



Rideau Trail

NEWSLETTER

SPRING 2016
Issue #179

April



May



June



**Spring
Beauties bring
Colour back to
the Trail**



Governor General's Award: Shawn Hutchinson

BY THERESA QUENNEVILLE

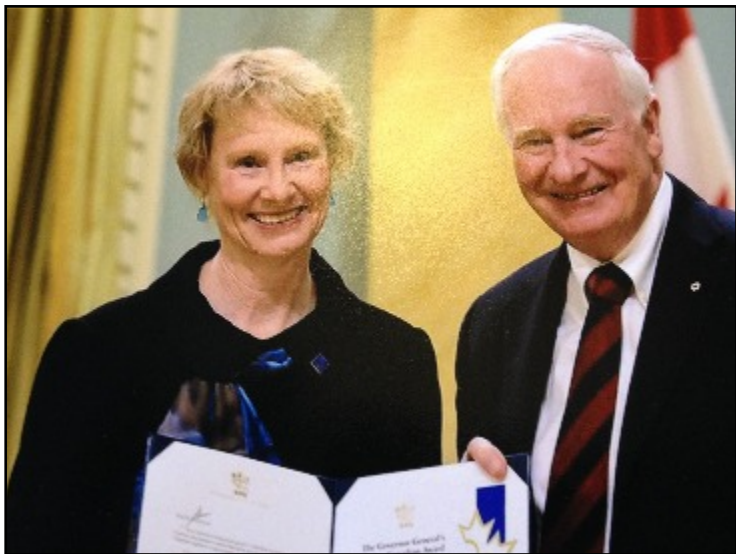


PHOTO: SHAWN HUTCHINSON

Shawn Hutchinson, a life member of the Rideau Trail Association is the recipient of a Governor General's Caring Canadian Award. It recognizes individuals who volunteer their time to help others and to build a smarter and more caring nation. Shawn was nominated by RTA member Donald Grant, for the critical role she played in his road to recovery, after he acquired aphasia from a stroke in 2003. She also has a history of volunteer work with the RTA.

To assist in Don's recovery from aphasia, Shawn learned treatment techniques from Speech-Language pathologists at the Aphasia Centre of Ottawa. Her devotion to his recovery over a long period of time played an important role in Donald Grant's motivation to continue with a laborious therapy process.

Shawn is an excellent example of a caring volunteer, whose compassion and engagement are so much a part of our Canadian character.

THERESA QUENNEVILLE IS OTTAWA CLUB PUBLICITY OFFICER

Parc des Montagnes Noires

BY RON HUNT

On October 3, 2015 I had the opportunity to introduce a new hiking destination to a group of 18 hikers.

The destination was the Parc des Montagnes Noires which is about 5 km. northwest of Ripon, Quebec on highway 315. The drive from Tunney's Pasture was 89 km.

The park contains a lovely network of hiking, cross-country skiing and snowshoe trails of varying degrees of difficulty. It is located in the forested and hilly terrain of the Laurentians. During the lunch break, the group enjoyed the panoramic view to the east and north from a look-off at an elevation of 426 metres.

The group enjoyed the challenging 9 km hike and the great views at lunch.

Information: <http://ville.ripon.qc.ca/montagnes-noires/>
OTTAWA TREASURER RON HUNT HAS HAD SEVERAL RTA ROLES.



The cover of the Spring Newsletter features some of the wildflowers we encounter as the calendar progresses from winter to summer. Left to right, from the top:

Spring Beauty (*Claytonia caroliniana*)
PHOTO: JULIE MAKIN, LADY BIRD JOHNSON
WILDFLOWER CENTER

Coltsfoot (*Tussilago farfara*)
PHOTO: LIZ CHOROS, OTTAWA

Marsh Marigold (*Caltha palustris*)
PHOTO: LIZ CHOROS, OTTAWA

Painted Trillium (*Trillium undulatum*)
PHOTO: CLAUDE AND MICHELINE BOUCHARD,
OTTAWA

Gaywings (*Polygala paucifolia*)
PHOTO: CLAUDE AND MICHELINE BOUCHARD,
OTTAWA

Blue Flag (*Iris versicolor*)
PHOTO: LIZ CHOROS, OTTAWA

Yellow Ladyslipper (*Cypripedium calceolus parviflorum*)
PHOTO: CLAUDE AND MICHELINE BOUCHARD,
OTTAWA



Remember this? Spring Newsletter 2014



Stone piers instead of wood footings
Right: Section construction in CRCA workshop.



Boardwalk Construction Project

Gould Lake 2015

Trail maintainers, take heart. This is far more involved than your role requires. Story on page 13

Getting there...



'Some assembly required'



High and Dry

Thanks to the FAB, the CRCA and especially to the Kingston Club volunteers for a job well done. 300 hours!



Winter End to End Starts in Kingston

A great group of hardy adventurers start their way north from Kingston on the 2016 Winter End to End, hoping to reach Westport by the time the four weekend outings are over. Winter reveals much beauty in the landscape, and with more than thirty participants, there is lots of opportunity to make new friendships and deepen old ones.



DAY 1 IN THE RAIN: DAN BOULAY



NEAR HARROWSMITH JUNCTION: HOWARD ROBINSON

HASHING IT OUT: STEVE KELLY



Ottawa Leaders Forum

In January, Ottawa's leaders and interested hikers met to discuss the challenges and solutions to issues that arise on the trail. At the same time, they planned an ambitious list of outings for Spring.

Can a group hike get spread out if the ones AHEAD maintain contact with person behind them? CONTINUED ON PAGE 16.

HIKING GROUPS ARE LIKE FISH STORIES.
THEY GET BIGGER AND BIGGER.: STEVE KELLY



Update for Winter Edition

Aileen Wade says, That's me in the purple suit. It was 1982 or later, because that's when I joined.

IT'S MEMBERSHIP RENEWAL TIME AGAIN!

All annual memberships in the RTA will expire on March 31st. You can now renew for 2 years if you wish! Membership forms are available on our Website and in our Newsletter (page 15). And don't forget, you can also purchase your membership online!



PHOTO: NIELS RASMUSSEN

Remembering Bruce Henderson

45th Annual General Meeting

Saturday, June 18, 2016

*** * * Westport Lion's Beach Club House * * ***

Program

9:30 am – 10:00 am Registration, Continental Breakfast, Door Prizes
10:00 am – 12:00 pm Business Meeting, Presentation of Awards, Door Prize Draw
12:00 pm – 1:00 pm Brown Bag Lunch (or buy lunch in town)

1:00 pm – 5:00 pm Hikes (Level 1 or Level 2), or Free Time
5:30 pm Roast Beef Buffet Dinner at The Cove Inn, Westport

Directions

In Westport, continue west on Concession Street (Highway 42), then left on Bedford. Coming from Perth on Main St., turn right on Bedford (at The Cove Inn). At the Beer Store (Mountain Rd), right on Mountain Rd, over causeway, abrupt left into Lion's Beach at base of mountain.

Dinner Menu

Roast beef buffet dinner, salads, dessert, coffee, tea. Vegetarian alternative available if requested when sending in payment.

Registration for Meal

Total cost of dinner is \$39.00 per person including taxes and gratuity. Send a cheque made payable to "RIDEAU TRAIL ASSOCIATION IN TRUST" to: Linda Line, 1005 – 117 Park St, Kingston ON K7L 5P6. The deadline to order a meal is by June 10th. If you have any questions concerning the meal please send an email to: lmline6@gmail.com or call 613-531-4353. Reserved dinner tickets can be picked up at registration time.

Accommodations

If you are planning to stay overnight in Westport details of accommodation can be found at:
<http://www.southcentralontario.worldweb.com/westport/lodging/bedbreakfasts>.

If you require transport or are willing to be a driver, contact:

Central Club - Gill Hyland Tel: 613-267-5756
Kingston - Linda Line Tel: 613-531-4353
Ottawa - Denise Hall Tel: 613-843-8222

Remembering Bruce Henderson: Donate to the Britannia Park Bench project

This project will establish a lasting memorial to Bruce Henderson who passed away in May 2015. Bruce, the 'poet laureate of the RTA', was a popular member of the Rideau Trail Association (RTA) for 10 years.

Description of the project:

- A park bench with a commemorative plaque will be installed by the City of Ottawa in Britannia Park, Ottawa next to the Rideau Trail and Poet's Pathway;
- The plaque will include the RTA name and logo and say that the bench was placed in memory of Bruce Henderson by his friends and family.

The Rideau Trail endorses the project and has set aside a portion of the donations made in 2015 in Bruce's memory to help fund this project.

Fundraising goal: To raise at least \$2,400 in additional funds by June 1, 2016.

Donors will receive a charitable donation tax receipt.

Please donate today by sending a cheque to the RIDEAU TRAIL ASSOCIATION at P.O. Box 15, Kingston, ON K7L 4V6, or visit RideauTrail.org. Mark your cheque, "Britannia Park Bench project".

Info: Ron Hunt re.hunt@sympatico.ca 613-298-1626



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Webmaster: web@rideautrail.org

E-Letter: e-letter@rideautrail.org.

(Send updates by 25th of the month.)

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

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

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Summer Newsletter: **Deadline May 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 Ottawa editor, Steve Kelly, stkelly@rogers.com
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EDITED BY STEVE KELLY, OTTAWA

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Association News

Highlights of RTA Board Meeting

McMartin House, Perth, January 23, 2016

BY DENISE HALL, VICE PRESIDENT

President: Position vacant.

Treasurer: Joy Webster reported that the Operating Fund had an increase in total revenue, primarily due to donations, up \$2,681 from last year. There was also an increase in total expenses at the end of the third quarter. One reason for the increase: our new marketing and communications account contains an amount of \$2,134. That is this year's allocation of costs for the new RTA website. Also, trail maintenance costs were higher than 2014. Compared to other years, it was not an unusual amount. There will be an expenditure in the next quarter for the RTA's exhibit at Ottawa's Outdoor and Adventure Travel Show in March.

Membership: Sheila Menard reviewed the ongoing membership renewal strategy. Our current annual membership stands at 788. Of these members, 317 have a membership expiry date of March 31, 2017 or later, leaving 471 members who will be up for renewal in March 2016. There continues to be a very positive response to PayPal and to the 2-year renewal option.

