



Rideau Trail

NEWSLETTER

FALL 2015
Issue # 177



GORGEOUS GATINEAU

Photo: Niels Rasmussen



"A Favourite Place" by Ray Wilson, Kingston Club. "An RTA group of hikers enjoying a trailside break and the scenery in Charleston Lake PP. Location is on the West Side trail, overlooking Runnings Bay". (Photo: Ray Wilson)

RTA WEBSITE: Big Changes Coming This Year

Our website, www.rideautrail.org, is expecting a major facelift later this year.

To achieve this, our board has been working with an Ottawa based agency this summer in developing a new online identity for the RTA. This follows a renewed presence on social media which, since May, saw an increase in public activity of over 60% on Twitter and 30% on Facebook. Members can also expect to see changes in the monthly e-letter that is sent by email.

Moving forward, Web, email & social media will be used to keep the RTA's membership better informed of activities, outings & trail alerts while also used as a promotional tool aimed at the general public. Once complete, this whole initiative will have taken just about as much time as it took to establish the length of the Rideau Trail back in 1971.

This project would not have been possible without the guidance & expertise of Paul Jean (PJ), who has dedicated himself as the RTA's Webmaster since 2007. As this project progresses, PJ is taking the opportunity to step down from his duties which will surely leave some big hiking boots to fill. The RTA board sincerely thanks PJ for his hard work and commitment behind the scenes for the last eight years.

Do you have ideas for content and want to get involved?

Do you know a tech-savvy student who loves the outdoors and who needs of volunteer hours?

Please contact Paul Galipeau, the RTA's Marketing & Communications Director by e-mail at pgalipeau@gmail.com.



The Rideau Trail is Growing on Social Media!

Do you use Facebook, Twitter or Instagram? Be sure to follow, like and share the Rideau Trail with others! On Twitter and Facebook, we're posting info on upcoming hikes as well as helpful tips related to hiking and other outdoor activities.

People are paying attention too! Since May, the number of likes on Facebook has increased by nearly 30% and over 60% on Twitter! Are you on Instagram? Don't forget to tag your photos of the Rideau Trail with #RideauTrail! Follow us at the following addresses and encourage your friends to do the same!

www.twitter.com/rideautrail

www.facebook.com/rideautrail

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RECENT RIDEAU TRAIL DONORS

Thank you for your support!

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Debby Mumm and Stan Huff atop famous Flag Pole Hill lookout (Photo: JC)

Who's Da Tallest?"

Well now, here's a shock!

For years, Kingston Club's Frontenac Park hikes to Flag Pole Hill have bugled the destination as "the highest point in the Park". Not so, it seems.

Murray Henderson, long-time member and hiker *extraordinaire*, points to the lead article in the Friends of Frontenac Park's Fall 2014 Newsletter where the Mink Lake Lookout is featured as the highest point in the Park. At 195 metres above sea level, it beats Flag Pole Hill by about 30 metres.

Mink Lake Lookout was chosen as one of the "10 Amazing Places" in the Frontenac Arch Biosphere Region.

But Flag Pole Hill is pretty amazing too! On Stan Huff's traditional Fall expedition to the top, the view is still stupendous in all directions. (Even if we're looking "up" at Mink Lake Lookout hill).

Slide Lake -

Bill Ottney's "Favourite Place"

If the term "love at first sight" applies to the places we go, then Slide Lake sits near the top of my personal Favourite Places list, ever since I first hiked it..

A summertime trek around this 14.6 Km loop from Perth Road offers incredible variety: the cooling shade of a forest canopy, emerging onto an open meadow perfumed with summer-abundant milkweed. Walking past countless butterflies savouring the milkweed nectar, we re-enter the forest canopy before picking our way onto the pink granite that is our Canadian shield.

Our first access to Slide Lake allows a break and perhaps a cooling soak in the water. At North Slide Junction, we are challenged with a rocky descent before crossing the waterfall and following the granite spine that forms the isthmus between Slide and Buck Lakes. Nifty!

One of our favourite lunch stops anywhere, is at the waterfall where Slide Lake spills its contents into Buck Lake. On a hot day there is nothing better than a refreshing swim in Buck Lake, before strapping on our packs and reluctantly leaving this beautiful place behind.

Story and photo by Bill Ottney



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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, a UNESCO World Heritage site. Hike over to view Mt. Fitz Roy and even visit the renowned Perito Moreno Glacier. This exciting adventure concludes in the cosmopolitan city of Buenos Aires.

AMALFI COAST

April 18 to 30, 2016 / October 10 to 22, 2016

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

THE "CAMINO"

April 25 to May 7, 2016

The Camino de Santiago is an iconic trek covering some 800km across the north of Spain. Our journey encompasses the last 152km from O'Cebreiro to Santiago de Compostela, and we've included many "extras" as part of the tour in order to make it a complete Galician experience. Thousands of pilgrims have walked before us, and it is time to add your footsteps to this renown trail.

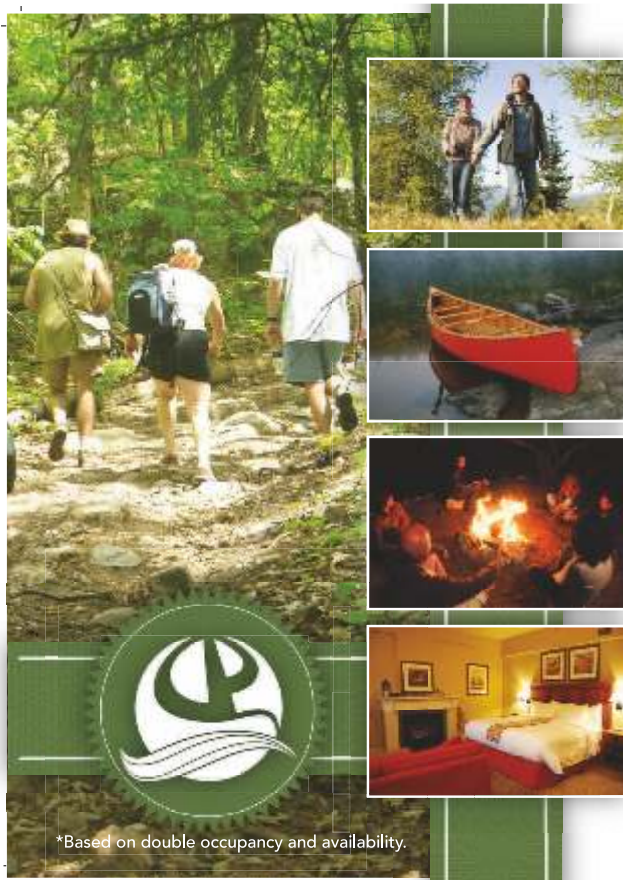
CORFU, GREECE

May 9 to 21, 2016

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

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44th Annual General Meeting Highlights Saturday, June 13, 2015

A sunny, warm day for our AGM in Smiths Falls, held at the Royal Canadian Legion, Branch 95 on Main St. About 85 members attended the meeting, with 72 staying for the evening dinner.

Central Club looked after afternoon hikes. Dorothy Hudson led a Historic Walk through Smiths Falls. David Allcock led a hike to Beveridges Lock and Mary and Howard Robinson co-led a hike through the Millpond Conservation Area near Smiths Falls.

During the Happy Hour time before supper a tribute to **Bill Murdoch** was made through a slide show prepared by Sharen Yaworski, featuring the many years of End to End hikes led by Bill. This followed with a small speech by Denise Hall and a presentation of a Certificate of Appreciation from the RTA for all work Bill has done over the years, and continues to do, for the RTA. The Winter End to End was his brainchild, something he himself has completed an amazing 9 times! !

After the supper author **Guy Thatcher** gave a slide show presentation on his recently published book, *A Journey of Days Continues* which chronicles his journey across France from Le Puy-en-Velay to Pamplona, Spain along the Camino Trail.

Business Meeting: Graham Creedy, Club Representative from Ottawa, chaired the morning meeting, since we have no President.

Graham outlined some of the issues addressed over the past year. One was the board's special marketing workshop that was held in late November, 2014 led by Dr. David Large, Professor of Marketing at the University of Ottawa. One of the recommendations of this workshop was that the RTA have a vision and a mission statement which was subsequently developed to supplement the existing mission statement.

The RTA Newsletter has been redesigned by John Cornish and Steve Kelly with an increased use of colour. In addition, the RTA held a photo contest to introduce its first colour cover issue.

The Cameron lot in the Marlborough Forest which the RTA owns is being looked at with the possibility of transferring it to the Rideau Valley Conservation Authority in future.

Treasurer's Report - Joy Webster

The Operating Fund Income Statement showed a surplus of \$6,276. Total revenue of \$27,684 decreased by \$1,718 from last year, primarily due to declines in donations and trail map sales. Total expenses decreased by \$932 due to lower expenses for trail maintenance and conferences.

