



Rideau Trail

NEWSLETTER

Winter 2015-2016

Issue No. 178



MOTHER'S DAY



WINTER END-TO-END



WALKING IN WALES



LINEAR LOPPET





My Favourite Place

Lally Homestead (Map 09)

This is in Murphy's Point Provincial Park. The Lally Homestead is located on the cross-country ski trail system. We have 18+ km of groomed trails. I love winter days at the park. It is just gorgeous, and Lally is one of my favourite places.



Contributed by Nancy Gaudreau, Central Club

Does the cover look familiar? You might have seen it on the redesigned website:

RideauTrail.org

PHOTOS BY JACK TANNETT



Combined outing to nearby McParlan house. From left to right: Peder Krogh, Yvonne Kennedy, Rona Pyle, Edwina Schneiderman, Linda McLaren, Donna Morrow, Sabine Jaekel, and me. RTA volunteers replaced the Black Creek bridge.

And in the Old Days...



Do you know these RTA Ottawa skiers (late 1970's)?
L-R: ??, Joe Parsons, Elizabeth Mason, Boris Mather, ??,
Margaret Lafrance, Margaret Gamble.

AL GAMBLE PHOTO FROM RTA ARCHIVES



Have you seen the circular logotype on Twitter? It will be found as an online avatar, in brochures and on the mobile version of our new website.





Winter End to End (E2E)



Why not see the Trail in winter? The Winter 2016 E2E will start at Kingston (RTA map 01) and end in the Westport area (RTA map 07) for a total distance of approximately 126 km. We will plan on hiking between 10 and 15 km each day. Have you got your Winter badge?

Weekend 1: January 9-10.

Weekend 2: January 22-24 Moonlight hike, Jan. 22

Weekend 3: February 6-7

Weekend 4: February 20-21

Participants must be prepared for a 5 hour/15 km day in winter conditions. Skiers are welcome but must provide their own transportation. Leaders: Audrey Stewart (Ottawa), audrey.j.stewart@gmail.com and John Morrison (Kingston) 613-530-4876 sailability@sympatico.ca. The series will start on Jan. 9th at the Kingston City Hall trail-head. The Jan. 10th hike will commence from where we stopped on the 9th, and so on!

We look forward to meeting you hardy types for another challenging RTA Winter E2E.



John, by Stephen Kelly



Audrey, by Niels Rasmussen



BY DENISE HALL

Last year I organized my first weekend trip. Algonquin Eco Lodge is over 2 km from the parking area. They provide luggage transfer for a nominal fee, or one can carry in one's own luggage via toboggan or sleigh. The lodge provided all our meals. The trails were right out the door but boy, was it cold!

See Winter, page 21



This summer, we refreshed the Triangle-Tree design that you've seen on window stickers, badges and elsewhere. You'll see that it is now on the cover of the Newsletter.

The Rideau Trail itself will continue to be marked with the familiar orange triangles that have been used since the Rideau Trail first opened in 1971. This triangle is a registered trademark of the Rideau Trail Association.



The Triangle-Tree design will be our logo on a variety of products promoting the RTA.

This initiative is part of a website redesign project for the Rideau Trail Association. If you'd like to get involved or know someone who might, please get in touch with Board member Paul Galipeau at web@rideautrail.org.





Adventures in the Laurentians 2016



Mont Tremblant Cycling Outing

June or Sept 2016

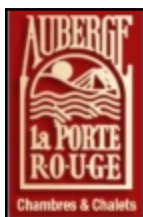
Stay two nights for three 3 days of cycling the paved paths in the vicinity of Mont Tremblant, including some of the P'tit Train du Nord.

(<http://www.laurentides.com/en/linearpark>)

Various distances and levels offered.

Accommodation provided by Auberge la Porte Rouge for about \$100 per day plus taxes per person, double occupancy, including breakfast and dinner.

Interested? Contact Elgin Bock, Kingston Club 613-389-4216 before January 30, 2016.



Kingston and the Laurentians?

Once upon a time, a fox, the wolf and a bull agreed that the RTA Kingston should sponsor a ski trip to somewhere within reach. Konrad Wolf drove the bus, and Art Fox and Keith Bull led the first trip. The Club went to Algonquin Park for a weekend of skiing. And thus begat the annual event 26 years ago.



PHOTO: JOAN AND KONRAD

For a few years various destinations included Algonquin, Haliburton, Ottawa, and Lake Placid. But as reliable snow conditions and money rates changed over the years, we finally landed in Québec where it was all more to our liking. What started with a school bus now uses a highway coach with ample carrying capacity.

Last year Rudy Lepp (Central Club) continued the Saturday night tradition started by the late Peck Peckover. His travelogue 'took' the skiers to silver mines, monarch butterflies and colourful markets in Mexico. It's generally agreed that since members of Central Club joined us five



27th Annual Winter Get-Away Weekend

Ste. Adèle Jan. 29-31, 2016

Situated near snowshoe and ski trails, our four star accommodation includes breakfasts and dinners. Cost of \$350. per person, double occupancy, provides coach transportation from Kingston. Fall Newsletter has the details.

Info/registration: Lars Thompson (613) 389-8747

Railway Station Diner on P'tit Train du Nord Trail



PHOTO: ANNE TURNBULL

years ago, the social aspect of these weekends has improved.

We changed hotels a few years ago, but the experience remains the same. Anne Turnbull says she likes it all:

- Classic food in a cozy hotel
- Variety of outdoor winter sports in the hills or on the rail-bed ski track
- Trail lunch in the historic rail station
- Pond skating with Ste. Adèle's residents
- Mixing with new friends from the Central and Kingston Clubs
- pre-supper parties

This winter's trip will be no. 27. Have you signed up?

Trail Lunch at the Station



PHOTO: ANNE TURNBULL

Story by Lars Thompson for the rest of the planning committee: Joan (Peckover) Patterson, Anne Turnbull, Rudy Lepp, John Page, David Reesor, and Konrad Wolf.

PHOTO: LINDA LINE



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(Send updates by 25th of the month.)

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

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Spring Newsletter: **Deadline February 1, 2016**

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

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

Inside Winter

EDITED BY STEVE KELLY, OTTAWA

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Association News

Highlights of RTA Board Meeting

McMartin House, Perth, October 17, 2015

BY DENISE HALL, VICE PRESIDENT

President: position vacant.

Treasurer: Joy Webster presented a report showing our operating fund budget and income statement as of September 30, 2015. We have a current operating fund surplus of \$11,319.

Membership: Sheila Menard submitted a written report. The good news is that there has been a very slight increase in memberships. Our current membership sits at 874 (717 annual members + 157 life members).

Marketing and Communications:

Paul Galipeau gave an extensive report on all the work he has been doing to enhance our profile to the public. In June, Banfield Agency was hired to design and develop the new RTA website and refresh its logo as well. Members of the board, along with interested RTA members, have been kept informed and asked for feedback. A soft launch of the website will occur first before a complete version, sometime this fall.

Paul has contacted instructors at Algonquin, U of O and the Ottawa School Board to enlist students for volunteer work with our organization. He will also move forward with the idea of listing the RTA with Volunteer Canada or Volunteer Ottawa in the future.

With regard to social media, i.e. Twitter and Facebook: activity has continued to grow. Our first photo on Instagram was posted to @RideauTrail on Sept. 18 with 0 followers. As of Oct. 11, 2015 we had 10 photos and 55 followers. The Ottawa Club weekly E-Notice and monthly E-Letter (Mailchimp) stats are quite good. Plans are to use a general public email list, once our website launches. People can subscribe to this list from the new website and from Facebook. The

purpose of this is to keep the public informed of issues that pertain to them while also driving membership.

Paul presented a proposal for the RTA to participate in the Ottawa Outdoor and Adventure Show March 19-20, 2016. The board was receptive to the idea and plans are to go ahead with this. Guidelines on the use of RTA symbols/logos were discussed with the intent of developing more detailed guidelines for future use.

Trail Routing, Securement and Maintenance: Jim Lorimer reported that the Gould Lake Conservation Area boardwalk replacement project has begun. The Kingston Club will supply the manpower in their collaboration with the Cataraqui Region Conservation Area on this project. Central Club maintainers have spent 22 separate days maintaining or inspecting the RT during the last quarter. In Central, the Wright property has been sold (the part of the Rideau Trail that had to be rerouted from the scenic Tay Canal). Unfortunately the new landowners have flatly refused the RTA access to their property.

RTA Annual General Meeting
Saturday, June 18, 2016
Westport

Kingston Club

Sian Alcorn
Lynn Colbert
Patti Lynn Earle
Jane Owen
Melanie Saunders
Maggie Sebok
Maryann Song
Doreen Vroegop
John Reid & Gertie Witte

Ottawa Club

Patricia Barber & Betty Barber-Smith
Mary Bishop
Danny Cassidy
Stephen Chappell
Carole Cl  roux

Welcome New Members

Andrea Cocks
Dwight Coutts
Janet Dionne
Louise Dugas
Richard Durant
Simon Ha
Marian & George Hearn
Craig Hooper
Christine Hume
Kevin Hynes
Marilyn Job
David & Helene Jokela
Shelley Jones

Gregory Kostyrsky & Theresa Ladouceur
Louise Lauzon
Ann Marie O'Neill
Karen Oxorn
Wendy Peterson
Susan Phillips
Judy & David Reid
Thelma Roy
Faith Stewart
Nancy Webb
Theresa Whalen

Unaffiliated

Marty Vert
Barb Yeo

(ASSOCIATION NEWS)

The Ottawa Club has permanently rerouted the Rideau Trail away from the road allowance between points 17A and 17B (map 17). This reroute will avoid the wild parsnip on the 17A to 17B road allowance and will also result in less road walking along the very busy Richmond Rd. The RTA has had wild parsnip warning signs made thanks to **John Cornish**, and is working on developing a wild parsnip control strategy.