Marketing and Communication:

Paul Galipeau presented Web metrics to mark the November 5, 2015 launch of the new RTA website. We have had considerable increase in the number of visits to the website per day. The website launch generated responses from various media, including 1310 News, Lake 88, Westport Review-Mirror, Kiss 102.7 Kingston and Apt613. There were also notable respondents from backgrounds in politics, tourism, and marketing. Our presence on social media such as Twitter, Facebook, Instagram and YouTube continues to grow. The RTA will be participating in the Outdoor and Adventure Travel Show in Ottawa this coming March 19 and 20th. Paul is in the process of planning this weekend. Besides running a booth, the RTA will have a speaking opportunity in the form of a panel discussion to showcase our Trail and the Association.

Trail Routing, Securement and Maintenance:

Jim Lorimer presented work done on developing a wild parsnip policy for the RTA. Already metal wild parsnip signs have been purchased with a colour photo of this toxic plant

with bold warning lettering in French and English. These signs have been distributed to the club Maintenance Coordinators who have placed them in areas of wild parsnip growth.

The Kingston Club has completed the Gould Lake Conservation Area boardwalk replacement. This was a large project which required several Kingston Club volunteer work parties beginning in August and finishing in November, with approximately 300 hours of labour to complete the job (page 3). Funding was provided by the Cataraqui Region Conservation Area.

In Ottawa, **Ron Arsenault**, Maintenance Coordinator will be meeting with a landowner to discuss a reroute of the Rideau Trail through the property that will be an improvement over the existing Rideau Trail.

The Central Club Maintenance Coordinators, **Jack Tannett** and **Peder Krogh** have organized several work parties over the last quarter maintaining the Rideau Trail and infrastructure. David Allcock, Central Club Routes and Negotiations Coordinator continues to explore an alternate reroute away from Highway 43.

Newsletter: Steve Kelly of Ottawa was in attendance and will be looking after the RTA Spring Newsletter for John

Notice of Amendment

Bylaw Number 3, which governs the transaction of the affairs of the Rideau Trail Association Incorporated, states under Membership:

18. (b) EACH MEMBER SHALL BE DEEMED TO BE AFFILIATED WITH THE CLUB SERVING THE GEOGRAPHIC AREA IN WHICH THE MEMBER RESIDES.

In response to a member's request, a resolution was passed by the Board of Directors on January 23, 2016 to amend this article as follows:

18. (b) EACH MEMBER SHALL BE DEEMED TO BE AFFILIATED WITH THE CLUB SERVING THE GEOGRAPHIC AREA IN WHICH THE MEMBER RESIDES, **UNLESS THE MEMBER EXPRESSES, IN WRITING, A DESIRE FOR AFFILIATION WITH ANOTHER CLUB.**

In accordance with Bylaw Number 3, to complete the change, the amendment will be presented to the Membership for a vote at the Annual General Meeting on June 18. (See page 5.)

Cornish. A discussion followed about raising our rates for advertisers in our magazine. By how much we will raise rates will be considered and decided upon later this year.

Reports from the Clubs

Ottawa by Denise Hall - The Ottawa Club held a Leadership Forum on the evening of Monday, Jan. 18th. The main purpose of this meeting was to lend support to leaders and potential leaders by working through various scenarios one might encounter on a hike. A brainstorming and subsequent sharing session ensued. As well, we were able to plan a big chunk of activities for the spring schedule. Signing up for this workshop were 24 of our members.

Brian Grant, an Ottawa RTA member, has agreed to serve in the MEMBER AT LARGE capacity on our club's board. Our Routes and Negotiation position is still vacant and we will also looking for someone to replace **Ron Arsenault**, Trail Maintainer on our board, when he retires from this position in April. The RTA was registered in the fall of 2015 to receive a group discount on snowshoe and ski passes for the winter months in Gatineau Park and

many took advantage of this offer. The RTA was represented at several consultation meetings with the NCC last November our Vice-Chair, **Sandy Freeman** and me, in the planning of future management strategies for the park. Ottawa's AGM has been booked for Friday, April 15th at St. Thomas the Apostle Anglican Church on Alta Vista Dr. in Ottawa.

Central by Gill Hyland - Central club's AGM is scheduled for April 17th at McMartin House, with a presentation by **Nancy Gaudreau** on Hiking the Appalachian Trail. **Jack Tannett** has agreed to take on the position of Vice Chair in April, and will take over as the club rep. from **Dorothy Hudson** immediately.

The Hike Ontario Summit has now been registered with Perth 200 as a sanctioned event and will be listed on the schedule/calendar of events. As part of the Perth 200 celebration, the **Settlers Trek** will be taking place from Brockville to Perth over the course of the week May 15-20. The event is looking for a limited number of hikers (40) who are willing to walk in period costume (preferably) either for a single day or the entire week. (raceroster.com/events) For those wishing to walk the route, registration

is limited. This is also the site for those wishing to volunteer to help at the various communities and/or along the route. In addition to positions suggested on this site, organizers are also looking for a few trekkers who have medical experience. See www.portlandonrideau.com for information about the event.

Kingston by Sharen Yaworski - the Kingston Club offered a First Aid CPR class in November, and 7 people attended. The annual Carolling night in late 2015 on Foley Mountain attracted over 30 participants. Winter end-to-end hikes started from Kingston on Jan. 9th. There were 33 hikers on the first hike and despite the wet weather almost all of them returned to hike on the 10th.

The RTA 45th Anniversary/Hike Ontario Summit/Perth 200 events are in the planning stage. The Summit will be held at the Perth Golf Club with afternoon breakout sessions in various venues in Perth, depending on the topics of the sessions. Many volunteers from all three RTA clubs will be needed for this weekend (Friday, Sept. 30th to Sunday, Oct. 2nd). Let's show off the RTA and our Trail to other clubs in Ontario. The RTA AGM will be held at the Westport Lions Club with dinner at The Cove on Saturday, June 18th.

Other: A motion to go ahead with the transfer of the Cameron Lot to the Rideau Valley Conservation Foundation was passed. A motion to support the installation of a commemorative park bench in Britannia Park in Ottawa in memory of **Bruce Henderson** with donations made in his honour to the RTA, was made and passed (page 5). There was a short discussion on the issue of coming up with a more consistent approach to hike leader training throughout the three clubs and it was decided to form a sub-committee to study this matter further and come up with recommendations.

Next Board Meeting
Saturday, April 23, 2016

This is a big year for the Rideau Trail Association. We turn 45 this year, and the town of Perth is celebrating its 200th anniversary throughout 2016.

Come with us to explore or rediscover our magnificent trail. As part of our anniversary activities, the RTA is hosting the annual Hike Ontario Summit in Perth, September 30-October 2.



Meet You in the Middle!



As part of our celebration the RTA is organizing a "Meet in the Middle" end to end series. The Kingston Club (K) is offering nine end to end hikes this spring. Ottawa (O) will be offering eight end to end hikes this summer, working toward Perth to "Meet in the Middle". Central (C) will cover their section in late summer and early fall with five hikes. Whether you are working towards an end to end achievement or you want to join specific hikes only, this is an opportunity you won't want to miss!

In the Activities Calendars, look for the





Do you have friends or family members who would like to start hiking but are uncertain about what's involved? We have a solution for you: suggest that they sign up for the Ottawa Club's Introduction to Hiking.

Talk up the course with those folks who have expressed the desire to go hiking, but need an orientation to give them the confidence they need to get started. Encourage them to attend the course in Nepean on April 30, just in time to start the hiking season!

Introduction to Hiking

Saturday, April 30, 2015
Maki House, 19 Leeming Drive, Nepean

It's a 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.

\$60 for RTA members, \$85 for non-members (includes RTA membership thru March 2017). Call (613) 860-2225
Registration and Info: introtohiking@rideautrail.org

Absent Friends

Joan Bailey passed away in Halifax in December. As indicated by the donations to the Rideau Trail, her influence while living in Ontario affected many members.

Two long-time Rideau Trail families suffered losses in December and January.

Dolly Cornish and **Betty Murdoch** passed away within weeks of each other. They are the women behind two of our most prominent members. Already we've seen that John Cornish and Bill Murdoch are continuing to guide the rest of us, as they have in the past.

CLAIRE AND JACK TANNETT PHOTO



Participants' Responsibilities

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

Levels of Difficulty

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

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

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

CENTRAL CLUB ACTIVITIES - SPRING 2016

WHAT TO BRING

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

NOTE

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

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 9).

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, more leisurely hikes/snowshoe outings for those who want a mid-week stretch. This activity will run in March and April, resuming in September. Details are sent out each Monday by email. Contact: Margaret Lafrance, 613-466-0403 mlafrance3@cogeco.ca

Announcements

2016 is a special year in Perth - the town celebrates its 200th anniversary. Be sure to check www.perth.ca for activities and celebrations when you are hiking in the area. See the Club News on page 8.

The Central Club will continue the end2end challenge that was started in Kingston last spring. Look for hikes scheduled through the summer and fall.

This season the Central Club is delighted to be joining Kingston leaders in planning three hikes - two in the Kingston area and one on a favourite section of the Central route.

Look for a **hike in a box** and come and join us!

Activities Calendar

Tuesday, March 1 Hike Leaders Planning

(The date is correct)
Please bring ideas for summer outings to the Batchelor's home at 7 pm. RSVP to Pat. patbatchelor13@gmail.com 613 264 1559

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/hike through Murphy's 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

▲ (K) Sunday, March 13

(CENTRAL ACTIVITIES)

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 ndgaud@gmail.com 613 300 9532

Sunday, March 27 - Happy Easter.
No activities planned this weekend.