The Operating Fund Balance Sheet showed healthy bank accounts and investments. The total liabilities and fund balance was \$181,230, compared to \$175,465 in 2014.

The Preservation Fund balance for preservation of the trail was \$158,548. Donations were up by \$578 for the year, while interest income declined by \$822. There were no expenses for the year.

The proposed budget for the next year was based on an examination of revenue and expenses at the three clubs over the past five years, and took trends into consideration. The budget will now show a separate line for marketing and communications.

Membership Report – Sheila Menard

Graham Creedy presented the membership report on Sheila's behalf. Membership has continued to decline with a total of 781 compared to 805 at this time last year. There were 102 new members as of June 2015, compared to 115 in 2014, and 222 members had not renewed as of mid-June, 2015. It was pointed out that new member numbers can fluctuate depending on such things as publicity, events, etc.

Trail Coordinator's Report – Jim Lorimer

Central Club has added one 10 km blue loop along Mackler and Ferrier Roads. The Trail has been rerouted off Industrial Road in the Central section, and has been rerouted around the St. Anthony's Monastery in the Kingston section.

The RTA Trail Routing, Securement and Maintenance Committee explored the feasibility of purchasing the section of the Rideau Trail between Perth Road and Frontenac. It was decided to maintain the status quo and not proceed further.

All Trail maintainers were thanked by Jim as well as our RTA map system maintainers, John Haley and Chris Heap. Jim also advised that Jim Fox and Susan Irving have stepped down from their Routes and Negotiations Coordinator Positions and thanked them for their service.

Marketing and Communications – Paul Galipeau

Our new Marketing and Communications Director presented some of the initiatives he is exploring: refreshing the RTA's website and providing a French version; improving the quality of printed maps and making KML and GPX maps available online; and indicating where camping and cycling are permitted on the Rideau Trail.

He believes in promoting member incentives, developing/strengthening partnerships with allied organizations, enhancing landowner recognition and working with other volunteer organizations to enhance our profile and make us more inviting to youth and families.

Election of Board Directors:

The proposed slate of directors was accepted. Our lack of a President is still an issue. Our current Treasurer, Joy Webster, will work in conjunction with Lorraine Farkas over the next year as Lorraine eases into this important position. Jim Lorimer, our Trail Coordinator also wishes to step down from his role but will carry on for the coming year until someone comes forth.

Presentation of Awards:

End-to-End Certificate:

# 496	Anna Cornel
# 497	Jack Tannett
# 498	Marco Durepos
# 499	Aileen Haw
# 500	Janet Chadwic
# 501	Cathy Dabee
# 502	Drew Rawlings
# 503	Richard Woodend
# 504	Rob Brown
# 505	Liz Choros

Winter E2E Certificate:

# 71	Bill Murdoch
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Outstanding Service Awards

Dorothy Hudson and Robert Groves (Central), **Sandra Lopes** (Kingston), and **Claude Bouchard** (Ottawa).

(See story next page)

OUTSTANDING SERVICE AWARDS

Claude Bouchard



Claude Bouchard joined the Ottawa Club in 1988. He has been actively volunteering in work parties to clear bush and do construction to enhance our footpath for years.

It was Claude who spearheaded the work on the bridge and corduroy road north of Richmond. It was

his design, and the team worked under his direction.

Claude has maintained the Rideau Trail from Roger Stevens Drive to the Cameron Lot for at least 10 years. He goes to great effort to protect the fragile sections against the devastating effects of Off Road Vehicles. During the 2014 End to End Hike on May 24th a large group of us were delighted to traverse the foot bridge that Claude had built at the start of his section, as conditions were quite wet on the path that day.

Claude takes obvious pride in maintaining his trail and certainly enjoys nature. His article in the RTA's 2011 Winter Newsletter (issue 162) entitled "Trail Maintenance: Magic Moments" conveys this well. In an email exchange to our former Newsletter editor, Ann Bolster, Claude said, "One day perhaps more people will learn to leave their vehicles at the trail heads and take a walk in the woods. Perhaps more people will learn to stop their rapid walking pace and sit on a log, listen, smell, contemplate and study the web of life, the true World Wide Web that existed long before the microelectronics of men. What better tool to introduce the younger generation to the true Web than a simple footpath in the woods?" - Well put Claude Bouchard, and know that we all appreciate your conviction and hard work! *Photo & words by Denise Hall*

Robert Groves



The RTA Board of Directors is proud to nominate Robert Groves, our respected President from 2011 to 2013.

Robert volunteered to serve on the Board as Vice President, but had to shift almost immediately to be President, with no time to "learn the ropes". But learn them he did!

We RTA'ers are not an easy lot to move forward – the RTA, its Board and its constituent Clubs tend to have independent natures, not always easily reconciled. Robert's hope to nurture a long-term Vision for the Association was a tough sell to this group whose view tends to be framed by past experience and by the crises of the moment.

Our President is a pragmatist: he led from where people were at, but continued always to nudge us to see the Big Picture: ever tactful in his dealings with individuals, always attentive to others' opinions. These traits, combined with his affable manner and good humour, have enabled us to move toward positive outcomes. *.....cont'd pg. 25*

Sandra Lopes



Kingston Club has nominated Sandra for her long service to RTA as editor of the Monthly E-Letter. This straightforward monthly bulletin is highly welcomed by many members for its up-to-date info and restatement of the month's activities. We asked this go-to girl to tell us her story - *Editor:*

"Sandra first heard of the RTA through the hike listing on local newspapers in Kingston, where she resides with her family. After a few hikes, she joined the Kingston Club in 2007.

Shortly after joining the RTA, Sandra was recruited by John Cornish to take over the e-letter which was being edited by Peter Hawkins. With Peter's assistance, via e-mails and phone calls, Sandra learned the ropes and the e-letter blossomed. The RTA e-letter is an e-mailed monthly listing of activities and special notices that update the newsletter.

Sandra has been editing the RTA e-letter since 2007 and works with a team of 3 RTA members who assist in proofreading the e-letter before its distribution to members: Yvonne Hawkins, Kingston Club; Pat Batchelor, Central Club and Tony Barnes, Ottawa Club.

Sandra is an avid gardener, reader and on her spare time, she knits blankets for the Project Linus Canada. In addition to her full time job, Sandra has managed to complete the 2007 Kingston Section of the Rideau Trail End-to-End and 3 Frontenac Challenges!" *Photo & story from Sandra Lopes*

Dorothy Hudson



Dorothy has given so much to the Central Club as leader and organizer over these past years. Dorothy has been an active member for many years.

She assumed her role as Club Chair sooner than anticipated under difficult conditions. She did a brilliant job of pulling it all together, re-energizing the Club and its Executive.

Dorothy worked to widen participation in the Club's various activities and foster new ones. She was instrumental in developing the "Family Hikes" and single handedly organized exciting multi-day events such as Bon Echo and Algonquin Park. And Calabogie! As David Allcock says, "I have a great depth of gratitude to Dorothy for introducing our club to the beautiful trails in the Calabogie. Long may she continue to do so!"

Thank you, Dorothy!

*Gill Hyland and David Allcock, with John C
Photo: David Allcock*

Rideau Trail Association Newsletter

FALL 2015 Issue 177

Rideau Trail Association

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E-Letter Editor: Sandra Lopes

e-letter@rideautrail.org

(The e-letter is an e-mailed monthly listing of activities and special notices that updates the Newsletter)

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

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Editor for this issue: John Cornish, Kingston

Winter Newsletter DEADLINE: Dec. 01, 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 Ottawa editor:

Steve Kelly 6 Beaverton Ave. Ottawa, ON K2P 1J7
stkelly@rogers.com 613 422-1318

RIDEAU TRAIL ASSOCIATION is a
member of HIKE ONTARIO

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(613) 283-0332	dhudson9@cogeco.ca

MEMBERSHIP RENEWAL/ORDER FORM
is on Page 23
OR

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www.rideautrail.org

***Why not order up an RTA Name Pin?
Be good to your new friends
- and your forgetful buddy!***

KINGSTON CLUB ACTIVITIES - FALL 2015

The meeting place for our activities, unless stated otherwise, is the **Canadian Tire parking lot**, along Bath Road, towards the gas station. Be there shortly before the departure time indicated. Bring lunch, extra water, insect repellent, and sunscreen. Wear strong footwear and come prepared for weather changes. Car pooling will be organized. The contribution for gas is indicated for each hike. Car entry fees for Provincial Parks and Conservation Areas are to be shared.

See **“Levels of Difficulty and Participants’ Responsibilities” on Page 15**

If in doubt about your ability to cope with the outing, call the leader in advance.

