



Rideau Trail

NEWSLETTER

Summer 2016

Issue No. 180

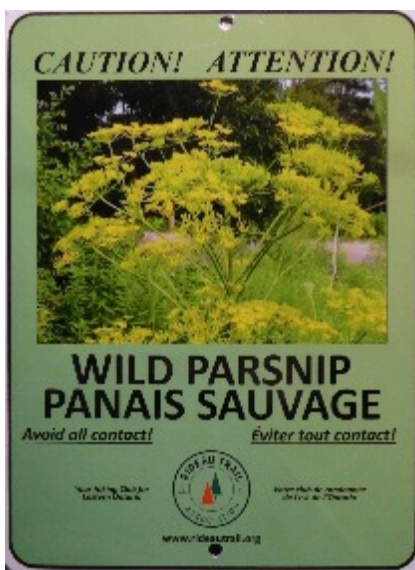


401

Kingston

U.S.A.

80



The advice is simple: **watch for the signs, and stay on the trail.**



Tick Trouble

Lyme disease and the ticks that carry it have been documented here before.
Cover up-clean up-check for ticks.
At the Annual Meeting (page 3), Tick removers will be available for resale, thanks to Marianne Lods.

Cover



The Rideau Trail was founded in 1971, and the Kingston Club celebrated their anniversary at their annual meeting in April. PHOTO: SHAREN YAWORSKI

Hazards along the Trail

Nature offers us pleasant vistas, interesting sights and scents along the trail. Most hikers and other trail users also know about creeks, fallen trees and other obstacles. Among the hazards are a few special plants.

Poison Ivy normally grows lower than knee-high, whereas Wild Parsnip and Giant Hogweed are often more than 1 m tall, especially in mid to late summer. Two sources of information about these and other noxious plants are the Government of Ontario and the City of Ottawa:

http://www.omafr.gov.on.ca/english/crops/facts/noxious_weeds.htm

<http://ottawa.ca/en/residents/water-and-environment/invasive-species>

Trail Alerts

See current updates
Re-routes: page 12
<http://www.rideautrail.org/maps/alerts.html>

Events to Notice

Right: Cycle to Cape Vincent, NY with Kingston (page 15)
Below: Hiking the Slide Lake Loop with Kingston or Ottawa (pages 15 and 20)



JACK TANNETT PHOTO

September Cycling

Did you notice this in the Winter Newsletter? This Kingston Club event is 'on' for September (page 16).



Poison Ivy

'Leaves of three, let them be'



Do you know this plant when you see it? The shiny green leaves droop a little. They are sometimes depressed in the centre, as if to encourage water to run off towards the tip. CITY OF OTTAWA PHOTO



YVONNE HAWKINS PHOTO



Free day access on Friday, July 15.
(Page 15)



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 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

The two meal choices are **Roast Beef Buffet Dinner** or **Vegetarian Dajine on Quinoa**, which include salad, dessert, coffee, tea. Please specify your choice when sending in payment.

Registration for Meal

Total cost of dinner is \$39.00 per person. This includes 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

June 10th is the deadline to order a meal. If you have any questions concerning the meal, contact Linda at: lmline6@gmail.com or 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/looking/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: 613-531-435
Ottawa - Denise Hall Tel: 613-843-8222



Hiked the Bruce?

Georgian Bay Coast Trail?



The Hike Ontario Annual Summit

is the place to be. HO has 25 member organizations.

Avon Trail?

Connect with fellow Ontario hikers from clubs in Cobourg to Tobermory and beyond.

Pub Night-Hikes-Workshops-Dinner

Now you're thinking about coming, aren't you?

Workshops include the use of social media, tips for leaders and even how to light an emergency fire.

September 30 to
October 2



Info: Sharen Yaworski,
Rideau Trail Association



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E-Letter: e-letter@rideautrail.org
(Send updates by 25th of the month.)

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

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Fall Newsletter: **Deadline August 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
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Inside Summer

EDITED BY STEVE KELLY, OTTAWA

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Association News

Highlights of RTA Board Meeting

McMartin House, Perth, ON, April 23, 2016

BY DENISE HALL, VICE PRESIDENT

President: No report - position vacant.

Treasurer: Joy Webster, our outgoing treasurer presented an income statement and balance sheet for the year ending March 31 and a proposed budget for 2016-17. She will present these at our Annual Meeting, June 18. **Lorraine Farkas** has shadowed Joy for a year in order to make a smooth transition into this role.

Membership Director: Sheila Menard had good news on the membership front. Already this year we have gained 142 new members. The current membership total is 624. Of these 66 are in Central, 164 in Kingston, 383 in Ottawa and 11 unaffiliated. Renewals continue to trickle in.

Marketing & Communications: Paul Galipeau gave a lengthy report highlighting all that has been accomplished since he joined our organization a year ago. He has collected measurable baseline data on a few key performance indicators. For instance, new members in 2016 are up 73% compared to this time in 2015. He

spoke about our presence at the Ottawa Outdoor and Adventure Travel Show on March 19 and 20 which proved to be a tremendous success. We had a booth to showcase our organization and trail, as well as an hour long panel discussion which Paul moderated. This presentation was well received and inspired a lot of discussion (page 24).

Mailchimp is working well as a communications tool to engage the public, in addition to our membership. Paul is in the process of revising the Webmaster job description. He has two people interested in the Webmaster and E-Letter Editor positions.

Trail Routing, Securement and Maintenance: Jim Lorimer reported that a beaver dam on the ridge above the Cataraqui Trail north of Stonehouse Lake in the Kingston Section burst and completely washed away a 30 foot section of the Cataraqui Trail that the Rideau Trail follows. This was closed for a while and the Rideau Trail was temporarily rerouted onto the Buck Lake blue loop. Repairs were made

and as of the 22nd of April, the trail reopened.

A number of landowners in the Central Club have contacted **Dave Allcock**, the Central Club Routes and Negotiations Coordinator, about concerns with Bill 100 (page 12). This bill has been misinterpreted by many. It will not compel landowners to provide easements across their property.

In the Ottawa area, The Rideau Trail has been rerouted along Kettles Road and up Munster Road to join up with the main Trail. This reroute is required because of increased pasture use by the new landowner (page 12).

Effective March 31 the Cameron Lot was transferred to the Rideau Valley Conservation Foundation. The Rideau Valley Conservation Authority have agreed to let the land go back to nature. The blue loop leading to the property has been removed as well as all the RTA signage.

Newsletter: Both newsletter editors, Steve Kelly and John Cornish, were in attendance. A discussion took place of important items to add to the summer newsletter such as hazards along the trail, Bill 100 and advertisements.

Central Club

Gaëlle Giraudeau
Hugh G. Lloyd
Kevin Mooney
Carolyn Savage

Kingston Club

Stephen Abbott
Renaud Bergeron
Beverlee Burton
Alice Cairns
Chris Carleton
Natalie Comeau
Rita Cormier
Cheryl Blodgett & Roy Crump
Gail Delaney
Tracy & Steven Down
Ingeborg Feiss
Mariska Kriebel-Brokamp
Marilyn Martin
Jane & Norman Neil
John & Sue Osborn

Ward Pointen
Kathy Sage
Linda Shanks
Nancy Thibodeau
Ina Thomas
Warren Townsend
Catherine van Vliet

Ottawa Club

Karla Armstrong
Jacinthe & Donald Bilodeau
Lynn Bradley
Paula Burchell
Dianne Clarke
Ana Contreras
John Crysdale
Lynne Culley
Debra Denault
Joseph Denes

Johanne Brisson & Jo-Anne Desilets
Lana Doss
Marie-Pierre Flament
Chris & Rosemary Gardner
Maureen Geiler
Heather Gillis
Stephen Green
Jens Hansen
Kathleen Holst
Louise Hornagold
Terry & Yoline Hoskin
Katharina Hull
Jeanne Inch
Iskander Karibzhanov
Gabrielle Killeen
Tony Kirwan
Ron Laflamme
Gary & Michelle Lalonde

Renée Lefrançois
Amal Loutfi
Patricia MacNeil
Teresa Marquis
Barbara Martin
Kevin Hayes & Catherine Matthews
Kate & Mark McGovern
Ken Dumont & Valerie McIntyre
Sarah McKinnon
M. Molesdale
Annie McDougall & Lorne Murdock
Fatima Benyelles & Sid Naas
Joe Neil
Catina Noble
Trina Oviedo
Sheryl & Grant Pacey
Teresa Pivonka
Sally Plant

(CONTINUED ON PAGE 22)

Welcome New Members

Club Reports

Ottawa: Denise Hall reported that Ottawa's Trail Maintenance Coordinator, **Ron Arsenault** has retired after doing this job for 8 years. Club Rep. **Graham Creedy** and **Tony Barnes**, Activities Coordinator have also stepped down. The AGM was held on April 15 at the St. Thomas the Apostle Anglican Church in Ottawa with 73 members in attendance. Only one of our vacant executive positions was filled at that time. Our Landowner Liaison position is still vacant. Michael Runtz, a Carleton University professor, biologist, writer and photographer was our guest speaker after the business meeting. He proved to be a very entertaining speaker and produced a lovely slide presentation. Fifteen of our members participated in the annual spring Adopt-A-Road cleanup along Roger Stevens Rd. The weather was fantastic and as usual, lots of garbage was collected. **Ron Hunt** and **Ruth Oswald's** "Introduction to Hiking" course for April 30 is already full. Due to its popularity this course will be offered again in September.