▲ (K) Sunday, April 3

Sunday, April 3 Skycroft to Chaffey's Lock

Level 1, 14 km. Moderate pace. Enjoy the spring air in this lovely area. Car shuttle. Gas \$4 Depart at 9:00 am Leader: Howard and Mary Robinson hmrob@storm.ca 613 256 0817

Sunday, April 10 Foley Mountain Conservation Area

Level 2, 10 km. Moderate pace. Always a favourite, come and enjoy the great views across the Big Rideau before the leaves come out. Gas \$3, park fee Depart 9:00 am. Leader: Tom Pearcey tom.pearcey@yahoo.ca 613 284 1294

SUNDAY, APRIL 17 CENTRAL CLUB ANNUAL GENERAL MEETING

10:00 AM. McMARTIN HOUSE, GORE STREET, PERTH. PLEASE COME AND MEET THE HARD WORKING EXECUTIVE WHO MAKE THIS CLUB A SUCCESS. THERE WILL BE A PRESENTATION BY NANCY GAUDREAU ON **HIKING THE APPALACHIAN TRAIL** AT 11 AM. FOR MORE INFORMATION CONTACT: GILL HYLAND GHYLAND2@COGECO.CA 613 267 5756

Saturday, April 16 Frontenac Park

*** note departure time ***

Level 2, about 15 km. A joint hike with the Kingston Club. It's a

wonderful spring hike around interesting small lakes and through lush forest. We will meet the Kingston folk at the park office at 10 am. Gas \$5. Park fee. Depart 8:30 am Leaders: John Cornish 613 382 4778 and Nancy Gaudreau ndgaud@gmail.com 613 300 9532

▲ (K) Sunday, April 17

▲ (K) Saturday, April 23

Sunday, April 24 Trans Canada Trail

Level 1, 10 km. Moderate pace. Trans Canada Trail from Brooke Valley Road to Bolingbrooke Road. Car shuttle. Gas \$3 Depart 9 am. Leader: Brenda Ethier 613 464 8746 brendaethier@ripnet.com

Friday, April 29 Trail Maintenance Day (Rain date Monday, May 2)

Let's all get together and give the trail a little TLC before the summer rush of hikers. Please bring loppers, work gloves and snippers, also a snack and water. Contact the leaders for more information. Meet at Conlon Farm at 9 am. Leaders: Jack Tannett jtannett@cogeco.ca 613 466 0417 and Peder Krogh 613 456 6085 pederkrogh5@gmail.com

Sunday, May 1 Frontenac Park, Birch Lake Trail

Level 2, about 14 km. Moderate pace. From the Kingsford Dam we'll access the Birch Lake trail while enjoying the wildflowers in the woods and a scenic walk along the shore of Birch Lake. Gas \$5. Park fee Depart 9 am Leader: Nancy Gaudreau ndgaud@gmail.com 613 300 9532

▲ (K) Saturday, May 7

Saturday, May 7 Mill of Kintail

Level 1, 7 km Level 1 Moderate pace. Spring is in the air - enjoy a walk through one of the lovely conservation areas. A great trip for beginners and families. Gas \$4. Park fee Depart 9 am Leader: Tom Pearcey 613 284 1294 tom.pearcey@yahoo.ca

Saturday, May 14, Rideau Trail

Level 2, 14 km. Moderate pace. Let's welcome hikers from the Kingston and Ottawa Clubs to a scenic walk through

experience
The East Coast Trail
with
Brown Rabbit Walkabout

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

We provide transportation from & to St. John's Airport, to and from trail heads, and three meals a day with accommodations.

For prices and information contact Isa.



Phone: 1-709- 334-2208 Fax: 1-709- 334-3601
email: brownrabbitcabins@nf.aibn.com www.brownrabbit.nl.ca

(CENTRAL ACTIVITIES)

part of the Central section. We'll hike on the Rideau Trail from Murphy's Point Provincial Park via Lally Homestead to Powers Road. Gas \$2. Car shuttle. Park fee. Depart at 9 am. Leaders: Jack Tannett jtannett@cogeco.ca 613 466 0417 and John Cornish 613 382 4778 cornish@kos.net

🚩 (K) Sunday, May 15

Saturday, May 21 Paddle the Tay Canal

* meet at Last Duel Park *

Level 1, 12 km. Enjoy a leisurely canoe or kayak trip down the canal and see birds and wildlife from the water. Bring safety equipment and life jackets. Meet at the docks at Last Duel Park at 9 am. Leader: Carol Richardson en660ca@yahoo.ca 613 264 7608

🚩 (K) Sunday, May 29

Sunday, May 29 Charleston Lake Park

Level 2, 10.5 km. Moderate pace. We'll walk the Tallow Rock Bay trail and enjoy all that this scenic park has to offer. Gas \$5. Park fee. Depart at 9 am. Leader: David Allcock 613 706 3562 daveonottylake@gmail.com

Saturday, June 4 K & P trail

Level 1, 10 km. Moderate pace. We'll walk from Bell Line Road towards Sharbot Lake. Stay afterwards for a swim at the beach or an ice cream at the cafe. Car shuttle. Meet at 9 am. Gas \$4 Leader: David Batchelor dlhbatchelor@gmail.com 613 264 1559

🚩 (K) Sunday, June 5

Saturday, June 11 Marble Rock

*** note departure time ***

Level 2-3, 11 km. Moderate pace. Our third joint hike with the Kingston Club. We'll take the blue trail over the hills and down the glens. Gas \$5 Depart 8:30 am. Leaders: John Cornish 613 382 4778 and David Batchelor dlhbatchelor@gmail.com 613 264 1559

Saturday, June 18

RTA Annual General Meeting

Westport: see details on page 5

🚩 (K) Sunday, June 12

Sunday, June 19 Paddle Mississippi River

Level 2, 10-12 km round trip. Canoe/kayak the Mississippi River from our property, upstream towards Playfairville and return, stopping for a lunch break about half way. Estimated time back to our place about 3 pm. The trip will be cancelled in the event of bad weather. Bring life jackets and safety equipment. Depart 9 am. Leader: Peder Krogh pederkrogh5@gmail.com 613 456 6085

Sunday, June 26, Manitou Mountain Trail, Calabogie

Level 2, 12 km. Moderate pace. Hike through pine forests and wilderness scenery with spectacular mountain vistas. Gas \$6. Meet at Conlon Farm at 9:00 am. Leaders: Howard and Mary Robinson hmrob@storm.ca 613 256 0817

Central Club

Julia & Neville Erle De Pass
Andrew Fleming
Susanne Bogan & Michael Harman
Elisabeth Kuiper
Linda Kulkarni
Crystal Cannon & James Middleton
Barbara McIntyre & Mitch Rasmussen
Doug & Lynne Scott

Kingston Club

Sam Anderson
Shirley Bailey
Suliat Bello
Jeff Boyd
Scott Clayfield
Maureen & Ted Freeman
Angela & Vince Galipeau
Tony Godinho
Susan Chamberlain & Leslie Higginson
Gillian Kelly
Reynold & Cecelia Diane Kivi
Rick LeBrun
Barry & Valerie Malmsten
Jacques Ménard

Welcome New Members

Steve Roddis
Roy & Sharon Salole
Caroline & Douglas Somers
Darlene Sweet
Anouk de Brouwer & Cees van der Velde
Andrew Goss & Christine White

Unaffiliated

Ryan Abbott & Charlotte deHeinrich
Dominic Pelletier
Richard Reble

Ottawa Club

Rudi Aksim
Les Allen
Omar Bello
Karen Bertrand
Michel Boulet & Karen Brownrigg
Bill & Maggie Callaghan
J. Paul & Marie-Luise Francis
Robert Garrow
Mariana Gheorghe
Louis Gignac

Bernie Etzinger & Marlene Haley
Claudette & Werner Heiss
Lori Henley
Alexandre Juneau & Masha Krol
Sinjin Dixon-Warren & Irene Luinenburg
Alex MacDonald
Alex & Marlene Marcon
Stephanie Mehta
Alan Morantz
Catherina Nam
Glenda O'Rourke
Treff & Myrna Peters
Charline Planchon
Lorne Russell
Pat Scotcher
Evelyn Simpson
Sandy Skrypnyk
John St James
Barbara Troutman
Elisabeth von Bloedau
Holly Wagg
Joel Willison
Rod Wilson
Joseph & Patricia Winchester
Corinna Wong

Wanted! Hardworking persons to carry heavy loads in muddy conditions and be willing to work for free!

These were the working conditions the Kingston Club faced to replace a boardwalk in the Gould Lake Conservation Area (GLCA).

This particular boardwalk is located just east and below Hill Junction in the GLCA, crossing a wet and swampy area of approximately 140 feet in length. This boardwalk has been around as long as the Rideau Trail, and has served its purpose admirably. Over the years the Kingston Club maintainers have spent considerable time, energy and money trying to keep the boardwalk in a serviceable and safe condition but it had become a losing battle. Major repairs or the construction of a brand new boardwalk was required.

The GLCA falls under the jurisdiction of the Cataraqui Region Conservation Authority (CRCA), which was also keen to see it replaced or repaired. The Kingston Club and the CRCA agreed to cooperate on this project, as in the past. CRCA General Manager, Steve Knechtel agreed to provide all the material and access the CRCA workshop. The Kingston Club would provide all the labour to plan and build a new boardwalk.

A key design consideration of the new boardwalk was that no wood component should contact the ground. Local stone would be used as the main supporting component.

Building a Better Boardwalk

BY JIM LORIMER

We determined that the best way to utilize the stone was to erect ten stone piers on which nine pre-assembled 16-foot-long boardwalk sections would rest. To prevent the stone from sinking into the marshy ground, we adapted a technique used by the Dutch when building the North Sea dikes. They used mats made of willow branches, on which they placed the stone. We used a double layer of galvanized wire mesh.

The task of the first RT work party was to mark and clear the route of the new boardwalk. Working in ankle deep mud and using chainsaws, axes and shovels, the work party removed many trees and stumps and flattened high spots on the path of the new boardwalk.

John Cornish persuaded the Frontenac Arch Biosphere (FAB) to re-assign two workers to the GLCA boardwalk project. The three of them gathered a large quantity of stone from a nearby hillside and piled it beside the end of the old boardwalk.

Moving the stone and building the ten piers was an arduous job as some of the stones were very heavy. It took two and sometimes three people to manhandle (in Maureen and Dagmar's case, womanhandle) the stones over a distance of 150 feet in mucky conditions. After a hard day's work it was finished. Dugald, Ed, Robert,

Maureen and Dagmar should take pride in the stone piers they built. Rideau Canal stonemasons would admire their work.

Early on the morning of November 20, the Kingston Club's maintenance coordinator, Stan Huff, assembled the largest work party to date consisting of thirteen RT volunteers. Working in pairs, they carried the nine boardwalk sections and decking boards from the parking lot all the way to the boardwalk site. By 3:00 in the afternoon, it was all assembled in place, and the boardwalk was ready for its first hiker.

Replacing the boardwalk was a large project. It required several RT work parties with approximately 300 hours of RT volunteer help to complete. The mention of carrying heavy loads and working knee deep in mud can sometime send folks heading for the hills but not with RT volunteers.

This boardwalk will now provide a high and dry crossing lasting decades into the future. Thank you to Kingston Club volunteers for a job well done: Stan Huff, Ed Jezak, Gunther Heyland, Dugald Carmichael, Robert Charest, John Cornish, John Bugera, Dave Mondoux, Lynn Esau, Peter Burbidge, Maureen Beamish, Eric Usherwood, Robert Hough and Dagmar Jones.

Thanks to the FAB employees David Burns and Chase Mullen for their hard work. Finally thanks to Steve Knechtel and all the CRCA personnel for their terrific cooperation with this project.