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

Hike Leaders: obtain Sign-Up Sheets from Sharen Yaworski 613-544-6022. Please forward completed forms to Lorna Deyo, 124 Stephen Street, Kingston, ON K7K 2C7 or lornadeyo@yahoo.ca

SPECIAL NOTICES

CATARAQUI TRAIL END-TO-END Continuing in September 1, the Central Club is walking the length of the Cataraqui Trail in a series of hikes ending in September. Please check out www.cataraquitrail.ca for more information on the trail. Hikes are identified in the Central Club listings with the  icon.

FRONTENAC CHALLENGE : Lace ‘em up and start hiking! The Challenge hikes begin September 9 and the hikes continue right through October. Challenge hikes are identified in the activity listings with the  icon.

FIRST AID AND CPR TRAINING FOR HIKE LEADERS : November 21.

FOLEY MOUNTAIN CHRISTMAS TREE CAROL SING : December 4.
Bundle up and join Bill and Gunhild for this Rideau Trail seasonal tradition. Enthusiasm required: singing voice quality is optional!

ANNUAL CHRISTMAS POT LUCK DINNER PARTY : December 5.
Share some great food with friends and drink a toast or two to the beginning of the winter season.

LIKE PARTIES?

If you are interested in helping to plan special events please contact Linda Line [613-531-4353](tel:613-531-4353)

WEDNESDAY WALKERS : We depart at 1:30 p.m. each Wednesday. In addition, an all-day hike is scheduled on the second Wednesday of the month (see activity schedule below for all-day hikes).

The afternoon Wednesday walks are ideal for those who wish some healthy, social exercise at an easy pace.

Information: John Beck, 613-544-6119

SCHEDULED ACTIVITIES

Saturday Sept 5 Lindsay Lake Loop

Hike from Upper Rock Lake Level 3, moderate pace, 15 km. Rugged terrain with scenic views and bushwhacking. 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

Monday Sept 7 Sandbanks Provincial Park

Level 1, slow to moderate pace, about 10 km. Explore sandy beaches and some of the highest freshwater dunes in the world, swimming opportunities. Gas \$8 plus share of park fee. Depart CT at 9 am for a long day.

Leader: Bob Chadwick 613-544-9222



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

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



Tuesday Sept 15

Frontenac Challenge Little Salmon, Little Clear and Hemlock

Level 2/3, fast pace, 25 km. This network of trails highlights the dramatic Moulton Gorge and several 19th century homestead sites, and follows a stretch of old logging road past the location of the original shanty. Depart CT 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 Sept 19

Frontenac Challenge Big Salmon

Level 2, moderate pace, 19 km. Enjoy this special scenic loop and have lunch on high looking south over the lake. Depart CT at 8 am. Gas \$4. plus park fee.

Leader: Audrey Sanger 613 384 6244

Sunday Sept 20 Cycle the Long Sault Parkway

Enjoy the paved parkway and the Lost Villages museum. Distance 35 km., moderate pace. Bring lunch and lots of water. Depart Canadian Tire 8:30 am.

Leader: Pat Casey 613-385-2356



Saturday Sept 26

Frontenac Challenge Slide Lake

Level 3, moderate to fast pace, 28 km. Hike the challenging and beautiful Slide Lake Challenge Loop. This is a doable hike but be prepared for 8-9 hours on the trail. Take the Challenge. Depart CT 8 am. Gas \$4 plus park fee.

Leader: Jim Lorimer 613 305 2849 or lorimerjd@gmail.com

Sunday September 27 Charleston Lake Provincial Park, Tallow Rock Trail

Level 2, moderate pace, 10 km. A grand loop through the Park including a walk over the Slim Bay bridge and a rest stop at Ray Wilson's "Favourite Place" (see photo elsewhere in the Newsletter). Gas \$6 plus share of park fee. Depart from CT at 9:00 a.m. (If you can meet the group for the Leader, please contact.) Leader: Doug Hayes 613 925 5872 or email hayesd@ripnet.com



Tuesday Sept 29

Frontenac Challenge Arkon, Doe and Arab

Level 2, fast pace, 17 km. Savour a brisk autumn morning on Frontenac's west trails. This hike showcases many beaver ponds, a unique ring bog, and extensive boardwalks skimming across the Gorge's wildlife-rich wetlands. Depart CT at 8:30 am. Gas \$4 plus shared park fee.

Leaders: Nancy Hunter 613-372-2157

(nancynelles@gmail.com) and Lynn Esau 343-363-0384 (esaulynn@gmail.com).



Saturday October 3

Frontenac Challenge

Little Salmon Little Clear, & Hemlock

Level 3, moderate to fast pace, 25 km. Close the loops around these three Frontenac Park lakes. Depart 8:00 am. Gas \$4 + park fee.

Leaders: Gunhild Karius karius1@cogeco.ca or Bill

Ottney 613-858-3183

Saturday, October 3 Rock Dunder

Level 2, moderate pace, 8 km. Thanksgiving Special. Everyone is welcome for this beautiful outing for the day. The Leader likes food. Scenic views and bring your camera. Fun time for everyone. Ice Cream after hike. Gas \$5 Depart from Can Tire 9 am.
Leader: Stan Huff 613-548-3003

Sunday October 4 Depot Lake Paddle

Come and enjoy the last bit of summer paddling around the islands. Lunch on one of the islands plus a swim stop. Depart 9 am. Gas \$5.

Leader: Pat Casey 613-385-2356



Tuesday Oct 6, Frontenac Challenge Cedar Lake

Level 2/3, fast pace, 15 km. Join us for a brisk autumn hike through the park's largest complex of multi-stage wetlands, and enjoy close up, bug-free views of lively wetland habitats. Depart CT at 8:30 am. Gas \$4 plus shared park fee.

Leaders: Miu Lam 613-544-6201

(ymiu.lam@gmail.com) and Lynn Esau 343-363-0384 (esaulynn@gmail.com).



Wednesday October 7 Frontenac Challenge Gibson & Testmine

Level 3, moderate pace, 24 km. Enter at Kingsford Dam and hike these beautiful loops of varying difficulty. Depart CT at 8 am. or meet at Kingsford Dam parking at 8:45. Gas \$5. Contact leaders for meeting point information.

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

Sunday October 11 Gananoque Provincial Wildlife Area

Level 2-3 and may include a bit of interesting bushwhacking, moderate pace, 11 km. Always some intriguing features on these less -well-known trails across rocky spines and heavy forest. Pretty neat stuff, not far from home! Gas \$3. Leave CT at 9. *(If you can meet the group for the leader, please call!)* Leader:

John Cornish 613-382-4778



Wednesday October 14 Frontenac Challenge

Slide Lake

Level 3, fast pace, 28 km. Join us for this exhilarating 7 1/2 to 8 hour hike around the Park's signature loop and enjoy the resplendent fall colour. Depart CT at 7:45 am. Gas \$4 plus shared park fee.

Leaders: Lynn Esau esaulynn@gmail.com 343-363-0384 and Miu Lam ymiu.lam@gmail.com 613-544-6201

Saturday, October 17 Wellesley Island State Park NY

Level 2, slow to moderate pace, up to 15 km. Waterfront and woodland hiking trails plus off-season visit to Thousand Islands Park a unique seasonal community of well-maintained older homes. Picnic stop in town, overlooking St. Lawrence River. Share of gas, tolls and park fees up to \$10. *Passport, preferably Canadian, required; travel insurance recommended.* Depart CT at 9 am or call leader to meet en route.

Leader: Bob Chadwick 613-544-9222

Sunday October 18 Kick and Push Cycle Delight

Ride the K&P Rail line from Sydenham Road to Orser Road and return. Enjoy a moderate pace and catch the last glimpse of fall. Meet at 1:30 pm. at Sydenham Road/K&P just south of 401. Refreshment stop to follow.

Leader: Peter Burbidge 613 634 1877

Saturday October 24 Depot Lakes Roundabout

Level 2, moderate pace, ~12 km. Enjoy the late fall in this pristine set of lakes followed by a possible refreshment stop. Meet at CT at 9 am. Gas \$4.

Leader: Audrey Sanger 613 384 6244



Sunday October 25 Frontenac Challenge Gibson & Tetsmine

Level 3, fast pace, 24 km. This energetic hike links the park's two northernmost trails, highlighting several abandoned mines and homesteads and the Moulton Gorge. Depart CT at 8:00 or meet at Kingsford Dam parking lot at 8:45. Gas \$5.

Leaders Lynn Esau 343-363-0384 esaulynn@gmail.com and Nancy Hunter 613-372-2157 nancynelles@gmail.com

Saturday October 31 Napanee Riverside, Woodlands and, Highlands

Level 1/ 2, slow to moderate pace, up to 12 km, hike riverside, woodland, field and conservation area trails, bring picnic lunch or eat in town. Gas \$6, Depart CT at 9 am or call leader to meet in Napanee.