Newsletter: Both of our newsletter editors, **John Cornish** and **Steve Kelly** were in attendance. They expressed the need to try to get more varied photos for future issues of the RTA Newsletters. A discussion followed and several ideas were given as to how to do this.

Reports from the Clubs

Ottawa by Denise Hall - On Colonel By Day, Aug. 3, 2015 three of our members manned an exhibitors table at the

Ottawa RT terminus. An Introduction to Hiking Course was offered on Saturday, Sept. 19 by **Ron Hunt** and **Ruth Oswald** at the Nepean Sportsplex. Again, it was filled to the maximum with a waiting list. The RVCA is interested in taking over the Cameron Lot from us. (see below)

Central by Gill Hyland - Central Club held a volunteer/landowner appreciation BBQ on Sept. 19 at the Rideau Ferry Conservation area. Despite the rainy day, 9 landowners and 24 volunteers came out and got to know one another. The event was a great success and will be repeated, perhaps every three years.

The Hike Ontario Summit is now officially a sanctioned event of the Perth 200th Anniversary. Central Club participated in the Algonquin to Adirondacks (A2A) partner workshop along with Kingston in early August. Hiking the entire Cataraqui trail that began in the spring and continued

through the summer will be completed in early November.

Kingston by Sharen Yaworski - During the summer, hikes and cycling activities went well despite the ticks. The annual Frontenac Challenge is in progress. Sharen attended the Hike Ontario Summit on the Sept. 25-26 weekend in Goderich, Ontario. This was another networking event. Tom Friesen (Hike Ontario Chair) will be meeting with the RTA in early January, as we are hosting the 2016 Summit in Perth. The Kingston Club is having a First Aid/CPR training for Hike Leaders on Nov. 21st.

**Next Board Meeting:
Saturday, January 23, 2016**



Land Transfer

Cameron Lot Ownership



This is an update on the discussions with the Rideau Valley Conservation Foundation to determine if they would be interested in taking over the ownership of the property owned by the RTA in the Marlborough Forest, southwest of Ottawa. Since receiving approval in principle by the membership at the 2015 AGM, negotiations have proceeded faster than anticipated, and the RTA board now expects to resolve any remaining details so that the agreement can be approved at its next meeting, which will be on January 23.

The 4.6 acre lot was donated to the RTA by Mr. Cameron in 1973, and the Ottawa Club subsequently built a shelter and other facilities on the site though these were vandalized and burnt down in the late 80s. The property has since returned to a natural state, and is now infrequently used for RTA hikes or activities. However, as the landowner the RTA is still responsible for the lot, and pays the yearly property taxes.

The Rideau Valley Conservation Foundation (RVCF) has agreed that the land meets all the criteria for them to assume ownership. They are not intending this as an official conservation area, but expect to retain the lot in a natural state. Furthermore, they would provide maintenance of the trees (e.g. after an ice storm), and would allow us to continue our occasional activities there. The RVCF board has agreed to add the lot to the list of properties they manage, so the way is now clear for the transfer to take place as noted above.

For more information, contact Ottawa Club Trail Coordinator Ron Arsenault, (613) 692-3374; ronandjoan11@gmail.com.

Cameron Lot? See Newsletter issue no. 13 (Fall 1974)

End to End with a Difference

A Rideau Trail Experience

BY JACK TANNETT

I'm sure many of us have contemplated a long-distance multi-day hiking journey, but have been put off by the thought of carrying a heavy backpack the whole way. If only there was an option allowing us to carry a day-pack, and to have places to stay along the trail each night. Those who have travelled Spain's much-publicized El Camino de Santiago trail will tell you that it can work, beautifully.

After many hikes in Scotland, Canada and on the Camino itself, Susan (Sue) Smee developed an appreciation for what might be called "light-weight long-distance" hiking. Sue became intrigued by the possibility of applying this approach to an end-to-end hike of the Rideau Trail.

The result was a huge success. In the two weeks between September 18th and October 2nd of this year (2015),

Sue walked from Kingston to Ottawa, with only a light day pack on her back. Each night, she stayed with a network of supporters which she had created during the planning stages of her journey. "I knew that walking the trail was going to be a piece of cake compared to the planning," Sue told me.

In March, she attended a presentation on the Rideau Trail in Perth and announced her intention to make this journey. Immediately, offers of help started to come in, and gradually things fell into place. Kind folks, who had perhaps never envisaged offering their homes and their support to a complete stranger, found themselves part of this exciting new "experiment".



Sue Smee in Perth

On two nights, Sue stayed in bed and breakfasts close to the trail. In each case she found the hosts not only friendly and supportive, but wanting to go out of their way to help her succeed in her mission.

As far as the journey itself was concerned, Sue literally took it all in her stride. She encountered a few challenges along the way, as one might expect. Her three encounters with cows were the most unnerving. Said Sue, "I'm a prairie girl. I have no issue with cows. But these cows seemed intent to surround me, and it was a little unsettling". Readers will empathize with the situation of a hiker in the middle of a large field, trying to spot that next orange triangle, while being surrounded by a large herd of cows!

I asked Sue what the highlight of her journey had been. Expecting her to name a favourite location, perhaps Flagpole Hill or Spy Rock, I was surprised by her reply. "It was being able to lie in the sunshine below a large tree and to look up at the sky - to experience moments of beauty such as these." She said. "However hard the walking, as long as I paid attention to what I could see, what I could hear, and how I felt, I was fine". And the walking was physically demanding. Sue found that 20 km each day was the right distance for her. On several days she walked 25 km or longer; these were "really long days".

Sue stressed the importance of physical and mental preparation. In her training hikes she totalled 320 km around the Ottawa area. "I don't think I

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CENTRAL CLUB ACTIVITIES - WINTER 2015-2016

WHAT TO BRING

Bring lunch, water, 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 15).

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.



Wednesday Wanderers - These are shorter, leisurely hike/snowshoe outings for those who want a mid-week stretch. Details are sent out each Monday by email. Contact: **Margaret Lafrance**, 613-466-0403 mlafrance3@cogeco.ca

Activities Calendar

Friday, December 4 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 are available 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 5:30 pm. 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

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 9 am. Leader: Tom Pearcey tom.pearcey@yahoo.ca 613-284-1294

Saturday, December 12 Rideau Trail & Christmas Social

Level 2, 10 -12 km. Moderate pace from 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 9 am. Gas \$3 Park fee Leaders: Howard & Mary

Robinson.hmrob@storm.ca 613-256-0817.

All members are welcome to join us for dinner at 5:30 pm at Ger-Bo's Steak House 11 Beckwith St. S. in Smiths Falls. Please RSVP to Yvonne Kennedy by December 1 yvknennedy@gmail.com 613-267-9817

Sunday, January 3 Millpond Conservation Area

Level 2, 6 km, moderate pace. Come for a "New Year's Resolution" hike/snowshoe through this picturesque conservation area. Depart at 9:30 am. Gas \$2 Leaders: Howard & Mary Robinson hmrob@storm.net 613-256-0817



Winter End to End
Saturday-Sunday, Jan. 9-10

(CENTRAL ACTIVITIES)

Hiking or skiing Details on page 3.
Saturday: meet at Kingston City Hall
Trailhead to leave at 8:30 am. Contact
leader to confirm your participation:
John Morrison sail-
ability@sympatico.ca or Audrey
Stewart audrey.j.stewart@gmail.com

**Saturday, January 9 Murphy's
Point Park**

Level 2, 12 km ski. Level 1, 6 km for
people on snowshoes, moderate pace.
Ski the groomed trails in the park or
get off the beaten path on snow
shoes. Depart at 9:30 am. Gas \$2
Park fee. Leader: Nancy Gaudreau
ndgeaudreau@gmail.com 613-300-
9532

**Sunday, January 17 Rideau Trail -
Marlborough Forest**

Level 1, 6-8 km, moderate pace. Enjoy
a snowshoe/hike along this section of
the Rideau Trail without the bugs of
summer or the wet sections of spring!
Depart at 9:30 am. Gas \$4 Leader:
David Batchelor
dlhbatchelor@sussexsystems.ca 613-
264-1559

**Tuesday, January 19 Leaders
Meeting - Spring Planning**

Bring your ideas to the Batchelor's
home, 7 pm. Regrets, contact Pat
613-264-1559
patbatchelor@sussexsystems.ca



**Friday, January 22
Moonlight hike.**

Part of the Winter E2E (page
3) Contact John Morrison sail-
ability@sympatico.ca

**Annual Christmas Social
Saturday, December 12**

Please RSVP by December 1 to
Yvonne Kennedy 613-267-9817



Sat.-Sun., January 23-24

E2E Hiking/skiing Details on
page 3. Contact John Morrison
sail-ability@sympatico.ca