Denise also presented an update from **Ron Hunt** on the Britannia Park Bench Project, which honours Bruce Henderson's memory. About \$5,900.00 has been raised for this project since the end of January 2016. Many thanks to all who contributed. Agreement on the wording of the plaque for the bench

has been reached in consultation with the RTA Board and the City of Ottawa. The bench will be installed, once a favourable location has been identified. It will be in Britannia Park, adjacent to the Rideau Trail and the Poet's Pathway.

Central: Gill Hyland reported that Central's AGM was held on April 17 at McMartin House with a presentation by **Nancy and Louis Gaudreau** on Hiking the Appalachian Trail. This was very well attended so Central will be looking for a bigger venue next year. **Jack Tannett** is Vice Chair and Club Rep., and he shares the position of Trail Maintenance. **Joy Webster** has officially stepped down as Central Club's treasurer, with **Bill Kennedy** taking on the role. **David Allcock** is looking at rerouting 1.4 km off Hwy 43 to Stone Rd. and Station Rd. which will add 2.2 km to the overall trail.

Kingston: Sharen Yaworski reported that the Kingston End to End commenced in March and has been progressing well with each hike drawing 12-24 participants, including some Ottawa members. Many new hikers are coming out on a weekly basis. Sharen attributes this to ads placed in local papers by publicity person **Lynn Nolan**. Lynn will be helping new publicity person **Deb Schofield** with a smooth transition into this role. **Bill Ottney**, the new Vice-Chair, will replace **Doug Hayes** as the

Kingston representative on the RTA Board. Kingston's Volunteer/Landowner Appreciation Party this past January and the March Spring Fling events organized by **Linda Line** had great turnouts. Kingston's AGM was held on April 20.

Sharen also reported on the progress the RTA Committee has made on the Hike Ontario Summit. The RTA will host this weekend event in September, in Perth. The Trail turns 45 this year, and Perth is celebrating 200 years. The main events will be held at the Perth Golf Course. Other venues in the area will also be used for some workshops and hikes. A dinner and some great workshops and speakers are being lined up. The committee is hoping that many Rideau Trail members will take advantage of attending this summit.

See Club Executives: Page 13

Other:

The Board is working on a number of action items such as reviewing and possibly updating our RTA mission statement, developing a policy on memorials, and dealing with hike leadership and training.

Next Board Meeting - Saturday, July 9, 2016

Britannia Park Bench Project in Memory of Bruce Henderson

Walter Baker
Kerstin Bjarbo
Dan Boulay
Daniel Byrne
Viola Caissy
Stephen & Dawn Carrick
Diane & Ken Clarkson
Gail Clement
Graham & Lena Creedy
Maureen A. Dawson
Lorna Deyo
Lynn Esau
Joan Evans
Jodie Francis
Elizabeth Gluckstal
Fred Grodde
Louise Dignard & Jose Havet
Holly Henderson
Gladys Henderson
Donald Henderson
Dorothy Hudson

Donations to the Rideau Trail

Ruth Hutchinson
Shawn Hutchinson
Carol Kerfoot
Bernard Kerr
Etienne LeSage
Na Lin
Jim Lorimer
Heather MacKenzie
Virginia MacLatchy
Elizabeth MacNeill
Susan Moss
William Murdoch
Aida Farhat & Hussain Obaid
Dr John & Lucie O'Keefe
Sheila Parry
Doug Parsons
Jeanette Clarke Pharand
Carolyn Saint-Denis
Marilyn & Sheridan Schwartz
Catherine Semple
Sylvia Shortliffe

Frances Smith
Irma Stegner
Audrey Stewart
Audrey Thurber
Simon J. Timms
Brian Veinot
Norman Vorwalder
Sherri Watson
J.E. Whetzel

Other Recent Donors

Irene Backholm
John Beck
Gordon Cater
Ada Chambers
Gail Clement
Rita Cormier
Linda J. Cornell
John Cornish
Bill Denison
Norma Grant

Donald A. Grant
Verena Hammerli
Andrew Hannah
Janet Hayley
Kim Hiscott
Bert Horwood
Mr. Ronald Douglas Hughes
Barbara Humenny

Shawn Hutchinson (in memory of Joan Bailey, Betty Murdoch & Dolly Cornish)
Bert Jenkins
Edward Jezak
Chad Joshi
Renée Lefrançois
Terry MacIver
Hazel Miller
Kevin Mooney
Sonia Plourde
Suzanne Rebetez
Ute Schall von Oppeln
Paul Smith
Ioannis Tsilfidis

(RTA DONORS, CONTINUED)

Thomas Irwin & Mona Whitaker
Nanette Whitwam
Helene & Bill Wilmart-Collard
Cécyle Trépanier & Konrad Wolf
Rick Woodhouse

See you in Perth



Page 3

What did I Learn?

Report: My First Hike as Leader

BY SANDY FREEMAN

A group of 19 participants joined me for the April 30 Level 1 hike in the Ottawa Greenbelt. It was such a gorgeous day, the large group wasn't a surprise. In preparation for the hike, I reviewed the Rideau Trail Association GUIDE FOR LEADERS and I pre-hiked the trail a few days earlier.

At the Trail Head I reviewed the whistle signals with the participants (at least three were non-RTA members). I noted that the hike would be conducted at a gentle to moderate pace. A sweep volunteered and we were off.

Everything went well until I stopped for head count, about 10 minutes from the parking lot. Whoops, the sweep and another hiker were not with the group! At the last junction, I did not wait for the sweep, as I had earlier in the day.

We waited for five minutes, and discussed our options. An experienced hiker volunteered to retrace our steps

for a period of time to see if she could locate the sweep and other hiker. The rest of us continued to the parking lot.

There we found the sweep in his vehicle. We waited in the parking lot for about 15 (anxious) minutes until the last two hikers returned safely, each coming along a different route.

It was a good hike that turned out all right in the end. Following this experience, I can see why co-leading is a great idea. I'm glad that another leader will share my next hike, the July 9 segment of the Ottawa end-to-end.

Notes and Lessons Learned:

- Participants appreciated review of the whistle signals.
- Wait for the sweep at every junction, and do a head count there.
- If it is necessary, permit only pairs or larger groups to separate from the main group
- Should I have given my cell phone number to hike participants?

NEW LEADER SANDY FREEMAN IS VICE CHAIR OF THE OTTAWA CLUB.



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SLOVENIJA

July 15 to 25, 2016

Slovenija is where the Alps meet the Mediterranean and 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.

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.)

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.

NEW ZEALAND

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.
1 spot left for gentleman to share accommodations

PATAGONIA

March 5 to 17, 2017

Explore both Chile and Argentina! In Chile, visit penguins on Isla Magdalena, then journey far south into the heart of Torres Del Paine NP for magnificent views of the central lakes and the Paine's Horns. Hike on the shores of Grey Lake to see icebergs and up to the famed "Towers", all the while staying in uniquely designed Eco-domes! In Argentina, travel to El Chalten and El Calafate for hikes in Los Glaciares National Park, a UNESCO World Heritage site. Hike over to view Mt. Fitz Roy and even visit the renowned Perito Moreno Glacier. This adventure concludes in the cosmopolitan city of Buenos Aires.

AMALFI COAST

Our most popular destination - offered twice!

April 17 to 29, 2017 and October 9 to 21, 2017

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

TICO # 50018498

In 1999, immediately after I retired, I spent six months hiking the Appalachian Trail. It was the "drought of the century". Finding sufficient water along the trail was a constant worry. I persisted, but in October with only 78 miles to go, I decided to call it quits. Having walked 2082 miles, I knew I could easily finish next summer.