Leader: Bob Chadwick 613-544-9222



**DEER HUNTING SEASON STARTS
MONDAY, NOVEMBER 2.**

**EXERCISE CAUTION!
(See box on Page 15)**

Tuesday November 3 Gould Lake East Trails

Level 3, fast pace, 14 km. We'll enter Gould Lake Conservation Area along a stretch of the Rideau Trail, then hug the shoreline northwards to the rugged Mica Loop. Depart CT at 8 am. Gas \$3.

Leaders: Nancy Hunter nancynelles@gmail.com 613-372-2157 and Miu Lam ymiu.lam@gmail.com 613-544-6201

Saturday November 7**Jones Creek 1000 Islands National Park**

Level 2, moderate pace, 12 km. We'll be travelling the eastern loops, viewing the amazing floating bridge and other wonders. Gas \$6. Leave CT at 9 am. *(If you can meet the group for the leader, please call!)*

Leader: John Cornish 613 382 4778

Sunday November 8**Rideau Trail Bedford Mills**

Level 2, easy pace, ~10 km. Hike from Bedford Mills Church, take the ferry, and return by the Ferry ByPass. Depart CT 9 am. Gas \$4. RT Map #06.

Leader: Peter Burbidge 613 634 1877

Saturday November 14 K&P Trail

Level 1, easy pace, 10 km. Walk from Verona to Harrowsmith. Car shuttle. Gas \$4. Depart CT at 9 am.

Leader: Bob Chadwick 613-544-9222

Sunday November 15**Walk the Kingston Triumvirate**

Level 1, easy pace, about 12 km. Three choice local walks at Parrott Bay, Collins Creek, and Lemoine Point. Lunch at Tim Horton's. Depart CT at 9:30 am. Gas \$2.

Leader: Audrey Sanger 613 384 6244

Saturday November 21**First Aid & CPR**

Be prepared. Join in this important training session for hike leaders and other interested members. Priority to leaders and prospective leaders. Fee is \$20 plus \$18.50 if you want to be tested for a certificate. Course time is 8:45-5:00 pm. Please bring a lunch.

For registration information contact: Peter Burbidge 613 634 1877 or peterbur@kingston.net

Saturday November 28**K&P Trail from Harrowsmith to Verona Return**

Level 2, moderate pace, 22 km. Lunch in Verona at Restaurant. New Trail Ready. Gas \$3. Depart CT 8:30 am.

Leader Stan Huff 613-548-3003

Friday December 4 9th Annual Foley Mountain Christmas Tree Hike and Sing

Level 1- Easy Pace 1.4 km from park gates to the Christmas Tree on Foley Mountain. Get into the spirit of the season by joining our Central Club friends as we sing Christmas carols beneath the lighted branches. Optional dinner/refreshments afterwards at The Cove in Westport. The Cove requires a reservation so contact the leaders by December 2nd if you plan to attend. Bring a flashlight and your icers. Carol sheets are provided. Depart from Kingston at 5:30PM. Not meeting as a group at Canadian Tire, so call or e-mail ahead to arrange car-pooling, or meet at the park gates at 6:15PM. No dogs please (Service Animals excepted).

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

Saturday December 5**Christmas Pot Luck Dinner Party**

Join us and share in the fun and fabulous food at our Christmas Dinner. Please bring either a starter, main course or dessert and your own wine/beer. Non-alcoholic punch is provided. Volunteer dishwashers are greatly appreciated. Contribution for rental of the house is \$3 per person at the door.

Time: 6:00 pm.

Place: Queen's Women's Association, 144 Albert Street, Kingston

RSVP: Linda Line: 613-531-4353.

Saturday December 12 Marble Rock Conservation

Area Level 2-3, moderate pace, 11 km. Say goodbye for the year to the cliffs and lowlands of this great hiking trail. Depart at 9 am. Gas \$4 *(If you can meet the group for the leader, please call).*

Leader: John Cornish 613 382 4778



**Thanks to Stan, Jim and all the Trail Maintainers:
It's a huge job you all do, year in and year out, and we all
appreciate your dedication!**



CENTRAL CLUB ACTIVITIES - FALL 2015

Meeting Place: for all Central Club hikes, unless otherwise specified, is Conlon Farm in Perth. To reach Conlon Farm, take the main street (Gore) southeast through Perth to County Road 10 (Scotch Line), turn right towards Westport, then turn at the 4th side street on the right (Conlon Drive) and proceed to the Conlon Farm parking area. For those of you using GPS the postal code is K7H 0A3.

When carpooling: the amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers. We would ask hikers to arrive 15 minutes before the advertised start time in order to arrange car pools, receive directions and work out car shuttles when required.

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

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

Read Participants' Responsibilities & Levels of Difficulty (Page 15)

SPECIAL NOTICES

CATARAQUI TRAIL END-TO-END HIKE SERIES (cataraquitrail.ca)

Last April, the Central Club began to walk the length of the Cataraqui Trail in a series of hikes which end this 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. Please check out the web-site mentioned above for more information on the trail.

Hikes are identified in the listings with the  icon.

FRONTENAC CHALLENGE : Lace 'em up and start hiking! The Challenge hikes begin September 9 and the hikes continue right through October.

Challenge hikes are identified in the Kingston activity listings with the  icon.

LANDOWNER AND VOLUNTEER APPRECIATION BARBECUE

Saturday, September 19: Rideau Ferry Yacht Club Conservation Area at 12 noon

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.

HIKE AND CENTRAL CLUB ANNUAL SOCIAL

Saturday, December 12

Level 2, 10 -12 km. Moderate pace Foley Mt. To Old Bob's Lookout. Depending on conditions, we will do a short loop in Foley Mountain, then walk along the Rideau Trail to Sand Lake and Old Bob's Lookout for lunch and return. Depart at 9am. Gas \$3 Park fee Leaders: Howard & Mary Robinson. hmrob@storm.ca, 613-256-0817.

Come and join us after the hike for dinner at 5:30 pm at Ger-Bos Steak House 11 Beckwith St. S. in Smiths Falls.

Please RSVP to Yvonne Kennedy yvnkennedy@gmail.com 613-267-9817

Wednesday Walkers

Starting again in September.

These shorter mid-week outings allow us to get a breath of fresh air and a stretch while in good company. Details are sent by email every Monday. Be sure to contact Margaret LaFrance to get on the list.

SCHEDULED ACTIVITIES

Saturday, September 5

Paddle the Tay Canal (meet at Last Duel Park)

Level 1, 12km. 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 Depart at 9am
Leader David Allcock (613) 706-3562

daveonottylake@gmail.com

Saturday, September 19

Landowner and Volunteer Appreciation Barbecue

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 land-owners 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 Kennedy by September 11 at 613-267-9817 or yvnnkennedy@gmail.com



Saturday, September 26

Catarauqui Trail #6 (note start time)

Level 1, 14km. Moderate pace. Walk along the rail trail from Macgillivray Road to Sydenham. Car shuttle Gas \$6 Depart at 8am

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

Saturday, October 3 Frontenac Park loops

Level 2, 16 km. Moderate pace. Hike the Gibson Lake and Tetsmine loops, stopping at the waterfall overlooking Bear Lake for lunch. Gas \$5 Depart at 9am

Leader: Nancy Gaudreau ndgaud@gmail.com 613 300 9532

Saturday, October 10 Blanchard's Hill Road /

Catarauqui Trail Loop

Level 1, 7 km. This is a lovely walk when the leaves are changing colour and includes a few gentle hills. Afterwards, we can finish with a soup lunch at the Kennedy's home in Port Elmsley. Depart 9 am. Gas \$2 Please RSVP to Yvonne if you plan to come for lunch.

yvnnkennedy@gmail.com 613-267-9817

Thursday, October 15

Hike Leaders Planning Meeting

Bring your ideas for winter outings to the Batchelor's home at 7pm. If you are unable to make it, please contact Pat Batchelor patbatchelor@sussexsystems.ca
613 264 1559



Saturday, October 17,

Catarauqui Trail #7 (note start time)

Level 1, 15.8km. Moderate pace. The seventh hike along the Catarauqui Trail goes from Sydenham to Yarker. Car shuttle. Gas \$7 Depart at 8am Leader: Jack Tannett
jtannett@cogeco.ca 613 466 0417

Saturday, October 24, Mill of Kintail

Level 1, 5km. Moderate pace. Always a favourite in the fall – come and enjoy the colours along the conservation area trails. Great for families and beginners! Gas \$5, park fee Depart at 9am

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

Sunday, November 1 K & P Trail

Level 1, 11 km. Moderate pace. Walk from Bell Line Road to Clarendon Station along this historic rail trail. Car shuttle. Gas \$4 Depart at 9am

Leaders: Peder Krogh and Maida Murray
pederkrogh5@gmail.com 613 456 6085



DEER HUNTING SEASON STARTS

MONDAY, NOVEMBER 2.

EXERCISE CAUTION!