**Saturday, January 30 Rideau Trail
- Narrows Lock to Miners Point
Road**

Level 2, 9.5 km, moderate pace, hike
or snowshoe. Enjoy this picturesque
section of the trail and the quiet
country lanes. Car shuttle, gas \$2.
Depart at 9:30 am Leader: Jack
Tannett jtannett@cogeco.ca 613-466-
0417

**Saturday-Sunday, Feb. 6-7 E2E
Hiking or skiing Details on page 3.**

John Morrison sail-
ability@sympatico.ca

**Saturday, February 13 Blueberry
Mountain**

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



**Saturday-Sunday, February
20-21 E2E Hiking or skiing**

Details on page 3. Contact John
Morrison sail-ability@sympatico.ca

**Saturday, February 20 Rideau Trail
Ferrier Road East to Conlon Farm**

Level 1, 6 km moderate pace. Hike
along country roads and snowshoe
across fields back to town and try out
our new section of trail. Gas \$2 Car
shuttle. Depart at 9:30 am. Leader:
Yvonne Kennedy
yvnkennedy@gmail.com 613-267-9817

**Saturday, February 27 Calabogie
Trails**

(END TO END, CONTINUED FROM PG. 8)

could have lasted if I was not physically
prepared," said Sue.
From a mental point of view, she applied
her Buddhist practice. For this walk,
she determined that, "Yes, I can do
that," and this strong belief in her ability
to succeed never left her. A friend of
Sue's told her that: "When we are not
challenging ourselves, that's when we
grow old".
I hope Sue's success will inspire others
to take another look at the Rideau Trail
in perhaps a different light, and to ask
themselves, "Can I use this as a new
template and a new inspiration for my
next journey?"
Congratulations Sue!

Afterword: It is the Camino which is
inspiring the creators of a new trail, still

in its earliest planning stages, which
will stretch from Algonquin Park to
the Adirondacks. Could it also work
as a future vision for the Rideau Trail?
Sue recommends: Born to Walk: The
Transformative Power of a Pedestrian
Act, by Dan Rubinstein (an Ottawa
author), in which he writes of the
benefits of walking and how it
contributes to so many aspects of
life.

Sue Smee lives in Ottawa, near the
Rideau Trail. Jack Tannett spoke with
her, a few days after she finished her
hike. Jack is an active member of the
Central Club.



(CENTRAL ACTIVITIES)

Level 2, 11.5 km, moderate pace. We'll hike or snowshoe starting at Eagles Nest parking area on Hwy 508 at Calabogie Peaks, and follow Manitou Mountain Trail south, then east, before turning south past Manitou Lake then onto private land dropping down to the Madawaska River. The trail route is subject to land-owner's approval. The hike ends at the gate at the southern end of the Barrett Chute subdivision. Gas \$5 Car shuttle Depart at 9:30 am Leader: Jack Tannett
jtannett@cogeco.ca 613-466-0417

Sunday, March 6 Rideau Trail - Mackler/ Ferrier Loop

Level 2, 10 km moderate pace. After a walk/snowshoe through bush and along a board walk, join the blue trail along the quiet Ferrier and Mackler Roads to complete the circle. Gas \$2 depart at 9:30 am. Leader: Brenda Ethier brendaethier@ripnet.com 613-464-8746

Rideau Trail Closed
Tuesday, March 15, 2016
Please stay off the Trail this day.

Saturday, March 12 Rideau Trail - Round Lake Loop

Level 2, 7 km, moderate pace.
Starting at Lally Homestead, snowshoe through Murphys Point

Park and back along the Round Loop trail. Park fee. Gas \$2 Depart at 9:30 am. Leaders: Peder Krogh and Maida Murray pederkrogh5@gmail.com 613-456-6085

Saturday, March 19 Wheelers Sugar Bush

Level 1, 10 km moderate pace. Come prepared for conditions that could range from icy to mushy to muddy. We'll explore the sugar bush and then stay for lunch. Please RSVP the leader by March 12. Depart at 9:30 am. Gas \$5 Leader: Nancy Gaudreau 613-300-9532
ndgeaudreau@gmail.com



Is it time to renew your membership?

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Celebrating 83 years of backcountry hiking



Join us for an incredible wilderness experience in 2016

The camp fee includes return bus transportation from Banff to the trailhead, 5 nights in the backcountry, tent accommodation with heating stoves, wholesome meals, camp support staff, day hikes and an evening campfire program. Hikers carry only a daypack, but must be fit for mountain hiking.

Details on camp location and fees will be available after December 1, 2015. For more information, visit our web page at www.skylinehikers.ca, call 1-866-445-3774 or email us at registrar@skylinehikers.ca. Registrations open January 2, 2016.

2016 Camp dates:

- Camp 1 July 11 to July 16
- Camp 2 July 18 to July 23
- Camp 3 July 25 to July 30
- Camp 4 August 1 to August 6
- Camp 5 August 8 to August 13

Skyline Hikers is a not-for-profit organization

Member's Corner

Jim Fox in Ottawa will gladly receive copies of old newsletters. He uses them to promote the RTA. Just give them to a member of your Club Executive.

Newsletter missing? If you'd like to receive the printed Newsletter, call the RTA or contact: membership@rideautrail.org

Student Wanted Do you know a tech-savvy student who loves the outdoors and who needs of volunteer hours? Please contact Webmaster Paul: web@rideautrail.org

KINGSTON CLUB ACTIVITIES - WINTER 2015-2016

WHAT TO BRING

Bring lunch, water, 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 15).

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 Executive. 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.



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

Friday, December 4 Annual Foley Mountain Christmas Carol 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 5.30 pm. 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 6.15 pm. No dogs please (service animals

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

Christmas Pot Luck Dinner Party Saturday, December 5

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 house rental is \$3, at the door.

Time: 6:00 pm.

Place: QWA, 144 Albert Street.

RSVP: Linda Line: 613-531-4353

Sunday, December 6 Little Cataraqui Creek Walk

Level 2 Moderate pace, 10 km. Enjoy the late fall walk around the perimeter trails and lake. Meet at CT for a 1:30 pm departure. Refreshment stop afterwards. Gas \$2. Leader: Peter Burbidge 613-634-1877 peterbur@kingston.net

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

Sunday, January 3 Kingston Area Woodland Trail Walk

Level 1 Easy pace, about 2 hours, followed by optional restaurant lunch to celebrate New Year 2016. Depart CT 9:30 am, gas \$2. Call leader close to date for trailhead meeting arrangements and other details. Leader: Bob Chadwick 613-544-9222



Saturday, January 9 E2E-1

Meeting at City Hall Trailhead to leave at 8:30 am. Hiking 10-15 km in winter conditions. Contact leader for details and to confirm your participation. RT Map #01. Shuttle. Leader: John Morrison 613-530-4876 or sail-ability@sympatico.ca

Saturday January 9 Lemoine Point Hike, Ski, or Snowshoe

Level 1 Easy pace, up to 5 km. Meet at the Front Road parking lot beside the airport at 10:15 am. There will be a "brown bag" lunch with coffee, tea and dessert provided at Lynn and Lars's. Please call or email if you will be joining us. lynn.m.nolan@gmail.com 613-389-8747



Sunday, January 10 E2E-2

Meet to leave previous end point at 8:30 am. Will be hiking 10-15 km in winter conditions. Contact leader for details and to confirm your participation. Shuttle. Leader: John Morrison 613-530-4876 sail-ability@sympatico.ca

Wednesday, January 13 Frontenac Park Snowshoe

Level 2 Moderate pace, 5 km. Enjoy Doe Lake Trail followed by lunch at the Trail Centre. Optional additional outing on corridor trail in afternoon. Depart CT at 9:30 am. Gas \$4 plus park fee. Leader: Peter Burbidge 613-634-1877

Saturday, January 16 K&P

Ski/Snowshoe/Hike

Level 1 Easy pace, 10 km. Enjoy a winter outing on level ground checking out the old rail line. Depart CT 10 am. Gas \$2. Contact leader to confirm details and your participation. Leader: Audrey Sanger 613-384-6244



Friday, January 22 E2E-3

Meet to leave previous end point at 7 pm. Will be hiking 3-5 km in winter conditions, hoping to see the full moon. Contact leader for details and to confirm your participation. Shuttle. Leader: John Morrison 613-530-4876 sail-ability@sympatico.ca



Saturday-Sunday January 23-24 E2E-4, 5

Meet to leave previous end point at 8:30 am. Will be hiking 10-15 km in winter conditions. Contact leader for details and to confirm your participation. Shuttle. Leader: John Morrison 613-530-4876 sail-ability@sympatico.ca

Saturday, January 30 Lemoine Point Ski, Walk or Snowshoe

Level 1 Easy pace, 8+ km. Depart 10 am. at Canadian Tire. Lots of wildlife to see. Bring Lunch. We will have hot or cold drinks at Tim Hortons in the afternoon. Gas \$2. Leader: Stan Huff 613-548-3003

Sunday, January 31 Snowshoe Bufflehead Trail Frontenac Park

Level 3 Moderate pace, 12 km. Enjoy the pristine park woodlands followed by hot chocolate at the Trail Centre. Depart CT at 9:30 am. Gas \$4 plus park fee. Leader: Peter Burbidge 613-634-1877