STORY, PHOTOS (PAGE 3) AND MUCH MORE BY JIM LORIMER.

Member's Corner

Hiking Boots for Sale

Vasque Bitterroot, men's size 10M, leather. Worn less than a week but too narrow for me, \$200. Contact Frances at fk921@ncf.ca

Newsletters Wanted

Jim Fox in Ottawa (jimfox266@hotmail.com) will gladly receive your old newsletters. He uses them to promote the RTA. Contact a member of your Club Executive for pick-up/delivery.

Does spring mean that a student you know will be looking for a **volunteer activity**? Webmaster Paul (web@rideautrail.org) is looking for a tech-savvy student. Membership is not required.



Photo: Stan Huff

Jim Lorimer is the Kingston Club's Director of Construction and the RTA's Trail Coordinator. Those positions keep him in touch with repairs and route changes all along the Rideau Trail.

Also in 2015, Jim entered and won a marathon paddling race from Kingston to Smiths Falls.

Comfortable Hiking Holidays

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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!

SLOVENIJA

Only 3 spots left!

July 15 to 25, 2016

Slovenija, where the Alps meet the Mediterranean, is a country of amazingly unspoiled beauty. Our program includes hikes behind the thundering Slap Pericnik waterfall, through Vintgar Gorge gushing with white water, on the slopes of & Mt. Triglav, and around the glacier-fed Lake Bohinj. Home base for the entire holiday will be the fairy-tale setting of Bled.

TURKEY

October 15 to 26, 2016

Hike in Cappadocia with its secret frescoed churches, underground cities and volcanic tuff sculpted into fairy chimneys. Visit ancient ruins, shop the bazaars of Istanbul and take a history lesson through time. Steeped in tradition and a masterpiece of nature, Turkey will impress you.

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.)

NEW ZEALAND

1 spot for gentleman to share accommodations

November 8 to 27, 2016

Enjoy a full itinerary of hiking and sightseeing through the North and South Islands, including Tongariro Crossing, the Abel Tasman Coastal Walk and the Milford Track.

TICO # 50018498

Recent Donations to the Rideau Trail Association

Maria Guevremont
Elizabeth Hamacher
Doug G. Hitchcock (gift donation on behalf of Peggy Lepper)
Bert Jenkins
Robert Lantos
M.J. Moore
Monica Mullane

Bennett & Doreen Brackenbury (in memory of Betty Murdoch)
Dr Sara Gibson-Bray & Dr Carl Bray (in memory of Betty Murdoch)
Bruce Bromfield (in memory of Betty Murdoch)
Peter & Ann Burbidge (in memory of Betty Murdoch & Dolly Cornish)
Bob & Wilma Chadwick (in memory of Betty Murdoch)
Elizabeth Choros (Britannia Park Bench/Bruce Henderson)
Doug Hayes (in memory of Dolly Cornish)
Robert & Jane Hough (in memory of Betty Murdoch)
Robert & Jane Hough (in memory of Audrey Sanger's Mother & Dolly Cornish)

Ron Hunt (Britannia Park Bench/Bruce Henderson)
Joché Katan (in memory of F.L. (Peck) Peckover)
Linda Line (in memory of Joan Bailey)
Glenn Casey & Elaine Lowen (in memory of Betty Murdoch)
Holmes McCullough (Britannia Park Bench/Bruce Henderson)
Dr. Susan Irving & Sheila Menard (in memory of Joan Bailey & Betty Murdoch)
Dr. Susan Irving & Sheila Menard (in memory of Dolly Cornish)
Maddalena Molino (Britannia Park Bench/Bruce Henderson)
Monica Mullane (Britannia Park Bench/Bruce Henderson)
Eleanor Porteous (in memory of Betty Murdoch)
Carolyn & Peter Van Order (in memory of F.L. (Peck) Peckover)
Marie Warner (in memory of Joan Bailey & Betty Murdoch)
Joy Webster (Britannia Park Bench/Bruce Henderson)
Margaret Wild (in memory of Sybil & F.L. (Peck) Peckover)

Thank you

Membership Application

*** Help Preserve the Legacy! *** 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.		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.	
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 (** Printed maps not available ** ☐ 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 Membership year: April 1 to March 31. Those joining after Oct. 31 are paid-in-full for both current and following years. * Official receipts will be issued for \$10.00 or more (Charitable Reg. No. 11911 9485RR 0001)		☐ New Membership ☐ Renewal (Please Print) Name(s): _____ Mailing Address: _____ Phone _____ Home: _____ Mobile: _____ E-Mail: _____ E-mail is used for a quarterly newsletter, a monthly E-Letter and occasional other communication. ☐ 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		☐ Leading hikes ☐ Leading cross-country ski or snowshoe outings ☐ Helping with publicity ☐ Organizing social events ☐ Serving on the Executive Other (please specify): _____	

Two Clubs - One Hike

BY NANCY GAUDREAU AND JOHN CORNISH

Three inter-Club hikes this Spring offer a chance to experience some new trails, and make some new friends.

One joint hike will be in the Kingston section, one in Central and one in Frontenac Park. You'll find the details in the Club Activities for April 16, May 14 and June 11.

The idea was born last fall, after John joined Nancy's group hike in Gananoque. It was such a good time they thought it might be fun to try some more hikes together and see some trails they wouldn't ordinarily travel. The result is this set of three hikes, which we hope will lead to a more frequent "crossing of the paths".

Plan to be part of this experience! Look for the **hikes in a box.**

Tips for the Trail



Yellow Tips Point South

Sure, you know which way is south, but consider this. On page 25, the green line is the Rideau Trail. See how it swings around to travel in every direction, including north?

Trail markers with yellow tips show the Trail heading towards Kingston. The Trail's direction is not always obvious.



(CONTINUED FROM PAGE 4) Here are a few notes for hikers and hike leaders, following the Ottawa Club's planning meeting. These aren't all the comments, but they came from discussions relating to these situations:

- You realize that a hiker is missing.
- How would you choose a suitable hike, months in advance?
- A person whom no one recognizes turns up to join your hike.
- A large number of hikers show up for your hike.

Have you seen this happen? After a long wait, as soon as the sweep appears, shepherding the stragglers as they puff and pant up the hill, it's "OK, they're here - let's go!" and the keen ones are off again. Meanwhile, the ones at the back, who need a rest more than anyone, are left behind - again!

Is it up to the sweep to keep up? Can a slower hiker catch up when those ahead are out of sight? Maybe not. If each person stays in touch (sight or sound) with the one behind, then the group will remain together.

It might not be a rule, but large groups travel slower than individuals. When hiking with a group, you might have to adjust your speed.

Hikers and leaders both: talk to unfamiliar hikers.

Rideau Trail changes! Before leaving, check for Trail Alerts and route updates.

Pair an unknown hiker with a buddy that the leader knows.

Before leaving the meeting place, be sure all the drivers proceed to the same trailhead – no drivers to go on ahead. With plans, more talk is better than too little.

Keep track of the group's location in case you need to tell emergency responders where you are.

Stop at the junctions to ensure everyone follows the same trail.

Review and use the whistle signals (one, two or three) as described in the RTA Guide for Leaders.

rideautrail.org/local-clubs/hike-leader-information/

You might agree with these. You might have a better solution. Typical is thinking about it - after it's all over. Is there Newsletter material there? Why not share your ideas with your Club's Activity Coordinator?



KINGSTON CLUB ACTIVITIES - SPRING 2016

WHAT TO BRING

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

NOTE

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

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 9).

NOT SURE?

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

CARPOOLING AND FEES

Be at the meeting place at least 10 minutes before the stated departure time. The amount quoted for gas is a suggested voluntary contribution. Fees for parking and entry to parks and conservation areas are shared among the driver and passengers.

MEETING PLACE

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

INFO FOR LEADERS

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator.

After the event, please send them to the Coordinator:

Lorna Deyo 613-536-5567 lornadeyo@yahoo.ca 148 Stephen St. Kingston ON K7K 2C7

E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. To receive these electronic communications, send your e-mail address to membership@rideautrail.org. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.



Meet you in the Middle!

(Page 8)

Wednesday Walkers - depart at 1:30 every Wednesday. These walks are ideal for those who would like some healthy, social exercise at an easy pace. For further information contact Marie at 613 352-7235 krausmarie@hotmail.com Please use WEDNESDAY WALKERS as the subject.

ACTIVITIES CALENDAR

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. Meet at Old Trailhead, 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, moderate pace, 12 km. 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 a day or so in advance for details and to confirm your participation. Depart CT Bath Rd. Kingston at 9 am. Please contact leader if you can meet the hikers at CT. Leader: John Cornish 613 382 4778 cornish@kos.net

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

(K) Sunday, March 13 E2E1 City Hall to Sydenham Road

Level 1, easy pace, 12.2 km. Enjoy the sights and sounds of the city and visit SJA at the cemetery. Meet at Sydenham Road at 9:30 am. and

shuttle downtown. Arrive at meeting point able to take 2-3 additional people for the shuttle. RT Map #01 Gas \$2 Leaders: Sharen Yaworski 613 544 6022 and Audrey Sanger 613 384 6244

Saturday, March 19 Maple Sugar Bush Ramble

Level 1, easy pace, 8 km. If nature cooperates, sap will be boiling and you will be tasting! Local syrup for sale along with cookies, hot chocolate and coffee. Depart CT 10 am. Gas \$2. Leader: Stan Huff 613 548 3003

Saturday, March 19 **SPRING FLING** Dinner Party (page 18)

Sunday, March 20 Kingston Area Woodland Trail Walk

Level 1 "Spring" forward at an easy pace for about 2 hours, followed by optional restaurant lunch to celebrate first Spring day on Daylight Saving

(KINGSTON ACTIVITIES)

Time in 2016. Depart CT 9:30 am. (EDT) gas \$2. Call leader close to date for trailhead meeting arrangements and other details. Leader: Bob Chadwick 613-544-9222

Saturday, March 26 Cataraqui Trail

Level 1, moderate pace, 16 km. Highway 15 to Chaffey's Lock and return. Lunch at the locks. Gas \$4 Depart CT at 9 am. Please contact leader if you can meet the hikers at CT Leader: John Cornish 613 382 4778 cornish@kos.net

Saturday, April 2 Kingston Walk

Level 1, moderate pace, 10 km. Walk from CT at Kingston Centre to Tim Hortons or McDonalds on the Base. Meet CT at 10 am. Contact leader to confirm details and your participation. Leader: Audrey Sanger 613 384 6244



Sunday, April 3 E2E2

Sydenham Road to Orser Road

Level 2, moderate pace, 10.7 km. Watch for trains on the old railway. Meet at Sydenham Road at the K&P parking lot (just south of 401) at 9:30 am. Arrive at meeting point able to take 2-3 additional people for the shuttle. Gas \$2. RT Map #01/02 Leader: Stan Huff 613 548 3003

Saturday, April 9 Depot Lakes Conservation Area

Level 2, slow to moderate pace, about 10 km. Hike trail system with some hilly, rocky and muddy places. Features lookouts over lakes, streams and waterfalls, one of which we will select for a lunch stop. Depart CT 9 am. Gas \$5. Leader: Bob Chadwick 613-544-9222

Sunday, April 10 Bedford Mills and Ferry Bypass

Level 2, moderate pace, 10 km. Bring a lunch and be prepared for a pleasant surprise. Kingston hikers meet at CT at 9 am. Departing Bedford Mills Church at 9:45 am. Gas \$4. RT Map #06 Leader: Peter Burbidge 613 634 1877 peterbur@kingston.net

Saturday, April 16 Frontenac Park Dedication Trail South

SATURDAY, MARCH 19

"SPRING FLING" DINNER PARTY

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 ST.