I returned in July 2000 to resume my hike. After a gentle climb up the approach to Gulf Hagas Mountain, I spent another night at the Carl Newhall Lean-to. It was very different now. I hadn't trained enough and I was finding it hard going. My pack, which I knew for a fact was lighter than last year, felt a great deal heavier. It was a hot, hot day, just like those parched ones I remembered so well from last summer. But here though, there were plentiful springs of pure, cool, mountain-fresh water! I stopped at three or four of these springs and not only guzzled my fill but also replenished my two-litre Platypus so I could drink more as I was walking.

Poisoned by Pure Water

BY CHRIS HEAP

After Whitecap Mountain itself, I set off down the steep descent to Logan Brook Lean-to, my destination for the night. I was tired when I arrived, but I had no idea that anything was amiss. Not long after I stopped walking I suddenly felt dizzy, faint, and nauseous. I wobbled around for a while and tried to retch but nothing came up.

*If you're
thirsty, drink.
If you're not,
don't.**

I then staggered back to the shelter where a kind young couple gave me some hot chicken soup, and I felt marginally better for a while. The last thing I remember was deciding to lie down, but not even having enough energy to blow up my Thermarest.

When I woke up I was in very unfamiliar surroundings. It quickly came to light that I was in the ICU at Bangor Hospital. Gradually the whole frightening story emerged. Apparently I'd had a seizure around 8:00 pm and passed out. I'd spent the night being nursed by the generous young couple who offered me the chicken soup. Two other hikers set off in the dark, hiked back over the whole Whitecap Range (which they'd already crossed once that day). They walked out another six miles, where they phoned for help. By about 6:00 am, a team of paramedics arrived and I was hoisted up into a helicopter. I was in a coma all that day and night and it was sometime the next morning when I finally woke up - I'd been out cold for a full day and a half!

The doctors were genuinely puzzled for a while. When I'd arrived my blood sodium level had been so low they could hardly measure it. So they'd quickly diagnosed hyponatremia - low blood sodium. So with prompting from the doctors, I gradually recalled my

ludicrous behaviour at those mountain springs two days before and the mystery was solved. The diagnosis was now simple - dilutional hyponatremia: water poisoning. Who ever knew that water could be deadly poison if taken in excess? I certainly didn't.

So I nearly killed myself by over-hydration! In very hot weather, how could one stay in the safe zone? The answer is deceptively simple - just listen to your body. I believe the body has a kind of wisdom all of its own which, if you will trust it and take it into account, will not often mislead you. Never ignore it or capriciously overrule it. The second moral is "moderation in all things". By nearly killing myself I've demonstrated it does literally mean "all things" - even something as salubrious as pure mountain water.

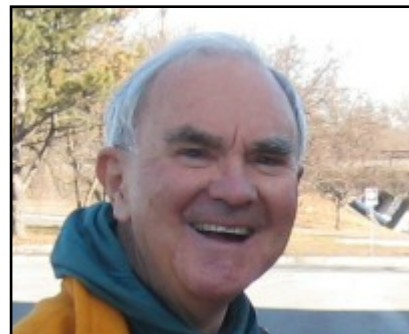
Now, on very hot days, in addition to a plentiful supplementary supply in my pack, I carry two half-litre bottles. One contains pure water and into the other one I drop a Nuun electrolyte

replacement tablet (no added sugar). Then as I'm hiking I simply drink from whichever container my body tells me it needs. I think it's important that both bottles are equally accessible and taste equally good, so your mind has no reason to interfere.

Heroes of this tale: first and foremost those intrepid young men who hiked all through the night to get help; the generous young couple who nursed me through the night; the brave paramedics and helicopter crew who risked their lives hovering their craft in that dangerous canyon over Logan Brook Lean-to; and the attentive and competent staff of the Bangor Hospital.

The happy ending: in July 2001, with the companionship and support of hiking friend Alex Macdonald, I easily

accomplished that last 78 miles and crowned it with a memorable ascent of Katahdin (page 24) on a gloriously beautiful day. I was on top of the world and I counted myself very lucky to be alive.



Ottawa member Chris Heap might be familiar to you as co-author of the RTA Trail Maps.

***Editor's note:** This article is abridged. '...drink.. don't drink' is used with permission, from the article, TOO MUCH OF A GOOD THING, by Dr. Tom Welch and the Adirondack Mountain Club. It appeared in the January-February 2016 issue of ADIRONDAC magazine. Both articles may be seen in their entirety on the RTA website. <http://www.rideautrail.org/news/>

Joint Hike Waves, 'Hi!'



HOWARD ROBINSON PHOTO

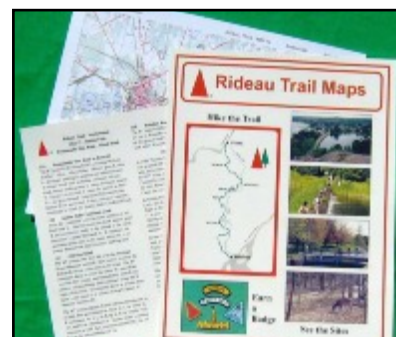
Two Clubs - One Hike

About 12 hikers from Central and 28 from Kingston met in a lovely ravine on the season's first inter-club hike, April 16. The Hyacinth and Spring Beauties were in bloom, and we saw a Blandings Turtle next to the trail. We all enjoyed making new friends and catching up with old ones.

Plan to be part of this experience!

Look for the June hike in a box.

NANCY GAUDREAU



Printed Trail Maps

The sale of printed Rideau Trail maps has been suspended.

BE SURE TO SCRATCH OUT THE MAPS ON APPLICATION FORM, WHEN YOU GIVE A PAST ISSUE OF THE NEWSLETTER TO A PROSPECTIVE MEMBER.

The map sets will not be updated to include all the changes made to the Trail, since their printing. Online, the maps will be kept up to date. There are no plans to create new printed maps in the immediate future.

CENTRAL CLUB ACTIVITIES - SUMMER 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 13).

NOT SURE?

The Hike Leader will thank you for your questions.

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.

PERTH 200

Wednesday Wanderers - These shorter, mid-week hikes are suspended for the summer. They will start again in September. Contact: **Margaret Lafrance**, mfrance3@cogeco.ca (613) 466-0403

Announcements

It is important that hikers come prepared with water, a snack, bug spray and sunscreen during the warm summer months and do a "tick check" on returning home.

The Central Club will include end to end hikes in this schedule with the idea of "meeting in the middle" just before the **Hike Ontario Summit**, to be held in Perth on September 30, October 1 & 2 (page 3).

2016 is a special year in Perth - the town celebrates its 200th anniversary. Be sure to check out the website for

activities and celebrations when you are hiking in the area. www.perth200.ca

Frontenac Challenge or Trek? Are you planning to earn your badge by walking the 11 loop trails for the Challenge or 6 for the Trek during September and October? We can help - there will be two hikes planned in September. For more information contact the Park Office at Frontenac Provincial Park at 613-376-3489 or <http://www.frontenacpark.ca/pages/challenge.html>

Activities Calendar

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 icecream at the cafe. Car shuttle. Depart 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 (Pg. 9) 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 Allcock daveonottylake@gmail.com
613 706 3562



(K) Sunday, June 12

Saturday, June 18 RTA Annual General Meeting, Westport

See details on page 3.

Sunday, June 19 Paddle Mississippi River

Level 2, 10-12 km round trip. Canoe/kayak the Mississippi River from leader's property, upstream towards Playfairville and return, stopping for a lunch break about half way. Estimated return 3 pm. The trip will be cancelled in

(CENTRAL ACTIVITIES)

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. Depart 9 am. Leaders: Howard and Mary Robinson
hmrob@storm.ca 613 256 0817

Saturday, July 2, RT Mackler/Ferrier Loop

Level 2, 10 km. Moderate pace. Bring visiting friends and family on this scenic walk. Enjoy the woods, fields and beaver floods before returning to the start via quiet country roads. Gas \$2 Depart 9 am. Leader: Jack Tannett
jtannett@cogeco.ca 613 466 0417

(O) Saturday, July 9

Saturday, July 9 RT E2E#1 Lally Homestead to McLaren Lake Rd.

Level 2, 15 km, moderate pace. Come out for our first in the end to end series, through one of the prettiest sections of the Central trail. Gas \$2, park fee, car shuttle. Depart 9 am. Leaders: Howard and Mary Robinson hmrob@storm.ca 613 256 0817

Tuesday, July 12 Hike Leaders Planning Meeting.