Saturday-Sunday February 6-7 E2E-6, 7

Meet to leave previous end point at 8:30 am. Will be hiking 10-15 km in winter conditions. Contact leader for details and to confirm your participation. Shuttle. Leader: John Morrison 613-530-4876 sail-ability@sympatico.ca

Saturday, February 13 Snowshoe Skycroft to Massasauga Road

Level 2 Moderate pace, 14 km. Follow the Old Bedford Rd. and return via an old Mica Mine area. See a disappearing stream. RT Map #06. Depart CT 9 am. Gas \$4. New snowshoers welcome and extra snowshoes will be appreciated. Phone the leader for snow conditions. Leader: Don Coulter 613-542-9998 coulter.dm@sympatico.ca

Sunday, February 14 Jones Creek Trails

Level 1 Hike or snowshoe "down east" at 1000 Islands National Park. 10 km, at a moderate pace, distance depending on conditions. Good terrain for new snowshoers! Contact leader for details and to confirm your participation. Gas \$6. Depart CT at 9 am. If you can meet the hikers on behalf of the leader, please contact! Leader: John Cornish 613-382-4778 or email: cornish@kos.net

Saturday, February 20 Frontenac Park Ski/Snowshoe

Level 1 Easy pace, 8 km. Join the venerable Elgin Bock for a pleasant winter outing along the Salmon Lake Road followed by hot chocolate in Trail Centre. Possibility of additional skiing. Meet at CT 9:30 am. Gas \$4. Please contact leader re details and to confirm. Leader: Elgin Bock 613-389-4216



Saturday-Sunday February 20-21 E2E-8, 9

Meet to leave previous end point at 8:30 am. Will be hiking 10-15 km in winter conditions. Contact leader for details and to confirm your participation. Shuttle. Leader: John Morrison 613-530-4876 sail-ability@sympatico.ca

Saturday, February 27 Little Cataraqui Conservation Area

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

Sunday, February 28 Cat Ski/Snowshoe/Hike

Level 1 Easy pace, 10 km. Enjoy a winter outing on level ground checking out the old rail line east of Perth Road Village. Depart CT 10 am. Gas \$3. Contact leader to confirm details and your participation. Leader: Audrey Sanger 613-384-6244



It's time to renew, isn't it?

(KINGSTON ACTIVITIES)

**Saturday, March 5 Hike to
Downtown Kingston**

Level 1 Moderate pace, 14 km. Enjoy a leisurely winter walk from Old Trailhead to New Trailhead by City Hall. Lunch at Morrison's Restaurant. Walk or bus back to old Trailhead.

Rideau Trail Closed

Tuesday, March 15, 2016
Please stay off the Trail this day.

Meet at Old Trailhead at Trailhead Place at 10 am. Contact leader to confirm details and your participation. Leader: Audrey Sanger 613-384-6244

**Sunday, March 6 Kingston Area
Woodland Trail Walk**

Level 1 Easy pace for about 2 hours, followed by optional restaurant lunch to celebrate Leap Year 2016. Depart CT 9.30 am, gas \$2. Call leader close to date for trailhead meeting arrangements and other details. Leader: Bob Chadwick 613-544-9222

**Saturday, March 12 Gananoque
Trail**

Level 1 12 km at a moderate pace. Hike these easy trails along the Gan. River and through the woods. Lunch and warm up at Tim Hortons before we continue on the urban trails along the waterfront. Gas \$3. Contact leader for details and to confirm your

participation. Depart CT at 9 am. If you can meet the hikers on behalf of the leader, please contact! Leader: John Cornish 613-382 4778
cornish@kos.net

**Kingston AGM
Wednesday, April 20**

Spring Fling Pot Luck Party

Saturday, March 19

Get into gear for spring by coming out to our "spring fling" pot luck dinner party. Please bring your specialty main course or dessert and your own wine/beer. Non-alcoholic fruit punch on tap..

Time: 6:00 pm.

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

RSVP: Linda Line: 613-531-4353

Who's Who in the RTA Clubs?

**Ottawa Club
Executive**

Chair: Denise Hall
Past Chair: Sheila Parry
Vice Chair: Sandy Freeman
Club Representative: Graham Creedy
Secretary: Dawn Carrick
Treasurer: Ron Hunt
Activities: Tony Barnes
Trail Maintenance: Ron Arsenault
Routes and Negotiations: [vacant](#)
Publicity: Theresa Quenneville
Member at large: [vacant](#)
Newsletter Editor: Steve Kelly

**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 Convenor: Yvonne Kennedy

**Kingston Club
Executive**

Chair: Sharen Yaworski
Past Chair: Don Coulter
Vice Chair (Board Rep.): Doug Hayes
Treasurer: Lynn Esau
Secretary: Corinne Harrison
Outings: Peter Burbidge
Publicity and Communications:
Lynn Nolan, Lars Thompson
Routes and Negotiations: [vacant](#)
Construction: Jim Lorimer
Maintenance: Stan Huff
Special Events: Linda Line
Human Resources: Lorna Deyo
Member at large: Bill Ottney
Member at large: Paige Humber
Newsletter Editor: John Cornish

Could I Lead a Hike?

BY ROWENA GERSPACHER

Last February, I led my first snowshoe hike with the Rideau Trail Association in Ottawa. Over the years I enjoyed trekking out on a Saturday for an excellent day of physical challenge and adventure. I was in awe of leaders, who week after week could fearlessly find their way through bush, field or forest.

Nevertheless, I realized that leaders are needed to lead hikes. The idea occurred to me that perhaps even I, with my limited skills, could contribute to the club by leading a hike or snowshoe along well-marked trails without any great challenges or topographical obstacles.

On the day of my snowshoe hike, there were 16 participants, several of whom were experienced mentors and navigators of the trails. Their support meant a great deal to me, as I did feel somewhat apprehensive as we left car park #20. For the most part we followed the trail #51, but an interesting digression was a slight detour along the "Nut Trail"; so-called because of the

numerous variety of nut-bearing trees growing in that area.

Fortunately, the temperature on this particular day was hovering around -13 degrees, so our outing was relatively comfortable. Snow conditions for snowshoeing were excellent, and the forest setting was quite magical. We encountered

When I first volunteered at a Fall planning meeting, I was warmly approached by several veteran RTA leaders who offered me their support and encouragement. This support was not glibly given; each followed through on his/her word.

several bird feeders attracting a plethora of chickadees. One was bold enough to audaciously swoop down to pluck a gram of fruit from between the fingers of one of the group! A hairy woodpecker and an albino chickadee were spied at the feeder where we enjoyed a brief pause.

The Mer Bleue is described as a "unique subarctic landscape." I hope our morning snowshoe will encourage

RTA members to visit these trails again, and to continue exploring in every season.

In summary I want to acknowledge and thank all the group participants for the support, encouragement and cooperation that I received.

Rowena shows the way for new leaders: Begin in your comfort zone, and 'the Force will be with you'.

Levels of Difficulty and Participants' Responsibilities

Choose a trip suited to your abilities. Inform the leader, at the start, of any health problem or potential difficulty with equipment. Respect financial obligations. Supervise your child. Support and cooperate with the leader.

Hiking/Snowshoeing Levels of Difficulty

Level 1: Well-defined trails; gentle inclines.

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

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

Cross-Country Skiing Levels of Difficulty

Level 0: Easy, slow, short (15 km or less).

Level 1: Easy. Small hills; wide trails.

Level 2: Intermediate. Narrower, steeper trails.

It was a perfect hike until...

All leaders and most hikers could complete that sentence, and would probably have some fun with it. Come and share your stories. What happened; what did you do, and what would have been better?

A Leader's Forum will take place in the evening of **Monday, January 18**. It is intended for all current Ottawa RTA hike leaders and those who have thought about leading.

The purpose of the evening is to share experience and to help leaders better plan and conduct outings. This will be done through the discussion of various scenarios which could crop up on a typical hike. The evening will also be used to set up a preliminary schedule of Spring outings in time for inclusion in the Spring newsletter.

Whether you are an experienced leader or an aspiring beginner, this event will enable you to both provide input and to receive useful tips. So note the date, and join in the fun. More detailed information will be made available closer to the date.

Central Leaders: see page 10.

OTTAWA CLUB ACTIVITIES - WINTER 2015-2016

WHAT TO BRING

Bring lunch, water, 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 15).

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.

Tuesday Morning Skiing in Gatineau Park

(throughout January) Level 1 or 2 Get your ski legs in shape by enjoying a 2 hour ski. Bring a small snack to eat on the trail - no huts. Meet at 10 am at the parking lot on the south end of the Champlain Bridge. Gas \$3 or \$4. The route will be chosen to suit the skiers who attend. Call the leader if conditions are questionable. Leader: **Elizabeth Mason** 613-729-6596.

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

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

Saturday Snowshoers When no winter hike or snowshoe is scheduled (Level 2 or 3), there will be impromptu outings, similar to Wednesdays: leaders come prepared with outings. Departure from Tunney's Pasture promptly at 9:30 am.