FEE: \$3 PER PERSON AT THE DOOR TOWARDS ROOM RENTAL FEE.

RSVP: LINDA LINE 613-531-4353

Level 2, moderate pace, 15 km. A joint hike with the Central Club. A wonderful Spring hike around interesting small lakes and through lush forest. Gas \$4 plus park fee. Depart CT at 9 am. Leaders: Nancy Gaudreau ndgaud@gmail.com 613 300 9532 and John Cornish 613 382 4778



Sunday, April 17 E2E3 Orser Rd to Freeman Road

Level 2, moderate pace, 15.4 km. Hike in and around Sydenham through fields and the railway. Meet at K&P parking lot on Orser Rd at 9:30 am. Arrive at

**45th Annual General Meeting
Rideau Trail - Kingston Club
Wednesday, April 20, 2016**

Ongwanada Resource Centre,
Auditorium
191 Portsmouth Avenue (next to
KFL&A Public Health)
Ample free parking on site

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

7:00 pm - 8:30 pm Business Meeting

8:30 pm - 9:00 pm Door Prize Draw,
Social Time, Light refreshments

Information: Linda Line 613-531-4353

meeting point able to take 2-3 additional people for the shuttle. Call leader if you need a ride from Kingston. RT Map #03. Leader: Audrey Sanger 613 384 6244 and Sharen Yaworski 613 544 6022

Tuesday, April 19, Small Slide Lake Loop

Level 3, fast pace, 14 km. Hike in from 6767 Perth Road to South Slide Junction, then scramble counter-clockwise along the rugged trail through mixed hardwood and a vast network of granite outcrops. We'll take a break on Whale's Back to enjoy Frontenac Park's most spectacular springtime view. Depart CT at 8:30 am. Gas \$4. Leaders Nancy Hunter 613-372-2157 nancynelles@gmail.com and Lynn Esau 343-363-0384 esaulynn@gmail.com

Thursday, April 21 K&P Rail Trail

Level 1, slow pace, about 4 km. Hike well maintained scenic trail from Dalton Ave. to Sydenham Road and return. Depart CT 6:30 pm or meet at trailhead parking at western end of Dalton Ave. at 6.45 pm. Gas \$2. Leader: Bob Chadwick 613-544-9222.



Saturday, April 23 E2E4

Freeman Road to Salmon Lake Road

Level 3, moderate pace, 15 km. Follow the woodland trails along Gould Lake's west shore and watch for painted turtles, rat snakes and glittering mica. Meet at Salmon Lake Rd./Bedford Rd. at 9 am. Call leaders if you need a ride from Kingston. Arrive at meeting point able to take 2-3 additional people for the shuttle. RT Map #04, Leaders Miu Lam 613-544-6201 ymiu.lam@gmail.com and Nancy Hunter 613-372-2157 nancynelles@gmail.com

Sunday, April 24 Little Cataraqui Creek Conservation Area

Level 1, slow to moderate pace, about 6 km. Hike trail system with some hilly, rocky and muddy places. Features lookouts over lakes and streams. Optional lunch at Visitor Centre after hike. Depart CT 9 am. Gas \$2. Leader: Bob Chadwick 613-544-9222

Tuesday, April 26, Gould Lake East Trails

Level 3, fast pace, 13 km. We'll zip into the Conservation Area along the Rideau Trail, then cut through the forest to the shore-hugging Tom Dixon Trail and the rugged Mica Loop. Depart CT 8:30 am. Gas \$3. Leaders Nancy Hunter 613-372-2157

nancynelles@gmail.com and Miu Lam
613-544-6201 ymiu.lam@gmail.com

Saturday, April 30 Skycroft Trails

Level 2, moderate pace, about 10 km.
Navigate by the Numbers. Depart CT at
9 am. Gas \$4 Leader: Ray Wilson 613
382 7189

Tuesday, May 3, Round Lake Loop

Level 2, fast pace, 15 km. Join our
brand new "lollipop loop" hike. We'll
enter the forest at Skycroft on Opinicon
Rd, bushwhack around Round Lake to
the Cat Trail, then link up with the
rugged Rideau Trail. Depart CT at 8:30
am. Gas \$4. Leaders Lynn Esau 343-
363-0384 esaulynn@gmail.com and
Miu Lam 613-544-6201
ymiu.lam@gmail.com

▲ Saturday, May 7 E2E5 Salmon Lake Road to Maple Leaf Road

Level 2, moderate pace, 15 km. Hike
this rugged, wildlife-rich stretch of trail
past innumerable small lakes along the
southern edge of Frontenac Park.
Maps 04-05. Meet at Maple Leaf Road
at 8:30 am and shuttle to Salmon Lake
Road at Bedford. Call leader if you
need a ride from Kingston. Leaders
Nancy Hunter 613-372-2157
nancynelles@gmail.com and Lynn
Esau 343-363-0384
esaulynn@gmail.com

Thursday, May 12 Barriefield Village

Level 1, slow pace about 4 km. Hike
quiet village streets and two rough and
hilly trails. see attractive historic
buildings with views of City and
Catarqui River. Depart CT 6:30 pm or
meet 6:50 pm at Fort Henry visitor
parking adjacent to Hwy 2. Gas \$2.
Leader: Bob Chadwick 613-544-9222

Saturday, May 14 Murphy's Point Area

Level 2, moderate pace, 14 km. Let's
join hikers from Perth for a scenic walk
through part of the Central section,
hiking from Lally Homestead to Powers
Road. Depart CT Kingston at 8:30 am.
Gas \$10 Leaders: Jack Tannett
jtannett@cogeco.ca 613 466 0417 and
John Cornish 613 382 4778
cornish@kos.net

▲ Sunday, May 15 E2E6 Maple Leaf Road to Opinicon Access

Level 2, moderate pace, 17 km.
Beautiful section of trail with many ups
and downs. Meet at Maple Leaf Road
at 9 am. Arrive at starting point able to
take 2-3 additional people for the
shuttle. RT Map #05/06 Call leaders if
you need a ride from Kingston.
Leaders: Gunhild Karius
karius1@cogeco.ca or Bill Ottney 613-
858-3183

Saturday, May 21 Wellesley Island State Park and Thousand Islands Park

*** Passport ***

Level 2, slow to moderate pace about
10 km. Hike trail system with some
hilly, rocky and muddy sections. Views
of St Lawrence River and islands with
picnic lunch stop in historic community
of Thousand Islands Park with view of
St Lawrence Seaway and US
mainland. Depart CT 9 am or meet
later by arrangement before
international bridge. Gas \$8 plus
contribution to small one-way bridge
toll and possible park fee. PASSPORT
MANDATORY, travel insurance
recommended. Leader: Bob Chadwick
613-544-9222

Saturday, May 28 Napanee Area

Level 2, slow to moderate pace, about
8 km. Hike riverside, limestone with
lilacs escarpment and field trails with
some rocky, muddy and hilly places.
Picnic lunch by river or optional
characterful restaurants nearby. Depart
CT 9 am or meet at 9:45 am at
Napanee Riverside Park parking
between east side of railway bridge and
Hwy 2. Gas \$4. Leader: Bob Chadwick
613-544-9222

▲ Sunday, May 29 E2E7 Opinicon Access Rd. to Bedford Mills

Level 2, moderate pace, 15 km. Hike
the bush trails and the railway. Meet at
Opinicon Access Rd. at 9:30 am.
Arrive at starting point able to take 2-3
additional people for the shuttle. Call
leaders if you need a ride from
Kingston. Map #06. Leaders: Gunhild
Karius karius1@cogeco.ca or Bill
Ottney 613-858-3183

Saturday, June 4 Blue Mountain

Level 2, moderate pace, 8 km.
Blackflies have finished, mosquitoes
haven't started... maybe! Hike to the
summit and enjoy the view and the
breeze. Depart CT at 9 am. Gas \$6
Leader: Ray Wilson 613 382 7189

▲ Sunday, June 5 E2E8 Bedford Mills to Lions Club Westport

Level 2, moderate pace, 16.7 km. Will
the ferry be running? Meet at Bedford
Mills Church at 9:30 am. Call leader if
you need a ride from Kingston. Arrive
at starting point able to take 2-3
additional people for the shuttle. RT
Map #06/07 Leader: Peter Burbidge
613 634 1877 peterbur@kingston.net

Saturday, June 11 Marble Rock Blue Trails

Level 2-3, moderate pace, 11 km. A
joint hike with the Central Club. Over
the hills and down the glens. Gas \$4
Leave CT at 9:00 a.m. Please call the
leader if you can meet the group at CT.
Leader: John Cornish 613 382 4778

▲ Sunday, June 12 E2E9 Lions Club Westport to Narrows Lock Rd.

Level 2, moderate pace, 13.6 km. Hike
the heights of Rideau Lake and Foley
Mountain Conservation Area. Meet at
Lions Club Beach at 9:30 am. Call
leader if you need a ride from Kingston.
Arrive at starting point able to take 2-3
additional people for the shuttle. Gas
\$6. RT Map #07/08 Leader: Sharen
Yaworski 613 544 6022 and Audrey
Sanger 613 384 6244

SKYLINE HIKERS OF THE CANADIAN ROCKIES



Join us for an incredible wilderness experience in 2016

Hikers carry only a daypack, but must be fit
for mountain hiking.