Please bring ideas for fall outings. Aspiring hike leaders welcome. 7 pm. at the Batchelors' home. RSVP Pat Batchelor patbatchelor13@gmail.com 613 264 1559

(O) Saturday, July 16

Saturday, July 16 Sylvan and Point Trails, Murphys Point Park

Level 1, 8 km. Moderate pace. We'll walk from the day use parking area, around the scenic Sylvan and Point Trails, finishing up with lunch and a swim. Change rooms available. Gas \$2, park fee. Depart 9 am. Leader: Janet Conboy janeyboy@gmail.com 613 267 6189

(O) Saturday, July 23

Sunday, July 24 RT E2E#2 McLaren Lake Rd. to Conlon Farm

Level 2, 13 km. Moderate pace. Walk through bush, across boardwalks and along country roads. Gas \$2, car shuttle. Depart 9 am. Leaders: Howard and Mary Robinson
hmrob@storm.ca 613 256 0817

Saturday, July 30 Buell Creek Trail, Brockville

Level 1, 7 km, moderate pace. Enjoy a shady walk along the Buell Creek path to the beautiful Brockville waterfront. We'll have lunch at one of the many restaurants and then walk back. Gas \$5 Depart 9 am. Leader: Yvonne Kennedy 613 267 9817
yvnkenedy@gmail.com

(O) Saturday, August 6

Saturday, August 6 RT E2E#3 Rosedale Rd. to Cornelia Court

Level 1, 13 km, moderate pace. After a long stretch of road, enjoy the history of Smiths Falls and the Rideau Canal Locks. Car shuttle, gas \$4, Depart 9 am. Leader: Jack Tannett
jtannett@cogeco.ca 613 466 0417

(O) Saturday, August 13

Saturday August 13 Blue Mountain, Charleston Lake

* note start time *

Level 2, 9.5 km Come and join us as we explore a more remote section of the park and climb to the highest point in Leeds County. Refreshment stop on the way home. Depart 8:30 am, Gas \$6 Leader: Nancy Gaudreau
ndgaud@gmail.com 613 300 9532

(O) Saturday, August 20

Saturday, August 20 Rock Dunder

Level 2, 6 km. Moderate pace. The view from the summit is well worth the climb, so bring your camera to this scenic spot. Donations to the Rideau Waterway Land Trust would be appreciated to help with maintenance. Optional icecream stop at Jones Falls afterwards. Gas \$4, Depart 9 am. Leader: Tom Pearcey
tom.pearcey@yahoo.ca 613 284 1294

(O) Saturday, August 27

Sunday, August 28 Baird's Wood

*** Family friendly ***

Level 1, 4 km. Leisurely pace. Come and see if you can find traces of the pioneers who came to Lanark County and settled this land in 1837. Great for beginner hikers or families. Gas \$3, depart 9 am. Leader: Gill Hyland
ghyland2@cogeco.ca 613 267 5756

Sunday, September 4 Frontenac Park: Arkon, Doe Lake & Arab Lake Loops

* note departure time *

Level 2, 15 km Come and make a start on the Frontenac Challenge or Trek. We'll stop at the park office to register for the challenge. Gas \$6 Park fee Depart 8 am. Leader: David Batchelor
dlhbatchelor@gmail.com 613 264 1559

(O) Saturday, September 10

Saturday, September 10 RT E2E#4 Cornelia Court to Port Elmsley

Level 1, 13 km. Moderate pace. A mix of highway and quiet country roads, then a countryside ramble. Gas \$3 Car shuttle. Depart 9 am. Leader: Yvonne Kennedy yvnkenedy@gmail.com 613 267 9817

Saturday, September 17 Cycle to Mississippi Lake

Level 1, 43 km. Easy pace. We'll take a round-trip bicycle ride to Mississippi Lake, and stop for refreshments at the Cafe Bean on the way back. Don't forget to bring water and a snack. Quiet roads all the way, except for a short stretch of County Road 10, where we can enjoy the newly-installed bike path. Depart 9 am. Leader: David Allcock
613 706 3562
daveonottylake@gmail.com

Saturday, September 24 RT E2E#5 Port Elmsley to Conlon Farm

Level 1, 13 km. Moderate Pace Completing the Central Club end to end, we "meet in the middle" after an interesting hike taking in farmland, the Tay Canal Tow path and the trail through Perth. Depart 9 am. Car shuttle. Gas \$3 Leader: Tom Pearcey
tom.pearcey@yahoo.ca 613 284 1294

Bill 100

Rideau Trail landowners and members alike should know that the Ontario Trails Act (Bill 100) will not affect our relationship with each other. As of May 2016, Bill 100 had passed second reading and had been directed to the Standing Committee of the Legislative Assembly for further discussion.

The RTA has been in existence for 45 years. Over that time, club personnel have negotiated access to private property and sealed agreements with our landowners with nothing more than a handshake. Bill 100 will not turn handshake agreements into permanent access. The RTA is very mindful that landowners can deny access to their property at any time. We acknowledge and appreciate their generosity.

The RTA has never negotiated nor asked for an easement of any kind from any landowner. Handshake agreements will continue to be the basis of our relationships with landowners.

Trail Re-Routes

Ottawa (MAP 15) main Trail turns west to follow Kettles Road to Munster Road, then north along Munster Road to Soldier's Line to meet up with the existing Trail. New landowners cannot confirm dates when a bull will be in the field crossed by the previous route.

Anticipated: Central (Map 11) plans re-route to bypass some road-walking on Hwy 43.



New Trail?



Is there another side trail for Central to explore/maintain? There was some talk about a trail near Crotch Lake. Check with Jack Tannett if this interests you.

Benefits of Membership

Members enjoy a few perks, in addition to those indicated on the application form (page 17):

- 10% discounts at Ottawa stores Trailhead and Bushtukah
- Discounted Gatineau Park XC ski & snowshoe passes
- 10% discount on CRCA annual pass

Member's Corner

Leather Hiking Boots for Sale

Vasque Bitterroot, Mens size 10M, worn less than a week but too narrow for me, \$150 obo. Contact Frances at fk921@ncf.ca

Hiking Boots for Sale

Zamberlan Vibram, ProTrek, Women's size 7 1/2 - 8, made in Italy, all leather, brown, brand-new, never worn, Sell for \$160.00 Contact Irma at 613-825-3290 istegner@rogers.com

Member Services

(Who gets your question?)

Whatever the question, just call the RTA for your club (page 4) 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 13. 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.

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.albn.com www.brownrabbit.nl.ca



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 (page 3).



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



Central Club Executive

Chair: Gill Hyland
Past Chair: Dorothy Hudson
Vice Chair: Jack Tannett
Secretary: Nancy Gaudreau
Treasurer: Bill Kennedy
Trail Maintenance: Jack Tannett
and Peder Krogh
Routes and Negotiations: David
Allcock
Activities: Hike Planning
Committee
Publicity: Mary Robinson
Social Convener: Yvonne Kennedy
Member at Large: Robert Groves

Kingston Club Executive

Chair: Sharen Yaworski
Past Chair: Don Coulter
Vice Chair (Board Rep.): Bill
Ottney
Secretary: Gunhild Karius
Treasurer: Lynn Esau
Outings: Peter Burbidge
Publicity: Deb Schofield
Construction: Jim Lorimer
Maintenance: Stan Huff
Special Events: Linda Line
Human Resources: Lorna Deyo
Member at Large #1: Bob
Schofield
Member at Large # 2: VACANT
Newsletter Editor: John Cornish

Ottawa Club Executive

Chair: Denise Hall
Past Chair: Sheila Parry
Vice Chair: Sandy Freeman
Club Representative: Brian
Grant
Secretary: Dawn Carrick
Treasurer: Ron Hunt
Trail Maintenance: Michael
Beaupre
Landowner Liaison: VACANT
Activities: Ann Lane and Dave
Audette
Publicity: Theresa Quenneville
Member at Large: Kim Hiscott
Member at Large: Kerstin Bjarbo
Newsletter Editor: Steve Kelly

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.

KINGSTON CLUB ACTIVITIES - SUMMER 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 13).

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.