ACTIVITIES CALENDAR - OTTAWA

Note: Trail fees apply to outings in Gatineau Park

Saturday, December 5 Gatineau Park, Trail 65 and 66

Level 2 Snowshoe or hike, approx 8 km at a leisurely pace on well-marked trails with a few steep but short climbs. Start from Relais Plein Air-outdoor lunch. Wear good boots. Crampons and/or snowshoes a must depending on the conditions. Meet at Tunney's Pasture for a 9:30 am. departure. Gas \$3. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com

Saturday, December 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. Off-trail 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 am. Gas \$6..Leader: Roger Bird 613-232-2262 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 am. Gas \$6. Leader: Doug Parsons 613-723-0726

Saturday, December 26 Snowshoe or hike at Lac Philippe

Level 2 About 8 km on snowshoe Trails 74 and 73 if there's snow, or about 14 km on those trails and others if the ground is bare. Watch the weekly e-notice for an update. We'll start from P19 and have lunch at the new Renaud cabin or Lusk cabin, depending on the conditions. Depart from Tunney's Pasture at 9:30 am. Gas: \$6. Leader: Ann Bolster 613-828-5131 ann_bolster@hotmail.com

Saturday, January 2 Gatineau Park Trails 64 and 65

Level 2 Snowshoe, approx 6 km, 2½ hrs. at a leisurely pace from Relais Plein Air (P2) Fairly rugged terrain with

lots of short but steep ups and downs for the first 2 km. Wear good boots and snowshoes or spikes depending on the conditions. Depart Tunney's Pasture at 9:30 am. Gas \$3. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com

Tuesday Morning, January 5 XC Skiing in Gatineau Park

Level 1 About 8 km. Get your ski legs in shape by enjoying a 2 hour ski. Bring a small snack to eat on the trail - no huts. Meet at 10 am at the parking lot on the south end of the Champlain Bridge. Gas \$3. Leader: Elizabeth Mason 613-729-6596

Emergency in Gatineau Park?

Trail passes have the number to call



Winter End to End

Saturday-Sunday, Jan. 9-10

Details on page 3. Saturday: meet at Kingston City Hall Trailhead to leave at 8:30 am. Contact leader to confirm participation: Audrey Stewart audrey.j.stewart@gmail.com or John Morrison sail-ability@sympatico.ca

Saturday, Sunday Jan. 9, 10 Rideau Trail

Snowshoe or hike, 10-20 km on the Trail in Ottawa. Saturday: meet at Britannia Park parking lot, 8:30 am. Other details TBD. Contact leader: Na Lin linnakgh@yahoo.ca 613-601-4864

Saturday, January 9 Bell Arena Greenbelt Trails

Level 1 Snowshoe 6-8 km along NCC trails 28 and 27 in Bells Corners. Mostly forested terrain, relatively flat with some minor hills. We will start at Parking Lot 12. Bring snack, water and snowshoes. Gas \$2. Depart from Baseline Park & Ride at 12:30 pm. Leader: Marilyn Schwartz 613-828-4488 marilyn_sch1970@yahoo.ca

Saturday, January 9 Gatineau Park on Trails 65 and 66

Level 2 Snowshoe, approx 9 km, 3½ hrs at a leisurely pace from Relais Plein Air (P2) Some climbing. Wear

good boots and snowshoes or spikes depending on the conditions. Depart Tunney's Pasture at 9:30 am. Gas \$3. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com

Sunday, January 10 Mer Bleue

Level 1 Snowshoe in Mer Bleue area - about 6 km, easy pace. We will explore parts of Trails 50 and 51 and the Dewberry Trail from P 20. Leave from Tunney's Pasture at 1 p.m. Gas \$3. Kathryn Fournier 613-248-0006

Tuesday Morning, January 12 XC Skiing in Gatineau Park

Level 1 About 8 km. Get your ski legs in shape by enjoying a 2 hour ski. Bring a small snack to eat on the trail - no huts. Meet at 10 am at the parking lot on the south end of the Champlain Bridge. Gas \$3. Leader: Elizabeth Mason 613-729-6596

Saturday, January, 16 Gatineau Park Trail 70

Level 2 Snowshoe or hike, 9 km approx, from P15 Some ups and downs but no difficult climbing. Lunch Sat Healey cabin and return by the same route. Bring snowshoes or grippers, depending on conditions. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$5.. Leader: Grace Hyam 613-829-7252 dr003@ncf.ca

Saturday, January 16 XC Ski at Wesley Clover Park in Kanata

Easy Level 2 Explore about 10 km of newly developed ski trails. Watch for details in the E-Letter. Depart at 9:30 am from Baseline Park & Ride. Gas \$2, Trail Fee \$7. Leader: Ethel Archard 613-592-7733 ethel.archard@sympatico.ca

Monday, January 18 Leaders Forum (page. 15)

Tuesday Morning, January 19 XC Skiing in Gatineau Park

Level 1 About 8 km. Get your ski legs in shape by enjoying a 2 hour ski. Bring a small snack to eat on the trail - no huts. Meet at 10 am at the parking lot on the south end of the Champlain Bridge. Gas \$3. Leader: Elizabeth Mason 613-729-6596



**Friday, January 22
Moonlight Hike**

Part of the Winter E2E (page 3)

Contact John Morrison sail-
ability@sympatico.ca

Friday, Jan. 22 Moonlight on Snow

About 5 km on Rideau Trail near
Fallowfield. Leader: Na Lin
linnakgh@yahoo.ca 613-601-4864



**Saturday-Sunday, Jan. 23-24
Winter E2E**

Details on page 3. Contact

Audrey Stewart
audrey.j.stewart@gmail.com

Saturday, January 23 Gatineau Park,
P15 to Herridge Cabin
Level 2 Snowshoe on Trail 70 approx 9
km, 3 hrs at a leisurely pace on well-
marked trail. Some climbing. Lunch at
Healey cabin. Wear good boots and
snowshoes or spikes depending on the
conditions. Depart from Tunney's
Pasture at 9:30 am. Gas \$5. Leader:
Jean Gauthier 613-422-3997
jrrgauth@teksawy.com

**Saturday, Sunday Jan. 23-24
Rideau Trail**

Snowshoe or hike the Trail between
Ottawa and Westport. Details and
meeting place TBD. Contact leader: Na
Lin linnakgh@yahoo.ca 613-601-4864

**Saturday, January 23 XC Ski in
Gatineau Park**

Level 2 8 to 10 km. Ski from P7 on
back trails to Keogan for lunch. Or
choose the more travelled Ridge Road.
Enjoy the hills, the woods and the
silence. Meet at Tunney's Pasture for
departure at 10 am. Gas \$3. Leader:
Elizabeth Mason 613-729-6596

**Tuesday Morning, January 26
XC Skiing in Gatineau Park**

Level 1 About 8 km. Get your ski legs
in shape by enjoying a 2 hour ski. Bring
a small snack to eat on the trail - no
huts. Meet at 10 am at the parking lot
on the south end of the Champlain
Bridge. Gas \$3. Leader: Elizabeth
Mason 613-729-6596

**Saturday, January 30
Marlborough Forest Snowshoe**

Level 2 8.5 km from Rogers Pond to
Deliverance Cabin for lunch and
return. Depart from Fallowfield Park
and Ride at 10 am. Gas \$5. Leader:
Doug Parsons 613-843-8222



**Saturday-Sunday, Feb. 6-7
Winter E2E**

Details on page 3. Contact

Audrey Stewart
audrey.j.stewart@gmail.com

**Saturday, February 6 Carp Ridge
Snowshoe**

Level 2 About 8-10 km off the
Thomas A. Dolan Parkway. We will
snowshoe around and over a number
of picturesque ponds. Depart from the
Baseline Park and Ride by 10 am.
Lunch will be outdoors. Gas \$5. A
pub stop at the Cheshire Cat in Carp
after the hike is an option. Leader:
Denise Hall 613-843-8222
rebeccahall@rogers.com

Remember, trail fees apply to outings
in Gatineau Park

**Saturday, February 6 Easy XC Ski
Gatineau Park**

Level 0 or 1 Suitable for Greenbelt
skiers. 6-8 km on wide, groomed,
dog-free trails. P19 to Renaud for
inside lunch by the wood stove.
Depart from Tunney's Pasture at 9:30
am. Gas: \$6 Leader: Steve Kelly 613-
422-1318 stkelly@rogers.com

**Sunday, February 7 Snowshoe at
Old Quarry Trail**

Level 1 About 6 km, easy pace. We
will explore Trail 23 from P5. Leave
from Tunney's Pasture at 1 p.m. Gas
\$3. Kathryn Fournier 613-248-0006

**Saturday, Sunday Feb. 13-14
Rideau Trail**

Snowshoe or hike, 10-20 km on the
Trail between Ottawa and Westport.
Details and meeting place TBD.
Contact leader: Na Lin
linnakgh@yahoo.ca 613-601-4864

**Saturday, February 13 Gatineau
Park on Trails 70 and 71**

Level 2 Snowshoe approx 8 km, 3 hrs.
at a leisurely pace. Start at P15 Some
climbing at first. Wear good boots and
snowshoes or spikes depending on the
conditions. Lunch at a fire pit. Depart
Tunney's Pasture at 9:30 am. Gas \$5.
Leader: Jean Gauthier 613-422-3997
jrrgauth@teksawy.com



**Saturday-Sunday, Feb. 20-21
Winter E2E**

Details on page 3. Contact

Audrey Stewart
audrey.j.stewart@gmail.com

**Saturday, February 20 Gatineau
Park Snowshoe**

Level 2 Destination and route TBD.
Leader: Ann Lane 613-741-3184
ann.l@ncf.ca

**Saturday, February 20 XC Ski in
Gatineau Park**

Level 2 8 to 10 km. Ski the ponds and
some of the Meech Creek Valley off
Trail 36. Enjoy an outdoor lunch. Meet at
Tunney's Pasture for departure at 10
am. Gas \$4. Leader: Elizabeth Mason
613-729-6596

**Saturday, Sunday Feb. 27-28 Rideau
Trail**

Snowshoe or hike, 10-20 km on the
Trail between Ottawa and Westport.
Details and meeting place TBD.
Contact leader: Na Lin
linnakgh@yahoo.ca 613-601-4864

**Saturday, February 27 Snowshoe in
Marlborough Forest**

Level 2 8.5 km. Hike from Flood Road
to Earth Star Trail and return via
abandoned farm trail. Depart from
Fallowfield Park & Ride at 10 am. Bring
lunch. Gas \$7. Leader: Doug Parsons,
613-843-8222

**Saturday, February 27 Hike or
Snowshoe in North Kanata**

Level 1 About 6 km easy pace. Scenic
South March Highlands Conservation
Forest. Slightly hilly in parts. Optional
coffee stop afterwards. Depart at 12:30
pm from Baseline Park & Ride. Gas \$3.