2016 site: beautiful Whiteman Pass, across
the Continental Divide from Banff National
Park. Information: www.skylinehikers.ca, call
1-866-445-3774 or registrar@skylinehikers.ca

2016 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

OTTAWA CLUB ACTIVITIES - SPRING 2016

WHAT TO BRING

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

NOTE

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

Please review the details about the Participant's Responsibilities and the definitions used by the RTA clubs (page 9).

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 and Greenbelt outings: keep the **NCC emergency number** handy: 613-239-5353.

CARPPOOLING AND FEES

Be at the meeting place at least 10 minutes before the stated departure time. The amount quoted for gas is a suggested voluntary contribution. Fees for parking and

entry to parks and conservation areas are shared among the driver and passengers. Additional drivers may be needed for **accessible hikes**. If you are available to drive, please call the leader in advance of the hike.

MEETING PLACE

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

Tunney's Pasture: The government parking lot on the west side of Parkdale Avenue just across from Emmerson Avenue.

Fallowfield Park & Ride: The northwest parking lot of the Park & Ride station, off Fallowfield Road west of Woodroffe Avenue. Park near the drop-off area by the bus shelters.

Baseline Park & Ride: The parking lot at the Park & Ride station on Woodroffe Avenue south of Baseline Road. Meet at the south end of the parking lot, farthest from the bus stop.

INFO FOR LEADERS

Blank activity sign-up/liability waiver sheets can be obtained online or from the Club's Activity Coordinator. After the event, please send them to the Coordinator: **Tony Barnes**, fellwalkerca@gmail.com, 613-828-1216

E-LETTER

Check the monthly E-Letter for updates and additional events, including short-notice hikes. The Club also offers a weekly e-Notice. To receive these electronic communications, send your e-mail address to membership@rideautrail.org. If you do not use e-mail, arrange to keep updated through a friend, relative or buddy in the RTA.

Regular Activities

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

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

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

water, snack, bug repellent, flashlight and proper footwear. There is usually a short break during the hike, as decided by the hike leader. Coordinators: **Hazel Miller**, 613-232-6558, and **Dora Ashiq**, 613-792-4966.

Urban Walks - Every Tuesday evening beginning March 22 through to April 19, there will be an urban walk. There may be a refreshment stop after the walk for those who are interested. Note: Meet at the starting point of the hike, as described in the Activities Calendar, to depart at 6 pm. Coordinator: **Trudy Stephen** 613-828-9313.

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



Meet you in the Middle!

(Page 8)

ACTIVITIES CALENDAR - OTTAWA

Saturday, March 5 Gatineau Park Trails 74 and 73

Level 2 snowshoe, about 8 km, 3 hours 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 \$5. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com

Saturday, March 5 Gatineau Park Snowshoe

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

Saturday, March 12 Gatineau Park Snowshoe

Level 2+, about 11 km. A short distance on Trails #70 and #71 from P15 to the Source Lake area. From here we will leave the snowshoe trail and follow a series of ponds and streams off-trail all the way into Healey Cabin. Indoor lunch. Return via ponds and streams on the other side of the main trail, eventually hooking up with #70 to return. Meet at 9 am at the north parking lot at Tunney's Pasture for a 9:15 am departure. Gas \$4. Leader: Denise Hall 613-843-8222 rebeccahall@rogers.com

(K) Sunday, March 13 E2E-1

Participants travelling from Ottawa area must register with the leader no later than March 10 to arrange ride/shuttle. Leader: Ron Hunt 613-298-1626 re.hunt@sympatico.ca

Saturday, March 19 Scenic Mud Lake

Level 1, 6 km, 2 hours. Snowshoe around scenic Mud Lake on flat terrain. Bring a snack to eat while enjoying the view of the Ottawa River and the Deschênes Rapids. Wear good boots and snowshoes or crampons depending on the conditions. Meet at 10 am at the Britannia Park bus stop, Ron Kolbus Lakeside Centre. Leader: Jean Gauthier 613-422-3997 jrrgauthier@teksawy.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, back by a different route. Be prepared to maintain a good pace. Depart from Tunney's Pasture at 9:30 am. Gas \$3. Leaders: Ann Bolster 613-828-5131 ann_bolster@hotmail.com and Dan Boulay 613-822-0984 boulayhome@rogers.com

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

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 pm. Gas \$3. Kathryn Fournier 613-248-0006

Tuesday, March 22 Sir John A. MacDonald Parkway / Island Park Drive

Meet at north end of Tunney's Pasture parking lot, 6 pm departure. Leader: Joanne Tuttle 613-729-8787

Saturday, March 26 Gatineau Park Trails 64 and 65.

Level 2 snowshoe, 6 km, 2½ hrs. at a leisurely pace from P2 (Relais Plein Air) Rugged terrain with several short but steep ups and downs for the first 2 km. Wear good boots and snowshoes or crampons depending on the conditions. Depart Tunney's Pasture at 9:30 am. Gas \$2. Leader: Jean Gauthier 613-422-3997 or e-mail jrrgauth@teksawy.com.

Tuesday, March 29 Sir John A. MacDonald Parkway

About 7 km at leisurely pace on flat terrain. Bus access: No. 2 or No. 153 or any bus to Lincoln Fields Station. Meet at northeast corner of Lincoln Fields shopping centre parking lot near Pizza Pizza, 6 pm departure. To Westboro Beach and back. Note that the NCC does not clear the path that follows the Parkway so it is difficult to tell whether there will be snow or ice on it at that time of year. Bring crampons and/or snowshoes depending on conditions. Leader:

Jean Gauthier 613-422-3997
jrrgauth@teksawy.com

Saturday, April 2 Rideau Trail

Level 1, 9 km. Enjoy a morning hike on the Rideau Trail from Steeplehill Crescent to Robertson Road. Bring a light lunch or a snack. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$2 Leader: Elizabeth Mason 613-729-6596

Saturday, April 2 Green Belt, NCC Trails 26, 25, and 28

Level 1+, 11 km, 3 hrs. Jack Pine and Chipmunk trails from P11 on West Hunt Club Road. Flat terrain at a leisurely pace. Outdoor lunch at the Flood Lime Kiln. Wear good boots and snowshoes or crampons depending on the conditions. Meet at Baseline Park & Ride for a 9:30 am. departure. Gas \$2. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com

Saturday, April 2 Gatineau Park.

Level 1- 2, about 9 km. Trail 74 from P19 to Renaud Cabin, have lunch there, and return by the trail along the shore of Lac Philippe. Wear good boots and bring spikes or grippers if you have them, as the trail may be icy. Meet at Tunney's Pasture for departure at 9:30 am. Gas share \$2. Leader: Grace Hyam 613-829-7252 dr003@ncf.ca

(K) Sunday, April 3 E2E-2

Participants travelling from Ottawa area must register with the leader no later than March 31 to arrange ride/shuttle. Leader: Ron Hunt 613-298-1626 re.hunt@sympatico.ca

Tuesday, April 5 Rideau Canal Bridges Loop

Meet at TD Canada Trust (Pretoria Bridge and The Driveway), 6 pm departure. Leader: Trudy Stephen 613-828-9313

Saturday, April 9 Gatineau Park

Level 1, about 8 km. Hike from P1 (Asticou) Trail 5 to Trail 29 and back, at a moderate pace. Lunch outdoors if dry, at Relais Plein Air if wet. Meet at Tunney's Pasture at 9:15 for departure at 9:30. Gas \$2. Leader: Terry McComb 613-820-3936

Saturday, April 9 Hollow Glen Area

Level 2+, about 9 km. Hike in the Hollow Glen area of Gatineau Park, Old Champlain Lookout and area. Some climbing, mostly on trails. Some possible bushwhacking. Guaranteed good views. Bring lunch and wear good boots. Gas \$2. Leave Tunney's Pasture by 9:15 am. Leader: Denise Hall 613-843-8222 rebeccahall@rogers.com

Tuesday, April 12 New Edinburgh: Vanier to Richelieu Park

Meet at New Edinburgh Park, 192 Stanley Avenue, 6 pm departure. Leader: Pat Archer 613-565-6149

Saturday, April 16 Both Sides of the Ottawa River

Level 1, about 12 km. A scenic, historic walk along the Ottawa River Pathway and the Sentier des Voyageurs, crossing the Champlain and Chaudiere bridges, with a refreshment break at the Canadian War Museum. Bring a lunch. Depart from Tunney's Pasture at 10 am. Leader: Ethel Archard 613-592-7733 ethel.archard@sympatico.ca

Saturday, April 16 Waterfalls Tour, Gatineau Park

Level 2, about 10 km, with climbing (mostly gradual), lots of faint trail and some relatively easy bushwhacking. We will go up the escarpment from Mountain Road on trail to take in some great views and enjoy several waterfalls, which may be at their noisy peak. The exact route will be determined by the ground conditions. Indoor lunch probable. Short car shuttle possible to maximize the number of waterfalls. Check the weekly e-notice for an update on the route. Meet at Tunney's Pasture no later than 9:15 to depart at 9:30 am. Gas \$2. Leader: Ann Bolster 613-828-5131 ann_bolster@hotmail.com

 (K) Sunday, April 17 E2E-3

Participants travelling from Ottawa area must register with the leader no later than April 14 to arrange ride/shuttle. Leader: Ron Hunt 613-298-1626 re.hunt@sympatico.ca

Sunday, April 17 Adopt-A-Road

Annual road-side cleanup on Roger Stevens Drive, at the Rideau Trail - RAIN OR SHINE. Bring your own work gloves if you own a pair. Finish by noon, then it's off to the Marlborough Pub for lunch and/or refreshments. Advance registration preferred: Brian LaDuke 613-534-8538 yellow.bumper@hotmail.com or Denise Hall 613-843-8222 rebeccahall@rogers.com - or just show up. Meet at Fallowfield Park and Ride for a 9 am. departure. Gas \$5.