(See box on Page 15)



Saturday, November 7

Catarauqui Trail #8 (note start time)

Level 1, 15.7 km. Moderate pace. The end is in sight! Hike the last of the Catarauqui End to Ends, going from Yarker to Strathcona. Car shuttle Gas \$7 depart at 8am Leaders: Howard and Mary Robinson

hmrob@storm.net 613 256 0817

Saturday, November 14 Gananoque Trails

Level 1, up to 15.1km. Moderate pace Come and explore the trails then go for lunch in Gananoque Gas \$6 Depart at 9am.

Leader: Nancy Gaudreau ndgaud@gmail.com
613 300 9532

Sunday, November 22 Tetsmine Loop, Frontenac Park

Level 2, 12 Km, moderate pace. Enjoy a favourite trail in Frontenac Park. Gas \$5, depart at 9am.

Leader: Brenda Ethier brendaethier@ripnet.com
613 464 8746

Saturday, November 28

Moonlight Hike Murphys Point Park

Level 1, 3 - 5km. Slow pace A great chance for families to explore the outdoors after dark. Start at Lally Homestead and return for hot chocolate. Gas \$2 Meet at 7pm. Leader: David Batchelor dlhbatchelor@sussexsystems.ca
613 264 1559

Sunday, December 6

Rideau Trail – Mackler/Ferrier loop

Level 2, 10 km. Moderate pace. After a walk through bush and along a board walk, join the latest blue trail along Ferrier and Mackler Roads to complete the circle. Gas \$2 depart at 9am.
Leader: Tom Pearcey tom.pearcey@yahoo.ca
613 284 1294

Friday, December 4

9th Annual Foley Mountain Christmas Carol Sing

Level 1 Easy Pace 1.4 km from park gates to the Christmas Tree at Spy Rock. Get into the spirit of the season by joining our Kingston Club friends as we sing Christmas carols overlooking Westport. Optional dinner/refreshments afterwards at The Cove in Westport. The Cove requires a reservation so please contact the leader by December 2nd if you plan to attend. Bring a flashlight and your icers. Carol sheets will be provided. Meet at Conlon Farm at 5:30PM. Parking is limited at the park gates so we encourage participants to carpool. No dogs please (Service Animals excepted).
Leader: David Allcock daveonottylake@gmail.com
613 706 3562

Saturday, December 12

Hike and Central Club Annual Christmas Social

Level 2, 10 -12 km. Moderate pace Foley Mt. To Old Bob's Lookout. Depending on conditions, we will do a short loop in Foley Mountain, then walk along the Rideau Trail to Sand Lake and Old Bob's Lookout for lunch and return. Depart at 9am. Gas \$3 Park fee Leaders: Howard & Mary Robinson hmrob@storm.ca, 613-256-0817.
Come and join us after the hike for dinner at 5:30 pm at Ger-Bos Steak House 11 Beckwith St. S. in Smiths Falls. Please RSVP to Yvonne Kennedy yvnkennedy@gmail.com 613-267-9817

Participants' Responsibilities

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

Levels of Difficulty

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

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

Level 3 Rough Terrain. One or more of: extensive bush-whacking, steep sections, long climbs and descents, beaver dams or other obstacles, rock climbing.

Boots, Level 2 experience and a high level of fitness essential.

2014 Hunting Seasons

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

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

Nov. 02 to Nov. 15, 2014: Deer hunting with high velocity rifles is permitted for this period in rural and forested areas through which the Rideau Trail runs.

Nov. 30 to Dec. 06 2014: Deer hunting using bows or muzzle-loading guns only is permitted. (Bow Hunters also may be permitted at other dates Oct 01 to Dec 31)

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

Additional info:

<http://www.ontario.ca/document/ontario-hunting-regulations-summary>

OTTAWA CLUB ACTIVITIES - FALL 2015

Level 1 activities are easy, level 2 intermediate and level 3 advanced, requiring experience and a *high level of fitness*.
Please Read “Participants’ Responsibilities and Levels of Difficulty” (page 15) 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

Emergency in Gatineau Park or the Greenbelt? Call 613-239-5353

Call the NCC's number first. They can help first responders reach you quickly, because they know your location.

Note: the number is on the back of every plastic Trail Pass.

Leaders: Waiver/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).

SPECIAL NOTICES

ACCESSIBLE HIKES : September 20 and October 4.

These hikes are suitable for people in wheelchairs or with limited mobility or anyone who enjoys a leisurely walk in beautiful surroundings. See listings for details

Sometimes extra drivers are needed, so please let the leader know in advance if you are able to drive for an accessible hike.

HIKERS AT PLAY : Continues Sunday, October 25.

Check out this combo : hiking and culture! Take a hike and then attend a live play.. See details in listing.

CATARAQUI TRAIL END-TO-END: Central Club is organizing an E2E series on the Cat. Check Central's listings marked with the  icon.

INTRODUCTION TO HIKING

Saturday, September 19

Nepean Sportsplex

Full-day course for new hikers and those interested in tips to make hiking safe and enjoyable.

Topics include hike planning, preparation, packing, outfitting and on-trail procedures, plus an orientation to hiking with a guided group. The day includes a short hike to practise your new skills.

\$50 for RTA members, \$75 for non-members (includes RTA membership thru March 2016).

To register for information: email:

introtohiking@rideautrail.org

or phone 613-860-2225; or visit rideautrail.org

WHITE MOUNTAINS HIKING

Sun Oct 18th - Thurs Oct 22nd

Three full, mid-week days of hardy hiking in the stunning White Mountains of New Hampshire. Stay and dine at the Kinsman Lodge

<http://kinsmanlodge.com> in Franconia, N.H. For rates and details, please go to:

<https://drive.google.com/file/d/0B7UJgknX2XytY29UM213aII2UXM/view>

For additional information, contact Cliff Daly at 613-224-4413 [or cliff.daly@rogers.com](mailto:cliff.daly@rogers.com)

MIDWEEK ACTIVITIES

WEDNESDAY WALKERS

Every Wednesday 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

TUESDAY EVENING URBAN WALKS

Every Tuesday evening beginning September 8 through to October 20, there will be an Ottawa urban walk. There may also be a refreshment stop each evening after the walk for those who are interested.

Co-ordinator: Pat Archer 613-565-6149

September 8	Leamy Lake Meet in parking lot at "east end" of Jacques Cartier Park (end of Laurier St. at Dussault St.)	October 6	Britannia Village Meet at Lincoln Fields Shopping Centre parking lot—Richmond Road side near Pizza Pizza
September 15	Hog's Back/Vincent Massey Park/Ottawa South Meet at RA Centre parking lot (near Riverside Drive/Bronson Ave.)	October 13	Hintonburg Exploratory Meet at Tunney's Pasture (usual RTA meeting place)
September 22	SandyHill/Market/Lowertown Exploratory Walk Meet at Strathcona Park (end of Somerset St. East)	October 20	Rideau Canal Bridges Loop Meet at TD Canada Trust (Pretoria Bridge & The Drive-way)
September 29	Experimental Farm Meet in the "second parking" area "overlooking" the Arboretum on the one-way road off the roundabout on Prince of Wales Drive.		

WEEKEND AND OTHER ACTIVITIES

Saturday, September 19

Introduction to Hiking, Nepean Sportsplex

See full description above in "Special Notices".

This popular course is a great way for less experienced hikers to prepare for the Fall hiking season!

Saturday, September 19 Wolf Trail with a Scenic Detour

Level 2, about 10 km, total ascent more than 360 m (1200 ft). From P13 we will follow the Wolf Trail to the Mahingan ridge, across Ridge Road and beside Balcony Lake. Soon after, we will start our detour, which is mostly on faint trail.

We'll visit Sky Turtle Lake and the spectacular Giant Face lookout, then head toward Pulpit along the scenic escarpment, descending to a waterfall and another great lookout before climbing the west side

of Pulpit. We'll have lunch at one of the lookouts and an easy out on the gentler side of the Wolf Trail.

Finally, if the weather is still summery, a swim in Meech Lake is an option before heading home. Meet at Tunney's at 9:15 for a 9:30 departure. Gas \$3.

Leader: Ann Bolster, 613-828-5131 or ann_bolster@hotmail.com

Sunday September 20. Accessible Hike.

Mer bleue area, 3-4 km, slow pace. From P20, we will explore Trail 51. Snack and rest at picnic tables. Leave Tunney's Pasture at 1 p.m. Gas \$3
Leader: Kathryn Fournier 613-248-0006

Saturday, September 26.**Gatineau Park, Ramparts Lookout and Western cabin**

Level 2 hike, 10 km at a leisurely pace on well-marked trails with little climbing. Start from Étienne Brûlé Lookout to the Ramparts on trails 3 and 28; return to trail 3 and then follow trails 21, 18 and 2 to Western cabin for lunch at 12:30. Return to Étienne Brûlé Lookout on trails 9 and 3. Meet at Tunney's Pasture for a 9:30 a.m. departure. Gas \$3.