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 contact **Marie** at 613-352-7235 krausmarie@hotmail.com Subject: WEDNESDAY WALKERS

ACTIVITIES CALENDAR

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 (page 9)

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 a.m. If you can meet the group at CT please call the leader.
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. RT Map #07/08 Leader: Sharen Yaworski 613 544 6022 and Audrey Sanger 613 384 6244

SATURDAY JUNE 18 WESTPORT
HIKES WILL BE PRESENTED AS PART OF
THE **RTA AGM**. (PG. 3) LEADERS TBA

Sunday June 19 Cycle Sandbanks from Adolphustown

Meet at the ferry dock in Adolphustown for 9 am. Park at the dock and we will take our bikes over on the ferry. Ride to the Sandbanks for lunch and a swim at the beach. Bring lunch, bug spray, and water. Overall length of bike ride 56 km
Leader: Pat Casey 613-385-2356

Sunday June 19 Battersea Village and Dog Lake

Level 1, easy pace, 6 km. Hike scenic lane from village to lake and woodland park with chance to swim at beach and lunch in village. Depart CT at 9:30 am. Gas \$3, or meet at the Creekside Inn in the centre of Battersea at 10 am.
Leader: Bob Chadwick 613 544 9222

Thursday June 23 Lemoine Point

Level 1, *evening walk* Easy scenic pace, 5 km. Check out Kingston's "Stanley Park" on a nice summer evening. Meet at Lemoine Point North Parking Lot (Coverdale) at 6:30 pm for

this outing. Leader: Elgin Bock 613 389 4216

 Saturday June 25 E2E10 Narrows Lock Rd to Lally Farm

Level 2, moderate pace, 16 km. Hike the Big Rideau Waterway. Meet just north of Narrows Lock at parking lot on west side, at 9:30 am. Arrive at starting point with space available to take 2-3 additional passengers for the shuttle. Call leader if you need a ride from Kingston. Gas \$10. RT Map #08
Leader: Jim Lorimer 613 305 2849

Sunday June 26 Wolfe Island Cycle

Level 2, moderate pace, ~30 km. Meet at the Wolfe Island Ferry Dock to depart on the 9:30 am. ferry. Leader: Audrey Sanger 613 384 6244

Saturday July 2: 9th Annual Slide'n Swim Hike

Level 3 due to rough terrain, moderate pace, 14.6 km. Celebrate Canada Day with us as we hike Side Lake Blue Loop with lunch stop and optional swim at the waterfalls. Depart 8:30 am or meet at 6767 Perth Road at 9:15 am. Gas \$4. Frontenac Park Map or RT Map #04. Leaders: Gunhild Karius karius1@cogeco.ca or Bill Ottney 613-858-3183

 (C) Saturday, July 9

 (O) Saturday, July 9

Saturday July 9 Rideau Canal History Journey

*** Family friendly ***

Level 1, moderate pace, 5 km. Go Back In Time. Hike at Jones Falls, Davis and Chaffey's Locks. Bring lunch, water and bug spray. Ice cream and lots of fun. Parents with children welcome. Depart CT at 9:00 am. Gas \$7. Leader: Stan Huff 613-548-3003

Wednesday July 13 Gould Lake Conservation Area

Level 2-3, moderate pace, 12 km. Enjoy the rolling hills and steep inclines of the east side trails. Depart CT 9 am. Gas \$3 Leader: Ann Wilson 613 531 9873

Friday July 15 Provincial Open Parks Day

Level 1, easy pace, 3 km. All Provincial Parks are free this day and we will be hosting a Rideau Trail Hike on the Frontenac Park Doe Lake Trail. Bring lunch, water, sunscreen, bug repellent. Options for additional hiking. Depart CT at 9:30 am. Gas \$4. Leader: Elgin Bock 613 389 4216

 (O) Saturday, July 16

Saturday July 16 East-Side trails, Charleston Lake Park

Level 2, moderate pace, 12-14 km. Enjoy beech and hemlock forests, epic rock formations, cooling waters, and chance for a swim. Gas \$6 plus share of park fee. If you can meet the group at CT on behalf of the leader, please call! Leader: John Cornish 613 382 4778

Sunday July 17 Cycle Cape Vincent*

*** Passport ***

We will cycle across Wolfe Island to Cape Vincent. Cycle around Cape Vincent NY. For 40 km. Bring your lunch and water. Passport required and insurance recommended. Meet at the Wolfe Island ferry dock for the 9:30 am. ferry. Cost \$4.00 round trip. (last years price). Ice cream stop in the Cape. Leader: Pat Casey 613-385-2356

* THIS EVENT OUT OF CANADA IS NOT SANCTIONED BY THE RTA. IT IS POSTED HERE FOR INFORMATION, ONLY.

 (O) Saturday, July 23

Saturday July 23 Cycle the Sights of Howe Island

Level 2, moderate pace, about 25 km. Enjoy a day trip around this local gem. Meet at Howe Island Ferry Dock to depart on the 9:30 am. ferry. Leader: Audrey Sanger 613 384 6244

 (C) Sunday, July 24

 (C) Saturday, August 6

 (O) Saturday, August 6

Saturday August 6 Amherst Island Cycle

Level 1, easy pace, 17 km. Meet at Amherst Island Ferry Dock in Millhaven ready to depart on the 9:30 am. ferry. Fee \$1.50 Leader: Elgin Bock 613 389 4216

Sunday August 7. Eagle Lake Paddle

Enjoy a summer paddle on beautiful Eagle Lake and the islands that dot the lake. Depart Canadian Tire parking lot at 9:30 am. Note the time. Bring your camera, lunch, and water, swim stop at the beach. Ice cream stop on the way back. Leader: Pat Casey 613 385 2356

Wednesday August 10 Slide Lake from Perth Road

Level 3, moderate pace, 14 km. Enjoy this challenging hike around Slide Lake with beautiful vistas of the lake from the west side cliffs. Depart CT 9 am. Gas \$4 Leader: Ann Wilson 613 531 9873

 (O) Saturday, August 13

Saturday August 13 Little Bluff CA, Prince Edward County

Level 2, easy pace, up to 10 km. Hike the trails in this scenic and historic conservation area on the shores of Lake Ontario, with opportunity to swim from a shale beach. Bring a picnic lunch. Depart CT at 9 am. Gas \$6, or arrange with leader to meet at or en route to trailhead. Leader: Bob Chadwick 613 544 9222.

Sunday August 14 - Summer's Eve - Special 45th Anniversary Dinner

We're going back again - this time to celebrate the RTA's special anniversary. Central and Ottawa Club members are also invited to join the Kingston crew. Menu: BBQ Kabobs Greek Style Meal. Choose either beef, chicken or vegetable kabobs served with Greek salad, seasonal vegetables, roast potatoes, dessert, tea/coffee for \$22. Taxes and tip not included. Meeting Time: 5:00 pm.

Place: **Glen Lawrence Golf Club** Patio, 2022 Highway 2 East.

Reserve Your Seats and Eats By: August 9

Leader: Linda Line

Contact Info: Tel: 613-531-4353 or

Email: lmlne6@gmail.com

(KINGSTON ACTIVITIES)

▲ (O) Saturday, August 20

Saturday August 20 Tibbitts Point Cycle*

*** Passport ***

Level 2-3, moderate pace, 40-50 km. Meet at the Wolfe Island Ferry Dock ready to depart at 8:30 am. Passport required and Insurance recommended. Leader: Audrey Sanger 613 634 6244

* THIS EVENT OUT OF CANADA IS NOT SANCTIONED BY THE RTA. IT IS POSTED HERE FOR INFORMATION, ONLY.

Saturday, August 20 Cataraqui Trail Annual Fundraiser-Hike or Bike

Level 2 bike or Level 1 hike. See some new territory and enjoy a lunch. Destination L&A Ridge Runners Snowmobile Club on Sidings Road, Yarker for hot lunch (minimum charitable donation \$25 for lunch).

Bike: meet in Sydenham-Portland Road and Rideau Trail 10 am

Hike: meet in Harrowsmith-Hwy 38 at intersection with Cataraqui Trail 10 am
Leader: Don Coulter 613-542-9998
coulter.dm@sympatico.ca

Sunday August 21 Gananoque Trails

Level 1 at a moderate summer pace, 12 km. A nice mix of easy trails through forest and historic small town, including riverside on both the Gananoque River and the St Lawrence. Just right for mid-summer, with a chance for a swim at the end. Gas \$3
Leaving CT at 9 am. If you can meet

the group at CT on behalf of the leader, please call! Leader: John Cornish 613 382 4778

▲ (O) Saturday, August 27

Saturday August 27 Foley Mountain CA near Westport

Level 2, easy pace, up to 10 km, Explore the area's trails and dramatic lookouts over the village and visit a sandy beach with opportunity to swim. Bring a picnic lunch. Depart CT at 9 am. Gas \$6 plus share of entrance fee, or arrange with leader to meet at or en route to trailhead. Leader: Bob Chadwick 613-544-9222.