(OTTAWA ACTIVITIES)

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

Saturday, March 5 Gatineau Park Trails 74 and 73

Level 2 Snowshoe, approx 8 km, 3 hrs. at a leisurely pace. Start at P19. Some climbing for the first 3 km. Lunch at Renaud cabin. Wear good boots and snowshoes or spikes depending on the conditions. Depart Tunney's Pasture at 9:30 am. Gas \$6. Leader: Jean Gauthier 613-422-3997
jrrgauth@teksawy.com

Saturday, March 5 Gatineau Park Snowshoe

Level 2+ Destination and route TBD. Leader: Ann Lane 613-741-3184
ann.l@ncf.ca

Saturday, March 12 Gatineau Park Snowshoe

Level 2+ Approx 11 km. A short distance on Trail (#70 and #71) from P

15 to the Source Lake area. From here we will leave the snowshoe trail and follow a series of ponds/streams off-trail all the way into Healey Cabin. Indoor lunch. Return via ponds and streams on the other side of the main trail (#70), eventually hooking up with #70 to reach our cars at P 15. Meet at 9 am at the north parking lot at

Rideau Trail Closed
Tuesday, March 15, 2016
Please stay off the Trail this day.

Tunney's Pasture for a 9:15 am departure. Gas \$5. Leader: Denise Hall 613-843-8222
rebeccahall@rogers.com

Saturday, March 19 Snowshoe from Cregheur Road

Level 2+ About 9 or 10 km with climbing, bushwhacking and great views. From Cregheur Corner to Western Lodge for lunch. Be prepared to maintain a good pace.

Depart from Tunney's Pasture at 9:30 am. Gas: \$4. Leaders: Ann Bolster 613-828-5131 ann_bolster@hotmail.com and Dan Boulay 613-822-0984
boulayhome@rogers.com

Sunday, March 20 Hike or Snowshoe in Pine Grove

Level 1 About 6 km, easy pace. We will explore Trail 44 from P18. Leave from Tunney's Pasture at 1 p.m. Gas \$4. Kathryn Fournier 613-248-0006

Ottawa AGM
Friday, April 15 (TBC)

Tell your friends. RTA will exhibit at
The Ottawa Outdoors & Adventure Travel Show

In 1974, the Rideau Trail Association held a design contest. The winner was used for our crest then, and is still in use today (see page 3). **Derek Redmond** of Kingston described his design this way:

Here's the inside story on the new Rideau Trail Association crest. To begin with, the familiar orange isosceles triangle is the central, most important element in the design. So just draw the triangle any size (height is twice the base), measure, draw the circle and then fill in the rest. The tree is exactly the same size as the orange Triangle.

The real point, of course, was in having the tree echo the shape of the distinctive trail marker. My contest entry showed the tree in green with a brown trunk, but the crest could also be drawn all in black, except for the orange marker.

The composition could be looked at as picturing a real marker with a tree in perspective behind, but I also like to think of it as representing an orange back packer's tent pitched beside a tree. In your imagination, you can include the realistic details of a few thousand mosquitoes, swarming



around the tent on a chilly morning like little heat-seeking missiles. Perhaps, you imagine instead a blue jay perched on the bough of a tree giving his raucous call. Whatever your pleasure, you can fill in your own details.

I was certainly pleased to hear of the high level of participation in the crest contest. If I had had an inkling that there would be as many as 42 entries, I undoubtedly would have been too intimidated to enter. But now I have to admit to a great deal of curiosity to see the other entries.

At any rate, I hope that the new crest comes to really represent the trail and the enjoyment the trail gives us all.

ABRIDGED FROM NEWSLETTER
ISSUE NO. 15, SPRING 1975



Many (not all) of Ottawa's current Wednesday Walkers at their Anniversary Hike in September. After enjoying a day's outing one Wednesday, the hikers decided to get together the following week - every week, for 31 years now. (A few here missed that first day.) Hike leaders know this photo demonstrates an exceptional display of hiking group cooperation.

CONGRATULATIONS FOR SO MANY CAPTURED FACES: TONY BARNES

Recent Donations to the Rideau Trail Association

John Le Geyt
Elinor Gill Ratcliffe, C.M., O.N.L.,
LLD(hc)
Susan Smee
John St James
Barb Yeo

Thank you

Garbage

BY DENISE HALL

No not the truck, and certainly not the man. That's Mike Beaudin. For the past three years and maybe more, Mike and his wife, Sheila and his trusty Toyota truck have been on hand during both the spring and fall clean up days. Where the Rideau Trail crosses Rogers Stevens Drive, the Ottawa Club has 'adopted' the 'county' road to walk the highway and pick up all the trash they find.



This October's collection was a little light. Still, as Gail pointed out, that's bags and bags of stuff that does not belong there.

See Denise and her Ottawa crew on the back cover.

Brian piles in the bags.



Have you renewed yet?

(CONTINUED FROM PAGE 27)

Camping on the Appalachian Trail

BY NANCY GAUDREAU

On the Trail in Maine, we stayed at established campsites with dirt tent pads and sometimes a lean-to. All their sites have a privy (bring TP). They all have a stream or spring, but water must be treated.

This was the first trip where we slept under an 8 x 10 tarp (10 oz cuben fiber) every night rather than using the lean-to's. We found that with practice, tarps work well. On the wettest night, lingering thunderstorms left us only slightly damp, a problem we solved by adjusting our tarp set-up.

Usually, it takes us two hours each evening to clean up, fix dinner and set up camp. That begins with getting dinner re-hydrating. We use a platypus gravity water filter. When we arrive at camp, purifying water is one of the first jobs we need to get done. Then we give ourselves a quick wipe down, getting as much sweat and dirt off as possible. We

have to do this first so we don't get chilled. I have a large collapsible bowl, which we fill at the water source and take to a private spot some distance away. Cold water. No soap. We use bandanas and ultra light towels.

Dinner clean up is easy, we just rinse and re-rinse the pot and our cups with water until they are quite clean. We drink all the rinse water with any food particles. So there's no waste water at all. ('Real' campers can DO that. Ed.)

At night we put all our food and related items in a bag to hang or put into a bear box. On this trip there were no cables or boxes and no one was concerned about bears. I am worried that the bears in this area will eventually discover yummy hiker food.

In the morning it takes an hour to eat breakfast and pack up for the day. We hike for about 9-10 hours a day. The rest of the time we mostly sleep!

Packs

We usually pack everything we need for the whole week, although on this

trip we split our food into two batches, picking up the second half at my sister Holly's car on Rte 4, almost midway. The base weight of our packs was just over 10 lbs including everything except food and water. Once the water (2 litres) and 10 lbs of food (~2 lbs per person per day) were added, our packs weighed about 25 pounds.

Breakfast: Granola with WHOLE milk powder (add water) and dried fruit.

Lunch & snacks: Clif bar, PB&J, nuts/m&ms/dried fruit, magic cookie bars.

Dinner: Dehydrated home-cooked dinners, add water and heat. We use an Esbit stove.

A week at a time, 900 miles to go!



Nancy Gaudreau is an enthusiastic member and Secretary of the Central Club.

(CONTINUED FROM PAGE 3)

Winter at Eco-Lodge

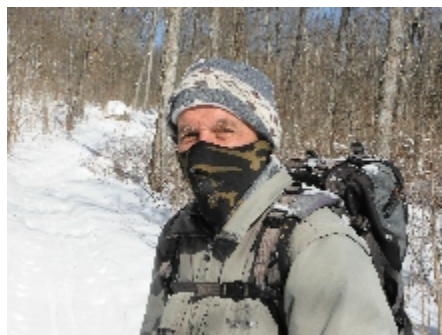
BY DENISE HALL

Of the 22 participants who stayed with us at Algonquin Eco-Lodge, 16 were RTA members. One of these was former Ottawa Chair, Elizabeth Mason, who first visited the Eco-Lodge with the RTA many moons ago. I was first introduced to the Eco-Lodge in 2012 on a trip organized by Chris Heap.