Ottawa Club

**Annual General Meeting
Friday, April 15, 2016**

St. Thomas the Apostle Anglican Church, 2345 Alta Vista Drive
6:30 pm Doors open
7:00 pm Business meeting
8:30 Guest speaker:
Dr. Michael Runtz

Tuesday, April 19 Hull and Back

Meet on east side of National Archives building, 6 pm departure. Leader: Dora Ashiq 613-792-4966

 (K) Saturday, April 23

Saturday, April 23 Gatineau Park

Level 1, distance 8 km. Hike from P17 on Trail 53 to junction with trail 51 at a moderate pace. Lunch outdoors. Meet at Tunney's Pasture at 9:15 for departure at 9:30 Gas \$4. Leader: Terry McComb 613-820-3936

Saturday, April 23 King Mountain Loop from Visitor Centre

Level 2+, 15-16 km. Starting from the Visitor's Centre, we will take the steadily-uphill trail #1 for approximately 40 minutes, then hilly #17 and #23 to Black Lake and King Mountain for an outdoor lunch and panoramic views of the Ottawa River. We return to the Centre via trail #8 and a steady downhill on #1. Expect mud and steep hills, with lots of roots and rocks and a couple of water-crossings. Gas \$2. Leader: Carol Seal 613-291-7547 carol.seal.613@gmail.com

Saturday, April 23 Gatineau Park, Discovery Trail to MacDonald Bay on Meech Lake

Level 2, 13 km, 4 hrs. Starting at P11 we will hike at a leisurely pace on the Discovery Trail (#36) with a possible side trip to the Carbide Willson ruins. Some gentle ups and downs, outdoor lunch at MacDonald Bay. Wear good boots; there should not be any bugs this early in the season. Meet at Tunney Pasture for a 9:30 am. departure. Gas \$3. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com.

Tuesday, April 26 Lac Des Fees from Gamelin Blvd.

Level 1, 7 km., sunset 8:04 Meet at Tunney's Pasture for departure at 6 pm. Gas \$2, leader: Jean Gauthier 613-422-3997

**Saturday, April 30
Introduction to Hiking**

This popular course is a great way for less experienced hikers to prepare for the hiking season! Details on page 9.

Saturday, April 30 Greenbelt NCC Trails 26 & 27

Level 1, about 7-8 km. We will start at P13 at Bell Arena. Relatively flat with a few small hills. Depart from Baseline Park & Ride at 10 am. Please bring a lunch, water and a snack. Leader: Sandy Freeman 613-225-2940 sandjyfreeman104@gmail.com

Saturday, April 30 Gatineau Park Faris Creek

Level 3 about 12 km. Faris Creek to Alpine Cabin to Skyturtle and return by way of the Gallery and Balcony. Meet at Tunney's by 9:15 am to carpool. Gas \$4. Leader: Ann Lane 613-741-3184 ann.l@ncf.ca

Sunday, May 1 Sugarbush Trail, Gatineau Park

Accessible Hike. 2-3 km, slow pace. Snack at Visitor Centre. Meet at Tunney's Pasture at 1 pm. Gas \$3. Kathryn Fournier 613-248-0006

Tuesday, May 3 Chelsea Visitor Centre Loop

Level 1, 6 km. Meet at Tunney's Pasture for departure at 6 pm. Gas \$2 Leader: Pat Archer 613-565-6149

🔥 (K) Saturday, May 7

Saturday, May 7 Gatineau Park Ridge Road to Keogan

Level 1, distance 8 km. Hike from P7 along Trail 30 to Ridge Road (#1) to Keogan at a moderate pace. Lunch at Keogan. Meet at Tunney's Pasture at 9:15 for departure at 9:30. Gas \$3. Leader: Terry McComb 613-820-3936

Saturday, May 7 Giant Trail

Level 2+, 14 km. Starting from P16, we will follow Cowden Road to the beginning of Giant Trail. Outdoor lunch at the Carbide Willson ruins, then on to Discovery Trail and Hope Trail back to P16. Lots of ups and downs, and quite a few water crossings, one of which involves climbing up a steep embankment. Gas \$4. Leader: Carol Seal 613-291-7547
carol.seal.613@gmail.com

Tuesday, May 10 Wakefield, New Trails

Level 1, (some hills) 7 km., sunset 8:21 Gas \$3. Meet at Tunney's pasture for departure at 6 pm. If you are going directly to Wakefield, contact the hike leader for the meeting place there. Leader: Dora Ashiq 613-792-4966

Saturday, May 14 Inter-Club Hike

See details in the Central Calendar.

Saturday, May 14 Gatineau Park Lauriault Trail

Level 2, about 5-6 km. This is a wonderful spring walk in a very beautiful Gatineau area which offers spring flowers in their fullness, a waterfall, Mackenzie King cottages and gardens and lunch by Kingsmere Lake. Meet at Tunney's Pasture to depart at 9:30, or 10:15 at Mulvihill Lake Parking Lot. Gas \$3. Leader: Jean Sunter 613-828-6077

Saturday, May 14 Etienne Brule to Western Cabin

Level 1+, about 9 km. Moderate pace and all on marked trails (3, 21, 2, 9), with a short climb to the Ramparts for the view and lunch at Western. Bring lunch, water and bug spray and wear good boots. Meet at Tunney's Pasture for a 9:30 am departure. Gas \$3.

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

🔥 (K) Sunday, May 15 E2E-6

Participants travelling from Ottawa area must register with the leader no later than May 12 to arrange ride/shuttle. Leader: Ron Hunt 613-298-1626 re.hunt@sympatico.ca

Tuesday, May 17 Skyline from P7

Level 2, 7 km., sunset 8:29 Gas \$3. Meet at Tunney's Pasture for departure at 6 pm. Leader: Lena Creedy 613-789-1657

Saturday, May 21 Rideau Trail Old Richmond Road to Carling Avenue

Level 1, but long - 14.1 km using a car shuttle. A level hike continuing through the Stony Swamp Conservation Area and then on recreational trails (give way to bicycles) to Carling Avenue next to Andrew Haydon Park. Map 18C. Easy pace and level terrain but wear good walking shoes or boots. Please bring water, bug spray, and a lunch. Meet at Baseline. Gas \$2. Leaders: Marilyn Schwartz
marilyn_sch1970@yahoo.ca 613-828-4488 and Grace Strachan
gstrachan99@bell.net 613-721-1421

Tuesday, May 24 Pink Lake from Mine Rd. (Rue Marie-Burger)

Level 2, 10 km., sunset 8:37 Meet at Tunney's Pasture for departure at 6 pm. Gas \$2 Leader Dora Ashiq 613-792-4966

Saturday, May 28 Poet's Pathway (Part 1 of 3)

Level 1, 15 km. Details TBA. Audrey Stewart 613- 722-9641
audrey.j.stewart@gmail.com

Saturday, May 28 Wadsworth Lake from Lusk Falls

Level 2+; about 10-11 km. After climbing up the Lusk Falls trail to the Fire Tower, we'll take old trail no. 10 north as far as Wadsworth Lake for lunch. Be prepared to maintain a good pace, and bring bug repellent and/or bug hat. Depart from Tunney's Pasture at 9:30 am. Gas \$4. Leader:

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

🔥 (K) Sunday, May 29

Sunday, May 29 Mer Bleue Area

Level 1, about 6-8 km at a brisk pace. Starting from P20, we will explore several loops on trail 51. Meet at Tunney's Pasture at 1 pm. Gas \$2. Kathryn Fournier 613-248-0006

Tuesday, May 31 Pink Lake to Mackenzie King Estate

Level 2, 7 km., sunset 8:44 Gas \$3 Meet at Tunney's Pasture for departure at 6 pm. Leader: Hazel Miller 613-232-6558

Saturday, June 4 Doors Open Ottawa

Level 1 urban walk, about 8 km. Explore a few of the city's historically, culturally, and functionally significant buildings in the Hintonburg-Westboro area. Bring a lunch. Depart from Tunney's Pasture at 10 am. Leader: Ethel Archard 613-592-7733 ethel.archard@sympatico.ca

Saturday, June 4 South March Highlands

Level 2+, doing the whole 15.5 km loop. Moderate pace, all on trail. Lots of scenic ponds and outlooks. Wear good boots. Bring lunch. Depart from Baseline Park and Ride at 9:30 am. Gas \$3. Leader: Doug Parsons 613-843-8222

🔥 (K) Sunday, June 5

Tuesday, June 7 P16 to Healey

Level 2, 10 km., sunset 8:49 Meet at Tunney's Pasture for departure at 6 pm. Gas \$3 Leader Trudy Stephen 613-828-9313

Saturday, June 11 Poet's Pathway (Part 2 of 3)

Level 1, 15 km. Details TBA. Audrey Stewart 613- 722-9641
audrey.j.stewart@gmail.com

Saturday, June 11 Gatineau Park Thomson Lodge, Lake Trail, Discovery Trail and Pine Road

Level 2, 9 km, 3 hrs. Starting at P16 we will hike at a leisurely pace on Cowden Rd, visit the old Thomson Lodge site,

Walking With 50,000 of Your Closest Friends

by Bernie Grover

On 1 September 1909, 306 Dutch soldiers and ten civilians set out from ten barracks on a 150 kilometre, four day march from garrison to garrison and on to the army sports day at Breda. Over the years this event moved to Nijmegen and increasingly grew in popularity. During the third week of July 2015, 1.4 million visitors came to Nijmegen (population 170,000) to cheer on more than 43,000 walkers, from more than 70 countries, who were participating in the 99th Vierdaagse (Four Days). 5,000 military and 35,000 civilian walkers completed the four days. For the 2016 Vierdaagse Centennial, the registration limit has been raised to 50,000, and strict rules have been put into place to govern who may apply. For the lucky 50,000 it will be the ultimate "Walk of the World" experience.

The Vierdaagse, also known among military circles as the Nijmegen Marches, is not for the faint of heart. Walkers must complete 30, 40 or 50 kilometers a day for four days, depending on age and sex, e.g. men between 19 and 49 must walk 50 km

per day. That said, the minimum age limit is 12, and thousands of teenagers participate.

This year, a lucky few doing 50 kilometers get to walk an additional 50 on one of the days, e.g. 50 on Tuesday, 50 on Wednesday, 100 on Thursday, followed by another 50 on Friday. Madness by any other name...?

Start times are staggered from 4:00 am to 8:00 am, and the routes

...organised every year in Nijmegen, Netherlands in mid-July as a means of promoting sport and exercise. WIKIPEDIA

arranged so that everyone comes together for the last 10 kilometers or so. You must finish by 5:00 pm, except on the last day you get another hour.

The routes are generally level but deceptive, in that you walk on many

different surfaces: numerous kinds of cobblestones and brick; concrete and asphalt streets; major multilane highways; along the tops of dikes; and across the occasional farmer's field. There are many blister treatment and medical centers along the way- and they are very much used. Since two deaths in the 2006 walk, special precautions are taken to ensure walkers keep hydrated and operate within their limits. Sag, or broom wagons collect the 3,000 or so that fall by the wayside.

The Vierdaagse is a week of fun, meeting wonderful people from around the world, and experiencing the warmth and welcoming of your Dutch hosts. For many, it is also a mystical or religious experience: akin to completing the Camino or praying at the Wailing Wall for the first time. It is also addictive. I know. I'll be walking again this July, with 50,000 of my closest friends, for the sixth time.