Leader: Jean Gauthier 613-422-3997 or e-mail jrrgauth@teksavvy.com.

Saturday, September 26 Wakefield Village.

Level 1 + approx. 7k. A few hills. Newly developed trails in and around the Wakefield area. Visit the craft and organic food market. Gas \$4. Meet at Tunney's at 9:30 a.m.

Leader: Fran Cutler 613-729-2055 or francutler@bigpond.com

Sunday, September 27, 2015 Gatineau Park

Level 3 hike, Approximately 10 km at a steady pace. Depart from Gregheur Rd. and ascend the escarpment towards Farm Rock, Bald Face, the Gallery, etc. Lots of views. Mainly faint trails with some small bushwhacks if people want to see places such as Chris's Crag. Lunch outdoors. Meet at Tunney's Pasture for a 9:15 a.m. departure. Gas \$3.00

Leader: Denise Hall 613-843-8222 or rebeccahall@rogers.com

Saturday, October 3 Sentier des Montagnes Noires, Ripon QC

Level 2, 9 km. Hilly forest trails with some steep sections. Hiking boots definitely required. Bring lunch and enjoy it at a look-off with great view of the Laurentians in their early fall colours. Depart from Tunney's Pasture at 9:00 a.m. Gas \$8.

Leader: Ron Hunt mobile: 613-298-1626 or e-mail: re.hunt@sympatico.ca

Saturday October 3, Old Quarry Trail

Level 1, 10 km. This is a loop trail that includes sections of Old Quarry Trail and NCC trails 23 and 24 & 25. Time to complete 2.5 to 3 hrs at moderate pace. Flat well-groomed trails. Deer are frequently seen on this trail. Bring water and a snack. Meet at Baseline Park and Ride for 9:30 departure. Gas \$2.

Leader: Grace Strachan 613-721-1421 (gstrachan99@bell.net)

Sunday October 4. Accessible Hike

Gatineau Park, Sugarbush Trail, 3-4 km Slow pace. From Visitors Centre we will walk Sugarbush one or more times to enjoy fall colours. Snack and rest at picnic tables. Leave Tunney's Pasture at 1 p.m. Gas \$3. Kathryn Fournier 613-248-0006

Saturday, October 10. Gatineau Park, trail 50 to Herridge and Healy cabins

Level 2 hike, 9 km at a leisurely pace on an old gravel road with some climbing. Start from P16 to Herridge cabin on trails 50; lunch at Healy cabin; back to P15 on the same trail (50). Meet at Tunney's Pasture for a 9:30 a.m. departure. Gas \$3.

Leader: Jean Gauthier 613-422-3997 or e-mail jrrgauth@teksavvy.com.

Saturday, October 17. Gatineau Park, trails 50 and 52

Level 2 hike, 11 km on roads used by early settlers; some long but gentle climbs or descents on trail 52. This hike will involve two groups hiking in opposite direction. One group will start at P17 and the other at Parent Beach on Lac Phillipe. When meeting on the trail, drivers will exchange car keys. Final meeting at the end of the hike will be at P17 before driving back to Tunney's Pasture. Outdoor lunch. Meet at Tunney's Pasture for a 9:30 a.m. departure. Gas \$4.00.

Co-leaders: Jean Gauthier 613-422-3997 or e-mail jrrgauth@teksavvy.com and Ann Bolster 613-828-5131 or e-mail ann_bolster@hotmail.com

Adopt-A-Road Sunday October 18th

On Sunday, October 18th the Ottawa Club will be conducting its annual fall clean up on Roger Stevens Dr. just outside of North Gower. This event will be a go "**rain or shine**" so please dress for the weather. Bring your own work gloves if you own a pair. We are usually finished the clean up by 12:30 p.m. and then head off to the Marlborough Pub for lunch and/or refreshments afterward. If you can, please register ahead of time through Brian LaDuke 613-534-8538, yellow.bumper@hotmail.com or Denise Hall 613-843-8222, rebeccahall@rogers.com If you decide to help out at the last minute just show up. Meet at Fallowfield Park and Ride for a 9:00 a.m. departure. Gas: \$5.00.

WHITE MOUNTAINS HIKING

Sun Oct 18th - Thurs Oct 22nd

Three full, mid-week days of hardy hiking in the stunning White Mountains of New Hampshire. Stay and dine at the Kinsman Lodge

<http://kinsmanlodge.com> in Franconia, N.H. For rates and details, please go to:
<https://drive.google.com/file/d/0B7UJgknX2XytY29UM213all2UXM/view>

For additional information, contact Cliff Daly at 613-224-4413 or cliff.daly@rogers.com

Saturday, October 24 Old Trail No. 10, Gatineau Park

Level 3, about 18 km, 620 m (more than 2000 ft) total ascent. Discover or rediscover this unmaintained trail climbing from trail 54 to Ridge Road that is still used by skiers. We will start at Lac Philippe and likely have lunch at Wadsworth Lake, then cover the last tiny bit of the trail before retracing our steps. We will cross swampy areas that require careful navigation. Adding to the adventure, we may use map and compass from the top of the Broad Trail to navigate the Charette Trail (another unmaintained ski trail, much less visible) over to no. 10 and reduce the amount of swamp-hopping and step duplication. Expect a long and tiring but satisfying day. Meet at Tunney's Pasture no later than 8:15 to depart at 8:30 am. Gas \$5

Leader: Ann Bolster 613-828-5131 ann_bolster@hotmail.com

October 24th Rideau Trail and Timm Drive Trails

Level 1, 7-8 Km, about 3 hours. From where the Rideau trail crosses Corkstown Rd at the railway tracks we will hike towards Bells Corners, cross Timm Drive and then circle on NCC path 21 and return to the starting point.

Parking is available on Corkstown Road west of Moodie Drive near the railway tracks. The trail can be accessed at the tracks. Bring your lunch, water and bug repellent. Trail is a wooded path with some stone dust surface. Meet at 10 am at Baseline Station. Gas \$2.00 Leader: Marilyn Schwartz 613-828-4488 or by e-mail marilyn_sch1970@yahoo.ca

Sunday, October 25 Hikers at Play #7 - Smiths Falls

A hike followed by a matinee play (subject to tickets, \$20 cash only, being available at the door) - "Sadie Flynn Comes to Big Oak" at the

Station Theatre in Smiths Falls

(smithsfallstheatre.com). The hike may be to the RTA Lot, level 2, about 11 km, at a brisk pace.

Good boots required as the trail may be wet.

Gas contribution \$7. Departs from Baseline Park & Ride at 9:00 am, back about 5:15 pm.

Leader: John Haley 613-225-0590

Saturday, October 31 Gatineau Park

Level 2+ with hills, about 19 km, at a brisk pace. A loop from P17 on trails 51-53 and the Lac Philippe snowshoe trail. Good boots required. Gas contribution \$4. Departs from Tunneys Pasture at 9:00

Leader: John Haley 613-225-0590

Sunday November 1. Pine Grove Sector

Level 1, 6-8 kms, brisk pace. From P19, we will explore loops on Trail 45. Leave Tunney's Pasture at 1 p.m. Gas \$4.

Leader: Kathryn Fournier 613-248-0006



DEER HUNTING SEASON STARTS **MONDAY, NOVEMBER 2.**

EXERCISE CAUTION!
(See box on Page 15)

Saturday, Nov. 7 South March Highlands

Level 2, moderate pace, all on trail, and including a new scenic section. 11 km. Wear good boots. Bring lunch. Depart from Baseline Park and Ride at 9:30 a.m. Gas \$3.00

Leader: Doug Parsons 613-723-0726

Saturday, November 7. Gatineau Park, trails 64 and 65

Short (6 km) level 2 snowshoe or hike at a leisurely pace with some steep but short climbs and descents. Start from Relais Plein Air (if open). Outdoor lunch. Wear good boots; crampons and/or snowshoes a must depending on the conditions.

Meet at Tunney's Pasture for 9:30 a.m. departure. Gas \$2.

Leader: Jean Gauthier 613-422-3997 or e-mail jrgauth@teksavvy.com.

Saturday, November 14 Pinhey Forest

Level 1, approx. 7 km. Morning hike on trails around the Nepean Sportsplex, including NCC trails 31, 32 and 33, with optional lunch afterwards. Take OC Transpo bus # 95 or # 94 to the Sportsplex or drive your car to the parking lot farthest south be-

hind the Sportsplex, 1701 Woodroffe (just south of Hunt Club West). Meet at 10:00 am at the trailhead (P-14).

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

Saturday November 14, Nobody's Fault, Obelisk and Shark Lake, Gatineau Park Level 3, Approx. 16 km. Pilon Road to Shark Lake. Hike the seldom used north side of Nobody's Fault, then on trail to Whale Lake, off trail to the Obelisk and then Shark Lake. Hilly terrain, some climbing, some off trail, some faint trail. Strenuous and long 6 hours+. Depart Tunney's Pasture 09:00. Gas 4\$. LEADER: Dave Audette 613-601-2833 (dg.audette@sympatico.ca).

