
Bruce Kingsley & Noreen Young

Have you seen this plant?

Club Moss: LYCOPODIUM (Ground Pine)

WORDS AND PICTURES BY JOHN CORNISH



Like little pine trees, the club mosses are green throughout the year.

Relic of Past Grandeur: The ancient ancestors of these little plants were the giant 100-foot tree-like plants that formed the world's vast coal deposits hundreds of millions of years ago.

Though they may resemble mosses, lycopodia have well-developed roots, and are “vascular” plants—i.e. they have the ability to move water throughout the structure.

Lycopods reproduce asexually by **spores**. However, they are more commonly distributed vegetatively through above- or below-ground **rhizomes**.

The four-year-old plants develop a yellowish spore cone whose pollen is high in sulfur and called **LYCOPodium powder**. The powder is highly flammable when mixed in high enough density with air and was used historically as flash powder in early photography.

It was also used explosively in fireworks, theatrical special effects and the magic arts .

Also was used in traditional medicine to treat a wide variety of ailments.



Panels at Marble Rock Trails

Rideau Trail Interpretive Panels

Over the next few years you'll begin to see Trail-side interpretive panels that will illuminate interesting natural or historical features that visitors might otherwise miss. The panels will also remind the public – and our own membership – of who we are.



Where would you place such a display? Send your ideas to John Cornish (P6).

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.



PM40022816

Return undeliverable canadian
addresses to
RIDEAU TRAIL ASSOCIATION
PO BOX 15
KINGSTON ON K7L 4V6



Eagle Lake

A beautiful gem south of Sharbot Lake off Highway 38, Eagle Lake is accessible by a public beach near Parham. The lake is deep, clear, and full of islands and bays to explore. High red cliffs loom over the water

in one part of the lake, while there are numerous other lunch/swim spots.

Submitted by Don Sherwin, Central Club.
PHOTOS: HOWARD ROBINSON

If you have a Favourite Place, how about sharing your joy with the rest of us? Just send a few details to the Newsletter Editor. What do you call it, and why do you like it? A photo or two would complete the feature.



Why do some Rideau Trail markers have yellow tips? (page 3)

Reci-pro-activist: One who registers in advance for the Reciprocal event. (page 5)