(Continued page 25.)

<http://www.4daagse.nl/en/>

(OTTAWA ACTIVITIES)

hike on the Lake trail to the Discovery Trail (#36) and return to P16 on Pine Road (#50). Some ups on downs, outdoor lunch. Wear good boots and bring bug spray. Meet at Tunney's Pasture for a 9:30 am. departure. Gas \$4. Leader: Jean Gauthier 613-422-3997 jrgauth@teksawy.com.

🔥 (K) Sunday, June 12

Sunday, June 12 Ottawa River

Accessible hike, 3-4 km. Slow Pace. From Tunney's Pasture, we will walk along Ottawa River and back. Meet at Tunney's Pasture at 1 pm. Leader: Kathryn Fournier 613-248-0006

Tuesday, June 14 Wolf Trail from P13

Level 2, 10 km., sunset 8:53, Meet at Tunney's Pasture for departure at 6 pm. Gas \$4 Leaders Joanne Tuttle 613-729-8787, Hazel Miller 613-232-6558

Saturday, June 18

RTA Annual General Meeting

(See page 5)

* No local hikes are scheduled. *

Tuesday, June 21 P7 to Keogan

Level 2, 11 km., sunset 8:55 Meet at Tunney's Pasture for departure at 6 pm. Gas \$3 Leaders Gloria and Cliff Daly 613-224-4413

🔥 (K) Saturday, June 25 E2E-10

Confirm details in the Summer Calendar. Leader: Ron Hunt 613-298-1626 re.hunt@sympatico.ca

Saturday, June 25 Poet's Pathway (Part 3 of 3)

Level 1, 15 km. Details TBA. Audrey Stewart 613- 722-9641 audrey.j.stewart@gmail.com

Saturday, June 25 Gatineau Park, Steele Road to Lac Lapêche

Level 2, 9.5 km, 3 hours at a leisurely pace with a side trip to an old cabin. Outdoor lunch at a canoe camping site on Lac Lapêche. Wear good boots and bring bug spray. Meet at Tunney's Pasture for a 9:30 am. departure. Gas \$5. Leader: Jean Gauthier 613-422-3997 jrgauth@teksawy.com.

Sunday, June 26 Mooney's Bay

Level 1, 4-6 km. Brisk pace. We will start at Mooney's Bay and explore both sides of Hog's Back Road. Meet at Tunney's Pasture at 1 pm. Gas \$2. Leader: Kathryn Fournier 613-248-0006

(50,000 FRIENDS, CONTINUED)

Noon on the third day of the walk is very special. The Canadian military contingent conducts a memorial ceremony (right) at the Groesbeck War Cemetery, where 2,338 Canadian soldiers are buried. More than 7,600 Canadian soldiers died in the liberation of Holland.

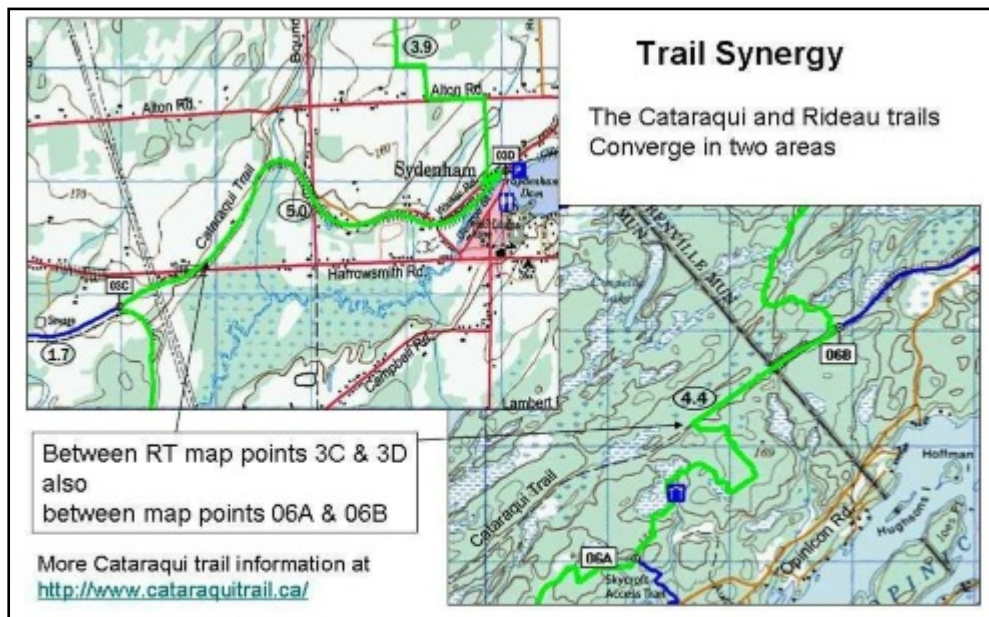


Participants must finish by 5:00 pm, except on the last day. You get another hour, due to the huge crowds of spectators plying you with food and drink, hugs and best wishes, and thousands of flowers (below). The people in every town and village you walk through, led by their mayors, turn out by the thousands to cheer you on. Children line the route, offering candy, drinks, radishes, fruit, and big fives. Hospitals and nursing homes bring out patients in beds and wheelchairs



and line the streets, to share your experience. As you near the finish, the spectators present you with gladioli, a symbol of force and victory since Roman times, when gladiators were likewise showered with these flowers.

Completing the Vierdaagse is a victory: replete with flags, flowers, and medals. The author (right) shares that victory with young German soldiers.



The End to End hike illustrated on page 27 covered both zones where the Cataraqui and Rideau Trails share the same pathway.

The section of the Cataraqui Trail from Harrowsmith to Smiths Falls is designated as part of the Trans Canada Trail and was officially opened in September 2000.

Howard Robinson



Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 6) or email: info@RideauTrail.org

Paper Newsletter

To stop it, or to receive it, call or email: membership@RideauTrail.org

End to End Badges

Keep track of the details of your hikes, whenever you did them: Date, start and end point of the hike and the leader's name. Your questions or claims can go to the RTA by phone, or you can email info@RideauTrail.org

Getting Involved

Thank you for wanting to help out. Feel free to contact any of those listed on page 6. Your interest might be about event ideas, co-leading hikes, your club's social committee, working on the Trail or whatever. It's a busy organization, and your help would be welcome.

Trail Maintainers Wanted

Don't be fooled (intimidated) by the boardwalk article, elsewhere in this issue. That is CONSTRUCTION, much more than Trail maintenance. Trail maintainers walk their own portion of the Trail two or three times a year, to make sure the trail markers are visible, and you can still see where the path goes. This is a BEFORE photo. If the Trail needs more than that, the local club's Maintenance Coordinator gets involved.

Every club needs Trail Maintainers. Why not check with your Club Chair to see how you can help?



JACK TANNETT PHOTO



Nails left out a little enable trees to continue growing outward.

MARILYN CRUMMEY PHOTO



Ottawa needs Strong Leadership

Oh, that's the political headline. For the Ottawa Club, it's a maintenance leader that is needed. SOMEONE ELSE can provide the muscle. You provide the contact for Trail Maintainers. You tell the repair and construction dudes/dudettes when there's a job to be done.

Ottawa's maintenance coordinator, **Ron Arsenault** is stepping down. He's looking forward to guiding his replacement. That could be you, couldn't it? Communication skills are essential. Experience with the Rideau Trail and with pruning branches is an asset. Experience with recruiting volunteers is a bonus.

Speak with an Ottawa Club Executive member or get in touch with Ron directly. ronandjoan11@gmail.com



PAUL GALIPEAU PHOTO



Central Club Hikes Cataraqi Trail



BY MARY ROBINSON

In April 2015, twenty (20) Central Club members started the first leg of the Cataraqi Trail in Smiths Falls. Eight completed the final leg in Strathcona in November, having walked

the entire 104 km. During three seasons and through all types of weather, we walked this historic rail line, crossing limestone plains and cutting through the Canadian Shield, forests, fields, lakes and wetlands. For the photographer, nature lover, or history buff this trail has it all: hamlets, villages, farms, old mills, historic bridges, forgotten mines, the Rideau Canal, migrating and local birds, other wildlife and breath-taking scenery.

April on the Trail
(Trimmed for trains?)



Flowers on the CT: Audrey Kilpatrick, Janet Conboy, Rona Pyle and Mary Robinson



Cataraqi Trail maintainer **Robert Charest** biked in to show us an old mining area, some rail history and a good lunch spot.



Paul Galipeau's cycle tour photo tells the tale.



"We are doing it."
David Batchelor and Tom Pearcey



Sure, it's a nice day, but what's he looking at back there?



The eight legs of the hike had several different leaders. It was wonderful when hikers from the Kingston and Ottawa clubs joined us. Will cycling the entire trail will be on our horizon in the future?



Credit for the concept, the logistics, and for providing signed certificates and goodies at the finish line goes to Central Club leaders, **Pat and David Batchelor**. Thanks Dave and Pat!

JACK TANNETT PHOTO

Thanks also go to the Cataraqi Trail Management Board for maintaining this historic trail.

PHOTOS BY HOWARD ROBINSON



PM40022816
Return undeliverable Canadian
addresses to
RIDEAU TRAIL ASSOCIATION
PO BOX 15
KINGSTON ON K7L 4V6

My Favourite Place

Stoney Steps

BY JACK TANNETT, CENTRAL CLUB

In the forest just north of Burritts Rapids, is a short detour off the Rideau Trail to the lively waters of Brassils Creek. Here the water tumbles down a series of small steps, making this a very relaxing place to stop for a rest along the Trail.



Thank You Mr. Irwin!

Bill Irwin (far left) has permitted the Rideau Trail access to his property since 1971. Here, he is shown helping a Kingston Club work party. Did you know an annual Spring Hike goes to the Irwin family sugar shack?

The Rideau Trail is lucky to have generous landowners, such as Mr. Irwin.

- Jim Lorimer



The Alpine Club Cabin 1963-ish
See April 30, page 22

PHOTOS: ACC ARCHIVES VIA STAN ROSENBAUM



Rideau Trail Closed

Tuesday, March 15, 2016

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

PLEASE TAKE CARE NOT TO TRESPASS ON THIS DAY.

Hike Leaders: be sure you can identify WILD PARSNIP, when it appears later in the spring.

<https://www.cityofkingston.ca/residents/environment-sustainability/nature-forests-gardens/wild-parsnip>