Saturday, Nov. 21, Graham Hill.

Level 2+, about 9 km. About 2 km on trail from P19, then a bushwhack between Graham and Wrong hills, and up to the top of, and along, Graham Hill. Considerable climb, awesome views of three lakes. Depart from Tunney's Pasture at 9:15 a.m. Gas \$4 .

Leader Roger Bird 613-232-2262 or rogerbird@primus.ca

Saturday, November 21. Gatineau Park, Renaud cabin, trails 74 and 73

Level 2 snowshoe or hike, 8.5 km at a leisurely pace with some climbing. Start from P19 on trail 74 with lunch at Renaud cabin ; back to P19 on trail 73. . Wear good boots; crampons and/or snowshoes a must depending on the conditions. Meet at Tunney's Pasture for a 9:30 a.m. departure. Gas \$4. Leader: Jean Gauthier 613-422-3997 or e-mail jrrgauth@teksavvy.com.

Saturday November 28, Lac Philippe loop.

Level 2. 10 km hike or snowshoe. All on trails, sometimes faint, around the lake. Lots of moderate climbing. Lunch at a beach. Depart Tunney's Pasture at 9:30 a.m. Gas \$4.00.

Leader Roger Bird 613-232-2262 or rogerbird@primus.ca

Saturday, December 5. Gatineau Park, trail 65 and 66

Level 2 snowshoe or hike, » 8 km at a leisurely pace on well-marked trails with a few steep but short climbs. Start from Relais Plein Air (if open). Outdoor lunch. Wear good boots; crampons and/or snowshoes a must depending on the conditions. Meet at Tunney's Pasture for a 9:30 a.m. departure. Gas \$2. Leader: Jean Gauthier 613-422-3997 or e-mail jrrgauth@teksavvy.com.

Tuesday, December 8 Christmas Lights Walk Enjoy the Festive Season Together!

Meet at inside door of National Library and Archives, 395 Wellington Street, Ottawa at 6:00 pm. After the walk, the group will head to a pub for dinner and/or some Christmas cheer.

Contact: Maureen Dawson at 613-226-3864 or Maureen.Dawson@rogers.com

Saturday Dec. 12, Curley and Campbell lakes area.

Level 2. Short hike on trails from Steele and Hammond roads, then a steep climb to the high ground between these two lakes, a bushwhack loop down eventually to the trail on the Curley Lake shore. One overlook of Lac la Pêche along the way. Depart Tunney's Pasture at 9:15 a.m. Gas \$ 5.00. Leader Roger Bird 613-232-2262 or rogerbird@primus.ca

Saturday, December 19 – Rideau Trail Marlborough Forest

Level 2, Hike 14 km or snowshoe 8.5 km depending on the conditions. Rogers Pond – Earth Star Loop or Deliverance Cabin. Depart from Fallowfield Park and Ride at 9:30 a.m. Gas \$5.00

Leader: Doug Parsons 613-723-0726



PASSINGS



Photo: Audrey Stewart

Bruce Henderson

Bruce Henderson died unexpectedly at home in Ottawa on May 28, 2015, just a few months after celebrating his 65th birthday.

Bruce was well-known to many RTA members in all three clubs from his participation in both the regular and winter end-to-end hikes, and also from his openness to engaging new and unfamiliar faces in conversation when out on hikes – indeed, several commented on how Bruce was the first person they really chatted with when they first started hiking or snowshoeing with the RTA.

He was also a poet, and recently combined this interest with hiking by leading urban hikes along the Poets' Pathway in Ottawa. With his open mind Bruce was always into learning new things: singing with the Atlantic Voices, bridge, walking on his hands and cooking were just a few of his other interests. He was also a great traveler with his partner and fellow RTA member Audrey Stewart, visiting Newfoundland, the Camino Trail and the southern cone of South America on recent trips.

Bruce was such a presence in the Ottawa Club that he seemed to be present at almost every event, and it's difficult to believe that he is no longer with us.

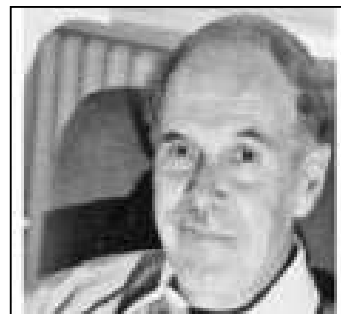
RTA Board Meeting Highlights

Meeting: July 25, McMartin House, Perth

Next Board Meeting – Saturday, October 17th

(Due to space Limitations, this report is condensed from the fuller Report by Denise Hall. The Editor apologizes)

Wild Parsnip was a major issue discussed, in light of the incredible proliferation of this invasive and hazardous weed across our Trail region: so much that an Ottawa Club trail section off Eagleson Road had to be temporarily closed. To quote Ron Arsenault, Ottawa Trail Maintenance Coordinator, "There is a difference between having a few plants beside the trail and having hundreds



Ron Maybury

Ron Maybury passed away peacefully surrounded by family on April 2, 2015.

Ron joined the RTA in 1986, and served in many roles at the club and association level, including as RTA president from 1993 to 1995. He also led the task force on the optimum route for the Rideau Trail, and acted as the link between the RTA and many other organizations with interests in recreational trails.

Born in Rhyl, North Wales, Ron was a veteran of WWII and came to Canada in 1955 to work as a chemist with Agriculture Canada until his retirement in 1989. He travelled to various countries in connection with his work, and travel also was a key part of his life after he retired. Ron's wife Dorothy died in 2004, and his travelling companion and very close friend in later years was fellow RTA member Jean Sunter.

Ron's dedication and soft spoken, low-key style will be remembered by all who knew him.



of plants in your face that you cannot pass" New signs are being produced which will be distributed to all Clubs for use where required. The Routing, Securement and Maintenance Committee will be working on a comprehensive RTA policy to deal with Wild Parsnip.

RTA Website: Paul Galipeau, Communications and Marketing Director, has been overseeing the exciting makeover of our website and corporate identification by our contractor, the Banfield Agency. A soft launch of the website will happen in September with the goal of the complete launch happening in October. Our website will have an updated look and should be easier to navigate. Coming soon!

Rideau Trail - Kingston Club

Winter Get-Away Weekend for 2016

Hôtel Le Chantecler, Laurentians — Jan. 29-31, 2016

Included Feature: a ski excursion along the Petit Train du Nord—a well-groomed trail

Hôtel Le Chantecler is in Ste. Adèle with cross-country and snowshoeing trails nearby. Also, skating is available from this hotel. The hotel's facilities include squash courts, fitness room, pool, and sauna. Rental equipment for various activities is available. It is rated as a four-star hotel; and your ski-weekend committee is pleased to recommend it again.

Cost for the weekend is **\$350 per person double occupancy or \$450 single**. This fee covers return bus travel from Kingston, 2 buffet breakfasts, 1 four-course dinner, 1 dinner buffet, and 1 lunch buffet upon departure on Sunday (3-4 pm).

Kingston Club departs from Walmart parking lot (on Midland Ave.) at 9:00 a.m. **Friday January 29** with arrival about 1:00 p.m. with return to Kingston about 9:00 p.m. on **Sunday January 31**. All arrangements will be confirmed by letter to you early in **January 2016**. **Central Club** departs from Brockville at 9:30 a.m.

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

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

Your second cheque will not be cashed until there is sufficient registration. Cancellations **after December 15, 2015** may not receive a full refund if replacements are not available.

Leader: Joan Patterson: jpatterson@maritimetravel.ca **Registrar:** Lars (613) 389-8747

Please copy this notice and share with a friend!

RIDEAU TRAIL - KINGSTON CLUB: WINTER WEEKEND

Hôtel Le Chantecler, Laurentians — Jan 29-31, 2016

Name(s) _____

Address _____ City _____ Postal Code _____

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

Two cheques payable to **Rideau Trail in Trust** (\$350 per person double or \$450 single occupancy) are enclosed for the amount of \$ _____. A cheque for \$100 is due at the time of application; your other cheque, for the balance, may be postdated to Dec. 15, 2015.

I wish to room with _____ Dietary restrictions _____

Members of the Rideau Trail - Kingston will be given booking priority if available hotel rooms are limited. It is suggested that non-members take out a membership before registering to ensure their booking priority.

Mail to: Lars Thompson (Ski Weekend) 832 Wartman Ave, Kingston ON, K7M 4M5

NEW MEMBERS

We welcome these new members to Rideau Trail Association.

See you "On the Trail" !