Saturday Sept 3 Big Salmon Lake Loop Frontenac Challenge

Level 3, moderate pace, 19 km. Circumnavigate this beautiful lake with spectacular vistas at lunch. Depart CT 9 am. Gas \$4 plus park fee. Leader: Ann Wilson 613 531 9873

Sunday Sept 4 Jones Creek West-end Trails, 1000 Islands National Park

Level 2 moderate pace. Starting from the Mallorytown Road end, and covering about 16 km of this lovely park, including the old-growth Hemlock Forest. Gas share \$6. Leaving CT at 9:00 am. If you can meet the group at CT on behalf of the leader, please call! Leader: John Cornish 613 382 4778

Wednesday Sept 7 Frontenac Challenge Slide Lake 'lite'

Level 3, moderate pace, 27 km. Hike Slide Lake at a little slower pace - expect to take 9 hours to complete this hike. No CTC sign-up. If you need a ride from Kingston, contact the leaders at least 1 day before hike date. Depart at 8 am. from 6767 Perth Road. Rain date is Thursday Sep 8. Leaders: Gunhild Karius karius1@cogeco.ca and Bill Ottney 613-858-3183

▲ (C) Saturday, September 10

▲ (O) Saturday, September 10

Saturday September 10 Sandbanks Prov. Park, Prince Edward County

Level 2, easy pace, up to 10 km. In the morning explore the woodland trails and sandy beaches on Lake Ontario at the western end of the park. Picnic lunch recommended. In the afternoon explore the dune and woodland trails and more sandy beaches at the eastern end of the park. Opportunities for a swim both morning and afternoon. Depart CT at 9 am. Gas \$6 plus share of park fee, or arrange with leader to meet en route to or at trailhead. Leader: Bob Chadwick 613-544-9222.

Sunday Sept 11 Cycle the Long Sault Parkway

Enjoy this bike ride across 11 islands to the Lost Villages where we will have lunch and a swim stop. Distance: about 35 km. Depart CT 9 am. Leader: Pat Casey 613-888-3173

▲ (C) Saturday, September 24

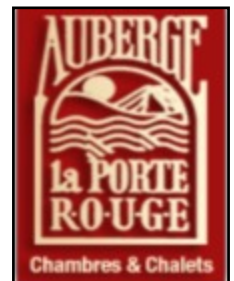
Mont Tremblant Cycling Outing

September 2016

Last chance to 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 June 30, 2016.



Membership Application

*** Help Preserve the Legacy! ***		Benefits of membership include the following: Quarterly newsletter with articles and event listings; Retail discounts; 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) () 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 ** 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)	(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): _____		

OTTAWA CLUB ACTIVITIES - SUMMER 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

Level 1 activities are easy, Level 2 intermediate and Level 3 advanced, requiring experience and a **high level of fitness**. See LEVELS OF DIFFICULTY AND PARTICIPANTS' RESPONSIBILITIES (page 13). If you are still unsure whether a particular outing is suited to your ability, contact the leader in advance. Hiking boots are recommended for events rated at Level 2 or higher.

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.

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: On Parkdale Avenue, the Government parking lot closest to the Sir John A. Macdonald Parkway (opposite 55 Parkdale K1Y 1E5).

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: scheduling.ottawa@rideautrail.org

E-LETTER

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

Regular Activities

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

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

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

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

Urban Walks - Every Tuesday evening from September 13 to the end of October, there will be an Ottawa urban walk. There may be a refreshment stop after the walk for those who are interested. Note: Meet at the starting point of the hike, as described in the Activities Calendar, to depart at 6 pm. Coordinator: **Maureen Dawson**, 613-226-3864.

Wednesday Walkers - Level 2 and 3 impromptu all-day events in Gatineau Park. Meet at 9:15 am to depart at 9:30. For information, including meeting place, contact **Tony Barnes**: 613-828-1216 fellwalkerca@gmail.com

ACTIVITIES CALENDAR - OTTAWA

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 - Healey Cabin

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) Long but flat Level 1, 17 km. 46 km over three days. Ottawa's hidden gems: forests and green spaces, remnant creeks, neighbourhoods and poetry too. Maximum 20 participants. Contact leader for meeting place and time: Audrey Stewart 613-722-9641 audrey.j.stewart@gmail.com

Saturday, June 11 Gatineau Park Thomson Lodge Loop

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, hike on the Lake trail to the Discovery Trail (#36) and return to P16 on Pine Road (#50). Some ups and 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 jrrgauth@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 P13 to Wolf Trail

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 (Pg. 3)

RTA Annual General Meeting in Westport. A selection of hikes offered

* No Ottawa 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

Participants from the Ottawa area must register with the leader no later than June 23 to obtain further details. Leader: Ron Hunt, 613-298-1626 re.hunt@sympatico.ca

Saturday, June 25 Poet's Pathway
(Part 3 of 3) See June 11. Long but flat Level 1, 17 km. Contact leader for meeting place and time: Audrey Stewart 613-722-9641 audrey.j.stewart@gmail.com

Saturday, June 25 Mulvihill and Pink Lakes

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

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

(C)?



(K)? Page 13.

Tuesday, June 28, sunset 8:55, P12 to Western Lodge

Level 2, 8 km, gas \$3. Leader: Paul Emile Chaisson 613-230-8800 and Carol Hamilton 613-224-7778

Saturday, July 2 Gatineau Park, Lac Clair from Eardley-Masham Road

Level 2, 10 km, 4 hours at a leisurely pace on a trail and a road (trail 56) with some bushwhacking and a possible swim in Lac Clair if the water is not too cold. Bring lunch, water and bug repellent; wear good boots. Depart from Tunney's Pasture at 9:30 a.m. Gas \$4. Leader: Jean Gauthier 613-422-3997 jrrgauth@teksawy.com

Tuesday, July 5, sunset 8:53, Ramparts from Étienne Brûlé Lookout

Level 2, 9 km., gas \$3. Leader: Joanne Tuttle 613-729-8787



(C) Saturday, July 9



(K) Saturday, July 9

**Saturday, July 9 Ottawa E2E #1,
Ottawa Locks to Britannia**
Level 2, 13.3 km, map point 19H to 19B. This is a level hike on recreational trails (give way to bicycles) alongside the Ottawa River. Bring water, lunch, and sun protection. Depart from Tunney's Pasture at 9 am. Gas \$2.00. Or join the group by 10:00 at Ottawa Locks Trailhead and bring bus fare (tickets/pass/cash) for your own return from Britannia. Leaders: Carol Seal 613-291-7547 carol.seal.613@gmail.com and Sandy Freeman 613 225-2940

Tuesday, July 12, sunset 8:50, Fortune Valley From Keogan Parking Lot

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

Saturday July 16 Gatineau Park, Fairburn Bay, Lac Lapêche

Level 1, 6.5 km, 3 hours at a leisurely pace on an old logging road with a swim and lunch on a small sandy beach. Bring bug spray, lunch and water. Depart from Tunney's Pasture at 9:30 am. Gas \$5. Leader: Jean Gauthier 613-422-3997 or jrrgauth@teksawy.com

 Saturday, July 16 Ottawa E2E #2, Britannia to Old Richmond Road

Level 2, 15.6 km, map point 19B to 18C. This is a level hike on recreational trails (give way to bicycles) and in the Stony Swamp Conservation Area where trails may be muddy. Bring water, lunch, and sun protection. Depart from Tunney's Pasture at 09:00. Gas \$3. Leaders: Carol Seal and Maryetta McDowell 613-825-2209 hmmmccow@sympatico.ca

Tuesday, July 19, sunset 8:44, Cross Loop Rd. to Healey Cabin

Level 2, 8 km., gas \$3. Leaders: Dora Ashiq 613-792-4966 and Hazel Miller 613-232-6558

 Saturday, July 23 Ottawa E2E #3, Old Richmond Rd. to Brownlee

Level 2, 12.6 km, map point 18C to 17A (formerly 16G). This is a level hike mostly on tracks, which may be muddy, and quiet roads. Bring water, lunch, and sun protection. Depart from Tunney's Pasture at 09:00. Gas \$4.00. Leaders: Doug Parsons & Denise Hall 613-843-8222 rebeccahall@rogers.com

Saturday, July 23 Lusk Lake Loop.