The Eco-Lodge is located on the southern border of Algonquin Park, about a three hour drive from Ottawa. What is unique about this place is that it is secluded and is completely off-grid. It generates its own 100% micro-hydro electricity from a waterfall. All meals are provided by the lodge including a snack before supper.

The Eco-Lodge has many outdoor delights right out the door. There are

snowshoeing and groomed cross-country ski trails. A hot tub and a sauna are available to use in the afternoon, including an optional polar bear dip in Moffat Pond if you dare. Just as unique is a wolf howl program that the staff can provide at night.



Denise Hall is Chair of the Ottawa Club (She is NOT pictured here.)

We'll all remember the frigid cold that Family Day Weekend. Thank goodness we hikers are a hearty bunch. We had lots of laughs and shared comradery in spite of it!

Over 500!

Ladies and gentlemen, the RTA sent out over 500 renewal reminders last April. 500! Some them used stamps and envelopes. How long would it take a volunteer to do that? Our annual membership fee is \$25. Are you collecting bank interest on that, through the winter? Avoid 'delinquent status'. If we're in the new year, how about renewing today? You won't have to remember, and Rideau Trail won't have to remind you.

Our membership year runs to March 31, but maybe you're a two-year member. If you aren't sure, the Newsletter address label has the membership expiry date. If you receive the E-Letter, the recent changes made with that will also provide the date. Another way to verify your

When does your membership expire?

membership status is to call the RTA or contact:
membership@rideautrail.org

Some hike leaders will have an extra copy of the Newsletter, for potential new members. How do you get a printed Newsletter? Maybe you opted out. Just contact RTA Membership to verify your address and preference:
membership@rideautrail.org



Thank you Rideau Trail

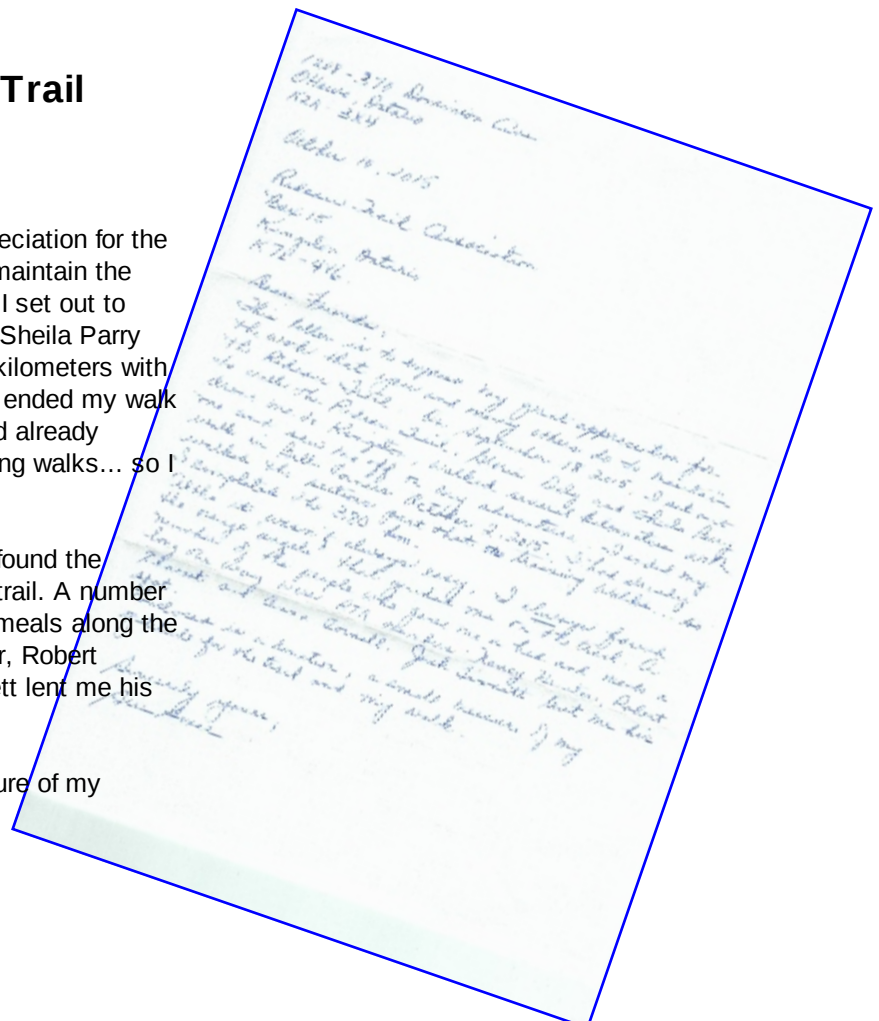
Dear Friends,

This letter is to express my great appreciation for the work that you and many others do to maintain the Rideau Trail. On September 18, 2015, I set out to walk the Rideau Trail. Gloria Daly and Sheila Parry drove me to Kingston, walked several kilometers with me and saw me off on my adventure. I ended my walk in Bells Corners October 2, 2015. I had already walked the sections past that on training walks... so I completed the 380 km.

Altho' it wasn't always easy, I always found the orange 'angels' that guided me on the trail. A number of the people who gave me a bed and meals along the way were RTA members Nancy Hunter, Robert Charest and Anna Cornell. Jack Tannett lent me his SPOT.

Enclosed is a donation, a small measure of my gratitude for the trail and my walk.

Sincerely,
Sue Smee



Membership Application

*** Help Preserve the Legacy! ***		Benefits of membership include the following: Quarterly newsletter with articles and event listings, with periodic updates; Voting rights for local Club and Trail business, and The knowledge that you are supporting and protecting this world-class treasure.	
The Rideau Trail Association (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.		() New Membership () Renewal	
Individual Membership (age at least 18 years)		(Please Print) Name(s):	
() One year	\$25.00	Mailing Address:	
() 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			
() Set of all 21 maps on waterproof paper	\$30.00		
() Car Sticker (free to new members)	\$1.00		
() RTA Hiker Name Pin (Print clearly please.)	\$7.00		
MEMBER'S NAME			
() Cloth crest	\$2.00		
() Enamelled Pin	\$6.00		
Donation, Rideau Trail Association*			
Donation, Rideau Trail Preservation Fund*			
Total			
\$_____			
Send with a cheque (CAD) to Rideau Trail Association, PO Box 15, Kingston ON K7L 4V6			
Mobile:			
E-Mail:			
Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years.		E-mail is used for a quarterly newsletter, a monthly E-Letter and occasional other communication.	
* Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)		() Please do not send me a printed copy of the newsletter. I will read it online.	
Memberships are also available at RideauTrail.org		The RTA does not share member information with other organizations.	
In addition to enjoying hiking and other club activities, there are many other ways to be actively involved in the RTA. Check all activities that interest you. You will be contacted when your help is needed.			
() Maintaining a section of the Trail			
() Construction projects			
Other (please specify): _____			



Be sure you're posting to Instagram with the tag #RideauTrail! Encourage your friends to follow us: www.twitter.com/rideautrail and www.facebook.com/rideautrail



Walking in the Footsteps of King Saul

BY BERNIE GROVER

The International Marching League Walking Association (IML), promotes multi-day, non-competitive walking events throughout the world. In March this year I participated in its Mount Gilboa event in Israel, walking in the footsteps of King Saul. After many years as the first king of Israel: his army lost to the Philistines. Three of his sons were killed, and he fell on his own sword, rather than being taken prisoner (1 Samuel 31).

Gilboa was a two day, 20 km per day event. The organizers offered various accommodations in kibbutzim in the immediate area, but we opted to stay in Nazareth, about 30 km away. For the 6 am start, it meant navigating the labyrinthine streets of that ancient Arab city, in the dark. That was an adventure even before the day began.

The first day we shared the trails with an Israeli national walk honouring a

deceased military hero. Busses took us from the registration point at Ma'ayan Harod National Park, well below sea level, to the start point midway up the mountain. The walking surface ranged from rough, rocky single tracks to smooth well graded dirt roads. The route transited spruce and pine forests, vast fields of spring flowers, and cactus groves. The views over the Harod Valley were spectacular (back cover).

The second day was even more special. After walking for 14 km of rough and hilly trails, we joined over 15,000 family members - moms, dads, toddlers in strollers, babies in back packs, and lots of children - in their annual Mother's Day Gilboa Walk (next page). The next six kilometers were on smooth downhill roads filled with new-found friends, laughter and joy. It just doesn't get any better.

IML walks are held in 25 countries.

They are of two to four days duration, and they start and finish at the same

location each day. Distances range from 10 kilometers per day to 250 km over four days, with many offering a 42 km marathon option. Some routes are dead flat, such as the Blankenberge walk along the beaches of Belgium. Others present significant elevation challenges, such as the Mare e Monti walk in the Italian Riviera and the Einhornemarsch in the Austrian Tyrol. The number of walkers range from a couple hundred to 50,000. Yes, 50,000, with 1.5 million spectators helping you celebrate, but that's another story.

The next IML Gilboa walk is scheduled for 8 & 9 April 2016. Read all about it, and other IML walks at <http://www.imlwalking.org>.

Bernie Grover is a member of the Ottawa Club

Comfortable Hiking Holidays

Hike an adventure. Rest in comfort.

Toll free 1 (866) 449-1908 • info@letshike.com • www.letshike.com

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!