FOR THE CENTRAL

CLUB:

Kathy & Dave Boelsma

Deborah & Bob

Schofield

Anja & Niko Troje

FOR THE KINGSTON

CLUB:

Gwynn Dujardin

Zena Lauzon

Cathy Archer Maher &

Neal Maher

Lise & Matthias

Melhorn-Boe

Jane Moore

FOR THE NON-

AFFILIATED:

Catherine Kitchen

Kersh Theva

Alaina Garbens & Sivan

Vaisman

Janny Wallbank

Brenda West

FOR THE OTTAWA

CLUB:

Michael Beaupre

Anne Bennett

Juliana Caicedo

Rick & Margo Crawford

Valerie de Montigny

Heather Bracken &

Michel Denis

Stéphane Emard-Chabot

Roseanne & Will

Facchin

Lucie Greffe

Michelle Henchiri

Kim Hiscott

Maryan O'Hagan

Lucie Beland-O'Keefe &

John O'Keefe

Eddy Reitberger

Danielle Rioux

Monique Rocheleau

Rosie Tay

HELP PRESERVE THE LEGACY!

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

Individual Membership (age at least 18 years)	
() One year	\$25.00
() Two years	\$45.00
Household Membership (2 adults, 1 address)	
() One year	\$40.00
() Two years	\$75.00
Trail Maps: available at www.rideautrail.org	FREE
() SET of all 21 maps on waterproof paper	\$30.00
() Car Sticker (free to new members)	\$1.00
() RTA Hiker Name Pin. Fill in box below	\$7.00
() Cloth crest	\$2.00
() Enamelled Pin	\$6.00
 () Donation, Rideau Trail Association*	\$ _____
() Donation, Rideau Trail Preservation Fund*	\$ _____
TOTAL	\$ _____

Prices subject to change

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

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

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 (optional) for monthly e-letter, quarterly Web newsletter and occasional other communications):

() Please do not send me a printed copy of the newsletter. I will use the Web version.

The RTA does not share member information with other organizations.

- () 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): _____

New Signage

Last fall there was an issue with a landowner who threatened to withdraw his permission to use his property for the Trail, unless we did more to prevent trespassing during hunting season.

The Ottawa Club has a new, permanent sign which will be placed to prevent trespassing. In effect, it should remove the confusion - if a landowner sign says no trespassing during hunting season, this new sign tells RTA hikers that "this includes you"

Other Club sections will have identical signs.



You'll also be seeing a lot more of the new **Wild Parsnip** signs too, given the amazing proliferation of this noxious weed.

Like Poison Ivy, and Ticks, this big nasty can only do you harm *if you touch it*.

The first, most important line of defence is to recognize it and then avoid touching it.

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

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and three meals a day
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(Advertisement)

CAUTION! ATTENTION!



WILD PARSNIP PANAIS SAUVAGE

Avoid all contact!

Éviter tout contact!

Your Hiking Club for
Eastern Ontario



Votre club de randonnée
de l'est de l'Ontario

www.rideautrail.org

Boots 4 Pups Completes E2E in 10 days!

by Mary Robinson (Central) w/ Denise Hall (Ottawa)

Boots 4 Pups founder Hillarie "Nick" Nicolas, a 36-year veteran of the Canadian Armed Forces, hiked 350 kilometres on the Rideau Trail in 10 days, raising funds for the Citadel Canine Society. The mission of the Citadel Canine Society is to rescue dogs from animal shelters and to train those dogs to become service dogs for veterans and first responders suffering from post-traumatic stress disorder (PTSD).

Nick and his hiking companions (Heather Bracken and Nancy Spence) began in Kingston on June 21, came through Perth on June 26 and ended in Ottawa on Canada Day. What a journey!

At Kingston, Perth and Ottawa, the hikers were met and accompanied on their way by RTA members.

A letter was received shortly after the walk from Nick thanking the Rideau Trail Association for supporting the Boots 4 Pups effort. Additional information about Nick's journey and about the Citadel Canine Society can be found at <http://boots4pups.wix.com/boots-4-pups>.

ABOVE: "Welcome to Perth!" Left to right: David Batchelor, Nancy Spence, Nick Nicolas, Heather Bracken, and Howard Robinson. (Photo: Gill Hyland)

RIGHT: Nick Nicholas and Heather Bracken at the finish line in Ottawa. (Photo: Ron Hunt)



.....Robert Groves (cont'd from pg 7)

Robert recognized that the individual member, and the local Club executives, experienced RTA in the context of their own Club's activities. The Clubs tend to be a tad paranoid about what "They" were up to at the Association level.

Robert was concerned that the constituent Clubs tended not to appreciate that they are the actual components of the bigger whole, the Association. He made it a personal priority to attend all the Club AGM's and to foster personal relationships with members in each Club. He believed in fostering wider participation by members and set a good example by taking the Hike Leaders Training and volunteering as a Hike Leader for Central Club. With the same dedication, he rekindled RTA participation in Hike Ontario, our provincial organization.

Robert's sense of the Big Picture led him to focus on the challenges posed by our dwindling membership. He led us to face this downward spiral, inspiring new programs at the Club level to attract a broader range of the community: trail runners, those with disabilities, young families, fitness enthusiasts and others. He was always an enthusiastic booster for new program initiatives in the Clubs and the potential of these innovations for the other Clubs.

Robert was keenly aware of our need for a good Marketing and Communications Director to lead the Association's efforts to maintain our membership and attract new members. To this end, he set up an initial consultation with Walter Baker, a specialist in organizational development (as well as a keen RTA member). Walter's guidance and Robert's leadership led to an Association workshop on marketing, led by Dr. David Large, Professor of Marketing at

the Telfer School of Management, University of Ottawa.

Halfway through his tenure, Robert contracted Lyme Disease which wreaked persistent havoc on his health and wellbeing. Despite this awful experience, he carried on with his Board responsibilities.

Robert, we admire your vision and we applaud your dedication to the causes to which you're committed. Thank you for your leadership and friendship.

The whole Board also wants to recognize and thank Robert's backup strength and helpmate - his wife, Marianne Lods. Marianne encouraged and reinforced Robert's involvement with RTA, and was forever there for him, particularly during the period of Robert's illness and long recovery. Thank you, Marianne.

Rock Dunder - All Season Favourite

Kingston Club atop the “Rock” in June. Over 30 members and friends enjoyed a special hike in memory of Peck and Sybil Peckover, who loved this magnificent regional icon.



Stan Huff leads another Dunder hike on October 3 (see listings)

Photo: Glenn Casey



Central Club descends from the peak of Rock Dunder on a Fall Hike last year.

Sometimes, coming down is more challenging than going up!

Photo: Jack Tannett



Navigation Day Jamboree

Story by Denise Hall and Photos from Pauline Daling



NAV participants studying maps and receiving instructions.

About a dozen of us participated in the Jamboree which started out with a warm up activity in which we were spread out over the field with our eyes closed. One of the coaches shouted out compass directions and we had to turn our bodies to face this way.

This proved harder than one would think! Next we were divided up into small groups and were given a map to use with our compasses and stop watches to find various



Nav coaches: From left to right you see Cliff Daly, Pauline Daling, Gloria Daly and Dick Stewart.

In May I participated in a fun *Nav Day Jamboree*, run in Gatineau Park by our navigation coaches, Cliff and Gloria Daly, Dick Stewart, and Pauline Daling. Nav Days have run throughout the spring and fall of 2014 and this past spring where one could practise on and off-trail Map and Compass skills in small group settings. Compass Clinics were also offered.

The Jamboree was open to all Nav Day participants and was jointly financed by the Ottawa RTA Club and the Ottawa Rambling Club.

numbered sign stations in the woods off the trails. This was a timed activity with the added challenge of trying to be the first group to finish and get back to our meeting place.

As the groups returned they were given another compass game to participate in as well as a wrap up triangle activity.

This was a truly enjoyable and highly successful event, no doubt due to the hard work and organizational skills of our coaches. We are so lucky to have dedicated RTA members like them who so willingly give their time and share their expertise with the rest of us!

Ever hiked behind a trail maintainer?

Seems these folks never stop doing their job, even if it is not their section. They are constantly shuffling fallen debris off the trail (*"dancin' the RTA 2-Step"*), stopping to remove a branch which is now just a bit too low, or even re-constructing a trail blaze, as evidenced in the accompanying picture. So... when's lunch, boys?

(Photo and Caption: Jane Hough)





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



Photo by Allan German on top of Isolation Mountain.: L to R : Liette Laniel, Ann Lane and Denise Hall.

Mountain Woman! In June, Ottawa Club's *Liette Laniel* (left) conquered her 94th high peak in New Hampshire and New York State. (A "high peak" is over 4,000 ft.). Hiking with Liette when she achieved this were RTA'ers Ann Lane, Denise Hall and Carol and Allan German. Now Liette has her sights set on the four thousand footers of Vermont and Maine. ***Congratulations Liette. You are amazing!***
Reported by Denise Hall