Level 2, about 10 km. From the parking lot at Parent Beach, Lac Philippe, we follow Trail 54 to Smith Beach. Not too difficult but there is one tricky descent over a steep rock. Then through the woods on Trail 54, up to Lusk Lake. Generally not difficult but there may be a few flooded areas to get around. Lunch and a swim at the lake. (Pg. 24) Continue on Trail 54 and walk back to the parking lot. Bring lunch and water. Depart from Tunney's Pasture at 9:30 am Gas: \$4.00. (IMPORTANT: parking fee at Lac Philippe-TBA) Leader: Grace Hyam 613-829-7252 dr003@ncf.ca

 (C) Sunday, July 24

Sunday, July 24 Chipmunk Trail, Greenbelt

Level 1, 5 km, brisk pace. From P8 we will explore the Beaver and Chipmunk Trails. Bring water and a snack. Gas \$2. Meet at Tunney's Pasture for a 1:00 pm departure. Leader: Kathryn Fournier 613-248-0006

Saturday, July 30 Gatineau Park, Curley Lake

Level 1, 7.5 km, 3 hours at a leisurely pace on an old logging road and a trail with a swim and lunch. Bring bug spray, lunch and water and wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$5 Leader: Jean Gauthier 613-422-3997 or jrrgauth@teksawy.com

Saturday, July 30 Westboro Beach Dinner hike

Level 1, about 7 km round trip. Hike from Tunney's Pasture to Westboro Beach and return after a picnic supper. Bring finger food (cheese, fruit, nuts, wraps or whatever you think suitable) to share, plus your own fluids and utensils. Meet at Tunney's Pasture at 4 pm. Leader: Marilyn Schwartz, 613-828-4488 marilyn_sch1970@yahoo.ca

Tuesday, July 26, sunset 8:37, Old P15, Carman Rd. to Brown Lake

Level 2, 7 km., (optional swim), gas \$3. Leader: to be announced

Monday, August 1 Frontenac Park, Slide Lake

Level 3, a full day, 13 km hike on trails of rugged beauty. Good boots essential. Bring bug repellent, sunscreen, lots of water and lunch. Depart from Baseline Park & Ride at 8:00 am, long drive, possible supper stop in Westport, late return. Gas \$12.

Leader: John Haley, 613-225-0590

Tuesday, August 2, sunset 8:29, P16 to MacDonald Bay

Level 2, 7 km., optional swim, gas \$3. Leader: Kathryn Fournier 613-248-0006

 (C) Saturday, August 6

 Saturday, August 6 E2E #4, Brownlee Rd. to Munster Road

Level 2, 13.3 km, map point 17A (formerly 16G) to 16A. This is a level hike on mostly-quiet roads and a dirt track that may be wet and muddy. Bring water, lunch, and sun protection. Depart from Fallowfield Park & Ride at 09:00. Gas \$4.00. Leader: John Haley, 613-225-0590

Tuesday, August 9, sunset 8:19, Capucin Chapel from P11

Level 2, 7 km., gas \$3. Leader: Dora Ashiq 613-792-4966

 Saturday, August 13 Ottawa E2E #5, Munster Rd. to Roger Stevens

Level 2, 13.3 km, map point 16A to 15B. This is a level hike on a mix of dirt, grass and gravel tracks and roads that may be wet and muddy in places. Bring water, lunch, and sun protection. Depart from Fallowfield Park & Ride at 09:00. Gas \$4.00.

Leader: Na Lin linnakgh@yahoo.com

Saturday, August 13 Clear Lake, Gatineau Park

Level 2+ at a brisk pace with climbing and some bushwhacking: 10 to 12 km. Starting from the Eardley-Masham Road we will hike mainly on a mix of broad and faint trails with panoramic views from high points. Bring a lunch, lots of water, a bug hat and/or spray, and swim gear for a dip at beautiful Clear Lake. Meet at Tunney's Pasture no later than 8:15 to depart at 8:30 so we can start hiking when it's coolish. Gas \$5. Leader: Ann Bolster, 613-828-5131 ann_bolster@hotmail.com

Sunday, August 14 Sarsaparilla Trail, Greenbelt

Accessible hike, 2 km, slow pace. This hike is suitable for people in wheelchairs, with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. From P7 we will explore the Sarsaparilla Trail and lookouts. Gas \$2. Meet at Tunney's Pasture for a 1:00 p.m. departure. Leader: Kathryn Fournier 613-248-0006

Tuesday, August 16, sunset 8:08, Lauriault Trail from Lac Mulvihill

Level 1, 5 km., gas \$3. Leader: Hazel Miller 613-232-6558

 Saturday, August 20 Ottawa E2E #6, Roger Stevens Dr. to Burritts

Level 2, 15.0 km, map point 15B to 14A/B. This is a level hike through the Marlborough Forest on a mix of gravel and dirt tracks that may be wet and muddy in places, passing Rogers Pond and the Earth Star shelter. Bring water, lunch, and sun protection. Depart from

(OTTAWA ACTIVITIES)

Fallowfield Park & Ride at 09:00. Gas \$5.00.

Leader: Carol Seal 613-291-7547 or carol.seal.613@gmail.com

Saturday, August 20 Gatineau Park, Lac Racine

Level 2, 7.5 km, 3 hours at a leisurely pace on trail 56 and a faint trail to lac Racine for a swim and lunch. Bring lunch and water and wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$4.

Leader: Jean Gauthier 613-422-3997 or jrrgauth@teksawy.com

Tuesday, August 23, sunset 7:56, P1 Asticou to Lac des Fées

Level 1, 7 km., gas \$2. Leader: Hazel Miller 613-232-6558

 Saturday, August 27 Ottawa E2E #7, Burritts Rapids to Merrickville

Level 1-2, 9.6 km, map point 14A/B to 13E. This is a level hike on roads, passing many historic houses and the lovely Nicholsons Locks, and adding a short side trip to the McGuigan Cemetery. The Tip-to-Tip Trail at Burritts Rapids, adding another 4 km, is an option before our return. Bring water, lunch, and sun protection. Ottawa-based members depart from Fallowfield Park & Ride at 09:00. Gas \$6.00. Others can contact leader for more southerly meeting location.

Leader: Audrey Stewart
audrey.j.stewart@gmail.com

Saturday August 27 Gatineau Park, Lac Ben

Level 3. About 10 km. Starting from the Eardley-Masham Road via the trail at Lac Hawley, then moderate off-trail to the swimming spot at Lac Ben. Return options will depend on the group. Bring bug spray, water and lunch. Wear good boots. Depart from Tunney's Pasture at 9:30 am Gas \$5.

Leader: Graham Creedy 613-789-1657.

Sunday, August 28, Greenbelt Trail 26 and Jack Pine Trail

Level 1, walk at moderate pace for about 8 Km., from P11 on West Hunt Club. Bring water and snack plus bug repellent. Depart from Baseline Park and Ride at 1 pm. Gas \$2. Leader:

Maureen Dawson
Maureen.Dawson@rogers.com 613-226-3864

Tuesday, August 30, sunset 7:43, Pink Lake Trail

Level 1, 3 km. with stairs, gas \$2. Leader: Hazel Miller 613-232-6558

Saturday, September 3 Gatineau Park, Lac Monette

Level 2, 7 km, 3 hours at a leisurely pace on an old road and a trail with a swim and lunch at lac Monette. Bring lunch and water and wear good boots. Depart from Tunney's Pasture at 9:30 am. Gas \$4.

Leader: Jean Gauthier 613-422-3997 or jrrgauth@teksawy.com

Saturday, September 3 Lusk Lake from Lusk Falls, Gatineau Park

Level 2+ at a brisk pace, about 18 km and nearly 2000 ft (600 m) of climbing. We will ascend on the Lusk Falls trail to the Fire Tower then head up ridge Road and take old trail #10 to the north end at trail 54. We will then head west on that trail to a lovely spot on Lusk Lake for a quick swim before retracing our steps.

There will be several swampy areas to negotiate on #10. Bring a lunch, lots of water and a bug hat and/or spray. Meet at Tunney's Pasture no later than 8:15 to depart at 8:30 so we can start hiking when it's coolish. Gas \$4. Leader: Ann Bolster, 613-828-5131 ann_bolster@hotmail.com

Monday, September 5 Pinhey Forest and Dunes

Level 1, approximately 8-9 km. Hike on trails near the Nepean Sportsplex, including NCC trails 31, 32, and 33, plus a circuit around some post-glacial sand dunes. Bring a lunch. Meet at 10:00 am at the trailhead, P14. Take OC Transpo bus #94 or #95 to the Sportsplex or drive your car to the parking lot furthest south behind the Sportsplex, 1701 Woodroffe (just south of Hunt Club West). Leader: Ethel Archard, 613-592-7733
ethel.archard@sympatico.ca

Tuesday, September 6, End of Season Dinner

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

 (C) Saturday, September 10

 Saturday, September 10 E2E #8, Merrickville to Rosedale

Level 2, 15.1 km, map point 13E to 12F. This is a generally level hike on roads out of Merrickville, then on dirt and gravel roads and tracks through woods in the "Long Bush" where the trail may be wet in places. Bring water, lunch, and sun protection. Probable stop for refreshments in Merrickville before our return. Depart from Fallowfield Park & Ride at 09:00. Gas \$7. Leader: Ron Hunt 613-298-1626 re.hunt@sympatico.ca

Saturday, September 10 Greenbelt Old Quarry Trail - Stony Swamp Sector

Level 1, 8 - 10 km. An easy walk on mostly level trails. Starting out at P5 and following the southerly section of the Old Quarry trail. Then taking trails 23 and 24 through a pleasantly wooded area and looping back to the Old Quarry trail to return to the parking lot. Bring a lunch and water. Depart from the Baseline Park & Ride at 9:30. Gas \$2. Leader: Grace Strachan 613-721-1421 or gstrachan99@bell.net and Theresa Quenneville

Saturday September 10 Gatineau Park, Twin Lakes

Level 2+, around 10 km. Via Lac Renaud to Twin Lakes lookout for lunch, returning via the lookout facing Lac Philippe. Mostly on trails, with some short off-trail links. Bring water and lunch. Depart from Tunney's Pasture at 9:30 am Gas \$5.