ICELAND

August 9 to 19, 2016

Iceland is the land of the midnight sun! Trek on volcanic terrain, marvel at the view atop Iceland's "Grand Canyon", stand the edge of the most powerful waterfall in all Europe, & relax in the soothing thermal waters of the Blue Lagoon. From Reykjavik all the way up to the northern fishing village of Husavik, days are packed full of awesome sights and experiences. This is a once-in-a-lifetime adventure!

IRELAND

June 7 to 17, 2016

With more shades of green than you can imagine, the **Emerald Isle** lives up to its deserving reputation. From historical Dublin to picturesque Killarney & parts in between, we will take you hiking through some of the most sought-after scenery the country has to offer - and we'll even make a few pub stops along the way!

MACHU PICCHU

September 16 to 28, 2016

Explore 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!**

(Note: This trip does not involve ANY camping – all accommodations are in hotel & lodges.)

ALSO AVAILABLE IN 2016

Patagonia (Chile & Argentina) * Slovenija * Amalfi Coast (Italy) * Turkey * New Zealand

TICO # 50018498



Israel's Gilboa Walk: 15,000 celebrate Mother's Day each year. (Previous page)

L-R: Susan Overvelde, Peck Peckover and his daughter, Joan Patterson (See Kingston, page 4)

PHOTO: JOAN AND KONRAD



Nakker-What?

A First -Time Report

BY PETER HAGGERTY

The Nakkertok Ski Club bills itself as the largest in Canada, and has a network of 75 km of trails in Cantley, just north of the city of Gatineau. One of the club's premiere winter events is the Weber Loppet (formerly Nakkerloppet), named in honour of founders Hans and Meg Weber.

Poor conditions had put me off before, but THIS year, the ski conditions and long range forecast were pretty much ideal. I registered, and prepared for the weekend.

"A 25 km Back-Country Ski Tour" is the description. The \$40. entry includes a school bus shuttle from the Nakkertok South ski complex up to Val des Monts, for a remote start. They sent us off in waves beginning at 10 a.m. Undoubtedly the fastest would race it. No matter. I dawdled my way to the back of the last relay for an appropriate placement, strapped on the skis and headed south. I was amazed at the number of little 8 year old schussboomers that

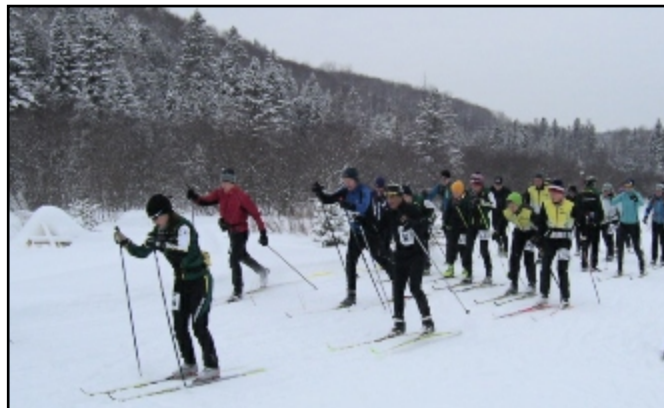


PHOTO: NIELS RASMUSSEN

zipped past me. Call them the loppet moppets...

The event is suitable for experienced or ambitious skiers. Skiers can expect to take 3 to 5 hours from start to finish. It's a classic style event, on single and double tracked trail. The Loppet provides nourishment at the checkpoints. Still, I took water and a bit of food, some ski wax, a jack-knife and some duct tape.

After an initial strong start in the Loppet, my own personal gas tank went low. I was skiing like a wild man, stiff legged, arms windmilling to stay upright and clinging to the ragged edge of control. No, it was not a pretty sight (although the course was WONDERFUL with all that new snow). The last 5 km had us laggards calling out words of encouragement back and forth. At the finish, there were still copious amounts of fruit, bagels and soup available. What remained at the end was to kibitz with other folks, change into a dry shirt and head for home. There, the bib/registration number goes on the refrigerator door to reminisce over.



Faster skiers at start of Nakkertok's Loppet



The Wales Coast Path

End to End in Six Parts

BY JOHN HALEY

The Wales Coast Path, extending 1400 km around the entire coast of Wales, became official in May

2012. Johanne and I had hiked 300 km of it in 2011 (see Pembrokeshire Coast Path, in Winter 2011 of the RTA Newsletters.) It took us another five trips to satisfy our desire to hike the rest of it.

In June 2012, the wettest June on record in Wales, we continued north from the Pembrokeshire, hiking along Cardigan Bay from Cardigan to Porthmadog.

Altogether, we hiked two or three weeks at a time, covering



Aberystwyth - one of many towns and villages in which we stayed.

segments around the Llŷn peninsula and the Isle of Anglesey, Conwy along the north coast to Chester, and the south coast from Chepstow to Swansea. Finally, in June 2015, we arrived in Amroth, after hiking from Swansea via the Gower peninsula. We were back where we started in 2011. Each trip involved substantial planning beforehand to decide where to stay and hike each day. These were mostly day hikes, using B&Bs and public transport to manage multi-day segments. While we hiked every step of the Path, factors such as bus and train times, tide times, and weather conditions made it desirable to vary the direction and sequence of our hikes.



Overlooking Barafundle Bay, one of the world's most beautiful beaches - isolated, pristine, unoccupied.

Wales may be only a small country, but it offers wonderful hiking and much more.

Despite our plans, flexibility was essential. We had to allow for

weather conditions, floods, fatigue, our health and preferences, path marking, and human errors, sometimes in combination. One of the beauties of hiking a long trail over many days, and in this case many trips, is always having a clear and simple goal: to complete the Path, however far it is.

The pictures illustrate a few of our many memories. I encourage you to visit Wales.

Newport Transporter Bridge challenging walkway: an open metal grid 50 m up, 200 m long, with views in all directions, including straight down.



Along a beach north from Aberdyfi, into a wind so strong that it felt like going up a steep hill.

Johanne and John Haley are active, contributing Ottawa Club members, who have shared their hiking experiences many times. Now they wonder, 'What next?'

Info, free maps and their story in the Hall of Fame: walescoastpath.gov.uk
Also ldwa.org.uk and britishwalks.org





Descending the east peak of Baldpate, heading toward the West Peak

Backpacking the AT Maine Section Hike, August 2015

BY NANCY GAUDREAU

August 22-29, 2015

79 miles (127 km) from ME Hwy 27 (Stratton) to ME Hwy 26 (Grafton Notch)

We parked our car at Grafton Notch (ME 26) and hired a shuttle driver to drive us to the start at ME Hwy 27 near Stratton. Then we hiked 8 days and 79 miles south on the Appalachian Trail (AT), back to the car. My sisters Holly and Ann hiked with us. Holly and niece Laura stopped after 4 days.

The Trail

The spruce/balsam woods are very fragrant, and moose droppings are common. Maine's 3000 and 4000 foot summits are often above treeline with expansive views from open bedrock. The main peaks in this section are the Crockers, Sugarloaf, Spaulding, Abraham, Saddleback, Bemis, Old Blue, and Baldpate.

The 30 miles of trail from Hwy 27 to Hwy 4 near Rangeley are considered the toughest in Maine. We usually hike 100 AT miles in a week, but cut back on this trip and were glad we did. If you have hiked in the Adirondacks over Great Range (Basin & Saddleback) or up Colden Mtn, you know what I am talking about. The climbs and descents are often unrelentingly steep, rocky and ledgy with lots of

scrambling. The few, more level spots alternate between mini-bogs and boulders.

Other Hikers

There are many rivers to ford in Maine.

We planned our hike for late summer after bug season, when the rivers are low. We also wanted to avoid the biggest bulge of AT thru hikers that arrive in September. The last few days we counted the NOBO (northbound) thru hikers as we hiked south; there were about 40 each day. In 2014, there were 2500 hikers that started at Springer Mountain in Georgia. Of them, 653 made it to Katahdin in Maine, to complete the trail by the Oct. 15 closing date. One 75 year old man that we passed was about to finish his third thru hike. We also passed "Mama Bear" and her 3 children, 5 year old twins and an 11 year old son, finishing

up their thru hike. The Appalachian Trail is 2190 miles long (3526 km).

Since 2009, Louis and I have section-hiked 1300 miles of the AT, hiking two separate weeks each year. We

have just under 900 miles to go: 600 primarily in Virginia, 100 in Pennsylvania, and 200 in Maine.

See Camping, page 21



Campsite at Little Swift River Pond.
Tarp over bedding
Hanging water filter
Mist in the forest.



PM40022816

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



Harod Valley, Israel. Story, page 24



Every activity has some turnover, as time passes. Did you see the current **Wednesday Walkers**, page 20? This group is the previous generation, who chose to hold their reunion a week or two later. - Steve Kelly



Nancy and Louis
on top of East Baldpate
Story, page 27



Brand History

The Trail has had the triangle since 1971. Where did this one come from?

See page 19.



Lally Homestead (cover) in Summer
JACK TANNETT



The Summer's Eve Dinner at Glen Lawrence in August attracted 32 people. This outing is definitely filling a niche. We had perfect weather, with great food and service from the Glen Lawrence staff.

LINDA LINE



Pickers in Paradise - see Garbage, page 20