Leader: Graham Creedy 613-789-1657.

Tuesday, September 13 Rideau River Loop Ottawa East

Meet at Strathcona Park parking lot (end of Somerset St. E.). Leader: Pat Archer 613-565-6149

Saturday, September 17 Gatineau Park, Camp Fortune

Level 2, 9 km, 3 hours at a leisurely pace on trails 4, 17, 23, 8 and 1 to Keogan cabin for lunch, and back on trail 9. Bring lunch and water and wear good boots. Depart from Tunney's

(OTTAWA ACTIVITIES)

Pasture at 9:30 am. Gas \$3. Leader:
Jean Gauthier 613-422-3997
jrrgauth@teksawy.com

Sunday, September 18 Sugarbush Trail, Gatineau Park

Accessible hike, 2 km, slow pace. This hike is suitable for people in wheelchairs, with limited mobility or anyone who enjoys a pleasant walk in beautiful surroundings. From the visitor Centre in Chelsea we will tour the Sugarbush Trail. Gas \$3. Meet at Tunney's Pasture for a 1:00 p.m. departure.

Leader: Kathryn Fournier 613-248-0006



(C) Saturday, September 24

Lee Ann Starzynski
Edith St-Martin
Arlene Grégoire & Greg Thompson
Ioannis Tsilfidis
Yuxin Wang
Kim Wardle
Diane & Michael Woods
James Young

Non-affiliated

Allen Bergeron
Karen Hopper
Daryl Keays
Patricia Dales & Ted Parkinson



(NEW MEMBERS, CONTINUED FROM P. 5)

Randy Ray
Sachiko Okuda & Bruce Rayfuse
Paul Rivard
Margaret Bodie & Scott Robertson
Barbara Rousseau
Nora Rutulis
Penny Knox & Ken Saigle
Hilary Johnston & Les Shiell

SKYLINE HIKERS OF THE CANADIAN ROCKIES

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.

This year we will be at beautiful Whiteman Pass, on the British Columbia side of the Continental Divide bordering Banff National Park. **Registrations are open – book today!**

For more information visit our web page at www.skylinehikers.ca, call 1-866-445-3774 or email us at registrar@skylinehikers.ca.

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



28th Annual Winter Get-Away Weekend

Ste. Adèle Jan. 27-29, 2017

First notice: same place, same price. Charter coach from Kingston to the Laurentians. Fall Newsletter has the details.

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

Walking with the Leprechauns

Castlebar, Ireland this year hosts both its 49th International Walking and the Heart of Castlebar festivals the last weekend of June, making for five days of great walking and celebrating the Irish experience.

Castlebar is in County Mayo, in the west of Ireland. Getting there is a snap. There are daily flights from Canada to Dublin, and regular train connections from Dublin to Castlebar. A car is not necessary. Local hotels will meet you at the Castlebar train station, and the start point is within walking distance. The local bus network is excellent and low cost, enabling you to extend your visit and enjoy the local area.

The walk itself is four days, with a choice of 10 or 20 kilometers per day along country roads and well maintained trails, or five hour guided rambles across the bogs and over the hills. The walks start and finish at the same place each day. Good rain gear is a must, as the Irish mist tends to clump in teacup size drops. And just as the sun starts to warm you up, those clumps reappear.

From the start point, the routes pass through quaint villages, peat bogs, and ever upward into the hills, often between the west of Ireland trademark: brilliant fuchsia hedgerows. Originally from Chile, fuchsia in Ireland often grow more than 5 meters tall, and during the walk, they are in full bloom.

At the end of the day, enjoy the festival parades, Irish music and dancing and, of course, an endless choice of pubs. Then do it all again three more times, each day beginning with that wonderful Irish blessing Go n-eirí an bóthar leat. May the road rise with you. The walk ends with an awards ceremony followed by the Blister Ball.

Finally, after a couple of days in Dublin to recover, taking in Trinity College, the Book of Kells, and Temple Bar, you have the trip of a lifetime.

<http://www.castlebar4dayswalks.com>



Musicians of all ages entertain in the Castlebar Festival.

STORY AND
PHOTOS BY
BERNIE
GROVER,
OTTAWA CLUB



The Irish air was filled with inspiration. The walker on the left travelled from Korea, while the other lady beside the author completed 80 km with her new hi-tech artificial leg.

Retiring?

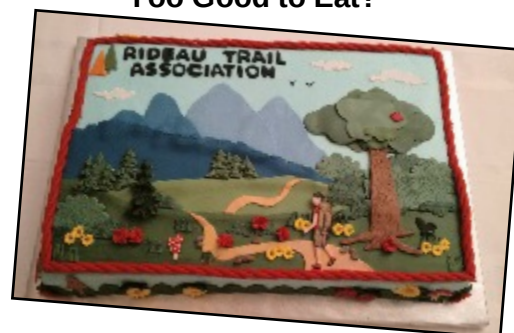


After doing some great work for the Kingston Club, Lars Thompson and Lynn Nolan are retiring from Publicity.

Linda Line
(But Lars want you to know the winter trip to the Laurentians is still on for January 2017!)



Too Good to Eat?



Kingston member Angela Galipeau has learned how to disguise cake. She unveiled this one at the Club's 'Spring Fling' pot luck.

BOB SCHOFIELD PHOTO

Ottawa Volunteers Saluted

BY DENISE HALL



Long-time Adopt-a-Road volunteers Shirley and Mike Beaudin accept an appreciation award from Denise Hall, Ottawa Club Chair. They (and their truck, 'Pepe') have been a fixture every Spring and Fall for years.

At the Ottawa Annual Meeting, a few other old-timers joined more recent volunteers who were recognized for their contributions:

Dorothy Belter
Eva Berringer
Dawn Carrick
Liz Choros
Gail Clement
Sandy Freeman
Paul Galipeau
John Grierson
Bryan Parlor

Margaret Parlor
Sheila Parry
Rick Pell
Erica Phillips
Theresa
Quenneville
Cythnia Sutton
Harold Vandermeer
Peter Yaeger



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

My Favourite Place



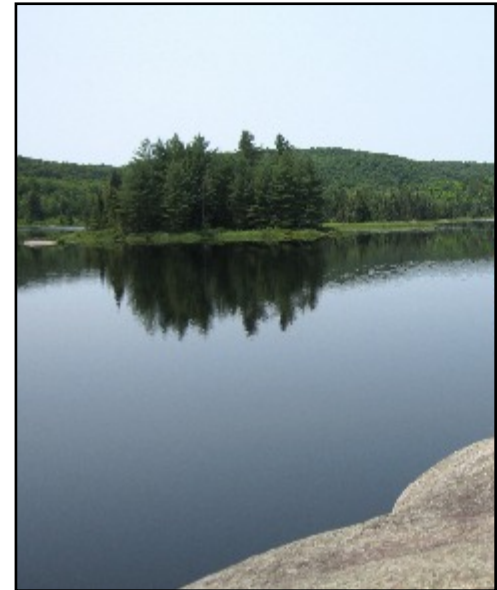
Lusk Lake

I love swimming in the Gatineau lakes, when a hike takes us there.

My favourite swim is in Lusk Lake, to go from 'my' rock to the island. (July 23, page 20) The water is clean, and access to it is easy, without mud, weeds or rocks.

Grace Hyam, Ottawa

PHOTOS: TOM COLE



Lived to Tell the Tale

Be sure to read Chris Heap's story of evacuation and over-hydration (page 8). Thru-hiking and AT enthusiasts will want to read his blog of this and other hikes around the world.

<http://therollingroad.com/>



Where have you been?

On a hike or not, around home or not - is there a place you've been that appealed to you? Your fellow members would like to share your enthusiasm. Why not send the Editor your idea or picture or both?

RTA Volunteers Talk the Trail

Ottawa Outdoor Travel and Adventure Show in March. 1000+ visitors met our members.



Hungry Hikers

Central Club at Wheeler's,
AFTER the hike. Honest!

NANCY GAUDREAU PHOTO

Photo:
Paul Galipeau

